



2025-2026

# INFORMATION PACKET - SIDELINE

CAVALIER  
JUNIOR  
CHEER

CavalierCheer.com

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Dear Parents and Athletes,

We are thrilled that your athlete has shown interest in the Cavalier Junior Cheer program! This packet contains important guidelines and expectations for our cheer program. We kindly ask that you read it thoroughly and reach out with any questions to ensure a clear understanding of the commitments required from both cheerleaders and their parents.

Being part of a cheerleading team entails significant time commitments. Throughout the cheer season, athletes are expected to attend practices, tumbling, and choreography sessions during scheduled times, along with games and competitions. Additionally, there will be mandatory fundraisers and events considered essential school activities. Only extenuating family circumstances will be accepted as valid reasons for missing any cheer activities.

We recognize that many athletes engage in various sports or activities that may impact their attendance. We ask that you communicate any potential conflicts with the coaches well in advance.

We have made every effort to present the program in straightforward terms. While it may initially seem overwhelming, we believe that by collaborating, we can achieve our goals for the upcoming year and alleviate the financial impact on each family. The outlined rules will be enforced consistently, with our coaches having the authority to make decisions they deem necessary. Furthermore, all regulations from the OCCA (Oregon Cheerleading Coaches Association), OSAA (Oregon School Activities Association), and NFHS (National Federation of High School Associations) will be upheld.

- **\*FUNDRAISING IS CRUCIAL TO OUR PROGRAM AND WILL HELP REDUCE OUT-OF-POCKET EXPENSES!\*\*** Detailed information regarding estimated expenses will be provided in this packet. Our aim is to achieve 100% participation from all athletes to assist families in offsetting costs.

We eagerly anticipate an incredible 2025-2026 cheer season with Cavalier Junior Cheer!

Thank you,



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## MISSION STATEMENT

The mission of the Cavalier Junior Cheer program is to support our local youth athletic teams, contribute positively to the community, and encourage academic excellence while pursuing the skills and athleticism needed to be an award-winning competitive team. We center our contribution to our intersection communities by being champions of equity, diversity, and belonging.

As cheerleaders, we demonstrate and actively advocate for our communities to build equitable spaces for all. We will know we are successful when others actively join us in the process of learning and building towards greater equity and equity-minded people in the Clackamas community.

## VISION STATEMENT

Our vision for the Cavalier Junior Cheer Team this season is to foster a supportive and inclusive environment where every member can thrive and reach their full potential. We aim to inspire and uplift our school community through our dedication, teamwork, and spirited performances. By embodying the values of integrity, perseverance, and excellence, we strive to be recognized as a leading force in the realm of high school cheerleading. Through our hard work, passion, and commitment, we will create lasting memories and leave a positive impact on our school and the broader cheerleading community.

The guidelines and expectations outlined in this handbook are to help us achieve success in all we do. Through following these guidelines and working together, Cavalier Cheerleaders will realize an amazing experience that will create memories and teach lessons that will last a lifetime.

## GENERAL INFORMATION

The number of cheerleaders placed on each team, as well as structures, will be determined by the Cavalier Junior Cheer coaching staff. Our philosophy is to allow as many students as safety possible to participate on our teams.

The Cavalier Junior Cheer is a feeder program for Clackamas High School. Registration is currently open to:

- Mini Team - athletes in K-2nd grade (TBD on status of the 25/26 season)
- Youth Team - athletes in 3-5th grade
- Junior Team - athletes in 6-8th grade



## ESTIMATED TIME COMMITMENT - SIDELINE

The following is an estimation of the practice schedule and expected time commitment for Cavalier Junior Cheer. Please make note of the commitment level when choosing to join Cavalier Junior Cheer. As a member of our program, we expect full participation in all activities until the end of the season.

- A detailed calendar of events will be provided in the BAND app
- Cheerleaders are strongly encouraged to attend all summer camps and practices.
- Please notify the coach in writing as soon as you know of all summer vacations and days the cheerleader will not be at practice or other events

Practices - Monday & Thursday evenings at CHS starting June 16

Tumbling - Wednesday evenings at CHS starting July 9

Football Games - Saturdays September through October

## COMPETITION TEAM

This season, we have decided to break up Sideline and Competition into two separate seasons/registrations.

