

# 2009 Timberlane Junior Football Cheerleader Handbook



## 41st Year of TJF!

Updated August 29, 2009

# General Information

## Officers

Director	Michelle Murphy	smcjmurph@comcast.net
Head Coach	TBD	
Treasurer	Gayle Middlemiss	gemstone32@msn.com
Secretary	Michelle Murphy	smcjmurph@comcast.net
Registrar	Anne Mezquita	samezquita@comcast.net
Fundraising Coord	Donna Ferreira	donnaferreira@juno.com
Uniform Manager	Sue Ray-Skidgel	<a href="mailto:jars08@myfairpoint.net">jars08@myfairpoint.net</a>

## Season Opening

Season opens August 10, 2009 with Varsity/JV/Junior camp. Varsity and JV will begin evening practices on August 17. Juniors on August 24. Flag practices begin on or around September 14. Summer practices are behind the SAU Bldg from 5:30-7:30 pm.

## Contact information

Coaches are responsible for their individual teams. All questions and concerns should be directed to them. In the unlikely event that a satisfactory resolution cannot be achieved, please contact the Director, Michelle Murphy at 362-9922.

## Communications/Cancellations

All general communications and cancellations will be handled via e-mail, the web-site ([www.timberlanetornadoes.com](http://www.timberlanetornadoes.com) (boys) or [www.leaguelineup.com/timberlanetornadoescheer](http://www.leaguelineup.com/timberlanetornadoescheer) (girls)) or the hotline (378-0478). You should use the hotline first for football game related cancellations.

Cheerleader specific cancellations made within 2 hours of an event will be communicated by phone. Prior to 2 hours they will be communicated by e-mail.

Mail correspondence should be sent to the following address:

Timberlane Tornadoes Cheerleading  
P.O. Box 914  
Plaistow, NH 03865

### **Team Parents**

Each team will have a team parent to communicate general information (e.g., schedules and cancellations). This team parent will also help with organizing host snacks/drinks for the opposing team at home games, chaperoning the girls at games and anything else worked out between them and the coach.

### **Team Coordinators**

Coordinators are new this year. Due to the coaching shortages, we have asked team parents to ask as coordinators. These coordinators are to be on the field to support the coaches during all practices and games.

### **Competition**

Girls at the Junior, JV and Varsity level will be asked to join the Competition Team. Once the season is underway, weekday practices will be used for Competition.

It is our sincere hope that all girls will compete. After all, this is where they really showcase their advanced skills. We work hard at football games, but are limited by the format, surface and weather; all beyond our control. Competitions are held indoors, on a matted surface. This is where we can show our best!

All girls signing up to participate in the TJF Cheer Program are committing to participate in all Football Cheer activities and

fundraisers. In addition, Competition Team girls are committing to participate in all practices and competitions from August 11-November 26 as scheduled.

## **Attendance and Behavior Policy**

Although this is a recreational league, like any other sports group, attendance and appropriate behavior are **MANDATORY**. It is very important for team **SAFETY** that all members attend every practice for the practice duration. Although coaches understand that conflicts arise, consecutive missed practices will not be tolerated and will result in missed half-times, games and competitions. In addition, disruptive behavior is unacceptable. Each girl should attend each practice/game/competition with team spirit, appropriate attitude, and proper attire. Policy is as follows:

Jr/JV/Varsity - Two (2) missed consecutive practices (coming late/leaving early for other activities will be counted as a missed practice) child will not be allowed to cheer half-time.

Jr/JV/Varsity - Three (3) missed consecutive practices, child will not be able to compete.

Flag - One (1) missed practice, including pre-game, child will not be able to perform at half-time.

## **Tumbling**

Tumbling is a significant part of cheering and is required at competitions. Girls competing at the Junior, JV and Varsity levels should attend tumbling classes during the season. Classes are held independently and may require an additional fee.

## **General Uniform**

### Game attire:

All cheerleaders will be provided with uniforms. A uniform deposit of \$50 is required at uniform day. Personal checks, post-dated for 11/1/2009, are required. Additional items necessary are listed for each level. All leotards need to have snaps between the legs. Leotards and bloomers can be purchased at *Toe, Tap and Tights* in Salem, NH or *Whirlaway Sports* in Methuen, MA. Be sure to mention that you are part of the Timberlane Tornadoes. In addition, black gloves, black sweatshirts and black pants are allowed in the colder weather while cheering on the sidelines. Shiny pants/jackets are never allowed at practices or games.

