



# Welcome to Chico Jr. High School Cheerleading!

Congratulations on making the team! We are excited to launch the Chico Jr. High School Cheerleading program and look forward to an exciting season ahead. Our goal is to make the program as affordable as possible for all participants.

## Fee Breakdown

The total cost for participation is \$650, which includes a non-refundable \$150 deposit due at the first practice. The full uniform fee will be due at the uniform fitting, which will take place within the next two weeks. If you need a payment plan for the remaining fees, please contact us as soon as possible to discuss your options.

- Uniform: \$350
- Bag: \$25
- Poms: \$20
- Socks (2 pairs): \$15
- Bows (2): \$20
- Practice wear (2 shirts, 1 short): \$50
- Insurance: \$40
- Cheer Camp: \$50
- Coaches Stipend: \$60
- Miscellaneous: \$20



## Practice and Communication

A calendar of practices and games will be provided to help you stay organized throughout the season. As stated in the contract, Band will be our primary means of communication, and all practice and game information will be posted on the Band app.

## Donations

We are always looking for donations to help athletes who may not be able to afford the costs of the program and to cover supplies needed throughout the season. We do not want cost to be a reason an athlete cannot participate. Donations can be made via Venmo using the link provided.

## Contact Information

If you have any questions, please contact Tiffany at [chicojrcheerclub@gmail.com](mailto:chicojrcheerclub@gmail.com) for the fastest reply or call 530-487-2597.

Regards,

The Chico Jr. High School Cheerleading Team

Chico Jr High School Cheer Club

@chicojrhighcheer



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## 2025 - 2026 Chico Junior High School Cheerleading Packet

### CHICO JUNIOR HIGH CHEERLEADING

Participation in the Chico Junior High School Cheerleading program is a privilege and an opportunity. Along with this privilege come certain responsibilities. In addition to representing yourself, you are also representing your squad, the sport and team, your coach, your school, and your community. Cheerleaders must, therefore, always conduct themselves appropriately, not just at games or school activities. Success of the cheer squad is dependent not only on the team, but also each cheerleader's effort, and willingness to work as a team. This includes on-line behavior.

### UNIFORMS:

Uniforms consist of cheerleaders shell, skirt, briefs, liner (if applicable)

- Uniform and shoes must be kept spotless at all times.
- Cheerleaders are responsible for keeping track of their own uniform.
- Uniforms will only be worn for events as designated by the coach.
- Cheerleaders in uniform or wearing any item of squad or team identification must always conduct themselves in a manner becoming of a Chico Junior High Cheerleader.

### PARENTS

Parents are needed to help with fundraising activities

This is about your athlete; please support them and their squad. They will look to your behavior as a guide; please adhere to the manners and values you want them to exhibit. Please do not use cheerleading as a punishment, when a cheerleader misses practice or a game, it affects the entire squad since we are a performance team. We all perform together; we do not have a "1st string".

Cheerleaders need to talk with the coach first if there is an issue. At this age level they are becoming young adults and need to practice communicating for themselves. Please encourage your daughter to do this.

The coach will be available through the BAND app. This year we will have two groups, one for cheerleaders and one for parents.

Please do not contact the coach on game day. Game day is the time to coach your child, not for conferences. If your issue cannot wait until the next day, please contact Tiffany @ 530-487-2597

# **I. CHICO JUNIOR HIGH CHEERLEADING RULES:**

## **1. GENERAL RULES**

1. The cheerleader shall adhere to all rules and policies of Chico Junior High School
2. CONSUMPTION of drugs, alcohol, tobacco products or remaining in the presence of drugs, alcohol, and tobacco products at a party or gathering will result in disciplinary action and possible dismissal from the team.
3. Athletes must maintain a G.P.A. of 2.0 or greater with no failing grades. If an athlete receives a failing grade they will have 10 days to raise the grade or risk being dismissed from the team.
4. Cheerleaders will be required to turn in weekly progress reports to their coach.
5. All cheerleaders and cheerleaders' parent/guardian must sign a cheer contract prior to participation in the Chico Junior High Cheer Program.
6. You represent yourself as well as your team members. Some explicit actions out of uniform, in regular clothes and on-line can be disciplined, as YOU are known as a cheerleader for your school.
7. No rolling of cheer skirt to make it shorter. This is inappropriate and is a reflection on your team, coach, school and community.
8. BE KIND. There is NO room for personal conflicts. DO NOT bring them to practice or games.
9. ABSOLUTELY NO BULLYING WILL BE TOLERATED. BULLYING OF ANY KIND IN PERSON OR ON-LINE WILL RESULT IN IMMEDIATE DISMISSAL FROM THE TEAM.
10. During the athletic season, cheerleader will be responsible for promoting school spirit at pep rallies and help with the attitude of the crowd as much as possible.

