

Twelve Bridges Jr. Rhinos

2024 Cheer Information

Welcome to the Inaugural Season of Twelve Bridges Jr. Rhinos Cheer!

Our sideline cheer season starts in mid-July and runs through mid-November. While this is a competitive cheer program, our priority in sideline is cheering for our TBJR football players. Our program will have 5 Cheer Squads.

Mascots - Ages 5, 6, 7

Jr. Pee Wees - Ages 7, 8, 9

Pee Wees - Ages 9, 10, 11

Jr. Midgets - Ages 10, 11, 12, 13

Midgets - Ages 11, 12, 13, 14*

*(*14 years old and in Middle School)*

A maximum of thirty-five (35) cheerleaders will be selected for each squad.

TEAM PLACEMENT

Athletes will be placed on teams after final determination at assessments, in which athletes will be evaluated on motions, jumps, tumbling and stunts. This may be a different team than what the athlete was originally registered for. An athlete's age, their assessments, as well as what will be best for the team and program overall will be taken into consideration when determining team placement. **ALL DECISIONS ARE FINAL!** Under no circumstance are coaches or board members to be contacted after assessments to discuss team placement. Please note that assessments will be closed to parents. Team placement emails will go out within a week following assessments.

ASSESSMENTS

Wednesday, May 15th

5:30 - 8:30 pm

Scott Leaman Elementary

ASSESSMENT ATTIRE:

- Green, Black, or Grey Athletic Shirts/Shorts
- Athletic or Cheer Shoes (no heavy soled shoes, Vans, Converse, Sketchers, etc)
- Hair pulled into a tight ponytail with NO flyaway hair and no bobby pins.
- No jewelry, no watches

Please have your athlete bring water.

REGISTRATION

Registration Fee

Mascots - \$200.00

Jr. Pee Wee - Midgets - \$500.00

Includes:

- TBHS Cheer Camp Fees
- JAMZ Camp Fees
- Jamboree Tank Top
- Insurance
- Summer Practice Field Fees
- Facility Rental Fees
- Game Day Field Costs
- Breast Cancer Awareness Bow
- Sideline Season Competition Fees

Registration fees can be paid online at www.jrrhinos.com. The first payment of \$100.00 is due at the time of registration. Payment plan options are available through Team Sideline but all fees must be paid in full by July 3rd.

A one time \$50 sibling registration discount is available if applicable.

Cheer registration closes May 12th due to uniform order turnaround time (8-10 weeks).

UNIFORM FITTINGS & COSTS

Uniform Fittings - Mandatory

All athletes are required to purchase a uniform.

Uniform Fittings

Monday, May 13th

5:30 - 8:30 pm

Scott Leaman Elementary

- All uniform size decisions are the responsibility of the parent/adult present.
- TBJR will NOT reimburse any person for the cost of miss-sized uniform pieces. Please order carefully!

Athletes must wear a sports bra and spandex type shorts to fittings to try on uniform pieces out in the open. The restroom will not be available to try on uniforms.

Uniform Cost

Mascots - \$250.00

- MotionFlex Shell
- MotionFlex Skirt with attached brief

*\$387.00 if the optional MotionFlex Twill Jacket is purchased

Jr. Pee Wee - Midgets - \$597.00

- MotionFlex Shell
- MotionFlex Long Sleeve Full Body Liner
- MotionFlex Skirt with attached brief

Included Items

- Green/Black Metallic Pom Poms
- Pink Pom Pom (Only 1 required)
- Game Day Bow
- MotionFlex Brushed Twill Jacket (w/name) *Optional for Mascots

Additional Required Uniform Items

The following additional items are required and will need to be purchased on your own.

- Black Cheer Shoes
- Black Sports Bra
- Black plain full-length leggings
- Black no show socks

A backpack or cheer bag is also an optional item.

**Prices are subject to change.*

INITIAL FUNDRAISING OPPORTUNITY

We acknowledge the financial commitment needed to participate in TBJR Cheer. To help offset this, we will be offering an initial fundraiser with Double Good Popcorn. This is a virtual fundraiser with a pop-up store, selling small batch premium popcorn. There are no fundraising minimums or fees, and you keep 50% of your sales. Supporters order from your personalized pop-up store link, pay online, and Double Good will pack and ship the popcorn anywhere in the US. Your earnings are deposited into your bank account after the 4-day fundraising event. More information to follow.

