

# Football Cheerleading

## 1. Who can participate?

Children in Kindergarten through 8<sup>th</sup> grade can participate.

## 2. When are games?

Performances for games are held mostly on Sundays with a few Saturday games. Travel to competing towns is required for A, B, C and D Squads. The instructional squad only cheers for home games.

## 3. When are practices?

For the month of August, field practices are held on Monday, Wednesday and Thursday evenings between 6:00 and 8:00pm depending on your squad (as well as the light outside). Starting in September, practices are held an hour before each game. Competition cheer practices begin in September and are held three days a week. The days of practices vary.

## 4. Where do games/practices occur?

Field cheer holds practices at Hewitt School. Competition cheer holds practices at Wanaque School for the first half of the season and Ryerson School for the second half.

## 5. When is the season?

Field cheer season begins in August and ends in early November. Competition cheer season runs September thru March.

## 6. What equipment is needed?

Field Cheer uniforms are provided. However, cheerleaders are required to have cheer sneakers, turtlenecks, practice shorts and sweatshirts. Competition cheer uniforms are provided. However, cheerleaders are required to have cheer sneakers, bows, practice shorts and jackets.

**What else do I need to know?**

Competition cheerleading requires additional cost for tumbling classes.