

Hello incoming Cascia Hall middle school students and parents!

Welcome to Cascia Hall! My name is Michelle Capps and I am the head cheerleading coach at Cascia. If your daughter is thinking about joining the middle school cheer team next year then this email is for you!

Becoming a cheerleader in middle school is a fantastic way for your daughter to make new friends, grow self-confidence, develop school spirit, and learn skills necessary to become a Varsity cheerleader in high school. No prior experience in cheerleading or dance is required.

Practices and games:

Middle school cheer practice is every Monday and Wednesday from August through the end of October. Summer practices begin August 2nd from 9:00-11:00am, and after-school practices begin August 18th from 3:30-5:00pm. Middle school cheerleaders will sideline cheer for all 6th, 7th & 8th grade home football games September-October. Sixth grade home football games are held at Metro Christian Academy on Saturday mornings, and 7th/8th grade home games will be held at Cascia on Tuesday nights.

Uniforms:

Parents will be responsible for purchasing their daughter's practice t-shirts, bows, and cheerleading uniforms.

2 practice t-shirts: \$30

Varsity brand Uniform (shell/skirt): \$188.50

Sleeves/Shoes/Briefs/Bow: \$104 (prices may vary depending on shoe selection)

****Please note: There will be a mandatory uniform fitting date for all incoming/new middle school cheerleaders on Tuesday, May 25th at 4:00pm in the dining hall. It takes time for uniforms to be manufactured over the summer, so again this uniform fitting is mandatory.****

If your daughter wants to sign up for middle school cheer as an incoming 6th, 7th or 8th grader, please email me at mcapps@casciahall.com as well as our middle school athletic director, Janson Hightower, at jhightower@casciahall.com. I'm looking forward to an exciting new season and meeting many new faces!

Cheers!

Michelle Capps
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