

Hello Panther Cheer Parents,

Welcome to the 2009 Cheer season with Eastlake Youth Football and Cheer. My name is Char Smith and I am your cheer director for the 2009 season. I am really excited to start our wonderful cheer program. All participants are taught the fundamentals of cheer, exercise and teamwork.

On Monday, July 20<sup>th</sup> we have our orientation, which will be held at Eastlake High School gymnasium. You will then have the opportunity to meet your child's coaches and get important information about the season. Cheerleaders are required for the first week to have 10 hours of conditioning to prepare them for the season. Conditioning will begin on July 27 and will be held 4 days for 2.5 hours a day with the exception of Flag which will consist of 2 hours a day. Regular practice will begin in the 2<sup>nd</sup> week unless participants have not completed the required 10 hours of conditioning. Outside activities or other sports will not qualify for conditioning hours. Regular season practices will consist of learning cheers, stunts and a competition routine.

\*Please note, if practice is missed often or more than twice a week without the approval of the coach, your child may be suspended from a game and will be unable to participate in competitions. There is a lot to learn in a short season.

SAFETY is Eastlake 's priority and attendance is very important.

American Youth Football and Cheer first conference competition will take place in November. First, second and third place teams will advance to Nationals. Each Head Coach will determine whether to attend Nationals with the support of the parent(s).

Cheerleaders must purchase their uniforms and full payment must be received by June 5<sup>th</sup>. This will insure that you will receive your uniform by picture day. Our fitting date for new uniforms and camp outfit is May 28<sup>th</sup> from 2pm to 7pm. We have chosen Uniform Express which is located at 861 Harold Place, Suite 103 Chula Vista , Ca 91914 right in the heart of Eastlake . Their phone numbers is 866.861.1093 and ask for Stacie Gazonas. For your convenience, credit card payment will be accepted. If you need to make payments you can discuss that with Stacie at the time of placing your order. It will take approximately 6 to 8 weeks to receive the uniforms. Anyone paying or signing up after this date will not receive their uniform in time for picture day.

Please feel free to contact me with any questions at [cheerdirector@eastlakeyouthfootball.com](mailto:cheerdirector@eastlakeyouthfootball.com)

Let's have a fun and safe season.

Sincerely,

Char Smith, Eastlake Cheer Director, Go Panthers!