

HOOCH CHEER

Jr. Cougar Cheer Guidelines
& Information Packet
2024 Season



Section 1: Introduction

We are excited to kickoff a great cheer season with you and your children!

We are a non-profit organization created to develop and prepare elementary through middle (2nd-8th grades) school athletes for high school cheerleading. The purpose of the cheerleading program is to promote the uphold school spirit; develop a sense of good sportsmanship, and to strive for better relationships and partnerships within our community. We are a feeder program to Chattahoochee Athletics (Hooch Cheer).

Students must live in the Fulton County School district. All practices, camps, games and competitions will be in conjunction and accordance to the Fulton County Public School Calendar.

Board Members

Michelle Kearns President Team Operations	Kierstin Dickerson Director of Operations Middle, Head Coach	Jeanne Leon Treasurer
Jazmin Dorsey Director of Marketing Middle, Head Coach	Jessica Rocker Director of Business Partnerships	Kaitlyn Dreifus Secretary

Please feel free to contact us at any time for questions or concerns via email.

jrcougarcheerleading@gmail.com

Purpose & Objective

The purpose of the cheerleading program is to promote and uphold school spirit; develop a sense of good sportsmanship, and to strive for better relationships within our community.

Above all, cheerleaders are student athletes and must strive to achieve the highest of standards both academically and physically. They must be dependable, responsible, cooperative, disciplined, enthusiastic and willing to devote time to their squad while continuously striving to improve their skills. Cheerleaders should be respectful to, and cooperative with, the coaches, fellow squad members, peers, teachers, administrators and parents.

Registration

Registration is now open online. Please complete the form prior to tryouts! Visit our website for further information.

Website
www.jrcougarcheer.com

Section 2: Tryouts & Registration

Tryouts:

All students who will be in 2nd, 3rd, 4th, 5th, 6th, 7th or 8th grade during the 2024 fall school year. You must reside in the Chattahoochee High School District to cheer in our program per Fulton County requirements.

Q: What is the tryout process?

The first two days are devoted to teaching a 16-count dance routine and cheer. The third day is the actual tryout day, where your cheerleader will be given a 15 minute timeframe to attend. **Note: Tryouts are closed to parents for all three days.**

Q: What do the girls wear to tryouts?

A: All cheerleaders must be dressed in the following:

- Black athletic shorts (it is fine if they have a stripe down the side or around the edges or logo)
- Plain white t-shirt (no logos or writing)
- White no-show socks, and tennis shoes
- Hair must be pulled back off your face and your shoulders. We prefer a ponytail. Bows are optional, but must be white, royal blue, or gold.

Q: Does everyone make a team?

A: No, not always. At tryouts, cheerleaders are primarily judged on their ability to follow directions, their attitude throughout the process, their enthusiasm, their abilities, and their willingness to learn. While learning the cheer and dance are part of the tryout, it is not the main part of the judging. Jr Cougar Cheer is a feeder program so we expect to teach the girls the cheers and dances with proper technique during the season.

Q: Is tumbling required or expected?

A: No, tumbling is not required. However, we have built it into our program this season. Each cheerleader will attend tumbling classes at Jump TNT for 1hr per week. They will work on tumbling techniques to help prepare your cheerleader for high school and competition cheerleading. We highly recommend placing your child in a weekly tumbling class to help them prepare for the cheer season.

Q: How do I know if my cheerleader made a team?

A: Results will be emailed to parents and posted to our website on April 29th by 8pm.

Uniform Fitting: (Mandatory)

Cheerleaders will be fitted for uniforms during tryouts.

- Girls must wear a sports bra and bikers under their clothes for fitting.
- It is mandatory that parents attend fitting to ensure uniform fits properly and to pay the deposit.
- **Please bring a check in the amount of \$50 for the uniform deposit.** The deposit will be returned to you at the banquet when your uniform is turned in clean and good condition.

