

**CAPTAIN COMMUNICATION**  
**FOR 9/24-10/1**  
**COMMUNICATED 9/21 on bus to Norwin**

**Monday, September 24: NO PRACTICE ☺**

- Signs and crash need to be made on own time
- 1 sign per 2 girls
- Paint is to be signed out from athletic office
- Bring signs to game

**Tuesday, September 25: Cheer Clinic**

- Time: 3:15- ~5:45
  - Girls must stay until dismissed by booster volunteer
- Attire
  - Black practice shirt
  - Black shorts
  - Black bow
- Where: Assigned school

**Thursday, September 27: Cheer Clinic**

- Time: 3:15- ~5:45
  - Girls must stay until dismissed by booster volunteer
- Attire
  - Gray practice shirt
  - Black shorts
  - White bow
- Where: Assigned school

**Friday, September 28: School & Pep Rally @ Eden Hall Upper Elementary (seniors ONLY)**

- Uniforms
- White high socks
- Bodyliner
- **EHUE Pep Rally (seniors ONLY)**
  - Seniors are dismissed from class at 1:45
  - Pep Rally: 2:15-2:45 PM
  - Permission form must be turned in
  - Bring poms!

**Friday, September 28: Home game against Central (CHEER CLINIC)**

- Time: Meet at stadium at 5:30
  - Meeting cheer clinic participants at 6 at HS
- Attire
  - Black scoop neck bodyliner

- Uniform skirt
- Cheer clinic top
- White high socks
- Low pony
- Cheer clinic bow (provided at clinic)
- Ram tattoo
- Poms
- Foam fingers
- Seniors bring megaphones
- Black fleece jacket
- Black quarter zip
- Black flared yoga pants
- Trash bag to put cheer bag in if it rains
- Rain gear
  - Hat
  - White jacket
  - Poncho

**Monday, October 1: Practice**

- Time: 5:30-7 PM (sign painting 5-5:30)
- Attire: TBD