



PRACTICE:

Fundamental Program:

- Hair pulled up and out of face
- T-shirts, Tank Tops
- Athletic shorts, leggings, sweat pants
 - *No dresses, skirts, or denim
- Sneakers
 - *Flyers should wear cheerleading shoes to practice (sole
 - *No crocs, sandals, or dress shoes
- No jewelry

Performance/ Competitive Program:

- Same as above with the exception of shirt assignment
- South Schuylkill Stars Black tank tops to be worn for practice on Thursdays

PERFORMANCE / COMPETITION:

Fundamental Program:

- Fundamental students will be invited to attend events such as the parade and are included in showcase.
- Uniform options will be the black South Schuylkill Stars tank top and black bottoms or the team warmups (optional for fundamental kids).
- Team Bow facing forward
- White Cheerleading Shoes with low white socks
- No jewelry

Performance/ Competitive Program:

- Hair up in a high and full ponytail with hair spray.
- Team Bow facing forward
- Assigned make-up (blush, glitter, lipstick - purchase list attached)
- Team Competitive Uniform and shoes
- No jewelry
- ***Themed events may require costume pieces- there will be ample notice for these occasions.