







# Cheer Pre-Season Calendar

## August/September 2015



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>What to bring to pre-season practices and the tryout clinics:</b> Cheer shoes, any combination of black, gold, and white athletic apparel, a yoga mat and/or towel for working out, plenty of water or Gatorade to stay hydrated, a small snack like cereal bars or fruit (optional), the UCA participant release waiver form signed and completed, Lunch is on your own. Girls must eat breakfast before practice. Girls must remove all earrings and piercings. All girls must have their athletic and medical forms and fees must be cleared in order to tryout.</p>						
						15. Pre-Season Training 7:30-10:30 11:15-12:30
16. Pre-Season Training 7:30-10:30 11:15-12:30	17. Pre-Season Training 7:30-10:30 11:15-12:30	18. Pre-Season Training 7:30-10:30 11:15-12:30	19. Depart HVCHS 8:00 Pine Forrest Cheer Camp 	20. Pine Forrest Cheer Camp 	21. Pine Forrest Cheer Camp 	22. Depart Pine Forrest 12:45 for Hopewell Pine Forrest Cheer Camp 
23.	24. Pre-Season Training 7:30-10:30 11:15-12:30	25. Pre-Season Training 7:30-10:30 11:15-12:30	26. Pre-Season Training 7:30-10:30 11:15-12:30	27. Pre-Season Training 7:30-10:30 11:15-12:30	28. Pre-Season Training 7:30-10:30 11:15-12:30	29.

30.	31. <b>No practice</b>	1. <b>No practice</b>	2. Staff In-Service Practice 3:00pm-5:00pm	3. 9 <sup>th</sup> Grade Orientation Practice 3:00pm-5:00pm	4. <b>Schools Closed</b> <b>No practice</b>	5.
6.	7. <b>Schools Closed</b> <b>No practice</b>	8. First Day of School Practice 3:00pm-5:00pm	9. Practice 3:00pm-5:00pm	10. Practice 3:00pm-5:00pm	11. <b>Season Opener</b> <b>7:00pm</b> <b>@Hopewell</b> Arrive 6:00 for warm ups	