

Needham Junior Cheerleading

2018

Registration

All registrations must be completed on line at www.needhamcheer.net

- Pre-registration (for returning cheerleaders): March 1-15
- Open-registration to ALL: April 1- April 30

All roster placements are completed in May.

2018 Squad Levels/Head Coaches:

A Team (8th grade) – Christine Cusick

B Team (7th grade) – TBD

C Team (6th grade) – Jess Rolanti

D Team (5th grade) – Kathleen Burns

E1 Team (4th grade) – TBD

E2 Team (2nd/3rd grade) – Janet Barrett

Commitment

Needham Junior Cheerleading is a competitive cheer program with a strong emphasis on teamwork and commitment. Due to the athleticism involved in modern cheerleading, new participants may have a period of adjustment. Cheerleading is a team sport that requires full participation from every squad member for practices to be effective and safe. It is therefore important to attend all practices, games and other relevant events. See information below regarding mandatory practices.

Practice Locations/Weekly Schedules

Summer

Pre-season practices will begin on Monday August 13th at Broadmeadow field. Squads A through D will practice Monday through Thursday for 2 hours each night (times TBD but will either be 5:00 to 7:00 or 5:30 to 7:30) E1 and E2 will have a similar but shortened practice schedule that will be announced in June.

Pre-season practices are important for getting in the required 10 hours of conditioning, learning new cheers, and for learning proper stunting techniques and tumbling. Stunting and tumbling can only begin after teams have completed their 10 hours of conditioning. Half time routines for games are also choreographed and taught during pre-season so the girls are prepared for their first game. Our goal is to prepare the cheerleaders for the rigors of the season ahead.

Fall

Regular season practices move inside to the gyms at Pollard on the first day of school. Practice nights and times per squad will be determined by the Head Coach and announced in June. Practices typically begin at either 5:30 pm or 6:00 pm and run for an hour and a half for younger squads and 2 hours for older squads.

Regular season practices are mandatory for all squads. Cheerleaders must attend practices in order to participate in competition and games. Stunt groups and dance routines are customized for all squad members. If a cheerleader is absent, the stunt group which they are a part of cannot practice. As a result, that stunt group is now prepared to safely perform at games and competition. We do recognize that from time to time absences due to illness do occur. Please see the attendance policy posted on our web site for specific information.

Games

Home games are held at Memorial Field in front of Needham High School. They are typically on Saturdays only.

Away games can be scheduled Saturdays or Sundays, and are at locations to be announced.

You should expect one regular season game (either a Saturday or a Sunday) each weekend in September and October. In addition, your cheerleader will be expected to cheer at her squad level's football Playoff game(s) should they qualify.

Cheerleaders should be dressed in appropriate attire.

For practices this includes gym shorts (not long pants), tee or tank shirt, socks and lace sneakers. For games, cheerleaders should wear their squad uniform. For all practices and games, hair should be pulled back up off their shoulders. No jewelry is allowed. Girls should always bring a water bottle to stay hydrated. Please label bottles.

For additional information

- Visit our website at www.needhamcheer.net
- E-mail cheer questions to Rhiannon Andrews or Lesley Sugarman, Needham Junior Cheer Co-Coordinator, at needhamcheer@gmail.com