

Open Cheer Practice Info



The cheer team is looking for new members! Open cheer practices are a great way for people who are interested in the cheer team to get a glimpse of what the seasonal practices will be like! Open practices are a chance to experience what it's like to be part of Lee

College Cheer. You'll learn basic skills, meet the team, and get a feel for practices — no commitment required.

- Learning motions & cheers
- Intro to stunting
- Basic tumbling (optional)
- Team-style practice environment

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- Athletic, workout-appropriate clothing
- Shorts or leggings & fitted top
- Athletic shoes (cheer shoes if you have them)

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- **What are the dates and times for the open cheer practices?**
 - # Open cheer practices are happening now. They are normally held Mondays and Wednesdays.
- **Where are the open cheer practices located?**
 - # Open cheer practices are held at the Gymnasium (Building 13 on the [campus map](#)).
- **Who can attend the open cheer practices?**
 - # Anyone who is enrolled as a Lee College student!
- **Do I need to have prior cheer experience to be able to attend?**
 - # NO! Having prior cheer/dance/gymnastics/etc. experience is always a plus, but it is not required. If you have no prior experience but still want to come out, please feel free to do so!
- **What is the clothing attire for the open cheer practices?**
 - # Athletic clothes that are appropriate. For females, sports bra and shirt covering sports bra along with shorts/leggings are acceptable. For males, no crop tops/excessive gym clothing. Tank tops and such are fine, but we ask that males and females alike keep your practice attire workout professional.
- **Do I need a physical to be able to attend the open cheer practices?**
 - # For the open cheer practices you will not need a physical. However, you will need to sign a waiver in order to participate. A physical must be turned in before the official tryouts, to ensure that everyone is healthy enough to be on the cheer team.

Please contact Head Cheerleading Coach Drew Yoder if you have any questions. Hope to see you out there! GO, NAVS!

Contact Info

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