



Bethpage PAL Eagles CHEERLEADING



Day and Time:

Wednesdays 5:30-6:00 pm 8/2, 08/9, 08/23 8/30 (if it rains on a Wednesday, rain date will be held that Friday)

The Eagelettes will also be invited to cheer at a season home game, will perform their cheers at the Competition we are hosting (Date/Time TBD) & will march in the Homecoming Parade in October (Date/Time TBD). Eagelettes will also be invited to our Pep Rally kick-off, picture day and all fundraising events throughout the season.

Clinic Location: JFK Middle School Field

Cost: \$60 includes T-shirt, Hair Bow, & Pom-poms

Registration Dates: 5/23, 5/25, & 5/30 6:30-8:30 pm

at: Bethpage PAL Clubhouse 428 Stewart Ave, Bethpage, NY 11714 /
PAL Phone: (516) 942-4788

Objective: The focus of the Preschool Cheerleading program is to introduce the younger children, ages 3 - 5, to the basics of sideline cheer in a fun and safe



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environment. Classes run for 30 minutes each week, for a four (4) week clinic. Participants will learn the following: Fundamentals of Stretching, Motions, and Motion placement, Voice Projection, Jumps, Teamwork and Following Directions.

Participant Shirt size: YXS (4) YS (6/8) YM (10/12) YL (4/16)

*****PLEASE BRING YOUR EAGLETTE (or a current t-shirt that fits them) TO REGISTRATION FOR SIZING*****

Bethpage PAL Cheerleading Commissioners, Teresa Helfrich & Daniela Brady welcome you to come join our cheer family. If you have any questions, concerns, or are interested in volunteering or being an Eaglettes Team Mom, reach us at: BethpageCheer@gmail.com