

8/2/17 E-mail

Hello Everyone,

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.

Next fitting for everyone:

Date: 8/05/17

Time: 9:00am-11:00am

Location: Carol Halpin's Home

53 Willowbrook Terrace

Clifton Park, NY 12065

Practice Uniforms:

If you have not yet ordered them and would like to we will have samples available today at practice to order.

Physicals and Uniform Security Deposits

Please drop them off to my mailbox or at practice.

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.

****If for any reason you believe you have missed an e-mail please go to our website jpcheerleading.com and click on the notification tab and review the e-mails listed.****