

Coaches Just a reminder

Fall Practice Schedule

Month of September and October

***9/8/16 the only division that will practice is the Jr. Division and the Modified Squad**

Location: Shatekon Shen Gym

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

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

Game Day Reminders for Cheerleaders

- Please make sure to have lunch before you get to practice
- Report to the varsity field 1 hour before game time for practice
- Wear/Bring your complete uniform-Vest, skirt/skort, shirt, pompoms, briefs, bows and cheer shoes to all games
- Only water on the track
- No food on the track
- No standing in the concession line at half-time, we are here to cheer
- No jewelry
- Wear your natural face

Game Day Reminders for Parents

- Parents once the girls are done cheering they can stay at the field provided you are staying also. Once they are done cheering for their team they will not be allowed back on the field on the track.
- Siblings and cheerleaders are not allowed on any of the track equipment that is inside or outside of the track. The school wants us to make sure we keep all children off their equipment.