

Frequently Asked Questions:

What is the Jr. and Sr. Divisions -

- Grades 3, 4, and 5 make up the Jr. Division
- Grades 6, 7, and 8 make up the Sr. Division
- On the football side – Grades 4 and 5 are the Jr. Division and Grades 6 and 7 are the Sr. Division.

How are squads formed –

- The number of squads is determined by the number of teams formed by the Plainsmen Jr. Football League. There are no tryouts as we are an instructional league.
- Girls in grade 3 will all be on the same squad. We like to keep it at 10-12 but, if we have more than that we will create a second 3rd grade squad if possible.
- All 8th graders are on one squad.
- Girls are broken down into the Jr. and Sr. Divisions, then we find out how many football teams will be formed and then the girls are moved into squads.
- We will no longer do special requests as it has become a problem with the number of girls on squads being uneven. We are a sport and in sports you can't chose whom your teammates are. It is also a good way to make new friends.

Can my daughter/sister cheer for her brother on the Football side –

- If you have a son/brother that is playing football, there is a chance that the sister can cheer for her brother's team, if he is in her division. Example: Brother is in the 6th grade and sister is in the 3rd grade. The sister can't cheer for the brother. Example: Brother is in the 4th grade and sister is in the 7th grade. The sister can't cheer for the brother.

What is Senior Bowl –

- It is our final game of the season and is our version of Home Coming.
- All squads participate by cheering on the side lines as a large group. Our Senior Division puts on the halftime show.
- We tailgate before the game.
- To participate in the halftime show you will need to sign a commitment form that states you can be at all practices. If you can't make all the practices your participation is cheering on the sidelines with all the squads.

Is there a discount on registration if you have more than 1 child cheering –

- The registration fee is \$160.00, but if you have 2 or more children in the program it is \$130.00 per child.

What is the practice commitment –

- Practice begins on 8/6/19 and is from 6pm-8pm on Tuesday, Wednesday and Thursdays at the YMCA in Clifton Park for the month of August.
- September and October, we practice at a Shen gym.
- Sr. Division practices Monday and Wednesday from 6pm-8pm.
- Jr. Division practices Tuesday and Thursday from 6pm-7:30pm.

What is the team commitment –

- Please schedule other activities on nights that are not your JP Cheer practice night.

- Don't try to do multiple sports, pick one sport. Doing multiple sports causes a problem for the squad as you are missing from practice too much and missing cheering at games. Cheerleading is a sport and it is not fair to the squad to practice all week and then at game time not be able to show case what has been learned during the week and having to rearrange halftime routine because of missing girls participating in other sports that are overlapping cheerleading/football games.

What is the Modified Squad –

- This is a group of 6th, 7th and 8th grade girls that tryout to represent Shen at the home modified games.
- To tryout you must be registered in the Plainsmen Jr. Cheerleading League.

Your Commitment if you make the squad is:

- Cheerleaders on the Modified Squad cannot participate in any other sports/dance during the season.
- Practices are Tuesdays and Thursdays from 6pm-8pm keeping in mind that your JP practices are Monday's and Wednesday's from 6pm-8pm. You are practicing 4 days a week.
- To cheer at the home games, you must be at all practices, if you are late you will not cheer the first quarter of the game.
- You are assigned 2 separate uniforms, pompoms and bag that you will be responsible for.
- For girls taking religion classes, you may want to check on the schedule as there may be a conflict with cheer practice and when religion classes are available.