- Competition season will run October through February, with practices continuing to be 3 days a week.
- Competitions will be on Saturdays and/or Sundays January-February.
- Athletes must participate in the CJC Sideline season to participate on the Competition team.
- More information regarding the 25-26 Competition Teams will be available at a later date, including registration and additional fees.

## TUMBLING

Tumbling is an integral part of the success of our program. Advancement of tumbling skills will be an expectation for each athlete. Tumbling instruction will be Wednesday evenings at Clackamas High School.

Disclaimer: Cheerleading is a very active sport as with any sport, there is a potential for injury. Jumping, tumbling, and stunting are regular parts of practices and games. Cavalier Junior Cheer emphasizes safety at all time, but injuries may occur. It is imperative that parents and cheerleaders understand/are aware of this potential risk.



## IMPORTANT DATES

- May 19 & 22 - Open Gym
- June 16 - Summer practices begin
- June 30-July 2 - CHS Youth Camp (optional)
- July 4 - Happy Valley Parade
- SUMMER CAMPS - TBD
- Saturdays September through October - Football Games
- \*Fundraisers, Community Service, Clinics, and Team Building events may occur throughout the season. Dates TBD

## FINANCIAL OBLIGATION - SIDELINE

Registration fees are due at registration/prior to the first practice, with other participation and uniform fees due in monthly payments.

Registration	Tumbling (Sideline season)	Program Total	Gear * (as needed)	Total
\$300	\$250	\$550	\$400	\$950

Fees for the season may be subjected due to fundraising events planned, so please do not stress about this. We will have numerous fundraising opportunities as well as sponsorships in the future!

If, for any reason, you choose to leave the program (or are asked to leave), any monies in your account will be forfeited and put into the general fund. The general fund will be used to pay for additional items for athletes, the practice area, or towards future events.

Invoices will be generated to go out on the first of each month. Due to increased fees in card processing, a 3.7% fee will be added to each invoice to cover the fees charged to Cavalier Junior Cheer. Having the ability to accept payments online has been a huge time-saver for all involved, but unfortunately our non-profit program is not in a position to cover the processing fees at this time.

All balances must be paid by October, 2025. If an alternative payment schedule is needed, please let us know as soon as possible.

June	July	August	September	October
\$300	\$200	\$200	\$200	Remaining



## FUNDRAISING

Fundraising is an important factor in making cheer fun yet affordable. Some future fundraising opportunities we are looking into include Car Washes, Chipotle, Willamette Pies, Popcorn, BottleDrop, and SnapRaise! Some fundraisers will be based on individual participation and will go directly towards individual cheer accounts, while others will collectively go towards the Cavalier High School cheer account to pay for competition costs, scholarships, new equipment, and whatever else may come up.

## SIDELINE GEAR

\*Gear for the 25-26 season is valued at approximately \$400. Gear provided by CJC includes:

- Personalized jacket
  - Personalized backpack
  - Sideline uniform
  - Practice wear\*
  - Poms \*
  - Bows \*
- \*Required new for each season

Families will be required to provide the following for the upcoming season:

- All-black shorts - no undergarments showing. 5" inseam if spandex
- All-black leggings - no logos, full length
- All white no-show socks
- All white cheer shoes - more information will be provided on specific options soon

## REFUND POLICY

- 100% refund of fees when canceling prior to July 1st, with \$25 administrative fee assessed.
- 50% refund of fees when canceling prior to August 1st, with \$50 administrative fee assessed.
- No refunds will be issued after August 1st.

## THE "24 HOUR" RULE

We understand that at times there may be a situation that as parents or athletes you may want to address. We ask that you give it 24 hours, allowing time to think about the situation, discuss with your athlete, and determine the best way to approach the appropriate chain of command. If, after 24 hours, you feel that the concern needs to be addressed with the coaches or Clackamas High School Athletic Office, request a time for you or your child to meet with the appropriate person. Discussion just before or immediately after a practice, game, or competition will not be allowed unless previously arranged.

**FOR ANY QUESTIONS, CONCERNS, OR COMMENTS, PLEASE  
KNOW THAT WE HAVE AN OPEN DOOR POLICY.**

The CJC board reserves the right to modify or add additional expectations as we see fit. Any changes will be communicated to Cavalier Junior Cheer athletes and their parents/legal guardians.

