

Spanish Fork Youth Cheer

2025 Parent Meeting

April 11, 2025

Mission Statement and History of Program

Our mission is to inspire, develop and empower youth athletes through the sport of cheerleading. We aim to provide a safe and supportive environment where athletes can learn and grow, both individually and as a team. Our focus is on building self-confidence, teamwork, a strong work ethic and a love of community, while promoting physical fitness and a healthy lifestyle.

What We Offer

Our youth program teaches essential cheer skills while fostering teamwork and confidence. Led by experienced volunteer coaches, our teams will learn cheers, jumps, stunts, and dances in a fun and supportive environment. Join us for an exciting journey of athleticism, friendship, and spirited performances! No experience required.

Cheer Family 'We Will'

- We will Compete without Contempt
- Cheerleaders will be supportive and encouraging of one another, and other teams
- Cheerleaders will appreciate and respect their coaches, parents, and volunteers
- Cheerleaders will set an example of kindness, understanding and respect. On and off the field
- Cheerleaders may follow and tag @spanishfork_youthcheer on Instagram, but should not request to connect with coaches
- Cheerleaders are encouraged to wear their uniforms to school on game days, or Friday before the Saturday game days
- Parents will support the programs coaches and athletes, and will only speak in a supportive manner

**If an athlete or parent is found to be against our 'We Will' policies, disciplinary action will be as follows:*

1. *Verbal warning to athlete and parent from your coach.*
2. *Written warning to athlete and parent from the Youth Cheer Board*
3. *Game suspension for 1 game*
4. *Athlete and parent will be removed from the Spanish Fork Youth Cheer program, notified by the Youth Programs Executive Board.*

Program Executive Board

Spanish Fork Youth Football & Cheer is a private, not-for-profit program, affiliated with Utah Youth Football Conference. We are a 100% volunteer run organization.

Ryan Giles - SF Youth Football & Cheer Executive Dir.; acting SF Youth Football Program Dir.

Tresca Rightsell - SF Youth Cheer Program Director

Cheer Board

Adisyn Duvall - President

Emily Williams - Vice President

Paisley Jensen - Advisor

Linsey Duvall - Advisor

Registration Information

Participant Fee: \$375

Uniform: Shell, Liner, Skirt, Shorts, Poms, Bow, Jacket, Tanktop, Backpack and Socks

Optional Add-On Items: Water Bottle, Sweater, Sticker Pack, Yard Sign

Order add-on store items at <https://spanishforkyouthfootball.com/store>

Store closes April 30

Shoes: Athletes are responsible for supplying their own shoes. Must be white cheer shoes to support stunting.

Coaches and Teams

1st & 2nd Grade - Coach Shelby Brown, Assistant Coach Brooke Gammon

3rd & 4th Grade - Coach Alivia Higginson, Assistant Coach Kealoni Wamsley

5th Grade - Coach Meghan Bird, Assistant Coaches Whitney Jacobson and Keri Longmore

6th Grade - Coach Erin Koyle, Assistant Coach Gabriel Hoffman

7th Grade - Coach Val Redfearn, Assistant Coaches Jessica Goff and Hollie Hunter

8th Grade - Coach Christina Malone, Assistant Coach Mischele Olson

9th Grade - Coach Linsey Duvall, Assistant Coach Adisyn Duvall

Practice Information

- Practices will be held 2x weekly, until school starts. Once school starts, teams may meet for 30 minutes before games as needed.
- Each practice session will be limited to 90 minutes for grades 6-9, and 60 minutes grades 1-5
- Days and Location will be determined by your coaching staff
- Athletes are required to arrive on time, ready to participate, and bring a positive attitude.

Game Schedules

Our cheerleaders proudly support Spanish Fork Youth Football.

- Games typically take place on Tuesday and Wednesday evenings for 4th grade and some 8th grade teams, and Saturdays for all others.
- Schedules are shared at the start of the season, generally 2nd week of August, and are subject to updates.
- Cheerleaders are expected to arrive early, prior to each game for warm-ups. Arrival times will be determined by your coaching staff.

Important Dates

April 11 - 6pm Mandatory Parent Meeting at Diamond Fork Middle School, Gym B

April 15 - Registration closes (No refunds after this date)

April 26 - Uniform Fitting at The Hive All-Star Cheer Gym (sign up for fitting time)

April 30 - Late Registration closes

May 1 - Uniform Orders Placed

June 10, 11, and 12 - Cheer Camp Noon-2:00pm at SFHS

July 24 - Fiesta Days Parade (*optional*)

July 26 - Youth Program Family Breakfast Fundraiser (*optional*)

Aug 9 *tentative* - Jamboree

Nov TBD - Year End Showcase

Uniform Fitting

We will be holding uniform fittings at The Hive All-Star Cheer gym on April 26th at 12:00pm - 8:00pm. Please sign up for your fitting time here: [SFYC Uniform Fitting Sign Up](#)

Please have your athlete wear a swimsuit or something similar to make the fitting go by smoother and faster. There will be bathrooms available, but since time and space are limited, we want to refrain from using them.

VERY IMPORTANT: only come during your selected time. We have limited fitting pieces so you must only sign up for your team. Please park at Cold Stone parking lot and walk to the gym.

Cheer Camp

Our cheer camp is an exciting opportunity for skill-building and team bonding. Attending cheer camp is a requirement, as your athlete will be learning stunting with their team. If your athlete does not attend, they will not be allowed to stunt in the 2025 cheer season.

- June 10, 11, and 12 at SFHS from 12:00 - 2:00pm
- A stunting waiver must be signed prior to camp. These were signed during registration.
- Cheer camp is a requirement, as this is our stunting clinic.

This is a separate camp from the one hosted by the high school team in August. Please support this cheer fundraiser if you are able to, and cheer a halftime routine at the high school Red & Grey game.

Team Mom Introduction

Our team moms have direct communication with the Board Members. Their primary focus is to support the coaches, parents and athletes, while fostering a fun and encouraging environment.

Please don't hesitate to reach out to your team mom, or if you feel more comfortable, a team mom from another grade.

1st & 2nd Grade - Jessica Pieroni
3rd & 4th Grade - Kailey Goble
5th Grade - Paisley Jensen
6th Grade - Ashley Dallin
7th Grade - Laci Schaffer and Brandi Beck
8th Grade - Mandy Fullmer and Heather Michelle Wong
9th Grade - Julie Hamilton

Fiesta Days Parade

We have applied to be considered for the Fiesta Days Parade. Confirmation to follow.
1st & 2nd Grade team will ride on a trailer, all other athletes (including football) are invited to walk behind the truck/trailer.
We will need volunteers to pull wagons and walk the route with our teams.

Family Breakfast Fundraiser

Youth Cheer is hosting the family breakfast. Meaning, we will organize the location, meal, ticket sales and own the proceeds.
July 26th at North Park West Pavilion
We will need volunteers to set up, prep, serve, and clean up. Football program will be asked to help as well.

Jamboree

August 9th - *tentative*
Cheerleaders will be performing a season opener, and their individual half time routines.
Possibility of 8th and 9th grade Powder Puff game - more info to follow.

November End of Season Showcase

New event for us this year. The money raised (hopefully) from the Family Breakfast Fundraiser, will go toward our end of season showcase. More info to follow.

Thank you for joining Spanish Fork Youth Cheer - We are looking forward to a fun, successful and supportive 2025 season. **Go DONS!**