





## August 2025

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>July 27th</b> ***Up-to-date physicals due first practice/ LIFTING IS MANDATORY BEGINNING 8/4 THRU END OF FOOTBALL SEASON!	<b>July 28th</b> -Football Program Photos (time TBD) -Cheer Poster Picture (after program photos)  @ UAHS Football Stadium	<b>July 29th</b>	<b>July 30th</b>	<b>July 31st</b> **Monday Tumbling Days will begin on Mon, 8/25	<b>1</b> ***VAR games are on Friday nights at 700 PM ***JV/FR (H) games are @ 9 & 11 respectively; (A) game times vary	<b>2</b> ***Phones are OFF LIMITS for duration of all practices/games unless specific use is requested by coach!
<b>3</b> **Dress appropriately for EVERY practice inc. hair up; bring water AND poms! **Practices at stadium UNLESS notified due to bad weather	<b>4</b> VAR=8-11 AM JV=8-11 AM FR=8-11 AM	<b>5</b> VAR=8-11 AM JV=8-11 AM FR=8-11 AM **Lifting 11AM **Shoe Fitting 9 AM	<b>6</b> VAR=8-11 AM JV=8-11 AM FR=8-11 AM Meet the Team @ 630 Performing Arts Ctr.	<b>7</b> VAR=8-11 AM JV=8-11 AM FR=8-11 AM **Lifting 11AM	<b>8</b> VAR=8-11 AM JV=8-11 AM FR=8-11 AM	<b>9</b> **Buses for away games depart and unload at Mt. Holyoke parking lot!
<b>10</b> 	<b>11</b> VAR=8-11 AM JV=8-11 AM FR=330-530	<b>12</b> VAR=8-11 AM JV=8-11 AM FR=330-530 **Lifting	<b>13</b> VAR=330-530 JV=330-530 FR=330-530	<b>14</b> VAR=330-530 JV=330-530 FR=330-530 **Lifting after practice	<b>15</b> VAR=330-530 JV=330-530 FR=330-530	<b>16</b> Cheer Car Wash 
<b>17</b>  Cheer Kick-off Social @ Amelita Mirolo Barn	<b>18</b> VAR=330-530 JV=330-530 FR=330-530	<b>19</b> VAR=330-530 JV=330-530 FR=330-530 **Lifting after practice	<b>20</b> VAR=Sign Painting! JV=330-530 FR=330-530	<b>21</b> VAR=330-530 JV=330-530 FR=330-530 **Lifting after practice	<b>22</b> VAR (H) vs. Anthony Wayne ***JV=Cheer 1st half! ***FR=330-500	<b>23</b> FR (A) vs. Grove City @ 11 (bus leaves @ 930) JV (A) vs. Coffman @ 11 (bus leaves @ 945)
<b>24</b>	<b>25</b> 	<b>26</b> VAR=330-530 JV=330-530 FR=330-530 **Lifting after practice	<b>27</b> VAR=330-530 JV=330-530 FR=330-530	<b>28</b> VAR=330-530 JV=330-530 FR=330-530 **Lifting after practice	<b>29</b> VAR (A) vs. Olentangy Berlin Bus leaves @ 5 FR/JV=NO PRACTICE	<b>30</b> JV (H) vs. Olentangy Berlin @ 9 FR (H) vs. Olentangy Berlin @ 11
<b>31</b>	***Sundays=Youth Cheer for those who volunteer to coach! Remember that if you do choose to volunteer, you need to be responsible and devote your attention to the little ones while you are there (NO PHONES). Those who run the program count on you, and the little girls LOVE the time they get to spend with you!!!!					