

Lansing Catholic High School

JR COUGAR CHEERLEADING INFORMATION PACKET

INTRODUCTION

We would like to welcome all cheerleaders and parents to the third year of our Jr. Cougars Cheerleading program. We look forward to teaching some fundamental cheerleading skills, cheering on our Jr. Cougars football teams, and having a ton of fun! We hope each cheerleader enjoys her experience by learning new skills, working as a team member, and building new friendships. Any suggestions to help our program are much appreciated!

UNIFORM FITTING & OPEN REGISTRATION

Where: Lansing Catholic High School
When: Sunday, August 8, 2010
Time: Anytime from 6-8 p.m.
Bring: \$40/athlete registration fee (if you have not already paid it)
Cheerleaders in grades 4-8 must also have a physical on file
Complete medical information forms

Important Note: If you can not make it during this time please contact program advisor, Jodi Boehringer at 517-712-1029 to register. We will continue to accept registrations all throughout the season – the registration fee will remain at \$40/athlete.

TEAMS, COACHES, AND PRACTICES

Practice Schedules (all practices are at Lansing Catholic High School)

Flag Teams (Grades K-3)

- ★ We are still waiting for confirmed game and practice days as we've changed our flag schedule this year.
- ★ We know games will be on Monday evenings.
- ★ Practice will be held before each game on Mondays.
- ★ The first practice will be Monday, August 16, 2010 at 6 p.m.

Tackle Teams (Grades 4-8)

- ★ Practice will begin on Monday, August 16 at 6:00 p.m.
- ★ Practice will take place on Mondays, Tuesdays and/or Thursdays between 6-7:30 p.m depending on coach availability. Exact schedules will be e-mailed out to you after August 15th when the football coaches finalize game details.

Teams & Coaches

- ★ Teams will be determined by August 16.
- ★ We will try our best to keep teams according to the Jr. Cougar football team breakdown but depending on our cheer numbers, that might not always be the case.

- ★ Coaches are qualified athletes, alumni and parents of the Lansing Catholic High School cheerleading program. If you are interested in coaching a team or helping out, please contact our program advisor, Jodi Boehringer at 517-712-1029.

FOOTBALL GAMES

Flag Teams

- ★ There are 6 games total – all on Monday evenings – all at Lansing Catholic High School.
- ★ A complete game schedule will be provided via e-mail as soon as we receive the details from our football coaches.
- ★ In case of weather emergency, cancellations/delays will be communicated through your daughters coach.

Tackle Teams

- ★ A complete game schedule will be provided via e-mail as soon as we receive the details from our football coaches.
- ★ Games begin in September & end in October.
- ★ All games are on Saturdays & Sundays.
- ★ Start times depend on the week.
- ★ Home games ONLY.
- ★ Games are held at Lansing Catholic High School.
- ★ In case of weather emergency, cancellations/delays will be communicated through your daughters coach.

COMMUNITY EVENTS

Each team will be invited to cheer one quarter of the 2010 Homecoming football game at Lansing Catholic HS on Saturday, September, 25 2010 beginning at 2 p.m. The athletes will be asked to arrive at 12:30 p.m. for set-up and practice and will cheer the first quarter of the game. The game will take place at Lansing Catholic High School.

WAIVER/RELEASE FORMS

All girls will be required to have an athlete information sheet and a medical information form signed and filled out by their parent/guardian and turned in. Girls will not be allowed to practice until these forms are complete and on file with the coach. The coaches will have these on hand at all practices and games in the event of an illness or injury.

All athletes in grades 4-8 are required to have a physical on file with our program. Physicals are provided for the cost of \$20 at Lansing Catholic High School on Sunday, August 8, 2010. If you already have a physical, a copy must be turned in with your registration forms. For athletes who wish to have their physical completed by their family physician, please do so before your first practice and turn it in to your coach.

