



Christmas Movie Concessions

The NJHS will be filling movie concession orders again this year for students to snack on during classroom Christmas movies on Friday, December 18th. Please send money with your student(s) to school, so they can purchase a treat or two and support a great cause. Students will be limited to one

item each (1 bag of popcorn, 1 juice box, and 1 bag of cookies). The total cost for one item each is \$1.50.

Please send money in with your student(s) by Wednesday, December 16th. This year, the National Junior Honors Society is splitting the proceeds between Friends of Kenyan Orphans and a local charity. Thank you for your continued support and Merry Christmas!

<u>Christmas Movie Concessions</u>	
2 Cookies	\$0.50
Popcorn	\$0.50
Juice Box	\$0.50



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Family Service Opportunity!

In the Spirit of Christmas... Introducing

Service Saturday

AND

Service Sunday

Service Saturday – December 19

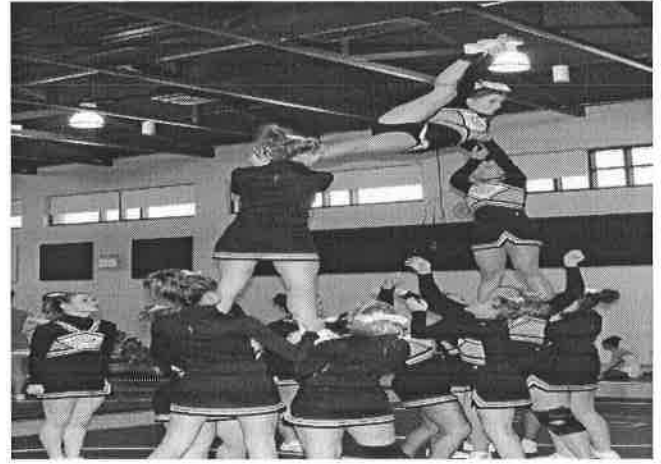
We will be helping our St. Vincent de Paul Society deliver children's gifts to those in need. It starts at Noon and goes until 2 p.m. We will meet at the St. Vincent de Paul house which is 1213 Clark Rd. Sign up by calling the Parish Office 517-323-2379.

Service Sunday – December 20

We will be helping our St. Vincent de Paul Society deliver food baskets to those in need. It starts after 11 a.m. Mass and goes until 2 p.m. We will meet at Fr. Weber Hall, located behind St. Gerard School. Sign up by calling the Parish Office 517-323-2379.



Open Cheer Workouts With LCHS Cheerleaders!



What: Cheer focused workouts consisting of strength and conditioning and skill development including a separate cheer gymnastics class.

When: Starting December 8th, cheer workouts on Tuesdays from 4:30-6:00 pm & gymnastics classes on Thursdays from 4:30-6:00 pm. Gymnastics classes cost \$110 per athlete and must be paid in advance. Practices run for 8 weeks. No practices during Christmas Break.

Where: All workouts and gymnastics classes will be at the St. Therese Gym excluding Jan 12th & 19th. Jan 12th and 19th workouts are at LCHS.

Why: To give middle school athletes an early opportunity to start building the skills and relationships needed to cheer at LCHS through working along side/with several high school cheerleaders who will also be practicing to advance their skills.

Who: Any 6-11th grader interested in cheer at the high school level including last season's Varsity Team members. Varsity Coach Laura Fox will lead workouts and Mike Houldsworth with On-Site Tumbling will instruct gymnastics.

Other: If there is enough interest in cheer at the middle school level, the Junior Cougar Cheer program could be reinstated next year for 6-8th graders. Please let Coach Fox know if you are interested.

~CHEERLEADING AT LANSING CATHOLIC~

Fall Cheerleading Season (Sideline):

Tryouts: May or June (Flyers will be sent to middle schools in April)

Season: August-October (Although summer events, workouts, fundraisers and camps are required)

Teams: (Could differ based on number of athletes who try out. Only 1 Varsity Team in 2015 made up of all grade levels)

- 1.) Freshman- Freshman
- 2.) Junior Varsity- Freshman & Sophomores
- 3.) Varsity-Juniors & Seniors (Although freshman and sophomores have been placed on Varsity when their skill level is appropriate)

Time Commitment:

Teams practice 3-4 times per week. One day is usually dedicated to gymnastics training for 1.5 hours with a gymnastics & strength coach. 2-3 other days are dedicated to team practice for a minimum of 2 hours. Each team has one football game per week. Freshman Cheerleaders will cheer for the Freshman Football team on either Wednesday or Thursday evenings, JV Cheerleaders will cheer for the JV Football team on Thursday evenings and the Varsity Cheerleaders will cheer for the Varsity Football team on Friday evenings. Occasionally, team-bonding activities are planned including team dinners, sleepovers, and camping trips.

