



PRC SUMMER / FALL 2022

SEASON OVERVIEW

Welcome to the Park Ridge Competitive Cheer (PRC) program! We are looking forward to a fabulous summer/fall season. Our goals are for your child to walk away with advanced cheerleading and tumbling skills, high self-esteem, and new friends! PRC athletes practice 2-3x a week, compete at four ICA cheer competitions and, possibly, the Illinois State Championship, along with cheering at Park Ridge Football home games. The PRC Summer/Fall 2022 Season will run June 20 through December 3, 2022.

REGISTRATION

Priority registration will open Friday, April 29, 2022 to current PRC Spring Season Athletes on Mini and Tiny Team only. General registration for Mini and Tiny Teams will open to the public Monday, May 2, 2022.

Registration for Junior and Senior Teams will be by invitation only, based on athlete evaluations in mid-May.

SQUAD PLACEMENT

Competitive Cheer squads will be structured as follows:

Senior Team	Entering 6 th , 7 th or 8 th grade in fall of 2022
Junior Team	Entering 4 th or 5 th grade in fall of 2022
Mini Team	Entering 3 rd grade in fall of 2022
Tiny Team	Entering 1 st or 2 nd grade in fall of 2022

PRACTICES

All Park Ridge Competitive Cheer squads require a high level of commitment to team practices. All four teams will practice in the evening twice a week, with most practices held at the Maine Park gym or the O'Connor Room at Prospect Park.

Practice days/times are tentatively scheduled as follows and are subject to change due to practice location availability, based on Park Ridge Park District program scheduling:

Tiny Team	Sunday 5:30-6:30pm / Tuesday 6:00-7:00pm
Mini Team	Sunday 6:30-8:00pm / Monday 6:00-7:30pm
Junior Team	Monday 6:30-8:30pm / Wednesday 6:30-8:30pm
Senior Team	Tuesday 6:30-9:30pm / Thursday 6:30-9:30pm / 2nd Saturday of each month 1:00-4:00pm

Attendance at every practice is a must. Competitive cheer is a sport that cannot maximize practice time without all athletes being in attendance. Due to the nature of this, our teams are unable to have effective practices and perform successfully with absent participants. As such, a practice missed by one athlete has a significant impact on the rest of the squad, particularly on that athlete's stunt group, which would be unable to stunt without every member present. Additionally, when the coach must re-teach material to those athletes who have been absent, the entire squad's practice time suffers.

We do, however, understand that athletes have activities that arise, especially during the summer months. We ask that all parents please plan any absences accordingly and adhere to our PRC Practice Attendance Policy below.

PRC Practice Attendance Policy: Athletes will be afforded a total of three (3) excused absences during the summer months (June-August), and three (3) excused absences during the normal season (September-early December). If an athlete misses more than the allotted number of practices, their continued participation in the program will be reviewed and decided upon by their Head Coach and the Director of Cheer.

If you have any questions or concerns regarding our Practice Attendance Policy, please contact the Director of Cheer **BEFORE** registering.

Practice Attire is as follows: Black t-shirt or tank-top, black shorts, cheer shoes, and hair pulled back. No jewelry, no candy, no gum. All athletes are expected to bring a water bottle to practice.

Please be aware that all of PRC's cheer and tumbling practices are "closed practices," which means that parents and siblings are not allowed to stay and watch, even in the lobby. Not only is it a distraction for our PRC athletes, but it is also a space and safety issue.

FOOTBALL GAMES

Park Ridge Competitive Cheer athletes will excite the fans at 4-5 of our **home** Park Ridge Football games through sideline cheers and half-time performances. All games for the Junior and Senior Teams will be held at Maine South High School on Saturday mornings/afternoons. Football games for the Mini and Tiny Team will be held over the weekend at one of the Park Ridge Park District parks. Attendance at all football games is mandatory.

All PRC athletes also enjoy our Park Ridge Football Homecoming festivities, including a half-time rose ceremony and an after-the-game pizza party.

(Please note: Our younger Competitive Cheer athletes do not typically participate in our Spirit Cheer program due to overlapping football games.)

UNIFORMS

All Park Ridge Competitive Cheer athletes are required to purchase their own uniform and cheer shoes. The cost of our PRC competition uniform is \$205, which includes the bodysuit top and skirt. PRC warm up jackets are optional and are \$75 each.

The full uniform amount is due during the custom uniform fitting by Varsity, which will be held on Thursday, June 2, 2022 from 5-7pm at the O'Connor Room, Prospect Park.

Park Ridge Competitive Cheer has an established uniform program whereupon we make a two-year commitment to a particular style of uniform. The current 2-year cycle is 2021/2022. Cheer shoes are strongly recommended and costs vary, depending on the brand and where they are purchased. Cheer shoes must be all white.

MANDATORY CHOREOGRAPHY PRACTICES

All PRC athletes will learn their choreographed routine for competition season at the end of August when the school year begins. These practices are extremely important whereupon athletes will learn their entire competition routine. As such, attendance is **MANDATORY**. (All day practices for Junior and Senior Team- athletes should plan to bring a small snack, along with a water bottle.)

