

Cheer Season Details

Practice

Practices typically begin the 2nd week in August. Once we have parent volunteers to coach, practices will run on their chosen schedule. In past years, practices have been held in the later afternoons from 6-8. We begin outdoor conditioning practices 2-3 times per week at Oak Middle School. The first 2 weeks are strictly conditioning practices. This ensures the girls are physically ready to stunt, tumble, and jump. We also will begin to learn the cheers the girls do at the football games.

There is no stunting during these outdoor practices. Stunting practice will take place once we are over mats and indoors.

Tumbling is typically not “taught” during these practices. The girls come to the program with the skills they currently have. Learning a back handspring or a new skill is usually not done during SAYFCO cheer time. The practices times are spent teaching the girls the competitive routine that they will use at various competitions throughout the season.

If any cheerleader would like additional help specifically for tumbling, please reach out to the Cheer Director – Heather Fulginiti.

Competitions

*** as of right now, we only have this date. As we get more, they will be sent out.**

Fun Comp: 9/24

Equipment

SAYFCO Issued Equipment

- Cheer uniform including
 - Vest, skirt, pom poms(These items are to be returned at the end of the season. If lost or damaged, parents or guardian will be responsible for any fees incurred in replacing.)

Extra items will need to be purchased

- 2 Cheer bows (1 for comp and 1 for practice)
- White cheer shoes
- Cheer socks
- Practice t-shirt
- White long sleeve under shirt
- Bloomers

These items will be chosen by our coaches and sent out to be purchased from a website. If your child has cheer shoes/socks/bloomers/under shirt, then they are free to use what has been used in the past.

Tentative 2022 Dates:

- Paperwork hand in: Monday, August 8th at the first practice
- Equipment Handout: Will begin the 3rd week in August
- First Practice: Monday, August 8th
- Last day to submit paperwork: Monday, 15th
- Jamboree/Player Certification date: Saturday, August 20th
- First Regular Season Game: August 27/28 weekend
- Our competition season typically ends mid-October

Paperwork

Our league is part of the Central Mass Youth Football and Cheer Conference (CMYFCC) which is affiliated with the AYF league (American Youth Football League). AYF Is the worlds largest youth football and cheer league. Being part of this conference requires us to follow certain policies and procedures for insurance purposes. The following paperwork will need to be submitted to participate:

- Birth Certificates: 1st time players will need to submit the original birth certificate with the raised seal to show proof of age. Once our books are certified, this will be returned to you.
- Players Pack: AYF forms that are needed to play. These can be printed from the registration page.
- Physical/Medical Form: All participants must be cleared by a doctor to play. The medical form, or a physical must be dated for THIS YEAR.
- Report card: A copy of the players year ending report card. You can print this out from the parent portal from your child's school.