

Update to the SEASON PRACTICE SCHEDULE. For **AUGUST**, the schedule will be as follows:

SUNDAYS

- Lil' Cats - 4-5 pm
- Onyx - 5-7:30 pm
- BigCats - 7:30-9:30 pm

Starting in September, GeriCats (parents) will begin practicing. The schedule for **SEPTEMBER through MARCH** will be as follows:

SUNDAYS

- Lil' Cats - 3-4 pm ***NOTICE the time change for LC***
- GeriCats - 4-5 pm
- Onyx - 5-7:30 pm
- BigCats - 7:30-9:30 pm

PRE-COMP PRACTICE SCHEDULES - ALL FRIDAYS prior to a competition

- Lil' Cats - 6-6:45
- GeriCats - 6:45-7:45 (Arrive 10 min early to stretch)
- Onyx - 7:45-8:45 (Arrive 10 min early to stretch)
- BigCats - 8:45-9:45 (Arrive 10 min early to stretch)

REMINDERS:

- Practice clothes are **REQUIRED** at all practices. Practice clothes consist of tennis shoes (cheer shoes once received), P&G t-shirt, and all black shorts (Soffe shorts for the ladies).
- Hair must be up in a high pony tail and completely out of the face **BEFORE** stepping onto the practice floor.
- Nails must be clipped to where the tips cannot be seen over the top of the finger when looking at hands palm-side up **BEFORE** stepping onto the practice floor.
- No gum or food of any kind during practice.
- Bring a water bottle to every practice!

Important: Please be aware that failure to follow the rules may result in extra conditioning for the team.