

OUR LADY OF GOOD COUNSEL HIGH SCHOOL VARSITY CHEERLEADING

What it's like to be a Falcon Cheerleader...

SPRING

- Three mandatory days of tryouts: **May in the Kane Center**. Check website for exact dates.
- First team meeting to discuss all information in **June** (money, camp, uniforms, clothes, practices, fundraising, competition)

SUMMER

- Team gathering to vote for captains (late July)
- Possible scheduled mandatory practice before camp (early August)
- Mandatory Custom Day Camp at an All-Stars gym- 4 days
- **Camp dates- typically second week of August. Email for exact dates.**
- All Fall Sports mandatory practices begin August 15.

FALL

- Mandatory practices- Tuesday, Wednesday, Thursday 4:15-6:15 *3:30-5:30* and Saturday mornings
- Weight Training once per week instructed by Strength and Conditioning Coach (starting November)
- Attend ALL home and away Varsity football games- Friday nights or Saturday afternoons
- Bus is provided for all away games
- Perform at Fall Sports Pep Rally for Homecoming and prepare gifts and posters for all football players
- Fundraising and/or volunteer events (ex. Walk off Parkinson's at Nationals Park- September)
- Team, individual, and buddy professional pictures- September or October
- Team dinners done by parent volunteers held in GC dining hall before every home football game
- Seniors "walk" during last home game for Senior Night

WINTER

- Mandatory practices- Tuesday, Wednesday, Thursday 4:15-6:15 *3:30-5:30* and Saturday mornings
- Attend 1-2 Varsity Basketball games (boys and/or girls) per week
- Weight Training once per week instructed by a Strength and Conditioning Coach
- Volunteer/fundraising event(s) (ex. Bake sales)
- Seniors "walk" during last home game on Senior Night (optional)
- Competition(s)- January or February
- End of Fall and Winter Season Cheerleading Banquet (March or April)

All cheerleaders are expected to maintain the eligible GPA to participate in Good Counsel Athletics. As a Good Counsel Cheerleader, you represent something bigger than yourself; your behavior reflects upon your team members, our cheerleading program, your school, and your community.

Stop by our cheerleading bulletin board in the Athletic Hallway! **Coach Claire Zagami** czagami@olgchs.org