Tiffani Cenicerros, Program Director - [Tiffani.CavalierCheer@gmail.com](mailto:Tiffani.CavalierCheer@gmail.com)  
Cavalier Junior Cheer email - [CavalierJrCheer@gmail.com](mailto:CavalierJrCheer@gmail.com)

# PRACTICE, GAMES, & PERFORMANCE STANDARDS

All cheerleaders are expected to attend and be on time and in correct attire (bow-to-toe) for every practice, game, performance, and any other scheduled activity with a positive attitude and ready to learn. The participation of all squad members is required for a safe performance and for the team to be complete. We require our athletes to respect their teammates, staff, the facility, and themselves.

- Be on time.
- Have a positive attitude.
- Be respectful of yourself and others around you.
- Uniforms are only to be worn by athletes of Cavalier Junior Cheer.
- No jewelry of any kind may be worn to practice, tumbling, camps, games, performances, or any other time the uniform is worn. No nail polish for games and competitions.
- Cell phones must be silenced and stored near personal belongings. There will be no use of cell phones during practices or games. Cell phones may be used at competitions ONLY during downtimes when the coaches have said it is okay.

## ATTENDANCE

- Attend and be on time to all scheduled practices, games, performances, or any other planned activity.
  - Tardiness may result in extra conditioning.
- Summer practices/camps are required if you are in town. Please let your coaches know as soon as possible of any summer/family vacations that may require you to miss practices as soon as possible.
- Notify coaches IMMEDIATELY if you are too sick to attend practice.
- Any member that misses practice may be subject to removal from practices, games, and/or performances at the discretion of the coaches. Athlete is still required to attend (in uniform when appropriate) to support fellow teammates.

## INJURIES

- It is the athlete's responsibility to notify coaches of an injury as soon as it happens.
- Any athlete that is injured must have a doctor's note, and athlete is responsible for following the doctor's orders at all times.
- Any limitations with participation may keep the athlete sidelined, and it is up to the coach's discretion on if the athlete will be able to participate in upcoming performances.

## TRANSPORTATION

All athletes will need to provide their own transportation to and from team practices, tumbling (if relevant), games, camps, performances, and any other Cavalier Junior Cheer sanctioned event.

Cavalier Junior Cheer is not responsible for managing and maintaining team carpools. That is up to the discretion and organization of individual families.

# FUNDRAISING AND DONATIONS

The Cavalier Junior Cheer program is funded via personal payments, fundraising, and sponsorships. Our goal is for 100% participation. These funds are necessary for the success of our program. Fund raised will go towards uniforms, practice wear, poms, music licensing and choreography, equipment costs and repairs, competition fees, safety equipment, spirit items, team events, and required coaches certifications.

## SAFETY

- All members are required to follow and adhere to all safety guidelines, procedures, and directions given by coaches.
- Participants must not chew gum or have candy in their mouths during practice or performances.
- Jewelry of any kind is prohibited.
- Hair must be tied up and secured off the face as a safety precaution.
- Stunting of any kind is only permitted when a coach is present, even outside of practice times.
- Fingernails must be kept short, near the end of the fingers.

## COMMUNICATION

- Athletes are expected to check the BAND APP schedule for any changes or updates on a regular basis.
- Athletes are responsible for all information posted on the BAND APP.
- If at any time an athlete has an issue that needs to be addressed, please have the first point of contact be directly from the athlete to their coach.
- Athletes should communicate directly with the coaching staff regarding illness, absences, team issues, and time commitments. Asking another teammate to inform a coach they will not be at practice or have quit the team is UNACCETABLE.

## SOCIAL MEDIA

- Athletes agree to always set a positive example for others to follow when representing Cavalier Junior Cheer, whether in uniform or not.
- Athletes agree to refrain from any gossip or talking negatively about members of the Cavalier Junior Cheer team or any other programs on social media accounts, as it can lead to personal conflicts and is therefore not conducive to the success of this program.
- Athletes agree to keep their social media accounts clean with NO profanity or otherwise inappropriate conversations, abbreviations, comments, photos, etc. This also includes second accounts, a.k.a. "Sinstas" or "Spam Accounts."