Section 3: Cheer Expectations

Expectations for Cheerleaders:

- Complete tryouts and attend all days.
- Attend mandatory sideline halftime choreography camp.
- Maintain a positive attitude and be a team player. Respect team members, coaches, and each other. We are one team! Displaying a consistently negative attitude may result in additional conditioning exercises or temporary suspension from team activities.
- Attend and participate in all scheduled Jr. Cougar and CHS junior cheer events. Excessive absences may result in limited participation in games or performances.
- **Be committed!** The entire squad suffers when someone is absent.
- Cheer **ALL** games and practices regardless of **HOLIDAYS** or breaks listed on the school calendar
- Be on time for all games, activities and stay the duration. Arrive in designated practice/game wear. Persistent lateness may result in limited participation in games or performances.
- Maintain high academic **and** moral standards. Inadequate academic performance may result in limited participation in games or performances until academic standards are met. Engaging in behavior that goes against our moral standards may also result in disciplinary actions, such as temporary suspension from team activities.
- You represent the Jr. Cougar Cheer program. It is imperative that positive behavior is on display at all times, including how you present yourself at games (home and away), practices, school and on social media. Behavior that negatively reflects on the program may result in disciplinary actions, such as temporary suspension from team activities.
- NO GOSSIPING IS ALLOWED! SOCIAL MEDIA INCLUDED!
- NO BULLYING IS TOLERATED! SOCIAL MEDIA INCLUDED!
- NO PHYSICAL ALTERCATIONS! We take these matters seriously and will not tolerate any behavior that places our cheerleaders or staff in danger. Behavior that negatively reflects on the program, including gossiping, bullying, or engaging in inappropriate activities, may result in disciplinary actions, suspension, or removal from the team. Engaging in unsafe practices or physical altercations may result in immediate suspension or removal from the team.

Expectations of Parents/Guardians:

- **You are responsible for all sideline fees by the due dates.**
- Review the entire information packet with your athlete and be sure they understand acceptable vs unacceptable behaviors and their consequences.
- Provide transportation to various events required by the team at the requested time.
- Besides ensuring your cheerleader is **on time** to all practices, camp, events and games, we ask that at least one parent/guardian is **onsite at all games and events** in case of an emergency.
- All parents are required to volunteer a minimum of 5 hours (we could not run this program without the numerous volunteer hours that are provided; this should be shared equally by all). ***You may opt out of volunteering by paying JCC an opt-out fee.*
- All parents and cheerleaders are required to participate in all fundraisers.
- Support the decisions made by the coach even when it does not fall in favor of your specific athlete.
- Parents are not to approach a coach during practices or on game day. Any coaching issues are to be discussed with your grade level team representative or a Jr. Cougar Board Member first.
- We require a **24hr waiting period** after games prior to contacting the coaches about issues or concerns. This time frame allows both parties to reflect on the day while having time to process.

- Practices are closed to all individuals with the exceptions of the Jr. Cougar Cheer Administration.
- Coaches and Team Reps are the only people allowed on the sidelines during football games and events.
- **NO GOSSIPING ALLOWED!**
- **NO SLANDERING ON SOCIAL MEDIA!** If you have an issue, bring it to the team rep and the Jr. Cougar Cheer Board for discussion and resolution.

Section 4: Cheer Cost & Schedule

REGISTRATION

Sideline Only: \$650

Sideline & Competition: \$1,450

Includes: Cheer uniform (top, skirt, brief), cheer shoes, drawstring bag, pom-poms, hoodie/jacket, hair bow, Cancer Awareness shirt and socks, choreography camp, practices, tumbling class, and our annual Cheer Kick Off Season – Pool Party

Pay in full or select the payment plan option during registration.

Payment Plan (optional)

SIDELINE ONLY

Payment	Due Date	Child 1	Child 1 w/sibling
1st Installment	At time of registration	\$163	\$317
2nd Installment	June 15th, 2024	\$163	\$317
3rd Installment	July 15th, 2024	\$163	\$317
4th Installment	August 15th, 2024	\$163	\$317

COMPETITION & SIDELINE

Payment	Due Date	Fees
1st Installment	At time of registration	\$300
2nd Installment	June 15th, 2024	\$287.50
3rd Installment	July 15th, 2024	\$287.50
4th Installment	August 15th, 2024	\$287.50

PRACTICE SCHEDULE

Practices start August 5th and run through October 31st

Coaches may call additional practices as needed.

