

# Open Cheer Practice Info



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! Here are some common questions and answers:

- **What are the dates and times for the open cheer practices?**
  - # Open cheer practices are Mondays and Wednesdays throughout September. The first three dates:
    - # 6-8 p.m. Wednesday, Sept. 4
    - # 6-8 p.m. Monday Sept. 9
    - # 6-8 p.m. Wednesday Sept. 11
- **Where are the open cheer practices located?**
  - # Open cheer practices will be held at the Gymnasium (Building 13 on the [campus map](#)).
- **Who all 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 2024-2025 cheer team.

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

## Contact Info

Drew Yoder  
Community Engagement Coordinator & Head Cheerleading Coach  
[dyoder@lee.edu](mailto:dyoder@lee.edu) | 281.425.6831  
John Britt Hall, Office 133

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