



**STORM**  
**2024-2025**

**Competition Cheer Team Information**  
**Season Is From: August 2024 – April 2025**



## Practices Times and Days

Team Name: STORM

Ages: 10+

Practice Days: Monday + Tuesday + Wednesdays

Coaches: Coach Cheryl, Coach Alysa and Coach Ojae

- All Practice dates and times are listed on the TeamSnap and the attached calendar.
- Please note on comp weeks we have added practices and all participants are expected to attend, also see attendance policy.

Monday

Cheer Practice W/ Coach Cheryl and Coach Alysa

Location: Joan Pisani Center

Time: 5:30-7:30 pm (2 Hours)

Tuesday

Tumbling Practice W/ Coach Ojae

Location: Joan Pisani Center

Time: Girls will be assigned to either the 6pm or 7pm time slot (1hr Practice)

6:00-7:00 pm (1hr)

7:00-8:00 pm (1hr)

Wednesday

Cheer Practice W/ Coach Cheryl and Coach Alysa

Location: Joan Pisani Center

Time: 5:30-7:30 pm (2 Hours)



## PRICING AND COMMITMENT

Commitment:

The LGSR competitive cheer team season is from August 26, 2024 to April 5, 2025.

All participants are expected to be committed to the team for the full season once they join the comp team. All participants are expected to attend 3 practices a week, community events, team bonding events and cheer competitions.

Pricing:

Please note payments are broken up into 2 segments, a Fall and a Winter session to help space out the cost for families. Upon registration you have the choice of making payment in full or breaking it up into a monthly payment plan. Payment plans are available upon request, please contact us to arrange one if it is desired.

Refunds:

If a participant drops during the season no refunds will be given.

What's included in the price:

All in one pricing - Price includes cheer uniform package, all cheer events on calendar, practices and facility fees, all cheer competition fees. (Personal travel cost are not included in price).

### Fall Session

Price:	\$2,204 (Price subject to change)
1 <sup>st</sup> Payment Due Date:	When you register for the team / Based on Registration Deadline
Session:	August 26, 2024 - November 24, 2024
Breaks: (No Practices)	- Thanksgiving Week Break: Week of November 25, 2024

### Winter Session

Price:	\$ 2,262 (Price subject to change)
2 <sup>nd</sup> Payment Due Date:	December 2, 2024
Session:	December 2, 2024 - April 5, 2025
Breaks: (No Practices)	- Christmas Break: Week of Dec. 23rd and 30th, 2024 - Comp Week Break: Week of Jan. 27th, 2025 - Presidents Week Break: Week of Feb. 17th, 2025

### Summer Session (Optional)









Price:	\$ 500 (Price subject to change)
Session:	June 24- July 30 <sup>th</sup> , 2025
Breaks: (No Practices)	- 4 <sup>th</sup> of July Break: Week of June 30-July 4, 2025

# ★ LGSR ★ CHEER

## CHEER UNIFORM PACKAGE

All Items listed below are included in the cheer uniform package and included in price.

Note: Extra items are available to purchase at an added cost, please contact Diana Perez for pricing and availability.

	1 Cheer Rhinestone Uniform Bodysuit
	1 Cheer Rhinestone Uniform Skirt
	1 Warm Up Jacket
	1 Practice Rhinestone Athletic Flex Tank Top
	1 Practice Rhinestone Athletic Flex Shorts
	1 LGSR Team Backpack  Note: Girls with the older backpack will receive a new one / If your daughter has the new backpack she will <u>not</u> receive a new one.
	1 Pair of Cheer Shoes
	1 Cheer Shoe Carry Case
	1 Cheer Competition Bow
	1 Pair of Cheer Comp Socks



## ATTENDANCE POLICY

Cheerleading is a team sport which requires every cheerleader to know their responsibilities and perform as part of a TEAM. We are unlike any other sport in that we do not have substitute members if someone is absent. Attendance is essential to the success of each season. Attendance will be taken at the beginning at each practice. Each Cheerleader's 100% commitment is required as each position on the squad is dependent on the other. When one Cheerleader is absent, it places hardship on the entire squad and can become a safety issue. It is for these reasons the Cheerleader and the parents must be advised of the importance of compliance to the attendance policy. We understand things may come up throughout the season. For that reason, we have defined our attendance policy below.

