

The EndZone

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The Official Newsletter of Londonderry Youth Football and Spirit

150 Seconds to Glory !!

By **Jim Loiseau** - EndZone Publisher -- e-mail: jim.loiseau@lyfs.org

One hundred and fifty seconds, that's 2 and ½ minutes, to glory. For months now since the hot days of summer outside on the upper plateau behind LMS to the interior confines of the LMS gym and MPR room they have toiled. Practicing for perfection.

This month and through early November the WildCat cheerleaders are getting to the “heart” of their season. For well over 100 hours total the WildCat cheerleaders have been busy creating a cheer routine that have practiced countless of times. It all comes down to one chance, one chance only, to demonstrate in front of a panel of judges and thousands of fans at the NH AYF Cheer Competition on Saturday October 27th at SNHU.

But around that event are scheduled other regional cheer competitions in Derry, Bedford, and right here in Londonderry on November 3rd. This past weekend at the Derry Harvest Cheer Invitational at Pinkerton Academy the Cat cheerleaders performed against dozens of squads from NH and MA and in front of a packed gymnasium.

LYFS Cheerleading Director Debby Pfau was excited to see her teams perform. Debby notes we have many new girls this year cheerleading at all levels. For many this was their first performance in front of a large and loud audience. Deb notes it was practice to help them get over any nervousness they felt.



In Derry the Tiny Mites received medals for doing a great job. The D8 Cheer Squad placed 3rd in their division and the D10 and D13 squads did not place in the top 3.

Left – D8 Practice at LMS

The EndZone asked Debby to outline some of the criteria used to judge cheer teams. She notes the AYF scoring guidelines are quite extensive and it takes years of practice to be a good cheerleading judge where discretion is used in several categories.

Cheerleaders are judged on Crowd Appeal. They can be given up to 10 points. Judges have to analyze crowd participation and energy levels and evaluate the “excitement” level of both the crowd and the cheerleaders. There are objective categories they mark teams against. Deb says the bottom line is that when our Cat cheerleaders are out there cheering they need the crowd to be “loud and excited”.

The other objective category is Dance where 5 points is awarded for creativity and 5 points for execution. Judges review the “flow” of the program the variety of moves and the timing.

Judges are further allowed to review “Formations and Transitions” (10 points), “Performance and Sportsmanship (10 points) and 5 points for choreography. And don't forget the safety judges who are watching for “rule violations” related to safety concerns.

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EndZone October 19, 2012

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Put all of that together, 100 hours of practice, 8 football games, practicing for perfection and you have what it takes to be a cheerleading athlete for the Londonderry WildCats.

At a recent practice the EndZone asked long-time cheer coach and board member Lisa Hynes about cheerleading divisions. Our D8 and D10 squads are “red” squads while the D13 squad is a “blue” squad. Lisa said “no!” when asked if this had anything to do with politics (red-state blue-state) but explained it is about skill level.

The blue division allows for a higher skill level. For example blue squads can perform extended one-legged stunts on a mount. Blue teams can perform tumbling without hands – for example a tucked back-hand spring. They can also perform inverted stunts as some of the skills a blue level squad is allowed to perform. For example, Lisa explains if a red-level team was to perform any of the blue-level stunts it would be a safety violation at competition and points would be deducted from their final score.

Right– D13 Cheer at LMS practice

So what is up next for the WildCat Cheerleaders:

- Saturday, October 20th – Season Premier Spirit Competition in Bedford
- **Monday, October 22nd – LYFS Pep Rally – LMS Gym – 7:00pm – ALL WILDCATS TO ATTEND !**
- Saturday, October 27th – NHYFS State Cheerleading Championships – SNHU
- **Saturday November 3rd – Fall Classic Cheer Competition at LMS – Hosted by Londonderry**



- And don't forget – they will be cheering at our football games through the rest of the season !!

WildCat Pep Rally – Monday October 22 – LMS

All WildCats need to attend the Pep Rally at LMS on Monday October 22nd at 7:00pm in the gym.

All season long the cheerleaders have supported you at games – now it's your turn to support the cheerleaders. Where your WildCat blue game jersey.....and who knows maybe Elliott will be there too.

