



## NASSAU COUNTY GAMEDAY CHEERLEADING

2025-2026

Sport Coordinator: Jennifer Keane, Wantagh High School  
HS Representative: John Franchi, Bethpage High School

#### Cheerleading Committee

Laurie Kolodny, Freeport High School  
Rosemarie Abrignani – Plainedge High School  
Cristen Ronzo – Division High School  
Kayla Bettineschi, Massapequa High School  
Ashleigh Longo, Syosset Middle School  
Samantha Chaback, Oceanside High School  
Jessica Thompson, Great Neck South High School  
Katie Savage – Wantagh High School  
Caitlin Beatrice - Farmingdale High School  
Melanie Velez – Carey High School  
Katelynn Romano - Cold Spring Harbor

The National Federation High School Spirit Rule Book will be followed.

#### Classifications –

Class A 849 - up  
Class B 479 - 848  
Class C 478 - below

Number of practices prior to first competition is a minimum of 6.

Competition Standards – Duration of competition is 3 minutes. Section VIII will be utilizing the NYSPHSAA score sheets for the 25-26 season.

Post Season Representation – In order to qualify for post-season, your team must have competed in THREE competitions within New York State under the NYSPHSAA rules and regulations. An individual competitor must be eligible for a minimum of three competitions as per the NYSPHSAA representation rule. (UCA does not count towards the required # of competitions for representation).

Qualifying for the Section VIII Cheerleading Championships will be based on scores achieved during the competition season using NYSPHSAA score sheets. The TOP 50% of the schools in each division based on an average of 3 scores will compete in the Nassau County Championships. If your team DOES NOT show up for a scheduled competition, they will receive a zero. This score will be one of the (3) scores that is averaged into your playoff eligibility.

Qualifying for the NYS Cheerleading Championships – The winner of each classification at the Nassau County Championship will go onto the State Championship.

All schools MUST adhere to Copyright Rules. NYSPHSAA has developed guidelines to assist member schools with compliance with the copyright regulations that arise with the use of music for cheer routines and performances. The copyright law is designed to protect artists, promote creativity and to ensure that artists are compensated for their work. Pursuant to copyright law proper licenses must be obtained to make additional copies of music and to remix recordings.

Resources - Please utilize the following website as a resource for Competitive Cheerleading.

<https://nysphsaa.org/sports/cheer>

**Competition Dates-**

JV teams will start at 5:00pm and Varsity teams will start at approximately 6:30pm.

Tuesday, October 7th @ TBA - All participating JV and Varsity Class B Schools

Wednesday, October 8th @ TBA - All participating JV and Varsity Class A and C Schools

Tuesday, October 14th @ TBA - All participating JV and Varsity Class B Schools

Wednesday, October 15th @ TBA - All participating JV and Varsity Class A and C Schools

Tuesday, October 21st @ TBA - All participating JV and Varsity Class B Schools

Wednesday, October 22nd @ TBA - All participating JV and Varsity Class A and C Schools

**POST SEASON**

November 2, 2025

Nassau County Championship @ TBA

November 9, 2025

NYSPHSAA Championship @ Visions Federal Credit Union Veterans Memorial Arena,  
Binghamton