### **Attendance Policy is as follows:**

1. All practices, team bonding events and competitions are MANDATORY.
2. Athletes are expected to be on time (on time is at least 5 minutes early to practice dressed and ready to begin on time!) so they may participate in stretching, warm up, etc.
3. Any missed practices will only be excused if a family emergency occurs, or a special circumstance, as these are crucial to getting ready for competition.
4. Excused Absence - Athletes will be allowed three (3) excused absences throughout the Aug-April season with prior approval from head coach.
5. Unexcused Absence - Athletes will be allowed one (1) unexcused absence throughout the Aug-April season.
6. Athletes can not miss any practices 2 weeks leading up to competition, no exceptions.
7. Athletes who miss 2 weeks leading up to competition will be taken out of the routine.
8. Excessive absences / tardies will be a possible drop from team. Head Coaches and the cheer committee will make final decisions.

### **Examples of excused absences:**

- Athlete is sick but returns with a doctor's note
- Serious illness or death in the family
- Mandatory school event
- When an athlete knows that they are going to be absent or late, he / she has the responsibility to notify their coach in advance, otherwise it will be treated as an unexcused absence.

Coaches understand that occasional school conflicts arise, and we prioritize academics first. However, we also expect cheerleaders to use good time management skills to complete school work and make practice.

### **Examples of unexcused absences:**

- Planned vacation after season starts (Aug – April) that's not during a break or conflicts with cheer practice.
- Conflict with other sport / activities /Camps, other teams of other sports organizations.
- Birthdays / family / personal parties, etc.
- No call / No Show



## ATTENDANCE POLICY - Continued

LGSR Cheer is expected to be a priority commitment during the season. When a team is missing cheerleaders, it diminishes the cheerleaders' opportunity, both individually and as a group, to safely learn and practice their skills. A single miss affects the entire squad and impacts those cheerleaders who have committed to be at all practices.

### **Consequences for NOT following the attendance policy:**

- 1st unexcused absence: A warning is issued to the player and parent. Extra reps of a physical conditioning exercise(cheer jacks, squats, push-ups etc.) or an extra lap of running at the start of the next practice to make up for what was missed. Age appropriate activity will be determined by her head coach
- 2nd unexcused absence: Athlete is given notice ineligible to compete with the team at next competition.



## GENERAL RULES AND EXPECTATIONS

Being a cheerleader is more than just cheering at a competition, it is about being an ambassador for our team, and our community. Below outlined are the LGSR Cheer expected behaviors:

1. Late Pick Up Fee – It is the parent's responsibility to ensure that athletes are picked up on time and ultimately no later than 15mins after practice ends. If you are unable to pick up your child by the contracted time, alternate arrangements must be made. In the event that a parent cannot be contacted, it is our policy to call an emergency contact. A late Pick up fee of \$50.00 will be assessed.
2. Display good sportsmanship at all times.
3. Not use offensive language or behavior during practices, cheer competition or LGSR events.
4. Keep the uniform clean of stains neat and clean at all times (including shoes).
5. Treat coaches, teammates, other faculty, staff, and parents with respect.
6. NO JEWELRY - Only religious or medial medals may be taped to the body (no chains).
7. Fingernails, including artificial nails, shall be kept at a length appropriate for safe participation. The appropriate length means the fingernails are not visible beyond the end of the fingers when viewed from the palm side of the hands.
8. A participant wearing a cast (excluding a properly covered air cast) shall not be involved in a stunt.
9. No gum chewing or candy in the mouth during practice or performance.
10. Coaches must be present for a team or individuals to perform stunts.
11. No freehand unauthorized tumbling during practices, team bonding and cheer competitions.
12. Participates can be cut from the cheer team anytime during the season due to bad behavior, missed practices, tardiness or not learning the routine in a timely manner.
13. Arrive on time to all practices and cheer competitions.
14. Arrive as instructed to cheer competitions in full uniform ready to perform.
15. Follow all dress codes set by Coaches
16. Practices are mandatory.
17. Each family is responsible for their own travel expenses such as hotel, air, travel and food, Etc. to and from cheer competitions.
18. When traveling uniform and all accessories must be with athlete at all times (NO Check Bags via air travel / must be in carryon bag with athlete).



## PRATICE PROTOCOL

Practices are a crucial part of every cheer team's success, LGSR trains athletes to develop life skills such as discipline, hard work, goal setting, time management and accountability.

