

# March 2023

2022-2023  
Squad

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4
5	6 <i>Last Practice</i> <b>Scrapbook Pages Due</b> <b>Uniform Check In</b> <b>Practice 8-10 pm</b>	7	8	9	10	11
12	13 <i>Spring Break</i>	14 <i>Spring Break</i>	15 <i>Spring Break</i>	16 <i>Spring Break</i>	17 <i>Spring Break</i>	18
19	20 <b>End of Season Cheer Banquet</b> <b>6:30 pm</b> <b>Mill Valley</b>	21	22	23	24	25
26	27	28	29	30	31	

# March

<b>1</b>	Blush Tank /Black Nike Pros
<b>2</b>	Navy Tank /Pink Motionflex Shorts
<b>3</b>	Blue Tank/Navy Motionflex Shorts

MVHS	MV Jags	White Mascot	M Valley	MV Cross
Navy/White	Navy/White Silver	White	Cut Pleat	
White Turtleneck	Navy Turtleneck			

Navy Game Day
White Game Day
Gray Game Day
Team Name Shirt
Game Day Sweatshirt

Team Jacket
Bows will change based on theme of games.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4
5	6 <b>Practice –Favorite from this year</b>	7	8	9	10	11
12	13 <i>Spring Break</i>	14 <i>Spring Break</i>	15 <i>Spring Break</i>	16 <i>Spring Break</i>	17 <i>Spring Break</i>	18
19	20 <i>No School Banquet</i>	21	22	23	24	25
26	27	28	29	30	31	

# March 2022

**2022-2023**  
**Squad**

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Sun

Mon

Tue

Wed

Thu

Fri

Sat



# April 2022

2022-2023  
Squad

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Sun

Mon

Tue

Wed

Thu

Fri

Sat

School Uniform  
Fitting @MV  
8:00-10:00 pm

# May 2022

2022-2023  
Squad

Sun

Mon

Tue

Wed

Thu

Fri

Sat

Fundraising Meeting  
7:15 pm  
Varsity Fitting  
7:30 pm  
Practice 8-10 pm

Fundraiser Meeting  
7:00 am –Aux Gym

Practice 8-10 pm

# June 2022

2022-2023  
Squad

Sun

Mon

Tue

Wed

Thu

Fri

Sat

Practice Cheer and Chants →

Practice 8-10 pm

Practice 8-10 pm

Practice Cheer and Chants →

# June

<b>1</b>	Blush Tank /Black Nike Pros
<b>2</b>	Navy Tank /Pink Motionflex Shorts
<b>3</b>	Blue Tank/Navy Motionflex Shorts

MVHS	MV Jags	White Mascot	M Valley	MV Cross
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Navy/White	Navy/White Silver	White	Cut Pleat
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White Turtleneck	Navy Turtleneck
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Navy Game Day
White Game Day
Gray Game Day
Team Name Shirt
Game Day Sweatshirt

Team Jacket
Bows will change based on theme of games.

