

Stratford Cheerleading 2017-2018

Coach Karleen Penninger
&
Coach Lisa Thomen



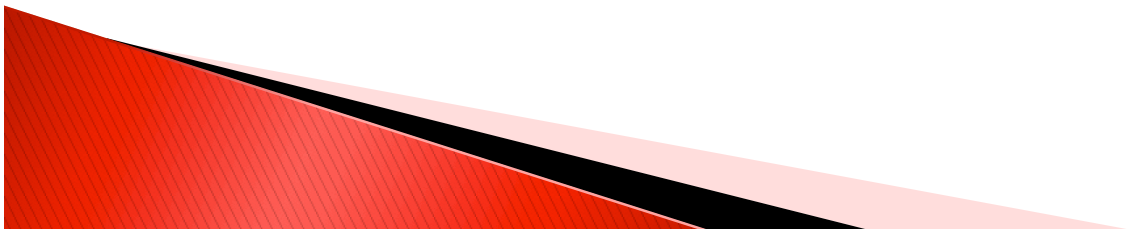
The Coaches

Coach Karleen Penninger

- 6th grade math and ELA teacher for 3 years
- Cheerleader in middle school
- Gymnast for 10 years
- Head choreographer for summer dance program

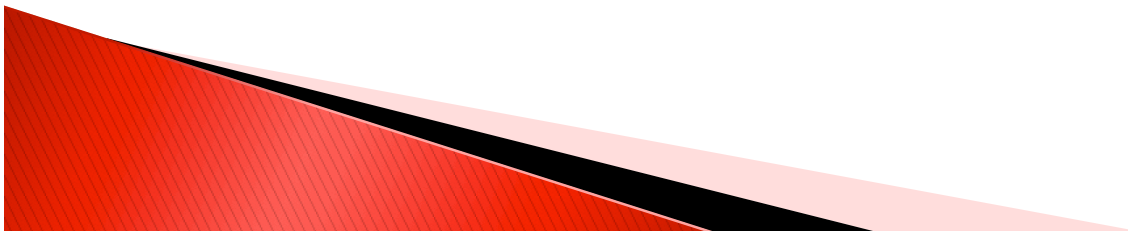
Coach Lisa Thomen

- 6th – 8th Computer Coding teacher for 1 year, 7th and 8th grade Spanish teacher for 14 years
- Pom Pon and President of Orchesis Dance troupe in high school
- Coached the Burlington Central High School Cheer Squad for 1 year
- Coached cheerleading at Stratford for on and off for 15 years (13 total)
- Gymnast for 8 years



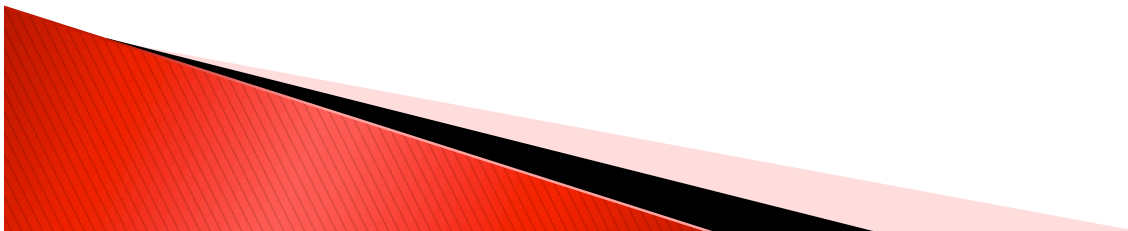
The Calendar

- ▶ We practice OFTEN and cheerleaders are expected to attend ALL practices, games, activities, and competitions. Cheerleaders will sit out from games if they are continuously absent from practice.
- ▶ Please try to schedule doctor's appointments, etc. after practices or on days off of school
- ▶ Please encourage your child to put forth 100% effort at all times (remember: a lot of girls tried out for their position)



Uniforms

- ▶ Wash separately in cold water on permanent press cycle, line dry - do not iron or dry clean
- ▶ Must be worn on all assigned home game days (see calendar) with leggings under the skirt per dress code
- ▶ Girls can not practice in their uniforms



What Supplies are Required?

- ▶ 1. Bow– \$13
- ▶ 2. White Cheer Shoes (any sporting goods store or Amazon)
- ▶ 3. Lollies– \$8
- ▶ 4. No show socks (aka ankle socks)
- ▶ 5. Cheerleading Hoodie and leggings– \$50
- ▶ 7. Hair rubber bands (all hair must be up)
- ▶ 8. Participation fee (\$20– can be paid on school website)

- ▶ \$\$ due by Tuesday 11/15. Participation fee of \$20 must be paid online.

