

NHYFA 2022 CHEER FAQ

The Tradition Starts Here!



- Tomahawks – Grades 1-2
- Braves – Grades 3-4
- Redskins – Grades 5-7

Practices and Home games at Ross Elementary Field, rain or shine.

Practice 6-8pm tentatively starting July 18, 2022 – summer schedule to be determined

During school practices are Tuesdays and Thursdays

Games played on Saturdays – schedule to be determined

Practice and Games rain or shine

Cheerleaders are responsible for purchasing:

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

These can be purchased at most department stores and online.

Uniforms – Uniforms are the property of NHYFA and will be returned at the end of the season. Each cheerleader will be issued:

- Cheer Top
- Cheer Skirt
- Cheer Jacket
- Cheer Bow (keep)

Pom poms are shared between squads on game days. Sizing and distribution are 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.

Dress Code is strictly enforced for safety and team uniformity. If dress code is not followed, the cheerleader may not be able to participate that day.

- must wear nonrestrictive clothing, socks and athletic shoes to practice.
- Hair pulled back, no jewelry
- have all pieces of the uniform at every game due to unpredictable weather changes (keep in gym bag).

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 contact Lori Docherty.

Communication –

- Weekly emailed NHYFA updates during season
- Dick’s Team Manager app – you will receive an email invite to download and add your team
- www.nhyfa.com
- Lori Docherty-NHYFA Director of Cheer at dochertyla@gmail.com
- Frequent updates on Facebook, Twitter and Instagram at @nhyfa_pgh.