

NRC CHEER SQUAD

FLAG FOOTBALL SEASON

REGISTRATION DEADLINE: WEDNESDAY, AUGUST 12TH



TUESDAYS
AUGUST 18TH - OCTOBER 20TH
TUESDAY PRACTICES 4:30 PM - 5:45 PM
GAME DAYS STARTING THURSDAY SEPTEMBER 10TH
TIMES TBD



The NRC Cheer Squad is a high energy, team-based squad emphasizing athleticism, sportsmanship, hard work, and confidence. Participants have the opportunity to cheer and perform at NRC sports functions and to represent NRC when required during the enrolled cheer session. The skills taught will include, but are not limited to, motions, chants, spirit building, crowd involvement, halftime routines, jumps, tumbling and stunting. During each session participants are expected to attend practices and the specified number of games. Practices for ALL sessions are Tuesdays 4:30 PM - 5:45 PM; Participants will cheer for 6 games (1 game a week) for the specified age group during the enrolled session and will perform 2 halftime routines during their enrolled season.

FEE: \$80; includes T-Shirt, Hair Bow and Bag

A \$25 refundable deposit is required to check out your cheer skirt, bottoms, and notebook. Due at time of registration.

AGES: 1st grade and up

LOCATION: PMF, 1805 W. First Street

MINIMUM ENROLLMENT: 10 **MAXIMUM ENROLLMENT:** 15

NOTE: PARENT MEETING AT 5:45 PM ON THE FIRST DAY OF EACH SESSION.

NRC CHEER SQUAD SKILLS & DRILLS SEASON REGISTRATION FORM

RETURN TO: NEWTON RECREATION COMMISSION; 415 N. POPLAR; NEWTON, KS 67114

NAME: _____ ADDRESS: _____

CITY: _____ STATE: _____ ZIP: _____ EMAIL: _____

PHONE: (H) _____ (W) _____ (C) _____ BIRTHDATE: ____/____/____ AGE: _____

IF YOU WOULD LIKE TO RECEIVE TEXT MESSAGES FOR NRC UPDATES AND CANCELLATIONS PLEASE
PROVIDE YOUR CELL PHONE PROVIDER (DATA RATES MAY APPLY): _____

SCHOOL: _____ GRADE: _____ GENDER: **M** **F**

SHIRT SIZE: **YS YM YL AS AM AL** PARENT/GUARDIAN NAME: _____

BOTTOM SIZE: **YS YM YL AS AM AL** (THE BEST AVAILABLE SIZE WILL BE PROVIDED; REQUESTED SIZE NOT GUARANTEED)

WE HAVE STARTED A NEW CAMPAIGN FOR OUR SCHOLARSHIP FUNDS. WOULD YOU LIKE TO ADD A \$1 TO YOUR TOTAL TODAY? **Y** **N**

PARTICIPATION WAIVER

We, or I, as parent and/or legal guardians of the participant named above, hereby give consent for my minor child to participate in this program and all other activities incidental thereto, including practice, actual participation, being a spectator thereto, and any incidental travel connected with the activity. I further agree to assume full responsibility in case of any accidental injury incurred while participating in this activity. The Newton Recreation Commission reserves the right to use photos of NRC participants for promotional purposes. If you have photos of you or your children participating in NRC activities and would like to share them for possible publication in future program guides please bring the photos by the NRC office.

PARENT/GUARDIAN SIGNATURE _____

DATE _____



CHEER SQUAD RULES

THESE RULES APPLY FOR PRACTICE. ADDITIONAL GAME DAY RULES AND
PROTOCOL WILL BE IN CHEER FOLDER GIVEN TO PARTICIPANTS AT FIRST PRACTICE.

- * Please come to practice prepared. Participants should be on time and in proper clothing.
 - * All Cheerleaders need to try to arrive at least 5 minutes early to practice. Participants should place their belongings in the designated cubby, sit on the floor and begin stretching while waiting for the coach to start practice. No horseplay or tumbling.
 - * Cheerleaders need to wear athletic clothing (NO DENIM, leather, or slick materials) and wear sneakers (NO crocs, sandals, or boots and nothing with pointed or sharp soles i.e. cleats). Shoes matter when tumbling and stunting. Participants not wearing appropriate attire will not be allowed to tumble or stunt that day at practice.
 - * NO JEWELRY OR GLITTER. If a participant cannot remove their earrings, athletic tape will be provided to cover it.
 - * Cheerleaders need to bring a water bottle to practice and games.
 - * DO NOT play on the equipment before or after practice.
 - * Please limit the lobby area to one adult per child. We appreciate your understanding and cooperation.
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