

Frenship Youth
Football League
Partnering with
Tiger Cheerleading

By Stretch-N-Grow



Option 1:

Weekly Tiger cheer practices and end of season performance only at the school. If you choose Option 1, then your child will NOT cheer at the Sunday Frenship Tiger Youth Football games each week, but will perform at the end of season super bowl football game on November 7th.

OPTION 2:

We are so excited to announce that Stretch-n-Grow Tiger Cheerleading is now partnering with the Frenship Tiger Youth Football (FTYF) for the fall 2010 Session. As part of this new partnership, Stretch-n-Grow will be providing quality instruction and practices, with the parent volunteer coaches from the FTYF leading a squad of girls for Frenship youth football games every Sunday beginning September 19th. FTYF will organize your child into squads with parent volunteers, and will provide game schedules for each squad. This will provide an abundance of opportunities for your child to increase their knowledge of cheerleading and performing by cheering for a team every week. Stretch-n-Grow will also coordinate with FTYFL in providing a half time performance at the Super Bowl game held on November 7th.

Catch the Spirit



If your child is interested in becoming a Cheerleader, this is the perfect opportunity to learn what the sport is all about!! This Brand New Program will provide the following opportunities for your child:

- * Arm Motion Technique and Terminology
- * Jump Technique
- * Cheer Terminology
- * Three fun and challenging cheer dances
- * Exciting cheers/chants
- * Opportunity to make cheer signs/banners for the football games
- * Spiriting Techniques
- * Basic Stunting Skills
- * Performance Opportunities which builds self-confidence

The girls will be divided into groups by age and skills will be taught in practice each week using an all new format of stations which will be skill specific and age-appropriate for each group of students.

**Weekly Practice Schedule Beginning Sept 6th
with the final practice ending November 4th:**

Your child will practice each week in the gym at the school she attends unless you choose another practice location. Please notify your child's teacher that she will be walking to the gym after school on practice days. We will take attendance to make sure each child arrives safely to the gym.

All practices will be held immediately after school and will end at 5:15

MONDAYS: Oak Ridge

TUESDAYS: Crestview

WEDNESDAYS: Westwind and Bennett

THURSDAYS: North Ridge

****Please send a small snack each week for your child to have at practice. She may have water from the fountain or you may send a bottled drink with a lid.**

****You will need to pick your child up in the gym NO LATER than 5:15. A late fee of \$10 will apply after 5:20.**

DEADLINE TO ENROLL IS AUGUST 14TH!!

For more information contact:

Laken Wisdom (806) 773-7415 OR

Renee Terry (806) 544-3886 OR

Kristi Rogers (Frenship YFL) (806) 438-6026

info@stretchngrowth.com

kristirogers@suddenlink.net

**Registration form
Is on the Back!!**

**ENROLL BEFORE MAY 31ST
AND SAVE \$10!!**

Registration- Please fill in ALL Blanks and Read Carefully

Child's Name: _____
Age as of Sept. 1st 2010: _____ School: _____
My child will practice at her home school each week: YES or NO
If NOT please list school for practice: _____

Parent(s) Name(s): _____
Home Phone: _____ Work Phone: _____
Cell Phone #(s): _____ May we text you with info: YES or NO
E-Mail: _____
(Please print clearly-information regarding classes and game schedules will be sent via e-mail and text)
Address: _____ City: _____ Zip: _____

____ YES, my child attends on-site after school care. Please pick-up/drop off in cafeteria for practice.
____ No my child does NOT attend the on-site after school care

If your child has a sibling who will be playing FTYF football, please provide the following information:
Would you like your child be placed on the cheer squad for her sibling's team? YES or NO
Sibling's Name: _____ Sibling's Age: _____
Does your child have medical coverage: YES No Insurance Company: _____
Please list any health concerns: _____

**REQUIRED PARENT INFORMATION MEETING WILL BE MONDAY, MAY 24TH
AND THURSDAY, SEPTEMBER 2ND 6:30-7:15 AT BENNETT-CAFETERIA.
Parents may choose one meeting to attend. You may also sign your child up for
cheerleading at the meeting on TUESDAY, MAY 24TH.**

PLEASE CHECK PROGRAM OPTION

<u>OPTION #1</u>	<u>OPTION #2</u>
After School Practice and end of year performance ONLY. This option does NOT include FTYF cheer on Sundays.	After School Practice & Frenship Tiger Youth Football
Total: \$80 (Before May 31st) Total: \$90 (AFTER May 31st)	Breakdown of Fees: \$70 After School Practices \$20 YFL Cheer Every Sunday Total: \$90 (Before May 31st) Total: \$100 (AFTER May 31st)
** Free t-shirt and basic pom poms to be used at performance are included. The Uniform is OPTIONAL with Option #1.	**Uniform and Pom Poms are required. Please see ordering Information!

UNIFORM & POM POM INFORMATION:

Uniforms cost about \$55 and are REQUIRED if your child is cheering with FTYF. If your child has a uniform from FTYF or Tiger Cheer after school program with Stretch-n-Grow from last year, then she may use the same uniform again this year. Pom Poms cost about \$20 and are REQUIRED if your child is cheering with FTYF. If your child has the blue/gold show poms from FTYF last year, then she may use them again this year.

Please follow the instructions on our website for ordering uniforms & Pom Poms:
www.stretchngrowth.com
(click on cheerleading tab)

**DEADLINE TO ORDER UNIFORM IS JULY 31ST
IN ORDER TO RECEIVE IT BEFORE THE 1ST GAME.**

OPTIONAL merchandise such as warm-ups; megaphones, socks & hair bows can be ordered from the link on our website as well.

PAYMENT OPTIONS

____ Check ____ Money Order ____ Credit Card (see info below)

Card Number: _____
Type of Credit Card: _____ Expiration: _____
Name on Card: _____
**** a \$3 processing fee will apply to all credit card transactions.
Please make payment to Stretch-n-Grow and mail to:
PO Box 148
Wolfforth, TX 79382

OR Register Online at www.stretchngrowth.com

PARENT VOLUNTEERS NEEDED FOR YFL Cheer:

The ONLY way your child will have the opportunity to cheer for Frenship Tiger Youth Football Games on Sundays is with the help of Parent Volunteer Coaches. The parent volunteer coaches will be given a DVD and packet of all the cheers/chants, and will lead the cheerleading squads on Sundays for the football Games. **YOU ARE NEEDED, SO IF YOU CAN HELP PLEASE FILL OUT THE INFORMATION BELOW:**

____ Yes, I would like to volunteer as a head cheer coach
____ Yes, I would like to volunteer as an assistant cheer coach
____ Yes, I would like to volunteer to substitute when a coach is gone

**** All coaches must attend a Mandatory coach training
Thursday, Sept 2nd 7:30-8:30 (immediately after parent info meeting.)**