2022 CHOREOGRAPHY PRACTICES DATES/TIMES

Senior Team: Saturday, Aug 27, 2pm-7pm and Sunday, Aug 28, 2pm-7pm

Junior Team: Saturday, Aug 27, 9am-2pm and Sunday, Aug 28, 9am-2pm

Mini Team: Sunday, Sept 11, 6:30-8pm and Monday, Sept 12, 6-7:30pm (regular practice times)

Tiny Team: Sunday, Sept 11, 5:30-6:30pm and Tuesday, Sept 13, 6-7pm (regular practice times)

CHEER COMPETITIONS

Park Ridge Competitive Cheer athletes will perfect and perform a 2-3 minute routine that they will use to compete in local competitions against other cheer teams. There will be four (4) competitions in October and November (dates will be announced in August). Attendance is mandatory to all competitions. Competition entry fees are included in the PRC registration cost.

If any of our teams place 1st in any one of their competitions, they will receive a bid to compete in the 2022 Illinois Cheer Association (ICA) State Competition in early December. The state competition entry fee for athletes to compete varies annually and is NOT included in the PRC registration cost.

COST

The Park Ridge Competitive Cheer registration fee for Summer/Fall 2022 Season is \$650 for residents and \$700 for non-residents. The cost includes rental space for practices, entry fees to four ICA competitions, insurance costs, coaching and choreography instruction, tumbling instruction, competition routine music, and a competition hair bow. Additional costs associated with PRC that are NOT included in the registration fee are: uniform bodysuit and skirt, warm up jacket, cheer shoes, travel costs to and from competitions, and the State Competition fee (if eligible).

CAMP

SENIOR TEAM ATHLETES ONLY: PRC Summer Camp is MANDATORY for all Senior Team athletes. PRC has already reserved our athletes' rooms and paid in full for a 3-day/2-night 2022 Senior Team Camp on June 13-15, 2022 at Carthage College in Kenosha, Wisconsin. This additional expense is \$400 per Senior Team athlete. No refunds. Parent commitment is understood with acceptance of and registration for the athlete's team spot. Full payment for camp fees will be due by May 23, 2022.

REFUNDS

There are NO refunds for PRC registration. Additionally, any athlete who is asked to leave the program or quits the team for any reason will not be eligible for a refund. The Important Dates addendum is provided at the end of this overview to ensure that athletes can attend all dates. PRC squads require a high level of commitment to all team practices, clinics, camps and competitions. If you have any questions or concerns regarding these mandatory dates, or our Practice Attendance Policy, please contact the Director of Cheer **BEFORE** registering.

VOLUNTEERS

Our Park Ridge Competitive Cheer program would not be successful without the support and involvement from our coaches and parents. Please consider joining our Team Mom Committee ~ each team has their own committee of 2-3 moms who help with a variety of aspects of the program including events, fundraising, communication, pictures, social media, and apparel. More details will be discussed at the Parent Meeting in June.

CONDUCT

All squad members are required to maintain and uphold the reputation of the Park Ridge Competitive Cheer program through their own conduct and squad spirit. All cheers and chants shall be of a positive and sportsmanlike manner. All of our athletes are required to be extremely respectful to each other, as well as to their coaches. They are also expected to be courteous, polite, friendly, and try to have a smile for everybody. If any athlete is guilty of

making disparaging remarks to another teammate, bullying will not be tolerated and is cause for removal from the team.

It is our core belief that participation in competitive cheerleading provides a wealth of opportunities and experiences that assist participants in personal and athletic growth. All PRC athletes are encouraged, and expected, to exhibit good sportsmanship by demonstrating positive support for all other athletes and coaches.

PARENT MEETING

As parents of student athletes, you also have committed yourselves to certain responsibilities and obligations to the PRC program. These responsibilities and obligations will be outlined in further detail at our mandatory Parent Meeting at the beginning of the season on Tuesday, June 21 at 7pm. The meeting will be held at the O'Connor Room, Prospect Park and we expect all parents to attend.

QUESTIONS

If you have any additional questions, please contact our Director of Cheer, Kristin Zabratanski, via email at kristinzab@gmail.com.

2022 IMPORTANT DATES

Below is a list of important dates for the 2022 season. Please keep in mind that this list is not complete and is subject to change.

May 7-12	PRC Evaluations/Tryouts for Junior and Senior Teams
June 2	PRC Varsity Uniform Fitting - O'Connor Room- Prospect Park, 5-7pm
June 13-15	PRC Senior Team ONLY Summer Camp - ICA Kenosha, WI
June 20	PRC practices begin - Maine Park Gym
June 21	PRC All Parent Meeting 7pm - O'Connor Room, Prospect Park
July 11-15	Spirit Cheerleaders Summer Camp M-F 9am-12pm at St. Andrews
Aug 20	Spirit Cheer Fall Season Orientation- 1-3pm at Maine Park Field
Aug 27-28	PRC Junior and Senior Teams Choreography Clinics (MANDATORY)
Sept 11-12	PRC Mini Team Choreography Clinics (MANDATORY)
Sept 11/13	PRC Tiny Team Choreography Clinics (MANDATORY)

***Yellow highlight denotes required Volunteer Commitments from SENIOR TEAM ATHLETES ONLY**