



JUNIOR CHEER 2024 SEASON HANDBOOK

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CAMBRIDGE JUNIOR CHEER CREED OF R.E.S.P.E.C.T

All cheerleaders, coaches, parents, and guardians are to show respect to one another at all times.

RESPONSIBILITY

Be responsible for yourself and represent yourself with decorum.

You are a representative of the Cambridge Junior Cheer Program. Your behavior reflects on this team, the school, yourself, and your family. It is imperative that responsible, respectful, and positive behavior be on display at all times. This includes how you present yourself and behave at all practices, games, at school, and on social media.

Responsibility is shown by demonstrating self-discipline and self-control, being prepared, dependable, accountable, and punctual. Responsibility includes showing respect for rules and authority, prioritizing the CJC team and season, and abiding by the CJC Handbook.

ENTHUSIASM

All in All the Time! #AIATT

Maintain a positive attitude and be a team player at all times. Demonstrate enthusiasm by smiling, making eye contact, looking sharp with movements, and looking uniform as a team. Showing mastery and spirit for all cheers is key part of enthusiasm. All cheerleaders are expected to know each of the cheers that have been taught for this season. A YouTube channel of all of the cheers can be viewed at: <https://www.youtube.com/@cambridgejuniorcheer6163>. Evaluations of cheers will begin the first week of school and continue each Wednesday practice.

To show enthusiasm and build camaraderie, athletes wear their game day shirt on Friday to school during the season.

SISTERHOOD

We build each other up.

Cambridge Junior Cheer strives to create an environment for participants to foster positive relationships with other cheerleaders, coaches, and adult volunteers. We want to have fun and create lasting memories. Be courteous and polite to each other. Be helpful. Be an athlete of good character with integrity. Treat others with kindness and observe the “golden rule” of treating others as you would like

to be treated. Being part of a sisterhood includes positive self-talk, speaking kindly of others and not gossiping about others or the program. Always strive for the best for yourself, your teammates, and the program.

PARTICIPATION

Be committed to the program. Attendance is mandatory at all practices, camps, and games (including playoffs).

Cheer is a team sport. Every voice is important in the cheers and every cheerleader plays an important role in the halftime routine—everyone is essential. **This is why all practices, camps, and games are mandatory.**



When one person is missing, the formation they are assigned to is incomplete. The other members of that formation, who have trained, and show up, cannot perform their part of the routine. It is unfair to those athletes when a teammate is absent.

EXCELLENCE

Make it stick!

We strive to learn, grow, and evolve as cheerleaders every week and every season. Through practice, hard work, and commitment, we can improve upon our skills during the season: knowledge of cheers, jumps, tumbling, stunts, and dance. By showing characteristics of excellency, athletes will develop strong leadership skills and character. Always go above and beyond. Maintain a tidy appearance and dress uniformly as a squad on game day and practices.



COMPETITION

To represent our program in the best light with the highest quality standards at Competitions.

Competition cheerleaders have a HIGHER level of commitment and are expected to fulfill their obligation to the competition team. Competition team athletes are expected to have a drive to learn, be committed to the team, and have passion, discipline, and composure. Attendance at all competitions is mandatory. Once the regular season football schedule is set by GMSAA, the competition schedule can be finalized.

TEAMWORK

Together we will reach amazing heights!

An exceptional teammate is reliable, flexible, encouraging, and supportive to teammates.

To keep themselves and teammates safe, each cheerleader agrees to follow all safety rules for stunting and tumbling. We observe and enforce the “no fault stunt” policy. The no fault stunt policy means that we don’t blame teammates when something goes wrong. We look for opportunities to provide positive feedback and help. We emphasize that it takes a team working together to accomplish our goals. We also believe that we learn from our mistakes.



