



NYFO Cheerleading

NYFO CHEERLEADING LEAGUES

NYFO Cheerleading is RECREATIONAL and introduces athletes to the basics of the sport. Cheerleaders will learn numerous cheers, chants, and pom routines while discovering how to engage and excite the crowd.

NYFO cheerleading leagues offer an extended, multi-month opportunity for character-building, athletic development, and the formation of deep relationships between teammates and coaches. Squads will learn creative cheers and basic routines throughout the Spring and Fall season(s), all while providing excitement and energy on game day!

NYFO CHEERLEADING CAMPS & CLINICS

NYFO Camps & Clinics are offered throughout the year. During these clinics, coaches focus on building out the basics and providing an overview to all elements of cheerleading. To maximize the amount of development in the short time frame, the foundations and fundamentals of the sport are the focus and the intentional cheer skill instruction is presented in a fun, fast-paced environment. See the NYFO event schedule in your town for more details.

NYFO CHEERLEADING COMPETITIONS

NYFO Cheer competitions have divisions for all age categories and skill levels. Competition rules vary per State and the competition itself.

Each July, NYFO holds the annual cheer clinic and competition in conjunction with the National Football Championships. This camp is open to all teams and individuals.

WHAT ARE MY NEXT STEPS?

- Search for a youth cheerleading program in your city.
 - Find out more info on starting an NYFO Cheerleading program.
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RULES

Program Rules Vary per Local League

NYFO Cheerleading provides our cheerleaders, coaches, football players and fans with competitive cheer squads that instills the values of leadership, sportsmanship, opportunity, and the expectation to WIN... on and off the field

NYFO is committed to building CHAMPIONS and enhancing the lives of our youth through the sport of Cheerleading. We incorporate fundamentals, goal setting, and citizenship in all that we do.

Our athletes cheer with: 1) Determination 2) Respect and 3) The expectation of victory in every practice, game, and competition but they are respectful and set the standard for sportsmanship.

Our Coaches are extremely qualified and coach with: 1) Motivation, 2) Encouragement, and 3) Discernment regarding the heart of the athlete.

Our fans are: 1) Loud 2) Proud 3) and addicted to winning, but they are respectful and accommodating to our competitors.

Our towns are our Rock and we are theirs.

***AGE DIVISIONS:** see your local program for age divisions

***NYFO Cheerleading** is offered year round and may or may not be in coordination with the football leagues. Check the schedule of your local league