UNIFORMS

All cheerleaders will be issued a uniform to be worn during the Jr. Cougar cheerleading season. These uniforms are property of the Lansing Catholic Cheerleading program. Alterations can be done as necessary with permission from the program advisor, Jodi Boehringer. Uniforms must be returned at the end of the season. You will be billed for any damaged or lost uniform pieces

minus your \$40 registration fee. Keep in mind some of these uniforms can cost up to \$150 to replace.

A separate apparel sheet will be emailed out to you with optional items to purchase such as sweatshirts, sweatpants, bags, etc. from Educational Outfitters in Lansing, MI. We encourage girls to purchase the pants and sweatshirt for cold weather games.

BANQUET & PICTURES

We will be wrapping up our season with an end-of-season award banquet. You must finish out the season in good standing in order to participate in the banquet as well as have turned in your uniform. Each individual girl will be honored at this banquet.

When: October/November 2010 (usually a Sunday)
Time: TBA
Where: Lansing Catholic High School cafeteria
Who: All girls participating in the Jr. Cougars Cheer Program & Parents

We will also be getting professional team pictures done later in the season. You will have the opportunity to purchase pictures of your daughter's team along with individual pictures. You will get more detailed information via e-mail in late August.

PARENT PARTICIPATION

Parents are encouraged to get involved! We need help with miscellaneous things (listed on the athlete information page). The Jr. Cougars cheer program is a volunteer program and we need your help and support! Thanks for all you can do to help our tradition grow.

SPORTSMANSHIP & BEHAVIOR

All cheerleaders will be expected to exhibit appropriate sportsmanship and behavior during practices and games. This program will emphasize professionalism and teamwork at all times while representing the Lansing Catholic Cheer program. Inappropriate behavior will not be tolerated and the coach reserves the right to dismiss anyone from the team.

CONCERNS OR QUESTIONS

While we are establishing coaches for each team, please contact Jodi Boehringer at 517-712-1029 in the meantime with any questions or concerns. Check out our website at www.cougarcheerteam.com to get all the latest news on Lansing Catholic Cheerleading and our Jr. Cougars program.

If you can not attend the uniform fitting, all forms must be completed and mailed or faxed as soon as possible to:

Jodi Boehringer
501 Marshall Street
Lansing, MI 48912
517-267-2135 (fax)
517-267-2116 (school)
517-712-1029 (cell)
jodi.boehringer@yahoo.com

2010 Jr. Cougars Football Cheerleading Athlete Information Form

Athlete Name: _____ Grade (10-11): _____
Address: _____ City: _____ Zip: _____
Home Phone #: _____ Parent Cell #: _____
Parent/Guardian Names: _____
Parent E-mail Address: _____
Athlete Birthday: _____

_____ I give permission for my daughter's
1st name and pictures (which will be
unidentified) to be used on the Cougar
Cheerleading website.

Emergency Contact:

Name: _____ Contact Phone #: _____
Name: _____ Contact Phone #: _____

Please list any allergies your daughter currently has: _____

Asthma: Yes No Any previous injuries: _____

Family Doctor Name: _____ Doctor Phone #: _____

Insurance (Provider & Policy Number): _____

Hospital Preference: _____

Please state anything else your child's coach should be aware of: _____

Parent/Guardian: I hereby certify that it is with my full knowledge and consent that my child takes part in the Lansing Catholic Jr. Cougars Cheerleading Program during the 2009 season. I will not hold the Lansing Catholic Jr. Cougars Organization or Lansing Catholic HS and/or its cheerleading program responsible for injuries sustained by my child in practice, game play, or while being transported to or from practice, and/or games. Furthermore, I hereby agree that I will not hold any team coach, or league official responsible for the consequences of any voluntary medical or first-aid treatment administered to my child as a result of injury in practice, game play, or while being transported to or from a practice or game.

Parent/Guardian Signature: _____ Date: _____
Relationship to Child: _____

Please check the following below if you are interested in volunteering your help. We will contact you shortly.

- I would be interested in coaching a team.
- I would be interested in being a parent assistant to the coach.
- I would like to help with snacks at games.
- I would like to help out with the end-of-season banquet.