## **2. PRACTICE RULES:**

1. Bring water and eat before practice.
2. Athletes must dress down for every practice, active wear and athletic shoes are required. No Vans or Converse.
3. Hair must be out of the face the whole time, bring extra hair ties.
4. No cell phone out during practice, this includes during water breaks.
5. No jewelry. All piercings need to be removed. No band-aids.
6. Nails need to be athletic length the whole season.

## **3. GAME DAY RULES:**

1. Cheerleaders will wear the full uniform to school on game days. Sometimes we will wear other spirit wear which will be determined the day before.
2. Not wearing the appropriate parts of the uniform to school will result in a violation of this contract.
3. Students must attend at least 4 classes on game days in order to be eligible to participate.

4. Students must participate in P.E. on game days; this includes dressing down. (If you are to injured or ill to participate in P.E., you are to injured or ill to participate in cheerleading!)

#### **4. GAME RULES:**

1. Athletes are to stay with the squad in the designated area.
2. Athletes need to ask permission before going to the snack bar/bathroom.
3. Athletes are not allowed at the snack bar during halftime, get your snacks before or after the games.
4. Athletes are not allowed to leave the gym for any reason, leaving campus during a game without permission is a dismissal from the squad.

#### **Medical Clearance and Physical Requirements**

As the guardian of the participating athlete, I affirm that my child does not have any physical limitations, medical conditions, or physical or mental disabilities that would restrict or prevent their involvement in CJHS Cheerleading. Should it become necessary, the athlete will undergo a medical examination and obtain appropriate clearance. While physical examinations are not mandatory for participation, they are strongly encouraged for all athletes. In the event that a physical is completed, I will ensure that the documentation is submitted and maintained on file with the CJHS Cheerleading staff.

#### **Media Release and Consent**

As the parent or guardian of the participating athlete, I hereby grant permission to CJHS Cheerleading to film and take photographs of my child during cheerleading activities, practices, and events. This consent allows CJHS Cheerleading to use such images and recordings for team-related purposes, including but not limited to promotional materials, team documentation, and social media posts associated with the program.

#### **Parental Consent and Release of Liability**

I, as the legal parent or guardian of the child named above, acknowledge that I am fully aware of the risks and potential for injury associated with participation in cheerleading activities. I voluntarily give my consent for my child to take part in all programs offered by Chico Jr High Cheerleading.

I agree to hold harmless and release Chico Jr High Cheerleading, along with its employees—both paid and volunteer—from any and all rights and claims for damages that either I or my child may have, now or in the future, resulting from participation in these programs.

I certify that my child is mentally and physically able to participate in any performance, trip, or event organized by Chico Jr High Cheerleading.

Furthermore, I grant permission for Chico Jr High Cheerleading and its employees to seek medical treatment for my child in the event of an emergency. I also give my consent for any necessary medical treatment to be administered to my child under such circumstances.

# CHICO JUNIOR HIGH CHEERLEADING INFORMATION FORM

PARTICIPANT\_\_\_\_\_EMAIL\_\_\_\_\_

AGE\_\_\_\_\_ GRADE\_\_\_\_\_ DOB\_\_\_\_\_ CELL#\_\_\_\_\_

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MOTHER\_\_\_\_\_EMAIL\_\_\_\_\_

HOME PHONE\_\_\_\_\_ CELL #\_\_\_\_\_ WORK #\_\_\_\_\_

ADDRESS\_\_\_\_\_ CITY\_\_\_\_\_ ZIP\_\_\_\_\_

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FATHER\_\_\_\_\_EMAIL\_\_\_\_\_

