

SFL CHEER GENERAL INFORMATION

Thank you for your interest in SFL Cheer.

SFL Cheerleaders cheer at the Southwest Football League football games during the season and the RICE University Cheerleaders choreograph and teach/coach the girls. All girls ages 6-11 years old in grades 1st through 6th are eligible to participate. Experience with dance or cheer are not required.

The cheerleaders are assigned to one of three different squads based on the grade level.

White Squad- 1st and 2nd graders (minimum age is 6 as of 9/1/2018) *red uniform*

Red Squad- 3rd and 4th graders- *red uniform*

Blue Squad- 5th and 6th graders-*blue uniform*

Cheer Camp

July 30, 2018- August 3, 2018; M-Th 9a-3p and Fri 9a-12p

(parent performance at noon on Friday)

Annunciation Greek Orthodox Church Gym

3511 Yoakum Blvd, Houston, TX 77006

Cheer camp is a fun-packed week of making new friends, learning the squad dances, learning cheers, crafting and playing games. It is **VERY important** for the cheerleaders to attend camp so that they learn the required dance routines that are performed at the football game halftimes. It is the most consolidated time that we have with the girls to learn and practice their routines and cheers.

Costs for New Cheerleaders

Below is an approximate list of the costs for the cheer season. Many items can be used over each year making the cost less for any additional years as a cheerleader:

- SFL Registration-\$260
- Uniform Package- \$165 paid to SFL during registration on-line
Includes- top, skirt, briefs, shoes and pompoms
Used uniforms may be available, but no guarantee
- Required Extras- \$57.50
Includes hair bow, October "Pink-out" poms, pink socks, and game bucket
- Cheer Camp fee- \$35 (covers crafts, activities and awards)

Optional:

- Extra bows- \$10/ea; personalized watercooler- \$17
- Optional Pictures- minimum \$12 on up
- End of Season Party- \$20/each (usually at a fun gymnastics location) scheduled during a regular practice time in October.

Note: To put cost into my mom-selves' perspective, keep in mind that the registration and camp fee includes a full week of Summer Camp plus the season. Summer camps alone are usually \$225/wk!

Practices

Cheerleaders will have two practices per week.

- Tuesday or Thursday, starting at 5 or 6:00 PM for 1 hour—Dance only
- Sunday, 3:30-5:00 PM -Dance and cheers

Practice Location has not been finalized

Work week practices will likely only be required through September and are dependent on how well the girls master their dances.

Home Practice, Practice, Practice

A video demonstration of each of the dances and the routine music is provided to practice at home. Girls should use the video to learn the counts so that they practice at the correct speed.

One-on-one coaching is available with the Rice cheerleaders or the Junior coaches if you think your daughter needs more assistance. (hourly rate applies)

Games

Football games typically occur on Friday evenings or Saturdays during the day. Expect to cheer at 8-10 of these throughout the season. The schedule usually is determined after the player draft at the beginning of September. The season is from September until the week before Thanksgiving.

Additional Performances

The entire cheer squad will perform during halftime at a Rice University Football game. Additional practices the week before the performance will be announced.

The cheerleaders are also given several opportunities to perform and cheer for community service projects (senior centers, Challenger Game, etc). Every effort is given to provide advance notice for these events.

Go SFL!

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