

Ridge Youth Sports – 2023 Cheerleading

SPIRIT TEAM FAQ's

REGISTRATION?

When - March 30, 2023 to May 31, 2023
Who - Grades - Kindergarten and up as of September 2023
Fees - \$225.00 per cheerleader

Fees include:

Field usage/rec fees, supplies, practice t-shirt for all cheerleaders, poms, game bow, safety training for adult coaches/EMT's, insurance, administrative and Cheerfest.

PRE-SEASON PRACTICE:

Week of August 21 – M, T, W, Th Grades **Kinder & 1st 6:00pm-7:30pm** **2nd & Up 6:00pm-8:00pm**
Week of August 28 – M, T, W, Th Grades **Kinder & 1st 6:00pm-7:30pm** **2nd & Up 6:00pm-8:00pm**
Location: Mountain Park, fields 7 & 8.

AFTER LABOR DAY PRACTICE:

Practice will be one day a week in the evening from 6:00pm-8:00pm. Exact day TBD, pending field availability

GAME DAY:

Kindergarten thru 4th grade – Games are on Saturdays. Exact times to be announced. No game past Noon.
Grades 5th and up – Games are on Sundays. There is possibility that you will need to travel (not more than 30 min drive) to the games. If there is no game available, then there will be practice. The time will be known as soon as the game schedule is produced.

HOW MANY TEAMS WILL THERE BE?

Team determination will be based on the numbers of registrants in each grade group and the availability of appropriate coaches.

ARE SPIRIT PRACTICES MANDATORY?

Grades K-1 are not subject to the below attendance policy but absences at any age are discouraged.

Grades 2nd to 4th: To fully participate, attendance at the August practices is necessary. Instruction in cheerleading is progressive and missing practices can result in a cheerleader missing important stunting instruction. Consistent attendance leads to better technique and a reduced risk of injury.

Stunting instruction/evaluation and routine placement will take place during the first week of practice in August. If a cheerleader misses any practice during the August schedule, the cheerleader may be given an 'alternate position' in a stunt group or in the routine and performance during the season will be at the coach's discretion.

Attendance is mandatory for grades 5th and up. for practices and games.

The only excused absences are for religious holiday observance or illness

Cheerleaders who miss a weekly practice after school begins may forfeit their stunting position for that weeks' game or upcoming performance.

Cheerleaders who miss the pre-game warm up will not be allowed to stunt in the halftime routine

There will be one or two '*Friday Night Lights*' game on Friday evenings at Lee Field (Ridge High School).

END OF SEASON:

Kindergarten to 4th grade will have games up to Saturday Nov 11.

Playoffs and championship games for grades 5th grade and up continue through and include the weekend before Thanksgiving (November 23rd) and cheerleaders **will be expected to participate**. Game Times and Locations will vary depending on the grade.

UNIFORMS:

As brought to everyone's attention at the beginning of last season, we would be changing to a new uniform in 2023.

We are very excited and believe you will be also!

Uniform Day is Saturday June 3, 2023 from 9:00am – 1:00pm. You will be assigned a time range to ease the rush of attendance.

Cost of the uniform (Top & Skirt)	\$155.00 (estimate)
Midriff/Bodyliner	\$ 24.95
Boysshorts	\$ 13.95
Shoes	\$ 50.00 (estimate)

An email detailing Uniform Day will be sent shortly after your registration:

COACHING:

We are always in need of a motivator with a positive attitude and enthusiasm for our athletes and the sport of cheer – aka – a Coach! If you have experience, great! If not, we will give you guidance in coaching your team to a fun and exciting season!

If you are interested, please send us an email at spiritridgeyouthcheer@gmail.com. Interest can also be found in the online registration form.

REFUNDS:

Registration fee is REFUNDABLE based on following schedule:

Prior to Monday August 21, 2023	100% less \$25.00
Between August 21, 2023 – August 24, 2023	50% less \$25.00
After August 24, 2023	0%

Uniform Fees are NON-REFUNDABLE

IMPORTANT DATES:

March 30, 2023 - Open Registration

May 13, 2023 – General Skills Clinic (optional)

Location: Ridge HS Cost: \$25 Time: 3-5pm

Open to current grades K-7 This is an opportunity to sharpen your skills on jumps, cheer, motions and stunting.

Saturday June 3, 2023 – Uniform Day

Details will be sent to registered participants

Monday August 21, 2023 – Start of Pre-Season practices

Practices – weeks of 21 Aug and 28 Aug:

M, T, W, Th 6:00-7:30 Kindergarten and 1st grade

M, T, W, Th 6:00 – 8:00 2nd grade and up

Please send us an email at spiritridgeyouthcheer@gmail.com if you have any questions.