Cheerleading Handbook

R. J. Reynolds High School

Demons

2015-2016
Dear RJR Cheerleaders and Parents,

Thank you for taking an interest in the RJ Reynolds Cheerleading Program. We are all looking forward to a wonderful and exciting year for everyone involved. Cheerleading takes a high level of dedication, commitment to your team, hard work and a positive attitude. Cheerleading is ONE SEASON, RANGING FROM AUGUST TO APRIL depending on competition and success of the football and basketball teams. This may be a new commitment for many of you and must be taken seriously. This handbook is designed to help you understand that cheerleading is more than just singing out cheers and showing up for a game. It is an attitude. It is spirit, pride, hard work, dedication, and the beliefs of the school that you represent. We hope this handbook will help you see clearly through all the "show" of cheerleading and focus on what really counts: pride in yourself, your classmates, and RJR.

You will be expected to maintain an acceptable academic level in your classes and behave in a manner which is considered respectful and mature. You will be an ambassador of RJ Reynolds High School and must always represent yourself as such. You are not just a football or basketball cheerleader. YOU ARE AN RJR HIGH SCHOOL CHEERLEADER and will cheer and lead in that way.

A good cheerleader maintains a healthy balance in life—combining schoolwork, activities, and a competitive spirit. We are here to help you find that balance and have fun doing it. Make no mistake; it is hard work and a big commitment. Please read this handbook carefully and keep it for your reference. Be prepared to bring it with you to practice if you are asked to do so. It is also important that your parents review this handbook and understand the guidelines for
becoming an RJ Reynolds High School Cheerleader. Both the cheerleader and a parent must sign the agreement located on the back page of this handbook before the candidate will be allowed to attend practice.

**The Squad**

The Fall and Winter team will consist of a JV and Varsity squad. If you were a team member last year you must continue to work and develop your skills each year to qualify for a spot on the team. All varsity team members will travel with the Football & Basketball teams to away games. All Varsity team members will cheer at all home and away games. JV will cheer all Home JV football games and some away JV football games as well as some Varsity games throughout the season. Varsity will also cheer at a tournament over Thanksgiving and one at Christmas.

CHEERING AT GAMES IS A PRIVILEGE AND MUST BE EARNED EACH WEEK. Your continued performance and skill development will determine your placement as a competitive team member. You must continually work and have a good attitude about the amount of work involved with this sport. This team must take priority over all other activities. Give thoughtful consideration to this commitment. The commitment level is high and you must be honest about your availability from the beginning.

**Summer Practice**

We will begin summer practices July 1st. We will practice two nights a week, Tuesday and Thursday from 5:00-6:30pm, not mandatory, to work on conditioning, stretching, and technique. We will meet outside the Auxiliary Gym.
Summer Cheer Camp

We will be attending cheer camp at CSA this year. The dates are July 14-17 from 9:30am – 3:00pm. They will be providing snacks but the girls are required to bring their lunch and a water bottle. The girls will be purchasing camp shirts to wear for each day. Each girl will need to have 3 pairs of black Soffee shorts and 1 yellow pair for camp. We will have opportunities for bonding time after camp.

Fall Practices

Practice JV: We will practice Monday, Tuesday, Wednesday, and Friday’s (before Varsity games) every week for the majority of the season in addition to game nights on Thursday. Everyone should be ready to start practice at precisely 4:00pm and practice will end at 5:30pm. Practice days and times will differ during basketball season.

*** Junior Varsity will cheer at the following Varsity games: Homecoming, Mt. Tabor game, and senior night.

Practice Varsity: We will practice Monday – Thursday from 4:00pm to 5:30pm in addition to Friday night games during football season. Basketball season practice and games will vary for each team. Only cheerleaders and coaches are allowed at practice.

Practice Attire

You are required to wear cheer shoes and appropriate clothing for physical activity. PLEASE DO NOT WEAR YOUR CHEER SHOES OUTSIDE OF PRACTICE OR GAMES. Shorts and snug fitting T-shirts are required. We will be purchasing camp wear and we will ask the girls wear these
clothes to practice. If you are a flyer you must wear your bloomers or other spandex shorts under your practice shorts. No Jewelry of any kind, including earrings, rings, belly button rings, nose rings, necklaces, bracelets. etc. No long nails. If you refuse to remove all of your body jewelry you will be asked to conference with the coaching staff and your parent. (See more about jewelry below.) If you should need to miss a practice, you are required to give a 24 hour notice to your coach. (See attendance policy) You should be fully prepared to begin practice on time, every time.