### Practice attire:

- Hair up and off the face
- No jewelry (even earrings) or nail polish
- Aerobic sneakers
- No shiny pants or shiny tops/jackets
- No jackets/shirts/pants with zippers
- Water, sunscreen and bug spray recommended

## **Cheer Camps**

Varsity, JV and Junior girls should attend a Timberlane Tornadoes 5-day camp to kick-off their season. This camp will take place August 10-14 from 9AM to 12PM at eXtreem Cheer in Hampstead, NH. Additional fees are necessary. Half-time dances and stunts are taught at camp that *will not* be taught during practice.

In addition, a UCA Cheer Camp is being offered by the Timberlane HS Cheerleaders (Timberlane Owls). This camp is being held in August. This is a great way to jump-start the season and be ready for kick-off

camp as well as support our high school team. Girls at all levels are encouraged to attend. An informational brochure was e-mailed.

## **Pictures**

Picture days will be scheduled for each level.

## **Game Schedule**

Game schedules are attached.

## **Field Directions**

Directions to fields can be found on the Timberlane Tornadoes website, [www.timberlanetornadoes.com](http://www.timberlanetornadoes.com). Click on Field Locations on the left-hand side of the window.

## Varsity

**Begins August 11, 2009**

All Varsity girls will cheer at the 8<sup>th</sup> Grade Varsity Football Games. In addition, 8<sup>th</sup> grade girls are encouraged to join the competition team. Information on this team is on the next page.

### Coach

Bonnie Vousboukis      781-241-3399      [rabonian@aim.com](mailto:rabonian@aim.com)  
[bonnie.vousboukis@genesishcc.com](mailto:bonnie.vousboukis@genesishcc.com)

### Coordinators/Team Moms

Melissa Bernier  
Allison Bidgood

### Kick-off Camp

August 10-14, 2008      9AM-12PM      eXtreem Cheer,  
Hampstead, NH

### Practice Schedule

(Subject to change)  
M/T/W      5:30-7:30 PM behind SAU August 17-TBD  
Pre-Game      1 hour before games

### Games

Home Games at HS Football Field  
Saturday evenings (~7:30 PM, after the JV Game) or Sunday (1 PM)

### Competitions

Schedule TBA

### Uniform Requirements

Bloomer      Black, boy shorts allowed  
Leotard      Black, Optional but nice on cold days!  
Socks      White no-show

Cheerleading Sneakers      See Competition Team if competing,  
otherwise use white aerobic sneakers.

**Picture Day**

TBD

## **Competition Team(s)**

**Begins Late September**

All Junior/JV/Varsity girls who choose to join the Competition Team(s).

### **Coach**

TBD

### **Practice Schedule** (Subject to change)

TBD

### **Uniform Requirements**

Bloomer

Black, boy shorts allowed

Leotard

None

Socks

White no-show

Cheerleading Sneakers

See Competition Team if competing,  
otherwise use white aerobic sneakers.

### **Picture Day**

TBD

## Junior Varsity

Begins August 10, 2009

All JV girls will cheer at the 7<sup>th</sup> Grade JV Football Games. All girls are encouraged to sign up for the Competition Team.

### Coach

Debbie Matz                      378-0095                      debbiematz@myfairpoint.net

### Coordinators

Nancy Doherty  
Beth McKendry  
Chrissie Stevens

### Kick-off Camp

August 10-14 2007              9AM-12PM              eXtreem Cheer,  
Hampstead, NH

### Practice Schedule

(Subject to change)  
M/T/W                      5:30-7:30 PM behind SAU August 17-TBD  
Pre-Game                      1 hour before games

### Games

Home Games at HS Football Field  
Saturday evenings 6:00 PM or Sunday afternoons (~3:00, after the Varsity game)

### Uniform Requirements

Bloomers/Leotards/Socks                      TBD  
Cheerleading Sneakers                      See Competition if competing

### Picture Day

TBD

## **Juniors**

**Begins August 18, 2009**

Junior girls cheer at the Junior football games. Generally, they cheer for the second half of the B game and the first half of the A game. Interested girls may also sign up for the Competition Team.

