

# CAPTAIN COMMUNICATION 10/22 – 10/29

COMMUNICATED 10/22

## Friday, October 26: School

- Leggings
- Gray sweatshirt

## Friday, October 26: Away game against NA

- **Time:** Meet in high school lobby at 5 PM
- **Attire**
  - Black flared leggings
  - Uniform top
  - Black fleece zip up
- **Poms**
  - Pink
- **Hair**
  - Central hair
  - Pink bow (NOT NORWIN)
- **Additional Gear**
  - Seniors bring megaphones
  - Black quarter zip
  - Trash bag to put cheer bag in if it rains
  - Rain gear
    - Hat
    - White jacket
    - Poncho

## Monday, October 29: NO PRACTICE

## Monday, November 5: ANTICIPATED PRACTICE from 5:30-7 PM

- **Attire**
  - Black practice top
  - Black shorts or leggings
  - Black bow