

# Arundel Legacy Fall Invitational

Be the 1<sup>st</sup> to put your new routine out on the floor at the Arundel High School Legacy Invitational. We would like to invite you to our Legacy Cheerleading Invitational Competition on Saturday, October 7, 2017 at 3:30pm. We realize this is SAT's/ACT's day so we are starting later in the day so all teams and their members can participate. This competition is open to Junior Varsity and Varsity teams who belong to the Maryland Public Schools State Cheerleading Committee (MPSSCC). Space is limited. If there are 25 teams or more we will have a double judging panel.

## Registration

- Cost per team is \$125; or \$225 for 2 teams
- Only two assistant coaches will be permitted to enter with the team during registration.
- The first **20 teams** to register will be guaranteed a spot.
- Make school checks payable to **Arundel High School**.

## Competition Guidelines

- National Federation of High Schools (NFHS) and MPSSC Cheerleading rules and regulations will be followed including:
  - NO CELL PHONES are allowed in the cheerleaders holding area
  - Athletes must wear their entire uniform for the duration of the competition
- The length of the routine shall not exceed two and a half minutes and can be all music.
- Keep in mind that the team must still include a cheer portion that cannot be voiced over in the music and must be performed by the team on the mat.
- Up to 25 athletes are allowed on the mat
- Up to 30 people-coaches mascots/managers/alternates/members will be allowed to enter with team

## Facility Information

- The competition will be held in the main gymnasium of **Arundel High School**.
- Routines will be performed on a cheerleading mat (42x42); warm-up area will also have a 42x42 cheerleading mat
- Concessions and T-Shirts will be sold; Vendors will have merchandise for purchase
- Doors will open to the public at 2:45pm.
- Team registration is 2:00-2:30pm; Open Mat is 2:30-2:45pm; Competition begins at 3:30pm
- Cost of Admission: \$5.00/children under 5 are FREE

## Awards

- 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> Place Team Trophies will be presented for JV and Varsity
- Coaches gift for each head coach

To complete your registration, send the above completed registration form to Kathy Palmer along with a school check payable to **Arundel High School** no later than September 30<sup>th</sup>, 2017. Upon receipt of your registration form and check, more detailed information, including directions to the school, warm-up and performance time schedules will be emailed to the head coach. To reserve your spot, feel free to email me your registration form(s) and then mail the school check.

If you have any questions, please contact Kathy Palmer at 301-520-5054 (cell) or at [superk12@ymail.com](mailto:superk12@ymail.com). Best of Luck to everyone this Fall Season!!

**Mail Registration form and payment to:**  
**Kathy Palmer**  
**997 Springhill Way, Gambrills, MD 21054**

# Arundel Legacy Winter Invitational Registration Form\

October 7, 2017

<b>School Name/Division</b>	Circle one: Junior Varsity OR Varsity
Head Coach's Name	
Head Coach ~ Cell Number	
Head Coach ~ Email Address	
Assistant Coach's Name (limit 1)	

**\*Only coaches listed above and officially cleared by their county will be permitted to enter with the team. Please list competitors alphabetically—ONE name per line**

1.	14.
2.	15.
3.	16.
4.	17.
5.	18.
6.	19.
7.	20.
8.	21.
9.	22.
10.	23.
11.	24.
12.	25.
13.	

**Please list your team alternates alphabetically—ONE name per line**

1.	4.
2.	5.
3.	Team Manager:

**Everyone listed on this sheet will be allowed in during registration time.  
All others will be directed to the entrance and may enter with the public.**