

SPX CHEERLEADING REQUIREMENTS 2008-2009

COMMITMENT REQUIREMENTS FOR SPIRIT SQUADS

SUMMER-all squads:

TEAM CAMP: June 16th – June 19th at UGA

CONDITIONING: 2-3 times a week at Pius all summer

*except June 28-July 6

***All squads will have practices 2-3 times a week minimum once the school year starts, and when not in season all girls must be conditioning 2-3 times a week.

Varsity Football: August-December

-Banner Painting Days: August 4th and 5th MANDATORY

-First Practices: August 6th, 7th, and 8th

-All squad practice Aug 11-15

-Friday games and scrimmages and weekly pep rallies

JV Football: August- November

-All squad practice Aug 11-15

-Home and Away games on Thursdays

-Sell programs at Home Varsity games- Friday nights

Freshmen Football: August- November

-All squad practice Aug 11-15

-Home games on Thursdays, possibly one Away game

-Sell programs at Home Varsity games- Friday nights

Varsity Basketball: Late October-March

-All squad practice August 11-15

-Home and Away games: Tuesday, Friday and Saturday nights

-only half the squad will travel to each away game

-Weekly pep rallies

Freshmen/JV Basketball: Late October- February

-All squad practice August 11-15

-All Freshmen and JV Home games; select JV away games

-Spirit raising activities at Home Varsity games- Friday nights

COMPETITION REQUIREMENTS:

MANDATORY TEAM COMPETITION CAMP:

-June 27-June 29: Times TBA

SUMMER CONDITIONING/TUMBLING at SPX

-Mandatory conditioning- Times and dates TBA; additional conditioning encouraged outside of SPX times

JULY PRESEASON TEAM CONDITIONING:

-Week of July 28th: Times TBA

Regular season practices begin **AUGUST 1st

Practices range from 3-4 times a week, sometimes including mornings

Competitions are on Saturdays: August –November

REGION COMPETITION: NOV 1st

STATE COMPETITION: NOV 7th and 8th