What about this...?

▶ Things NOT allowed

1. Nail polish during competition
2. Jewelry during practices
3. Crazy makeup or glitter
4. Food during practices
5. Cell phones during practices
6. Off-task behavior

▶ Things that ARE allowed

1. Water during practices
2. Snacks PRIOR to games (on game days)



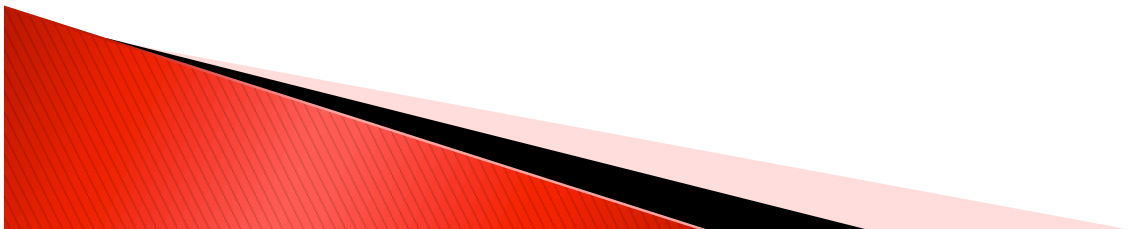
Injuries

- ▶ Cheerleading is a dangerous sport
- ▶ Nurse is on site until 3:30pm (ice packs, band aides, etc.)
- ▶ All coaches are CPR, AED and concussion certified
- ▶ To reduce the chances of injuries:
 - 1. Eat well (no junk food!) and drink lots of water
 - 2. Get plenty of rest
 - 3. Be a GOOD “spotter” at all times
 - 4. Use mats at all times
 - 5. Only practice stunts when a coach is present
 - 6. Stretch before and after practice



Games

- ▶ Game days are written on the calendar (14th game was switched to the 15th; we have normal practice on the 14th now)
- ▶ We only cheer at home games and one GBN game (SMS vs Jay Stream – there is a bus there but not home)
- ▶ Games typically start at 3:45 to 4 pm and end around 6:30 to 7 pm
- ▶ The squad will perform between 2nd and 3rd quarter of each game (halftime)
- ▶ All cheerleaders are required to cheer during basketball games
- ▶ Uniform, bow, socks, shoes, lollies, and proper make-up is expected to be worn at all times

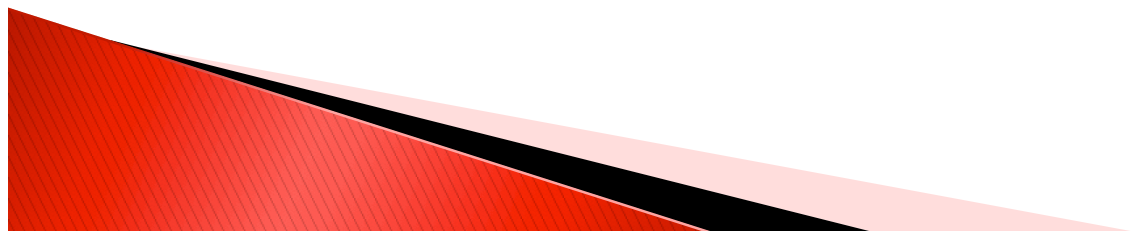


Competitions

- ▶ 1st : 12/16 Rolling Meadows H.S.
- ▶ 2nd: 1/14 Plainfield South H.S.
- ▶ 3rd: 1/21 Huntley H.S.

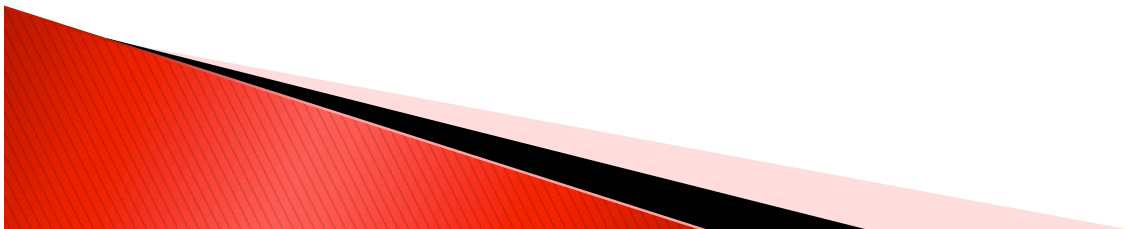
Cheerleaders will be responsible for transportation to all competitions. Please plan to car pool.

