

**Head Coach:** Holly Volack hvolack@nkschools.org  
**Assistant Coach:** Lacey Ketner lketner@nkschools.org

## **Subjects covered in Cheer meeting 6/4/19**

### **-Time commitment**

Practice Monday, Tuesday & Thursday 2:40-4:45.  
The first 2 Practices will be 9/5/19 (Thurs) & 9/6/19 (Fri).  
We will cheer at all home football games, and then depending on the number of girls on the team we will select the Cheer squad for the girls and boys basketball seasons.

### **-Cost (Approx.)**

New Members-	\$200.00 uniforms
All Members-	\$55.00 participation fee
	\$15.00 ASB card

Additional costs: bows, poms, leggings for under uniform skirt, sports bra (required), socks, bag.

### **-Eligibility**

1. A current sports physical on file BEFORE attending any practices
2. A signed Cheer contract on file with the coach
3. Participation fee and ASB card paid
4. Excellent school attendance and abide by all school regulations

**Have good positive attitude and willingness to try your best!**