

# SUMMER PRACTICE INFORMATION

## Food and Drink Information

- Each cheerleader must bring a water bottle filled with water (that can be refilled) to each practice.
- Soda, tea, energy drinks, coffee, Gatorade, etc. not allowed at practice. **Water ONLY.**
- Girls may bring a snack since our practices go from 8-11:30. Good healthy snack ideas include; granola bars, fresh fruit or vegetables, etc. **Please do not bring candy or sugary snacks like cookies, cake, etc.** You will be exercising and these foods and exercise do not pair well.

## Attire

- Cheerleaders will be expected to wear the practice outfit that is noted for that day. Failure to do so, will result in running laps or extra conditioning.
- In addition to the appropriate attire, cheerleaders must wear their hair in a ponytail with practice bow. Bangs and any hair should be pulled back out of their face with clips, hairspray, etc.

- Cheerleaders will need to wear an athletic tennis shoe to practice. Vans, Converse, Toms, etc. are NOT appropriate. They should have laces and support your feet well during exercise.
- All practices will be closed practices, meaning coach and cheerleaders only allowed in the Cafeteria during practice. This will allow for minimal distractions for girls during practices. There will be opportunities throughout the season, where we will open up the end of practice for parents to come and watch the girls perform a routine. These will be communicated when it gets closer.
- Cell Phones are NOT allowed to be used by cheerleaders during practice. This includes water breaks. They should be put away and stored in the cheerleader's bag. In the event of an emergency or change of transportation situation, cheerleaders will be allowed to use them. Coach Fogle will also have her cell phone in case of emergencies or need for parent contact at all times.

- It is your responsibility to arrange a ride that arrives on time to practice, as well as picks up on time from practice. We understand unexpected things happen, so cheerleaders are allowed 1 late pick up/drop off during the summer. After the first time, the cheerleader will participate in extra conditioning and/or running laps for as many minutes that they were dropped off or picked up late. For example- Cheerleader arrives at 8:05 to practice instead of 8:00. They will now complete 5 minutes of extra conditioning/running during practice. If this becomes a reoccurring problem, Coach Fogle will meet with the parent and cheerleader to discuss further actions. Notice this is slightly different than the information signed in the tryout packet for football/basketball season. Late pickups from those times result in missed games. This will be discussed further closer to the season.
- Physical needs to be current. Dated on or after April 1<sup>st</sup> 2018, in order to practice by June 11<sup>th</sup>.

### Cheer Camp

- Cheer camp is scheduled for July 16<sup>th</sup>-18<sup>th</sup> and is **MANDATORY**. Please plan vacations

accordingly. UCA Staff will be guiding camp for the 16<sup>th</sup> and 17<sup>th</sup>. The 18<sup>th</sup> will be a review day and will include a celebration at the end of the day. Please bring a sack lunch for the cheer camp days. More information regarding camp the celebration will be given out on as camp gets closer.

### Practice Dates and Outfits

**\*Every Monday-Navy Soffe Shorts & every Wednesday-Red Soffe Shorts. EVERY DAY-PRACTICE BOW.**  
See days below for shirt information, and camp outfits.

Monday June 11<sup>th</sup> 8:00 am-11:30 am

Wear: Heather gray shirt w/arrows & navy soffe shorts.

Wednesday June 13<sup>th</sup> 8:00 am-11:30 am

Wear: White 2018 toe touch cheerleader shirt & red soffe shorts.

Monday June 18<sup>th</sup> 8:00 am-11:30 am

Wear: White Thursdays we wear blue shirt & navy soffe shorts.

Wednesday June 20<sup>th</sup> 8:00 am-11:30 am

Wear: #sparkpride shirt & red soffe shorts.

Monday June 25<sup>th</sup> 8:00 am- 11:30 am

Wear: Heather gray shirt w/arrows & navy soffe shorts.

Wednesday June 27<sup>th</sup> 8:00 am-11:30 am

Wear: White 2018 toe touch cheerleader shirt & red soffe shorts.

**\*Week of July 2<sup>nd</sup>-6<sup>th</sup> No Practice, Happy 4<sup>th</sup> of July!**

Monday July 9<sup>th</sup> 8:00 am-11:30 am

Wear: White Thursdays we wear blue shirt & navy soffe shorts.

Wednesday July 11<sup>th</sup> 8:00 am-11:30 am

Wear: #sparkpride shirt & red soffe shorts.

Monday July 16<sup>th</sup> **CHEER CAMP** 9:00 am-4:00 pm

Wear: Heather gray shirt w/arrows & navy soffe shorts.

Tuesday July 17<sup>th</sup> **CHEER CAMP** 9:00 am-4:00 pm

Wear: White 2018 toe touch cheerleader shirt & red soffe shorts.

Wednesday July 18<sup>th</sup> **CHEER CAMP** 9:00 am-4:00pm

End of Camp Celebration: 4:00 pm-6:00 pm

Wear: #sparkpride shirt & red soffe shorts.

**\*Week of July 23<sup>rd</sup>-27<sup>th</sup> NO PRACTICE**

Monday July 30<sup>th</sup> 8:00 am-11:30 am

Wear: White Thursdays we wear blue shirt & navy soffe shorts.

Wednesday August 1<sup>st</sup> 8:00 am-11:30 am

Wear: #sparkpride shirt & red soffe shorts.

Monday August 6<sup>th</sup> 8:00 am-11:30 am

Wear: Heather gray shirt w/arrows & navy soffe shorts.

Wednesday August 8<sup>th</sup> 8:00 am-11:30 am

Wear: White 2018 toe touch cheerleader shirt & red soffe shorts.

Monday August 13<sup>th</sup> 8:00 am-11:30 am

Wear: White Thursdays we wear blue shirt & navy soffe shorts.

Wednesday August 15<sup>th</sup> 8:00 am-11:30 am

Wear: #sparkpride shirt & red soffe shorts.

**August 20<sup>th</sup> School Starts. Practice Schedule changes, TBD.**

**\*A maximum of 2 summer practice absences are excused for previously planned vacation purposes. These need to be communicated to Coach Fogle in writing, at least 2 weeks in advance of the missed practice, or it will be considered unexcused.**