



Park Ridge Falcons Competitive Cheer 2022 Spring Season

Welcome to the Park Ridge Falcons Competitive Cheer (PRC) 2022 Spring Season! Our mission is to provide a fun, safe, encouraging environment, while teaching athletes to develop a positive attitude, leadership attributes, teamwork mentality, and qualities such as determination and perseverance. Weekly practices will consist of conditioning, tumbling, jumps, chants, and stunting as we ramp up for our Fall 2022 Competition Season.

During the spring, PRC teams do not compete in any cheer competitions. Instead, our coaches begin planning for the upcoming fall competition season by getting to know athletes who are new to the program and understanding the entire team's strengths and areas for improvement.

Due to an overwhelming amount of interest in our program, we are making some exciting new changes this year...

First, we are adding a NEW *Tiny* Team this Spring with Kindergarten and 1st graders! Our Mini Team for Spring Season will consist of 2nd graders only. We believe that, with our past two years of waitlists, and with participation numbers increasing year-after-year, it's hard to deny that cheer is more popular now than ever in Park Ridge.

Second, as many of you have already heard, we will be introducing SuperRec Evaluations for our Junior and Senior Teams for Summer/Fall Competition Season 2022. Participation on these teams will be based on a tryout in mid-May immediately following the Spring Season. More details will be announced soon!

PRC Spring Season will run March 14 through May 12, 2022. **NO PRACTICE THE WEEK OF D64 SPRING BREAK, MARCH 21-26.**

All practices will be held at the Maine Park Gymnasium, 2701 W Sibley St, Park Ridge, IL.

Team Practice Times & Team Levels

Spring Season teams are comprised of the 2022-23 grade levels in preparation for fall competition season. PRC team levels and practice times are as follows.

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

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

Junior Team Level - **current 3rd/4th graders** [MAX 35 participants]

- Practice time Monday evenings 6:30-9:00PM with Coach Katie

Mini Team Level - **current 2nd graders** [MAX 25 participants]

- Practice time Wednesday evenings 6:30-8:00PM with Coach Kristie & Coach Nicole

Tiny Team Level - **current Kindergarten/1st graders** [MAX 20 participants]

- Practice time Friday evenings tentatively 7:00-8:30PM with Coach Amy
(Time subject to change to 6:00-7:30PM, dependent upon Park District class offering being canceled.)

Tuesday Tumbling Practices- All Teams

Practices on Tuesday evenings will be run by Coach Erin Spain and her husband Brian and will be dedicated to conditioning and tumbling instruction for the Senior, Junior and Mini teams only. Athletes will have a 1-hour practice with their team, and one team coach will be present at all practices.

- Mini Team: 6:30-7:30PM
- Junior Team: 7:30-8:30PM
- Senior Team: 8:30-9:30PM

Tiny Team athletes will NOT be participating in Tumbling Tuesdays. (Their reduced registration fee reflects this.) Instead the team will be working on beginner tumbling skills during their weekly practice.

Registration & Fees

Registration for Spring Season will be open to all current Kindergarten through 7th graders. Again, Spring Season teams are comprised of the 2022-23 school year grade levels in preparation for fall competition season. (i.e. If your daughter is currently in 3rd grade and will be in 4th grade this fall, she should register for the Spring Season Junior Team.) Please ensure that your daughter is registered for the proper team. If teams fill to capacity and you have registered her on the wrong team, she will be placed on the wait list. There will be no exceptions for incorrect team level placement registrations.

Early-bird priority registration for Spring Season will open on Friday, February 4, 2022 and will be given to our 2021 Fall Season PRC athletes. Registration for any remaining spots will open to the public on Monday, February 7, 2022 and will be on a first come first served basis. Once the maximum participants on each team have been filled, we will move to a waitlist.

The fee to participate in our 8-week Spring Season program is:

- Senior, Junior and Mini Teams: \$175 for Park Ridge residents / \$200 for non-residents
- Tiny Team: \$150 for Park Ridge residents / \$175 for non-residents (no tumbling practices)

Refunds may be given (only with Director approval) prior to the first practice of the season, minus a \$30 processing fee. After March 13, all payments are non-refundable.

COVID Precautions

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. As of today, masks will be required before, during, and after practices. Proof of vaccination will NOT be required.

Attire

Practice attire: Black t-shirt or tank top, shorts, CLEAN cheer shoes (no street shoes), and hair pulled back. No jewelry, no candy, no gum. All athletes are expected to bring a water bottle labeled with their name.

Uniforms are not necessary for the spring season. Each participant will receive one PRC personalized tshirt at the beginning of the season.

Questions

Any questions, please contact Kristin Zabratanski, Director of Park Ridge Cheer, at kristinzab@gmail.com.