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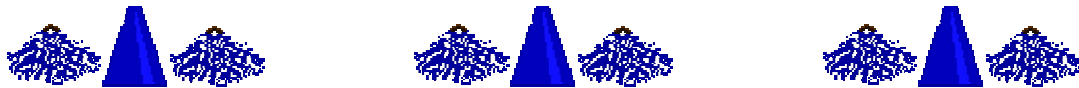
West Mifflin Cheerleading Association

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**You're Invited...**

**WMCA'S "In It To Win It" Cheer Challenge 2009**

**Saturday, October 3, 2009**  
**West Mifflin Area High School Gym**  
**91 Commonwealth Avenue**  
**West Mifflin, PA 15122**



Professional Judges   Spotters Provided   Warm Up Area  
Jump Offs   Tumble Offs   Smiley Grams

**Squad check in begins at 9:30 a.m.**  
**Competition begins at 11:00 a.m.**

**For further information call:**

**Melissa Ramsey – President – 412-469-0412**  
**Or Mdramsey63@comcast.net**  
**Marilyn Rogalla – Vice President – 412-464-1959**

# W M C A

## West Mifflin Cheerleading Association Registration Form

Please type or print the following information:

Name of Organization: \_\_\_\_\_

Address: \_\_\_\_\_

Contact Person: \_\_\_\_\_

Telephone Number: \_\_\_\_\_

Team Colors: \_\_\_\_\_

Squad/Division	Number of Cheerleaders	Coach Name	Coach Name

One (1) Squad/Division	\$150.00
Two (2) Squads /Divisions	\$225.00
Three (3) Squads /Divisions	\$300.00
Four (4) Squads/Divisions	\$375.00

The cost includes 2 coaches per squad. Extra coaches will be \$4.00 per coach. Please supply the names.

Number of Squads/Divisions \_\_\_\_\_ + Extra Coaches (\$4.00 each)= \_\_\_\_\_

Please complete this form, enclose your check and return with all other forms by Saturday, September 12, 2009 to:

WMCA  
P O Box 253  
West Mifflin, PA 15122

July 2009

Dear Cheerleading Coordinator:

The West Mifflin Cheerleading Association (WMCA) is pleased to announce the hosting of the WMCA's "In It To Win It" Cheer Challenge 2009. The competition is scheduled for Saturday, October 3, 2009 at the West Mifflin Area High School Gym. The competition will begin promptly at 11:00 a.m. All squads should begin to check in by 9:30 a.m.

**Please note that WMCA is a Recreation Squad. We are not affiliated with the West Mifflin Middle School, Junior Varsity or Varsity Cheerleading squads.**

WMCA is looking forward to your participation. Should you decide to participate in our competition, we have several guidelines that will be enforced.

1. The levels of competition are as follows:

Youth Recreation Divisions

Twerpies	7 years and younger
Termites	9 years and younger
Mighty Mites	12 years and younger
Midgets	14 years and younger

School Divisions

Middle School  
Junior Varsity  
Varsity

2. Due to space limitations, only eight (8) squads maximum per level will be accepted. In case of a tie for the eighth spot, the earliest postmarked registration accompanied by a full payment will be honored first.
3. An entrance fee will be required for an organizations participation in the invitational. The charge per squad is \$150.00, \$225.00 for two (2) squads, \$300.00 for three (3) squads, and \$375.00 for four (4) squads. Only two (2) coaches per squad will be admitted without charge. A fee of \$4.00 will be charged for each additional coach.
4. All cheerleading squads will perform a routine not to exceed 2 ½ minutes. The routine must include a cheer, transitions, and a dance combined. Timing will begin with the first movement or when the music begins. You will not be timed on entrances or exits. A one point per second penalty will be deducted for exceeding the 2-½ minute maximum time limit.
5. All Pyramids and/or mounts are limited to two (2) persons high. The base must be in contact with the floor at all times of the mount. NO flips are permitted at any time from another person unless the other person has both feet on the floor. **There are NO Exceptions.** Use of mini-tramps, springboards, or any height increasing devices to promote a lift is prohibited. Proper spotting techniques are mandatory. Spotters will be provided. There will be an automatic five (5)-point deduction (per lift, per judge) from any squad's total score for anything done illegal.

