

Trinity Cheer Club – Parent Information & Participant 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!**

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. 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.**
- We will typically practice on Mondays and Tuesdays.
- There is one special practice session on Fri 10/24 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.

Game days:

- Pre-game practice will start at 3:30. 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 4:45.
- Currently, there are 5 home games scheduled for 7th/8th boys basketball. The schedule is not yet final, so if any are added, we will keep you posted.
- 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.

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 eat while in uniform.
- 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!
- Girls will need low/no-show white socks, and a sports bra that doesn't show straps when worn with uniform.
- 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. We recommend the Chasse Ace II Cheer Shoe, which are available for about \$50 on Amazon or OmniCheer. **They take a couple of weeks to arrive — so please order right away so that we have them for our first game!** (Most negative reviews have to do with sizing. I recommend sizing up one or two sizes, or ordering multiple sizes and returning what doesn't fit, but check the return policy before ordering.) Like gym shoes, these should only be worn inside, and should be reserved for cheer practice and games. *(If you have financial concerns regarding the shoes, please talk to me!)*

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Sun	Mon	Tues	Wed	Thur	Fri	Sat
28	29	30	OCTOBER 1	2	3	4
5	6	7	8	9	10	11
<i>Trinity Cheer Club - Tentative Schedule</i>						
12	13 3:30-5 foyer	14 3:30-5 foyer	15	16	17	18
19	20 3:30-5 foyer	21 3:30-5 foyer	22	23	24 11:30-2 GYM	25 <i>11:30 dismissal; bring cold lunch</i>
26	27 3:30 foyer 5pm game	28 3:30 foyer 5pm game	29	30 No school -- parent/teacher conferences	31	NOVEMBER 1
2	3 <i>(no practice)</i>	5 3:30-5 foyer	5	6 3:30 foyer 5pm game	7	8
9	10 3:30-5 foyer	11 <i>(Veteran's Day program @6pm)</i>	12	13	14	15
16	17 3:30 foyer 5pm game	18 3:30 foyer 5pm game	19	20	21	22
23	24	25	26	27	28	29
No school -- Thanksgiving break						
30	DECEMBER 1 <i>(no practice)</i> <i>pep rally 2pm</i>	2 3:30-5 foyer	3	4	5	6
7	8	9	10	11	12	13
Games TBD: 5th grade tourney @ Trinity						
14	15	16	17	18	19	20
21	22	23	24	25	26	27