CHEER CLINICS

Our first cheer clinic was very successful, and we will be having one more on **April 21st**. The focus of the clinic will be on select chants, and stunting. While the clinic isn't mandatory, coaches will be starting to trial stunt group placement, so attending the clinic is highly encouraged. Both new and experienced athletes are welcome to attend, and they do not need to be registered for Sideline yet. But we do ask that you register for the clinic at www.jrrhinos.com.

Free Cheer Clinic

Sunday April 21st

2:00 - 4:30 pm

Twelve Bridges Middle School

**Parent Showcase 4:15 - 4:30 pm*

CLINIC ATTIRE

- Green, Black, or Grey Athletic Shirts/Shorts
- Athletic or Cheer Shoes (no heavy soled shoes, Vans, Converse, Sketchers, etc)
- Hair pulled into a tight ponytail with NO flyaway hair and no bobby pins.
- No jewelry, no watches

CHEER CAMPS

Jr. Pee Wee – Midget squads will be attending 2 Cheer Camps this summer. Cheer camps are Mandatory. Attire for camps will be posted on each team's Band the week before the camps.

TBHS Cheer Camp

July 9, 10th & 11th

5:00 – 8:00 pm

Twelve Bridges High School

JAMZ Cheer Camp

July 13th

7:00 am – 2:00 pm

July 14th

8:00 am – 2:00 pm

Glenn Edwards Middle School

**Parent Showcase on July 14th 1:00 pm – 1:30 pm*

PRACTICE

Practice is mandatory! Homework does not constitute an absence. We do not have replacement athletes to take your child's spot. Cheer is VERY much a team sport. Missing one practice can put the athlete, as well as their stunt group and other teammates behind. It is at the discretion of the coach to remove your athlete from stunt groups, formations, or parts of the halftime or competition routine if practices are missed.

- Starting the week of **July 15th**, we will be practicing at **Twelve Bridges Park** (next to TBES) for summer Mandatory Conditioning. These practices are typically Monday – Friday for 2 hours either in the morning or early evening. You are welcome to stay for these practices but will need to be at least 60 feet away from the practice area due to safety concerns.
- Starting the week of **August 5th**, we will be at Scott Leaman Elementary School for practice. Practices will be 2-3 evenings per week. These practices typically start between 4:30 - 6:30 pm and end between 7:00 - 8:30 pm. Practices are closed with no parents, family members or friends allowed in the gym. NO EXCEPTIONS due to liability and safety concerns.
- All practice locations and times are subject to change based on the discretion of the coach and weather/air quality (when outside).
- Additional practices may be added in the weeks leading up to competitions.

What to Wear

- Green/Black/Grey Athletic Shirt or Tank Top (No spaghetti straps)
- Black Sports Bra
- Black Athletic Shorts
- Black Cheer Shoes (no heavy soled shoes, Vans, Converse, Sketchers, etc)
- Hair pulled back into a tight ponytail with NO flyaway hair and no bobby pins

For **SAFETY reasons, please adhere to the above practice attire. Please note that coaches may send out specific practice attire requirements per squad.*

No Jewelry, including earrings

No Watches

No FOOD, gum, or candy

Nails need to be trimmed short with no white tips showing

Cell phones are not allowed to be used at practice and need to be kept in a cheer bag or backpack for emergency purposes only.

What to Bring

- Water
- Beach Towel/Yoga Mat (For outdoor practices only)
- Cheer Bag/Backpack

TARDIES/ABSENCES

For the safety and fairness to all athletes, attendance requirements will be as follows:

TARDIES

- A tardy is defined as arriving at practice, unprepared, 5 minutes or more after the agreed upon start time.
- 2 Tardies = 1 Absence

ABSENCES

Athletes will only be allowed 6 absences throughout the season. If an athlete exceeds this, the parent and the athlete will be required to meet with the Cheer Director and/or the Assistant Cheer Director. Absences for practices or games will only be allowed for the following reasons:

- School sponsored event (must be discussed in advance with the Head Coach)
- Religious holidays (must be discussed in advance with the Head Coach and does not include church activities)
- Family emergencies/family death
- Serious medical illness

There will be no absences allowed for competitions, camps or practice weeks leading up to competitions.