6. A Public Address System will be available. You must provide your squad's music on a CD. We also require a back up of your music on a CD. All music should be clearly marked with your squad's name and division.
7. **Absolutely NO ONE** is permitted to coach any of his or her squads during the competition. This includes from the sidelines, behind the judges table or next to it. **Any violation of this rule is cause for disqualification!**
8. Order of the Competition events:
  - WMCA (exhibition before each recreation division)
  - Youth Recreation Divisions (Twerpies, Termites, Mighty Mites and Midgets)
  - Jump Off and Tumble Off (Youth Recreation Divisions)
  - 50/50 Raffle, Basket Auction
  - Award Ceremony
  - Exhibitions
  - School Divisions (Middle School, Jr. Varsity, Varsity)
  - Jump Off and Tumble Off (School Divisions)
  - 50/50 Raffle, Basket Auction
  - Award Ceremony

Please Note: "WMCA reserves the right to make any changes to the order of events".
9. **MOST IMPORTANTLY: THE DECISION OF THE JUDGES IS FINAL!** All judges are qualified and independent from the West Mifflin Cheerleading Association. Please encourage good sportsmanship at all times within your squads.
10. Check in time starts at 9:30 at the registration table. Coaches will be given a packet, which will include the practice time for warm up.
11. All levels will receive a First, Second, and Third Place Team Awards. A Best Jumps and Best Choreography Award will be given as well as Jump Off and Tumble Off Awards for each division.
12. An admission fee of \$6.00 for adults, \$4.00 for Senior Citizens and students 18 and under, children under 3 will be free. A concession area will be provided during the entire competition. Tables with a Basket Auction, Smiley Grams, Jump Off/Tumble Off, 50/50 Raffle and various vendors will be available.
13. A coaches meeting will be held at 10:30 a. m. All coaches must be at this meeting. Any questions will be addressed at this time. The meeting will be held across from the performance gym.
14. Spotters will be available.

If you have any questions regarding the WMCA Competition, please feel free to call **either Melissa Ramsey, President at 412-469-0412 or Marilyn Rogalla, Vice President at 412-464-1959.**

Please complete the registration form, insurance waiver, and roster. Send completed forms along with your check payable to WMCA, P O Box 253, West Mifflin, PA 15122 by September 12, 2009

*Cheerfully Yours,*  
West Mifflin Cheerleading Association

**West Mifflin Cheerleading Association**  
**WMCA'S "In It To Win It" Cheer Challenge 2009**  
**October 3, 2009**  
**Cheerleading Waiver/Release Form**

As the parent or legal guardian of \_\_\_\_\_  
Name of Son/Daughter

I agree to the following terms for participation with the West Mifflin Cheerleading Associations competition to be held October 3, 2009 at the West Mifflin Area High School gymnasium located at 91 Commonwealth Avenue, West Mifflin, PA 15122

1. I grant permission for my son/daughter to participate in the West Mifflin Cheerleading Associations competition. I realize that cheerleading is an activity where physical illness or physical injury (minimal, serious, or catastrophic) can occur, therefore, any medical/accidental expenses or liability that possibly results from an illness or injury to my son/daughter during the WMCA competition will be my responsibility. I further acknowledge and understand that my son/daughter is assuming the risk of such physical illness or injury by his/her participation, and I further release WMCA, and its representatives, and the West Mifflin Area School District, and its representatives from any claims for personal illness or injury that my son/daughter may sustain during participation in this activity. I understand that WMCA and the WMASD do not sure my son/daughter and that such insurance for any accident, injury, or liability is my responsibility.

2. West Mifflin Cheerleading Association, its officers, employees, and agents assume no responsibility for supervision of students while attending this competition. Any willful damage, alteration, theft or loss done by my son/daughter to the equipment or facilities of the West Mifflin Area School District will be my financial responsibility.

3. I hereby authorize the cheerleading coach, athletic trainer, or any other supervising adult to obtain medical treatment for my son/daughter for such an illness or injury during the activity.

My son/daughter and I have read and understood the above West Mifflin Cheerleading Association Waiver/Release Form.

\_\_\_\_\_  
Parent/Legal Guardian Signature Date

\_\_\_\_\_  
Participants Signature; if participant is 18 and over Date

Please Note: All waivers must be received by the day of the competition. No Cheerleader will be permitted to participate without this signed waiver.

WMCA P O Box 253 West Mifflin PA 15122  
West Mifflin Cheerleading Association

WMCA'S "In It To Win It" Cheer Challenge 2009  
October 3, 2009  
Roster

	Cheerleader	Birth Date
1		
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