1. Athletes should plan on arriving 10 minutes prior to a scheduled practice time, which will ensure that they are dressed and prepared for practice to begin on time.
2. Athletes should ensure that they have their shoes on. Water bottles are set along the wall, and gym bags are lined up neatly against the wall at practice start time.
3. All athletes are required to be "Mat Ready" at practice start time.
4. Athletes are required to wear proper attire to practices (cheer shoes, practice clothing, No dresses, or loose fitting clothes); Athletic style clothing only.
5. Hair shall be worn to practice in a manner to ensure safety while performing; Hair SHOULD ALWAYS BE up in pony and pulled back, All bows, ribbons, etc. must be secure at all times.
6. Athletes are required to bring water to every practice.
7. Keep cell phones turned off and put away during practices.
8. Every Tuesday all Athletes must wear Assigned LGSR practice top and practice shorts to tumbling with proper cheer shoes. NO EXECPTIONS.
9. Always wait inside the facility for your ride. Do not wait outside for pick-up after practices.
10. Keep the uniform neat and clean at all times (including shoes).
11. Learn proper stunting techniques through stunt progressions.
12. Learn the cheer competition routine and practice at home.





## FALL CALENDAR

### **Mandatory Uniform Fittings**

Date: Monday August 19, 2024

Location: Los Gatos High

Time: 6:00-7:30pm

### **Fall Parent Meeting**

Date: Monday August 26, 2024

Location: Joan Pisani Center

Time: 7:00-7:30pm

### **LGSR Halloween Party - Team Bonding Event**

Date: Friday October 18, 2024

Location: Los Gatos High Community Room

Time: 6:30-8:00 pm

Theme: Costume Party

Attendance: Girls only team bonding Event

### **Pre-Comp Hair Party & Team Dinner - Team Bonding Event**

Date: Friday November 8, 2024

Location: Los Gatos High Community Room

Time: 6:00-8:00 pm

Attendance: Girls + at least 1 Parent

### **JAMZ Battle of the Capitol Cheer Competition**

Date: Saturday November 9, 2024

Location: Roebbelen Center, Roseville, CA

Time: TBD week of cheer com

### **LGSR CheerGiving Dinner - Team Bonding Event**

Date: Saturday November 16, 2024

Location: Prospect Center

Time: 6:00-8:00 pm

Attendance: Girls + Friends and Family

### **Pre-Comp Hair Party & Team Dinner - Team Bonding Event**

Date: Friday November 22, 2024

Location: Anaheim, CA

Time: 6:00-8:00 pm

Attendance: Girls + at least 1 Parent

### **JAMZ Bid Challenge Cheer Competition**

Comp. Date: Saturday November 23, 2024

Travel Dates: Friday November 22, 2024 – Sunday November 24, 2024

Location: Anaheim Convention Center, Anaheim, CA.

Time: TBD week of cheer comp



## WINTER CALENDAR

### **Thanksgiving Week Break**

Date: November 25-29, 2024

No Cheer Practice this week

### **Winter Payment Due**

Date: December 2, 2024

Due before Dec 2

### **Los Gatos Annual Holiday Parade**

Date: Saturday December 7, 2024

Location: Downtown Los Gatos

Time: 8:00-11:30 am

Attendance: Girls + Friends and Family

### **Winter Parent Meeting**

Date: Wednesday December 4, 2024

Location: Joan Pisani Center

Time: 7:00-7:30 pm

### **Pre-Comp Hair Party & Team Dinner - Team Bonding Event**

Date: Friday December 13, 2024

Location: Los Gatos High Community Room

Time: 6:00-8:00 pm

Attendance: Girls + at least 1 Parent

### **ACD NorCal Holiday Bay Area Cheer Competition**

Date: Saturday December 14, 2024

Location: San Jose, CA.

Time: TBD week of cheer comp

### **LGSR Annual Holiday Party - Team Bonding Event**

Date: Thursday December 19, 2024

Location: Joan Pisani Center

Time: 6:00-8:00 pm

Theme: Ugly Sweater Party / Ugly Sweaters Required

Attendance: Girls + Friends and Family

### **Pre-Comp Hair Party & Team Dinner - Team Bonding Event**

Date: Friday January 10, 2025

Location: Los Gatos High Community Room

Time: 6:00-8:00 pm

Attendance: Girls + at least 1 Parent

### **JAMZ ShowDown at the Bay Cheer Competition**

Date: Saturday January 11, 2025

Location: Santa Clara, CA.

