

Hello Panther Cheer Parents,

With all of our registration completed, it's time to start putting your schedules together. The first order of business is to be sure you either have a uniform, or you have placed an order for one (shell, liner and vest). This was done on May 17 and again on June 7th. Also at that time the poms and bow were paid for. If you were not able to attend either, please confirm with me that your order was placed.

In July, the shoe, warm up and brief order should be placed. This can be done anytime online or by phone at Omni, Varsity, or cheerleading.com (for briefs). We will go over these items at the Orientation Meetings there is no rush to purchase yet. Shoes are the Nike Energy (they run small so order 1/2 size up). Briefs are Boy Cut in Black. Omni only offers the low-cut briefs now, and we prefer a little more coverage for our young girls so try cheerleading.com (Body Wrappers \$6.99) or Varsity (\$12.95). The Warm Ups will be needed in Sept for our first night event, and are the Double Knit V Warm Ups in Black from Omni Item #505DW for the top (\$27.95) and #506DWP for the pants (\$21.95) (optional). We'll discuss the embroidery of the girls name and Eastlake logo at Orientation.

Now it's time to meet your team and coaches. The kids have all been rostered to a team below. There is a chance that there will be some moving around before the season starts, but we'll let you know if that is the case. Your coaches have the preliminary roster of their teams, they will be contacting you. Some are still needing Assistant Coaches and Team Moms, please offer your help to them. The coaches are all volunteers dedicating their time so the kids can have a great experience and enjoy the sport of cheer. Please offer to help wherever you can!

### TEAMS

Flag Black (ages 5,6) Head Coach Abbie Lucas. [abbie.lucas@cox.net](mailto:abbie.lucas@cox.net) 920-2606. Still needs Assistant Coaches and Team Mom. Orientation July 18 6:30

Mitey Mite Black (ages 7,8,9) Head Coach Char Smith. [charlotte@scmv.com](mailto:charlotte@scmv.com) 977-3520. Orientation July 14 6:00 PM

Junior Pee Wee Blue (ages 8,9,10) Head Coach Eva

Riley. [riley.eva@scrippshealth.org](mailto:riley.eva@scrippshealth.org) 240-4892. Orientation July 15 7:30

Pee Wee (ages 9,10,11) Head Coach Blanca Cruz. [blancaforttuna@hotmail.com](mailto:blancaforttuna@hotmail.com) 392-1583.  
Junior Midget (ages 10,11,12) Head Coach Missy Barland. [melissa.barland@cox.net](mailto:melissa.barland@cox.net) 227-6033. Still needs Assistant Coaches and Team Mom. Orientation July 17 6:00 PM  
Midget (ages 12,13,14,15) Head Coach Gina Hernandez. [ghernandez10@cox.net](mailto:ghernandez10@cox.net) 254-0818. Still needs Assistant Coaches and Team Mom. Orientation July 17 7:30 PM

Please make a note of these dates for your Cheer Calendar:

June 25-27 Summer Camp for cheerleaders (elective). All Star Gym Host: West Coast Mavericks. Forms attached. Please let me if you'll be attending or would like to carpool. Camp runs for 3 days from 9:30-2:30 W,Th, F. website is [www.wcmavericks.com](http://www.wcmavericks.com)

July 14-18 Team Orientation meetings. See [www.eastlakeyouthfootball.com](http://www.eastlakeyouthfootball.com) for times. Your coaches have your phone numbers and will be contacting you soon. Practice Uniforms (Spirit Packs) will be sized at this time.

July 28 Team Conditioning begins! M,T,W,TH from 5:00-7:30 for two weeks (Flag practice times are always reduced by 1/2 hour) . Conditioning hours are mandatory to complete before regular practice begins. Must have all paperwork submitted to Brook Price (eligibility C) to participate. Late comers will be required to make up the hours. Uniforms will be handed out upon completion of hours.

Aug 9 One Day Eastlake Panthers Cheer Camp at Eastlake High School. No additional Fee. Mandatory for all Cheerleaders. Completion of Camp signifies the end of conditioning.

Aug 12 Regular Practice Times: 3-4 days per week, two hours maximum per day.

Aug 16 Eastlake Bowling

Labor Day Weekend Off.

SEPT 6 FIRST GAME OF THE SEASON. Home and Away Games Every SATURDAY through September and October.. Games takes the place of one

practice. Flag starts us off in the morning, Midget finishes us up with the night games.

Sept 14 Team and Individual Pictures at J Street Marina

**Oct 19** SAN DIEGO YOUTH CHEER CHAMPIONSHIPS at Cox Arena. This is our big event of the year. Your daughter's team will go up against all of San Diego County team with a 2 1/2 minute routine set to music with stunts, jumps, dancing and cheering. It's a ball and the highlight of these girls season. Top 3 places qualify for Regionals and/or Nationals.

November Play Off Games and Regional Cheer Competitions

December National Cheer Competition, Orlando, Florida

Fundraising can begin! First plan to raise \$10 per girl for your banquet, then monies can be used for travel and other cheer expenses or year end gifts. Money goes to Jenn Flores, Treasurer, she will keep your team money separated for you. You can find both the Treasurer and Sponsorship Director on the Eastlake website at [www.eastlakeyouthfootball.com](http://www.eastlakeyouthfootball.com).

That's a lot of information. Don't worry, that won't be the last!! Please take some time to meet your coaches and your other teammates and parents. The first camp is a good way to get ready for the season. Start your athletes doing sit ups and push ups. Start where they are, and add one per day of each. Put those running shoes on them and get them around the block. They'll be putting some miles on, come conditioning week. Water, water, water!

Thank you for being a part of our Association.

Cheerfully,

Missy Barland

Cheer Director: Eastlake Youth Football & Cheer