

## Cheer Club Expectations

Cheerleading's primary purpose is to foster school spirit, sportsmanship and a positive atmosphere at competitive events. At Trinity, the purpose of this club is to teach fundamental sideline cheerleading skills to 7th and 8th grade girls in order to promote, support and encourage our athletes and our school, while developing Christian leadership skills and Christ-like attitudes. ***Participants and their parents should remember that wherever we are, whatever we are doing, we represent Christ.***

Appearance (applies to both practices and performances):

- Hair and bangs must be secured away from the face and eyes, and may not touch the shoulders.
- Fingernails must be kept short and smooth, not extending past the end of fingertips (nails should not be visible beyond the end of the fingers when viewed from the palm side of the hands). Artificial nails are not permitted.
- No jewelry of any kind may be worn.
- Participants may not chew gum or have candy in their mouths.
- Cheer uniforms include top, skirt, spankies and hairbow; please *wash, dry and hang* uniforms between games. They will be issued on a hanger with clips for the skirt — please don't stuff them in a bag!
- ***New this year:*** There is no participation fee; however, we do ask each participant to purchase a pair of white cheer shoes. These help with uniformity and the special soles also make pyramids easier on everyone! Simple *white cheer shoes* are available on Amazon for around \$35 (we liked this [Mfreely shoe](#) better than others we tried). Like gym shoes, these should only be worn inside, and should be reserved for cheer practice and games.

Practice sessions:

- Practice will start at 3:30. Participants should be dressed, have already eaten an after-school snack, and have a full water bottle.
- We will generally practice in the school foyer, unless the boys basketball team is playing an away game, in which case we will practice in the gym.
- We will typically not practice on Fridays. The one exception is 10/27 when there is an early out. This will give us the chance to use the gym since there's no boys basketball practice during that time. Please pack a quick cold lunch that day.
- Practice on non-game days will end at 5pm. Since most girls change out in the locker room, ***please pick your student up at the gym entrance*** (this is different than last year).

Game days:

- Pre-game practice will start at 3:45. Participants should have already eaten an after-school snack (before they change into uniforms!) and should be in their uniforms with game-style hair ready to go and a full water bottle.
- We will have a brief practice in the school foyer during the 5th/6th game, before heading over for the 7th/8th game at 4:30.
- Currently, there are 6 home games scheduled for 7th/8th boys basketball. The schedule is not yet final, so if Coach Peiffer adds any more, we will keep you posted.
- Currently, there are no Friday home games scheduled. If any are added, we will follow game-day schedule.
- Games that start at 5pm are typically over by 5:45 or 6pm. ***Please pick your student up at the gym entrance.***

Tournament week:

- While we typically only cheer 7th/8th games, we will take the opportunity to cheer for our 5th/6th grade team during tournament games hosted at Trinity; that schedule is TBD.

Club Sponsor:

Terri Rasmussen

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Sun	Mon	Tues	Wed	Thur	Fri	Sat
<b>OCTOBER</b> 1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16 3:30-5 foyer	17 3:30-5 foyer	18	19 3:30-5 foyer	20	21
22	23 3:30-5 foyer	24 3:30-5 foyer	25	26 3:30-5 foyer	27 11:30-2 GYM	28 <i>11:30 dismissal; bring cold lunch</i>
29	30 3:30-5 foyer	31 3:45 foyer 5pm game	<b>NOVEMBER</b> 1 No school --	2 parent/teacher	3 conferences	4
5	6 3:45 foyer 5pm game	7 3:30-5 foyer	8	9 3:30-5 foyer	10	11
12	13 3:45 foyer 5pm game	14 3:30-5 foyer	15	16 3:45 foyer 5pm game	17	18
19	20	21 No school --	22 Thanksgiving break	23	24	25
26	27 3:45 foyer 5pm game	28 3:45 foyer 5pm game	29	30 3:45 foyer 5pm game	<b>DECEMBER</b> 1	2
3	4 3:30-5 foyer	5 3:30-5 foyer	6	7 3:30-5 foyer	8	9
10	11 pep rally? TBD: 5th grade tourney, M/T/W @ Trinity	12	12	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30