



VERNON YOUTH CHEERLEADING 12TH ANNUAL COMPETITION

Sunday, November 23, 2008

Join us for our 12th Annual Cheerleading Competition!

| | | | | | | | | | | | | | | | |
|-------------------------------------|---|----------|---|------|-------------------------------|-------|-------------------------------|--------|-------------------------------|--------|-------------------------------|------------|--------------------------------|---------|--------------------------------|
| Location and Time: | Vernon High School, Vernon New Jersey Competition starts at 9:00am Approximate warm up times will start at 7:00am Warm-up times and details will be sent via email approx. 1 week prior to competition. | | | | | | | | | | | | | | |
| Admission: | \$5 per person, all ages | | | | | | | | | | | | | | |
| Concessions: | Food, Beverages. Cheer Grams and Other Merchandise will be available for purchase. | | | | | | | | | | | | | | |
| Divisions and Age Breakdown: | <p>Recreation, Grammar School, High School, All Stars</p> <table style="margin-left: 40px;"> <tr> <td>Pre-Comp</td> <td>(up to and including grade 2) Exhibition Only</td> </tr> <tr> <td>Pony</td> <td>(up to and including grade 4)</td> </tr> <tr> <td>Super</td> <td>(up to and including grade 6)</td> </tr> <tr> <td>PeeWee</td> <td>(up to and including grade 7)</td> </tr> <tr> <td>Midget</td> <td>(up to and including grade 8)</td> </tr> <tr> <td>Jr Varsity</td> <td>(up to and including grade 11)</td> </tr> <tr> <td>Varsity</td> <td>(up to and including grade 12)</td> </tr> </table> <p>All Star Divisions * 2 team minimum for a division to compete</p> | Pre-Comp | (up to and including grade 2) Exhibition Only | Pony | (up to and including grade 4) | Super | (up to and including grade 6) | PeeWee | (up to and including grade 7) | Midget | (up to and including grade 8) | Jr Varsity | (up to and including grade 11) | Varsity | (up to and including grade 12) |
| Pre-Comp | (up to and including grade 2) Exhibition Only | | | | | | | | | | | | | | |
| Pony | (up to and including grade 4) | | | | | | | | | | | | | | |
| Super | (up to and including grade 6) | | | | | | | | | | | | | | |
| PeeWee | (up to and including grade 7) | | | | | | | | | | | | | | |
| Midget | (up to and including grade 8) | | | | | | | | | | | | | | |
| Jr Varsity | (up to and including grade 11) | | | | | | | | | | | | | | |
| Varsity | (up to and including grade 12) | | | | | | | | | | | | | | |
| Performance Category: | Cheer Only and/or Cheer/Dance Performance order will be based upon registration. | | | | | | | | | | | | | | |
| Rules: | National Federation Rules will apply with an alternating judging panel by certified area judges. A guideline of 3 minutes maximum for a routine is recommended. | | | | | | | | | | | | | | |
| Awards: | Team Trophies, Individual Trophies, or Medals will be awarded based on the number of entries per division. | | | | | | | | | | | | | | |
| Registration: | <p>Registration fees apply to all squads – competing and exhibition. \$125.00 per Squad (3 coaches maximum per squad), Additional coaches = \$5 Please complete the registration form and return by November 1st with full payment.</p> <p>Please make checks payable to: Vernon Youth Football & Cheerleading or VYF&C Mail to: Kristy Riegler, 15 Woodland Dr, Vernon, NJ 07462</p> <p>Medical Consent Form – Please copy and complete one per participant. Please send forms in with registration or bring to the competition and hand in at the registration table. NO ONE COMPETES WITHOUT A MEDICAL CONSENT FORM COMPLETED!</p> | | | | | | | | | | | | | | |

Should you have any questions, please contact the cheer director, Kristy Riegler at 973-903-3338 or email Kristy Riegler at kpriegler@aol.com.

