WHAT TO EXPECT 2024/25 CHEERLEADING

Mission Statement: Instilling core values in athletes that extend beyond the mat, preparing for success in all aspects of life.

**Cheerleading Teams and Ages:**

* **Sideline cheer:** athletes will learn the basics of cheerleading. Motions, sideline cheers, tumbling, jumps, and a small halftime routine. Practice will be once a week on Tuesdays from 6-7:30. The team will cheer at football games for their corresponding age group: either Saturday or Sundays. Game schedules are TBD and will be posted once finalized. Additionally, the team will be invited to attend a cheer competition as spectators to watch our competition teams and to experience what competitions are like.
* **Competition Cheer:**The Competition Cheer season will run from August to March 2025. Cheerleaders are required to attend practice four days a week through Labor Day.Then three practices a week from September- March. Athletes are expected to cheer at football games from mid-September through mid-October while also competing at qualifying competitions.
* **Junior Tiny Mites:** Junior Tiny Mites is for children ages 3-4. The child must be 3 by August 1, 2024. Junior Tiny Mites will practice on Tuesdays from 6-7:30 for 8 weeks and compete as an exhibition team at the Capital District Competition on October 6th.
* For the best fit in an overlapping age range (ex. MM 7,8,9 or JPW 8, 9,10,11), it is highly encouraged to register your athlete to the younger team UNLESS they have previous experience. Returning athletes should advance through teams each year without skipping a level. Final team placement is at SSPW Board discretion.
* LEVELS ARE AS FOLLOWS (if we do not yield enough athletes for each; teams will be combined)
  + Tiny Mite: Ages 5-7, must be 5 by July 31, 2024
  + Mighty Mite: Ages 7-9, must be 7 by July 31, 2024
  + Junior Pee Wee: Ages 8-11, must be 8 by July 31, 2024
  + Pee Wee: Ages 9-12, must be 9 by July 31, 2024
  + Junior Varsity: Ages 10-13, must be 10 by July 31, 2024

**Dates and Times:**

* **Sideline Cheer**: August 6th 2024-October 2024
  + Tuesdays 6-7:30 pm
  + Football games: Saturday or Sunday, Schedule TBA
* **Competition Cheer**: August 1, 2024-March, 2025
  + Initially, Monday-Thursday: Practice 6-8 pm
  + After Labor Day Monday, Wednesday, and Thursday: Practice 6-7:30 pm
  + Football games will be Saturday or Sunday; Schedule TBA
  + We will take a short break in December over the holidays.
* **Junior Tiny Mites**- August 8, 2024- October 2024
  + Tuesday Practice 6-7:30 pm
  + Per coaches’ preference JTM may practice two nights a week at one hour to help them adjust and remember routine week to week.

**Location:**

* August-Mid September: East Side Rec, Saratoga Springs
* September-November: Rec center, Saratoga Springs
* After break- March Navy base, Saratoga Springs

**Competition Schedule for Competition Teams only:** *It is required that cheerleaders attend all competitions.*

* Capital District; Guilderland October 6th
* Eastern Region; Trenton NJ October 27th, or November 2nd & 3rd
* Nationals; Orlando, Fl- (must place at regionals) December 9th, 10th, 11th, 12th
* Winter Competitions; 1 local, and 2 weekend overnights. Potential Myrtle beach comp (3/29& 3/30)

**Attire:**

* Practice: Athletic clothing, cheer sneakers, hair pulled back and water bottle
* Games: Game day uniform provided
* Competitions: Competition uniform, Bow, Cheer sneakers, Plain black warmups or Jacket offered for purchase, along with anything requested by the team's coach.
* Uniforms:Each athlete will be measured within the first week of practice. Payment will be due by the end of that time. All cheerleaders must be measured.

**Approximate Cheer Costs:**

These are estimated costs, which are subject to change according to interest and safety of the children, parents, and the Saratoga Pop Warner organization in mind.

**Sideline Cheer and Junior Tiny Mites:**

* Registration: $120 (includes game bow/shirt and pink October game bow)
* White Sneakers: $30-$75 (to be worn at games and practices held indoors only)
* Pom Deposit for sideline: $50 (this will be given back once poms returned in same condition as received)
* Warm up jacket: $50-$75 (optional)

**Competition Cheer:**

* Registration: $250
* White Sneakers: $30-$75 (to be worn at games and practices indoors only)
* Uniform Package: $200. Inclues, comp uniform, game day shirt, bow package.
* **Cheer Competition Costs for Competition Teams only:**
* Capital District: No additional costs for cheerleaders, spectator tickets range from $20-$40, optional tee shirts for purchase at event: $20 ish
* Eastern Regional: Pending placement. You will be responsible for personal travel expenses .Spectator tickets approx. $40, professional pictures approx. $10-$20 per cheerleader, optional tee shirts for purchase at the event.
* Nationals, if qualify: Pop Warner’s REQUIRED travel package (includes hotel stay, spectator tickets, transportation from hotel to competition and two tickets to Universal Studios/Islands of Adventure) ~$1,000/person, flights/travel costs, pictures on average $10-$20 per cheerleader, optional tee shirts for purchase at event $20
* Winter Competitions-travel and spectator costs TBD

**Additional Required Deposit Checks:** *checks will not be cashed unless a task is not completed*

* $50 check – Pom Pom deposit-to ensure pom poms are returned in the same condition
* $100 check – Concession check(Volunteer deposit): an adult from each family is required to work a shift in the concession stand for both sideline and competition.
* Two, $100 checks :Fundraising-there are two required, $100 fundraisers for the Saratoga Pop Warner Program. If you do not participate we will cash your check. (Only one check required for Sideline)

**Competition Team Additional Fundraising Options:**

There will be additional fundraising options for the competition team to assist with uniform and competition costs. SSPW’ board will lead fundraising options, but it will be the option of each family to participate and in return receive funds from the fundraisers.

**Questions, comments, or concerns please contact your Cheer Coordinator:**

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