Team	Date / Time	Location
Elementary	Mondays & Wednesdays 5p–630p	TBD
Middle	Mondays & Wednesdays 630p–8p	TBD
Elementary	Tumble Thursdays, 5p-6p	Jump TNT
Middle	Tumble Thursdays, 6p-7p	Jump TNT
Competition	Tuesdays, 6p-8p	Jump TNT

CAMP SCHEDULE

Fees: \$125

The JCC Half-Time Choreography Camp is mandatory for all cheerleaders.

CHS Cheer hosts the cheer mini-camp and choreography camp. Fees are set and go directly to CHS.

Team	Camps	Date / Time	Location	Cost
Competition	Choreography Camp	June 22nd & 23rd	Jump TNT	<i>included</i>
Elementary	CHS Choreography & Mini Camp	July 8th - July 12th, 9a-3p	CHS	\$125
Middle	CHS Choreography & Mini Camp	July 8th - July 12th, 9a-3p	CHS	\$125

****Fees payable directly to Chattahoochee High School***

All payments are to be made online only via our website.

NOTE: Sports physicals are required prior to attending any cheer camps.

Season Schedule

Name	Location	Date
Sports Physicals Due	Via email	July 7th
Half-Time Choreography Camp @ Mini-Camp	CHS	July 8th - 12th, 9a-3p
Online Virtual Fundraiser	—	July 8th - 31st
Season Kickoff Pool Party	Lake Windward	July 13th, 4p-7p
Season Practices Begin	—	August 5th
Junior Cougar Scrimmage	—	August 10th
CHS Junior Cougar Night	CHS	August 17th
Picture Day	CHS	August 18th
First Official Game	—	August 24th
Labor Day Game	—	September 2nd
JCC Social Event (Parents Nite Out)	—	September TBD
Car Wash Banquet Fundraiser	Ace Hardware	September TBD
Cheer Banquet	Booster Enterprises	November 16th

Coaches Weekly Schedule

Day	Task	Notes
Monday	Sideline Squad Practices Weekly Parent Email Sent	
Tuesday	Competition Squad Practice	Jump TNT
Wednesday	Sideline Squad Practices	
Thursday	Tumbling Practices	Optional for coaches - Attendance must be logged
Friday	Create Next Week's Practice Plan	
Saturday	Game Days	
Sunday	Update Attendance Log Complete Parent Email Draft	

Section 5: Attendance, Behavior & Discipline

As a member of the Junior Cougar Cheer Program, you are required to contribute your part. Please understand that this is a **team sport**. When one person is absent, the entire squad suffers affecting the halftime routine and stunt and tumbling safety. As a result, the following attendance rules are necessary and must be enforced:

The Junior Cougar Cheerleading Program follows the Fulton County School System Calendar and required cheerleading activities during the school year will be determined based on the football schedule established by the Junior Cougar Football Program and the school system calendar. Sideline will not have practices on days that school is out however, all practices and games are required including Labor Day weekend.

August 14th will be the deadline for submitting any practice and/or game dates that the cheerleader may miss to your coach. **This is for weddings, family reunions, or sporting events that your child has already committed to.** These will be excused if provided by the deadline. This should be submitted in writing directly to your coach via the BAND App.

Cheerleaders **MUST** be present at all practices, games, playoff games & events, performances, fundraisers, pep rallies, sign painting sessions, camp and any other activities. Excessive unexcused absences may result in limited participation in games or performances.

If a cheerleader is ill, notify your coaches and/or cheer board via the BAND App. An email or text message to coaches and cheer board will meet the requirement of written notification of illness.

If a cheerleader is going to be late to a practice or game, notify the coaches and cheer board ahead of time as to the reason for being late. In these situations, disciplinary action will be to the discretion of the coaches and board. Persistent lateness may result in limited participation in games or performances.

Excused practices:

- If you are sick and out of school the day of practice.
- School related events are excused. However, all effort should be made to be at practice even if it is for 30 or 45 minutes before the school event takes place. *(Example: Chorus concert is typically the same night as a practice. If you have to be at the school at 6:30 please come to practice for 45 min. or so and then go to the concert.)*
- Deaths in the family are excused absences.
- Absences due to an immediate family member in military service being deployed or on leave from deployment will be excused.
- Religious holidays
- Bar-Bat Mitzvah of an immediate family member (brother, sister, cousin).
- Any other reasons would be at the discretion of the board.