Time: TBD week of cheer comp



## WINTER CALENDAR - Continued

### **Pre-Comp Hair Party & Team Dinner - Team Bonding Event**

Date: Saturday January 25, 2025

Location: Orleans Arena @ Las Vegas, NV

Time: 6:00-8:00 pm

Attendance: Girls + at least 1 Parent

### **JAMZ Nationals Cheer Competition**

Comp. Date: Sunday January 26, 2025

Travel Dates: Saturday January 25, 2025 – Tuesday January 28, 2025

Location: Orleans Arena @ Las Vegas, NV

Time: TBD week of cheer comp

### **Galentine's Day Party – Team Bonding Event**

Date: Saturday February 8, 2025

Location: Prospect Center

Time: 2:00-4:00 pm

Theme: Hearts / Wear Red or Pink

Attendance: Girls only team bonding Event

### **Pre-Comp Hair Party & Team Dinner - Team Bonding Event**

Date: Friday March 28, 2025

Location: Los Gatos High Community Room

Time: 6:00-8:00 pm

Attendance: Girls + at least 1 Parent

### **JAMZ NORCAL Cup Cheer Competition**

Date: Saturday March 29, 2025

Location: Adventist Health Arena @ Stockton, CA.

Time: TBD week of cheer comp

### **End of Season Banquet Ceremony**

Date: Wednesday April 2, 2025

Location: Joan Pisani Center

Time: 6:00- 8:00 pm

Theme: Dress Up Night / Fancy Dresses

Attendance: Girls + Friends and Family

### **Next Season Tryouts**

Date: Tuesday April 8, 2025

Location: Joan Pisani Center

Time: 6:00- 8:00pm



## TEAM HOTEL INFORMATION

Below are the suggested team hotels for the upcoming cheer competitions, not mandatory to stay at the following hotels. Both hotels are connected to the locations where the cheer competitions will be held.

### **JAMZ Bid Challenge @ Anaheim Convention Center**

Team Hotel:

Hilton Anaheim

777 W Convention Way,

Anaheim CA. 92802

Dates: Friday November 22-24, 2024

### **JAMZ Nationals Cheer Competition @ The Orleans Hotel Arena**

Team Hotel:

The Orleans Hotel

4500 West Tropicana Ave.

Las Vegas NV. 89103

Dates: Saturday January 25-27, 2025

### **JAMZ NA Nationals Orleans Hotel Rates & Booking Links**

Hotel Booking Registration Cutoff - 12/23/2024

Link:

[https://orleanscasino.reztrip.com/classic/en/special\\_offer?action=show&controller=landings&rate\\_code%5b%5d=JCDA25P&rate\\_code%5b%5d=JCDA25P&starting\\_page=special\\_offer](https://orleanscasino.reztrip.com/classic/en/special_offer?action=show&controller=landings&rate_code%5b%5d=JCDA25P&rate_code%5b%5d=JCDA25P&starting_page=special_offer)

The number for phone reservations is 1-800-675-3267. For phone reservations only the group code is: **JCDA25P**



# August 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
			1	2	3	4
5	6 No Practice	7 No Practice	8	9	10	11
12	13 No Practice	14 No Practice	15	16	17	18
19 <b>Mandatory Uniform Fittings</b> @ Los Gatos High 6:00-7:30pm	20 No Practice	21 No Practice	22	23	24	25
26 <b>New 2024-2025 Season Starts</b> Cheer Practice 5:30-7:30pm @ Joan Pisani Center <b>Parent Meeting @7:00-7:30pm</b>	27 Tumbling Practice 6:00-7:00pm or 7:00-8:00pm @ Joan Pisani Center	28 Cheer Practice 5:30-7:30pm @ Joan Pisani Center <b>BRING A BUDDY DAY</b>	29	30	31	



# September 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
						1
2 No Practice Labor Day Holiday	3 Tumbling Practice 6:00-7:00pm or 7:00-8:00pm @ Joan Pisani Center	4 Cheer Practice 5:30-7:30pm @ Joan Pisani Center	5	6	7	8
9 Cheer Practice 5:30-7:30pm @ Joan Pisani Center	10 Tumbling Practice 6:00-7:00pm or 7:00-8:00pm @ Joan Pisani Center	11 Cheer Practice 5:30-7:30pm @ Joan Pisani Center	12	13	14	15
16 Cheer Practice 5:30-7:30pm @ Joan Pisani Center	17 Tumbling Practice 6:00-7:00pm or 7:00-8:00pm @ Joan Pisani Center	18 Cheer Practice 5:30-7:30pm @ Joan Pisani Center	19	20	21	22
23 Cheer Practice 5:30-7:30pm @ Joan Pisani Center	24 Tumbling Practice 6:00-7:00pm or 7:00-8:00pm @ Joan Pisani Center	25 Cheer Practice 5:30-7:30pm @ Joan Pisani Center	26	27	28	29
30 Cheer Practice 5:30-7:30pm @ Joan Pisani Center						