REQUIREMENTS FOR PARTICIPATION

Tryouts

Cambridge Junior Cheer has a tryout and evaluation process each spring for athletes interested in participation in the program. At the tryout clinic, athletes learn two cheers and one dance. The cheers, dance, standing and running tumbling, and jumps, are evaluated on tryout day. Spirit and enthusiasm, attitude, and appearance are key components of CJC and are evaluated over the course of tryouts and last season's participation, if applicable. Selections are made on a natural cut line, which is the natural point where scores drop off. There is no set number of athletes that will be selected for squads, however, as numbers grow too large, we aren't always able to accommodate all interested athletes.

There is not a separate tryout for athletes interested in the Competition Team--athletes may be asked to do some extra stunting for the evaluation and determination of stunt groups on tryout day. Evaluation scoring determines the athletes invited to participate on the competition team with certain minimum standards required.

Mandatory Attendance

ALL GAMES AND PRACTICES ARE MANDATORY.

No sport or other activity is to take priority over the Cambridge Junior Cheer program. Period.

Attendance is taken at every practice and at every game. All tardies, late pickups, and absences are noted. Excessive tardies, late pickups, and absences are cause for removal from the program. All infractions are noted for next year's tryouts.

Practices

Summer Practices

Attendance at summer practices is mandatory for the sideline squads and competition team. Summer choreography dates are mandatory for the sideline squads and competition team.

School-in-Session Practices

Attendance at practices once school resumes is mandatory. Please note, while practice has typically moved to Hopewell Middle school once school resumes, we require yearly approval from the school system for use of the facilities. The precise location for practice will be communicated prior to school starting.

Game Day

The football season is August through November. Attendance at all regular season games and playoff games are MANDATORY. Regular season games typically start the second Saturday after school resumes in August with a scrimmage game. The regular season begins the next weekend. The regular season



continues through the end of October. Historically, playoff games are played in November up through the Saturday before Thanksgiving (for the Championship Game).

The game schedule is set by the Georgia Middle School Athletic Association (GMSAA). Typically, the schedule is released by early August. The Cambridge Junior Cheer Program cannot communicate firm dates and times for games to athletes until GMSAA publishes the schedule. Please also note, that during the season, game dates and/or times can shift due to weather and other factors under the discretion of GMSAA. Because of this, all athletes must be prepared to commit to being available every Saturday from the second weekend after school starts in August up until the first Saturday of the school break for Thanksgiving. It is to be assumed that if football is being played, we are cheering. This includes Labor Day weekend and the weekend of the Fall Break for Fulton County Schools. In the past, games have been played on the Saturday of both of these weekends and attendance is mandatory for these games.

Please use the following chart for informational purposes only, this is a sample schedule and these times are not guaranteed and may change before or during the season.

Saturday morning games:

| | | |
|-----------------------|-------------------|-------------------|
| 6 th grade | 9am kickoff time | 8am arrival time |
| 7 th grade | 11am kickoff time | 10am arrival time |
| 8 th grade | 1pm kickoff time | 12pm arrival time |

Saturday afternoon games:

| | | |
|-----------------------|------------------|------------------|
| 6 th grade | 3pm kickoff time | 2pm arrival time |
| 7 th grade | 5pm kickoff time | 4pm arrival time |
| 8 th grade | 7pm kickoff time | 6pm arrival time |

Tardy

Game Day

Cheerleaders are to arrive one hour (1 hour) prior to the start of game time and check-in with their coach—usually on the track or sidelines. Attendance is taken at every game. With a second tardy, athletes will sit out for the first half of the game. With the third tardy, athlete will sit out for the entire game. Excessive tardies of four or more will result in the athlete being removed from the program. If a cheerleader is not present at the time attendance is taken, they will be marked with an unexcused absence.

Arrival times prior to games may be decreased during the season as squads become more familiar with their pre-game preparations. If arrival times change, this will be communicated accordingly.