We look forward to your participation!
VERNON YOUTH CHEERLEADING COMPETITION
Sunday, November 23, 2008

****Please copy form and complete for each Division/Squad you are registering****
Deadline November 1, 2008

Program/Team: _____

Contact Person: _____

Email Address: _____

Address: _____

Phone #: _____ **Team Colors:** _____

Coach's Name & Assistant Coaches Names:

3 coaches maximum per squad included, Additional coaches = \$5 each

Recreation Division: Pre-Comp | Pony | Super | PeeWee | Midget | Jr Varsity | Varsity
(Circle Division) (up to 2nd gr) (up to 4th gr) (up to 6th gr) (up to 7th gr) (up to 8th gr) (up to 11th gr) (up to 12th gr)

Recreation Category: Cheer Cheer/Dance
(Circle Category)

All Star Division: _____

of participants on team: _____

Registration fees: _____

\$125.00 1 category / \$200.00 for 2 categories)

Additional Coaches Fees: _____

(\$5.00 each)

Total Fees enclosed: _____

****Please enclose a certificate of insurance naming VYF&C and the Vernon Twp Board of Ed as other insured.**

Make checks payable to: Vernon Youth Football & Cheering or VYF&C.
Mail to: Kristy Riegler, 15 Woodland Dr, Vernon, NJ 07462

VERNON YOUTH CHEERLEADING COMPETITION
November 23, 2008

Medical Consent and Waiver Form

Team/Organization: _____

Cheerleaders Name: _____

Parent/Guardian Name: _____

Home Address: _____

Home Phone#: _____ Cell Number: _____

Emergency Contact Name (print): _____

Emergency Contact Phone#: _____

Doctor's Name and Phone #: _____

Insurance Company: _____

ID#: _____ Group Number: _____

Subscriber Name: _____ Date of Birth: _____

Medical Conditions (allergies to medications, heart condition, diabetic, etc.)

I _____ give my child _____,
permission to participate in the Vernon Youth Cheerleading Competition. I am aware of the obvious risk involved in the sport of cheerleading. I realize that all necessary precautions will be taken to prevent injury. I give my consent that if an accident should occur, my child will be taken to a medical facility and treated if necessary. I realize I am responsible for payment of expenses incurred relating to my child's medical treatment. I agree to hold Vernon Youth Football & Cheerleading harmless and all associated officers and staff for any injury sustained as a result of my child's participation in this competition. The undersigned releases from any liability Vernon Youth Football & Cheerleading Association and coaches, Vernon Township High School and School District, Vernon Board of Education, and all volunteers participating in this event for any expenses, charges, costs for claims or damages or any injury as a result of my daughter's/son's participation or my participation in the Vernon Youth Football and Cheerleading Competition.

Parent/Guardian Signature: _____ Date: _____

Please make copies for each participant

Directions to Vernon Township High School

FROM WEST

Route 94 North passed Sussex Technical school. Continue through Hardyston and follow to the Route 23 intersection. At Route 23 make left going North on 23. At the second light, make a right on to County Route 565 North. Follow for about 5 miles. High school will be on right at blinking light.

FROM EAST

County Route 517 North to County Route 565 South. Make a left at 565. High School will be about one mile on left at blinking light.

FROM NORTH

Route 23 to County Route 565 North. Turn left onto 565 North. Continue for about 5 miles. High School will be on your right at blinking light.

FROM SOUTH

Take Route 23 North straight through Franklin through the Route 94 intersection. Continuing on Route 23, proceed to the second traffic light after Route 94, make right onto county route 565 North. Follow for about 5 miles. High School will be on your right at blinking light.

ALTERNATE DIRECTIONS

Take Route 23 North to Route 515 (Highland Lakes / Vernon).

Take Route 515 into Vernon, passing the A & P Shopping Center on the right.

Continue straight through the traffic light, and make the next left (Route 644/Vernon Crossings Rd).

Continue on this road until you come to a "T" intersection. Make the right onto Route 517, and continue on this road.

When you come to Pochuck Valley Farms (approx 2 miles), make the next left onto Route 565. Go up the hill, and the high school will be on the left hand side.