### **Coaches**

Brittany Kaminski            339-1200            bkaminski@ksc.mailcruiser.com

### **Coordinators**

Jen Baldwin  
Karen Cornell  
Suzanne Hughes  
Melissa Porcella

### **Kick-off Camp**

August 10-14 2009            9AM-12PM            eXtreem Cheer,  
Hampstead, NH

### **Practice Schedule**

(Subject to change)  
M/T/W            5:30-7:30 PM behind SAU 8/24-TBD  
Pre-Game            1 hour before games

**Games**            Home Games at the new Old County Road Fields  
Saturday 9:30-11:00 AM  
Arrive 8:45 AM

### **Uniform Requirements**

Black Bloomers  
Black leotard with snaps between the legs  
White Aerobic Sneaker  
White Ankle Socks

**Picture Day**  
TBD

## Flag

Begins September 14, 2009

Flag girls cheer at the flag football games on Saturday mornings. Generally, they cheer for the second half of the first game and the first half of the second game.

### Coaches

Patti Sweet      382-9043 or 770-3348      [psweet@comcast.net](mailto:psweet@comcast.net)

### Practice Schedule

(Subject to change)

M and W

Behind SAU 9/14-TBD

M and W

Atkinson Academy Gym TBD-end

Saturday Pre-Game

Time TBD

### Games

Behind Pollard School

A Team

Saturday 9 AM-10:30AM

B Team

Saturday 10:30 AM-12 AM

### Uniforms

Black Bloomers

Black leotard with snaps between the legs

White Aerobic Sneaker

White Ankle Socks

### Picture Day

TBD

## Attachment 1: Schedule

# Timberlane Jr. Football/Cheerleading 2009 Game Schedules

## 2009 Game Schedules

### Varsity/JV

Sunday Sept 13<sup>th</sup> Away at Exeter West  
Saturday Sept 19<sup>th</sup> Home vs. Sanborn  
Saturday Sept 26<sup>th</sup> Away at Winnacunnet  
Saturday Oct 3<sup>rd</sup> Home vs. Rochester  
Saturday Oct 10<sup>th</sup> Away at Portsmouth  
Saturday Oct 17<sup>th</sup> Home vs. Exeter West  
Saturday Oct 24<sup>th</sup> Home vs. Winnacunnet  
Sunday Nov 1<sup>st</sup> Away at Sanborn

Saturday night JV's play 1<sup>st</sup>, 6pm start time. Varsity game to start at approx  
7:45pm

Sunday games Varsity plays 1<sup>st</sup> 1pm start time. JV game to start at approx 3pm.

### Junior A&B

Saturday Sept 12<sup>th</sup> Home vs Winnacunnet  
Saturday Sept 19<sup>th</sup> Away at Exeter North  
Saturday Sept 26<sup>th</sup> Home vs. Sanborn  
Saturday Oct 3<sup>rd</sup> Away at Dover  
Saturday Oct 10<sup>th</sup> Home vs. Portsmouth  
Saturday Oct 17<sup>th</sup> Home vs. Exeter West  
Saturday Oct 24<sup>th</sup> Away at Exeter East

A Team plays 1<sup>st</sup> 9am start time. B Team starts at end of A game, approx. start  
10:30am

## Attachment 2: Dates to Note

<b>Date</b>	<b>Event</b>
8/10	Coach/Team Mom Background Checks at Atkinson Comm Center, 7pm
8/3-5 Owls	8:30AM-3:30PM UCA Camp presented by Timberlane
8/10-14	<b>Varsity/JV Kick-Off Camp, eXtreem Cheer 9AM-12PM</b>
8/17	<b>Varsity/JV practice</b> begins behind SAU
8/10-14	<b>Juniors Kick-Off Camp, eXtreem Cheer 9AM-12PM</b>
8/24	<b>Juniors practice</b> begins behind SAU
TBD	All levels Uniform Day at TBD
9/14	5:30-7:30PM Flag Practices Begin behind SAU
9/27	Varsity/JV/Junior Tagging
10/1	Move practices indoors-Tentative
10/3	Varsity/JV/Junior Tagging