**Sun**

**Mon**

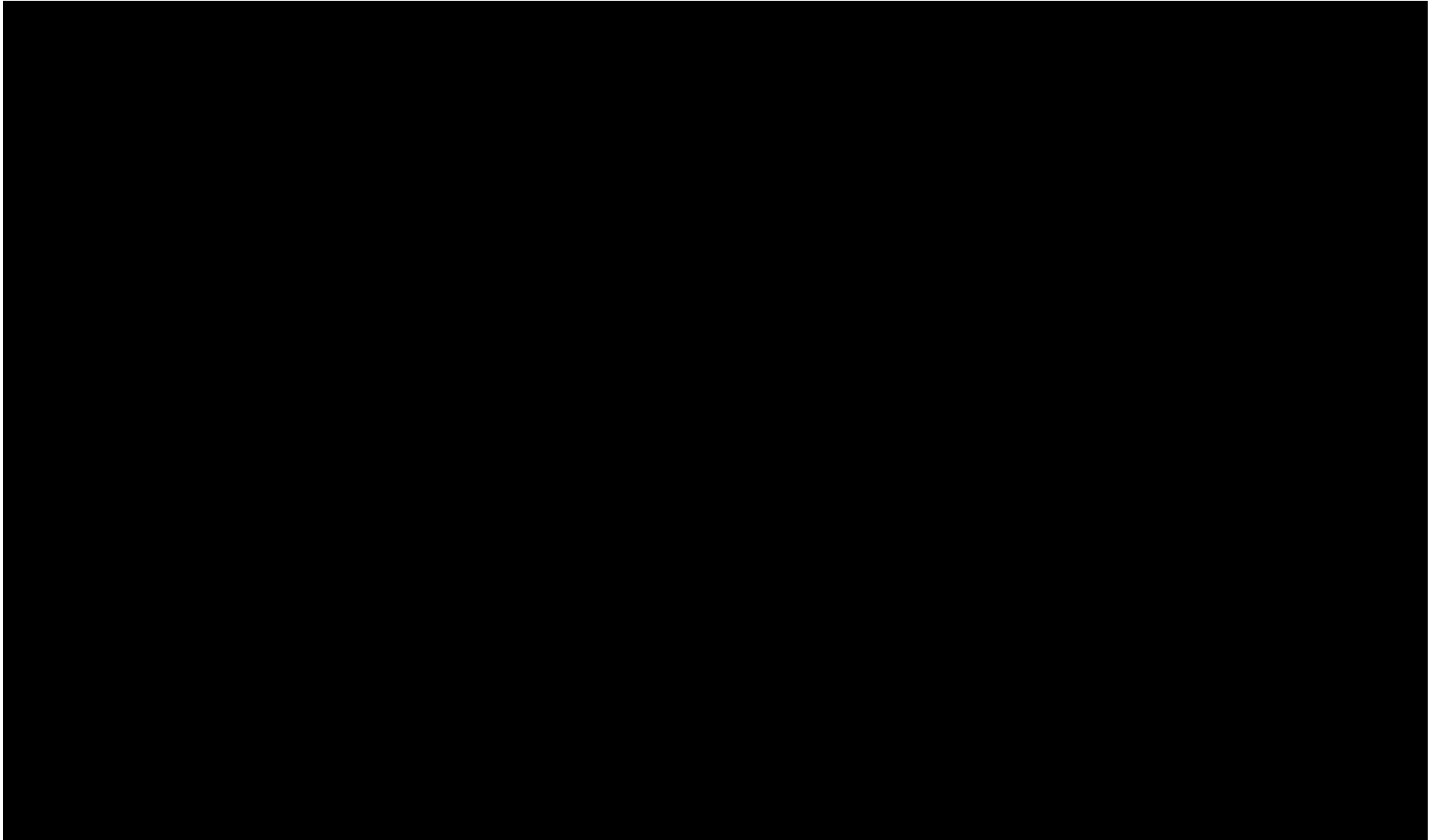
**Tue**

**Wed**

**Thu**

**Fri**

**Sat**



# July 2022

2022-2023  
Squad

Sun

Mon

Tue

Wed

Thu

Fri

Sat

Practice Cheer and Chants



Practice 8-10

Practice 6:00

Practice Cheer and Chants



Practice Cheer and Chants





# July

<b>1</b>	Blush Tank /Black Nike Pros
<b>2</b>	Navy Tank /Pink Motionflex Shorts
<b>3</b>	Blue Tank/Navy Motionflex Shorts

MVHS	MV Jags	White Mascot	M Valley	MV Cross
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Navy/White	Navy/White Silver	White	Cut Pleat
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White Turtleneck	Navy Turtleneck
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Navy Game Day
White Game Day
Gray Game Day
Team Name Shirt
Game Day Sweatshirt

Team Jacket
Bows will change based on theme of games.

