

Welcome to FPYC Cheer!!!

Things you need to know:

- Go to the FPYC Website www.fpycsports.com and click on the cheerleading tab. EVERYTHING you need to know is on that site!
- Read the Parent Handbook!! It will give you a very good understanding of what's going on
- Practices are Round Robin, Mon & Wed through mid-August 6pm – 7:30pm at Frost Middle School. Arrive at 5:45pm
- When school starts, practices will move to Wakefield Park (near the Audrey Moore Rec Center) and schedules will be determined by the coach
- Game schedules don't come out until the Thursday before the first game. Please be patient!
- Everything is on the Cheer Calendar on the website (Google Calendar)
- All players and parents must sign a Code of Conduct, an Emergency Care Form, and an equipment agreement before they will be issued a uniform.
- Fundraising – Our *Cheer for Change* Penniy Drive starts the first day of practice! Start saving your change!!
- Volunteers Needed! Visit the website and complete the interest form. Volunteers get discounts!

What does your cheerleader need?

- **Practice:**
 - Comfortable clothes – shorts or sweats and a t-shirt are fine. Tennis shoes.
 - No jeans/denim,
 - No spaghetti straps, tube tops, halters, or low cut tops
 - No dresses, skirts, or short shorts
 - No open toes shoes/flip flops, or bare feet
 - No jewelry. Studs for anklebiters are ok.
 - Water! Lots and Lots of Water!!
 - A towel or something to sit on if you would like
 - Hair must be up and off the face
 - GO TO THE BATHROOM BEFORE PRACTICE!!! Coaches are not permitted to take players to the bathroom
- **Games:**
 - White Short Sleeve T-shirt
 - White Long Sleeve T shirt
 - These can have designs on the front, but not on the sleeves or neck, as long as the design cannot be seen through the uniform
 - White socks – length (ankle/no-show/crew) does not matter
 - White Tennis shoes (They do not have to be completely white. Wal-Mart sells a white Danskini shoe made for cheer/dance for about \$10)
 - Spanx/Bloomers – you must wear your bloomers!!!
- A program sweatshirt will be ordered for all new players and returning players who do not have/fit their sweatshirt from last year. This is yours to keep but is part of your uniform and should be worn to games when required. Returning players who have their sweatshirt may opt to receive a cheer drawstring bag instead.

Social Media:

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