



**AUGUST 2025**

# NEWSLETTER

**"ROCKING RED, BLACK AND WHITE!"**

## **Practice Gear:**

- White no-show socks
- White cheer sneakers
- Nike Pro or equivalent fitted tumbling shorts
- Sports bra
- Tank top or t-shirt
- Hair pulled up and away from face
- No jewelry of any kind
- Nails cut short

We are days away until the start of our 2025 cheer season, and we couldn't be more excited to welcome everyone back to the field!

## **Summer Practice Info:**

Practices will take place at Rizzo Field at Opachinski Sports Complex (105 Pottle St, Kingston) on: Tuesdays, Wednesdays, and Thursdays from 5:15PM – 7:15PM.

## **Red Flag Days:**

Safety is our top priority. If rain or lightning is nearby, we may call a Red Flag Day. When this happens, we ask that parents remain close to the field in case practice needs to end quickly. If the weather turns, we'll need all cheerleaders picked up right away.



## **Bug Spray Alert:**

As many of you know, August nights often brings out the mosquitoes! Please apply bug spray *before* drop-off to help keep everyone comfortable and bite-free.

**\*Please make sure your cheerleader(s) uses the bathroom *before* practice and brings water each day!**

*As a reminder;* parents are asked to stay off the field during practices to keep distractions to the minimal.



# ***“From Field to Floor, What to Prep For!”***

## **Pep Rally (Tentative):**

Friday, September 5<sup>th</sup>

Location: Opachinski

## **Picture Day:**

Monday, September 8th

Location: TBD

## **SLYC Showcase (Tentative):**

Saturday, November 1st

Location: SLRMS, Time: TBD



## **Competition Schedule**

### **SPIRIT SPOOKTACULAR:**

Saturday, October 25th

Location: TBD

### **NECD:**

Saturday, November 8th

Location: Reggie Lewis Center, Boston

### **Platinum Championship:**

Saturday, November 15th

Location: TBD

### **OCYCA:**

Saturday, November 22nd

Location: TBD

## **Mighty Mites:**

### **Choreography:**

Monday, 8/11 & Tuesday, 8/12

Location: Cheer Factor Hanover

Time: 9:45 AM – 2:00 PM

**Stunt Clinic:** Wednesday, 8/20, at  
Opachinski Field 5:15–7:15 PM

**Critique:** TBD

**\*Tentative\***

### **Fall Practice Schedule:**

(September 9 – November 20)

**Mondays – Conditioning:** 5:00–6:00  
PM (Location: TBD)

**Tuesdays – Practice:** 5:00–6:30 PM  
(Location: TBD)

**Thursdays – Practice:** 5:00–6:30 PM  
(Location: TBD)

## **Mites:**

### **Choreography:**

Saturday, 8/9 & Sunday, 8/10

Location: Cheer Factor Hanover

Time: 9:45 AM–2:00 PM

### **Stunt Clinic:**

Wednesday, 8/12, at Opachinski Field  
5:15–7:15 PM

**Critique:** TBD

**\*Tentative\***

### **Fall Practice Schedule:**

(September 9 – November 20)

**Mondays – Conditioning:** 6:00–7:00 PM  
(Location: TBD)

**Wednesdays – Practice:** 5:00–7:00 PM  
(Location: TBD)

**Thursdays – Practice:** 5:00–7:00 PM  
(Location: TBD)

## **Peewees:**

**Choreography:** Monday,  
August 4th | 8:30 AM–3:00 PM  
*Location: Full House, West  
Bridgewater*

**Stunt Clinic:** Saturday,  
September 20th | 9:00–11:00  
AM  
*Location: SLRMS*

**Critique:** Friday, October 24th  
| 4:00–5:00 PM  
*Location: SLRMS*

### **\*Tentative\***

**Fall Practice Schedule:**  
(September 9 – November  
20)

**Mondays – Conditioning:**  
7:00–8:00 PM (*Location: TBD*)

**Tuesdays – Practice:**  
5:30–7:30 PM (*Location: TBD*)

**Wednesdays – Practice:**  
5:30–7:30 PM (*Location: TBD*)  
*Time & location subject to  
change*

## **Midgets:**

**Choreography:** Friday, August  
22nd | 9–1 PM & Saturday,  
August 23rd | 3–7 PM  
*Location: Full House, West  
Bridgewater*

**Stunt Clinic:** Saturday,  
September 20th | 9:00–11:00 AM  
*Location: SLRMS*

**Critique:** Friday, October 24th |  
5:00–6 PM  
*Location: SLRMS*

### **\*Tentative\***

**Fall Practice Schedule:**  
(September 9 – November 20)

**Mondays – Conditioning:**  
8:00–9:00 PM (*Location: TBD*)

**Wednesdays – Practice:**  
5:30–7:30 PM (*Location: TBD*)

**Fridays – Practice:** 5:00–7:00  
PM (*Location: TBD*)  
*Time & location subject to  
change*

**EAT. SLEEP. CHEER. REPEAT.**

## **Board Buzz!**

### *Looking Ahead*

At the close of the 2025 season, several board positions will be opening up as some of our longtime members will be stepping away. If you or someone you know may be interested in helping shape the future of our program, we encourage you to attend our upcoming board meeting.