HOME PHONE\_\_\_\_\_ CELL #\_\_\_\_\_ WORK #\_\_\_\_\_

ADDRESS\_\_\_\_\_ CITY\_\_\_\_\_ ZIP\_\_\_\_\_

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EMERGENCY CONTACT\_\_\_\_\_PHONE #\_\_\_\_\_

ADDRESS\_\_\_\_\_ CITY\_\_\_\_\_ ZIP\_\_\_\_\_

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PARTICIPANT'S DOCTOR\_\_\_\_\_PHONE #\_\_\_\_\_

INSURANCE COMPANY\_\_\_\_\_POLICY #\_\_\_\_\_

MEDICATIONS CURRENTLY TAKING\_\_\_\_\_

ALLERGIES TO MEDICATION or ALLERGIES\_\_\_\_\_

FURTHER MEDICAL INFORMATION OR PSYCHOLOGICAL DISEASE\_\_\_\_\_

I, being fully aware of the risk and possibility of injury involved in cheerleading voluntarily consent to have my child participate in programs offered by Chico Jr High Cheerleading agree to hold harmless and release all rights and claims for damage that I or my child have against Chico Jr High Cheerleading and its employees whether paid or volunteer, now and in the future. I certify that my child is mentally and physically capable of participating in any performance, trip and/or event participated in by Chico Jr High Cheerleading. I grant permission for Chico Jr High Cheerleading and its employees to seek medical treatment and give my permission for medical treatment in the event of an emergency for my child. I am the legal parent/guardian of the above-named child.

PARENT PRINTED NAME\_\_\_\_\_Date\_\_\_\_\_

PARENT SIGNATURE\_\_\_\_\_Date\_\_\_\_\_

# CHICO JUNIOR HIGH CHEERLEADING CONTRACT

## SIGNATURE PAGE

By signing below, I confirm that I have reviewed the rules and regulations and will submit this document to the CJHS Cheerleading staff before the athlete is permitted to participate.

I \_\_\_\_\_ will adhere to all rules and regulations specified by the Cheer Club and this Constitution. I will accept the position I have earned at tryouts and will accept the responsibilities of being a representative of my school.

Student Signature: \_\_\_\_\_ Date: \_\_\_\_\_

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I hereby acknowledge and understand that participation in cheerleading activities involves inherent risks, including but not limited to physical injury, property damage, and other unforeseen hazards. By allowing my child to participate, I voluntarily assume all such risks and expressly waive any claim of liability against Chico Jr High Cheerleading, its staff, volunteers, and affiliates for any injury or loss sustained during or as a result of participation in cheerleading programs, events, or related activities. This release of liability applies to all claims, whether known or unknown, arising now or in the future.

I grant permission for my child to participate as a 2025-2026 CJHS Cheerleader. I have read and understand the rules which will govern my child and agree to adhere to all rules and regulations.

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

Student Signature: \_\_\_\_\_ Date: \_\_\_\_\_

# Payment Methods for Chico Jr Cheer Club

Instructions for Submitting Payments via Venmo, Cash, and Checks

## Overview

This document provides information on the accepted payment methods for the Chico Jr Cheer Club. To ensure timely processing and proper record keeping, please follow the guidelines below when submitting payments for club dues, uniforms, or other related expenses.

## Accepted Payment Methods

1. Venmo
2. Search for the official Chico Jr Cheer Club account on Venmo or scan QR code below.
3. Include your child's name and the purpose of payment (e.g., "Donation, Fee for Jane Doe") in the payment note.
4. Double-check the recipient before sending funds to avoid misdirected payments.
5. Cash
6. Place cash payments in a sealed envelope.
7. Write your child's name, the amount, and the payment purpose clearly on the envelope.
8. Hand the envelope directly to a club representative during scheduled practice or events. Request a receipt for your records.
9. Checks
10. Make checks payable to Chico Jr High School Cheer Club.
11. Write your child's name and the payment purpose in the memo line.
12. Submit checks in person to a club representative.

Chico Jr High School Cheer Club  
@chicojrhighcheer

## Additional Notes

- If you have questions regarding payment, contact Tiffany Cotten @ 530-487-2597
- Keep receipts or confirmation of all payments for your records.



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