

KHS Cheerleading



Dear Parent/Guardian/ Perspective Cheerleader:

It is hard to believe that we are preparing for football season already. There are a few important dates I would like to make everyone aware of, as they will be here before we know it.

June 8th-11th – Tryouts- Tryouts will run from 3-5 Monday, Tuesday, and Wednesday. Thursday is judging day. During the first three days, the girls will learn a dance and a cheer. They will also work on jumps, and tumbling skills. On Thursday all underclassmen will be judged in small groups by a panel of 3 judges. Results will be posted outside of Mr. Rosenberg's office within an hour of tryouts ending. **IT IS MANDATORY THAT EVERYONE ATTEND ALL FOUR DAYS OF TRYOUTS. Please bring completed Emergency cards to tryouts. You will not be allowed to participate if the forms are not filled out.**

June 12th – Mandatory meeting for all JV and Varsity Cheerleaders. Camp packets, information about sneakers and uniform items, and booklets for carwash will be handed out.

June 20th – Mandatory fundraiser (carwash) **All** should expect to be there from 8:30-1:30. (money will be used to offset the cost of uniforms, clothes, and refreshments for camp)

August 17th - MANDATORY Summer practice begins. It will run from 8:30 -12:30 every day that week . Varsity practice may run later some days this week.

August 24-26- Camp – We are scheduled to have 3 UCA staff members come to Kinnelon to provide camp. Camp will take place at Stonybrook each of the three days. Tentative times for camp are 8-4. More information will be provided after tryouts. The cost for camp is \$165.

August 27– MANDATORY PRACTICE, tentatively scheduled from 8:30-12:30. Time may be longer depending on half-time. A full calendar will be given out after tryouts.

September 1-3- MANDATORY PRACTICE, 8:30-12:30 every day.

****Physicals must be completed and submitted to Mr. Rosenberg by July 30, 2009. Any person who has not submitted a physical by then will not be allowed to practice and will risk being benched at the first game. KHS physicals with the school doctor are scheduled**

for June 3rd. If your physical anniversary is after July 30th, it is STRONGLY recommended that you have a school physical in June.

****Practice is mandatory, anyone who misses practice will be benched half of the first game.**

Since practice is starting a little bit later than usual this year, I ask that all who make it please **begin lifting weights and working out prior to practice** starting. **It is extremely important for fliers and bases alike to have good core body strength. Sit-ups and push-ups are good exercises to do if you are not able to lift weights.**

I have attached the tentative Varsity schedule to give you an idea of the dates and times of the games. JV games are the Monday after varsity at the opposite venue. All JV cheerleaders are **expected** to attend Varsity home games.

I look forward to an exciting and successful season. Best wishes to all who tryout. If you have any questions or concerns feel free to contact me at 973-838-5500 ext. 1580 or gribbinj@kinnelon.org.

Sincerely,

Mrs. Gribbin

Tentative Varsity Schedule

Sat	09/12/09	@ <u>Morristown-beard School</u>	1:00PM
Thu	09/17/09	Hopatcong High School	7:00PM
Fri	09/25/09	@ <u>Dover High School</u>	7:00PM
Fri	10/02/09	Morris Catholic High School	7:00PM
Fri	10/09/09	@ <u>Boonton HS/MS</u>	7:00PM
Fri	10/16/09	Whippany Park High School	7:00PM
Fri	10/23/09	Butler High School	7:00PM
Fri	10/30/09	Pequannock Township High School	7:00PM
Sat	11/07/09	@ <u>Mountain Lakes High School</u>	2:30PM

All JV cheerleaders are expected to attend Varsity home games.

JV football games are played the Monday after Varsity games at 4:00.

***** All bold games are away.*****