



Cheerleading

Cheerleading is a great way to share school spirit while also getting exercise and participating in a team sport! Cheerleaders learn leadership, cooperation, and trust! We learn cheerleading fundamentals, cheers, dance, and stunting! All cheerleaders need to provide their own black spanx (small shorts that go under the cheer skirt) as well as white cheer shoes. These can be easily found online. Cheer practice will run Monday, Wednesday, and Friday from 3:00 to 4:30. If you have any questions or concerns please feel free to email me at mrebele@sau23.org!

We are looking forward to an amazing second season!