

## **2009 AJFC Cheerleading Information**

### **Game Information:**

We will cheer at 8 games starting Sundays in September.

### **Competition and Exhibition:**

A and B Squads will participate in a Cheer Competition to be held in October. The Mitey-Mites, D and C Squads do not compete, but participate in an Exhibition.

### **Practice Information:**

Practice for all Cheerleaders will begin Monday, August 3<sup>rd</sup> at the Ted Williams Camp (TWC). Practices may run from 6–8:30 p.m. Monday – Thursday during the month of August. Length of practice will be up to the coaches (younger squads will end earlier).

After school starts, all squads will practice Saturday mornings from 9 to 11 a.m. at TWC. The older girls will also be practicing Tuesday & Thursday nights depending on gym availability.

Practice attendance is essential for team development and safety. Please let your coaches know if you are going to be unable to attend practice (vacations, day trips etc).

### **Practice Rules:**

Bring plenty of water, sunscreen and bug spray.

Sneakers should always be worn. (No sandals)

Shorts or warm-ups should be worn.

No jeans or Cami tank tops (t-shirts please)

No gum/candy during practice.

Jewelry should be removed before practice. - Be sure not to get any piercing before/during the season. You will not be able to participate.

Cell phones should be turned off and away till the end of practice

All hair must be pulled off and away from face and shoulders.

**Good sportsmanship on and off the field is expected at all times.**