

SEPTEMBER

2026

NOTES

Cheer Practice Times

10U – 12:30 – 2:30pm

8U – 2:30 – 4:00pm

Cheer Practice for Groups in September is important. This is to establish tumbling, stunting and jumps.

It is recommended for all athletes to attend.

Reminders:

Hair secured up, wear t-shirt and shorts with cheer sneakers (if you have them) and bring water bottle.

Practices are at the Armory – in the Gymnasium.

SUN	MON	TUE	WED	THU	FRI	SAT
		1	2	3	4	5
6	7	8	9	10	11	12
13 10U – 12:30 – 2:30pm 8U – 2:30 – 4:00pm	14	15	16	17	18	19
20	21	22	23			26
27 10U – 12:30 – 2:30pm 8U – 2:30 – 4:00pm	28	29	30			