

# Needham Junior Cheerleading 2010

## Registration

All registrations must be completed on-line at [www.needhamcheer.net](http://www.needhamcheer.net).

Pre-Registration (for returning cheerleaders): March 1-15

Open-Registration: April 1 -April 30

NJC makes every attempt to group participants by grade, but must also adhere to strict rules for competition teams mandated by its affiliate league, American Youth Cheer. Roster placements are completed in May.

## Squad Levels /Head Coaches

A Squad (8 <sup>th</sup> grade)	Myra Anderson, Head Coach
B Squad (7 <sup>th</sup> grade)	Linda McCarthy, Head Coach
C Squad (6 <sup>th</sup> grade)	Heidi Wilson, Head Coach
D Squad (5 <sup>th</sup> grade)	Lorreen Hollingsworth, Head Coach
E-1 Squad (4 <sup>th</sup> grade)	Wendi McGrath, Head Coach
E-2 Squad (3 <sup>rd</sup> grade)	Joyce Jourdan, Head Coach

## Commitment

Needham Junior Cheerleading is a *competitive* cheer program and it is an honor to participate. 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. *It is therefore important to attend all practices, games and other relevant events.*

## Practice Locations/Weekly Schedule

### *Summer*

Pre-season practices begin **the first week of August** for most squads. All summer practices are weekday evenings, **5:30-7:30 p.m.**, at Broadmeadow School. Days of the week are to be determined by the Head Coach.

Pre-season practices are important for learning new cheers, stunting techniques and tumbling skills. Our intensive summer conditioning program prepares cheerleaders for the rigors of the season ahead. Each squad's head coach will detail specific requirements.

### *Fall*

Regular season practices begin at **5:30 p.m. or later**, at the discretion of the Head Coach and depending on location. Practices will move indoors by the end of September.

Regular season practices begin **the week of August 30th**, and become mandatory for all squads. *Cheerleaders must attend practices in order to participate in competitions and at games.*

***Once rosters and locations are finalized in May, Head Coaches will communicate practice schedules to all participants.***

### **Games**

- Home games are at Memorial Field in front of Needham High School, home games will be 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 daughter will be expected to cheer at her squad level's football Playoff game(s) should they qualify (up to two rounds, plus a championship game).

### **Important Dates**

- **Saturday, June 19** Merchandise and Paperwork Day, Squad times will be communicated by the Head Coach
- **Monday, June 21 and Tuesday, June 22** Two-day NJC clinic at Exxcel Gymnastics, 3:30 to 8:00 p.m. (separate fee and registration apply)
- **Wednesday, June 30** Deadlines for:
  - enrollment and payment; late fees apply after this date
  - withdrawal from the program and still receive a refund
- **Week of August 1** Summer practices begin for most squads at Broadmeadow
- **Sunday, August 29** Bay State Cheer Jamboree (tentative; time/place t.b.d.)
- **Saturday, September 4** First regular season game (estimated date)
- **Saturday, October 9** Bay State Competition, (tentative 9am start)

### **For Additional Information**

- Visit our website at [www.needhamcheer.net](http://www.needhamcheer.net)
- E-mail cheer questions to Myra Anderson and Linda McCarthy, Cheer Coordinators at [needhamcheer@gmail.com](mailto:needhamcheer@gmail.com)