Cheerleaders are expected to attend and participate in ALL competitions!



How can you help???

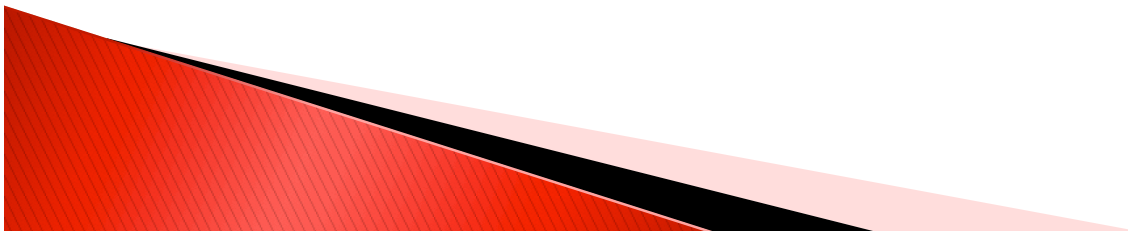
- ▶ We will need parents to car pool to all competitions– all competitions are less than 45 minutes away
- ▶ Help your child practice routines at home in the mirror
- ▶ Encourage positive TEAM attitude and character
- ▶ Make encouraging team signs for competitions
- ▶ Monitor homework completion and grades (students consistently not meeting standards results in suspension from the squad)
- ▶ Please drop off and pick up your child on time!



Stay in the loop

- ▶ Updates, schedules and other helpful information will be posted at

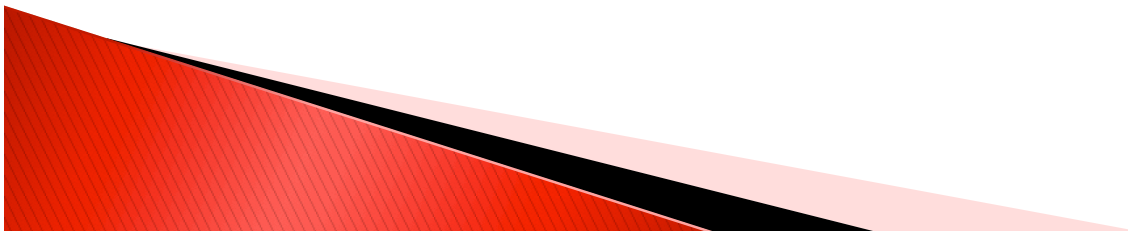
www.stallioncheer.weebly.com



Stay in the loop

Join our Edmodo group!

Group Code: spptqt



Stay in the loop

Remind Text Messages!

Pick a way to receive messages for SMS Cheer:

- A** If you have a smartphone, get push notifications.

On your iPhone or Android phone, open your web browser and go to the following link:

rmd.at/38aec2

Follow the instructions to sign up for Remind. You'll be prompted to download the mobile app.

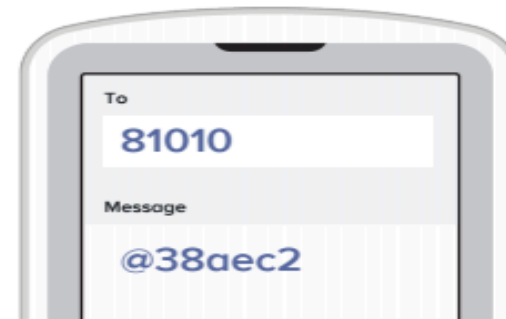


- B** If you don't have a smartphone, get text notifications.

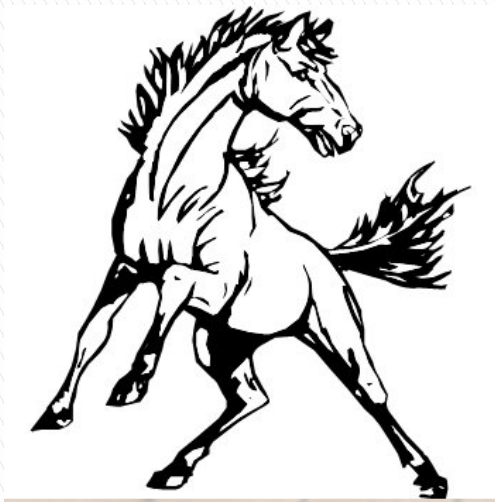
Text the message @38aec2 to the number 81010.

