



2019 TAMARAC COUGARS CHEER SEASON INFO

We are a competitive youth cheer sports program. At times, it can be intense, demanding and requires 100% dedication. Collectively it is extremely important that we all work together through consistent attendance at all scheduled practices, games (where they get to show off their skills) and of course please support our dedicated Coaches.

Cheer Season runs from May through November, except there is no practice in the month of June.

Practice Schedule

May Camp - May 1st – May 31st, Mon – Fri 6:30 PM- 8:00 PM – Please arrive early, you **MUST** check in first and you must be paid in full to participate.

Season Practice - Starts July 8th – Days/Time TBD by the Head Coach, (most likely practice will run Mon-Friday 6:30-8:15)

Mandatory safety rules for practice.

1. Your child(s) hair must be pulled back away from their face in a hair tie, pony tail.
2. Water **ONLY** at practice, sports drink during activity causes cramps they are for replenishment afterwards.
3. Must wear provided practice shoes when package come in until then No flat hard bottom sneakers (they have no give), it will put wear and tear on the joints and chins from constant impact; make sure shoes laces are double knotted, they seem to come loose way to often.
4. NO Jewelry of ANY kind. Yes, that means earrings and includes studs.
5. No Nail Polish unless it's clear and Nails must be nail bed length.
6. Make sure they have a healthy light snack before practice, cranky, hungry Cheerleaders are No Fun.
7. Please make sure they use the restroom before coming to practice, we only have limited time to practice and we need all of it:).
8. Be within practice vicinity, if practice is cancelled you will need you to pick up your child promptly.
9. Communicate with their Coach.

Practice is held at Tamarac Sports Complex (Our Home Game Field) located at 9901 NW 77th Street, Tamarac, FL.

FUNDRAISING:

We will have opportunities to fundraise throughout the season. Fundraising is to be put towards all kinds of fun things for the girls. (e.g. season snacks, food, pizza parties, ice-cream parties, end of season fun, awards etc.) It is imperative that **EVERYONE** participates in these events to ensure success.

LIKE US ON FACEBOOK TO KEEP UPDATE [facebook.com/TamaracCougarsCheer](https://www.facebook.com/TamaracCougarsCheer)

We are looking forward to a great season. See you guys soon.

Any question/comments/concerns? We'd absolutely love to hear from you. You may contact the Cheer Director, Meredith Mack @ 954/254-0238 or cougarcheerdirector@gmail.com.

GO LADY COUGARS!!!!!!!!!!!!!!!!!!!!!!