

## Berkeley Heights PAL Cheerleading: Grades 4 – 8 / Fall 2014

The Berkeley Heights PAL will offer a cheerleading program for girls in grades 4-8 consisting of three squads, including: "A" (Grades 7 & 8), "C" (Grade 6), and "D" (Grades 4 & 5). Practices will be held on Tuesday, Wednesday, or Friday afternoons according to the schedule noted below – and an *occasional* Saturday morning when needed. Cheerleaders are expected to cheer at **all** PAL football games which are usually played on Sundays from September through November. Homes games are held at Governor Livingston High School.

Cheerleaders will be provided with shells, skirts, and poms which must be cleaned at the end of the season and returned. They will also be issued a team sweatshirt which is theirs to keep. Lost or misplaced sweatshirts will not be replaced! Information regarding cheer shoes, bloomers, and bodysuits (which must be purchased by parents/guardians) will be provided at a later date.

Parents/Guardians are financially responsible for the loss of uniforms and poms supplied by the Berkeley Heights PAL. Alterations to uniforms *must* be discussed with Carolyn George; costs are the responsibility of the participant. **Absolutely no cutting of the uniform is allowed.** All questions should be referred to Carolyn George, Program Director.

### Washing Instructions:

Uniforms should be washed in cold water on the regular cycle and hung or laid flat to dry. Please do not put them in the dryer (they will last longer)!

#### **Squad A (Grades 7 & 8)**

**Practice:** Fridays 4:15 PM-5:30 PM – Columbia OLD Gym

**Games:** 1:15 PM

#### **Squad C (Grade 6)**

**Practice:** Wednesdays 4:15 PM-5:15 PM – MKM Early Childhood Center

**Games:** 10:00 AM

#### **Squad D (Grades 4 & 5)**

**Practice:** Thursdays 5:00 PM-6:00 PM – MKM Early Childhood Center

**Games:** 9:00 AM

**Schedule of games will be given at first practice.**

**Girls MUST be at the field ½ an hour before game time!**

*This program does not exist without the assistance of parents and guardians! Please indicate your area of interest by checking off your first and second choices, please give to squad team mom:*

Parent Name: \_\_\_\_\_

\_\_\_ Uniform Distribution

\_\_\_ Snack Shack – Home Games

\_\_\_ Uniform Collection

\_\_\_ End of Season Celebration