



# TR CHEER

**INFORMATION  
PACKET**

**2026 SEASON**

# TOMS RIVER WARRIORS CHEER

2026 TRW CHEER PROGRAMS	LITTLE WARRIORS	JR WARRIORS FLAG	GAME DAY	COMPETITION
PARTICIPANT AGE (AS OF 7/01/26)	4 YEARS OLD	5-6 YRS	7-12 YRS	6-14 YRS
REGISTRATION FEE	\$125	\$175	\$175	\$400 + ADDITIONAL FEES (SEE OUT OF POCKET EXPENSES SHEET)
PERFORMS SIDELINE	YES, LITTLE WARRIORS GAMES ONLY	YES, FLAG GAMES ONLY	YES	YES
PRACTICE INFORMATION	TWO 1- 1.5 HR PRACTICES PER WEEK	TWO 1.5-2 HR PRACTICES PER WEEK	TWO 2 HR PRACTICE PER WEEK	THREE TO FOUR 2HR PRACTICES PER WEEK *INCL. WEEKENDS*
SEASON	JULY-OCT	JULY-OCT	JULY-NOV	JULY-MAR
CHEER COMPETITIONS	FLAG EXPO (OCT) ADDITIONAL PRACTICES (SEPT-OCT)	FLAG EXPO (OCT) ADDITIONAL PRACTICES (SEPT-OCT)	NONE GAME DAY CHEER ONLY	YES, OCT-MAR SEE ATTACHED
WHATS INCLUDED IN FEE	UNIFORM, PRACTICE WEAR & BOW, OCT BOW	UNIFORM, PRACTICE WEAR & BOW, OCT BOW	UNIFORM, PRACTICE WEAR & BOW, OCT BOW	UNIFORM, PRACTICE WEAR X2 & BOW, OCT BOW, REGULAR SEASON COMP FEES, JERSEY SHORE & BIG EAST COMP BUS FEE
WHATS NOT INCLUDED IN FEE	GAME SNEAKERS, FLAG EXPO GYM FEE (\$5/SESSION)	GAME SNEAKERS, FLAG EXPO GYM FEE (\$5/SESSION)	GAME SNEAKERS, FLAG EXPO GYM FEE (\$5/SESSION)	SEE OUT OF POCKET EXPENSE SHEET

CONTACT:

[TOMSRIVERWARRIORSHEER@GMAIL.COM](mailto:TOMSRIVERWARRIORSHEER@GMAIL.COM)

### **Little Warriors – Intro to Cheer (Age 4 Only)**

The perfect first step into cheerleading! Little Warriors introduces our youngest athletes to cheer basics in a fun, high-energy environment. Cheerleaders practice twice per week, cheer at Little Warriors football games, and get the thrill of performing at the Flag Expo. Additional expo practices will be scheduled in September & October to help them shine on the big day!

### **Jr. Warriors – Age 5**

Designed for confident, growing cheerleaders ready to take the next step! This program focuses on skill development, teamwork, and school spirit. Cheerleaders practice twice per week, cheer at flag football games, and perform at the Flag Expo. Extra expo practices will be held in September & October to prepare for performance day excitement!

### **Jr. Warriors – Age 6**

High energy, big spirit, and growing skills! Our Age 6 Jr. Warriors program builds cheer fundamentals while boosting confidence and performance ability. Athletes practice twice per week, cheer at flag football games, and perform at the Flag Expo, with additional expo practices scheduled in September & October.

### **Game Day Cheer**

Perfect for cheerleaders who love the excitement of game day! This program focuses on sideline cheers, crowd engagement, and team spirit. Cheerleaders practice twice per week and cheer at games only. No expo performance required, making this a great option for families seeking a lighter commitment.

### **Competition Cheer – National Track (Ages 6–14)**

For athletes ready to take cheer to the next level! Our National Track Competition Teams train at a high level with two weekday practices and mandatory weekend practices. Cheerleaders will also cheer at football games and compete throughout the season, which runs July–February and includes travel to Nationals in Florida. Additional expenses apply (see information packet), and plenty of fundraising opportunities are available to help offset costs and travel.

CONTACT:

[TOMSRIVERWARRIORSCHEER@GMAIL.COM](mailto:TOMSRIVERWARRIORSCHEER@GMAIL.COM)

# MANDATORY 2026 COMPETITION DATES

**Oct.**  
**TBD**  
Flag Expo  
Teams: Flag, Little Warriors

**Oct.**  
**17**  
JERSEY SHORE COMPETITION/EXPO  
Cure Insurance Arena  
Trenton, NJ  
Teams: Competitive

**Nov.**  
**15**  
BIG EAST REGIONAL COMPETITION  
Cure Insurance Arena  
Trenton, NJ  
Teams: Competitive

**Dec.**  
**2-5**  
AYC NATIONALS  
Silver Spurs Arena  
Orlando, FL  
Teams: All qualifying competitive teams

**TBD**  
**Jan/Feb**  
1-2 LOCAL COMPETITIONS  
Typically within the Monmouth/Ocean  
County area. Dates TBD once released.