Each Athlete is required to attend team camps. Exact camp details will be available before tryouts.

Information:

The focus during the fall season is building on skills at practice and cheering at all games (approximately 9 games per season, not including Varsity playoffs). Athletes are required to set personal and team goals, learn and master the skills required for the competitive season, strengthen their leadership abilities and promote school traditions at football games. An open mind, commitment, dedication and the ability to learn is necessary for an athlete to be considered for the sideline season. Most athletes begin their sideline cheerleading career with little to no cheerleading experience and that's okay! We'll teach you everything you need to know.

Winter Cheerleading Season (Competitive):

Tryouts: November

Season: November-February

Teams: (Could differ based on number of athletes who try out. No 2015/2016 Competitive Team due to low numbers.)

- 1.) Freshman- Freshman
- 2.) Junior Varsity- Freshman & Sophomores
- 3.) Varsity-Juniors & Seniors (Although freshman and sophomores have been placed on Varsity when their skill level is appropriate)

Time Commitment:

All teams generally practice Monday-Friday for a minimum of two hours. The Freshman and JV cheer teams compete 5-6 times during the season and the Varsity cheer team competes 9-12 times during the season. These competitions take place both locally and state wide. Competitions are usually on Wednesday evenings and Saturdays during the day. Occasionally, team bonding activities are planned including sleepovers and team dinners.

Athletes who participate in competitive cheerleading during the winter but are unable to participate in the fall are welcome to join the sideline cheerleading team in the summer and attend cheerleading camp to advance their skills.

Information:

The focus during the winter cheerleading season is on competing at local and statewide meets and continuing to build skills at practice. The primary focus of the competitive season is on competing. An open mind and the ability to learn are necessary for an athlete to be considered for the competitive season. For the competitive season, the focus switches from learning skills to performing the skills that were taught during the sideline season. Demonstrated ability of mastered skills will be required to make the competitive team. The ability to learn material at a quick rate of teaching will be required.

General Information:

While it is not required that the athlete cheer both seasons, it is highly recommended that the athlete cheer during the fall season to help develop competitive cheer skills. We encourage athletes to participate in both seasons unless they are participating in another sport.

Stunting, jumps and motions will be important elements in our program, but please note gymnastics is now strongly emphasized. It is highly suggested that athletes personally enroll in a summer gymnastics class to prepare for the upcoming sideline season.

Sign Up:

Athletes who are interested in trying out should contact the head coach for additional information.

Athletes who plan to try-out must sign-up with the head coach and obtain the tryout forms at least two weeks prior to tryouts.

HEAD COACH CONTACT:

Laura Fox
517-230-1959
laurafox628@gmail.com

- Please read the attached informational sheet for more details about the high school cheer program.
- All athletes must have current physical on file with Coach Fox. It can be brought to the first workout (current = completed after April 2015).
- Registration is required prior to attending workouts. Please complete the attached form and email to Coach Fox to complete registration. Late registration will be approved on a case-by-case basis.
- Gymnastics payment is due on the first day the athlete attends class. If athlete cannot attend all classes, see Coach Fox for the prorated cost amount. All checks should be made out to On-Site Tumbling.

LCHS Head Varsity Coach
Laura Fox
(p) 517-230-1959
(e) laurafox628@gmail.com

Athlete Information Form

Athlete Name: _____ Grade: _____

Address: _____ City: _____ Zip: _____

Home Phone #: _____ Birthday: _____

Athlete Cell #: _____ Parent Cell #: _____

Parent(s) /Guardian(s) Name(s): _____

Athlete Primary E-mail Address: ATHLETE MUST CHECK DAILY: _____

Parent E-mail Address: _____

Any allergies, special care needs or medical needs that the coaches should be aware of:

Permission to use athlete's first name only and pictures on the LCCHS Cheerleading Website: Y / N

Parent Signature: _____

Date: _____

The 2015 Tricounty Festival of Trees and Community Craft Fair Presented by VFW Post 7039

*Ingham County Fair Grounds
700 E. Ash Street
Mason, MI (Main Arena)*

	<p><i>Saturday at noon</i></p>		<p><i>Saturday 4pm</i></p>
<p>Mickey & Minnie Pooh & Tigger Characters from Frozen</p>	<p>Spongebob & Friends</p>		<p><i>Sunday 2pm</i> Minions & Gru</p>
	<p><i>Sunday 11am</i></p>		
<p><i>Saturday 2 - 3pm</i> Santa & Mrs. Claus</p>	<p>Dora & Friends</p>		<p><i>Sunday 4pm</i> Sesame Street</p>
<p><i>Pictures with characters available after each performance.</i></p>			

www.inghamfair.org

*Over 125 Holiday Crafters
Saturday Dec. 5 10am-7pm
Sunday Dec. 6 10am-5pm*

\$1 Admission Fee
with this flyer