Late Pickup

It is important that athletes be picked up on time from practices. If an athlete is picked up late for a second time, they will sit for the first quarter of the next game. If an athlete is picked up late for a third



time, the athlete will sit for the entire game and be placed as an alternate for the halftime routine. Excessive instances of athletes being picked up late of four times will result in the athlete being removed from the program. Athletes cannot be left unattended at the practice facility.

Absenteeism

Excused Absences

- Sickness
- Death in the immediate family
- One special absence for special family functions, such as weddings, baptisms, confirmations, reunions. This is not a “freebie,” consequences for an excused absence will apply.

Anything not listed here is considered an unexcused absence.

Sickness

For an absence to be excused due to sickness, an email with the athlete’s name, squad, and reason for absence must be sent to communications@cambridgejrcheer.com prior to the start of practice or the start of the game. Parent note/doctor’s note must be presented at or before the next game/practice that the athlete attends for the absence to be excused and before the athlete will be able to resume practice/game day participation. Parent notes must be electronic. Doctor’s notes can be either electronic copy or paper copy. For a second event of sickness, and any subsequent absences from a practice or a game due to sickness, a doctor’s note will be required.

For practice day and game day illness, injury, or emergency, you must first post in the grade-level chat (ex. GroupMe) for your team that the athlete will be absent. Game days in particular are very busy and posting in the group chat will ensure the appropriate people are notified. Word of mouth through another cheerleader is not acceptable and will result in an unexcused absence. Notification must be done prior to the start of practice or the posted arrival time for the game. All absences reported after practice starts or the game begins will be considered unexcused. In addition to notification via the grade-level chat, an email must also be sent to communications@cambridgejrcheer.com with the athlete’s name, squad, and reason for absence.

Death in the Immediate Family

In the event of a death in the family, please send an email with the athlete’s name, squad, and reason for absence to communications@cambridgejrcheer.com. Absences due to death will not count toward the consequences for excused absence.

Special Absence

For a special absence to be excused, an email must be sent more than two weeks in advance to communications@cambridgejrcheer.com with the athlete’s name, squad, and reason for absence. Documentation may be requested. If notification is received late, an absence will be considered unexcused.



Consequences for Absences

Attendance is an important part of being on a team. All absences are noted for the following season and are factored into tryouts. Absences of 8th grade athletes are communicated to the High School program. Excessive absences are cause for removal from the program. Any athlete removed from the program will not be able to tryout the following year.

Practices

Missing practices affects the group's performance, which is why attendance is mandatory. Athletes are responsible for learning any new material covered during a missed practice. The athlete must reach out to their coaches for missed material and review the YouTube channel (for sideline). It is the athlete's responsibility to contact the coaches, not the other way around.

Sideline Summer Practices

Attendance at summer practices is mandatory. Missing three (3) summer-time practices will result in the athlete being removed from the halftime routine for the entire season. Attendance at choreography is mandatory. Missing the choreography of the halftime routine will result in removal from the routine for the entire season. Missing four summer-time practices will result in removal from the squad.

Sideline School-in-Session Practices

Attendance at school-in-session practices is mandatory for sideline squads. One (1) unexcused absence will result in the athlete being benched for the first quarter. Two (2) unexcused absences will result in the athlete being placed as an alternate for the halftime routine for the entire season. Second excused absence will result in the athlete being placed as an alternate for the halftime routine for the next game. Missing three practices may result in removal from the squad.

Competition Team Practices

Attendance at summer practices is mandatory. Missing two (2) summer-time practices will result in the athlete being placed as an alternate. Attendance at choreography is mandatory. Missing the choreography of the competition routine will result in removal from the team. Missing three (3) summer-time practices may result in removal from the team.

Attendance at school-in-session practices is mandatory for the competition team. Missing two (2) practices will result in the athlete being placed as an alternate for the competition routine. Missing three practices may result in removal from the competition team. If an athlete is absent within one week prior to a performance or competition, they will be placed as an alternate for that performance. If it occurs more than once in the season, they may be permanently placed as an alternate.