# October 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	1 Tumbling Practice 6:00-7:00pm or 7:00-8:00pm @ Joan Pisani Center	2 Cheer Practice 5:30-7:30pm @ Joan Pisani Center	3	4	5	6
7 Cheer Practice 5:30-7:30pm @ Joan Pisani Center	8 Tumbling Practice 6:00-7:00pm or 7:00-8:00pm @ Joan Pisani Center	9 Cheer Practice 5:30-7:30pm @ Joan Pisani Center	10	11	12	13
14 Cheer Practice 5:30-7:30pm @ Joan Pisani Center	15 Cheer Practice 5:30-7:30pm @ Joan Pisani Center	16 Cheer Practice 5:30-7:30pm @ Joan Pisani Center	17	18 LGSR Annual Halloween Party 6:30-8:30pm @ Los Gatos High Community Room	19	20
21 Cheer Practice 5:30-7:30pm @ Joan Pisani Center	22 Tumbling Practice 6:00-7:00pm or 7:00-8:00pm @ Joan Pisani Center	23 Cheer Practice 5:30-7:30pm @ Joan Pisani Center r	24	25	26	27
28 Cheer Practice 5:30-7:30pm @ Joan Pisani Center	29 Tumbling Practice 6:00-7:00pm or 7:00-8:00pm @ Joan Pisani Center	30 Cheer Practice 5:30-7:30pm @ Joan Pisani Center	31			



# November 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
				1	2	3
4 Cheer Practice 5:30-7:30pm @ Joan Pisani Center	5 Tumbling Practice 6:00-7:00pm or 7:00-8:00pm @ Joan Pisani Center	6 Cheer Practice 5:30-7:30pm @ Joan Pisani Center	7 Cheer Practice 4:00-6:00pm @ LG High	8 Pre-Comp Team Dinner + Hair Party 6:00-8:00pm @ LG High	9 JAMZ Battle of the Capital Cheer Comp Roseville, CA	10
11 No Practice Veterans Holiday	12 Tumbling Practice 6:00-7:00pm or 7:00-8:00pm @ Joan Pisani Center	13 Cheer Practice 5:30-7:30pm @ Joan Pisani Center	14	15	16 LGSR Annual CheerGiving Dinner 6:00-8:00pm @ Prospect Center	17
18 Cheer Practice 5:30-7:30pm @ Joan Pisani Center	19 Tumbling Practice 6:00-7:00pm or 7:00-8:00pm @ Joan Pisani Center	20 Cheer Practice 5:30-7:30pm @ Joan Pisani Center	21 Cheer Practice 4:00-6:00pm @ LG High	22 Travel Day Arrive into Anaheim  Pre-Comp Team Dinner + Hair Party 6:00-8:00pm @ Anaheim, CA	23 JAMZ Bid Challenge Cheer Comp @ Anaheim, CA	24 Travel Day Depart Anaheim
25 Break No Practice	26 Break No Practice	27 Break No Practice	28 Break No Practice	29 Break No Practice	30 Break No Practice	





# December 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
						1
2 Cheer Practice 5:30-7:30pm @ Joan Pisani Center	3 Tumbling Practice 6:00-7:00pm or 7:00-8:00pm @ Joan Pisani Center	4 Cheer Practice 5:30-7:30pm @ Joan Pisani Center  <b>Parent Meeting @ 7:00-7:30pm</b>	5	6	7 Los Gatos Annual Holiday Parade 8:00am-11:00 @ Downtown LG	8
9 Cheer Practice 5:30-7:30pm @ Joan Pisani Center	10 Tumbling Practice 6:00-7:00pm or 7:00-8:00pm @ Joan Pisani Center	11 Cheer Practice 5:30-7:30pm @ Joan Pisani Center	12 Cheer Practice 4:00-6:00pm @ LG High	13 Pre-Comp Team Dinner + Hair Party 6:00-8:00pm @ LG High	14 ACD Norcal Cheer Comp @ Bay Area, CA	15
16 Cheer Practice 5:30-7:30pm @ Joan Pisani Center	17 Tumbling Practice 6:00-7:00pm or 7:00-8:00pm @ Joan Pisani Center	18 Cheer Practice 5:30-7:30pm @ Joan Pisani Center	19 LGSR Annual Holiday Party + Parent Performance 6:00-8:00pm @ Joan Pisani	20	21	22
23 Break No Practice	24 Break No Practice	25 Break No Practice	26 Break No Practice	27 Break No Practice	28 Break No Practice	29
30 Break No Practice	31 Break No Practice					