Any special or extenuating circumstances are up to the discretion of the Cheer Director. If an athlete has an absence during the week of scheduled practice, they will be required to attend that weekend's game, but they will be benched for the first quarter of the game. If an athlete misses two practices due to an unexcused absence, the athlete will be benched for the first two quarters of the game and so forth.

PICK UP

Athletes need to be picked up on time. *Please allow an additional 10 minutes after the end of practice for the athletes and coaches to put away any equipment used during practice.*

Athletes who want to walk home after practice must provide a note signed by a parent authorizing them to walk home unsupervised.

Athletes who want to stay at the park or school after practice and wait for a sibling, who may still be practicing, need to provide a note signed by a parent authorizing them to stay without supervision.

SIDELINE SEASON COMPETITIONS

We will be attending 2 competitions during sideline season. These are Mandatory events. Competition entry fees for cheerleaders are included in the season registration fee. Spectators will have to pay admission to attend.

JAMZ Reload

October 20th

Time - TBA

Stockton

SAC League Competition

November 10th

Time - TBA

Roseville

FOOTBALL GAMES

Our home field is Twelve Bridges High School. If a home game needs to be played at a location other than TBHS, parents will be notified. The season game schedule will be posted on each team's Band.

All athletes are to arrive in full uniform, ready to cheer. Arrival time is usually 1 hour prior to the start of the game. Games are held on Saturday and begin in August. At times our league may switch our games to Sundays due to field scheduling.

Game Times

Team	Game Time	Arrival Time
Jr. Pee Wee	10:00 am	9:00 am
Pee Wee	12:00 pm	11:00 am
Jr. Midget	2:00 pm	1:00 pm
Midget	4:00 pm	3:00 pm

Mascots will perform at halftime and cheer during the 3rd quarter of Home Jr. Pee Wee games. Play-offs will be determined by the football teams' performance during the season. Should our teams make it to the playoffs, our athletes are expected to cheer at those games.

CHEER EXPECTATIONS

While we always strive to have fun, cheer also takes hard work and commitment. Not only on the athlete's part but on the family's as well. It is important that families understand the responsibility and commitment that comes with having an athlete in our program. We will be developing skills and teaching all aspects of cheerleading. This includes dance, jumps, motions, and stunting. Athletes will be expected to attend all clinics, camps, practices, and weekend games. It is also MANDATORY to attend all sideline season competitions. Any outside activities, other sports, and appointments should be planned so they do not conflict with any of our season dates and events.

REQUIRED REGISTRATION PAPERWORK

- Copy of Birth Certificate, for age verification
- Medical Release Form/Physical
- Report Card (Midget athletes only)
- Parent/Player Code of Conduct

VOLUNTEER HOURS

TBJR is solely a volunteer run organization. We do NOT receive payment for our work & we DO pay registration for our own athletes. For each athlete participating in the program, a minimum of 10 hours of parent volunteer time is required with a max of 20 hours for families with multiple athletes in the program.

Most volunteer shift opportunities will be at our home games. These shifts can be either worked before or after your child's game. Each home game takes approximately 40 volunteers to run, so please plan and be prepared to volunteer once the season begins. There may also be volunteer opportunities at various fundraising events.

All volunteer shifts are coordinated by the Volunteer Coordinator. A link to sign up will be emailed out before each game/event. Please plan to arrive 15 minutes before any scheduled volunteer shift.

A volunteer deposit check of \$500.00 will be collected at the start of the season and will only be cashed if your volunteer hours are not met. It is also an option to opt out of the volunteer hours by paying \$350.00.

COMMUNICATIONS

During the season, the Band app will be used as each squad's primary means of communication. We encourage all questions and concerns to first be directed to your athlete's head coach. Any issues that can't be resolved with the head coach should then be directed to the Cheer Director and/or the Assistant Cheer Director. If the issue cannot be resolved

between the parent/guardian and Cheer Director, then it should be escalated to our President at President@jrrhinos.org. TBJR communication will also be sent via Team Sideline emails.

