



# **Cathedral High School Cheer Cheer Team**

## **First Day of Practice Checklist**

1. Rules & Regulations form completed and signed.
2. Medical / Image Release form completed and signed.
3. Copy of your individual medical insurance card.
4. Emergency Contact form completed and signed.
5. Late Pick Up form completed and signed.
6. Wear Black knit shorts (Ladies with bloomers underneath), white t-shirt and cheer shoes or tennis shoes.
7. Hair should be pulled back in a pony tail, bangs out of face.

Any questions please call Judy Nevarez @ 323-683-0968 or Nora Fernandez 323-246-6770

[www.cathedralcheerteam.org](http://www.cathedralcheerteam.org)

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