

NORCHESTER CHEERLEADING
2004

Parents/Cheerleaders-

Welcome to the Norchester Red Knights football and cheerleading program. We would like to take this time to give you an idea of what to expect through out the season. Our season runs from August to November. In this packet you will find practice times and a list of things you will need to purchase to complete your daughters uniform. We will take care of the sizing and ordering for some of the items. At the end of the season the girls have the opportunity to take part in a competition that the Bert Bell league holds. Additional information will be provided for you. Thank you and hope to have a great and successful season with your daughter(s). If you have any questions please feel free to contact Sabrina Valentine at 610-323-7343 or sabrinavalentine@mail.com

Cheerleading Coaches

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This is a list of items you will need to purchase through out the season to complete your daughter's uniform. Keep in mind these prices may vary.

- Sneakers \$ 20.00 - \$40.00
- Socks \$ 3.00
- Bloomers \$ 10.00
- Pants \$ 10.00 - \$15.00
- Bodysuit \$ 20.00
- Sweatshirt \$ 20.00

The uniform is at no additional cost but must be returned at the end of the season or there is a 200.00 charge. Your daughter will be sized for these items by the Cheerleading Advisor for accurate fitting. We will have Schuylkill Valley Sports come and fit the girls for sneakers. Any questions or concerns please contact Sabrina Valentine. Thank you

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RULES

These are rules that all cheerleaders must follow. Some rules may not apply to the younger squads. After you and your child read the rules you must both sign and date the bottom portion of the sheet. Please return the sheet to your coach on August 2nd. Thank you

1. Please arrive to Practice/Games on time and ready to cheer. If you will be late or miss a practice/game contact your coach.
2. Respect your coaches and fellow cheerleaders, including cheerleaders of opposing teams.
3. Represent Norchester with pride-be on your best behavior.
4. You must remain in full uniform at all times.
5. Absolutely **NO** stunting on or off the field without the supervision of your coaches.
6. Hair **must** be pulled back for practice and games.
7. **NO** jewelry at any times. If you have your navel pierced it must be taped during practice/game.
8. Wear comfortable clothes.... **NO** jeans or jean shorts at all. Sweats or cotton pants or shorts are a good choice.
9. You must wear sneakers!!
10. No gum or candy!
11. Each squad is given a 10 to 15 minute break please a drink with your name on it.
12. No socializing while on the line. Wait for break!

Parent/Cheerleader,

Please complete and return to your coach on
Monday August 2nd! Thank you!

I _____, together with my

Parent _____, accept the responsibility
that these rules suggest. As a “TEAM” the Coach,
Cheerleaders, and Parent will follow these rules.

Date _____

Squad _____

Cheerleader Signature

Parent Signature

Coach's Signature

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PRACTICE

Our first practice is Monday August 2nd from 6:00 pm to 8:00 pm at the Easy Vincent Elementary School. This is the first practice for all squads. As the season goes on practice times and days are subject to change. Practice in August is Monday, Tuesday, and Thursday. When school starts in September practice is Tuesday and Thursday night. Some Wednesday practices may be added at the coach's discretion. We will hold parent meetings or hand out information to keep you updated through out the season. It is very important that the girls attend every practice possible to get them ready for the upcoming weekend. Every squad performs a half-time show during their game. That is the time for the girls to show off what they have been working so hard for. Thank you

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