

Name_____

Form_____

NM JETS: Welcome to the 2019-2020 season of cheer!

Training is on Thursdays, 15.30-17.30, in the Gym at Norbury Manor.

- Please get changed into PE kit and trainers in the Changing Room **then bring all bags and clothes into the Gym** so cleaners can access the Changing Room. If you need the toilet please only use those in the Changing Room.
- **Please ONLY use the doors outside the caretakers' room** when you leave and then exit the school via the playground.
- **Once training has begun you cannot return to your lockers even at the end of the session** so make sure you have everything with you at the beginning.
- **Remind your parents** you will be training and will be later getting home.
- **Charge and top up your phone** if you need to use it after the session.
- Please remember **to eat properly during the day**. You will need your ENERGY!
- **Read the squad rules** and come **on time** and with a **positive attitude** to be friends with everyone and smile. Be **prepared to listen and concentrate** to make progress!
- **Check the NM Jets website (nmjets.org.uk) and Twitter feed (@nmjets) regularly for updates.**
- **Please complete the NM JETS SIZE INFO SHEET and return quickly.** Remember, we need all shapes and sizes in a cheer squad. Try to be as accurate as possible.
- **Staff** to contact about The NM Jets Cheerleading Programme are: Miss Campbell, Miss Nicholls, Miss Park and Miss Patten.

NM JETS SIZE INFO SHEET

Name_____ Form_____

Squad (please circle):

Red Jets

NM Jets

All Stars

Your sizes (please circle):

Skirt/shorts: 4 6 8 10 12 14 16 18 20 22

Top: 4 6 8 10 12 14 16 18 20 22

T-shirt (we know these can vary): XS S M L XL XXL

Shoe size: 2 2.5 3 3.5 4 4.5 5 5.5 6 6.5 7 7.5 8 8.5 9