**Football Season:**

* Season Starts August 1st.
* Pre-Season Conditioning: 2 Weeks (20 hours) before official practice can begin.
* Game Schedule: Saturdays, starting the last weekend of August and running through October (with potential adjustments for rain delays and playoffs).
* Playoffs: For 8U and up teams, playoffs can extend into December, culminating in the Pop Warner Super Bowl in Orlando.

**Cheer Season:**

* Season Starts: August 1st
* Pre-Season Conditioning: 2 weeks (20 hours) before official practices can begin.
* Football Game Schedule: Saturdays, starting the last weekend of August and running through October (with potential adjustments for rain delays and playoffs).
* Competitive/Non-Competitive Teams: Our Lakeside program is year-round depending on your child’s age and team.
* Non-Competitive Spring Conditioning: Practices start in early April (once a week) to focus on stunts, tumbling, and motions.
* Competition Schedule: (This applies to competitive teams)

**First Competition:** Local event in October.  
**Second Competition:** Regionals (Thanksgiving weekend) in Orlando.  
**Nationals (if qualified):** Heald at Sea World in December.  
**Additional Competitions:** 3 – 4 more competitions throughout the spring season.  
  
**Note:** A detailed competition schedule will be provided to parents at the beginning of each season.  
  
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