

West Linn Cheer 2022-23

Welcome to West Linn Varsity 2022-23 Cheer Season. We're thrilled to have each of you joining us. We can't wait to get started. Here is a quick overview of our program. Please reach out to Coach Shannon at m.maloney8@comcast.net if you have any questions

2022-23 West Linn Cheerleading Teams

- We are a no-cut cheer program with many options for anyone interested in cheering at West Linn High School
- Competition Team (Must have a standing back handspring at Tryouts to compete on the traditional competition team)
- Fall Sideline Team (No tumbling or cheer skills required. Game Day Comp Team options available)
- Winter Sideline Team (No tumbling or cheer skills required)

Parent Team Meeting and Uniform Fittings for all Cheerleaders

- Monday, May 9th starting at 6:00-8:00 pm. Location: WLHS Forum
- One parent/guardian and cheerleader MUST be in attendance
- It's recommended that Cheerleaders wear (cheer briefs) and a sports bra under their clothes for quick uniform try on
- Payment for uniforms will be done directly through the vendor on May 9th and can be made online.

2022-23 Spring Expenses/Due May 9th

Cheerleading Camp (Each cheerleader will attend one camp based on their skill level. (Captains will attend both camps)

- Competition Team Camp at Great Wolf Lodge (\$469) (Great Wolf Lodge Stunt Camp)
- PROACTION Sideline Camp (\$345) fees will be due for Sideline Cheerleaders
- Please make a check out to West Linn Cheer (Include cheerleaders name in Memo line) or plan to make payment with our bookkeeper via credit card no later than May 30th.

Spring/Summer Tumbling /Private Lessons

Empire Athletics is offering Spring and Summer, Sunday Tumbling Classes based on individual progression level. Starting Sunday, March 13th Athletes can enroll on their own by visiting www.empireathleticsgym.com. If you wish to attend or want to setup a private lesson, please contact Empire Athletics directly. We tumble at the Sherwood location. Payment is handled directly through Empire. Spring/Summer Tumbling is not required but recommended.

Practice Schedule /Fall

Competition Team – Monday/Tuesday/Thursday - Time TBD

Fall Sideline – Monday/Tuesday – Time TBD

Practice Schedule/Winter

Winter Sideline – Monday/Thursday – Time TBD

Fall /Team Tumbling

- Competition Team – Tuesday and Thursday 6-9 pm (Required)
- Fall Sideline - Tuesday 7-8 pm (Required)
- Finances are handled directly through Empire

Winter /Team Tumbling

- Winter Sideline – Thursday 7-8 pm (November – February; Required)
- Finances are handled directly through Empire

Team Snap/All Team Communication

Please download the Team Snap app prior to meeting on May 9th. This is how we communicate our practice schedule and important information during our cheer season. When you setup your profile, make sure a cheerleader and parent/ guardian are both on the app. If you have any questions regarding team snap, we can answer them on May 9th