Equipment

All team members are required to stay until all equipment is properly put away. We are responsible for the care of our mats and other safety and training equipment. It must be properly cared for and put away before anyone will be allowed to leave practice.

Your Team Needs You!

This is a team sport and requires all members to be present and prepared both physically and attitudinally at all times. Each member is an important part of the squad and every cheer that is learned may have individual parts which can only be performed with all members present. As a Demons Cheerleader, you will be expected to have a commitment to your team. This must take priority over all other out of school activities and extracurricular activities. Our schedule is very busy, especially during basketball season, and may change from time to time due to things out of our control. Making a choice may be a difficult decision for some of you, but it will prevent difficulties and hard feelings during the season. You need to be honest and upfront with the
coaches about your other activities. If they are at risk of interfering with our schedule you should consider the commitment.

**Appearance - Uniform**

You will be given a uniform for your use during the cheerleading season. This uniform will consist of a skirt and shell. These are the property of the R J Reynolds High School Cheerleading Team and must be returned at the end of the season or if you leave the squad. If you do not return your uniform or it is damaged, you will be responsible for the replacement cost. Each cheerleader will be required to purchase additional items to complete their uniform. These items include shoes, body basics, pom-poms, hair bows, camp wear, warm-ups, and a duffle bag. The care of your uniform is very important. Be sure to keep it clean and bright at all times. Make-up rubs off easily onto uniforms! Uniforms should be washed separately in cold water, preferably with unscented detergent. They should not be put in the dryer and should be hung up immediately to preserve the pleating and color. Do not iron and do not dry clean. If any part of your uniform becomes discolored you will have to purchase a new one. If you are out of uniform, (i.e. No socks, wrong socks or sneakers, no bow, etc. ) you run the risk of being sat for the game. Be careful and keep your uniform together, if you have a tendency to lose socks, keep an extra pair.

**Grooming**

Hair is one of the first things people notice. Be sure to keep it clean, pulled back, and up off your shoulders at all times. Please be neat. Ribbons or bows must be coordinated with your teammates. All hair should be pulled back into a ponytail, bun or braided and up off your
shoulders while practicing or cheering at a game. Long nails are a hazard to you and your teammates. Nails will not be allowed to have the free edge visible from the palm view of your hand. This is a safety issue and will prevent injury. It is very important and will be strictly enforced. If you wear polish, this needs to be coordinated with your teammates and they need to be kept clean. Please remember to shower after practice and before games and events. Use deodorant and be very cautious of your use of lotion, as it becomes very slippery when stunting and can be very dangerous.

**Jewelry**

All jewelry is prohibited; it is a hazard to both you and your teammates. It can break and land on the floor, which can cause someone to slip and fall. Fingers can be caught in necklaces and bracelets and broken. Pierced ears, noses and belly button rings are at risk of tearing during cheerleading activities and are not to be taped; jewelry will be removed. If you have a pierced tongue and need to wear something, it must be clear and approved by the coach in advance. Fishing wire is not allowed in lieu of a belly ring. Refusal to remove jewelry will result in the issue a conference with coach and parent. Please remove it before attending practice or a game. This is for your safety and the safety of the team.

**Makeup**

The use of makeup is allowed with some guidelines. Please keep it tasteful. It is at your coaches’ discretion. If we feel it is necessary, we will require you to remove any overdone or distracting makeup. Don’t apply lip gloss or make-up outside of the locker room.
Food and Drinks
Water only is allowed while in uniform and cheering. Please do not attempt to bring soda, colored Gatorade or juices with you to games, as they can spill and cause problems for other people. Please use sport bottles for this reason. If you spill something, clean it up. No candy, chips or snacks are permitted while cheering. You may have something at halftime, but dispose of it or put it away in your gym bag before returning to the lineup. Do not leave your line up to snack on anything.

Gum

Chewing Gum may be satisfying to you at times; however, it is not pleasant to have a wad of gum stuck in your hair. It is also a choking hazard and therefore is prohibited. It is also a violation of National Federation of High School Regulations. There will be no gum chewing while part of a school event, practice or games.

