

Regular Season Cheerleading Information Packet

Season...

The regular season cheer program runs from mid August until mid November culminating with a half-time performance at your regions football championship game. Girls and boys, grades 2 through 8, are encouraged to participate.

Practices & Games...

Practice may begin August 23rd, 2010. Cheerleaders will be contacted by their coach for location and dates. Games are played every Saturday beginning the first Saturday after Labor Day until roughly the end of October. Playoffs are the following two Sundays in November. A schedule is given to all coaches as soon as it becomes available. The schedule will also be available on our website: www.cyocamphoward.org.

Gate Fee...

There is a gate fee (\$2.00 per adult and \$1.00 for kids grades 1st – 12th) charged for all CYO regular season football games and playoff games.

Uniforms...

CYO no longer issues cheer uniforms. Regional cheer teams shall purchase (at their own expense) uniforms, shoes & poms. Contact your athletic director or coach for more details.

Health Insurance...

Your child MUST have valid health insurance including information & policy number on file at CYO to participate.

Regular Season Cheerleading Step by Step

1. **REGISTER ONLINE** and pay either a \$50 deposit OR in full at www.cyocamphoward.org. From the main page, click on cheer to the left.
2. **Schedule an appointment for a physical:** All participants must have a physical every two years. Take the Health History & Exam Form to your doctor's appointment. Your doctor must sign this form EVERY year.
3. **Turn in your completed Health History & Exam Form** signed by the doctor and parent to the CYO office via email to danaw@cyocamphoward.org or fax at 503/231-9531 BEFORE you attend your first practice.

For Additional Information: Please contact your Region Athletic Director, Head Coach or the Cheer Director; Dana Wheeler at the CYO Office or access our web site at cyocamphoward.org.

Regions...

Schools are placed in geographic regions and come together to a regional site to practice and play games. You must play within the geographic region closest to your home or school. If you have questions about which Region you will play for, please contact the CYO office. CYO Football is open to youth of all denominations.

Scroll down for Athletic Director contact info below!

Athletic Director Contact Information

Region 2 - Northeast Portland (Black) “Bishops”

Athletic Director / Art Hendricks 503-381-5126 / artbela@comcast.net

All Saints, Archbishop Howard, Cathedral

Region 3 - Southeast Portland (Purple) “Kings”

Athletic Director / Tom Hutson III 503-347-2290 / kingscyofootball@gmail.com

Holy Family, Our Lady of the Lake, St. Agatha, St. Stephen, St. Ignatius, Our Lady of Sorrows

Region 4 - Clackamas County (Orange) “Eagles”

Athletic Director / Ron Dowhaniuk 503-238-7477 / ron.dowhaniuk@srsre.com

Christ the King, St. John the Apostle, St. John the Baptist

Region 5 - Southwest Portland (Columbia Blue) “Saints”

Athletic Director / Troy Werner / v3twerner@aol.com

St. Anthony, St. Clare, St. John Fisher, St. Thomas More, St. Francis (Sherwood)

Region 6 – Beaverton (Royal Blue) “Knights”

Athletic Director / Marc Franck 503-957-1402 / m1franck@mac.com

Holy Trinity, Pilgrim Lutheran, St. Cecilia, St. Mary of the Valley, St. Pius X, Valley Catholic Middle School, St. Francis (Roy), St. Matthew

Region 7 - Vancouver, WA (Cardinal Red) “Cardinals”

Athletic Director / Aaron McGlohn 360/521-1316 / aaron.mcglahn@gmail.com

Our Lady of Lourdes, St. Joseph, St. John the Evangelist, Pacific Crest Academy

Region 8 – Stayton (Yellow) “Rams”

Athletic Director / Debbie Fessler / 503-845-6407

St. Mary’s

Region 9 - East Portland (Maroon) “Disciples”

Athletic Director / Luciana Fisher 503-997-9861 / LuFischer@gmail.com

St. Therese, Portland Lutheran

Region 11 – Salem (Gray) “Cavaliers”

Athletic Director / Russ and Chrystie Jones 503-362-9208 / cyosalemclub@earthlink.net

St. Joseph, St. Vincent DePaul, Queen of Peace

Region 12 – Portland Christian (White with Purple Lettering) “Royals”

Athletic Director – TBA

Portland Christian, Crossroads Christian, Cornerstone Christian

Region 13 – North Portland (Green) “Spartans”

Athletic Director – Ralph Balducci 503-286-6106 / ralphb@silvereaglefmfg.com

Holy Cross, Holy Redeemer, The Madeleine