



Welcome to Park Ridge Spirit Cheer!

We are thrilled to have you join our program and embark on this exciting journey with us. Whether you're new to cheerleading or have prior experience, we're dedicated to providing a safe, inclusive, and enjoyable environment for all participants.

2024 Season Overview

Season registration will open on Sunday, February 11th, 2024. The registration link can be found on our website www.parkridgefootballandcheer.com. Registration will be through TeamSnap. Please note- our cheer program hit capacity and closed enrollment mid-June last year.

Pricing is as follows:

- Early Bird Discount (Feb 11th – Feb 25th): \$135.00
- General Pricing (Feb 26th – June 30th): \$150.00
- Late Registration (July 1st – August 1st): \$170.00

Included:

- Spirit cheer uniform top and skirt (Rented for the season with a \$75 deposit check)
- Park Ridge Spirit Cheerleader sweatshirt
- Game Day hairbow

Who

Park Ridge youth cheerleading welcomes athletes in kindergarten through 5th grade, although most of our cheerleaders are kindergarten through 3rd graders. Our teams are comprised of athletes from Park Ridge, Niles, Chicago, and all surrounding neighborhoods. We focus on teaching cheerleading skills such as cheers, chants, jumps, some stunts (if age-appropriate), dance routines, and teamwork.

What

Spirit cheerleaders cheer on the sidelines of the Park Ridge youth Flag Football teams. We are not a competitive squad, and tryouts are not required. Squads are comprised of a *Maximum of 15 cheerleaders*. Teammate and coach requests can be submitted during registration- although not a guarantee.

When

Cheer season begins at the end of August to the end of October. The season kicks off with a whole program orientation in collaboration with Maine South Varsity cheerleaders in August. Our eight-week season begins with the first game the weekend after Labor Day.

Where

Flag football games are held on Friday evenings and Saturday morning/afternoons throughout six local Park Ridge parks. Games are one hour long. Practice location, days and times will be determined by each individual squad.

Why

We teach cheerleading techniques and foster growth in skills like coordination, teamwork, flexibility, and strength. Cheerleading encourages physical fitness and active lifestyles among children while developing teamwork, communication, and camaraderie among participants. We provide opportunities for participants to showcase their talents, boosting self-esteem and confidence, while offering a fun and engaging activity that promotes a sense of accomplishment and enjoyment.

How

Our squads run ONE HUNDRED PERCENT on parent volunteers. Coaches lead by example, inspiring team members to excel. They motivate and encourage participants, instilling discipline, teamwork, and a positive attitude. Prior coaching or cheerleading experience is **not** required. We provide coaches with the groundwork needed to have a successful season, including videos of cheers, routines, and jumps.

The biggest perk of coaching a cheer squad is the ability to choose which flag football team your squad will cheer for during the season. For example, a cheer coach may have a daughter on her cheer squad and chose to cheer for the flag football team her son is on!

If you are interested in coaching a cheer squad this fall, please mark that information in your child's registration, as well as send an email to prspiritcheer@gmail.com. It is extremely important to know in advance as to how many coaches we will have for the season. Assistant coaches are needed as well! Remember, no experience needed!

Uniforms

Park Ridge Spirit Cheerleaders wear Black, White and Silver uniforms. Cheer uniform tops and skirts are borrowed to athletes each season with a \$75 deposit check. Checks only- **no exceptions**. Checks are not cashed; they will be returned or destroyed at the end of the season when both the top and skirt are returned in excellent condition. Each cheer squad will also have a team set of pom poms to use as needed. Spirit Cheer will hold a minimum of TWO uniform fittings, usually mid-May, and early August. It is your responsibility to attend a fitting. Athletes will leave with their uniform directly from the fitting they attend.

Team Requests

Last year our program welcomed our highest enrollment to date- 400 cheerleaders! While we were blown away at the number of athletes joining our program, we quickly realized the many teams and/or teammate requests are nearly impossible to grant to every family. Please note, as of 2024, we will grant TWO teammate or coach request per registrant.

In general, teams are formed by school then by grade. We do our very best to group students this way to make choosing practice days/times easier on coaches. With this method, squads may have a wide age range of athletes.

As stated above, cheer coaches are the only individuals given the opportunity to choose which football team their squad will cheer for this season. Parent requests to have siblings cheer for specific football teams cannot be honored. If you need your children on the same schedule, please consider coaching.

Changes for 2024

This season we are committed to providing more flag football teams with a cheer squad. To achieve this goal, we will cap our squads at a maximum of 15 cheerleaders, and a minimum of 12. No exceptions. This change will greatly benefit our athletes and coaches- smaller teams will provide our cheerleaders with more attention and growth while giving our coaches a chance to get to know their squad on a deeper level.

Refund Policy

When registering, please take the time to read through all the details, including our refund policy. Should you need to withdraw your cheerleader(s) from the program, refunds of 50% will be granted if the cancellation is made prior to August 1st. We will not be offering any refunds after August 1st. Withdrawing from the program will also result in a forfeit of any Spirit Cheer apparel (ie. bow and sweatshirt) for the season.

Summer Camp 2024!

Spirit Cheer will once again host our very popular Summer Camp! Spirit Cheer camp is run by our Park Ridge Competitive Senior Team Cheerleaders and coaches- Coach Lindsay and Coach Katie. Camp welcomes incoming kindergarteners through incoming 5th graders (Fall 2024) and will be held at St. Andrews school gym. The last day of camp will be a showcase in which parents will be invited to view routines and skills the girls worked on throughout the week!

Camp will be held Monday, July 15th – Friday, July 19th at St. Andrews Lutheran school in Park Ridge from 9am – 12pm.

The cost of Summer Camp will be \$145 which includes a summer camp T-shirt and cheer bow. Registration will be through TeamSnap. Please note- the maximum amount of participants is 125 cheerleaders- register early to ensure your spot!