

IMPORTANT INFO FOR J.V. CHEERLEADERS AND PARENTS

- Practices will begin on August 9, 2010 @ 5:30 p.m. at Clawson Park. During August we will have practices Monday thru Thursday 5:30 p.m. to 7:00 p.m. Once school begins, we will cut out Mondays and add Fridays. Possible moving the time to 5:00 p.m. to 6:30 p.m. During Cheer off, practice may run longer and we may add some Mondays if needed.
- Stretching, running, core exercises will be part of every practice. Each athlete is expected to participate 100% every day unless medically unable.
- Water bottles are needed for each practice. Staying hydrated is very important.
- A beach towel (or something similar) is needed to place between the ground and the athlete when doing stretches, core exercises. We do not encourage sharing of towels.
- Sturdy, comfortable athletic shoes are needed @ every practice. No flip flops, sandals, etc.
- Shorts and t-shirts are needed for practice. Please stay away from slippery materials, jean shorts, spaghetti strap shirts. This does make stunting difficult @ times. When the weather gets colder, longer pants and sweat shirts will be needed. When it rains, we usually practice under the pavilion.
- Hair must be pulled back in a pony tail for practice. Please have this done before arriving @ practice.
- If you cannot make a practice, please let me know as soon as possible. My cell phone and e-mail addresses are on the bottom of this note. Please feel free to call me or email me with any questions or concerns you or your daughter may have.
- RESPECT AND COURTESY are expected from each cheerleader and coach. Rudeness will not be tolerated.

Cheerleading should be fun! We expect each cheerleader to always do her best. We will do our best to make this a great experience for everyone.

Maverick J.V. CHEER August 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3 Mandatory parent meeting/6:00 pm/Hunter	4	5	6	7
8	9 Practice/5:30 pm/Clawson Park	10 Practice/5:30 pm/Clawson Park	11 Practice/5:30 pm/Clawson Park	12 Practice/5:30 pm/Clawson Park	13	14
15	16 Practice/5:30 pm/Clawson Park	17 Practice/5:30 pm/Clawson Park	18 Practice/5:30 pm/Clawson Park	19 Practice/5:30 pm/Clawson Park	20	21
22	23 Practice/5:30 pm/Clawson Park	24 Practice/5:30 pm/Clawson Park	25 Practice/5:30 pm/Clawson Park	26 Practice/5:30 pm/Clawson Park	27	28 1 st Game/10 am start/Clawson Park
29	30 Practice/5:30 pm/Clawson Park	31 Practice/5:30 pm/Clawson Park				

IMPORTANT TELEPHONE NUMBERS:

J.V. CHEER HEAD COACH/MARGIE ZOBL:

248-721-5002 CELL

J.V. CHEER ASST. COACH/TRISH GOFF:

248-225-5640

J.V. CHEER ASST. COACH/PATTY SHERIDON:

248-565-5205