

Varsity Cheer

Coaches: *Abby Lewallen, Head Coach*
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Patti Bennett, Asst. Coach
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May: *May 11, 12 – Tryouts 3:15 to 5:00pm*
May 13 - Team Meeting 4:00 to 5:00pm

June: *June 9 - Practice 1:00 to 4:00pm***
***UNIFORM FITTINGS**MANDATORY*
June 23 - Practice 1:00 to 4:00pm

July: *July 20 - Stunting/Tumbling Workshop @*
Cheer Extreme (Kernersville) 1-4pm
Cost: \$8 per girl
July 21 – Help w/ Elem Cheer Camp & Team
practice 2:00 to 5:00pm

August: *Aug. 3, 4, 5- Private Camp w/Shelley Smith*
***MANDATORY**Cost: \$10 per girl*
Aug. 11 – Practice 3:00 to 6:00pm
Aug. 18 – Practice after school 3:15-5:30
Aug. 19 – Practice after school 3:15-5:00
Aug.20 – First football game AWAY @ Eastern
Guilford (game time tba)

After the 1st game, set practices will be on Mondays from
3:15 to 5:30 AND Wednesdays from 3:15 to 5:00 weekly.
(All calendar events are subject to change as the season progresses).

Uniforms: *Mandatory Items: Shell, Skirt, Body liner,
Shoes, Briefs, Poms, Hair Ribbons, 2 practice T-
shirts, Team jacket,
All monogramming and lettering,
No Show, All White Footies (you supply)*
*(Your portion of the cheer fee will be determined after
tryouts, est. \$250)*

Game Schedules: *Will be available online at
[www.hpcacougars.org/Athletics/Fall
Sports/Football/Schedules](http://www.hpcacougars.org/Athletics/FallSports/Football/Schedules).*

Tryouts: *You will learn and be judged on the following:*

- (2) Football sideline cheers*
- (1) Floor Cheer*
- (2) Jumps (Herkie + 1 of your choice)*
- (1) 4ct. Pom Routine Sequence*