

Ridge Youth Sports – 2024 Cheerleading

COMPETITION FAQ's

When does cheerleading start? Competition Cheerleaders MUST be available to start on Monday 8/12.

- Summer practices begin Monday August 12th at Mountain Park
- Junior Rec 6-8pm Senior Rec- 5:45-8:15pm.
- Week #1 8/12, 8/13, 8/14, 8/15
- Week #2 8/19, 8/20, 8/21, 8/22
- Week #3 8/26, 8/27, 8/28, 8/29
- Week #4 (week of Labor Day) fall weekly practices begin (see below)

Junior Rec Choreography:

Week of 8/19- dates and times coming in June

Senior Rec Choreography and UCA Camp: dates/times will be confirmed in June

1. Traditional Choreography: hold 9/6 evening, 9/7, 9/8 9-5pm. Times may be adjusted and will be confirmed in June
2. Game Day Choreography please hold 8/17 9-3 and 9/8 9-2pm
3. UCA Stunt Camp hold 8/18, 8/19, 8/20 9-4 or 12- 6pm and evening until times confirmed

When does the season end?

- Jr Rec will end Mid January 2024.
- Sr Rec will end after Nationals in February. Nationals take place at ESPN in Orlando Florida: 2/7-2/10/25

When are Fall/Winter Practices (After Labor Day) Practice schedules will be confirmed in late June once we receive BOE approval for our space requests..

- Junior Rec will practice at the Evolution gym on Sunday nights and Tuesday nights at Ridge HS

- Senior Rec will practice Wednesday nights at Ridge HS, Thursday (after tumbling at Evolution) and Sunday nights at Evolution. There will be some Tuesday open stunt sessions for Sr Rec.
- Teams will practice one hour prior to games on the weekend.
- **There will be additional Friday evening or Saturday/Sunday morning practices before a competition as needed.**
- Teams will have practice on Sunday 12/1 (Thanksgiving weekend) 12/22 and Sunday 12/29.
- There will be no weeknight practices on 12/24 and 12/25 or 12/31 and 1/1.
- Team tumbling for both teams and Sr Rec practice will resume on Thursday Jan 2nd.
- Sr Rec- hold Saturday Jan 4th and Sunday Jan 5th for longer practice sessions.

Are practices Mandatory?

- YES, attendance is mandatory!
- If you are on a competition team then practices, games and competitions are mandatory.
- The only excused absences are religious holiday observance and real illness or injury. Cheerleaders who are ill or injured may need a note from a doctor.
- Cheerleading is a collaborative team sport and if one girl is missing then her stunt group cannot practice and the entire team suffers from her absence.

How many teams will there be?

- We plan to have two competitive teams for the 2024-25 season
- We plan to hold **TRYOUTS** for our Sr Rec team for current grades 5-7
- We plan to hold Jr Rec **EVALUATIONS** for CURRENT grades 2-4.
- We may ask some younger athletes to attend Sr Rec tryouts after the first evaluation clinic. Parents will be contacted by email.
- **Everyone is encouraged to attend tryouts regardless of their tumbling and stunting skills!**
- Athletes not selected for our Sr Rec team will automatically be considered for our Jr Rec team if they are age appropriate for that division.
- Athletes not offered a spot on a competition team can register for a spirit team for their age level.

SENIOR REC Traditional +Game Day Competition

- Senior Rec competes 2 routines (Traditional and Game Day). **Depending on the size of the team, not all cheerleaders will be selected to participate in both routines. Determination will be made at the conclusion of tryouts.**
- **Everyone is encouraged to attend evaluations regardless of their skill level.**
- The desired entry level tumbling skills include standing and running back handsprings. All cheerleaders should be in a tumbling class working on their tumbling skills.
- The desired entry stunting skill is a single leg stunt at a full extension level. These stunting skills will be practiced and evaluated at the try out clinics.
- Flyers will be evaluated for a body position at an extension level (for example, a heel stretch)
- No tumbling will be taught or spotted at tryouts. Cheerleaders must be able to perform tumbling skills safely and independently on a **NON SPRING FLOOR**.
- A range of skills will be assessed at tryouts including jumps, cheer, motions, dance, performance ability, showmanship as well as tumbling and stunting.
- Overall performance, showmanship and proper motion technique will be assessed and scored for consideration for our Senior Rec Game Day competition team.
- All skills presented will be evaluated according to the tryout score sheet.
- Everyone is encouraged to attend tryouts regardless of their skill level.

