

C H E E R F A C T O R

Red Zone Practices 2021-2022

Red Zones

Practices noted as RED ZONE do not allow for ANY absences, NO excuses, ZERO exceptions. RED ZONES are the week leading up to a regularly scheduled competition, This will be any/all practice from SUNDAY – FRIDAY prior to the competition weekend .

*Exception to this policy is the final Sunday during February vacation, there will not be any practices and Red Zone will start that Monday where appropriate

Extended Red Zones

Some competitions will have EXTENDED RED ZONES. Extended Red Zones are the two weeks leading up to a competition beginning on Sunday.

*Exception to this policy is the final Sunday of Thanksgiving break, there will not be any practices and Red Zone will start that Monday where appropriate

Extended Red Zone Practices for the 2021-2022 Season:

Spirit Sports Worcester Championship

Worcester, MA

December 11th - December 12th

RED ZONE PRACTICES - Monday, November 29th - Friday, December 10th

American Cheer & Dance Ocean City Cheer Grand Championship

Ocean City, MD

March 25th - March 27th

RED ZONE PRACTICES - Sunday, March 13th - Wednesday, March 23rd