**Sun**

**Mon**

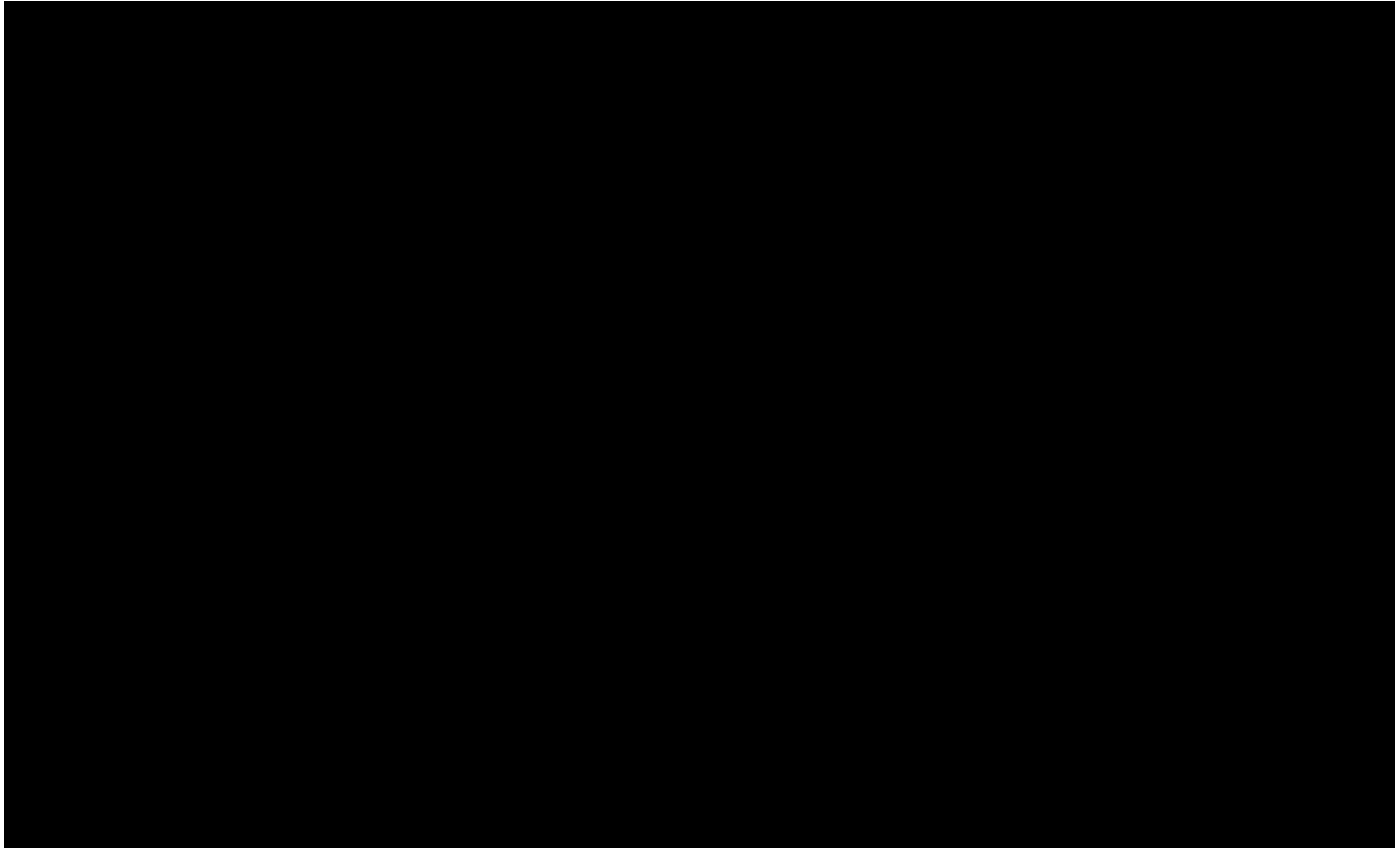
**Tue**

**Wed**

**Thu**

**Fri**

**Sat**



# August 2022

2022-2023  
Squad

Sun

Mon

Tue

Wed

Thu

Fri

Sat

Practice 8-10 pm

Cheer and Band Chant Boot Camp

Practice 7-10 pm

Practice 7-10 pm

Practice 7-10 pm

Practice 8-10 pm

Practice 6:00 am

Practice 8-10 pm

# September 2022

2022-2023  
Squad

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				Practice 6:00 am	Game Day Practice 5:00	
				Practice 6:00 am		
	Practice 8-10 pm					
				Practice 6:00 am		
	Practice 8-10 pm					
				Practice 6:00 am	Performance Practice 5:00	Game Day Practice 8-11 am
	Practice 8-10 pm					
					Performance Practice 5:00	
	Practice 8-10 pm					

If not in Performance,  
you will be helping  
with Chick-fil-A

# September

1	Blush Tank /Black Nike Pros
2	Navy Tank /Pink Motionflex Shorts
3	Blue Tank/Navy Motionflex Shorts

MVHS	MV Jags	White Mascot	M Valley	MV Cross
Navy/White	Navy/White Silver	White	Cut Pleat	
White Turtleneck	Navy Turtleneck			

Navy Game Day
White Game Day
Gray Game Day
Team Name Shirt
Game Day Sweatshirt

Team Jacket
Bows will change based on theme of games.

