



# PARK RIDGE SPIRIT CHEER

## FALL SEASON 2023 OVERVIEW

Welcome to the Park Ridge Spirit Cheer Program! We are looking forward to a great season. Our goal is for your child to walk away with cheerleading fundamentals and new skills, high self-esteem, new friends, and a smile! Park Ridge Spirit Cheerleaders cheer recreationally for the Park Ridge Youth Football teams. We are not a competitive cheer squad, and we welcome all girls at any level of experience. Our focus is on teamwork, respect, and positive attitudes.

### REGISTRATION

Registration opens in early February on our website at [www.parkridgefootballandcheer.com](http://www.parkridgefootballandcheer.com). The cost per child is \$135.

### SQUAD PLACEMENT

Squad placement is determined by the Director of Cheer. Squads will be formed with a maximum of 10 and a minimum of 6 cheerleaders. Squads will be divided up by grade and school. Every effort will be made to place cheerleaders on a squad associated with the football team their brother is playing for, as long as the football team has cheerleaders and the squad is age-appropriate. Please note that due to the size of the program, there are no guarantees!

All Spirit Cheer squad requests should be entered into each child's TeamSnap registration or sent to PRSpiritCheer@gmail.com

### PRACTICES

Spirit Cheer squads will practice one day a week for approximately one hour with their squad. Practices typically begin two weeks before the first game. Practice times and locations will be determined by the squad coach. We know that many of our cheerleaders are involved in other sports and activities. Each coach will work with squad members to come up with a practice time and day that will work for everyone.

Practice Attire: comfortable clothing (no jeans); sneakers (no sandals); hair pulled back. No jewelry, no candy, no gum. All cheerleaders should bring a water bottle to their practice.

### FOOTBALL GAMES

Spirit Cheerleaders will excite the fans at the Park Ridge Football home games. Games will be at various times in Park Ridge on Saturdays and Sundays (morning or afternoon), and will possibly include one Friday night game. The 2023 season starts after Labor Day in September and ends in late October. The game schedule will be posted in early September.

*Inclement Weather:* We typically cheer in the rain. If the football players are playing, the cheerleaders are cheering. Games may be delayed or canceled due to lightning or strong storms. Head Coaches will communicate with their squad via TeamSnap or text regarding canceled games.

## UNIFORMS

Park Ridge Spirit Cheer provides each cheerleader with a cheer uniform top and skirt, pom-poms, game day hair bow, and a sweatshirt. The uniform top and skirt **MUST** be returned at the end of the season.

Early Registration Uniform distribution for 2023 will be on **Wednesday, May 17th from 5-7pm** at the O'Connor Room, Prospect Park, 733 N Prospect Ave in Park Ridge. A second uniform fitting will also be held mid-August.

A \$50.00 uniform deposit (personal check) is required for every uniform. Your personal check will be returned to you when the uniform is turned back in at the end of the season. Returned uniforms must be freshly laundered and in good condition. *Please make personal checks payable to "Park Ridge Cheer" with your child's first and last name written in the memo section.* Siblings can be combined on one check. No cash deposits will be accepted. If you do not return the uniform(s) on the designated uniform return day, your deposit check will be forfeited.

Other items typically needed for the season are black shortie-shorts, white sneakers, white socks, white long sleeve or turtleneck, and black leggings for those cold weather days. These items are purchased by the participant.

## ORIENTATION

Our Orientation Clinic will kick off the 2023 cheer season on **Saturday, August 26th from 1-3pm**. Please mark your calendars to save the date. Cheerleaders will meet up with their squad at the Maine Park field to set structure for the season and we will have our Competitive Cheerleaders from Park Ridge on hand to assist with teaching basic sideline cheers and chants to the squads. Attendance at the orientation clinic is highly recommended for all participants.

## VOLUNTEERS

Our Spirit Cheer program is run 100% by parent volunteers. We cannot be successful without the support and involvement from our parents. Ways you can help:

- ♣ Head Coach or Assistant Coach – you do not need to have prior cheerleading experience to be a coach, however, we do require a background check. We have a YouTube channel to assist you with learning cheers and motions. Coaches will also receive a complimentary hoodie sweatshirt (2 per squad). If you are interested in becoming a coach, please contact us as soon as possible.

## CONDUCT

Squad members are required to maintain and uphold the reputation of the Park Ridge Spirit Cheerleaders through their own conduct and squad spirit. Our participants are required to be courteous, polite, friendly, and try to have a smile for everybody. All cheers and chants shall be of a positive and sportsmanlike manner.

## QUESTIONS

Please contact the Directors, Shannon Hickey or Lauren Prandato if you have any questions.  
PRSpiritCheer@gmail.com