SOCIAL MEDIA

We have a zero-tolerance policy regarding both athletes and parents posting negative, derogatory, or threatening posts on any social media site (Facebook, Snapchat, Instagram, Tik Tok, etc). We take any bullying and all threats seriously. Instances involving an athlete will result in their suspension until the head coach and the Cheer Director and/or Assistant Cheer Director can meet with the athlete and parent to determine the course of action, including possible removal from the squad. Instances regarding parents will be addressed by the President, Cheer Director and/or the Assistant Cheer Director.

Athletes must remember that they are representing TBJR, the Lincoln community, their family, coaches, and team. This responsibility requires athletes to be socially conscientious and to maintain a positive image.

Please do not post ANY videos of our routines on social media.

SAFETY FIRST

Our priority is always the safety of each athlete. All our coaches are concussion safety certified. Please make sure to disclose any health issues that your child might have. If they cannot participate in heavy physical activity, such as running, or they are not able to lift in stunting, please consider if competitive cheer is right for them. The athletes do cheer outside, often during the hottest part of the day. If heat is an issue for your child, please consider this as well. If your child requires an inhaler, please indicate this on your registration form and provide their coach with a spare inhaler at the first practice.

POST SEASON

Post Season Competition begins in November once football season ends. We will be offering Post Season at the Jr. Pee Wee, Pee Wee, Jr. Midgets and Midgets levels. The focus in post season is only competitions. Post Season requires a separate registration fee due in November. More information to follow as the season progresses.

JR. STUNT

JR. STUNT is the fastest growing women's sport and is how many cheerleaders earn college scholarships. TBJR will have 2 Jr. STUNT Teams for the 2025 season, which will run mid-February to mid-May.

- 11U Team - Ages 9, 10 and 11
- 14U Team - Ages 11, 12 and 13

Previous cheer experience will be required. An informational meeting will be held towards the end of the year with more details.

2024 SEASON DATES

The following is an overview of important preliminary season dates. We ask that you take your vacations before our season starts. We are getting these dates to you early to ensure that you can commit to our program and adjust your schedules and vacation time accordingly.

DATE	TIME	EVENT
April 21 st	2:00 pm - 4:30 pm	Cheer Clinic
April 23 rd	7:00 pm - 8:00 pm	Cheer Information Meeting
May 13 th	5:30 pm - 8:30 pm	Uniform Fitting (Mandatory)
May 15 th	5:30 pm - 8:30 pm	Assessments (Mandatory)
July 9 th - 11 th	5:00 pm - 8:00 pm	TBHS Cheer Camp (Mandatory)
July 13 th	7:00 am - 2:00 pm	JAMZ Camp (Mandatory)
July 14 th	8:00 am - 2:00 pm	JAMZ Camp (Mandatory)
July 15 th - 19 th	TBA	Conditioning Practice (Mandatory)
July 22 nd - 26 th	TBA	Conditioning Practice (Mandatory)
July 29 th - Aug 2 nd	TBA	Conditioning Practice (Mandatory)
Aug 5 th	TBA	Practice at Scott Leaman Begins
Aug 17 th	TBA	Jamboree (Mandatory)
Aug 24 th	Varies by Squad	Football Game Vs Oakridge (Away)
September 7 th	Varies by Squad	Football Game Vs Destiny (Home)
September 14 th	Varies by Squad	Football Game Vs Granite Bay (Home)
Sept 15 th	TBA	Pictures
September 21 st	Varies by Squad	Football Game Vs Del Oro (Away)
September 28 th	Varies by Squad	Football Game Vs Inderkum (Away)
October 5 th	Varies by Squad	Football Game Vs Vista (Home)
October 12 th	Varies by Squad	Football Game Vs Whitney (Away)
October 19 th	Varies by Squad	Play-Off Game 1 - TBD
October 20 th	TBA	JAMZ Competition (Mandatory)
October 26 th	Varies by Squad	Play-Off Game 2 - TBD
November 2 nd	Varies by Squad	Championship Game - TBD
November 10 th	TBA	SAC League Competition (Mandatory)
November 11 th	TBA	Post Competition Season Begins

**Dates and Times are subject to change.*