

PJMS Cheerleading Start-of-Season Letter

Practices:

Practices take place Monday through Friday, from 2:30PM to 4:30 PM in the cafeteria.

Please note that games may go as late as 5:00PM

Students will need to wear school-appropriate gym clothing for practice, as well as a pair of gym shoes or their cheer shoes.

Students must have a ride home as soon as practice is over. They cannot be left to wander the school after practices, and coaches cannot provide rides for students.

Do not forget to bring a water bottle and a healthy snack!

Uniforms:

Students will be provided a shell-top and skirt, which will be returned at the end of the season (these belong to the school). To complete the uniform and meet appropriate-dress standards, students will need to purchase a bow/ribbon, crop-top, and bluies.

Please expect a letter on how to care for the uniforms, and the price breakdown for the accessories. The accessories are (of course) yours to keep once the season is over, and can be reused if your student joins us next year.

If possible, we do request that students wear white ankle-socks and white gym-appropriate cheer shoes for games. They do not need to be top of the line, but they should be comfortable enough to jump in, and be worn for extended periods of time (we recommend checking out Wal-Mart and Target for shoes).

Masks & Social Distancing:

At this time, masks **are** required for practice. Due to the current state of events, there is always a possibility that this may change - but we do still require that students have one on hand at all times. We will still be practicing social distancing for the duration of the 2021 season.

Please remember to wash reusable masks at the end of each use, and toss single-use masks at the end of use.

Certain cheer activities may be affected by the needs for masks and social distancing, and we will keep you informed of any changes as the season progresses.

School Work & Grades:

All participants are students before they are athletes. Students will need to keep up on their studies, and be sure to keep their grades within the acceptable range required to participate in sports and activities. Grade checks are done every two weeks.

Students who are ineligible during a grading period may still be allowed to participate in practices, and are expected to attend games. If you cannot cheer during the game, you will join coaches in the bleachers or assist with activities like score-keeping or concessions.

If you are worried about keeping up with your grades, and need to take a practice off to get caught up, please notify the coach. We are more than happy to let you work on homework at practice, or go home to get work done.

Cheerleading as a Sport:

Cheerleading is recognized as a sport in the state of Alaska. Students participating in cheer are athletes, and are trained as such. This means students will be involved in running, jumping, and other various forms of exercise.

If you have a medical condition that may make these activities more difficult for you, please let the coach know and try to keep appropriate medication on hand in case you will need it (inhalers, insulin, etc.).

It is crucial that everyone is aware of the regular exercise and conditioning that accompanies the sport. The coach does have a first aid kit on hand, should such a need arise.

Final Thoughts:

The goal is to teach each student the basics of sideline cheerleading, as well as promote teamwork, school spirit, friendship, and (of course) fun. We also strive to create a safe, enjoyable environment for each student.

Thank you so much for taking the time to read this letter! I am looking forward to an exciting season!

Coach Kierstyn

Questions or concerns? Contact the Coach!

Email: pjmscheerleading@gmail.com

Remind: [@pjmcheer21](https://www.instagram.com/pjmcheer21)

Instagram: [pjmscheerleading](https://www.instagram.com/pjmscheerleading)