



P.O. Box 124 Norwood, MA 02062 **CHEER NEWSLETTER**  
www.norwoodyouthfootballcheer.org

## Welcome to 2010 Season

We are excited that our football & cheerleading season is just around the corner and to help you plan the next few months, we have made every attempt to stuff this newsletter with important information and dates. Let's get to know our Board of Directors.

President: Tank Nardelli  
Vice-President: Ron Zona  
Treasurer: Nancy Thompson  
Secretary: Amy DiVincenzo  
Athletic Director: Kevin Spellman  
Cheer Coordinator: Jen Jenks  
Concessions: Dianne Chin  
Equipment: Yee Chin  
Volunteer Coordinator: Jeff Kelleher  
Field Maint.: AnnMarie Rigby  
Safety Officer: Mike Nemenskal  
Fundraiser: Jesse Uttaro

## NEWS!!!

We have stepped into the 21<sup>st</sup> century and are thrilled to offer our families the convenience of using our new online registration system to register your child for football or cheerleading. **This does not replace submitting your required paperwork.**

Don't wait, register today. Returning player registration will close on March 30<sup>th</sup>.

[www.easy-league.com:8080/norwood-football/lla](http://www.easy-league.com:8080/norwood-football/lla)

If you have any questions, please contact Nancy Thompson at 781-762-9355. Although the new player registration phase will be done online as well, to help the parents in this new process we will be holding a traditional "open registration" at the Civic Center on Saturday, April 10<sup>th</sup> from 9am-12 noon.

## Team Formations

At this time, the teams have not been set for the 2010 season. Once registration is complete I will have the teams set and will let you know.

## Paperwork

You still need to send us your paperwork to complete the player registration and be placed on a team. You must mail the following items to P.O. Box 124, Norwood, MA 02062.

- o Copy of Birth Certificate
- o Copy of **2010** Medical
- o Copy of June's Report Card

If your child has not had his 2010 physical yet, we will have a link on our website to print the Medical Release Form. If you cannot mail the above forms, then we encourage you to attend a **one-time** paperwork night at the football field on June 25<sup>th</sup> from 6-8 pm.

## Mark Your Calendars

### Uniforms & Wind Suits

There will be a Sizing Day in August where your child will be fitted for her uniform, purchase (if necessary) pieces of/or a new wind suit (jacket approx \$30 and pants \$25) and competition sneakers on that day. Also available that day will be lollipops and body suits. Once I have the firm date I will let you know.

## Family Cookout

July 30<sup>th</sup> beginning at 5:00pm at the football field. There is a \$10.00 family fee and only pertains to mother, father, sisters, brothers. Additional family members may attend for an additional nominal fee. It is during this event that you will meet your child's coach and receive important information. Please make every effort to attend.

## Practice Begins

All cheer levels begin practice on Monday, August 2<sup>nd</sup> from 6pm-8pm (unless your coach has designated another time) at the Coakley Middle School. August is our conditioning month, the girls practice schedule is as follows: A, B, & C teams practice 4 nights and D & E teams practice 3 nights. During the months of September & October practices are A & B 3-4 nights, C & D 2-3 nights and E 1-2 nights. Practices can also run into November as they prepare for Regional Competition. PLEASE NOTE that your child WILL NOT practice without all paperwork turned in.

## Health Alert

Every participant **MUST** bring plenty of water or a sports drink to every practice. No sharing drinks!!! Also, if your child uses an inhaler, you need to provide an extra one to your child's coach so it can be kept in the teams medical box.

**You can contact me at**  
[Norwoodcheer@verizon.net](mailto:Norwoodcheer@verizon.net) or  
call me 781-888-9295 Thanks  
Jen Jenks