

SYC Pom News!

January 2023

LETTER FROM THE PRESIDENT

Happy New Year! I hope you all had a wonderful holiday break and season. From all of us on the SYC Board we wish you the very best of everything for 2023!

Competition season is fully underway and hopefully, those with kiddos on the teams saw lots of practicing and homework being done over the break!? I am sure the nerves are already in full force. I encourage everyone to do this... When our kid says and feels so nervous, have them change the word to excited. "I am so nervous" change to "I am so excited!" They can repeat over and over and over again! This is a tool from Mel Robbins and the book, "The 5 Second Rule". (I highly recommend.)

This week we will welcome some new board members and will be sure to introduce you to our wonderful volunteers as soon as we have all the details finalized.

**Important...*

An incident has been brought to my attention that the coaches have addressed but I also want to address it here briefly. We would love it if some additional conversations happened with you and your athletes. Athletes should not be having any conversations online, via text, band, social media or anywhere that judges, belittles, ranks, or frankly, is just not kind. We really want to support, promote, and teach kindness always in ALL ways. These kids are on a TEAM together and should be doing ALL things to build each other up and NOTHING to the contrary. With that said, they are of an age where a lot of learning on this matter is taking place, and this often comes best through mistakes. A reminder that things are not "funny" when they are at the expense of another person.

Your kids are awesome and imperfectly perfect and we love and support them!! This parenting thing is not always easy (let's be real, it's hard) but we support you and your kids. We are here to help too! Please reach out for comments, questions, or discussions anytime!

Thankful for you,

Jessica Heins

SYC President

503-975-6402

President@sherwoodcheer.org

COMPETITION SEASON

We are so proud of how our SYC athletes performed at the Laker Rumble yesterday! Come experience the adrenaline rush with us at our remaining competitions!! (Times are not posted until closer to competition day.)



COACHES CORNER

SYC is looking for a few dedicated people to join our cheer family for the upcoming 2023/2024 season! Positions are part-time and paid depending on experience. Please reach out to coaches@sherwoodcheer.org to apply or for more information.



UPCOMING DINE-OUT

Come dine out with SYC at Handel's on Thursday, January 12th, from noon-9pm! Show this flyer at checkout and 20% of the profit will go to our cheer program.

Supporting Sherwood Youth Cheer



Where: Handel's Homemade Ice Cream
21300 SW Langer Farms Pkwy,
Sherwood, OR 97140
503-822-5142

When: Thursday, January 12th

Time: 12:00 pm to 9:00 pm

Present this flyer or a picture of it on your smartphone during your purchase and 20% of the profit will go to the Sherwood Youth Cheer .

SYC GIVES BACK

Thank you everyone for making our SYC Gives Back event a great success! A special thanks to the athletes and parents who were able to help with the shopping trip.

Our two adopted families were touched by your generosity and kindness. Families received much needed support and gifts for their children during what can be a difficult season. We were so grateful to bring cheer to these deserving families!



NOTE FROM OUR PARENT VOLUNTEER COORDINATOR

Hello SYC families! It's COMP SEASON! If you didn't get a chance to know me during sideline season my name is Carie Motland, your parent volunteer coordinator. I am happy to continue working with you keeping you connected and in the loop!

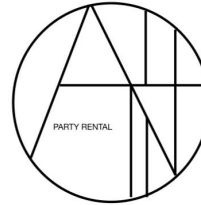
SYC and each athlete appreciates all you do to support them and the program. Keeping yourself and your athlete informed will be critical to a successful season. Please read all e-mails, including POM newsletters like this one, and check in on SYC social media such as Facebook and Instagram. All these will be great resources for dates, times, and places for competitions, as well as practice information, events, and volunteer opportunities.

If you have any questions, don't hesitate to e-mail me at volunteer@sherwoodcheer.org. Thank you for all you do to help make SYC an amazing program.

*Carie Motland
Parent Volunteer Coordinator*

THANK YOU, SPONSORS!

Thank you to all our 2022/2023 season sponsors, your generosity and kindness helps us in so many ways and we appreciate you!!



Interested in becoming a sponsor for next season or know someone who'd like to be one?
Please send a message to sponsorship@sherwoodcheer.org.

Be sure to follow us on social media and check out our [website](#) to stay up-to-date on all things SYC!

- Find us on Facebook-- [@SherwoodYouthCheer](#)
- Find us on Instagram-- [@sherwoodyouthcheer](#)
- Pom Newsletters -- <https://www.sherwoodcheer.org/parent-news>

*Reminder: When you do your shopping at [AmazonSmile: SYC](#), Amazon donates to Sherwood Cheer!

All the best,

Your SYC Board