If you're having trouble with 81010, try texting @38aec2 to (312) 800-1323.

* Standard text message rates apply.



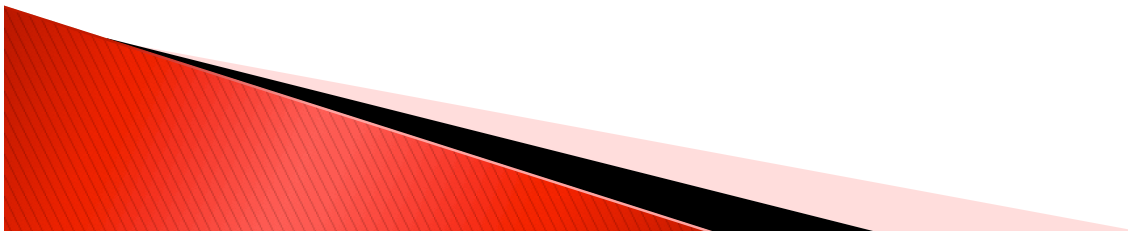
Cheer Attire



- ▶ Anyone can purchase a hoodie and pant combo! There is writing on the back
- ▶ \$50 for both
- ▶ Money for parent orders due today!
- ▶ Check made out to:
Stratford Middle School

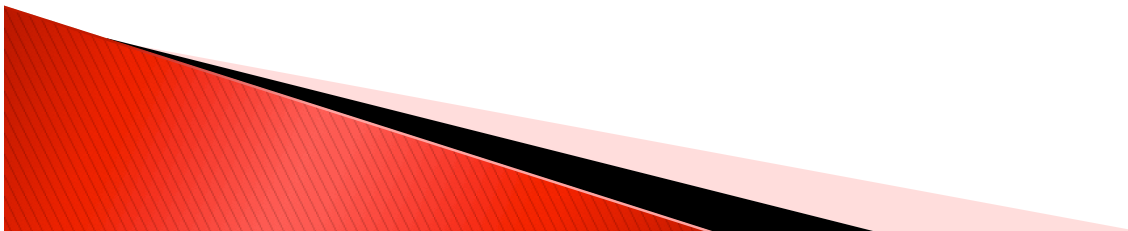
Snacks

- ▶ Last year, we had parents sign up for one game to either bring drinks or a snack for the girls. If you would like, please sign up to bring a healthy drink or snack. Please make sure you have enough for 24. We have a list on our computers if you would like to sign up for a game.



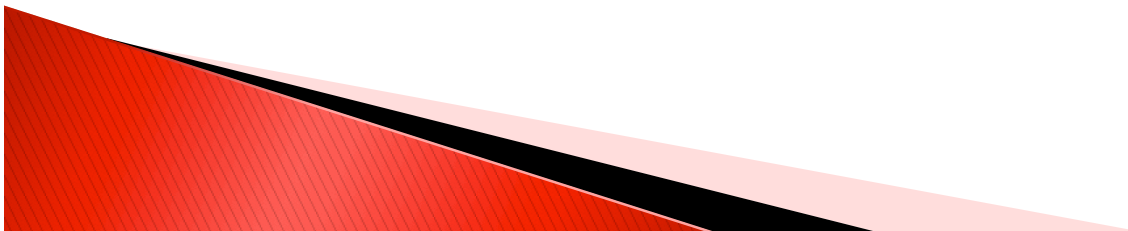
GBN Game

- ▶ The GBN game vs Jay Stream is scheduled for Friday, December 8th. Typically, this game starts at around 4:30 and ends at 6:30. In years past, the cheerleaders and basketball players from Stratford and Jay Stream get together after the game for a pizza party in the cafeteria. If this occurs again, a pizza order slip will come home with your daughter in the near future.



Holiday Party / End of the Year Party

- ▶ The holiday party is scheduled for December 20th from 6:30 to 8. A formal invitation will come home with your daughter closer to the date.
- ▶ We will also be having an end of the year party at the conclusion of our season. Last year we went to Rockin' Jump and it was a lot of fun! We will have the girls vote for what they want to do as it gets closer.



THE END!

»» Questions??!?!