



LINGLESTOWN CHEERLEADING 2009

The Linglestown Football Association welcomes all new and returning cheerleaders. We are looking forward to a great season!

As we begin the new season I know that many questions exist. This message intends to help answer any questions you may have. Also, the Linglestown website (www.linglestownfootball.org) is a great place to go for updated information.

PRACTICE SCHEDULE:

Until school starts, practices will be held on Monday, Tuesday and Thursday nights from 6:00 – 8:00 p.m. starting on Monday, August 3. After school starts, practices will be held on Tuesday and Thursday nights from 6:00 – 7:30 p.m. Practices will be held at Koon's Park behind the volleyball court.

PRACTICE DRESS:

Please have your daughter wear shorts, t-shirt and sneakers to all practices.

SQUAD BREAKDOWNS:

The girls must be entering these grades in the upcoming (2009-2010) school year:

Smurf:	Kindergarten & 1 st grade
PeeWee:	1 st , 2 nd & 3 rd grades
Pony:	4 th & 5 th grades
Midget:	6 th , 7 th & 8 th grades

SQUADS:

Girls can choose to cheer on Saturdays for JV games or Sundays for Varsity games. All cheering will be done at home games (Koon's Park) only for JV and Varsity cheerleaders will cheer home and away. The Varsity schedule is out now on our website and the JV schedule won't be out until the end of August. JV games will start on Saturday, August 29

and continue every Saturday until Saturday, October 10. Game times will vary from week to week.

All squads will practice together at the same levels and learn the same cheers. They will also learn a hello cheer and dance routine which will be performed during Parent's Day. There will be no competition squad this season.

COACHING:

All squads will have one coach and two adult advisors. If you are interested in being an advisor, please contact me immediately.

UNIFORMS:

All girls will be issued a uniform to be worn to games only. This season we will ask parents to purchase white sneakers for their daughters to wear. They can be any brand, just so they are all white.

We have a limited number of warm up suits that will be given out by squad. If your daughter does not receive one, she will be provided with sweatpants and a sweatshirt to wear to games. These must all be returned when the season is over and should be worn for LFA games only.

If you have any questions, please contact me by phone (671-0956) or email (dnicerdh@comcast.net).

Thank you and see you August 3!

Donna Nice
Cheerleading Coordinator