

Cheer Pre-Season 2019

Date	Time	Location	Team	Notes:
Monday August 19 th	8:00 – 10:00 5:00 – 6:30	TRACK	BOTH TEAMS	Yoga Mat, Running Sneakers, Plenty of Water (AM session) Cheer Shoes, Water & Poms (PM session)
Tuesday August 20 th	8:00 – 10:00 5:00 – 6:30	TRACK	BOTH TEAMS	Same as above
Wednesday August 21 st	8:00 – 10:00 5:00 – 6:30	TRACK	BOTH TEAMS	Same as above
Thursday August 22 nd	8:00 – 10:00 5:00 – 7:00	TRACK WEIGHT ROOM	BOTH TEAMS	Same as above
Friday August 23 rd	OFF	OFF	BOTH TEAMS	
Saturday August 24 th	10-2 OFF	Cheerletics OFF	JUNIOR VARSITY VARSITY	Choreography--red tank black 'M' shorts, white bow High Pony
Sunday August 25 th	10-2 OFF	Cheerletics OFF	JV VARSITY	Same as above
Monday August 26 th	5:00 – 7:00 10:00 – 2:00	THIRD COURT WEIGHT ROOM	JUNIOR VARSITY VARSITY	Choreography – Outfit TBD
Tuesday August 27 th	4:30 – 6:30 10:00 – 2:00	THIRD COURT WEIGHT ROOM	JUNIOR VARSITY VARSITY	Choreography – Outfit TBD
Wednesday August 28 th	4:30 – 6:30 4:30 – 6:30	THIRD COURT WEIGHT ROOM	JUNIOR VARSITY VARSITY	
Thursday August 29 th	OFF 4:30 – 6:30	OFF WEIGHT ROOM	JUNIOR VARSITY VARSITY	<i>*Freshmen 1st Day!</i>
Friday August 30 th	4:00 – 6:00 4:30 – 6:30	THIRD COURT WEIGHT ROOM	JUNIOR VARSITY VARSITY	

Saturday August 31 st	OFF	OFF	BOTH TEAMS	
Sunday September 1 st	OFF	OFF	BOTH TEAMS	
Monday September 2 nd	OFF	OFF	BOTH TEAMS	<i>Labor Day</i>
Tuesday September 3 rd	4:30 – 6:30 4:30 – 6:30	THIRD COURT WEIGHT ROOM	JUNIOR VARSITY VARSITY	<i>*All grades back to school!</i>
Wednesday September 4 th	4:30 – 6:30 4:30 – 6:30	THIRD COURT WEIGHT ROOM	JUNIOR VARSITY VARSITY	
Thursday September 5 th	4:30 – 6:30 4:30 – 6:30	THIRD COURT WEIGHT ROOM	JUNIOR VARSITY VARSITY	
Friday September 6 th	3:30 – 5:00 6:00	WEIGHT ROOM WEIGHT ROOM	JUNIOR VARSITY VARSITY	*First Game*
Saturday September 7 th	9:00 – 12:00 9:00 – 12:00	THIRD COURT WEIGHT ROOM	JUNIOR VARSITY VARSITY	

Varsity Cheer Pre-Season 2019

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Tuesday August 20 th	8:00 – 10:00 5:00 – 6:30	TRACK	Same as above
Wednesday August 21 st	8:00 – 10:00 5:00 – 6:30	TRACK	Same as above
Thursday August 22 nd	8:00 – 10:00 5:00 – 7:00	TRACK WEIGHT ROOM	Same as above
Friday August 23 rd	OFF	OFF	
Saturday August 24 th	OFF	OFF	
Sunday August 25 th	OFF	OFF	
Monday August 26 th	10:00 – 2:00	WEIGHT ROOM	Choreography – Outfit TBD
Tuesday August 27 th	10:00 – 2:00	WEIGHT ROOM	Choreography – Outfit TBD
Wednesday August 28 th	4:30 – 6:30	WEIGHT ROOM	
Thursday August 29 th	4:30 – 6:30	WEIGHT ROOM	<i>*Freshmen 1st Day!</i>
Friday August 30 th	4:30 – 6:30	WEIGHT ROOM	
Saturday August 31 st	OFF	OFF	
Sunday September 1 st	OFF	OFF	
Monday September 2 nd	OFF	OFF	<i>Labor Day</i>
Tuesday September 3 rd	4:30 – 6:30	WEIGHT ROOM	<i>*All grades back to school!</i>
Wednesday September 4 th	4:30 – 6:30	WEIGHT ROOM	
Thursday September 5 th	4:30 – 6:30	WEIGHT ROOM	
Friday September 6 th	6:00	WEIGHT ROOM/FIELD	*First Game*
Saturday September 7 th	9:00 – 12:00	WEIGHT ROOM	

j.Varsity Cheer Pre-Season 2019

Date	Time	Location	Notes:
Monday August 19 th	8:00 – 10:00 5:00 – 6:30	TRACK	Yoga Mat, Running Sneakers, Plenty of Water (AM session) Cheer Shoes, Water & Poms (PM session)
Tuesday August 20 th	8:00 – 10:00 5:00 – 6:30	TRACK	Same as above
Wednesday August 21 st	8:00 – 10:00 5:00 – 6:30	TRACK	Same as above
Thursday August 22 nd	8:00 – 10:00 5:00 – 7:00	TRACK WEIGHT ROOM	Same as above
Friday August 23rd	OFF	OFF	
Saturday August 24 th	10-2	Cheerletics	Choreography--red tank black 'M' shorts, white bow High Pony
Sunday August 25 th	10-2	Cheerletics	Same as above
Monday August 26 th	5:00 – 7:00	THIRD COURT	
Tuesday August 27 th	4:30 – 6:30	THIRD COURT	
Wednesday August 28 th	4:30 – 6:30	THIRD COURT	
Thursday August 29th	OFF	OFF	<i>*Freshmen 1st Day!</i>
Friday August 30 th	4:00 – 6:00	THIRD COURT	
Saturday August 31st	OFF	OFF	
Sunday September 1st	OFF	OFF	
Monday September 2nd	OFF	OFF	Labor Day
Tuesday September 3 rd	4:30 – 6:30	THIRD COURT	<i>*All grades back to school!</i>
Wednesday September 4 th	4:30 – 6:30	THIRD COURT	
Thursday September 5 th	4:30 – 6:30	THIRD COURT	
Friday September 6 th	3:30 – 5:00	WEIGHT ROOM	
Saturday September 7 th	9:00 – 12:00	THIRD COURT	