

LONG RIVER MIDDLE SCHOOL
REGIONAL SCHOOL DISTRICT NO. 16
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Derek D. Muharem
Principal

Karen Aliciene
Assistant Principal

Dear Families,

I hope this letter finds you well. My name is Andrea Egan, and I am a 5th grade teacher at Prospect Elementary School. This is the second year at Long River we will be bringing back a cheerleading team. The team will cheer mostly at boys and girls basketball games starting in December! We will also participate in a couple competition exhibitions in January and February. I cheered all throughout middle school and high school. I also cheered at Southern Connecticut State University and I previously coached at Holy Cross High School in Waterbury. I am excited to share an opportunity for our students to participate in middle school cheerleading.

Being part of a cheerleading team requires a strong commitment. We will not only be cheering at basketball games, we will also be working with the high school team. It's important to prioritize this commitment over other teams, as practice attendance is crucial. Practices will typically run after school until 5:00 PM, and cheerleaders are expected to attend all games and practices unless there are extenuating circumstances. There will be time after school before practice starts for cheerleaders to have a study hall. We will hold practices on Mondays, Tuesdays, and Fridays with games typically falling on Tuesdays and Thursdays. On Tuesdays, when there is no game, we will practice and vice versa. **The first team practice will be on Friday, October 10th until 5:00 p.m..**

We welcome all students who are enthusiastic and willing to learn! There are no specific prerequisites or prior cheerleading skills required to join the team. We will provide guidance and training to help each cheerleader develop their skills throughout the season.

For practices, students should come prepared with the following items:

- Comfortable athletic clothing (such as shorts and a t-shirt)
- Athletic shoes with good support
- A water bottle to stay hydrated
- Hair tied back in a ponytail or bun

To sign up for the cheerleading team, please fill out the form and **submit it by Monday, September 29th. Tryouts will be after school October 6th and 7th until 5:00 p.m..** Any questions can be sent to aegan@region16ct.org.

Thank you for considering this opportunity for your child. I look forward to supporting our cheerleaders and fostering their growth and teamwork skills.

Best regards,
Andrea Egan