

# Cheerleading!

On-Line Registration Begins February 1 • [www.ridgeyouthsports.com](http://www.ridgeyouthsports.com)

## Ridge YOUTH SPORTS INC.



### Who?

- ★ Spirit (Non-Competitive) Cheerleading grades K-8
- ★ Three Competitive Cheerleading Teams grades 3-4 | 5-6 | 7-8
- ★ Exhibition Teams (if interests allow) grade 2 & middle school
- ★ Deadline to register for Competition teams is March 1. Please email your interest in the Exhibition teams by March 1 or via the Registration Form.
- ★ No experience necessary for Spirit or Competition Teams! *Come join the fun!*



### What?

Community based, kid-focused program providing instruction, competition, life skill lessons and fun

### When?

#### Meetings (at Basking Ridge Community Center)

- ★ General informational meeting: Saturday, February 12, 10 am
- ★ Mandatory for NEW competitive cheer families: Saturday, February 12, 10:30 am

#### Tryouts for Competitive Cheer (entering grades 3-8 in Fall 2011)

- ★ Mandatory clinics: Sunday, March 13, 5-8 pm | Friday, March 18, 5-8 pm
- ★ Tryouts: Saturday, March 19 by team beginning at 9 am
- ★ Choose "Tryout Fee \$30" on Registration Form.

#### Practice Begins:

- ★ Monday, August 15, 2011



### To Register:

- ★ Go to [www.ridgeyouthsports.com](http://www.ridgeyouthsports.com) beginning February 1, 2011 and click on "Cheer Registration."
- ★ Registration fee: \$190 (February 1-April 15) Late fee \$50 (April 16-28).  
Additional costs for uniform | sneakers | competitive cheer fees (after teams are selected).
- ★ If you have any questions, EMAIL [ridgeyouthcheer@aol.com](mailto:ridgeyouthcheer@aol.com)

### Interested in Coaching?

- ★ Go to [www.ridgeyouthsports.com](http://www.ridgeyouthsports.com), click on "On-Line Forms," then "2011 COACHES Application."



## Ridge Youth Sports, Inc.

is a community based, child-focused organization that provides instructional and competitive programs for the benefit and enjoyment of the children that participate. The program focuses on athletic skill development, personal growth, life skill development and fun. The goal of this organization is to instill life-long enjoyment and understanding of sports. The foundation of Ridge Youth Sports, Inc. is based on the seven principles of Fair Play.

#### The Seven Principles of Fair Play:

- 1. Make It Fun ▪ 2. Limit Standing Around ▪ 3. Everyone Plays ▪ 4. Teach Every Position to Every Participant
- 5. Emphasize the Fundamentals ▪ 6. Incorporate a Progression of Skill Development for Every Participant
- 7. Yell Encouragement, Whisper Constructive Criticism

Questions? email: [ridgeyouthcheer@aol.com](mailto:ridgeyouthcheer@aol.com) • [www.ridgeyouthsports.com](http://www.ridgeyouthsports.com)