

HOPE MILLS PARKS & RECREATION

FALL SPORTS



CHEERLEADING



Ages

5-6.....**SPARKLES** – (At this level, participants will be in a basic instructional camp, meeting on Saturdays for one-hour, starting mid-September at Hope Mills Parks and Recreation Center. This specific group will not cheer for a football team, but focus is geared toward tumbling, choreography, learning straight forward cheers, motions and teamwork).

Below, all ages in this category will cheer for specific football teams. More advanced routines will include intermediate skills in cheerleading, including jumps, tumbling, stunts and motions.

7- 8

9-10

11-12

13-14

LEAGUE AGE: This is the age attained by a player prior to December 1, 2022. (Example: If a child is 4 and turns 5 on or before December 1st, the child will be considered league age to play).

SEASON STARTS – Games will start on the second week of September.

PRACTICES/GAMES – Practices will begin mid-August for ages 14 and under. Regular season games run Mid-September to Mid-November. Practices will be on Mondays thru Saturdays (minimum 2 nights-weekly). Games times may be scheduled from 6:00PM – 7:30PM.

BIRTH CERTIFICATES AND PROOF OF ADDRESS – If your child has played previously, please ensure we have the correct birthdate in our data base. If not, both documents are required before registration.

LAST DAY OF REGISTRATION – **Register for ONE sport only, to refrain from conflicts with other sport activities.** The **cut-off** to register is **11:59 pm** on **July 31, 2022**. Please see Attachment for our online registration requirements. If you miss the registration deadline, add your child to the waiting list online. You may receive a call to register your child, **only if slots** are available on a team and approved by the Parks and Recreation Athletics Department.

ATTIRE – Hope Mills Parks and Recreation will provide pom-poms and cheer tee shirts for each team.

GAME CANCELLATIONS – Cancellations for practices and games will be determined by the Parks and Recreation Athletics Staff on the day of inclement weather.

VOLUNTEER COACHES ARE ALWAYS NEEDED