

2024 SALT Cheerleading Q/As

1. What cheerleading squad will my child be on?

Cheerleading squads are broken up by the grade level your child will be entering during the 24/25 academic school year.

Small team - kids going into 1st and 2nd grade during the 24/25 academic year

Middle team - kids going into 3rd and 4th grade during the 24/25 academic year

Big team - kids going into 5th and 6th grade (anyone under 13 before July 31st) during the 24/25 academic year

2. How many cheerleaders are on each team?

In the past we only had 1 team for small, middle, and big. For 2024, the cheer rosters will be maxed at 30 per squad. A waiting list will be created for any roster that may reach 30. We will address any need for additional cheer squads if there happens to be 2 football teams on any level at that time.

3. How many practices are there during the week?

Practices will start the week of July 22nd. Squads will practice 2 hours per practice. Once school starts (end of August) practices will be cut down from 4 days per week to 2 days per week. We will also cut the length of practice due to the loss of daylight. Example, practices will be cut down from 2 hours to 1.5 hours around mid-September.

Below is sample schedule:

| First 3 Weeks (7/22 - 8/10) | | | | | | |
|-----------------------------|--------|---------|-----------|----------|--------|----------|
| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
| N/A | 6-8pm | 6-8pm | 6-8pm | 6-8pm | N/A | N/A |

| 4th Week - 5th Week (8/12 – 8/24) | | | | | | |
|-----------------------------------|--------|---------|-----------|----------|--------|----------|
| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
| N/A | 6-8pm | 6-8pm | 6-8pm | 6-8pm | N/A | Game |

| 6th Week (week school starts) – (8/26 - End of Season) | | | | | | |
|--|--------|---------|-----------|----------|--------|----------|
| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
| N/A | N/A | 6-8pm | N/A | 6-8pm | N/A | Game |

4. Does my cheerleader have to come to every practice?

Yes. Cheerleading is a team sport. When 1 cheerleader is not at practice it affects the entire squad. Last season squads were unable to advance their stunts and routines due to 30% of the squad missing practices. For the 2024 season we will be implementing new rules for cheerleaders that miss practice. The Cheer Coordinator and coaches will finalize these rules and will provide those details to the parents as soon as they are finalized.

One sample rule that may be implemented is that if a cheerleader misses over 50% of the practices during a week before a game then that cheerleader will not participate during the halftime routine.

5. What if I have a vacation scheduled during the season? Can I still register my child?

This is a personal decision. The first 4 weeks of the season are extremely important. The cheerleaders learn **A LOT** during the first 4 weeks such as their sideline cheers, Hello cheer and their entire halftime routine. In addition, the coaches will be forming stunt groups for the halftime routine during those weeks. Any cheerleader that is not at practice during this time may not be placed in a stunt group. It will also be the cheerleader's responsibility to learn any cheers and/or halftime routine that they may have missed.

6. Do I need to drive my child to the games?

Yes. It is the responsibility of the parents to transport their child to every practice and games.

7. Where is the game and practice schedule posted?

All practice and game schedules will be listed in GameChanger. Parents will receive an invite for GameChanger and are encouraged to check the app for daily announcements throughout the season. GameChanger is for the parents to be able to see their child's practice and game schedule. It is also a tool for the coaches and board to communicate with the parents. Any parent abusing the app will be removed from the app per the Board's discretion. Any personal conversations, selling, promotions, etc. are prohibited.

8. How long are the games?

Cheerleaders will need to arrive as early as an hour before the start time of their game. Coaches will communicate arrival times via GameChanger. Games will have a total of 4 regular quarters and an additional 5th quarter to ensure all football players can play. Cheerleaders will cheer for all 5 quarters. Games can last approximately 2-3 hours.

9. What do the Cheerleaders wear during practices/game?

Cheerleaders **MUST** wear tennis shoes and comfortable shorts, t-shirt and/or tank top for all practices.

On game day, cheerleaders will wear their complete uniform - top, skirt, cheer socks, cheer shoes, and game day bow in a mid-pony. Cheerleaders are not allowed to wear makeup, lipstick, earrings, watches and/or jewelry to games and/or practices. Any cheerleader who may have just had their ears pierced will need to notify their head coach and can wear small studs only. Cheerleaders will receive 1 warning for any wardrobe issue. The cheerleader will be sat out from practice or game for any additional occurrence.

10. Do the cheerleaders cheer if it rains?

The cheerleaders will cheer in a light rain/drizzle, but they will not tumble. Practice and/or the game will be canceled if there is any lightening. Cancellations will be sent out via GameChanger.

11. How much is it to register?

Registration fee for 2024 season = \$275.00.

- \$175.00 is for registration.
- \$100.00 is for the fundraiser raffle tickets. Each SALT participant will receive 10 tickets for a mandatory raffle at the beginning of the season. They will sell these tickets for \$10.00 each to reimburse themselves the \$100.00.