**Sun**

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**Thu**

**Fri**

**Sat**

<b>School:</b> <b>Skirt:</b> <b>Shell:</b> <b>Crop:</b> <b>Bow:</b>	Silver Hawaiian Navy Paw Print Jaguar Print	American Flag White/Navy MV Competition Hot Pink
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**Game Day  
Practice 8-11 am**

If not in Performance,  
you will be helping  
with Chick-fil-A



# October 2022

**2022-2023**  
**Squad**

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						<i>1</i>
				Practice 6:00 am		
	Practice 8-10 pm					
				Practice 6:00 am		Performance Practice 8-11 am
	Practice 8-10 pm					
				Practice 6:00 am Game Day Practice 5:00		
	Practice 8-10 pm					
				Practice 6:00 am		
	Practice 8-10 pm					
Practice 7-9 pm						

# October

<b>1</b>	Blush Tank /Black Nike Pros
<b>2</b>	Navy Tank /Pink Motionflex Shorts
<b>3</b>	Blue Tank/Navy Motionflex Shorts

MVHS	MV Jags	White Mascot	M Valley	MV Cross
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Navy/White	Navy/White Silver	White	Cut Pleat
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White Turtleneck	Navy Turtleneck
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Navy Game Day
White Game Day
Gray Game Day
Team Name Shirt
Game Day Sweatshirt

Team Jacket
Bows will change based on theme of games.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
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						<i>1</i>
<b>Performance Practice 8-11 am</b>						

# November 2022

**2022-2023  
Squad**

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				Practice 6:00 am	Game Day Practice 5:00	Washburn Rural Cheer Competition 9:00 am-4:00
				Practice 6:00 am	Game Day Practice 5:00	
	Practice 8-10 pm					
				Practice 6:00 am	Game Day Practice 5:00	
	Practice 8-10 pm					
	Practice 8-10 pm					
	Practice 8-10 pm					



# November

<b>1</b>	Blush Tank /Black Nike Pros
<b>2</b>	Navy Tank /Pink Motionflex Shorts
<b>3</b>	Blue Tank/Navy Motionflex Shorts

MVHS	MV Jags	White Mascot	M Valley	MV Cross
Navy/White	Navy/White Silver	White	Cut Pleat	
White Turtleneck	Navy Turtleneck			

Navy Game Day
White Game Day
Gray Game Day
Team Name Shirt
Game Day Sweatshirt

Team Jacket
Bows will change based on theme of games.