**We look forward to an amazing 2025-2026 season with  
CAVALIER JUNIOR CHEER!**



# ACKNOWLEDGEMENT OF PARTICIPATION

- 1.I will maintain open communication with the coaches at all times regarding scheduling conflicts, illness, injuries, and absences.
- 2.I will follow the directions given by the coaches. I understand and agree that coaches make all program decisions..
- 3.I understand that coaches are happy to discuss any athlete's and weaknesses to help them improve, but that the coach must also consider what is best for the team as a whole.
- 4.I understand and agree to the payment plan and will stay up to date with my own cheer account.
- 5.I understand that once any uniform or gear items have been purchased, no refunds are guaranteed to issued for these items.
- 6.I understand and agree to the calendar given and realize changes can be made.
- 7.I understand that I am responsible for learning cheer material from missed practices using the videos provided, on my own, outside of practice time.
- 8.I understand that jewelry of any kind is not allowed to be worn while at cheer practices and events. I also understand that if I get a new piercing, I must remove it for all cheer practice and events, and that I cannot tape over my new piercing or use plastic spaces.

Submitting your registration is your acknowledgement that you, as a parent/guardian, and your cheerleader, have read this document and agree to abide by these standards and are ready to participate in the Cavalier Junior Cheer program.



## 2025-2026 PARTICIPANT LIABILITY RELEASE AND WAIVER FORM

**Liability Release:** For good and valuable consideration, the receipt and sufficiency of which are hereby acknowledged, I \_\_\_\_\_, as parent or legal guardian of \_\_\_\_\_, a minor (hereinafter "Minor"), hereby grant the permission necessary to allow Minor to participate in the 2025-2026 Cavalier Junior Cheer season. I, in my own behalf and on behalf of Minor, further agree to release and to hold harmless Cavalier Junior Cheer, the hosting site on whose premises events will occur, the affiliates of Cavalier Junior Cheer, and the respective directors, officers, representatives, members and agents of Cavalier Junior Cheer from any liability or otherwise for any claim, judgement, loss, liability, cost and expenses (including, without limitations, attorney's fees and costs) arising out of or connected with the 2025-2026 Cavalier Junior Cheer season, including any claim arising out of or connected with any illness or injury (minimal, serious, catastrophic and/or death) that Minor may incur or sustain during the 2025-2026 Cavalier Junior Cheer season, and all activities associated with the 2025-2026 Cavalier Junior Cheer season while traveling to and from the sites for the season.

**Medical Release:** I, in my own behalf and on behalf of Minor, acknowledge and agree that such participation subjects Minor to possibility of physical illness or injury (minimal, serious, catastrophic and/or death) and that I, in my own behalf and on behalf of the Minor, acknowledge that the Minor is assuming the risk of such illness or injury by participating in the 2025-2026 Cavalier Junior Cheer season. In the event of such illness or injury, I authorize Cavalier Junior Cheer to obtain necessary medical treatment for Minor and hereby, in my own behalf of Minor, release and hold harmless Cavalier Junior Cheer in the exercises of this authority. I further acknowledge and understand that I will be responsible for any and all medical and related bills that may be incurred on behalf of the Minor for any illness or injury that Minor may sustain during the 2025-2026 Cavalier Junior Cheer season.

**Appearance Agreement:** I understand that Cavalier Junior Cheer produces promotional material relating to its services. I understand that as a participant of the 2025-2026 Cavalier Junior Cheer season that Minor may be included in photographs taken during the duration of the season. Therefore, without reservation or limitations, I, in my own behalf and on behalf of Minor, hereby assign transfer and grant to Cavalier Junior Cheer to exclusive rights to photography Minor and to utilize such photographs and Minor's name, face likeness, voice, and appearance as part of the 2025-2026 Cavalier Junior Cheer season, in advertising and promotion of the organization. I further understand that neither Cavalier Junior Cheer nor any third party is under any obligation to exercise any of the foregoing rights, licenses, and privileges.

I, in my own behalf and on half of Minor, hereby warrant that I have read this Liability Release in its entirety and fully understand its contents. I, in my own behalf and on behalf of Minor, am aware that this Liability Release releases Cavalier Junior Cheer from liability and contains and acknowledgement of my voluntary and knowing assumption of the risk of injury or illness. I, in my own behalf and on behalf of Minor, have signed this document voluntarily and of my own free will.

Parent Signature: \_\_\_\_\_

Date: \_\_\_\_\_