**Feb.**  
**26-28**  
YCADA GLOBALS 2026  
Tropicana Resort  
Atlantic City, NJ  
Teams: Competitive

**JULY: MANDATORY CHOREOGRAPHY CAMP – DATE TBD BY HEAD COACH**

**JUN**  
**2-3**

**MEET THE COACHES, PAPERWORK  
HAND IN, UNIFORM FITTING**

Teams will receive sign up information by  
June 1st.



**July**  
**27th**

**PRACTICE BEGINS**

Teams: ALL Cheer  
Mon-Thurs 6:00-8:00 (7/28-7/31)  
Head Coach will communicate practice  
schedule for following weeks.

**AUG.**  
**20th**

**TOMS RIVER WARRIORS PEP RALLY**  
Walnut Elementary School  
Teams: Little Warriors, Flag, Game Day,  
Competition



**Sept.**  
**6th**

**MANDATORY PRACTICES BEGIN  
FOR COMPETITIVE TEAMS  
SEPT-MARCH**

**OCT.**  
**3-4**

**MANDATORY ROUTINE REVIEW**  
Jackson, NJ  
Teams: Competition

**OCT.**  
**TBD**

**WARRIORS CHEER SHOWCASE**  
TOMS RIVER  
Teams: Little Warriors, Flag, Game  
Day, Competition

**ADDITIONAL  
MANDATORY  
2026 DATES**

# 2026 OUT OF POCKET EXPENSES: COMPETITIVE ONLY

DUE	ITEM	COST
at Meet the Coaches	Game Sneaker & Bow	\$65
at Meet the Coaches	Competition Sneaker	\$95 or \$135
at Meet the Coaches	Competition Bow	\$40
7/1	Choreography Fee	\$165
7/1	Competition Music Fee	Approx \$30
8/1	August Gym Fee	\$55
8/1	Competition Jersey	\$50
9/1	September Gym Fee	\$55
9/1	Competition Team Gifts	\$80

# 2026 OUT OF POCKET EXPENSES: COMPETITIVE ONLY

DUE	ITEM	COST
10/1	October Gym Fee	\$55
10/15	Jersey Shore Competition Photos	\$10-\$25
11/1	November Gym Fee	\$55
11/5	Big East Competition Photos	\$10-\$25
11/10	Nationals T-Shirt Order	\$25
12/1	December Gym Fee	\$15
12/1	Nationals Pictures/ Video	TBD
1/2	January Gym Fee	\$55
1/15	Globals /Local Comp Fee	Approx \$100

# 2026 OUT OF POCKET EXPENSES: LITTLE WARRIORS, FLAG, GAME DAY ONLY

DUE	ITEM	COST
at Meet the Coaches	<b>Game Sneaker &amp; Bow (ALL)</b>	\$65
9/1	<b>Little Warriors/ Flag Cheer ONLY Expo Bow &amp; Gym Fee</b>	\$40
<b>BOND CHECKS ALL TEAMS DUE AT MEET THE COACHES IN JUNE</b>	<b>BOND CHECKS ARE ONLY CASHED IF YOU DO NOT FULFILL YOUR WORKBOND HOURS OR RETURN YOUR UNIFORM</b>  <b>CHECKS CAN BE MADE OUT TO: TOMS RIVER WARRIORS</b>  <b>DATE CHECKS FOR 12/1/2026</b>	<b>WORK BOND (per child): \$250</b>  <b>FLAG/Little Warriors GAME DAY UNIFORM BOND: \$100</b>  <b>COMPETITION UNIFORM BOND: \$300</b>

## 2025 OUT OF POCKET EXPENSES: ALL TEAMS

- **TR BLING HOODIE**- Can be purchased through Always Driven Apparel
- **Navy sweatpants**-Can be purchased on your own or through Always Driven Apparel
- **Optional Clear Raincoat**-\$20 a purchase link will be provided after Meet the Coaches
- **Parents & family will need to purchase competition tickets.** Events range from \$15-\$45. Pre-purchase links will be sent out when available. Sometimes tickets are cash only.

# NATIONALS

## ESTIMATED TRAVEL COST – NATIONALS --- ORLANDO, FLORIDA---

### AIRFARE:

Depends on airline. If you can pair up with other parents and travel as a group of 10 or more, you can contact the airline for group rates.

### HOTEL:

Hotels are chosen by AYF at the National Level for all organizations across the US. The hotels range from \$150 - \$225 PER NIGHT, PER ROOM, NOT PER PERSON (subject to change) 2024 cost was \$185/night. EVERYONE MUST STAY IN THE SAME HOTEL. Hotel reservations are made by the cheer coordinator. We will send out a form before regionals to collect reservation information from families.

### RENTAL CAR:(optional)

Estimated \$40 - \$85/day. Most of our parents share a car and split the cost. A lot of parents also use Uber and Lyft.

