

NHYFA 2019 CHEER FAQ



Welcome to the NHYFA 2019 Football and Cheer Season!



Practices - 6-8pm at Ross Elementary. This schedule is subject to change based on Field availability and squad needs. Our tentative practice schedule is as follows:

- 7/29/19 - 8/2/19 - 5 days/wk M-F.
- 8/5/19 - 8/16/19 - 4 days/wk M,T,W,Th
- Then down to 2 days/wk T, Th for the remainder of the season.

Cheerleaders must wear nonrestrictive clothing, socks and athletic shoes to practice. Hair pulled back and no jewelry for safety. Always bring water.

Uniforms – Uniforms are the property of NHYFA. Sizing and distribution is done by the cheerleading coaches only. Uniforms are not “custom-made” for each cheerleader, but are intended for use year after year. Every attempt is made to get the best fit. Each cheerleader will be issued uniform top, skirt, jacket and bow. Pom poms are shared between squads on game days.

Cheerleaders are responsible for purchasing:

- all white athletic shoes (no keds or high tops)
- all white ankle socks
- all white long sleeve mock turtle neck undershirt / midriff
- all black spunks/boyshorts
- all black leggings
- all black sports bra/tank/cami
- all black gloves for cold weather

These can be purchased at most department stores and online. We will offer an online store through Varsity.com if you wish to order from them. <https://www.varsitycolors.com/NorthHillsYouthIndians/>
(Enter PIN 1234, select CHEERLEADER, you will be prompted to log in or create an account)

Games – Home games are on Saturdays at Ross Elementary. Some away games may be on a Sunday. Dress Code is strictly enforced. Cheerleaders are expected to have all pieces of the uniform at every game due to unpredictable weather changes. The squad needs to be dressed the same for game days. If dress code is not followed, the cheerleader may not be able to participate that day. It is recommended that you keep all pieces of the uniform in a gym bag or backpack so that you are always prepared.

Volunteers –The squads are coached by volunteer middle school and high school students and overseen by volunteer parents. If you are interested in being a volunteer parent please let me know.

Weather – Cheerleaders will practice and attend games rain or shine. If the football players are there, the cheerleaders will be there. Practices and games will be cancelled in the event of lightning. Cancellation decisions will be made at 5:30pm on practice days due to rapid changes in weather.

We will be using the Dick's Team Manager app for communication and schedules. Please feel free to email me, Lori Docherty at dochertyla@gmail.com with any other questions. You can also find us at nhyfa.com, Facebook, Twitter and Instagram at [@nhyfa_pgh](https://www.instagram.com/nhyfa_pgh).

The Tradition Starts Here!

North Hills Youth Football is not associated with North Hills School District