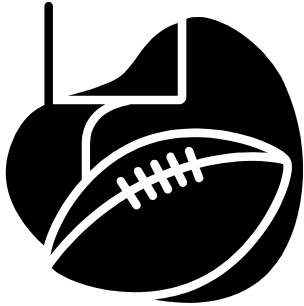


Shades Mountain Christian School Athletics

Eagle's Cry

SMCS Football Team Wins Two in Spring



Congratulations to the SMCS football team who won 2 games on Saturday in their spring game against JCA and Parkway Christian. It was a total team effort with both the offense and defense finding the end zones. SMCS kicks off their regular season football on August 28, 2009 @ Finley Stadium with Parkway Christian.

Boys' Basketball Tryouts and Practice

Anyone interested in playing boys' basketball should come to tryouts/practice May 18th-19th, 21st- 22nd, and Tuesday May 26th. Practice will be held from 3:30-5:30.



Christian Tennis Camp at Briarwood High School

July 20th-23rd

Cost: \$180

Monday-Thursday from 1:00-5:00 pm

Boys and Girls Ages 10-14 of all skill levels

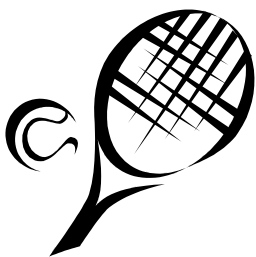
Stroke fundamentals, Strategy, Patterns, Positioning, Match play and Conditioning

Drills from 1:00-3:00

Spiritual Talk 3:00-4:45

Match Play 3:45-4:45

Fast Drills 4:45-5:00



Topics covered: Biblical Perspective on Winning, Walking in the Spirit during competition, Understanding Grace, Knowing Him and Making Him Known

2009 Cheerleading Tryout Information

Consent Form and Clinic fee of \$25 is due to school office by Friday, May 22

When: Thursday, May 28th at 5:00 p.m in the SMCS Gymnasium

ATTIRE FOR TRYOUTS

- Black Athletic Shorts
- SOLID White T-shirt
- White ankle socks (footies)
- Tennis Shoes (no cheer shoes)
- Hair pulled up (black or white ribbon optional)
- NO JEWELRY

Tryout cost: \$25

Areas Judged: Tryouts will include showing spirit, tryout cheer, jumps, and tumbling.

Responsibilities: Read the cheerleading guidelines CAREFULLY. If you cannot comply with these rules, please do not try out. (Available at the school office)

Tryout Criteria: Each cheerleader will make up her own choreography to the cheer I have listed below. In the cheer, there needs to be an incorporation of two jumps (toe touch plus one additional jump) or one toe touch and your choice of tumbling.

Cheer Words: Varsity:

Shades Mountain
We are the eagles
We're ready to play
To go onto victory
So get out of our way
Fans of the eagles
Stand up and cheer
With pride for the green
Yell really loud and cheer
Yell Go! Go! Yell Big! Big!
Yell Green! Green!
Put it all together now
Go big green! Go big green! Go big green!

Junior High:

We are the eagles
We're ready to play
to yell for the green
so get out of our way
yell green! green!
yell white! white!
yell green and white!

Estimated costs:

Camp:	\$200- ?	Training:	\$50
Game Uniform:	\$150	Bloomers:	\$10
Poms:	\$20	Bodysuit:	\$15
Shoes:	\$60	Competitions:	\$60?
Warmup Outfit:	\$120	Bag:	\$35