

# Spring-Ford Youth Cheerleading



Sign up NOW to Cheer for the Rams Youth Football teams!



Flag- Ages 5/6

Knee High- Ages 7/8

Mites- Ages 9/10

Midget- Ages 11/12

\*Proudly wear the Ram Cheer Uniform and Shake those Blue and Gold PomPoms\*

The Spring-Ford Youth Football League promises to teach your Cheerleader the fundamentals of cheering in a structured and fun environment while promoting positive self-esteem and confidence.

## Overview of the season (may be subject to change):

- **August 11<sup>th</sup> and 12<sup>th</sup>:** UCA Cheer Camp (price not included with registration) INFO to FOLLOW.
- **August 16-19:** Practices begin
- **August 23-26:** Practice continues
- **September:** Games are played on Saturday and Sunday. Your game day will be determined by what team they cheer for. Flag teams will play on Saturday mornings at our home field. All other squads will be required to travel to away games. Practices for Cheer will be determined by each coach, but will typically begin with 2 nights a week and transition to 1 night mid-season.
- **November 5<sup>th</sup>:** Blue/ Gold Games for all Spring-ford Youth Teams. Played at the High School field!

Get our registration link at [www.sfyrams.com](http://www.sfyrams.com)



Sign up NOW...registration ends on June 30<sup>th</sup>!

