



## PLS Cheer Schedule 2024

<b><u>Date</u></b>	<b><u>Event</u></b>	<b><u>Time</u></b>	<b><u>Notes</u></b>
Wed., Jan. 3	Practice	3:30-5:00	Regular Practice
<b>Fri., Jan. 5</b>	<b>Extra Practice</b>	<b>3:30-5:00</b>	<b>Extra Practice in the Ark (Gym)</b>
Mon., Jan. 8	Game (x1)	4:00-5:00	B-Boys; Faith Lacey
Wed., Jan. 10	Game (x1)	4:00-5:00	A-Boys; Buena Vista
Tue., Jan. 16	Game (x2)	4:00-6:00	B-Girls & Boys; Faith Tacoma
<b>Wed., Jan. 17</b>	<b>No Practice</b>	<b>N/A</b>	<b>No Practice due to Tue. &amp; Thur. Games</b>
*Thur., Jan. 18	Game (x2)	4:00-6:00	A-Girls & Boys; Faith Tacoma
Mon., Jan. 22	Practice	3:30-5:00	Regular Practice
<b>Wed., Jan. 24</b>	<b>No Practice</b>	<b>N/A</b>	<b>No Practice due to Thur. Game</b>
Thur., Jan. 25	Game (x2)	4:00-6:00	A-Girls & Boys; Holy Trinity
Mon., Jan. 29	Game (x2)	4:00-6:00	B-Girls & Boys; Faith Tacoma
Tue., Jan. 30	Game (x2)	4:00-6:00	A-Girls & Boys; Concordia
<b>Wed., Jan. 31</b>	<b>No Practice</b>	<b>N/A</b>	<b>No Practice due to Mon. &amp; Tue. Games</b>
Mon., Feb. 5	Game (x2)	4:00-6:00	A-Girls & Boys; Holy Trinity
Wed., Feb. 7	Game (x2)	3:30-5:30	A-Girls & Boys; Peace
Mon., Feb. 12	Practice	3:30-5:00	Regular Practice
<b>Wed., Feb. 14</b>	<b>No Practice</b>	<b>N/A</b>	<b>No Practice due to Thur. Game</b>
Thur., Feb. 15	Game (x2)	4:00-6:00	B-Girls & Boys; Holy Trinity
<b>Wed., Feb. 21</b>	<b>No Practice</b>	<b>N/A</b>	<b>No Practice due to Thur. &amp; Fri. Games</b>
Thur., Feb. 22	Game (x2)	4:00-6:00	A-Girls & Boys; Faith Tacoma
Fri., Feb. 23	Game (x1)	3:30-4:30	B-Boys; Christ the King
Mon., Feb. 26	Game (x2)	4:00-6:00	B-Girls & Boys; Buena Vista
*Tue., Feb. 27	Game (x2)	4:00-6:00	A-Girls & Boys; Bethany
<b>Wed., Feb. 28</b>	<b>No Practice</b>	<b>N/A</b>	<b>No Practice due to Mon. &amp; Tue. Games</b>
Mon., Mar. 4	Game (x2)	4:00-6:00	B-Girls & Boys; Holy Trinity
Tue., Mar. 5	Game (x1)	4:00-5:00	A-Boys; Christ the King
<b>Wed., Feb. 6</b>	<b>No Practice</b>	<b>N/A</b>	<b>No Practice due to Games &amp; JEC</b>
Thur.,-Sat., Mar. 7-9	JEC Tournament	Days & Times TBD	ELHS 7306 Waller Rd E. Tacoma

\*Opposing Team Plans to Bring Cheerleaders

## **Important Information:**

- **Schedule Changes:** Any unforeseen changes to the schedule will be announced in the weekly *Communicator* and posted in the [PLS Google Calendar](#), which can be found on the News/Events page of our website.
- **Uniform:** All cheerleaders will receive a white long-sleeved dry-fit cheer shirt, socks, and a bow that will be theirs to keep after the cheer season has ended. Cheerleaders will also be loaned a cheer uniform (shell & skirt). **In addition, parents will need to provide clean ALL-WHITE tennis shoes (no high-tops; no color other than white may be visible on the shoes) and black cartwheel shorts (shorts must be shorter than the uniform skirt).** All the above items, including the shoes and cartwheel shorts, will be kept at school between games and regularly laundered by coaches when needed. **Cheerleaders will also be asked to wear their hair in a high ponytail on game days.** (If hair is too short to be worn in a high ponytail, it should be worn in a “half” high ponytail.) *Reminder:* All school-owned uniforms, while worn by your child, are your responsibility. If your child’s uniform is lost or damaged, you will be asked to replace it. The replacement cost is \$120.00.
- **Game Day Food:** Cheerleaders will be given the opportunity to eat their own snack prior to changing into their uniform on game days (just like practice days). Once they have changed into their uniform, cheerleaders are asked not to eat or drink anything other than water until after they have changed out of their uniform following the last game of the night. However, when there are two games in one night, cheerleaders will be provided with a pretzel snack in between the games. If cheerleaders would like to order items from the Canteen to eat or drink after the game, parents should make sure to order the items during half-time of the last game played, as the Canteen typically closes before the end of the last game.
- **Academic Eligibility/Athletic Code of Conduct:** Students will become ineligible for games and/or practices if they do not meet academic eligibility and/or comply with the athletic code of conduct.
- **Commitment:** While our stunts and routines are somewhat simple due to the age and skill level of our girls, they still require a great deal of time to master. They also depend on all members of the squad being present, for them to be successful and safe. Since the safety of our girls is our main priority, it is important for all cheerleaders to attend all scheduled practices and games. If your daughter is unable to attend a practice/game or needs to leave early due to illness or a special occasion, please notify the coaches as soon as possible so that other arrangements can be made for the successful completion of our stunts and routines.
- **Volunteer Opportunities:** Volunteers are needed to run the scoreboard and keep the scorebook during home games. If you are interested, please contact Mrs. Rogich at [crogich@parklandlutheran.org](mailto:crogich@parklandlutheran.org). Volunteers are also needed to help run the PLS Booster Canteen (food service) during basketball home games. Please [click here](#) to sign-up for a game, or contact Mrs. Straling at [school@parklandlutheran.org](mailto:school@parklandlutheran.org).  
*Volunteer Hours will apply!!*