

SEPTEMBER 2018

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
						No Practice
2	3	4	5	6	7	8
	No School/practice	Practice 4-7pm	Practice 5:45 – 8:45pm	Practice 4-7pm	H. Game vs. West Springfield Meet 5pm (CANCELLED)	Practice 10-12:30pm H. Game @ 1:30PM 9/11 Community Service Event 4PM
9	10	11	12	13	14	15
	Practice 5:45 – 8:45pm	Practice 4-7pm	Practice 5:45 – 8:45pm	A. Game vs. Mt. Vernon Meet 4:45pm	Practice 5:45 – 8:45pm	Practice 11-2pm
16	17	18	19	20	21	22
	Practice 5:45 – 8:45pm	Practice 4-7pm	Practice 5:45 – 8:45pm*	Practice 4-7pm	H. Game vs. James Madison Meet: 5pm*	Practice 11-2pm*
23	24	25	26	27	28	29
	Practice 5:45 – 8:45pm*	Practice 4-7pm*	Practice 4-6:30pm Back-to-School Night 6:30	Practice 4-7pm**	A. Game vs. Annandale Meet: 4:45pm	Stone Bridge Invitational 4pm Meet @ 1:15pm
30		NOTES:				
		<p>Practice Attire: Mondays: Gray T-Shirt w/Navy Bow; Tuesdays: Black Tanks w/Pink Bow; Wednesdays: Pink Tank w/White Bow; Thursdays: Navy Blue T-Shirt w/silver bow; Fridays: Gameday attire; Saturdays: Camo Tank w/black bows.</p> <p>*Practice will be in the gymnasium. All cheerleaders must meet 15 mins prior to the commencement of practice to roll up and move mats and stay 15mins if necessary to move the mats back.</p> <p>**Tumbling Class Day</p>				

OCTOBER 2018

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2	3	4	5	6
	Practice 5:45 – 8:45pm*	Practice 4-7pm*	Invitational @ South Lakes Time: TBD	Practice 4-7pm**	H. Game vs. Herndon Meet: 5pm HC Game	Practice 11-2pm* JV/Freshman Jamboree Leaving after practice (support only)
7	8	9	10	11	12	13
	No School Practice 3:30-6:30pm* Showcase 5:45pm Team Dinner 7pm	Semi-Finals @ South Lakes - 6:30pm Meet @ 2:30pm	Early Release Practice* 5:45-8:45pm	Practice 4-7pm**	A. Game vs. South Lakes Meet: 4:45pm	Practice 11-2pm*
14	15	16	17	18	19	20
	Practice 3:30-6:30pm* Team Dinner/Hair 7pm	Finals @ South Lakes - 6:30pm Meet @ 2:30pm	Practice 5:45-8:45pm	Practice 4-7pm**	H. Game vs. Langley Meet: 5pm	Regionals @ Chantilly Time: TBD
21	22	23	24	25	26	27
	Practice 5:45-8:45pm	Practice 4-7pm**	Regionals @ Chantilly Time: TBD	Practice 4-7pm**	H. Game vs. McLean Meet: 5pm Senior Night	Practice 11-2pm
28	29	30	31			
	Practice 5:45-8:45pm	Practice 4-7pm**	Practice 5:45-8:45pm			

NOTES:

Practice Attire: Mondays: Gray T-Shirt w/Navy Bow; **Tuesdays:** Black Tanks w/Pink Bow; **Wednesdays:** Pink Tank w/White Bow; **Thursdays:** Navy Blue T-Shirt w/silver bow; **Fridays:** Gameday attire; **Saturdays:** Camo Tank w/black bows.

*Practice will be in the gymnasium. All cheerleaders must meet 15 mins prior to the commencement of practice to roll up and move mats and stay 15mins if necessary to move the mats back.

**Tumbling Class Day

NOVEMBER 2018

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1	2	3
				Practice 4-7pm**	A. Game vs. Yorktown Meet: 4:45pm	
4	5	6	7	8	9	10
	Winter Season Begins	No School	TBD	TBD	TBD	
11	12	13	14	15	16	17
	No School	TBD	TBD	TBD	TBD	Navy Halftime Extravaganza Time TBD
18	19	20	21	22	23	24
	TBD	TBD	No School	No School	No School	
25	26	27	28	29	30	
	TBD	TBD	Awards Banquet 6:30pm	TBD	TBD	
NOTES:						
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