

# SYC Pom News!

October 2022

## LETTER FROM THE PRESIDENT

*Hello Cheer Families,*

*I cannot believe we only have a handful of games left in the regular season! I hope you all are having a great time, and the kiddos too of course. Upcoming events to look out for are details on our end of year banquet and team bonding events!*

*We would love to hear about how the season was for you this year and any suggestions and questions so we can get better and better each year, with your help. We appreciate all the parents and others who do everything to make sure the kids are at their practices and games prepared and ready to work! We know it isn't always easy and we see you and appreciate you. As always, if you ever need assistance in getting your athlete to games or practices let us know and we will do our best to find help.*

*Tips for preparing your athlete for games and practices... I love a good affirmation session and I can tell you from a mom for 23+ years (I'm old), they work!!*

*Have your athlete say to themselves out loud... (you do it too parents, show them how it's done!): The louder and prouder the better! BONUS points if they do it in front of a mirror!!!*

*"I am great."*

*"I am strong."*

*"I am confident."*

*"I got this."*

*"I can do this."*

*Repeat, repeat, repeat some more!!!!*

*Thank you again for all you are doing in your commitments to your kids. See you at the games!*

*Jessica Heins*

*SYC President*

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## QUICK HEADS UP!

SMS is hosting the Cheer Game Day Championships this **Saturday, October 8th**, so parking will not come easy. Please plan accordingly and allow yourself extra time for parking, as you will likely need to park in nearby neighborhoods or by Stella Olsen Park. Carpooling is also a GREAT option!

If you'd like to come see what Game Day Competition is all about, pop on over before or after the game you're cheering at! Bowmen Cheer (our high school team) competes @ 9:45am. Admission is \$10, kids aged 5 and under are free.

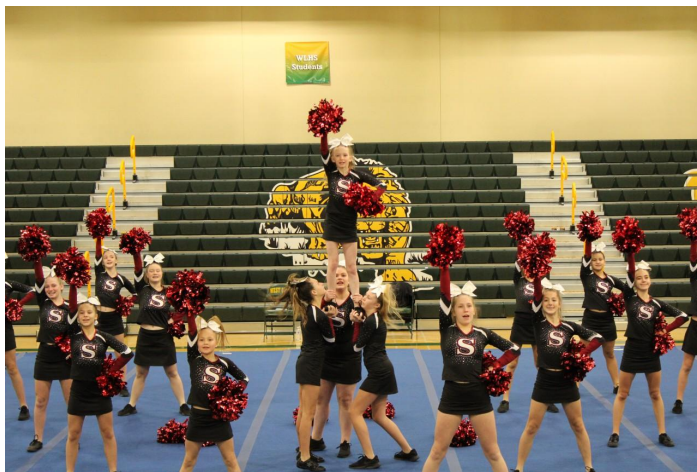
### **GAME DAY COMPETITION CHEER**

Miss out on the Game Day Competition ZOOM meeting this last Tuesday night? No worries. Here is the important information you might need, just give it a click!

[Game Day Competition Slideshow](#)

[Game Day Team Form](#) **DUE: FRIDAY, OCTOBER 7th**

Game Day Competition Cheer is an excellent option for athletes looking to continue on with cheer after sideline season ends. It's high-energy, low-pressure, and a lot of fun!



### **COOKIE DOUGH FUNDRAISER**

UPDATE! Cookie dough pick-up will take place on **October 24th @ 5pm @ SMS**. This will be the only night for pick-up, so please arrange for someone in the family to be there. If you have any questions about this fundraiser, please contact Jill at [fundraising@sherwoodcheer.org](mailto:fundraising@sherwoodcheer.org).

### **PARENT VOLUNTEER OPPORTUNITIES**

We are looking for volunteers to help with various SYC events! If you are available on the dates listed below and would be willing to lend a hand, please contact Carie at [volunteer@sherwoodcheer.org](mailto:volunteer@sherwoodcheer.org).

**10/8** *Selling SYC merch*  
**10/15** *Selling SYC merch*  
**10/22** *Selling SYC merch*  
**10/29** *Selling SYC merch*

**10/12** *Team Bonding parties during practice times*  
**10/26** *Halloween Trunk-or-Treat surprise (Shh... Don't tell your cheerleader!)*

**11/19** *End of season banquet*

Watch your emails for more information and sign-up times!

Also, a big THANK YOU to all parents who have volunteered to bring snacks each week. Our athletes really appreciate it.

**FOOD DRIVE**

Our food drive was AMAZING! We were able to deliver a full trunk-load of food. Thank you all for supporting the Oregon Food Bank right here in Sherwood!



**HAPPY BIRTHDAY TO ALL OF OUR OCTOBER BIRTHDAYS!**

- Lainey Weathers
- Trinity Lenhart
- Patience Thomas
- Ava Kulland
- Mila Nyang'oro

**THANK YOU!**

Special shout-out to Generations Bar & Grill for their generous donation from our September dine-out! We appreciate your support of our cheer program!!



**IMPORTANT UPCOMING DATES:**

**Oct 10th-** Dine Out w/ SYC @ Panera Bread, 4-8pm

**Oct 22nd-** Pink Day @ SMS Stadium

**Oct 24th-** Dine Out w/ SYC @ Chipotle, 5-9pm

**Oct 26th-** Athletes may wear their Halloween costumes to practice! (If they'd like!)

**Nov 10th-** Dine Out w/ SYC @ Red Robin, 4-8pm

**Dec 9th-** Dine Out w/ SYC @ Papa Murphy's

**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**