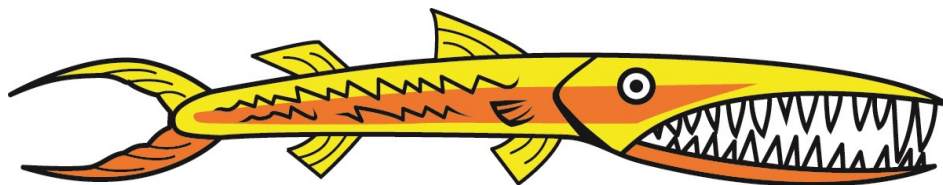


Spirit Week

June 12-16



Monday

Patriots & Pancakes

Wear your best patriotic gear and join us for pancakes after all morning practices.

Tuesday

Tights and Ties

Wear tights and ties- the crazier, the better!

Wednesday

Aloha

Wear your best Hawaiian gear to practice, and join us for swimming and Moana Movie Night at 7pm @Northcrest

Thursday

#TBT

Throwback Thursday—retro, neon, etc.
Nail & hair painting with the Junior Coaches after all morning practices.

Friday

Black & Gold Day

Show your Cuda Spirit with team colors—get creative!

Spirit Party

6- 7 pm

Bring your favorite pasta to share
We will be making posters and decorating cars!
The pool will be OPEN!