Telephone

Cell phones are off limits during practice or events, except in case of an emergency. If you bring a cell phone to practice or an event, turn it off. Practice time is for practice. Game time is for cheering on your team and leading school spirit. If you feel you need to use the phone during practice or an event you must ask permission of your coach.

Rules for Home & Away Games

You should always notify a coach when you are ready to leave a game, practice, or clinic. You are responsible for picking up all of your belongings and cleaning up any trash or water bottles. No one will be allowed to leave until all equipment, trash, and other items are cleaned up. All
cheerleaders are required to travel with their team to and from the away games. You must be on the bus if you want to cheer at the game. On the rare occasion when you must leave the away game with your parent/guardian, they must notify the coach in writing 24hrs in advance of the game. Should you leave without permission, and without a parent or guardian, this may be considered grounds for dismissal from the squad. The use of foul language or profanity will be considered grounds for immediate dismissal from the squad. Inappropriate, disrespectful, or immature behavior will be dealt with immediately. Displays of disrespect towards officials, coaches, spectators, teammates, or other cheering squads may result in suspension or dismissal from the squad. JV members attending Varsity football games as fans must remember that they are still representing RJR Cheerleading and should act that way at all times. Behavior while in practice clothes or a uniform should be the same behavior expected while out of your cheer attire. ANY unacceptable behavior reported to the coach will be evaluated by the coach and RJR administration and may be grounds for dismissal from the team.

**Inclement Weather**

- If the weather is questionable, the rule of thumb is to arrive at your scheduled time, unless you hear otherwise from your coach.

- Wear proper cold or rainy weather attire when needed. We will cheer in the rain unless conditions make it unsafe for the squad members.

- Due to excessive heat, rain or cold, practices or games will be canceled. You will be notified if practice/game has been cancelled.

- If practice is canceled, a make-up practice session may be held, in addition to regular practice, on a non-scheduled practice day.
Stunting, Pyramids & Gymnastics

No stunts, pyramids, or gymnastics of any kind will be allowed without the supervision of a coach. If you wish to work on a skill, you must only do so when your coach is physically present in the room and has given you permission to proceed with a skill. This is a safety issue that will be strictly enforced. Accidents can and will happen, you must respect all the safety precautions, and the most important is to be sure your coach is always aware of what you are doing. Do not take it upon yourself to proceed to the next level without first being evaluated and instructed by your coach. At no time while you are a member of RJR Cheerleading Team, are you allowed to stunt or demonstrate stunts without your RJR coach present.

As A Team...

1) **Courtesy**—Every team member will treat each other with respect and courtesy at all times. If you should experience a time of difficulty with a teammate you will put all your differences aside while together as a team. This is an important part of performing as a team. Should you need assistance with a teammate, please bring it to the attention of a coach and we will be happy to assist you. Disrespect or poor treatment of a teammate, coach, or official will not be tolerated and could be considered grounds for dismissal from the squad.

2) **Warm Ups**—it is very important to warm up before cheering. We will have a warm up and stretching period before each practice and game. This will include running, jumps, and other conditioning exercises. You need to warm up and stretch out thoroughly before cheering. Conditioning on your own at home and taking advantage of a weight room is strongly encouraged. You should be conditioning and stretching every day to keep your performance
level high. You will find that it helps make everything easier when you condition. Even the most difficult stunts become easy when you take the time to condition outside of practice, and you reduce your risk of injury when you are properly conditioned. Physical fitness is an important part of cheering. You must take it very seriously and be prepared to take part in any and all exercises. Cheerleaders are athletes and must continually condition and stay fit. If you have any physical limitations, you should discuss them with your coach immediately so we may determine if cheering is safe for you.

3) At the Game — This is the best time! Be sure to show up on time to warm up and be fully prepared. Your uniform should always be neat and clean and complete with socks. Do not leave your line-up during games. Pay attention to the flow of the game action and cheer appropriately. There will be no stunting on the sidelines while the ball is in play.

4) Protocol — Remember you are here to support your team and cheer them on to victory. Even when your team is behind, it may be difficult to keep your spirit up, but the team needs to know you support them. Stay motivated and remain positive and enthusiastic at all times. Be sure to keep your mind on the game. Do not stunt on the sidelines while the ball is in play.

