

# MTLYCA Information Session

April 4, 2025



# Agenda

Welcome + Introductions

Program Overview

Team Expectations

Registration + Costs

Q & A

Wrap

# Q&A

Join at [slido.com](https://slido.com)

#3348839

Passcode: bluedevils



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# Program Overview

- Mission
- Sideline Cheer
- Competitive Cheer

# Our Mission

**MTLYCA is committed** to providing cheerleading opportunities for the youth of Mt. Lebanon, with a focus on **developing leadership, self-confidence, and teamwork** in athletes grades 1-6. We strive to instill the **positive character traits** recognized by the Mt. Lebanon School District while supporting the Mt. Lebanon Youth Football Association and engaging in community events.

Through cheerleading, we aim to **teach fundamental skills** such as jumps, sideline chants, dance, and stunts, empowering our **athletes to grow** both on and off the field.

# New for the 2025-2026 Season

Athletes can choose to participate in **either**  
Competition, Sideline, **or** both cheer programs!



# Sideline Cheer

## 2025-2026 Season

Open to athletes grades 1-6

Sideline cheers for Lebo Youth Football Teams

### **Sideline Schedule:** August - Early Nov

- August
  - Cheer Kickoff: Aug 3
  - Cheer Camp: Aug 4-7 (evening)
  - Photos: Aug 11
- September - October
  - Practice 1 day per week
  - Keep all Saturdays free for games
  - Athletes need to report to the field 30 mins before the game to warm-up
  - Athletes are required to cheer the entire game, including 5th quarter and overtime
- November
  - Select squads will cheer playoff football games

**Registration Opens May 5 at 10am!**





# Interested in Coaching a Sideline Squad?

No prior cheer experience is required.  
Each squad will have a Head Coach and at least one Assistant Coach.

## Responsibilities

- **Training:** Attend camp with your squad and hold weekly practices during sideline schedule to practice cheers and halftime.
- **Practice & Game Day Management:** Organize weekly practices and manage game day logistics.
- **Communication:** Liaise with parents, board members, and other coaches.
- **Safety:** Ensure the safety and well-being of squad members.
- **Team Spirit:** Promote sportsmanship, teamwork, and a positive attitude.



# Competition Cheer

## 2025-2026 Season

**\*NEW\*** Open to athletes grades 1-6

Squad represents Mt. Lebanon in local and state competitions

### Competition Schedule

Practices begin in June

- Practice 2x / week
- Competitions beginning in October

### Comp Evaluation

Signups: Apr 5 - 25 <https://forms.gle/tdfuYuyDogj3WMsh9>

Evaluations: Apr 29 and May 1

**Registration Opens May 5 at 10am!**

# Competition Cheer

## Peewee Team

(Birth year 2016 and later)

- Will begin choreography and practice in Mid August.
- Compete in 2-3 local competitions.
  - Mt Lebanon
  - Bethel Park
  - IUP

## Junior Rec Team

(Birth year 2013 and later)

- Practices will begin in early June.
- Mandatory choreography and stunt camp will be announced prior to registration, as well as firm competitions and dates.
- Compete in 5-6 competitions

**Sign up for Competition Evaluations online!**

# Want to get involved? Join a committee!

We will be forming committees next season and are looking for volunteers!

If you have time to give during the season, please email [GoLeboMTLYCA@gmail.com](mailto:GoLeboMTLYCA@gmail.com).

- ❑ **Merchandising**
- ❑ **Practice/Camp Coordination**
- ❑ **Fundraising**
- ❑ **Events**

# Standards of Participation

- Attendance Policy
- Code of Conduct

Cheerleading is a unique TEAM sport. Each position is dependent upon one another.

Every athlete has a role and if someone is missing, it places the hardship on the whole squad, can become a safety issue, can take away from other athlete's ability to fully participate, and ultimately has a negative impact on both individual skill and squad development.

Thus, attendance is ESSENTIAL because every athlete has an important role to fulfill.

# Attendance Policies - Sideline Cheer

Youth sports are a family commitment. Parents/guardians are making this commitment as much as the athlete.

## Cheer Camp

Not mandatory but highly encouraged.

Missing camp will result in the athlete not being included in stunting during halftime routine for the season.

The athlete is responsible for learning all material on their own.

### **Cheer Camp Dates**

Aug 4 - 7

5p-9p staggered start times

Greentree SportsPlex

## Practice Policy

Missing **one practice** may result in the athlete having a different spot in the halftime routine and not being able to participate in sideline stunting or tumbling.

Missing **three practices** may result in the athlete being removed from halftime, sideline stunting, and tumbling for the remainder of the season

# Attendance Policies - Sideline Cheer

## Pre-Game Practice

Athletes must report 30 mins prior to the start of the game. Tardiness is considered arriving more than 5 minutes after the expected start time.

Being **late, or missing pre-game practice**, may result in the athlete having a different spot in the halftime routine and not being able to participate in sideline stunting or tumbling for safety reasons.

**Being late to three pre-game practices**, may result in the athlete being removed from halftime, sideline stunting, and tumbling for the remainder of the season.

## Game Day

Missing a game must be communicated to the coach prior to game day so adjustments can be made.

Athletes may miss **one full game or leave after halftime once** without penalty.

