
Fall Cheerleading 2026



Important Fall Dates



- Tryouts: August 24th 5-7
 - August 26th- 29th: UCA Cheerleading Camp
 - Location: Chestnut Lake Camp, PA
 - September 1st-3rd: Choreography
 - October 11th: Game Day Regionals @ Union Endicott High School
 - October 23rd-24th: WINTER choreography (only required if doing winter cheerleading)
 - We encourage all parents and athletes to join our Sports You to stay updated on practice time/location changes as well as updates on how the team is doing! **Code: FDHB-2BDN**
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Practice Schedule

- Monday: 5-7
- Tuesday: 5-7
- Wednesday: 5-7
- Thursday: 5-7
- Friday: OFF (with football games occasionally)

*All practices, games & competitions are mandatory unless otherwise cleared through a coach, cheerleading is a true team sport and we cannot fully practice in absence of even just 1 athlete

Absences



EXCUSED Absences:

- Sick from school, college visits, tutors (Please let coaches know for all of these so we can plan ahead)

UNEXCUSED Absences:

- Vacation, birthday parties/dinners, skipping school/class, homework

If anyone needs extra help organizing a schedule please don't hesitate to reach out, both coaches are always here to help:)

Practice Wear



All athletes will receive 4 shirts (2 tanks and 2 t-shirts) with their cheer gear package. Captains will create a schedule so we can dress like a team for practices.

Cheer sneakers should only be worn in the gym, please wear other shoes to and from practices.

As for football games, please wear any white, black or neutral colored athletic sneaker to prolong your cheer shoes and to be more comfortable. (Flyers will need to bring their cheer shoes to stunt)

NO: Jewelry, long fingernails, hard plastic or metal hair clips (bobby pins are ok)



Team Goals

Foster collegiate level athletes and give them the opportunity to cheer in college if they choose to.

Create a fun and supportive environment for student-athletes to thrive and build confidence

Lead with kindness and understanding and instill a hard work ethic and a positive mindset.
