

Spanish Fork Youth Cheer - Program Overview

Fall 2025

Mission Statement

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 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.*

Cheer Board

Tresca Rightsell - Program Director
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 and Backpack

Optional Add-On Items: Water Bottle, Sweater, Shirt, Tank Top, Sticker Pack, Warm-up

Register at www.spanishforkyouthfootball.com

Registration opens: March 1

Registration closes: April 15

Late Registration closes: April 30

Coaches and Teams

1st & 2nd Grade (cheer for 8th & 9th grade - 1st half)

3rd & 4th Grade (cheer for 4th grade)

5th Grade

6th Grade

7th Grade

8th Grade

9th Grade

** Each team will be capped at 30 athletes to ensure a quality experience. We will not be splitting teams, so once a team is full, additional registrations will go to a waitlist. Early registration is encouraged to secure your spot.

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 45 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.

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
- Location to be confirmed. Will be in Spanish Fork
- A stunting waiver must be signed prior to camp. We will be collecting these on day 1 of cheer camp.
- A stunting clinic make up day will be scheduled at a later time for those athletes who are not able to attend camp. Date TBD.

Important Dates

April 11 - 6pm Mandatory Parent Meeting at SFHS Commons

April 15 - Regular Registration closes

April 30 - Late Registration closes

May TBD - Uniform Fitting

June 10, 11, and 12 - Cheer Camp