Games

Two (2) unexcused absences from games will result in the athlete being removed from the program. After the first unexcused absence from a game, the athlete will be benched for the first half of the game. Missing a game for any reason other than an excused absence may result in dismissal from the program. Leaving a game before the halftime routine for any reason other than sickness, is noted as an unexcused absence for the entire game. Three (3) excused absences from games will result in the athlete being removed from the program.



Competitions

There will be approximately 3-4 competitions each season. Attendance at all competitions is mandatory.

Knowledge of Cheers and Routines

Evaluations of cheers will begin the first week of school and continue at each Wednesday practice. If the cheers are not known, athletes will sit for the first quarter of the following game. If the halftime routine is not known, cheerleaders will sit out from the halftime performance each week until the routine is learned and performed satisfactorily as deemed by the coaches.

Having a less than positive attitude or lack of spirit or enthusiasm at a game or practice will result in athletes sitting at games and/or conditioning at practice.

Attire

Practice Wear

You are required to dress appropriately for practice. Practice Wear will consist of the designated practice shirt, shorts, hair bow, and white cheer shoes. A new player pack of these items must be purchased by each athlete each season. Extra shorts and shirts can be purchased. Hair should be pulled back into a ponytail with the practice bow. Wearing the correct practice wear allows the athletes to practice with a purpose. As an example, if an athlete with the position of "flyer" in the halftime routine does not wear cheer shoes for practice, stunts cannot be practiced and therefore safely performed on game day. Not wearing the appropriate practice wear will result in athlete conditioning at practice. In addition to conditioning, athletes may be removed from that weekend's halftime routine.

Game Day Uniform

You must be dressed in the required uniform to participate and cheer at games. All athletes must wear the same uniform. Be sure to maintain all uniform pieces in excellent, stain-free condition throughout the season. The sideline squad uniform consists of shell, skirt, briefs, sports bra (with no visible straps), white no-show socks, hair bow, and white cheer shoes. Hair is to be worn in a high pony tail with that week's designated game-day hair bow. In the event that an athlete is not wearing the designated uniform, they will be benched for the entire game.

Weather conditions may merit modifications to the CJC uniform, such as rain or low temperatures; including the inclusion or exclusion of pants/leggings, long sleeves, the CJC pullover jacket. If changes are made to the uniform, all athletes must wear all of the same pieces. If one or more athletes do not have all pieces of the modified uniform, then no athlete will be permitted to wear the additional gear. It is recommended that the jacket and extra uniform pieces be kept in the backpack and brought to each game. The athletes do not determine what uniform pieces are to be worn at each game. Any changes to the uniform will be communicated via grade-level chat (ex. GroupMe).

Each week, the game day bow selection will be communicated via grade-level chat/email.



Uniform pieces may not be worn for other activities during the season. When athletes are in uniform, they represent the Cambridge Junior Cheer program. Athletes are to remain in uniform for the entire game. Violations will be dealt with on an individual basis and may result in the athlete being removed from the program.

Competition Team Uniform

You must be dressed in the required uniform to perform at competitions. The uniform consists of shell, skirt, briefs, sports bra (with no visible straps), white no-show socks, hair bow, and white cheer shoes. Hair is to be worn in the designated style per the coaches. In the event that an athlete is not wearing the designated uniform, they will not perform. Nails must be trimmed to fingertips (no tips, false nails, or embellishments). Competition athletes cannot have any color on their nails for competitions.

General Appearance and Behavior

Hair color should be maintained in a natural shade, free from any unnatural colors. For safety reasons, temporary attachments (feathers, beads, clip-ins, etc.) to hair are not permitted. Semi-permanent or permanent attachments such as braids/weaves are permitted. Nails must be trimmed to fingertips (no tips, false nails, or embellishments). For sideline athletes, only neutral or CHS-colors nail polish is permitted during the season.

