



## **Park Ridge Falcons Competitive Cheer 2021 Spring Season**

---

Welcome to the Park Ridge Falcons Competitive Cheer (PRC) 2021 Spring Season! This season will focus on building cheerleading skills, along with teaching leadership and teamwork to every participant. Weekly practices will consist of conditioning, tumbling, jumps, and learning choreography for high-energy dances as we ramp up for our Fall 2021 Competition Season.

It is preferred that participants have previous cheer or tumbling experience, but not mandatory. Registration will be open to all current 1st through 7th graders. Early-bird priority registration for Spring Season opens February 22, 2021 and will be given to our 2020 Fall Season PRC athletes. Registration will open to the public on our website on March 1, 2021 and will be first-come, first served. After the maximum team number has been filled, we will move to a wait list.

The fee to participate in our Spring Season program is \$175 for Park Ridge residents / \$200 for non-residents.

The Spring Season will run March 29 through May 20, 2021. Participants do not compete in any cheer competitions for Spring Season, however, all participants will perform for parents in mid-May for our PRC Showcase Performance. All practices and the Showcase will be held at the Maine Park Gymnasium, 2701 W Sibley St, Park Ridge, IL.

Similar to D64, parents will be responsible for assessing their child for symptoms of COVID-19 before every practice, ensuring that they are symptom-free and are able to participate safely. Masks will be required before, during and after practices.

PRC team levels and practice times are listed below. (Please note that Spring Season teams will be comprised of the upcoming 2021-22 grade levels in preparation for fall competition season, so be sure to register your daughter's current grade as of spring 2021.)

Senior Team Level - **current 5th/6th/7th graders** [MAX 30 participants]

- Practice time Thursday evenings 6:30-9:30PM with Coach Kailee / Coach Maddie

Junior Team Level - **current 3rd/4th graders** [MAX 30 participants]

- Practice time Wednesday evenings 6:30-8:30PM with Coach Katie / Coach Pantra

Mini Team Level - **current 1st/2nd graders** [MAX 20 participants]

- Practice time Monday evenings 6:30-8:00PM with Coach Sara / Coach Kristie

### **Tuesday Tumbling Practices**

Practices on Tuesday evenings will be run by Coaches Erin Spain and Cal McCarty and will be dedicated to conditioning and tumbling instruction. Athletes will be assigned to age-appropriate groups, with the possibility of being placed into a different group based on their skill ability. Practice times will run from 6:30-7:30 / 7:30-8:30 / 8:30-9:30PM.

### **Attire**

At the beginning of the season, participants will receive a black PRC t-shirt with their name on it that they should wear to every practice, along with black shorts, and clean, DRY cheer shoes. Hair must be pulled back. No jewelry, no candy, no gum. Every athlete should bring a water bottle with her name on it.

Uniforms are not necessary for the spring season. Each participant will receive one apparel item (TBD) mid-season to wear for the Showcase Performance in May.

### **Questions**

Any questions, please contact Kristin Zabratanski, Director of Park Ridge Cheer, at [kristinzab@gmail.com](mailto:kristinzab@gmail.com).