

6/13/24

Uniform Handout – TBD

Cheer Shoe fitting – TBD

Cost \$65.00

Please make your check payable to: Plainsmen Jr. Cheerleading League

The online Apparel Store is open and closes on 8/15/24.

Click on the link below to go shopping!

<https://embroidery-and-more-llc.myshopify.com/collections/jpcl-cheer-apparel-shop>

YMCA:

When dropping off and picking up your cheerleader at the YMCA please come to the back of the Y and do not go through the Y as we have our own entrance and exit. This way we will not disturb the Y patrons.

Summer Practice Schedule:

Month of August – Practice is Monday, Wednesday and Thursday (all grades)

Starting 8/5/24 from 6:00-8:00pm

Location: YMCA in Clifton Park

Do's and Don'ts:

- Please remember to bring water.
- Remember to eat something light before practice
- No gum
- No jewelry (earrings, bracelets, or necklaces) or Fake Nails
- If you have long hair, put it in a ponytail.
- Cheer Shoe or sneakers
- Compression Shorts and light weight shirts as it will get warm, (No tank tops)
(Please remember to keep your belly and back covered.)

Cell Phones/Phone Watches will need to be in your back packs/sports bag during practice.

Fall Practice Schedule

Month of September and October

Location: Shen Gym Shatekon

Monday and Wednesday 06:30-08:30pm Modified (Grades 7th-8th)

Monday and Wednesday 06:30-08:30pm Senior Division (Grades 5th-6th)

Tuesday and Thursday 06:30-07:45pm Junior Division (Grades 3th-4th)

Games are held at the Shen Campus.

Saturday and Sunday games are held at the High School East Varsity Football Field.

*Please note that this schedule may change. Once teams are set, we will have a game schedule posted.

I look forward to seeing you all very soon!