



Red Zone Practices

The expectation is that athletes attend all scheduled practices. For information regarding the attendance policy please refer to the Parent Guidebook. The EXCEPTION to regularly scheduled practices will be Red Zone practices. During these practice attendance is MANDATORY with NO EXCEPTIONS. Not attending these practices will result in being removed from the team roster for that week's competition.

Red Zone – The week/week(s) leading up to ALL scheduled competitions, this will be all practices from Saturday-Friday prior to competition weekend. Below is the breakdown of each scheduled Red Zone for each competition.

ADDED RED ZONE PRACTICE WEEK: February 9th – 13th

February 28th

Next Level Nationals Northeast

Providence, RI

RED ZONES PRACTICES: February 22nd – February 28th

March 8th

CheerSport

Lowell, MA

RED ZONE PRACTICES: March 1st – March 8th

March 28th

Bring It!

Mohegan Sun

RED ZONE PRACTICES: March 22nd – March 28th

April 18th (Post Season)

US Finals

Worcester, MA

RED ZONE PRACTICES: April 12th – April 18th