



R&L Fusion



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Kara Triplett – Athletic Director – Richey & Lambert

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Greeting athletes and parents,

I am so excited about this year's upcoming cheer season (Grades 8-12). It should be an exciting and fun year!

We will start practice on Monday, November 20th after school. Please come prepared to workout. First, you must have a physical on hand with the school. If you have not yet completed a physical, please get this done right away. You will not be allowed to participate until I have a physical form on file.

Practice clothes should include shorts or sweatpants, a t-shirt, and comfortable gym shoes. Bring a water bottle and a hair tie for your hair.

Equipment you will need to buy include short white socks and white gym shoes (neither should have a visible logo). You will also need to purchase compression shorts. I will collect money for this and order at one time so that we all match.

If you have any questions, please contact me at my school email at lhill@lambertschool.net

I look forward to having a fun-filled cheer season!

Lanett Hill
Fusion Cheer Coach