

## **7/26/17 E-mail for grades 6-7**

Hello Everyone,

We begin on Tuesday, 8/1/17 from 6-8pm at the YMCA in Clifton Park. Parents please drop off and pick up at the back gym. Please do not go through the YMCA to get to our gym we have our own entrance and exit as we do not wish to disturb the YMCA members.

### **If you missed 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.

### **If you missed the prior fittings please see the attached sheet.**

If you have already been fitted you are all set.

I am available on Monday, 7/31/17 from 12pm-2pm at my home.

### **Physicals and Uniform Security Deposits**

**Please drop them off to my mailbox.**

If for any reason you believe you have missed an e-mail please go to our website [jpcheerleading.com](http://jpcheerleading.com) and click on the notification tab and review the e-mails listed.

### **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 if you have them or a good sneaker
- Compression Shorts and light weight shirts as it will get pretty warm (No tank tops or cut off shorts)  
(Please remember to keep your belly and back covered.)

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

## **Modified Tryouts – 8/24/17**

Please see attached information sheet about Modified Tryouts grades 6-8 are eligible.

I look forward to seeing you all!