

CAPTAIN COMMUNICATION 10/15 - 10/22

COMMUNICATED 10/15

Friday, October 19: School

- Leggings
- Wooly threads

Friday, October 12: Game against Seneca

- **Time:** Meet at Stadium at 5:30
- **Attire**
 - **Seniors (will change after pregame festivities)**
 - Black scoop neck bodyliner
 - Uniform skirt
 - Uniform top
 - White high socks
 - **Juniors**
 - Black flared leggings
 - Uniform top
 - Black fleece zip up
- **Hair**
 - **Seniors**
 - Hair down
 - **Juniors**
 - High pony
 - **NORWIN pink bow**
- **Additional Gear**
 - 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 15: Practice

- **Time:** 5:30-7 PM (NO SIGN PAINTING)
- **Attire**
 - Gray practice shirt
 - Black shorts
 - White bow