



Dear Lostant Cheer Parents,

Cheerleading season is approaching fast, and I am very excited to get to work with your child! Before practice starts, there are a few things that we need if you haven't already taken care of them: an up-to-date sport physical and the \$50.00 activity payment. If we do not have these two items before the first practice, your child will not be able to participate in the practice. If you have any questions, please contact me, Teresa Beckett, at 708-663-3320.

GENERAL INFORMATION

This school year, the squad will be open to all 5th-8th grade boys and girls. The students will tentatively cheer at four home basketball games (dates listed on the back side). When we have practices or games, students are responsible for their own transportation.

PRACTICE SCHEDULE

Practices will be held on the days listed below from 3:30 p.m. - 4:30 p.m. in the cafeteria. Please mark them on your calendar. Pick-up will be at the north gym doors.

****PLEASE NOTE:** Students are expected to attend ALL cheer practices. If something comes up, please notify me at 708-663-3320.

RULES AND EXPECTATIONS

Please come to practice with appropriate attire (e.g., comfortable clothes, tennis shoes, pony tail holder for long hair). Maintain a positive attitude with both coach and the squad. Disrespect will not be tolerated. We only have four home games, so cheerleaders will team up to design a halftime show to be performed during the basketball game (as well as learning cheers to perform on the sideline during the home games). We will also be hosting a Saturday Cheer Camp for our Little Comets. Little Comets will perform a group cheer during our home game on November 18th.

DRESS CODE/UNIFORMS:

We will have an online store where you can order apparel (not required). Cheerleaders will be given a Lostant Comets uniform that will be worn during each home game. Cheerleaders will be required to wear a mask during practices and games. Cheerleaders should have white tennis shoes.

Practice Dates:

Monday, October 25th

Wednesday, October 27th

Monday, November 1st

Tuesday, November 2nd

Monday, November 8th

Wednesday, November 10th

Saturday, Nov. 13th

(Special practice with Little Comets from 9:00 a.m. - 2:00 p.m.) Lunch provided.

Monday, November 15th

Tuesday, November 16th (Special practice with Little Comets)

Monday, November 22nd

Monday, November 29th

Monday, January 3rd

Tuesday, January 4th

Home Game Dates:

Tuesday, November 9th

Thursday, November 18th (***)Little Comets with perform with squad)

Tuesday, November 30th

Thursday, January 6th