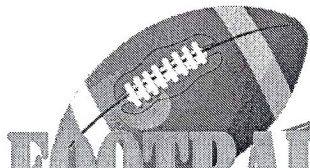


KETTERING - LARGO - MITCHELLVILLE

STEELERS



FOOTBALL & CHEERLEADER PROGRAM

Welcome to the “Lady Steelers” Cheer Program!

Practice Days: Mondays, Wednesdays, & Fridays*

Practice Time: 6:00pm – 8:00pm*

What to Wear:

- Preferably a plain white T-Shirt
- Any color shorts, sweat pants, or leggings
- Always wear Socks
- Tennis shoes – Please keep shoestrings tied at all times

What NOT to Wear:

- Jeans
- Sandals or other open toed shoes

Preliminary Cheerleading Practice Schedule

- Warm-up: (6:00pm – 6:15pm)
- Motions & Jumps: (6:15pm-6:45pm)
- Tumbling: (6:45 – 7:00pm)
- Water & Bathroom Break (5 minutes)
- Stunts: (7:05-7:25)
- Cheer/Chant: (7:25-7:55pm)
- Cool Down: (7:55 – 8:00pm)