



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 5th

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





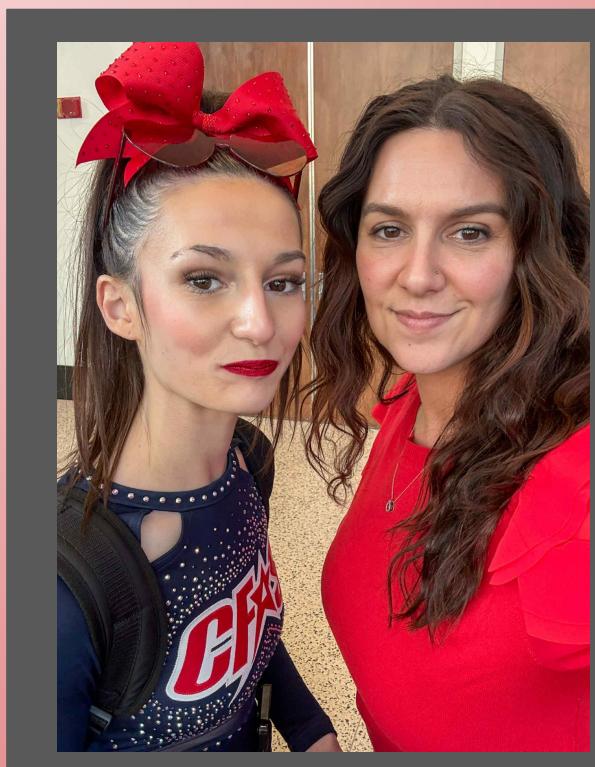
Secretary: Marissa Mooney



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