# NATIONALS

**\*There is a cheer travel fee which is determined by the cost of buses, practice space, Universal Night, Team Dinner, etc. This expense can be offset by fundraising and participation in our Annual Cheer Auction.**

**\* HOTEL RESERVATION DOES NOT INCLUDE ENTRY FEE INTO COMPETITION\***

**\*\*PARENTS SHOULD UNDERSTAND THE GIRLS ARE GOING DOWN TO FLORIDA TO COMPETE, NOT FOR VACATION. CHEERLEADERS WILL SPEND MOST OF THEIR TIME WITH THEIR COACHES AND TEAM. THE COORDINATOR OR COACH WILL SEND OUT A SCHEDULE PRIOR TO DEPARTING NJ.\*\***

**ARRIVE IN FLORIDA NO EARLIER THAN 11/30/26 AND NO LATER THAN 12/1/26. THERE WILL BE PRACTICE 11/28/26 and 11/29/26.**

# Annual Nationals Cheer Auction

## Why participation matters..

This is our **BIGGEST** fundraiser of the year and is essential in helping cover the many expenses required to attend AYC Nationals, such as:

- **Universal Night tickets**
- **Team dinner in Florida**
- **Charter buses to events**
- **Practice at Top Gun All Stars Gym**
- **Additional funds to assist with family hotel and travel costs**

**The more we raise, the more goes back to you and your child!**

**Participation Requirements will be shared via our Auction Coordinator at Meet the Coaches in June.**

# PRACTICE INFORMATION

## ATTENDANCE POLICY

We understand that many athletes have commitments to other activities; however, cheerleading is a team sport, and consistent attendance is vital to the team's success. Therefore, **we expect athletes to be 100% committed to their team.**

### Mandatory Practices:

- **All COMPETITIVE practices are MANDATORY starting from September 2026 through March 2027.** This includes both weekday and weekend practices.
- **Failure to attend mandatory practices without a valid excuse may result in removal from the team.**
- **Vacations are allowed in August and from Dec 9th–Jan 2nd. Advance notice of absences is required.**

### Mandatory Competitions:

- **ALL competitions are MANDATORY, with no exceptions.**

### Punctuality:

- **Being on time and ready to practice is essential. Athletes must arrive at practice on time and fully prepared to engage in all activities.**

### Games:

- **Attendance at all games is mandatory, regardless of weather conditions (**rain or shine**).**

# FAQ

## What should my cheerleader wear to practice?

Girls should wear their hair in a ponytail with a bow. We strongly encourage Warrior's apparel or colors. Girls may not wear a sports bra only to practice. They must wear a shirt. Appropriate practice sneakers. Practice wear will be handed out within the first few weeks of practice.

## Are practices open to parents?

Parents are welcome to view outdoor practices from designated parent viewing areas. Indoor practices are closed to parents, therefore, they are drop off and pick up only. Parents will be invited in for previews as we approach competition season.

## When is the game schedule released?

We typically do not receive the game schedule from NJAYF until mid to late August. **We do not create the game schedule.** When we receive information from NJAYF, we will send out a communication to our teams. Please be patient. Games are usually after 3pm on Saturdays or between 8am and 5pm on Sundays. **Schedules are subject to change by NJAYF.**

# FAQ

## Should I participate in fundraisers?

**YES, YES, YES!!** In addition to general fundraisers, we offer individual travel fundraisers and sponsorships. All funds raised go directly back to your child to offset travel and program costs such as sneakers, gym fees, choreography fees, etc. Team moms will share out all fundraising opportunities.

## Which football team will my cheerleader cheer for?

**Little Warriors** will cheer at Little Warriors Football games and **Jr. Warriors Flag** cheerleaders will cheer at Flag Football games only. Game Day and Competitive cheerleaders will rotate among all tackle levels.

## Where are the games held?

**Our home field location is Toms River High School East.**

**Away game field locations are posted on NJAYF's website:**

**<https://www.njayf.org/gamefields>**

## How do competition bids work?

**We will apply for YCADA Globals bids for each team. Any bid money awarded will be split among all the competing teams. We do this to save cost for all girls in regard to the Global/Local Comp Fee.**

# FAQ

## **Where can I purchase apparel?**

**We offer apparel through Always Driven Apparel & Farro's Apparel links are shared via our team moms and social media.**

## **How can I stay up to date with new information?**

**Join our Facebook page:**

**Toms River Warriors Football & Cheerleading**

**Instagram: tomsriverwarriorscheer**

## **What fundraisers are offered?**

**Sponsor my Cheerleader, Mums, Double Good Popcorn, Football Mania, Sponsorships, Annual Cheer Auction, and many more!**

## **Questions? Concerns? Contact us:**

**Stephanie Foti - Vice President of Cheer**  
**tomsriverwarriorscheer@gmail.com**

BIG EAST  
Championship

Jersey Shore Cheer Championship



**TOMS RIVER  
WARRIORS**

**INTERESTED IN COMPETITIVE CHEER?  
SPRING CLINICS COMING SOON!!**

**AGES 5-14**

**Join our email list and  
be the first to know all the details!**



**WE ARE TR!!**