

WELCOME TO PALMER CHEERLEADING 2009

Cheerleading is a fun, exciting, positive, and motivating sport. It is also a lot of hard work, but that hard work can be a rewarding and fulfilling experience. Through cheerleading you can learn:

TEAMWORK

RESPONSIBILITY

SPORTSMANSHIP

DISCIPLINE

SELF-CONFIDENCE

And many more as we create friendships and memories that will last a lifetime. In order to create a great team we need to achieve a balance. A balance of working hard and having fun. In order to achieve that balance we have created some rules and guidelines that can make our season run smoothly.

Parents, our goal is to coach cheerleading to the best of our abilities, and to have a great time doing it! Your cooperation is greatly appreciated, and don't forget to encourage your daughter to practice at home and watch and help them.

Lori Fulmer
Cheerleading Commissioner
610-923-0965



GAMES

Game schedule will be completed in August. The season runs from Labor Day through mid-November. You can visit our website www.palmerpantherfootball.com to view away game directions and schedules.

- ❖ Games will be on Sundays. Flag will begin at 11:00 am with the other games to follow.
- ❖ Please arrive 30 minutes before each game.
- ❖ Wear your uniform and bring your bag with all cheering supplies.
- ❖ No chewing gum or jewelry.
- ❖ Hair must be in a ponytail with appropriate hair bow.
- ❖ There will be no talking or fooling around during games.
- ❖ During half-time, cheerleaders will watch the other team perform. After that there is no time to get something to eat. Please eat prior to the game.
- ❖ Please pack a bag with water bottle, black stretch pants, hair ribbon, black gloves, jackets, etc. for every game.

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PRACTICE SCHEDULES

All Practices will begin in July and will be held outside at Palmer School. **Practice schedules are subject to change** if a coach has a conflict with a day. We hope to do our best to stick with the following schedule:

Monday, Tuesday, Thursday from 6:00 p.m. to 8:00 p.m.
Tuesday and Thursday from 6:00 p.m. to 7:30 p.m.
Thursdays Only from 6:00 p.m. to 7:00 p.m.

Starting July 27, 2009
Starting August 27, 2009
Starting October 12, 2009

Additional practices may be planned if needed. The coach will give sufficient notice to parents of additions or schedule changes.

Children are excused for vacation and illness. We ask that vacation dates are shared in advance with the coach. If you will be on vacation for the first practice, please contact Lori Fulmer at 610-923-0965 or your coach to report off.

All squads will be participating in the Easton Area High School Cheerleading Clinic in mid August. The cost of this event is \$25.00 per child. It is encouraged that all children attend with their team. Details are forthcoming. This event will be counted as practice for that week.

If it is raining any night of practice and we are canceling it will be posted by 2pm that day on our website www.palmerpantherfootball.com.

There will be stretching and conditioning at the beginning of all practices. Building techniques and proper safety will be reviewed also.

Any paperwork or money handed in during the season should be given to the respective coach enclosed in an envelope marked with your child's name and team on the front. If you have multiple children and are including money or items for them, please include their names as well on the envelope.

Raffle tickets will be handed out at the first practice. Each cheerleader must sell three tickets. Each ticket is good for a 14 week raffle during the season and is used as a football and cheerleading fundraiser. If you have more than one child involved in the program, football or cheering, the maximum amount of tickets per family are 5. Tickets and money will be due back before the first game.

Palmer Township Athletic Association Meetings are held the 3rd Thursday of every month excluding July and August at the Community Center at 8:00 p.m. Please visit our website for information on all sports and meetings at www.palmertwp.com

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Mark your Calendars -Mandatory Try-Ons:

Saturday, May 16, 2009
At Schuylkill Valley Sports, Palmer Park Mall

Ages 7 through 9 10:00 a.m. to 11:00 a.m.

Ages 10 through 13 11:00 a.m. to 12:00 noon

If you have siblings at different times, just report to one or the other together. Payment is expected that day with your order. Checks, Credit Cards, or Cash accepted.

Items Available at Try-ons:

Cheer Sneakers (can reuse last years' if they fit)
Socks (will receive one free pair)
Black Shorts for Easton Clinic (can reuse last years' if they fit)
Palmer Cheering Clinic T-shirt (new shirt this year)
Bloomers (if needed)
Hair Bows (each team will have their own style chosen by the coach)

All items are final sale. Exchanges and refunds are not possible. Please keep in mind children will be wearing these items in September. You may want to order larger to accommodate growth.

Palmer Cheerleading Bags and Jacket Order Forms will be available at the try-on. We order these through Imagewear. They are embroidered and very nice. This year the Cheerleading Bag will be changed to a more durable backpack style. These items are optional to purchase.