Excused games:

- Sickness, death in the family, school related trips are all excused. If you are sick, please notify the coaches and cheer board.

Unexcused practices/games/events:

- All appointments such as doctor, orthodontist, etc. MUST be scheduled around all cheerleading activities and are not considered excused.
- Early release from or late arrival to practices and/or performances is unacceptable with exception to required school functions such as orchestra, band or chorus concerts.
- Optional school event for which the cheerleader voluntarily signed up for.

- Required school or church activity for which the cheerleader could have chosen an alternate and non-conflicting day/time to complete the requirement.
- Optional church retreat that is not required by the church.
- Out of town trip with family. **(if submitted by the August 1st deadline)**

Attendance/Tardiness Policy: (PLEASE REVIEW CAREFULLY)

- **Absent from Practice:** The cheerleader will not cheer in the 1st quarter of the next game. Cheerleaders are required to attend the entire game.
- Any cheerleader who misses more than one practice due to infractions or an unexcused attendance will not participate in the next games halftime routine.
- **Absent from Game:** The cheerleader will not cheer the entire 1st half of the next game. Cheerleaders are required to attend the entire game.
- Any cheerleader who misses two games will not cheer the entire 1st half of the next game or participate in the half time routine at the next game.
- Any cheerleader who misses more than 8 quarters of a game time due to disciplinary infractions or for unexcused attendances will be dismissed from the squad.

Behavior and Discipline: (PLEASE REVIEW CAREFULLY)

As a member of the Junior Cougar Cheer Program, you are expected to maintain behavior above reproach. Keep in mind the following rules as you conduct yourself:

- Any behavior, which is deemed by the coach or Board Members as reflecting poorly on the intended image of the school or squad, is subject to dismissal from the program.
- Insubordination and disrespect to the coaches and/or squad will **NOT** be tolerated.
- Because games are held on Fulton County School System premises, we must adhere to the Fulton County School rules and standards.

Athletic Events:

- Chewing gum is not allowed while in uniform and candy is not allowed during games/performances.
- Food or drinks (other than water) will not be allowed on the track at football games.
- Personal belongings will not be allowed on the track (i.e. cell phones, tablets). All cheerleaders need to store personal belongings in their cheer bags until the game has officially ended. Cheerleaders should never be seen texting or using electronic devices when on the track.
- Squad members should arrive at the playing field at the time designated by the coach.
- Cheerleaders will not leave the cheering area without the permission of the coach.
- Cheerleaders should refrain from talking to spectators during the game (do not walk up to the fence to visit with friends and do not yell out to spectators in the stands).
- Cheerleaders are expected to remain in their assigned spot during games/performances and not wander the track to talk to spectators or other cheerleaders.
- All squad members must report to the coach prior to leaving any event to receive messages or other information.
- No one is allowed inside the fence except cheerleaders, coaches, Board Members, and designated Volunteers during games.

School Behavior:

- A cheerleader **MUST** maintain good behavior in all school classes and activities. Poor behavior or performance in school can result in removal of the program.
- A cheerleader should also strive to make the best grades possible. This means doing homework, listening in class, participating and setting the example for others to follow.
- Cheerleaders are to obey ALL school rules.

Squad/Cheerleader Behavior:

- Do NOT talk about the football team or any of its players in a negative way.
- Do NOT talk excessively during games to other cheerleaders, football players or spectators.
- Coaches are to be respected.
- Profanity or disrespect of any kind will result in disciplinary action (that includes administration, faculty staff)
- Show respect for each other's opinions.
- Be willing to go the extra mile to improve the squad.
- Cooperate with and respect each other.
- Do your share of the work. Volunteer without having to be asked!
- DO NOT argue as a squad in public.
- Show good sportsmanship at all times.
- Do NOT talk during instruction time during practice, National Anthem, Silent time or while a player is injured.
- Be neat in appearance and follow the school dress code when attending any function that represents the school.