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Calling all Football and Cheerleading Families!

By **Debby Pfau** LYFS Cheer Director - **e-mail:** debby.pfau@lyfs.org

Calling all football and cheerleading families! It's hard to believe that we find ourselves in mid-October already! Before we know it the season will be over. Many of you have given countless hours to the organization and we cannot express how much we appreciate all the time and efforts you have given this season! **Our biggest and most profitable fundraising event is coming up in November.** The Fall Classic Spirit Competition - Saturday, November 3rd at LMS. We have teams coming from all over New Hampshire and Massachusetts.

We are asking for each team to provide the following items:

- All Cheer Teams:
 - Hot foot items – in crock pots (preferred) or metal pans
 - Baked Ziti – Chill – Meatballs – Kielbasa – Sausage-peppers and onions
 - Sub rolls – baked goods – OTHER crock pot creation
- Football Grade 3 – Cookies – boxed treats – hostess cakes, etc....
- Football Grade 4 – Chunks of fruit for fruit cups
 - Watermelon, cantaloupe, honeydew, strawberries, blueberries, seedless grapes
 - Cream cheese and fluff – we make a dip for the fruit
- Football Grade 5 – Bacon and sausage – scrambled eggs
- Football Grade 6 - Breakfast sandwiches
- Football JV and Varsity - Breakfast items, granola bars, or cereal bars, cookies, brownies

Team Mom's - please keep a list of who is bringing what.....

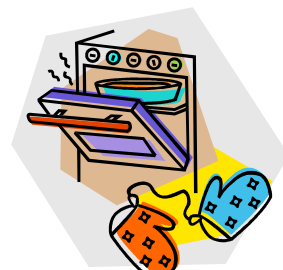
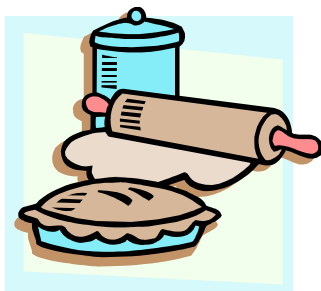
Please help us to make this event as exciting and profitable as it has been in the past! Your help is greatly appreciated!

Please feel free to contact me if you have any questions. Items can be dropped off Friday evening at LMS (we will give times) and for hot items – first thing Saturday morning.

Debby Pfau

LYFS Cheer Director

debby.pfau@lyfs.org



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Reminder – Shred Day.....

By Lisa Hynes LYFS Treasurer - e-mail: lisa.hynes@lyfs.org

The WildCats bank with Hampshire First Bank. The local branch is located in Apple Tree Mall – in front of Shaws and next to Hess.

Hampshire First is sponsoring a document shredding “event” this Saturday October 20th at their Londonderry branch. Professional shredding and disposal from Northeast Record Retention will be provided. Non-perishable food items will be accepted to support the Sunshine Soup Kitchen.

They will be shredding between 9:00 am and Noon on Saturday.

LYFS Golf Tourney – MOVED to October 26th

By Ryan Ouellette LYFS Fundraising Officer - e-mail: ryan.ouellette@lyfs.org

Due to poor weather the 5th Annual Alex Lyskawa Memorial Golf Tourney has been moved to Friday October 26th at the Windham Country Club with a 9AM shotgun start. The outlook appears to be a very favorable change with more sun and 60 degree weather in the forecast for next Friday.

This is a scramble event and all proceeds benefit the LYFS Scholarship Fund which annually awards \$5,000 to graduating seniors at LHS and funds the WildCat LMS academic scholarships.

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With this change and thanks to the Windham Country club we can extend the new date to additional golfers. The Cost is \$125 per Individual or \$450 per foursome, which includes golf, cart, grab bag, lunch banquet.

To Register and or pay online click here -----
--> [Online Registration](#)

For More Information, to play or sponsor contact: Ryan Ouellette at ryan.ouellette@lyfs.org or by Phone: 305-5276

Thank you to our 2012 Golf Sponsors. The list continues to grow and we welcome Ford of Londonderry to that list by offering a Hole-In-One Prize (A New Car)!!