Junior Rec

- Junior Rec competes one traditional routine.
- **Everyone is encouraged to attend evaluations regardless of their skill level!**
- Tumbling is not required but it is encouraged that all Jr Rec athletes are in a tumbling class.
- A range of skills will be assessed at evaluations including jumps, cheer, motions, dance, performance ability, showmanship as well as tumbling and stunting.
- No tumbling will be taught or spotted at evaluations.. Cheerleaders will need to show any tumbling skills that they can do safely and independently on a **NON SPRING FLOOR**.

How important is tumbling?

- Tumbling is not the most important thing but it is important for competitive cheerleading. Competitive cheerleaders by high school need to have tumbling skills higher than a backhandspring. Now is the time to work on your tumbling skills.

- Girls who tumble and attend tumbling classes generally have better core strength and flexibility than those who don't tumble and that carries over to other cheerleading skills.
- RYSI does not teach or spot tumbling. All skills must be able to be performed independently on a NON SPRING FLOOR at tryouts.
- Competition team members will be invited to join our team tumbling classes at the Evolution Gym in Bridgewater – this is **highly recommended** for Senior Rec on **Thursdays** beginning in September.
- Junior Rec will have an **optional** team tumbling class on **THURSDAY** beginning in September.
- **Team tumble contracts are payable directly to the Evolution Gym and will be sent out in June- as soon as days/times have been confirmed.**

How many are on a competition team?

- There is no set number per team.
- Team size will be based on skill level (stunting and tumbling) and the stunting positions needed.
- Teams are comprised of stunt groups (backspot, flyer, 2 bases)
- **For our Sr Rec Traditional routine the majority of athletes need to have tumbling for a routine to be competitive. This sets team size along with the number of stunt groups that can stunt at a higher level.**

Do we cheer for football games?

- Yes – football games begin the first weekend after Labor Day for flag and tackle
- Games are on Saturdays, with home games at Mountain Park or Ridge HS. We will be in the NJ Suburban Youth Football League. Tackle teams play against Chatham, Bridgewater, Cranford, Morristown, Summit and more.
- Both competition teams will have home and away games, this is required to be eligible to compete as a Rec program.
- Playoffs, championship games and competitions continue in November and cheerleaders are expected to participate. **This will include teacher convention weekend 11/7-11/10/24.**
- Game days/times vary depending on the grade and will be announced in August.

When are Tryouts for Senior Rec?

- Try outs for Senior Rec are open to CURRENT grades 5-7
- Location: Ridge HS
- COST-\$60
- May 4th 12-2pm, May 7th 5-8pm, May 8th 6-8pm
- Individual tryouts will take place during the clinic on May 8th.
- **Everyone needs to attend all of the clinic dates. This includes any 9th graders that have been asked to try out for Sr Rec.**

When are Evaluations for Junior Rec?

- Evaluations for CURRENT grades 2-4
- Location: Ridge HS
- COST \$60
- May 4th 12-2pm, May 7th 5-8pm, May 8th 6-8pm
- Evaluations are to determine readiness to participate, showmanship and the ability to learn a cheer and dance.
- Evaluations and scoring will take place during the clinic on May 8th.
- We may ask some younger athletes to attend Senior Rec tryouts after the first evaluation clinic. Parents would be contacted by email.
- **Everyone needs to attend all of the clinic dates.**

What happens at Tryouts and Evaluations?

- Participants will have the opportunity to practice jumps, motions, stunting, dance and cheer.
- Participants will learn a cheer and a dance and review the jumps on the scoresheet.
- We will be evaluating and scoring stunting and tumbling on May 8th
- Sr Rec candidates will be in groups of 3 or 4 for their individual try out on the last day. Each candidate will show their jumps individually and perform their dance and cheer as a group.
- Jr Rec will be assessed and evaluated during the clinics.
- Tumbling skills will be evaluated and **only skills that can be performed independently will be scored. Tumbling will be on a NON SPRING cheerleading performance mat.**

- Skills evaluated for Jr Rec will be a cartwheel, round off, round off back handspring, tuck, lay out or higher.
- **For Senior Rec we will only be scoring back handsprings and higher.**
- Teams are chosen based on scores and team need. All scores are confidential.
- All decisions are final.

