



Inclusive Cheer and Spirit Squad

Join Rec2Connect's Inclusive Cheer and Spirit Squad, now cheering for Empower Sports' Flag Football teams!

Practices will include light conditioning, learning about cheerleading, and working on multiple cheers. Participants will build confidence and teamwork skills while forming new friendships! A public performance is scheduled for the end of each session. **Attendance at each practice is strongly encouraged to support team building and sportsmanship.**

Lakewood - Garfield Middle School Turf
June 15th - July 20th
Mondays - 5:30 - 6:45pm

***July 13th** is a 'night under the lights'!
Practices will start at 7:30 p.m. and 8 p.m.

- Ages 8 - 12: 5:30 - 6:00pm
- Ages 13+: 6:00 - 6:45pm

Cost:

- \$80 for ages 8 - 12
- \$110 for ages 13+



Cheering for
Empower Sport
Flag Football Teams
To register for Empower
Sports Football, visit
empowersports.org

To enroll, all participants must have an Ensora account and all forms completed.
Register by emailing scheduling@rec2connect.org

