



Menomonee Falls Cheer Team

Levels	Varsity JV
Coaches	Gabrielle Kolz - Head Coach - mfhscheercoaches@gmail.com & kolzgab@sdmfschools.org Emilie Kaminski - Varsity Assistant Coach - mfhscheercoaches@gmail.com Hannah Buege - JV - mfhscheercoaches@gmail.com Bridget Rabuck - JV - mfhscheercoaches@gmail.com
Calendar Dates and Times	Open Gyms - Weekly in April Tryouts - Early May Varsity Practices: Begins right before or after Memorial Day, Mondays/Tuesday/Thursday or Tuesday/Thursday pending time of year, tumbling on Wednesdays at Elite Tumbling, Friday home/away football games, select home basketball games, Saturdays Nov-Feb competitions JV: Practices begin June, practices are Monday/Thursday (summer) or Tuesday/Thursday (fall/winter), tumbling Wednesdays, home football games Thursdays and select home basketball games Fridays, Competitions on Saturdays <u>Please see calendars for FULL schedules:</u> Varsity Calendar: https://drive.google.com/file/d/1EPt4cjlmpR_Qi_xMTODgRVTrJnIB7u8F/view?usp=sharing JV Calendar: https://drive.google.com/file/d/15Sv-HoGiddaSDXhs_RScCCJvAF5WJ9a/view?usp=sharing ALL Sport Calendar: https://www.arbiterlive.com



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Calendar Information Important Dates

- UCA Camp at Brookfield East HS June 19-21 (JV)
- NCA Camp at Carthage College July 13-15 (Varsity)
- Nfinity Stunt Clinic at East Troy - July 31 (Varsity)
- Cheer Reform Clinic at MFHS - Aug 6th (JV & Varsity)
- JV Choreography at MFHS - Aug 7-8 (JV)
- Choreography at MFHS Aug 18-19 (Varsity)
- Impact Stunt Clinic at MFHS Oct 18th (all day) & 19th (after school) (Varsity)
- VROC Routine Clean Up - Jan 10th at MFHS (Varsity)

See calendar for all competition dates

Athletic Registration and Monetary Commitment

\$165 MFHS athletic fee per student-athlete

- **Athletic Registration**
<https://students.arbitersports.com/programs/athletic-registration-high-school-sy-2025-26>
- Varsity Player Fee: TBA

****NOTE: PHYSICALS MUST BE COMPLETED BEFORE THE 1ST DAY OF PRACTICE****



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Fundraising/ Volunteering	<u>Fundraising:</u> Double Good Popcorn Sales (May) - optional both teams T-Shirts Sales (June/July) - optional both teams Blanket Sales (September) - Varsity Father Daughter Dance (October) - Varsity mandatory Wreath Sales (Fall) - optional both teams Kids Clinic (November) - Varsity mandatory Phoenix Invite Competition (November) - Varsity mandatory Milwaukee Pretzel Company Sales (Winter) - optional both teams Community Sponsorship - ongoing Coaches are open to all fundraising ideas with the support of parents' help.
Notes/Add'l Information	Team Picture Day: Thursday, August 14th 5:00 pm Schumann Stadium Social Media: Menomonee Falls Cheerleading Instagram MenomoneeFallsCheer Email: MFHSCheercoaches@gmail.com Team Expectations and Standards Handbook 2026-2027: https://drive.google.com/file/d/12foebQ1yC0kleK9lkE_8H1tL2Zpw9bVS/view?usp=sharing



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Schedules

2026-2027 Schedules:

Varsity:

- November 21st Phoenix Invite at MFHS
- December 5th UCA Regionals at Kenosha Indian Trail
- December 12th Southside Showdown at Waukesha South
- January 16th iCheer at Greendale HS
- January 23rd KML Cheer Competition at KMLHS
- Jan 29 - Jan 31 - UCA Nationals in Orlando FL (pending qualification)
- WACPC Prelims Feb 20th at Elkhorn Area HS
- WACPC State Finals Feb 27 at the La Crosse Center, La Crosse WI

JV:

- November 21st Phoenix Invite at MFHS
- December 5th This is IT at Kenosha Indian Trail
- December 12th Southside Showdown at Waukesha South HS
- January 16th iCheer at Greendale HS
- January 23rd KML Competition at KMLHS
- February 13th WACPC JV Championship January at Hartford Union

