



MOUNTAINSIDE PAL 2023 CHEERLEADING PROGRAM REGISTRATION FORM

Description: Mountainside PAL is proud to bring back the cheerleading program - emphasizing cheer education, participation, and good sportsmanship.

Eligibility: Mountainside children in grades 2nd through 8th grades.

Registration: Completed registration forms should be mailed to the address below by December 14th with the required fee. Fees must be paid in full before the start of the program in order for the children to participate.

Fees: The 2023 fee is \$100 per child. This fee includes a cheer uniform (socks, briefs and bow to keep), PAL will provide (must be returned) – pom poms, skirt, long sleeve shirt, and vest. Parents must supply white sneakers. Once registered, you will receive an email confirmation along with uniform sizing/ordering information. Uniforms will be distributed at practice.

Dates: Cheer practice will start January 11, 2023. Cheerleaders will have one practice per week on Wednesdays (3:15pm-4:30pm) at Deerfield School. They will cheer for one game on Sundays (times to be determined) and other events such as Spirit Night. A full schedule will be provided via email.

*** ADULT COACHES & VOLUNTEERS ARE ALWAYS WELCOMED***

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Please fill out the bottom portion of this form & return it along with a check made out to Mountainside PAL to:
Dana Guidici Pietro, 1650 Nottingham Way, Mountainside, NJ 07092
Any questions, email Dana: dguidici Pietro@yahoo.com.

Child's Last Name: _____ First Name: _____

Address _____ Fall '22 Grade: _____ School: _____

Home Phone _____ Cell Phone _____ E-mail _____

Parent Name(s): _____

I/We the undersigned parent/legal guardian or representative of the above, named child, hereby acknowledge that this child has recently been examined by a physician and, to the best of my knowledge and belief, is physically fit to participate in supervised cheer. My child has my unqualified permission to engage in this activity and it is understood and I agree that he/she will participate at their own risk. The Mountainside PAL cheer volunteers, Mountainside PAL, Borough of Mountainside and/or their employees do not assume any liability by reason thereof and I hereby waive the same entities from and against any such liability. I understand that the state law requires my child wear protective eyewear that meets national standards during this activity if he/she normally wears corrective eyeglasses. I give permission for my child to be photographed, and for photographs to appear in PAL or Borough materials.

Parent Name _____ Signature _____

If you are interested, please check off: I would like to volunteer to help: _____ I would like to coach: _____