12. What does my registration fee cover?

| | |
|--|-----------------|
| Total paid by registration fee: | \$124.96 |
| Shoes | \$34.99 |
| Poms (1 of each) | |
| Blue | \$12.99 |
| Silver | \$12.99 |
| Pink | \$12.99 |
| Bows (1 of each) | |
| Game | \$7.00 |
| Pink | \$7.00 |
| Socks (1 pair) | \$9.50 |
| Chorographer | \$7.00 |
| Rain Jacket | \$18.00 |
| Music | \$2.50 |

13. Do the cheerleaders need to buy a uniform? If so, how do I order my uniform?

Yes. All cheerleaders will be purchasing new uniforms for the 2024 season. SALT will have a mandatory uniform fitting day on April 11th. Each cheerleader will be measured for their custom fit uniform. The cheerleader must purchase a top, skirt, and complete warm up set. Your cheerleader will also have the option to purchase a red bookbag to carry all their belongs for practice and games. The bookbag is not mandatory but it is highly recommended. Orders will be placed during the April 11th uniform fitting day.



\$86.25



\$186.90

(not required BUT highly recommended)

\$41.00

14. Why are we ordering new uniforms for the 2024 season?

The organization likes to update the cheer uniforms every 3 years. We researched all uniform options and chose to go with the new uniform for numerous reasons. Our focus, while looking at

numerous samples, was to ensure that the uniform was comfortable, flexible, not bulky, and suitable for the weather. A major change with the new uniform is that it will be a custom fit for each cheerleader. Prior uniforms were considered ‘bulk orders’ which basically meant it was pulled off the shelf. There were 3 basic sizes (small, medium, large, etc.) and the cheerleader purchased the size closest to their measurements. These uniforms were chosen to help lower cost, but it affected the shape of the uniform. A lot of the girls on the small team looked lost in their uniform and some of the girls on the big team had issues stunting and flipping.

This year's uniform will be custom fitted to each individual cheerleader. We will have a mandatory fitting day, April 11th, to ensure each girl is measured by our Varsity representative so that the uniform will fit each cheerleader's body type. The chosen material is soft and extremely flexible. This will allow the girls to tumble and stunt without any problems. The skirt length will also be custom to the height of each specific cheerleader which will prevent the need to roll, tuck, pin or scrunch their skirts. The girls will no longer need a hugger and lastly the briefs will also be sewn into the skirt to ensure that the skirts does not twist.

15. When do uniforms need to be ordered by?

Uniforms will take approximately 4-6 week to ship. All uniform orders must be submitted to SALT by May 17th. Each family will be required to have at least 75% of their uniform balance paid by either fundraising or payment by May 17th and submit the balance (25%) by June 15th. Parents will pay SALT and SALT will send payment to the vendor.

16. Can I fundraise to help cover the cost of the uniforms?

Yes. There will be 4 specific fundraisers that will be offered to the Cheerleaders to help offset the cost of their uniform. The fundraisers are optional BUT are highly recommended. Cheerleaders will not receive their uniform until balances are paid in full. Sample below:

| | |
|-----------------------|-----------|
| Mrs. Fields Cookies | \$ 50.00 |
| Chestnut Hill Candles | \$ 50.00 |
| Popcorn | \$ 50.00 |
| Aiello’s Pizza | \$ 50.00 |
| | |
| Total Fundraised | \$ 200.00 |
| Uniform Cost | \$ 315.00 |
| Balance | \$ 115.00 |

17. What are the organizations fundraising requirements? Do I have to submit a fundraising check?

The operating budget of the organization is estimated to be about \$76,000 per season. To help cover these expenditures each participant will be required to fundraise. The first mandatory fundraiser is already included in the registration fee (\$100.00 is for the fundraiser raffle tickets.) Each SALT participant will receive 10 tickets for a mandatory raffle at the beginning of the season. The participant will sell these tickets for \$10.00 each to reimburse themselves the \$100.00.

Each participant will also be required to submit an undated check for \$300.00 (\$185.00 for volunteering and \$115.00 for fundraising) made out to SALT during first week of practice. Once

participants fundraise \$115.00 and complete their mandatory volunteer slots, they will receive their undated check back.

18. What are the volunteering requirements? Do I have to submit a volunteer check?

Families will be required to complete 2 mandatory volunteer slots per child during the season. Once participants fundraise \$115.00 and complete their mandatory volunteer slots, they will receive their undated check back. Families with more than 2 kids in the program can reach out to confirm how many volunteer spots they will be required to complete.

19. Will parents be given the opportunity to be a TEAM Mom this year?

Yes, but we won't have as many as we did last year. Volunteers are a necessity for the organization to run smoothly. We need all hands-on deck for all of the games and to ensure we have as many available volunteers as possible we are only going to do 2 TEAM moms per team. Those 2 team moms will split the games evenly throughout the season. The team moms would work together to determine what games they can cover. Reminder parents must submit clearances to be eligible to be a TEAM mom.

20. Will the cheerleaders need announcers for their halftime routine?

Yes, but again this will be limited to 2 parents per team. Volunteers are a necessity for the organization to run smoothly. We need all hands-on deck for all the games and to ensure we have as many available volunteers as possible we are only going to limit the announcers to 2 parents for the entire season. Those 2 parents will split the games evenly throughout the season. The 2 parents would work together to determine what games they can cover. The Cheer Coordinator would always be the backup if both parents could not announce at a specific game.