

Frenship Youth  
Football League  
Partnering with  
**Tiger Cheerleading**  
By Stretch-N-Grow

**Deadline  
to enroll  
is Aug.  
30th!!**



# 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 for 2nd-5th graders
- \* Performance Opportunities which builds self-confidence

The girls will be divided into groups by age and skill-level to learn age-appropriate dances and skills.

**What does the registration Fee include?:**

- 1) Structured weekly instruction from paid professional instructors.
- 2) Age-appropriate fun curriculum founded on NCA principles
- 3) End of session performance coordinated by paid professional instructors.
- 4) Option 1 includes a t-shirt and pom poms that will be used for the performance
- 5) Option 2 includes insurance through FTYF and weekly cheering at FTYF games lead by parent volunteer coaches who use the same chants taught at our weekly classes.

**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 4th. This is a great option for students with busy schedules who are unable to commit to games every Sunday!

**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 2012 Session. As part of this 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 16th. 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 FTYF in providing a half time performance at the Super Bowl game held on November 4<sup>th</sup>.

**Weekly Practice Schedule Beginning Sept 3rd  
with the final practice ending November 3rd:**

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\*** (first practice on Friday, Sept 7th then Mondays thereafter)

**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.**

**Sign Ups 5:00-7:00 Weds., May 23rd at Cardinal's on Slide**

For more information contact:  
Courtney Hamer (806) 773-7415 OR  
Renee Terry (806) 544-3886 OR  
Cheer@stretchngrowthx.com  
www.stretchngrowthx.com

**Registration form Is on the Back!!**  
**ENROLL BEFORE JUNE 3RD AND SAVE \$10!!**  
**ADDITIONAL \$10 DISCOUNT FOR ALSO**  
**ENROLLING IN SUMMER CHEER CAMP!!**

## Registration– Please fill in ALL Blanks and Read Carefully

Child's Name: \_\_\_\_\_  
Age as of Sept. 1st, 2012: \_\_\_\_\_ School: \_\_\_\_\_ Grade: \_\_\_\_\_  
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

**Option 1-circle t-shirt size:** Small (6/8) Med (10/12) Large (14/16) Adult Small Adult Med  
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  
THURSDAY, AUGUST 30th 6:30-7:15 AT BENNETT-CAFETERIA.**

### PLEASE CHECK PROGRAM OPTION

**\*\*\$10 discount can be deducted from total below if you also enroll in summer cheer camp with Stretch-n-Grow. Details can be found on the website**

**OPTION #1**  
After School Practice and end of year performance ONLY. This option does NOT include FTYF cheer on Sundays.

**Total: \$85** (Before June 3rd)  
**Total: \$95** (AFTER June 3rd)

\*\* Free t-shirt and basic pom poms to be used at performance are included. The Uniform is OPTIONAL with Option #1.

**OPTION #2**  
After School Practice & Frenship Tiger Youth Football  
Breakdown of Fees:  
\$75 After School Practices  
\$25 FTYF Cheer Every Sunday  
**Total: \$100** (Before June 3rd)  
**Total: \$110** (AFTER June 3rd)

\*\*Uniform and Pom Poms are required. Please see ordering Information!

### UNIFORM & POM POM INFORMATION:

Uniforms cost about \$75 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 \$25 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.**

### 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](http://www.stretchngrowth.com)**

### PARENT VOLUNTEERS NEEDED FOR FYF 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, Aug. 30th 7:30-8:30 (immediately after parent info meeting.)

Sign ups are also being held at Cardinal's on Slide on the following dates:

**Weds, May 23 (5:00-7:00) Sat., June 2nd (10:00-2:00) Sat, June 30 (10:00-2:00) Sat, July 14th (10:00-2:00)**