

Hello Charger Cheerleaders!

We hope your summer has been wonderful and you are ready to start off the 2018-19 school year! Most importantly, if you did not have your physical AFTER May 1st 2018, you will not be allowed to participate. Make sure we have your VHSL Physical form with you if we do not already have it on file.

Official practice starts for all Charger Sports on July 30th. However, here are some important dates prior to the 30th.

Optional Weight Training in the Charger field house- July 25, 26, 27 9 to 10:30 a.m.

July 30th - Aug 2nd CHEER PRACTICE 5:00-7:30 p.m. in the CHS Gymnasium
Tuesday, July 31st will be the first of our mini instructional camps. Longwood Cheerleader, Morgan McGrath will provide introduction to basic stunting techniques.

Short parent meeting after practice on Aug 1st 7:30-8:00 pm

Friday , Aug. 3rd MINI CAMP 9:00- 3:00 p.m. in the CHS Gymnasium Our 2nd mini camp will be hosted by former VCU cheerleader and FAME instructor, Vanessa Epps. This camp will run from 9:00 a.m. to 3:00 p.m. Girls are asked to bring their own lunch and make sure they have a water bottle.

Please be aware to dress in proper practice clothing. We prefer you do not wear soffe shorts, but rather try to find shorts with some length on them. No tank tops will be allowed, t shirts with sleeves only please. Be sure to wear comfortable tennis shoes.

Aug 6th - Aug 9th CHEER PRACTICE 5:00 -7:30 in the CHS Gymnasium
Tuesday, August 7th will be our third mini camp held during during regular practice. Longwood Cheerleader, Morgan McGrath will provide instruction.

Aug. 13-16 CHEER PRACTICE 5:30 to 7:00 p.m. in the CHS Gymnasium
******4th mini camp to be announced.**

Total cost of the 4 mini Cheer camps is \$45.00
payable on August 1st, 2018
Checks can be made out to Central High School

Thank you,
Jean Kunath, Jessica Watson and Casey Dickson
2018-19 Charger Cheer Coaches