



EGPW

2025 Season Information

Welcome to the 2025 EGPW Cheer and Football Season

We know this is a lot of information. Read it over and please ask any questions you might have.

The last page will be signed by the athlete's parent/guardian and returned to EGPW with registration paperwork as confirmation of receipt.

Registration Costs

***No athlete will be rostered to a team until all registration fees are paid, no athlete will be allowed to practice until all required paperwork is turned in (registration form, player contract, health form, birth certificate, report card and wallet sized picture)**

Football

Flag Football (ages 5-7): \$185 – this includes the athlete's insurance, uniform (jersey and shorts), 2 pairs of socks and game day backpack

Girls Flag (age 8-13): \$185 - this includes the athlete's insurance, uniform (jersey and shorts), 2 pairs of socks and game day backpack

Tackle Football (ages 7-12): \$225 – this includes the athlete's insurance, uniform (reversible jersey and football pants), 2 pairs of socks, and choice of equipment duffle or game day backpack

Cheer

CheerAbilities Program (ages 5+): \$0.00 – This inclusive program is dedicated to athletes with disabilities or special needs who would love the opportunity to cheer, dance and perform! (New athletes to the program would need to purchase a uniform)

Sideline Cheer (ages 5-18): \$200 – this includes the athlete's insurance, uniform, game day bow, practice wear set, practice and sideline cheer at all games

Devil Tots (ages 3-4): \$210* – this includes the athlete's insurance, uniform, bow, practice wear set, fall season practice space fees, optional participation at home games, and entry for Capital District Cheer Competition

Competitive Cheer (ages 5-18): \$300* – this includes the athlete's insurance, uniform, game day bow, practice wear set, fall season practice space fees, sideline cheer at 3 home games and entry for Capital District Cheer Competition (season runs Aug 1 - mid February)

*Additional Competitive Cheer fees: Additional competition entry fees (if advance from capital ex. Regionals, Nationals, or other competitions attended ex. Empire Classic, NYS Rec Cheer Championship, etc), travel expenses for Regional/National competitions if team advances, competition bow and competition costumes/props as needed – a detailed list of season expenses will be given by your coach. Fundraising is offered to help off-set additional expenses – families can **either** participate in additional fundraising to have additional fees reduced or pay the additional expenses out of pocket.

Fundraising

EGPW is participating in only ONE **mandatory** fundraiser for our 2025 season.

***Jack-O-Lantern of Luck ***

In September all athletes will be selling 10 tickets for our Jack-O-Lantern of Luck fundraiser. Tickets will be \$10 apiece. Every day in October we will be pulling a winner to win \$100, with the winner on Halloween winning \$1000. As people can win multiple times, winner's will be paid at the end of each week. Money and names of those who bought tickets are due by 9/26.

***Competitive Cheer will have more fundraising opportunities to participate in to help offset competition costs depending on advancement**

Practice

Practice days and times are set by the team's coach. Schedules will be sent out by the coaches in July before the season starts. Teams usually practice 3-4 nights a week in August. Practice days drop down a day once school starts in September. Sideline cheer is only twice a week in August and once a week in September, held at the field. Competitive cheer moves to indoor practice in September. All football practice is held at the field.

The board decides if a practice will be canceled due to weather, and it will be announced at least 1 hour before practice time in the league Band App as well as our Facebook page.

Attendance

Attendance will be taken at each practice for both football and cheer. If more than a week of practice is missed in August, it will be up to the coach if an athlete will participate in first game based on conditioning time and safety.

As a program we realize with our season beginning in summer that vacations are planned, life events come up or sometimes unexpected situations occur. Please make sure to reach out to your athlete's coach if your athlete will be missing from practice. It allows the coach the opportunity to adjust as best they can what is planned for that day.

For competitive cheer, attendance should be a top priority for our athletes. Our squads only have a few weeks of practice before their first big competition in October. Routines cannot be practiced correctly or safely if athletes are missing from practice, which hinders the whole team from advancement. Practice is **mandatory** the two weeks before any competition or your athlete **may not** participate in that competition based on safety. Coaches will make sure families know when these two weeks are before each competition. This is again for safety. As routines are made and practiced based on who is in the routine, if an athlete is missing from practice leading up to a competition, then those that are present can't practice and learn the routine and stunts properly which can lead to injury.

Uniforms

The cost for original uniforms is included in your registration fee. If anything is lost or damaged, you will be responsible to pay for replacements. As we order based on each athlete, we do not have extras. Please make sure you know where all uniform pieces are and take care of them as it takes weeks to get things reordered.

Both football and cheer purchase their own shoes/cleats. Mouth guards (for ALL LEVELS) and practice jerseys for tackle are also needed for football.

Sportswear

Orders for optional sportswear (sweatshirts, sweatpants, jackets, ect) will be available starting in July. More information will be coming. These items are not required but we wanted to make you aware they are available for purchase if you would like them.

Pep Rally

The plans for our annual Pep Rally are in the works for Thursday 8/28. Volunteers are needed (not required) for all activities, concession stand and other jobs. Please contact Taylor Hogan (egpopwarnerevents@gmail.com) for more information if you are interested in volunteering for any events.

Picture Night

This will be held at the EGPW Football Field in early September. Picture envelopes and our schedule time will be passed out as soon as we receive them.

Games

Games will start the weekend of **September 6th**. As soon as we receive the game schedule your coach will make sure you all have one. Directions to away games can be found on www.cdpopwarner.com.

Concession Stand

We had exciting new things happen last season for our concession stand and we have more updates for our 2025 season! More information will be coming out shortly about what will be offered.

Important Dates to Remember

7/31 – 2024 Season Kick Off at Recovery Room

Meet the 2025 EGPW Board and Coaches Night

8/1 – Opening Day – Paperwork turn-in and Meet Your Coaches/Team
(conditioning begins and team bonding activities)

8/4 – First Night of Practices

8/10 – NFL Night at the Tri-City ValleyCats
EGPW Family Fun Night

8/28 – Pep Rally

9/6 – First Game

TBD – Youth Night at Columbia High School

9/26 – Jack-O-Lantern of Luck money and names due

*Picture Day TBA

Coaches will be informing you of team specific information as it comes up. We know this is a lot and we will send out reminders as deadlines approach, but we wanted to give a general idea of what is coming up. Thank you so much for all your help and support!

Contacts

President: Christina Bradley egpwpresident@gmail.com

Cheer Coordinator: Meg Rivers egpwdevilcheer@gmail.com

Tackle Coordinator: Thomas Arcidiacono egpw.td@gmail.com

Flag Coordinator: Lou Taylor ltaylorjr@me.com

Girls Flag Coordinator: Ryan Perry egpwgirlsflag@gmail.com

Football Booster Club Coordinator: Bobby Bruso egpwsponsorship@gmail.com

Cheer Booster Club Coordinator: Victoria Mitchell egpwcheerbooster@gmail.com

Events Coordinator: Taylor Hogan egpopwarnerevents@gmail.com



I have received, read, and understand the EGPW 2025 season information.

Athlete's Name: _____

Printed Name: _____

Signature: _____

Date: _____