

Fern Creek Optimist Cheerleading

Practice & Game Information for Basketball 2011-12

Dear Parents:

Welcome to Fern Creek Optimist (FCO) Cheerleading! FCO offers recreational (non-competitive) cheerleading instruction. Our goal is to provide a good foundation of cheerleading skills and techniques, while having fun and making new friends along the way. Because we function solely on volunteers, your support is vital to our success.

Please review the following information with your daughter. Consistently adhering to these guidelines will ensure we can offer a quality and fun program for everyone.

We have an exciting season ahead of us and we're glad you've joined our team!

General Information:

- ★ Cheerleaders must maintain a positive attitude and good behavior at all practices and games.
- ★ Please listen and follow instructions from your coach. Always be respectful to your coach and teammates.
- ★ Cheerleaders shall remain with the coaches at all times once practice or the game begins.
- ★ Parents should remain at the practice and game locations at all times.
- ★ Parents should monitor email regularly for any notifications regarding practices or games.
- ★ Cheerleading is a team sport, so please try to attend **all** practices and games. If you are unable to attend, please notify your coach ahead of time whenever possible.
- ★ **Bring your water bottle to practice and games!** Hydration is extremely important and we will have several water breaks throughout.

Practice:

- ★ Practice will be held on Monday nights from 6:30 to 7:30 p.m. beginning Monday, November 7th at Bates Elementary Gynasium. Please come to practice **on time** and be ready to cheer.
- ★ If there is inclement weather (or if practice times are adjusted), an email notification will be sent to parents.
- ★ Cheerleaders should wear athletic-type shoes and comfortable clothing appropriate for cheerleading activities. No flip flops, sandals, crocs, boots, etc.

Games:

- ★ Games will be held at Fern Creek High School's gymnasium on Saturdays, per the established schedule. (Game schedule will be distributed once finalized.)
- ★ Arrive at least 30 minutes prior to game time and be ready to cheer in full uniform including: shell, skirt, socks, white athletic shoes, and hair bow (hair should be pulled back away from face). As the weather gets colder, a black long-sleeved shirt will be acceptable under shell top. Please refrain from wearing dangle ear rings.
- ★ Cheerleaders must remain in the cheer area and should refrain from going to the bleachers during game time.
- ★ Parents please ensure cheerleaders have eaten and taken a restroom break prior to the start of the game.
- ★ There may be an admittance fee for the games (cheerleaders are free). This amount will be announced once finalized.