Forms of Communication/Social Media:

- Always use discretion, modesty and in good taste when displaying pictures that show you in uniform on AND communication or social media device (i.e. Instagram, Twitter, Facebook, TikTok, Texting, etc.). This includes no "Selfies" "Posing", "Snap Chatting", etc.
- Any pictures of cheerleaders in uniform may ONLY BE TAKEN at the school scheduled event, game or activity.
- Never put in text format any information about your cheer team, coach, or school.
- Junior Cougar cheerleaders are never to engage in dialogue on message boards about their cheer program or other cheer programs.
- Do Not post pictures on social media that represent yourself or Jr. Cougars negatively.
- Do Not take or post inappropriate pictures of yourself or others. This will result in immediate removal of the program.

Violations of the Rules and Regulations

Any violations of the rules and regulations will be addressed by board members and coaches.

Section 6: Uniform & Appearance

Each cheerleader is required to rent a full uniform (shell, skirt and brief). A \$50 deposit check is required and will be held until the end of the season when the uniform is returned. Please bring your check to uniform pickup.

The registration fee pays for: *(total cost \$350)*

- Cheer uniform (top, skirt, brief)
- Cheer shoes
- Pom-poms
- Jacket
- Gameday Bow
- Practice Bow
- Practice T-shirt
- Drawstring bag
- Cancer Awareness uniform (shirt and socks)

Optional items available for purchase:

- Extra cheer briefs
- Extra black practice soffe shorts
- Extra practice t-shirts
- White athletic leggings (for inclement weather)
- Spirit wear

Spirit wear is to be worn to school on the Friday before home game days!

1. You may only wear your uniform at designated events as outlined by the coach. This includes any part of the uniform that was purchased through the program.
2. Uniform for practices includes the scheduled practice shirt and shorts, cheer shoes, and hair in a high or low ponytail with bow.
3. The hair must be worn in a high/low ponytail. Shorter hair can be worn half up with the cheer bow. The coaches will let the girls know if their hair is appropriate. This is a safety precaution for the girls as they are taught how to stunt. Coaches may ask girls to fix their hair if they arrive at a practice or game and it is not up in a ponytail.
4. Keep the uniform in good, clean condition and shoes clean.
5. Do NOT share your uniforms or other Junior Cougar cheerleading attire and spirit wear with friends who are not a Junior Cougar Cheerleader.
6. Lost or damaged uniforms will result in replacing the uniform at full cost.



RELEASE FROM LIABILITY

Cheerleading involves a variety of movements, motions, rotations, leaps, tumbling, jumps, partner stunts, and pyramids, therefore, participation in these athletic activities may result in personal injury.

Our child has our full permission to engage in tumbling activities during football games and/or other events engaged in by the Jr. Cougar Cheerleading squads. I understand that no tumbling mats or other floor or ground coverings may be present during these events, and that such tumbling activities can result in serious injuries. I will not hold liable in any way or seek any damages from any sports team, cheerleading coaches, or any team parents associated with such events for injuries sustained by our child as a result of engaging in tumbling/cheering/stunting activities during such events. This is a complete release from all liability.

I certify that my child has had a recent physical from her physician and is physically able to participate in the Jr. Cougar Cheer Program.

ACKNOWLEDGEMENT OF UNDERSTANDING

I, as the parent/guardian of the below-mentioned cheerleader candidate, give consent for my child to participate in the Junior Cougar Cheer tryouts and program. I/We have received and reviewed the Junior Cougar Cheer Guidelines in the information packet and understand what is expected of a Junior Cougar Cheer as outlined. I/We agree to abide by all Junior Cougar and USA Cheer guidelines and policies. I/We confirm that my child lives in the Chattahoochee High School district or is eligible to attend CHS based on the Fulton County Attendance Policy.

Website/Photo Permission: I give permission to photograph and publish photos or videos of my child and family on any Junior Cougar Cheer and/or Football websites or social media accounts as necessary. Junior Cougar Cheer reserves the right to print these photos.

Cheerleader Signature

Date: _____

Parent/Guardian Name (please print)

Parent/Guardian Signature

Date: _____

****Please print this page, then send the signed copy to the JCC Board via email.**
jrcougarcheerleading@gmail.com