When will the competition teams be announced?

- **Information on team placements will be sent out no later than May 17th**
- Athletes in grades 5-7 not selected for our Senior Rec team will automatically be considered for our Junior Rec team if age appropriate or can consider a spot on our middle school spirit team.
- **All cheerleaders offered spots on competition teams will need to accept their spot and make their first payment by June 1st.**

What position should my daughter try out for?

- There are limited numbers of positions for flyers on each team.
- All candidates **MUST** be open to trying new positions.
- At the tryout clinics candidates may be asked to try 2 positions in a stunt group.
- **Please encourage your daughter to be open to trying something new. Every year the make up of our teams change as do stunting positions. This is an important part of the tryout process.**

What should I wear to the clinics?

- Absolutely **NO JEWELRY** is allowed.
- Athletic shorts, t shirt or tank top, socks cheer shoes (or sneakers)
- Nails must be short and hair must be pulled back.
- Coaches cannot be responsible for holding earrings or other jewelry.

When are the Cheer Competitions?

- Competitions are on weekends and they begin in October. Sr Rec will compete through February and Jr Rec will compete through mid January.
- You must be available on weekends during the competition season and this **includes Teacher's Convention weekend. There are no competitions over winter break.**
- The number of competitions attended will vary by team. Senior Rec may attend 6-8 competitions. Our Junior Rec team may attend 4-5

- The schedule for competitions (through December) and games will be available late August. Competition dates for January and February will be available in November.
- Sunday October 20, 2024 will be our annual Cheerfest. Attendance is required for ALL TEAMS. Please schedule 8:00am to 1:00pm for that day.

Junior Rec costs for a new uniform (top and skirt) and accessory pieces: 2024 pricing coming! We are using the same uniforms as last year.

- Uniform fitting day will be held on June 1st
- Junior Rec uniform cost includes the top and skirt-*coming*
- Cheer shoes can be purchased on uniform day.
- Boy cut briefs or any black spandex go under the skirt
- Midriffs are required and they are worn under the top
- RYSI operates an online store for additional team items including jackets, practice clothes, bags, parents' clothing, etc.
- Pom poms for the games are included in your registration fee for your first year with RYSI only. The cost to replace a set is \$35.

Senior Rec- costs for a new uniform (skirt and top) and accessory pieces: 2024 pricing coming! We are using the same uniforms as last year.

- Sr Rec uniform cost- *coming*
- RYSI owns the white game day skirts and those will be given to you. They must be returned at the end of the season.
- Cheer shoes for the games can be ANY all leather cheer shoe and can be purchased at uniform day.
- The Senior Rec team will wear a REQUIRED 2nd indoor tumble shoe for competitions.
- Boy cut briefs or any black spandex for under the skirt
- This uniform does not require a midriff.
- Pom poms for the games are included in your registration fee for your first year with RYSI only. The cost to replace a set is \$35.
- RYSI operates an online store for additional team items including jackets, practice clothes, bags, parents' clothing, etc.

What are the costs for the Junior Rec Competition Team?

- Registration fee will be 2 payments of \$600
- The first payment of \$600 will be due by May 31st after team selections are announced to hold your spot on the team. The second payment will be due September 1st.
- Registration fees cover RYSI program fees for insurance, fields, lights, facility use, gym rentals, competition entrance fees, professional clean up sessions, competition bow, poms. Fees also cover choreography camp, professional music, instruction and practice apparel.
- Additional costs include: suggested team tumbling class at Evolution, uniforms, shoes and accessory items.

What are the costs for the Senior Rec Competition Team?

- Registration fee will be 2 payments of \$800 for cheerleaders competing both Traditional and Game Day.
- Registration for cheerleaders competing just Game Day will be 2 payments of \$600.
- The first payment will be due by May 31st after team selections are announced to hold your spot on the team. The second payment will be due September 1st,
- Registration fees cover RYSI program fees for insurance, fields, lights, facility use, gym rentals, competition entrance fees, professional clean up sessions, competition bow, poms, choreography, professional music and practice clothes.
- Additional costs for Senior Rec include (see Senior Rec Info below for details): Team tumbling once per week at Evolution Gym. Class runs from Sept – Feb and is payable directly to Evolution, uniforms, shoes.
- Travel to Nationals in February (fundraising required) TBD after tryouts.

