## **Northern Virginia Homeschool Athletic Association**





## **Centurions Cheerleading Team**

Dear Parents and Cheerleaders,

I am thrilled you have decided to join the first NVHAA Varsity cheer team! We are indeed making history and I want us to rise to the occasion. First, I want you to know that I believe cheerleading is a sport just like any other. We will have conditioning to grow our bodies, so we can get better and be safe when performing our routines, tumbling, and jumps.

I want us to be taken seriously and in order to do that we will make the most of practice, we will be prepared for our games and cheer the entire time, we will be professional on the sidelines, our uniforms, shoes, and hair, etc will be clean and game ready. We will give 100% and the pay off will be huge.

It doesn’t matter what level any of us are, we will be a team and support each other the whole way and each of us will get better and stronger throughout the season.

I would love to have the girls take a tumbling class one day/week. Please let me know if you are interested in doing that.

Practices, camp, and games are mandatory except in the case of illness. Please make every effort to be there, when one girl is out it leaves the team unable to properly practice stunts, routines, etc.

Let’s go make history! Go Centurions!

Coach Zerkle

Email: cheercoach@nvhaacenturions.org

For More Information on the Cheerleading team:

Website: <http://www.nvhaacenturions.org/?page_id=591>

Facebook: <https://www.facebook.com/CenturionsFootball?ref=bookmarks>