

Attached please find the Fall 2016 Registration paper work.
(Deadline 6/01/17)

Uniform Fitting/Handout – TBD

Cheer Shoe fitting - TBD

6pm-8pm at Headquarters - 1595 Rt. 9 Clifton Park (1st Building as you turn in that has the ramp Recognize Awards building). We are in the garage.

*If you can't make the shoe fitting please go to:

Goldstocks Sporting Goods (518) 382-2037

98 Freemans Bridge Road

Scotia, NY 12302

Let them know you are with Plainsmen Jr. Cheerleading League.

Please make your check payable to: Goldstocks (the amount will be around \$45.00)

Parents if you have children in both cheerleading and football please let me know so that we can try to coordinate the football team/cheerleading squad see bottom of registration form.

Summer Practice Schedule:

Month of August – Practice is Tuesday through Thursday

Starting Tuesday, 08/01/17 (First day of practice for all cheerleaders)

6-8pm at the Clifton Park YMCA.

Practice Clothing – In an effort to keep girls from getting embarrassed by body parts showing while warming up and stunting we have developed a practice uniform. We will have a fitting set for this also and will forward a date/location and time after 6/01/17.

Do's and Don'ts:

- Please remember to bring water
- Remember to eat something light before practice
- No gum
- No jewelry (earrings, bracelets, or necklaces)
- If you have long hair put it in a ponytail
- Cheer Shoe only
- Compression Shorts and light weight shirts as it will get pretty warm (No tank tops)
(Please remember to keep your belly and back covered.)

Cell Phones will need to be in your back packs/sports bag during practice.

Fall Practice Schedule

Month of September and October

Location: Shen Gym (Once we are assigned a specific gym I will forward the information)

Monday and Wednesday 06:00-08:00pm Senior Division (Grades 6-8th)

Tuesday and Thursday 06:00-08:00pm Junior Division (Grades 3-5th)

Games are held at the Shen Campus

Saturday and Sunday games are held at the High School East Varsity Football Field.

*Please note that this schedule may change. Once teams are set we will have a game schedule posted.

I look forward to seeing you all very soon!