

# Twelve Bridges Jr Rhinos

## 2025 Cheer Information Packet

Welcome to Jr. Rhino Cheer

### **Team Information:**

Our program will have 5 Cheer Teams:

Mascots: Ages 5, 6, 7

Jr. Pee Wees: Ages 7, 8, & 9

Pee Wees: Ages 9,10, & 11

Jr. Midgets: Ages 10, 11, & 12

Midgets: Ages 11, 12, 13, 14\*(14 years that are in Middle School)

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

### **IN SEASON COMPETITIONS:**

We will be attending 2 competitions during our regular season. Jamz Reload on October 12<sup>th</sup> in Stockton and our SAC League Competition on November 9th in Roseville.

### **POST SEASON COMPETITIONS:**

TBJR Cheer will be doing postseason competition. We will be taking our Jr. Pee Wee, Pee Wee, Jr. Midget, and Midget teams this season. Additional fees will be required. More information to follow.

### **CHEER EXPECTATIONS:**

This is a competitive cheer program, but our priority is cheering for our football players. While we want everyone to have fun, cheer does take hard work and commitment. Not only on the cheerleader's part but the family's as well. We will be developing skills and teaching all aspects of cheerleading. This includes dance, jumps, motions and stunting. Cheerleaders will be expected to attend all clinics, camps, practices, as well as games on the weekends. It is also MANDATORY to attend all competitions. Please consider our schedule if your athlete participates in other activities and sports. These dates **MUST NOT** conflict with any of our dates.

### **SAFETY FIRST:**

Our first priority is the safety of your child. We ask that parents are open about any health issues. Any child that cannot participate in heavy physical activity such as running or is not able to lift in stunting should consider if competitive cheer is right for them. Cheerleaders do cheer during the hottest part of the day so if heat is an issue for your child, please consider this as well. If your child requires an inhaler, you must provide a spare inhaler to the coach during the season and indicate this on your registration form.

### **CONCUSSION SAFETY:**

All of our coaches are concussion safety certified.

## **SOCIAL MEDIA:**

We have a zero-tolerance policy in regard to both cheerleaders and parents posting negative, derogatory, or threatening posts on any social media site i.e. Facebook, Twitter, Instagram, Tik Tok, and various other social media outlets. We take 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 them and the parent(s) to decide on the next step. Instances regarding parents will be addressed by the President, Cheer Director and/or the Assistant Cheer Director.

## **GAMES & PLAYOFF INFORMATION:**

Jamboree is August TBA. The first football game will be on August TBA. Games will be played on Saturdays. At times our league may switch our games to Sundays due to field scheduling. The playoff schedule will be announced later in the season. Jamboree, games, and Play-offs are Mandatory events.

## **COMMUNICATIONS:**

We encourage that all questions and concerns first be directed to your athlete's head coach. The next level of communication should be with the Cheer Director and/or the Assistant Cheer Director. We are all here to support your athlete and have their best interest at heart.

## **TARDINESS/ABSENCES:**

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

### **Tardiness**

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

### **Absences**

● Cheerleaders will only be allowed 6 excused absences throughout the season. If an athlete exceeds this, the athlete and their parents will be required to meet with the Cheer Director and/or the Assistant Cheer Director. **NOTE:** Excused Absences for practices or games will only be allowed for the following reasons:

- School sponsored event (must discuss in advance with the Coach)
- Religious Holidays (must discuss in advance with the Coach and does not include church activities)
- Family emergencies/family death
- Serious medical illness
- There will be no excused absences for Competitions, Camps or practice weeks leading up to competitions

\*\*At any time, it is at the discretion of the Cheer Director to determine any special circumstances. \*\*

If an athlete has an unexcused 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. If an athlete misses two practices due to an unexcused absence, the athlete will be benched for the first two quarters and so forth.

### **Pick Up**

- Athletes need to be picked up on time. Please allow an additional 10 minutes after the end of practice in order for our athletes and coaches to put away any equipment used during practice.
- Athletes who want to walk home after practice must bring a note signed by a parent. The note needs to authorize them to walk home unsupervised by any staff of TBJR.
- Athletes who want to stay at the park or school after practice and wait for a sibling who still may be practicing will need to bring a note signed by a parent authorizing them to stay there without parent supervision as well.

### **PRACTICE GUIDELINES:**

- Practice is mandatory! Homework does not constitute an absence. We do not have replacement athletes to take your child's spot. Many athletes must sit if we are missing even just 1 person. Please make every effort to have your child at practice. If an athlete misses practice, it is the coach's discretion to move or replace that athlete in any part of the routine.
- In July, we will be practicing at a park/field (TBA) for Mandatory Conditioning. Parents are welcome to stay but need to be at least 60 feet away from the practice area due to safety concerns.
- Starting in August (TBA), we will be at Scott Leaman Elementary School for practice. These practices will be closed with no parents, siblings, extended family, or friends allowed in the gym. NO EXCEPTIONS due to liability and safety concerns.

### **What to Wear (Mandatory):**

1. Green/Black/Grey Athletic Shirt or Tank Top (no spaghetti straps)
2. Black Athletic Shorts
3. Cheer shoes (no heavy soled shoes, Vans, Converse, Sketchers, etc)
4. Hair pulled into a tight ponytail. NO fly away hair. (no bobby pins)

**Note:** For **SAFETY** reasons, please adhere to the above requirements to ensure that injuries do not occur. Coaches may send our specific practice attire requirements per squad.

### **What to NOT to Wear or Bring:**

1. Jewelry
2. Earrings
3. Watches

4. FOOD, Gum, candy
5. **Cell phones need to be kept in a cheer bag or backpack**

**What to Bring:**

1. Water
2. Beach Towel/Yoga Mat
3. Cheer bag/backpack