Missing a **second** game, or **leaving twice after halftime**, will result in the athlete being removed from the halftime routine, stunting and tumbling.

Missing **three** games (regular season and playoffs) will result in the athlete being removed from the squad.



# Attendance Policies - Competitive Cheer

Youth sports are a family commitment. Parents/guardians are making this commitment as much as the athlete.

## Practice Policy

Summer practices: Each athlete is allowed to miss a total of 4 practices (2 weeks)

Fall Practices: Athletes must be able to attend 90% of scheduled.

## Competition

In order to compete at our highest potential, competitions are mandatory for all athletes.

If an athlete is not available for 1 of 5 competitions, this will affect their role within the routine to allow for consistency and fairness to all team members.

If an athlete chooses to participate in **both** sideline and competition cheer, attendance violations will impact their participation in both squads.

# Code of Conduct

Below are expectations MTLYCA has for athletes and families.

## The following will not be tolerated:

- Not listening to, or back talking a coach
- Undesirable, inappropriate and/or vulgar language
- Unsportsmanlike remarks being made to opposing or home teams
- Chewing gum
- Eating while cheering
- Leaving the cheer area without coach's permission
- Use of electronic devices
- Stunting or tumbling without a coach
- Bullying and/or acts of physical aggression will result in removal from the program

## Violations

1. First violation: Warning + family notified
2. Second violation: Sit out remainder of current game + family notified
3. Third violation: Dismissed from program with no financial reimbursement

Violations to the Code of Conduct will be addressed on a case by case basis by the Board of Directors. Any athlete who is dismissed from the program because of a violation of code of conduct or attendance or chooses to leave at will, will not be permitted to participate in the follow season.

# Appearance

## Jewelry

No jewelry is allowed. It is a safety concern. Refrain from new piercings during the season. If an athlete refuses to remove jewelry, they will not be able to stunt or tumble.

## Hair

A high slick back ponytail with bow facing forward is required for practice and game day.

## Shoes

White cheer shoes need to be purchased new every season. Approved styles to be provided.

## Practice

Camp shirt and appropriate athletic bottoms are required.

# Registration + Costs

- Important Dates
- Costs
- Uniform Update
- Fundraising Opportunities

# Registration Dates

## Competition Evaluation Sign Ups

Apr 5 - 25

## Competition Evaluations

Apr 29 & May 1

## Registration Dates (sideline + comp)

May 5 - 16

Opens at 10 am

**Register online at:**

[www.mtlyca.org](http://www.mtlyca.org)

# Investment

## Sideline Registration Fee: \$50

This fee helps to cover:

- Camp facility rentals
- Camp T-shirt
- Halftime music
- End of season banquet

## Competition Registration Fee:

**Peewee:** \$100 - \$125

**Junior:** \$375 - \$425

# 2025 Uniform Requirements

- Shell top & Skirt / Shirt & Pants
- Body Liner
- Bows
- Cheer Bag\*
- White Shoes
- "No show" Socks
- Sweatshirt
- Rain jacket
- Warm up pants

*\*If you have last years Lebo Cheer Bag, you can use it next season.*



MTLYCA will be purchasing new pom poms that each athlete will *borrow* during the season. If poms are lost/damaged the replacement fee is \$10 per pom.

# 2025 Uniform Requirements

## Purchased Through Varsity

- Shell top & Skirt / Shirt & Pants
- Bodyliner
- Bows
- Cheer Bag (optional if have one from prior season already)

Payment will be made directly to Varsity.  
Payment portal information will be  
provided at 5/21 fitting.

## Purchased Separately\*

- White Shoes
- "No show" Socks
- Rain jacket
- Sweatshirt
- Warm up pants

\* Links to acceptable versions of each item will  
be provided prior to time of purchase

# Uniform Packages

A package including uniform, bag, and shoes is also available if you would like to purchase these items through varsity

- Package options range from \$167 to \$347 depending on piece selection.





# Uniform Fitting

Wednesday, May 21st

4:30- 8:30pm

Markham Elementary MPR

165 Crescent Drive

\*Time slot selection form will be sent out following  
registration

Payment for uniforms will be paid by families directly to  
Varsity through a provided payment portal at fittings.  
Portal will be open for 1 week.

# Fundraising

MTLYCA is working on fundraising opportunities to help families offset the cost of uniforms.

## Coming Soon!

We will be selling pepperoni rolls from That's a Wrap Cafe.  
Half of the money you raise will go directly to your athlete.  
Fundraiser will launch after registration.

Details will be posted on the website.



As the season progresses, there will be more opportunities for fundraisers including Sarris, pierogies and more. Your coaches will be able to pass along the information when the time comes.

# Q&A

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# Key Dates To Remember



## Competition Squad

4/5 - 4/25: Sign up for evaluations

4/29 & 5/1: Comp evaluations



## All Squads

5/5: Registration Opens at 10am

5/16: Registration Closes at 6pm

Registration Fee: \$50

[www.mtlyca.org](http://www.mtlyca.org)



## Uniforms

5/21: Uniform Fitting 4:30pm - 8:30pm

5/21 - 5/28: Uniform payment due



# Thank you for joining!

If you have questions, reach out!

[golebomtlyca@gmail.com](mailto:golebomtlyca@gmail.com)