For safety reasons, no jewelry may be worn at any time for practices or games. This includes stud earrings, earrings at the tops of the ear, or belly button rings and applies to jewelry even if under clothing. Medical devices are permitted. Athletes will be asked to remove any jewelry.

Showing disrespect and/or arguing with coaches and/or teammates during practice or games will result in athletes running laps/conditioning and/or sitting at games. Talking or playing around during a game or practice is not permitted. After a verbal warning has been issued, the second occurrence of such behavior will result in an athlete running laps/conditioning at the practice or game. Use of improper language during a practice or a game will result in athletes running laps/conditioning at practice or game. Poor sportsmanship during a practice or a game will result in athletes running laps/conditioning at practice or game. Arguing or enticing conflict during a practice or a game will result in athletes running laps/conditioning at practice or game. Insubordination toward coaches, team parents, and/or other CJC volunteers, will result in athletes running laps/conditioning at practice or game. For repeated infractions, parents will be notified via email. Excessive problems in any of these areas will be dealt with on a case-by-case basis and may result in athletes sitting during games, removal from the halftime routine, and/or removal from the program.

Not representing yourself in a positive manner at all practices, games, at school, and on social media. will be dealt with on an individual basis and may result in the athlete being removed from the program.

There is zero tolerance for any behavior of bullying, cyberbullying, physical fighting, or threatening of violence towards teammates, coaches, parents, and CJC volunteers. Documented evidence of this behavior will result in parents be notified via email and the athlete will be removed from the program.



Cell Phones

Cell phone use will not be permitted during practices, games, and/or competitions. Phones should remain in athlete's bags or with the coaches.

Facilities

Respect the practice facilities, the Cambridge High School Football Stadium, and the facilities at away games. Do not intentionally damage or deface these properties. This includes the track, the bathrooms, the mats, and the field. Pickup and properly dispose of any trash (even if it is not yours). Damage or defacing of property will be dealt with on an individual basis and may result in the athlete being removed from the program.

Food and Beverages

Drinking water is an important part of staying hydrating so that athletes can safely participate on game day. Cheerleaders are to provide their own water for all games. We cheer outside when it is hot, sunny, rainy, cold, windy and in other variable conditions. It is each athlete's responsibility to be prepared for the hydration requirements of such weather conditions. Water must be in a spill-proof container to be allowed on the track. If snacks are permitted, they can only be eaten with permission from coaches at designated times—usually during halftime and off the field. No gum chewing is allowed at any time.

Alcohol and Drugs

Use of alcohol, illicit drugs, or tobacco products as defined by the Fulton County School District is strictly prohibited and may result in dismissal from the squad.

Voluntary or Involuntary Removal from the Program

Athletes who quit the team or who are removed from the program will not be permitted to try out the following season. For 8th grade athletes who quit the team or who are removed from the program, this information is communicated to the High School program.

Any issues or concerns about the program should be directed to communications@cambridgejrcheer.com.



FEES

Registration Fee for Tryout Clinic: \$50 (no additional fee for Competition Team tryout)
Optional Tryout bow: \$10

Sideline Squad Program Fee: \$400—invoiced by CJC upon acceptance to squad.

- Administrative (insurance, teamsnap, accounting, website, email, not-for-profit status)
- Yard signs and car magnets
- Cheer equipment (poms, safety)
- Coach related expenses (wages, gear)
- Jump & Motions Camp fee
- Summer Choreography Camp fee
- Music for halftime routines
- Meeting space rental
- HMS gym rental for practices once school starts
- Banquet (for athlete to attend—additional tickets can be purchased)
- End of season gifts for cheerleaders, coaches, football players

Annual Sideline Player Pack—new each season: \$165 —invoiced by CJC after the fitting.

- | | |
|-------------------------------------|-------------------------------|
| • Practice tank top | Optional: |
| • Practice shorts* | • Extra practice tank: \$21 |
| • Sweatsuit (shirt & pants) | • Extra practice shorts: \$18 |
| • Game Day Bows (White, Pink, Gold) | |
| • Friday Shirt | |

* Same practice shorts as last season. Athletes can reuse the practice shorts if in excellent, stain-free condition, and will receive an \$18 credit if omitted from the order.