RYSI will be collecting a \$100.00 Work Bond check for all 2024 sports - every athlete, every team. Checks will be collected first day of practice. We will not be collecting WB online. Jobs to complete WB obligation will be provided by your coach prior to the start of the season. Checks are to be forward dated to 12/15/2024 and are due the first day of your team's practice. Head coach will authorize completion of all obligation. If WB obligation is completed, your check can be picked up between 11/16-27/2024. If check is not picked up by 11/27/2024 or your obligation has not been fulfilled, the value will be considered a donation to RYSI. Checks will be deposited on 12/15/2024.

SENIOR REC INFORMATION ONLY:

What divisions will Senior Rec compete in this year?

We will compete in both the Game Day and Traditional Division. Depending on the size of the team, not all cheerleaders will be selected to participate in both routines. Determination will be made at the conclusion of tryouts.

Are there alternate positions available?

There is a possibility that a limited number of alternate spots could be offered. This will be based on the needs of the team and the skill level demonstrated at tryouts.

What are the additional commitments?

- It is highly recommended that all Sr Rec team members participate in our team tumbling class on Thursdays from September – February at ETC.
- Winning teams tumble together as the UCA Score Sheet requires synchronized tumbling. Occasionally this class may be used as an additional practice.
- All Team members need to tumble over the summer in a class that fits their schedule.

Are there any preseason dates for Sr Rec?

- June 1st uniform day. All Sr Rec cheerleaders will need to come at 9am for white skirt fitting. You will then be able to shop resale for your traditional uniform or place a new order with our uniform rep.
- Sr Rec preseason practice dates for Sr Rec: Hold 5/13, 5/20, 6/3, 6/10, 6/17, 6/24 These are evening dates and times will be confirmed.

Will Senior Rec attend Nationals in FLORIDA in February?

- Yes, any athlete accepting a spot on the team will need to be prepared to travel to nationals, make the financial and time commitment required for this team.
- Nationals will take place 2/7-2/10/25. The team could travel as early as Wednesday and return could be as late as Tuesday. **Right now it looks like Thursday- Tuesday.**
- Team parents will need to manage the fundraising to help reduce costs for travel.
- The cost to attend Nationals is approximately \$1200 for the hotel event package. Airfare and meals are separate. **2025 pricing coming.**
- All Team members are asked to travel on the same flight and are required to stay with the team.

- Airfare will be booked as a group flight as early as October. Deposits and/or payments will be due at the time of booking
- 10/6/24- UCA hotel/event package deposit \$100 per person. This includes the cheerleader plus any family traveling with her. Each cheerleader must be accompanied by a parent or be chaperoned by another parent on the team (NOT a coach).
- Balances for airline tickets and travel packages will be due in early January.
- All team members will be expected to participate in fundraising to reduce the cost per girl, cover coaches' travel costs, offset gym rental fees, bus transportation, team registration fees and additional team expenses during Nationals.
- **Competition dates for December- February will not be available until later this Fall. All team members are required to attend ALL competition dates.**
- Attending Nationals requires that this is your primary activity as we cannot make exceptions for other sports and activities.
- **Additional practices will be added prior to Nationals.**
- **Please note that weekday practices for Senior Rec will continue at Evolution if there is no gym space available at Ridge.**
- In order to attend Nationals the team needs to secure a bid (invitation) to Nationals at a Regional competition in Nov/Dec either in NJ, PA or NY.
- **Team members will need to be available on teachers convention weekend.**

IMPORTANT DATES:

April 1, 2024 Open Registration

April 23, 2024 Parent Meeting Competition Interest 7:00PM BR Community Center

May 4th, 7th and 8th- Competition Evaluation Clinics

Senior Rec Pre-season practice dates- see above for details

June 1, 2024 Uniform Day. Details will be sent to registered participants.

August 12, 2024 Season starts

Sunday October 20, 2024 – Cheerfest – Ridge HS Gym 8:00AM – 1:00PM

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

Refund Policy:

All Competition fees over the base registration fee of \$230.00, are NON-REFUNDABLE at any time.

Base registration fee is REFUNDABLE on following schedule:

Prior to Monday August 12, 2024 100% less \$25.00

Between August 12, 2023 – August 16, 2023 50% less \$25.00

After August 26, 2024 0%

Uniform and Pom Pom Fees are NON-REFUNDABLE