# January 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		1 Break No Practice	2 Break No Practice	3 Break No Practice	4 Break No Practice	5
6 Cheer Practice 5:30-7:30pm @ Joan Pisani Center	7 Tumbling Practice 6:00-7:00pm or 7:00-8:00pm @ Joan Pisani Center	8 Cheer Practice 5:30-7:30pm @ Joan Pisani Center	9 Cheer Practice 4:00-6:00pm @ LG High	10 Pre-Comp Team Dinner + Hair Party 6:00-8:00pm @ LG High	11 JAMZ Show Down at the Bay Cheer Comp @ Santa Clara, CA	12
13 Cheer Practice 5:30-7:30pm @ Joan Pisani Center	14 Tumbling Practice 6:00-7:00pm or 7:00-8:00pm @ Joan Pisani Center	15 Cheer Practice 5:30-7:30pm @ Joan Pisani Center	16	17	18	19
20 Cheer Practice 5:30-7:30pm @ Joan Pisani Center	21 Tumbling Practice 6:00-7:00pm or 7:00-8:00pm @ Joan Pisani Center	22 Cheer Practice 5:30-7:30pm @ Joan Pisani Center	23 Cheer Practice 4:00-6:00pm @ LG High	24	25 Travel Day Arrive into Las Vegas  Pre-Comp Team Dinner + Hair Party 6:00-8:00pm	26 JAMZ Nationals Cheer Comp Performance #1 @ Las Vegas
27 JAMZ Nationals Cheer Comp Performance #2 and Awards @ Las Vegas	28 Travel Day Depart Las Vegas	29 Break No Practice	30 Break No Practice	31 Break No Practice		



# February 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
					1	2
3 Cheer Practice 5:30-7:30pm @ Joan Pisani Center	4 Tumbling Practice 6:00-7:00pm or 7:00-8:00pm @ Joan Pisani Center	5 Cheer Practice 5:30-7:30pm @ Joan Pisani Center	6	7	8 LGSR Galentine's Day Party 2:00-4:00pm @ Prospect Center	9
10 Cheer Practice 5:30-7:30pm @ Joan Pisani Center	11 Tumbling Practice 6:00-7:00pm or 7:00-8:00pm @ Joan Pisani Center	12 Cheer Practice 5:30-7:30pm @ Joan Pisani Center	13	14	15	16
17 Break No Practice	18 Break No Practice	19 Break No Practice	20 Break No Practice	21 Break No Practice	22 Break No Practice	23
24 Cheer Practice 5:30-7:30pm @ Joan Pisani Center	25 Tumbling Practice 6:00-7:00pm or 7:00-8:00pm @ Joan Pisani Center	26 Cheer Practice 5:30-7:30pm @ Joan Pisani Center	27	28		



# March 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
					1	2
3 Cheer Practice 5:30-7:30pm @ Joan Pisani Center	4 Tumbling Practice 6:00-7:00pm or 7:00-8:00pm @ Joan Pisani Center	5 Cheer Practice 5:30-7:30pm @ Joan Pisani Center	6	7	8	9
10 Cheer Practice 5:30-7:30pm @ Joan Pisani Center	11 Tumbling Practice 6:00-7:00pm or 7:00-8:00pm @ Joan Pisani Center	12 Cheer Practice 5:30-7:30pm @ Joan Pisani Center	13	14	15	16
17 Cheer Practice 5:30-7:30pm @ Joan Pisani Center	18 Tumbling Practice 6:00-7:00pm or 7:00-8:00pm @ Joan Pisani Center	19 Cheer Practice 5:30-7:30pm @ Joan Pisani Center	20	21	22	23
24 Cheer Practice 5:30-7:30pm @ Joan Pisani Center	25 Tumbling Practice 6:00-7:00pm or 7:00-8:00pm @ Joan Pisani Center	26 Cheer Practice 5:30-7:30pm @ Joan Pisani Center	27 LAST Cheer Practice 4:00-6:00pm @ LG High	28 Pre-Comp Team Dinner + Hair Party 6:00-8:00pm @ LG High	29 JAMZ Norcal Cup Cheer Comp @ Stockton, CA	30
31 No Practice						



# April 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	1 No Practice	2 LGSR End of Season Banquet 6:00-8:00pm @ Joan Pisani Center	3	4	5	6
7	8 LGSR Next Season Tryouts @ Joan Pisani Center 6:00-8:00pm	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				