**Cheerleading 2010**

* Salutations cheerleaders and parents! First of all, CONGRATULATIONS! You are now a member of one of the most visible groups at High School as well as a representative of our student body and community. It is very important to remember that whether in or out of your uniform there are many expectations of an Esko Cheerleader! Please review the Esko Cheer Constitution and let me know if you have any questions. You can find a copy of the constitution on the Esko Website under athletics-cheerleading-cheer info. Please check this website frequently for updates.
* Camp will take place at home this summer. ( A sample itinerary is attached) The dates are August 16-18. We will stay at the Edge Resort and Water Park on Tuesday the 17th of August. The cost for the camp including the room is approximately $212.00. A deposit of $100.00 is due by Thursday June 10, 2010. Spending money for lunches may be added depending on the general consensus. (We often order subway and go to Eskomo Pies for lunch)
* Captain’s practice for new cheerleaders will be announced as soon as it is determined by the captain(s). ALL 1st time FB cheerleaders are required to attend. ALL cheers, sidelines and 8 counts must be learned before camp. STUNTING IS NOT PERMITTED WITHOUT MY SUPERVISION!
* Report to camp in good condition. Daily stretching, practicing jumps, and aerobic conditioning will help you avoid potential injuries and soreness. Start now to get in shape for camp.
* Practice will begin August 31st at 3:30. During the school week, practices will be on Tuesdays and Fridays after school until 5:00. (Most VB games are played Tuesdays and FB games are Fridays.) Practices are mandatory. (No practice Friday September 3rd due to the holiday weekend) Please pay attention to the upcoming playoff dates in October. Some schedule changes may be made.
* We will attend one away football game to be determined by the AD and cheer coach. This is not including playoffs games.
* We have been invited by Grandmas to cheer at the marathon, Please let me know if this is something that we are interested
* I will be placing an order with Varsity for warm-ups, uniforms and shoes for the new squad members. If anyone needs to replace anything, please let me know by Friday, June 4th.
* Here are approximate prices based on 2008 order for new uniforms. This does not include shipping. Pants 60.00,Jacket 125.00,Shoes 45.00,Bodyliner 60.00, Brief 12.00, Halter 85.00, Skirt 55.00