

We would like to welcome all cheerleaders and parents to our Jr. Cougars Cheerleading program. We are very excited about being able to offer this program to the members of our community. We look forward to teaching some fundamental cheerleading skills as we cheer on our Jr. Cougars football teams. New this year is an opportunity for Jr. Cougars competitive cheer! We plan on having a ton of fun. We hope each cheerleader enjoys her experience by learning new skills, working as a team member, and building new friendships. Any suggestions to help our program are much appreciated!

REGISTRATION & UNIFORM FITTING

Where: Lansing Catholic High School Gymnasium

Date: Wednesday, July 21

Time: 3:30-5:30pm

* Mandatory Parent Meeting to follow immediately afterward from 5:30-6pm

Cost: \$30 Uniform Rental Fee

IMPORTANT NOTE: If you can not make it during this time please contact Kim Lindberg at 517-802-7967 before July 21st. Keep in mind this is the only time you will be able to try on uniform pieces, so it is very important to attend.

SQUADS, COACHES, AND PRACTICES

1. **Confirmation Packets** will be sent to you by the end of July. Packets will include Coaches Information, Team Roster, Practice/Game Schedules and any and all other important information.
2. **Practice Schedules, Attire & Location:** Schedules will vary depending on coach's availability - you will receive this in your confirmation packets. Practice 1-2 times a week depending both on age/grade level and game schedule. Attire for practice includes t-shirt, shorts, and tennis shoes. Please have hair pulled back and a water bottle for all events, games or practices. All practices will be held at Lansing Catholic High School. All cheerleaders are expected to attend practices and games. As previously mentioned, girls will be expected to wear the following to practice: sports shorts (no denim), T-shirt or tank, and cheer shoes (all white tennis shoes). No jewelry or long nails and hair must be pulled back.
3. **Parent Meeting:** Each team will have a parent meeting - you will receive the date and time in your confirmation packet. This is prior to the start of your athletes practices to go over specific team expectations. Parents are highly encouraged to attend this day to get more familiar with how the program works.

FOOTBALL GAMES

- Season begins after the start of the school year.
- Game/Practice Schedule
 - *Flag Football (Gr K-4th) games/practices Monday nights
 - *Tacklebar (Gr 5th-6th) games/practices Tuesday nights
 - *Tackle (Gr 7th-8th) games/practices Wednesday nights
- Practice times are subject to change based on age/grade level and the schedule of the Varsity Cheerleader(s) coaching your child's team.
- All games we will be cheering for will be held at LCHS.

COMPETITIVE CHEER

New this year is an opportunity to be a part of a competitive cheer team for 3rd through 6th graders. This is an addition to sideline cheer. This is a youth league with other local area schools where some of our own Junior Cougars will pull together a team to compete against other schools in this league. It is known as the 517 Youth Competitive Cheer League. It is possible to do both sideline and competitive cheer. Look for more details to come.

The 517 Youth Competitive Cheer League is holding a summer cheer camp. This would be beneficial to attend even if you're not certain if the competitive team is for you as it teaches the basic fundamentals of cheer. See details below:

Camp Date:

Tuesday, July 27th from 8 am-4:30 pm

Cheer Camp is held at Leslie High School

*Snack, water refills, and lunch are provided

*Pre-order T-shirts available for \$15

COMMUNITY EVENTS

Each Junior Cougar sideline cheer team will be invited to cheer at a quarter of a high school football game. You will get more detailed information at the parent meeting.

WAIVER/RELEASE FORMS

All girls will be required to have an athlete information sheet and a medical information form signed and filled out by their parent/guardian and turned in. Girls will not be allowed to practice until these forms are completed and on file with the coach. The coaches will have these on hand at all practices and games in the event of an illness or injury. These forms are attached to this packet for your convenience.

UNIFORMS

All Jr. Cougar Cheer teams will be wearing a skirt & shell uniform with a white turtleneck/bodysuit underneath. All team members should attend the uniform fitting listed at the front of this packet to be sized for their skirt and shell. It is important that each girl and one parent attend the meeting listed on the front of this packet to be assured that a uniform is available. The cost of the uniform rental is \$30.00. This is a non-refundable fee and is required to be a part of this program. Poms will also be available at games.

BANQUET AND PICTURES

We will be finishing up our season with a banquet. We will send out additional information about this later in the season. You must finish out the season in good standing in order to participate in the banquet. Each individual girl will be honored at this

We will also be getting professional team pictures done later in the season. You will have the opportunity to purchase pictures of your daughter's team along with individual pictures. You will get more detailed information in your confirmation packet.

PARENT PARTICIPATION

Parents are encouraged to get involved! We need help with miscellaneous things (listed on the athlete information page). The Jr. Cougars cheer program is a volunteer program and we need your help and support!

SPORTSMANSHIP AND BEHAVIOR

All cheerleaders will be expected to exhibit appropriate sportsmanship and behavior during practices and games. This program will emphasize professionalism and teamwork at all times while representing the Lansing Catholic Cheer program. Inappropriate behavior will not be tolerated and the coach reserves the right to dismiss anyone from the team. Complete program expectations will be mailed with your confirmation packet.

CONCERNS OR QUESTIONS

While we are establishing coaches for each team, please contact Kim Lindberg (head cheer coach) at 517-802-7967 in the meantime with any questions or concerns. You may also check out our LCHS Instagram page @lchscougarcheer to get all the latest news on Lansing Catholic Cheerleading and our Jr. Cougars program. If you can not attend the registration/uniform fitting, please complete all forms and mail or fax (Attn: Jr. Cougar Cheer) by July 21st to: Kim Lindberg, 1590 S Onondaga Rd., Mason, MI 48854, or 517-267-2135 (LCHS fax - Attn: Jr. Cougar Cheer)