**Sun**

**Mon**

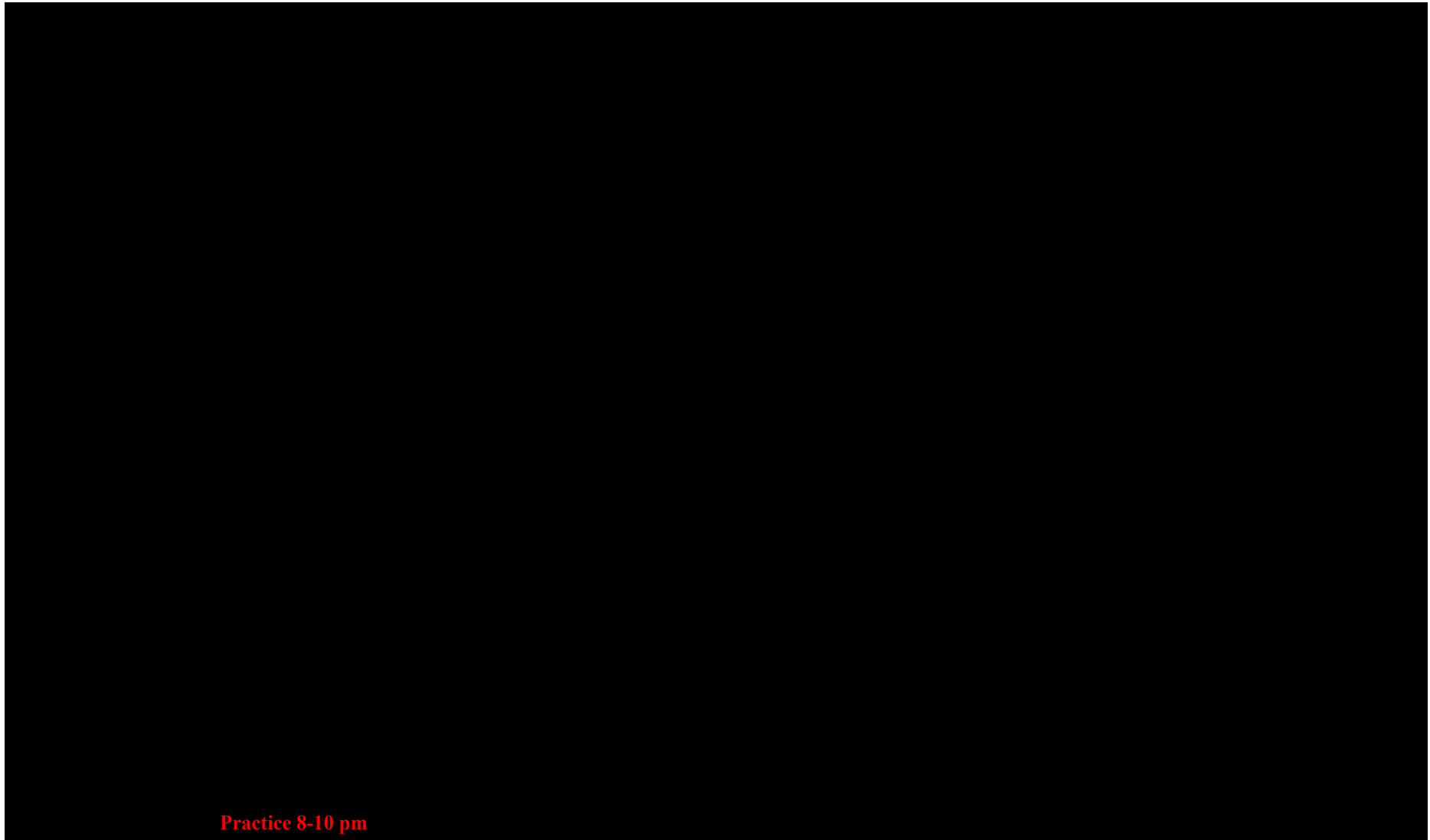
**Tue**

**Wed**

**Thu**

**Fri**

**Sat**



**Practice 8-10 pm**

# December 2022

2022-2023  
Squad

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				Practice 6:00 am	NAVY	
	Practice 8-10 pm					
				Practice 6:00 am		
		NAVY			SILVER SECRET SANTA	
	Practice 8-10 pm					
	SECRET SANTA					
	SECRET SANTA REVEAL at CHEER Holiday Party - STIX Legends 7:30	SILVER			NAVY	Performance Practice 8-11 am
		NAVY				

# December

<b>1</b>	Blush Tank /Black Nike Pros
<b>2</b>	Navy Tank /Pink Motionflex Shorts
<b>3</b>	Blue Tank/Navy Motionflex Shorts

MVHS	MV Jags	White Mascot	M Valley	MV Cross
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Navy/White	Navy/White Silver	White	Cut Pleat
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White Turtleneck	Navy Turtleneck
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Navy Game Day
White Game Day
Gray Game Day
Team Name Shirt
Game Day Sweatshirt

Team Jacket
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**Sun**

**Mon**

**Tue**

**Wed**

**Thu**

**Fri**

**Sat**

**HOLDIAY SOCKS**

**CHEER Holiday  
Party**

**Performance  
Practice 8-11 am**

# January 2023

2022-2023  
Squad

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Sun	Mon	Tue	Wed	Thu	Fri	Sat
				Practice 6:00 am	SILVER	
Game Day AND Performance Practice 8-11 am		NAVY		Practice 6:00 am	SILVER	Game Day AND Performance Practice 8-11 am
	Practice 8-10 pm					
		SILVER		Practice 6:00 am		
	Practice 8-10 pm					
		NAVY				
Practice 8-10 pm						

# January

1	Blush Tank /Black Nike Pros	MVHS	MV Jags	White Mascot	M Valley	MV Cross	Navy Game Day	Team Jacket  Bows will change based on theme of games.
	2	Navy Tank /Pink Motionflex Shorts	Navy/White	Navy/White Silver	White	Cut Pleat	White Game Day	
			3	Blue Tank/Navy Motionflex Shorts	White Turtleneck	Navy Turtleneck	Gray Game Day	
Team Name Shirt								
Game Day Sweatshirt								

**Sun**

**Mon**

**Tue**

**Wed**

**Thu**

**Fri**

**Sat**

**Practice 8-10 pm**

**Game Day AND Performance Practice 8-11 am**

**Game Day AND Performance Practice 8-11 am**

# February 2023

2022-2023  
Squad

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				Practice 6:00 am	SILVER	4
	Practice 8-10 pm	SILVER		Practice 6:00 am	NAVY	11
	Practice 8-10 pm	NAVY		*	SILVER	18 ENTIRE TEAM COMES FOR SENIOR NIGHT
	Practice 8-10 pm	SILVER			NAVY	25
	Practice 8-10 pm SENIORS ONLY	SILVER				