Parents Responsibility

Your Child's Health — At the time of the parent meeting we require that both you and your child review this handbook thoroughly. There is one main permission slip which needs to be returned before your child will be allowed to participate in any practice. If there are any medical restrictions or considerations we should be aware of, they must be noted on the permission slip. Please be specific about the varying levels or severity and medications which may be
required for specific conditions. All required skills are expected from every team member.

Cheerleading is a highly physical and demanding sport and should be recognized and respected as such. An emergency contact form must be on file. A current physical must be on file. It is your responsibility to know when your prior year physical expires. You must have the proper forms filled out and returned to school within a month after expiration.

**Drop Off and Pick Up**— We encourage parents to attend the games; however, if this is not possible, you must arrange for your child’s drop off and pick up at the proper times, on time. Be aware that on some game nights you may have to wait due to overtime, etc. Also be aware of the previously stated rules about equipment and clean up after practice. No one leaves until these requirements are fulfilled.

**At The Game**— When your child is at the game please do not approach the team in the lineup. If there is an emergency, please notify one of the coaches and we will approach your child.

**Championship Games and Tournaments**

The schedule for championship games is usually very unpredictable; some are single elimination games. Be sure to encourage your child to check with team members, coaches, and captains for last minute changes or possible cancellations. Information is given out at practices and games as it becomes available to us. It is your child’s responsibility to get the information if they miss a practice, game, or school.

**Your Support & Fundraising**— It is very important that your child take part in each and every event planned. There may be fundraising events and special practices for events. We need your support and cooperation during these times. If we have plenty of helping hands it can be a fun
event with all of us working together. We will plan car washes and other fundraising events as permitted by the school. These funds will help reduce the cost of camp and other expenses. These events help promote team spirit and friendship among the team members.

**Changing Plans**

You must keep in mind that some plans must change from time to time. Please understand that there are many individuals and facilities involved in putting this program together. We will do our best to work with everyone, but there are times when we have to respect the scheduling times of others as well. The team as a whole will always take priority. It is always the cheerleader’s responsibility to seek out any information which may have been missed during an absence. Information is given out verbally or in writing at practices, games, and other team gatherings. Cheerleaders need to pay attention or they may miss an important announcement. Please encourage your child to communicate with teammates.

**Absence and Attitude Standard Procedure**

**Not at Practice?**

- Note from Parent to coach the next day = excused absence
- 24 hour notice either by phone or note from parent = excused absence

2 excused absences are allowed per season with no repercussions

- 1\(^{st}\) No note = unexcused absence sit 1 quarter
- 2\(^{nd}\) No note = unexcused absence sit 1 half
- 3\(^{rd}\) No note = unexcused absence conference with athlete and parent to discuss issue

Tardiness & Leaving Early = ½ Absence. Same rules apply for excused/unexcused
Only notes for academic purposes, illness and family emergency will be granted and excused absence, practice should not be missed for any other reason. Earning the privilege to cheer at the game is determined by an appropriate attitude. An unacceptable attitude includes, but is not limited to: Not being properly dressed for practice or a game, talking back, rude behavior, lack of class, lack of participation, eye rolling, huffing and puffing, detention, suspension, forging notes, lying, Saturday school, sleeping in class, not following directions, talking during stunting and WHINING.

**American Association of Cheerleading Coaches and Advisors Safety Guidelines**

**Team Pledge**

-I will treat my fellow cheerleaders and coaches with respect and courtesy at all times.

-I will not wear jewelry, chew gum or eat food at practice or during a game.

-I will follow the AACCA safety rules including NO TALKING WHILE A COACH IS TALKING AND ABSOLUTLEY NO TALKING DURING STUNTS.

-I will be on time for all practices and games fully prepared. I understand an unexcused absence from practice will disqualify me to cheer at the next scheduled game, or competition.

-I am responsible to arrange transportation to and from practice and games.

-I will travel on the bus to and from travel games. I understand my parents must send a letter directly to the Coach 24hrs in advance for a travel game if I do not intend to drive home on the bus.
Appreciate the Risk!

