



SEPTEMBER 2025

# NEWSLETTER

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

## Reminders:

- Fundraising checks will be cashed on Tuesday, 9/2
- Please make sure your cheerleader(s) uses the bathroom **before** practice and brings water each day!
- As we move indoors; parents are not allowed in the gym during practices, as it creates distractions for the athletes.

## Pep Rally:

Will take place at Rizzo Field at Opachinski Sports Complex (105 Pottle St, Kingston) on Friday, 9/5 at 5:00-6:20pm.

*\*Cheerleaders need to arrive to Rose Field (B4) located across from the picnic tables at 4:15pm.*

## Cheerleaders Should Wear:

- Season Tank
- Black Sports Bra
- Cheer Skirt
- White No Show Socks
- White Cheer Sneakers
- Comp Bow

What a fantastic first month it has been! Our cheerleaders have been working hard, learning new skills and showing incredible dedication at every practice. Beyond the stunts and routines, it's been amazing to watch the girls build strong bonds, support each other and grow together as a team. We're so proud of the energy, teamwork and spirit they bring – and we can't wait to see what the rest of the season holds!



## **Picture Day:**

Will take place on Monday, September 8th at KES (Kingston Elementary School)

Times for each team below:

Mighty Mites - 4:40 pm

Mites - 5:00 pm

Peewees - 5:20 pm

Midgets - 5:40 pm

\*Slips were passed out 8/27 - for online ordering please go to:

<http://easternexposuresphoto.teamimaging.com>

CODE: SilverlakeCheerF25

\*Please have your cheerleader wear their **FULL** uniform for photos!

## **Board Buzz!**

The following E-Board positions will be open for the 2026 season;

- President
- Vice President
- Secretary
- Coach Coordinator(s)
- Treasurer

## **Next Board Meeting:**

Location: TBD

Date: Monday, 9/15

Time: 6:00pm

## **Conditioning Classes:**

Will take place every Monday starting 9/15. Each team will have an hour with Coaches Terri and Hailey working on strength, stretch, jumps and clean cheer techniques.

*\*Please have your cheerleader arrive 15 minutes before their teams condition time for warm-ups.*

### Teams:

Mighty Mites — 5:00-6:00pm

Mites — 6:00-7:00pm

Peewees — 7:00-8:00pm

Midgets — 8:00-9:00pm



## **Apparel:**

Warm-ups and other SLYC swag can be purchased in store or through the link below.

*\*Please go into store for warm-up sizing*

[Special Tees - SLYC Store](#)

**Bows to Toes Store - COMING SOON!**

# SEASON SCHEDULE BY TEAM

## Mighty Mites:

**Critique:** TBD

**Fall Practice Schedule:**  
(September 9 – November 13)

**Mondays – Conditioning:**  
5:00–6:00 PM @ KES Gym

**Tuesdays – Practice:**  
5:00–6:30 PM @ KES Gym  
**Thursdays – Practice:**  
5:00–6:30 PM @ KES Gym

## Mites:

**Stunt Clinic:** possible reschedule, info to get out ASAP

**Critique:** TBD

**Fall Practice Schedule:**  
(September 9 – November 13)

**Mondays – Conditioning:**  
6:00–7:00 PM @ KES Gym  
**Wednesdays – Practice:**  
5:00–7:00 PM @ KES Gym  
**Thursdays – Practice:**  
5:00–7:00 PM @ SLRMS Gym



## **Peewees:**

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

*Location: SLRMS Gym*

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

**Fall Practice Schedule:**  
(September 9 – November 13)

**Mondays – Conditioning:**  
7:00–8:00 PM @ KES Gym

**Tuesdays – Practice:**  
5:30–7:30 PM @ SLRMS Gym

**Wednesdays – Practice:**  
5:30–7:30 PM @ Dennett Gym

## **Midgets:**

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

*Location: SLRMS Gym*

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

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

**Mondays – Conditioning:**  
8:00–9:00 PM @ KES Gym

**Wednesdays – Practice:**  
6–8 PM @ SLRMS Gym

**Fridays – Practice:**  
6–8 PM @ SLRMS Gym

i can't  
i have cheer

# IN MY CHEER ERA

## TEAM SPOTLIGHT

### **Mites** “Warriors at Heart”



These Mites are true warriors; facing challenges head on and rising stronger like a phoenix. They have shown us that resilience comes from hard work, determination and unity.

Every cheer, stunt, and practice builds their unbreakable bond, as they lift each other up and charge forward together.

Morgan and Carsen, our Jr. Coaches – bring the fire and energy to this team as strong role models. Coaches Lynne and Amanda are dedicated to this group of girls and stand as their steady armor and shield as they guild their team to victory!



# FOOTBALL SCHEDULE

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

## **Mighty Mites:**

Will cheer for Mites D2 JV football team.

**Sunday, 9/7**

*Tribute to Coach Josh Curtis at end of Mite's game.  
Not Mandatory.*

**Saturday, 9/13**

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 – @ 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.

**Sunday, 9/7**

10:00am – HOME vs Raynham  
*Tribute to Coach Josh Curtis at end of game.*

**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

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

## **Peewees:**

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

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

1:00pm — HOME vs. Raynham

### **Saturday, 9/13**

6:00pm — 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.

### **Saturday, 9/6**

6:30pm — HOME vs. Abington

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

*Tribute to Coach Josh Curtis will occur between Mites & Midgets games.*

11:30am — HOME vs Raynham

### **Saturday, 9/13**

7:30pm — 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

# Honoring Coach Josh Curtis and the Curtis Family



As many of you may know, Silver Lake Youth Football experienced an unimaginable loss this spring with the passing of Mighty Mites Coach Josh Curtis. Josh tragically lost his life while heroically saving his son and niece from a rip current during a family vacation.

In the words of SLYF: *His selfless actions were a reflection of the man he was—brave, loving, and devoted to those he cared about.*

To honor his legacy and show our support for his wife, Barbara, and his son—and SLYF athlete—Owen, Silver Lake Youth Football will hold a moment of tribute on **Sunday, September 7th**, between the **Mites and Midgets games**.

We ask that all **Mites and Midgets athletes** take the field alongside their fellow Warrior teammates to pay tribute to the Curtis family. We also warmly invite our **Mighty Mites**, many of whom are Owen's classmates, as well as our **Peewees athletes**, to join us if they are able.

Let's come together as a community to show the Curtis family the strength, love, and support of the Silver Lake family.

