

# What to Wear and Bring to Practice

## Practice Uniforms:

Clinton Township Cowboys Practice Shirt and blue shorts and all white tennis shoes.

**Note:** If daughter does not have a practice shirt than a grey top and blue bottoms.

The following clothing items are not allowed,

- Denim shorts or skirts
- No Hair bead, Clips, No metal or hard plastics in hair
- No jewelry (earrings, rings, bracelets, anklets, etc.)
- No nail polish or artificial nails allowed.

Make sure she is dressed for the weather. When it starts getting chilly out, please remember to send a sweatshirt or jacket with her.

Your cheerleader should bring water bottles. (water provided)

If you like, you can also include insect repellent.