Participation in cheerleading activities involves motion, rotation, and height in a unique environment and, as such, carries with it and increased element of risk. Always be supervised! Never participate in any cheerleading activity without competent supervision. Dress appropriately! Dress in accordance with the cheerleading activity. Hard jewelry should never be permitted. When in doubt, consult your coach. Double-check the environment! Always double-check the environment to insure that the participation area is free of hazards, properly setup, and appropriate to the intended activity. Be prepared to participate! Make certain that you are both physically and psychologically ready to participate. Adequate fitness is essential to safe practices in cheerleading. Whenever in doubt, consult your coach. Communicate clearly and accurately! Establish a clear, accurate, communication link with your coach as well as with your fellow participants. Make sure that all involved know exactly what, when, where, how, and why the skill is to be performed and/or spotted. Master the basic skills first! Always follow a simple-to-complex task progression in skill learning. Safe learning practices dictate mastering a broad range of basic skills before moving on to the new and/or difficult ones. Understand the total skill! Develop an accurate visual concept of the full potential of the skill, especially in terms of its more critical aspects. This is particularly important in partner stunts and pyramid building. Be prepared for the unexpected! Once you decide to “go” for a movement or skill, always follow through to its full completion. Be keenly aware that protection of your head and spinal column is the prime consideration. Know your limitations! Always remember that participants have differing skill and ability levels. Develop a health awareness and respect for your own limitations in learning and performing cheerleading activities. These safety guidelines have
Facebook and Other Social Media

Since entering the 21st Century and the age of Facebook and other social networking sites, it has become very difficult to keep a positive image in our everyday lives. Due to past experiences with Facebook, Instagram, and Snapchat, every cheerleader must be sure their pages are following guidelines of a role model for your school. Also, during their high school career, if any inappropriate pictures or postings appear anywhere, I will ask that said posting/pictures be immediately removed. If not, the offender will be dismissed from our Cheerleading Program.

**ANY PARENT** “bad mouthing” or making derogatory comments about the cheer program, the coaches, or any other teams will be grounds for your child’s dismissal as well. We are trying to make this a positive experience for your child, and as a parent, if you cannot be positive and on-board, then it will be harder for your child to maintain a positive attitude and be a team player.

Discipline

As an RJR cheerleader we are role models for the school. Any girl who receives a D1 will have to conference with their coach/parent and could be grounds for dismissal.
**Coaches Contact Information**

*Please use our cell phone numbers with discretion.*

**Head Varsity Coach**  
Daniela Jewell  
[dmjewell@wsfcs.k12.nc.us](mailto:dmjewell@wsfcs.k12.nc.us)  
(828) 320-3123

**Head JV Coach**  
Erika Sheridan  
[emsheridan@wsfcs.k12.nc.us](mailto:emsheridan@wsfcs.k12.nc.us)  
(336) 404-2961

**Assistant Coach**  
Caroline Jones  
[cejones@wsfcs.k12.nc.us](mailto:cejones@wsfcs.k12.nc.us)  
(336) 848-1699
## RJR Demon Cheerleader Order Form

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<thead>
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<th>Cheer Decision Made</th>
<th>Items</th>
<th>Sizes</th>
<th>Amount</th>
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<td>Shoes</td>
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<td>Poms</td>
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<tr>
<td>Camp</td>
<td>CSA Day Camp</td>
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<td>Camp Wear</td>
<td>Bow Tank</td>
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<td>Chassé® Metallic Performance Short</td>
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<td>Soffe Performance Racer Tank</td>
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<td>Victor Replica Jersey Adult</td>
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<tr>
<td>Gloves</td>
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<td>Rain Coat</td>
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<td>October</td>
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RJ Reynolds High School
Parent-Cheerleader Notification Form

2015-2016

I have received a copy of the 2015-2016 Cheerleading Handbook, and I am fully aware of the rules, regulations, and consequences that shall be implemented and followed by all cheerleaders attending RJ Reynolds High School during the 2015-2016 School Year.

Cheerleader’s Signature:
________________________________________________________

I have read this & I know what is expected of my daughter as a 2015-2016 cheerleader.

Parent’s Signature:
________________________________________________________

Please return this form to the cheerleading coach.

Medical Needs
________________________________________________________
________________________________________________________
________________________________________________________
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Name: ____________________________________________

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Please circle the size needed and return to your coach no later than May 26th, Tuesday, at 4:00pm. A $25 deposit is due May 26th, this is to secure our spot at camp, the first payment of $262.50 is due by June 12th, and the final payment of $262.50 is due August 3rd.