

2009-2010

Arab Cheerleading

Read the following carefully.

- Please know that all of the information can change at any time. I just wanted you to be prepared for the coming season
- All missed practices will result in demerits unless there is a doctor's excuse – there are no exceptions to this rule! Please try to make check-ups for days other than Tuesdays and Thursdays. If you miss a practice during the week for any reason, you will sit out at least one quarter of the ballgame and/or pep rally.
- Please make sure that all deadlines are met -- demerits will be given for items turned in late. This includes forms, player items, etc...
- Pay attention to morning and afternoon announcements for any changes that might be made.
- Make sure you have **all** of your camp outfits for pep rallies, appearances, etc.
- Make sure that you have a ride home at the end of practice. Please have someone there on time!

Game Day Responsibilities

- Wear Arab colors or Arab t-shirts to school every Friday. Some Fridays you will have specific items to wear.
- Varsity: Roll will be called at 6:10 on the football field for home games. Once roll has been called, you may warm up. Please do not tumble or stunt before this time. If you have game responsibilities that week you should be at the game by 5:50 and have all duties completed by 6:10.
- JV: Arrival for JV/9th grade games should be 30 minutes before game time. Please check your schedule for away game departure times.
- JV: For Friday night home games you will sell spirit items. Roll will be called at 6:00 at the main ticket gate and items will be given. You will sell items until there are 3 minutes left in pregame if you are cheering. If not, sell until kickoff. At that time you will turn in the items to Whitney or other designated adult.
- Remember that there is to be NO stunting or tumbling while the ball is in play or if the grass is wet - even if they are on the far end of the field.
- Bring your raincoat to all games just in case. You never know when the weather will change!
- Bring the correct warm-ups to all games beginning with the **Guntersville** game. If they are needed before this time I will let you know.
- If you are going to wear gloves, they must be **white**.
- Bring only this year's backpack.
- Wear new shoes unless told otherwise.
- Wear no-show socks to all games.
- Hair **must** be in a ponytail. If you cannot get your hair in a ponytail, please let me know before the day of the game and I will let you know what you need to do.
- NO JEWELRY -- ANYWHERE! This will be checked at roll call or when we get off the bus at away games. There will be no reminders – demerits will be given.



Uniforms and Warmups

Use the following guide for what you need to wear with uniforms:

Cross Uniform

White Jacket and Blue Fleece Pants
White Ribbon

Straight Uniform

White Jacket and Blue Fleece Pants
White Ribbon

White Uniform

Blue Sweatshirt and White Fleece Pants
Blue Ribbon with White Polka Dots



Every Wednesday, beginning August 19th, you will be responsible for turning in player items. We will choose players and decide on the items at the end of the summer.

Pictures will be made Tuesday, August 4th, at the AHS Football Field. The time will be decided by Coach Parker later in the summer. We will practice immediately after pictures.

Please make sure that cheer balances are taken care of before the first game.

Meet the Knights is usually the week of the first game.

There is usually a pep rally the week of the Community Fair.

All Cheerleaders will be responsible for the following dances for football season. These will be checked off before the first game.

- | | | |
|--------------------|-------------------|---------------------|
| ●Dixie | ●Freestyle | ●07-08 Hip Hop |
| ●Yea Alabama | ●Hey Baby | ●New Line Dance |
| ●Louie Louie | ●Snap | ●New Hip Hop |
| ●Cadence | ●Stomp | ●New Xtreme Routine |
| ●New Cadence 08-09 | ●08-09 Line Dance | |

Group Responsibilities

All Varsity cheerleaders will be assigned a home game and away game. The groups are designated on the calendar. Your assigned group is listed below. When it is your game you will be responsible for the following:

Home Games

- getting items from the designated place
- putting the run-through together
- hanging all signs
- putting poms in designated place after the game
- getting drinks for our cheerleaders and visiting cheerleaders
- taking down signs after the game
- any other duties that may be required for that game

Away Games

- putting the run-through together
- taking the run-through apart and putting it in the box after kick-off
- getting the poms to the field
- getting the poms back on the bus (even if you are signing out!)
- hanging signs
- taking down signs after the game and getting them back to the bus or in the trash-- neatly rolled!

Varsity Groups

#1	#2	#3
Kara Collins	Chelsea Green	Carley Hallman
Sara King	Holli Painter	Megan Shahan
Katlyn Stricklend	Lauren Sutton	Michelle Evans
Sarah Nichols	Taylor Ragsdale	Lyndsey Green
Savannah Latham	Laci Willis	

JV Cheerleaders will have responsibilities for 9th and JV games as well as Varsity home games. You will be assigned a group and when it is your game you will be responsible for the following:

JV Home Games

- getting poms, footballs from designated place
- putting poms in designated place after the game
- any other duties that may be required for that game

JV Away Games

- getting poms to the field
- getting poms back on the bus (even if you are signing out!)
- any other duties that may be required for that game

Varsity Home Games (if you were responsible for your JV game that week, you are responsible on Friday night as well)

- putting the run-through in the box after kickoff
- getting the buckets ready to sell before the game starts
- any other duties that may be required for that game

Junior Varsity Groups

#1	#2	#3
Anna-Catherine Cox	Emily Hood	Olivia Laney
Hope Shirley	Emily Vanstone	Leandra Walker
Hannah Barksdale	Tori Bigham	Sarah Beth Embry
Anna-Catherine Gibson	Bailey Maze	Kailyn Murphree
Emma Walker	Erin Whitlow	