

Greeting athletes and parents,

I am so excited about this year's upcoming cheer season. It should be an exciting and fun year!

We will start practice on Monday, November 20th after school. Please come prepared to workout. First, you must have a physical on hand with the school. If you have not yet completed a physical, please get this done right away. You will not be allowed to participate until I have a physical form on file.

Practice clothes should include shorts or sweatpants, a t-shirt, and comfortable gym shoes. Bring a water bottle and a hair tie for your hair.

Equipment you will need to buy include short white socks and white gym shoes (neither should have a visible logo). You will also need to purchase compression shorts. I will collect money for this and order at one time so that we all match.

If you have any questions, please contact me at my school email at lhill@lambertschool.net

I look forward to having a fun-filled cheer season!

Lanett Hill
Fusion Cheer Coach