# February

<b>1</b>	Blush Tank /Black Nike Pros
<b>2</b>	Navy Tank /Pink Motionflex Shorts
<b>3</b>	Blue Tank/Navy Motionflex Shorts

MVHS	MV Jags	White Mascot	M Valley	MV Cross
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Navy/White	Navy/White Silver	White	Cut Pleat
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White Turtleneck	Navy Turtleneck
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Navy Game Day
White Game Day
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**Sun**

**Mon**

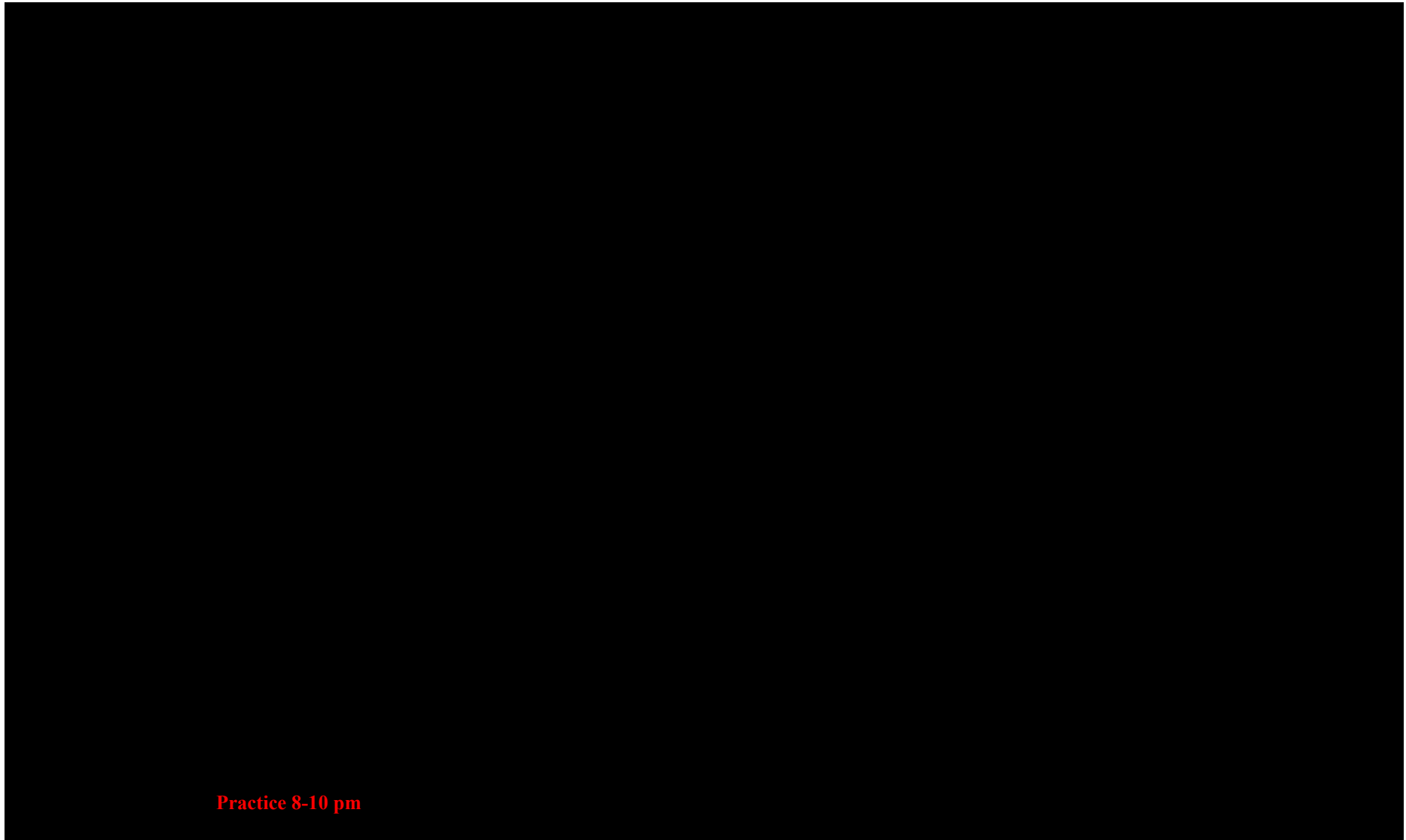
**Tue**

**Wed**

**Thu**

**Fri**

**Sat**



Practice 8-10 pm