



# Important Information 2023



**ALL CHEERLEADERS REQUIRE A  
MD STATE ID – OR – LEAGUE ID  
EXCEPTION - FUTURES ATHLETES**

## Practice Attire ...

**OUTDOOR:** All **BLACK** – tank tops or t-shirts, shorts, leggings with tie up tennis shoes, no jewelry & hair pulled up

\*\* Cheerleaders may NOT wear sports bras as shirts, shorts must be mid – thigh in length or have spanx under. \*\*\*

**INDOOR:** Attire will be at the discretion of the coach.

## MUST HAVE ITEMS ...

Please see website for exact pictures and details

**Futures:** White shoes – white dri- fit long sleeve – red bloomers or black biker shorts

**Performance:** White cheer shoes - red bloomers- black leggings

**Competitive:** white cheer shoes – red bloomers– red warmup set (all from all-pro store on website)

## FIRST PRACTICES ...

**Futures:** Monday 7/31/23

SEE EMAIL

**Performance:** Monday 7/31/23

6:15- 8:15pm

**Competitive:** Monday 7/24/23

6:15- 8:15pm

## COMPETITIVE CHEER EVALS

All cheerleaders interested in being evaluated for a fall competitive team must attend evaluations.

**Monday 7/10 \* Tuesday 7/11 \*  
Wednesday 7/12**

6:15-8:15pm

Location: TBD



If your cheerleader was registered as a performance athlete but is interested in being evaluated for a competitive team, please email

[arbutuscheer@gmail.com](mailto:arbutuscheer@gmail.com)

## OUTDOOR PRACTICE SCHEDULE...

**Futures SEE WELCOME EMAIL FOR DETAILS**

### Performance

Mon & Wed 6:15-7:45pm(futures) 8:15pm

### Competitive Teams:

Mon – Wed & Thur 6:15-8:15pm

## OUTDOOR PRACTICE LOCATION...

**Arbutus Middle  
School**

5525 Shelbourne Rd  
Meet @ basketball court

## NEW TEAM BREAKDOWNS...

### PERFORMANCE CHEER:

**Futures (Our youngest athletes)** Our team that allows athletes the chance to learn and grow their cheerleading knowledge at a slower pace through cheering on game days, participating in all homecoming activities, the 2023 showcase night as well as performing as an exhibition team at the 2023 CCFL cheerleading competition.

**Sideline** Our teams that allow cheerleaders to enjoy the world of cheer, without the commitment of competing. Here they will learn the fundamentals of basic cheer. These cheerleaders will cheer on game days, participate in all homecoming activities, the 2023 showcase night and NEW this year - these cheerleaders will have the opportunity to perform at the CCFL cheerleading competition as an exhibition team so that they can get a firsthand look at what competition is like.

### COMPETITIVE CHEER

**Competitive (Ages 6-14):** Our elite competitive teams will compete in multiple competitions and practice 3 nights a week. These cheerleaders will cheer on game days, participate in all homecoming activities, and join us for our 2023 showcase and will compete in additional outside competitions.

## GAME DAY TEAM BREAK DOWNS...

For the 2023 season cheerleaders will NO LONGER be placed on game day specific teams. We will be keeping everyone together based on their team placement.



AGE has a cheer team for **EVERYONE!** Whether it's a performance or competitive team, we want you to be a part of the AGE family! Be a part of the tradition with us today!

For questions or concerns regarding the 2023 cheer season please contact the Cheer Director, Laura Spisak at 443.942.5427 or by email [arbutuscheer@gmail.com](mailto:arbutuscheer@gmail.com)