

# Welcome to TCYFL Rams Cheerleading!

We are so excited to have you on our squad! The Rams cheerleading program is dedicated to creating an environment of positivity, friendship & teamwork! We work hard to encourage all our participants to build character, leadership, resilience & skill level. Games are every Saturday beginning September 7<sup>th</sup> through October 26<sup>th</sup>.

## FLAG CHEERLEADING: Kindergarten & 1<sup>st</sup> Grade:

Flag cheer is an introduction program to sideline cheerleading. Flag cheerleaders are only allowed to cheer at flag football games and they do not stunt. Your registration fee (\$125) includes your basic uniform, however there are additional items required for purchase (up to \$140), several items may be reused from last season, however, the uniform will be new. Items must be purchased by July 15<sup>th</sup>, 2025. [www.TCYFLRamsCheer.com/rams-online-store](http://www.TCYFLRamsCheer.com/rams-online-store) Flag practice schedule: (practices start August 15, 2025 location/time TBA)

## SIDELINE CHEERLEADING: 2<sup>nd</sup> through 8<sup>th</sup> Grade:

Sideline cheerleading is a recreational program through TCYFL. Sideline cheer only cheers at tackle football games. Stunting is offered to our athletes through skill progression and proficiency. Your uniform fee (\$250) includes your basic uniform, however you must purchase a "warmup pack" and "cold weather pack" (up to \$250). There are several items that can be reused from last season, including uniform pieces. All fees are due by July 15<sup>th</sup> 2025 [www.TCYFLRamsCheer.com/rams-online-store](http://www.TCYFLRamsCheer.com/rams-online-store) Sideline practice schedule: (practices start August 1, 2025 location/time TBA)

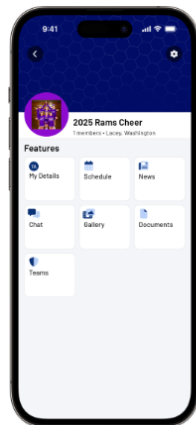


## 2025 Rams Cheer

Join our app to stay up to date with our latest information - it's free!

### Follow these steps to join our app:

1. Scan the QR code below & download Stack Team App or visit [www.teamapp.com](http://www.teamapp.com).
2. Sign up to Stack Team App and log in to your account.
3. Search for '2025 Rams Cheer' and request to join.



SCAN ME



Contact:  
Coach Rachael  
360-701-1418  
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We use the **STACK TEAM APP** to communicate – there you will find more information on fundraising, team-bonding activities, TCYFL Cheer Showcase, TCYFL Jamboree, TCYFL Championship Sunday, squad games schedules and more! Please look for an email from your Rams Franchise Head Cheer Coach, Rachael Cook, with instructions to join!

Warmly, Rachael Cook  
TCYFL Rams FCC  
[Coach.Cook.TCYFL@gmail.com](mailto:Coach.Cook.TCYFL@gmail.com)

Please visit our TCYFL RAMS CHEER website for answers to frequently asked questions  
[www.TCYFLRamsCheer.com](http://www.TCYFLRamsCheer.com)