We'll be discussing available roles and offering shadowing opportunities during the season to help interested parents get involved.

### **Next Board Meeting:**

Location: Rizzo Field  
Date: Thursday, 8/16  
Time: 5:15–7:15 pm



## **MEET THE EXECUTIVE BOARD**

### **President: Nicole Savitski**



### **Vice President: Bethany DeBruyn**





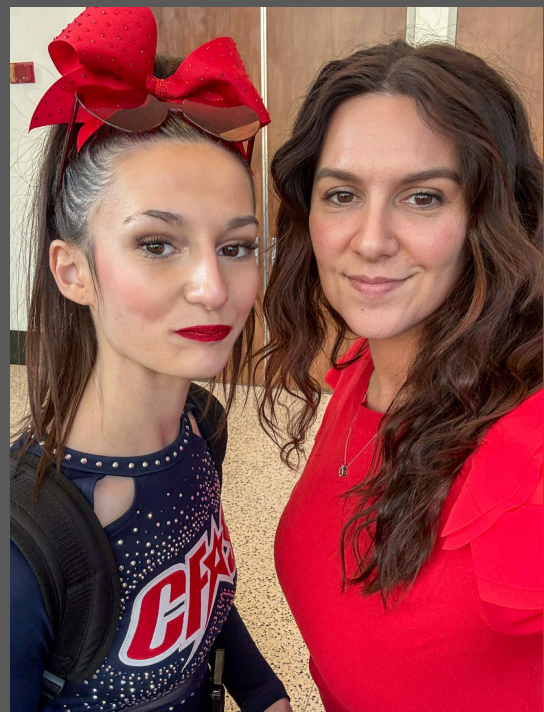
**Secretary: Marissa Mooney**



**Treasurer: Alyssa Krzyzewski**



**Coach Coordinator: Danielle Miller**



**Coach Coordinator: Melissa Johnson**



# FOOTBALL SCHEDULE

## **Mighty Mites:**

Will cheer for Mites D2 JV football team.

*\*The following schedule may be subject to change\**

### **Saturday, 9/12**

8:00am — @ Plymouth South  
Location: Forges Field

### **Saturday, 9/20**

5:00pm — HOME vs Sandwich

### **Saturday, 9/27**

11:00am — @ Bridgewater  
Location: Legion Field

### **Saturday, 10/4**

8:00am — HOME vs Sandwich

### **Saturday, 10/11**

9:00am — HOME vs Plymouth  
North

### **Saturday, 10/18**

8:00am — @ Middleboro  
Location: Middleboro

### **Saturday, 10/25**

8:00am — @ Raynham  
Location: Raynham

### **Playoffs**

TBD

### **SuperBowl**

TBD

## **Mites:**

Will cheer for Mites D2 Varsity football team.

*\*The following schedule may be subject to change\**

### **Sunday, 9/7**

10:00am — HOME vs Raynham

### **Sunday, 9/14**

10:00am — @ Bridgewater  
Location: Legion Field

### **Sunday, 9/21**

10:00am — HOME vs Hanover

### **Sunday, 9/28**

10:00am — @ Carver  
Location: Carver

### **Sunday, 10/5**

10:00am — HOME vs Duxbury

### **Sunday 10/12**

10:00am — @ Plymouth North  
Location: Forges Field

### **Sunday, 10/19**

10:00am — @ Marshfield  
Location: Marshfield Stadium

### **Sunday, 10/26**

10:00am — HOME vs SciCoh

### **Playoffs**

TBD

### **Super Bowl**

TBD



# FOOTBALL SCHEDULE

---

## Peewees:

Will split their cheering this season between the Peewee D2 and D7 football teams.

*\*Schedule may be subject to change\**

**Sunday, 9/7**

1:00pm — HOME vs. Raynham

**Saturday, 9/13**

5:00pm — HOME vs.  
Bridgewater

**Sunday, 9/14**

1:00pm — @ Bridgewater

**Sunday, 9/21**

1:00pm — HOME vs. Hanover

**Saturday, 9/27**

5:00pm — HOME vs SciCoh

**Sunday, 10/5**

1:00pm — HOME vs. Duxbury

**Sunday, 10/19**

1:00pm — @ Marshfield

**Sunday, 10/26**

1:00pm — HOME vs. SciCoh

**Playoffs**

TBD

**Super Bowl**

TBD

## Midgets:

Will split their cheering this season between the Midget D2 and D7 football teams.

*\*Schedule may be subject to change\**

**Saturday, 9/6**

6:30pm — HOME vs. Abington

**Sunday, 9/7**

11:30am — HOME vs Raynham

**Saturday, 9/13**

6:30pm — HOME vs  
Bridgewater

**Sunday, 9/21**

11:30am — HOME vs Hanover

**Saturday, 9/27**

6:30pm — HOME vs SciCoh

**Saturday, 10/4**

6:30pm — HOME vs Barnstable

**Sunday, 10/5**

11:30am — HOME vs Duxbury

**Sunday, 10/26**

11:30am — HOME vs SciCoh

**Playoffs**

TBD

**Super Bowl**

TBD