

## **TRUMBULL RANGERS** **CHEERLEADING**

Pop Warner cheerleading in Trumbull is open to girls between the ages of 7 (by July 31st) and 15, and residents of the Town of Trumbull. The girls work on the same schedule for the summer that the football players adhere to, starting approximately on August 1st, and they practice every evening, from Monday to Friday, on the fields at Madison Middle School for two hours a night. This schedule continues until the beginning of the school year, at which time, the girls then move their practices indoors, at either one of the local schools or at the Teen Center, and work on a 6 hour a week practice schedule, which will be designated by the head coach of their team.

### **Uniform and Apparel**

The girls are loaned a uniform top and bottom, and a pair of pom-poms for the season. At the end of the season they are responsible for returning their uniform to their head coach. The girls will need to purchase their cheer sneakers, bloomers, bodysuits and socks at the beginning of the season. Arrangements are made by TPW for the ordering of all of their apparel accessories.

### **Practice Attire**

Shorts (no pockets or jean shorts);  
T-shirts that cover your shoulders;  
Sneakers;  
No Nail Polish...ever. Nails are to be kept short;  
No JEWELRY of any kind...ever;  
NO GLITTER...ever;  
Hair to be pulled back into a ponytail;  
Water brought to practice, no sweet drinks; and  
Towel brought to practice for stretching exercises.

### **Football Games**

The Cheerleaders cheer for the football games on the weekends. The games can either be at our home field at Madison Middle School or another field within the Southern Connecticut Pop Warner organization. The girls are responsible to be at the games to not only cheer on the players, but to perform a half time routine every week to both say hello to the opposing team, and to cheer on their own town. The coaches require that the girls arrive at the football game one hour prior to start time.

## Competitions

We expect the girls to attend **all** practices, which are two hours each, and take place three times a week. These practices are used to learn their competition routine, which will be performed in October in New Haven at the Southern Connecticut competition. If at this competition, their routine wins a trophy and has earned them the right to move on to the next level, they will be expected to perform again, not only at a State Competition, but most likely a Regional Qualifier Competition. If the girls are successful at the Regional *Qualifier* Competition, then the girls would move on to the Regional Competition, which would most likely take place in either Massachusetts or Rhode Island and would require the girls to stay overnight at a hotel, which would be at the expense of the parents. If the girls win at the Regional Competition, then it is off to Disney World. Even though we try to raise money for the trip, we usually don't have much time to raise all the necessary funds, so the parents again would be responsible for the costs of this trip. Trumbull has been to Florida two times and both times came home with a trophy for being in the Top 5 of the Nation. It is quite an honor to be there, and the girls never forget stepping on the "Big Blue Mat" at Disney World. The dates for all of the competitions are given out as soon as they are established by Southern Connecticut Pop Warner and the Region. The girls and their parents must commit to attending all competitions.

## Scholastics

The Pop Warner program requires that all cheerleaders provide the organization with a full copy of their report card from their last year of school, and that the average of that report card does not fall below a grade average of 70. It is imperative to the Pop Warner program that the athlete's education is always the most important aspect of their life. If the grade point average for the cheerleader is below 70, a waiver may be signed by the school, at the sole discretion of the school, and would require updates and continued approvals by a school official.

## Cheerleaders' Behavior

All cheerleaders and parents are required to behave in a proper fashion at all times, and respect the coaches and the cheerleader's teammates. If any of the coaches or Student Demonstrators has any issues regarding unacceptable behavior, the cheerleader will be spoken to along with the parents. If the behavior continues, it will be necessary to remove the girl from the team.

## Contact

If there are any questions regarding our cheerleading program, please contact our Cheerleading Coordinator, Robin Diamond, either by phone 261-7337, cell 257-3814, or by e-mail at [RobinRDiamond@aol.com](mailto:RobinRDiamond@aol.com).