Sideline Uniform: \$565**

- Shell & Skirt
- Briefs
- Sports Bra (optional, but highly recommended), \$45
- Backpack: \$71 ***
- Pullover Jacket: \$50 ***
- Sideline shoes (if needed): \$90 ***

** Shell, Skirt, Briefs, Sports Bra, Shoes, and Backpack—billed directly from Varsity after fitting, usually within 15-30 days. The jacket is invoiced directly by CJC and is due directly after the fitting. Uniforms change every three years or at CJC Board discretion. 2024 begins a new uniform cycle.

*** The backpack and jacket can be reused from prior seasons *if* the design is current and the items are in excellent, stain-free condition. Plain, white cheer shoes are required (leather/vinyl). CJC makes available a recommended shoe for purchase. Shoes range from \$60-100. Athletes may reuse plain, white cheer shoes if in good, stain free condition. When uniform items are not needed, the cost of these will be deducted from the uniform fee.

Sideline Squad Summer Gym Fee Total: \$100—billed directly by CJC for the months of June and July at \$50 each. Billed at the beginning of the month. An annual registration fee with the gym is required.



Fees for Competition Team Athletes. These are in addition to sideline fees if on the comp team.

Competition Team Program Fee: \$400—invoiced by CJC upon acceptance to squad.

- Administrative
- Cheer equipment (safety)
- Stunt Camp fee
- Choreography fee
- Music for routine (need new music each season)
- Competition fees
- Athlete goodie bags per competition
- Team bonding event(s)
- End of season gifts for cheerleaders and coaches
- Banner with athlete photos to bring to competitions
- Apparel and Team Swag

Competition Team Player Pack: \$40 * —invoiced by CJC after the fitting

- Practice tank top
 - Practice tank top
 - Performance Bow
(White/Blue glitter)
- optional:
- Extra practice tanks, \$21

* Must be purchased each season

Competition Team Uniform Rental: \$75** —invoiced by CJC after the fitting

- Shell
- Skirt

** Uniforms are purchased by the CJC program and are the property of the program. Athletes rent the uniform each season. The uniform must be returned in excellent, stain-free condition at the end of the season. Damaged uniforms or un-returned uniforms will result in the athlete being billed \$300. Any unpaid balance will result in the athlete becoming ineligible to participate in the program (sideline or competition). The uniform is changed approximately every 5 years or at the discretion of CJC Board. 2023 began a new uniform cycle.

Competition Team Coaching and Gym Fee Total: \$395—billed directly, each month, by CJC. Billed at the beginning of the month.

- May, \$50
- June, \$75
- July, \$75
- August, \$65
- September, \$65
- October, \$65



CALENDAR

May

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June

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July

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Sideline Squads

- Summer Practice at ATA, 3-4:30pm
- Jump Camp at ATA, 10am – 12pm (followed by team outing)
- Choreography at ATA, 10am – 2pm
- Practice at HMS, 4:30-6pm
- Game Day (location & time TBD).

NOTE: the schedule for Football “B” team games (Wednesdays) is released mid-August. Cheering is encouraged at Wednesday games, but not required.

Closures/No Practice

- GHSA Dead Weeks (no athletic programs)
- Fulton Co. schools closed (no practice)
- Forsyth Co. schools closed (no practice)

August

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September

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October

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November

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Comp Team

- May Practice at ATA, 5-6:30pm
- Summer Practice at ATA, 3-5pm
- Stunt Camp at ATA, 10am – 1pm
- Choreography at ATA, 10am – 2/3pm (a third choreography date TBD in August)
- Practice at ATA, 5-6:30pm

NOTE: The dates and times for competitions for the Competition Team will not be set until after the GMSSA releases the fall football schedule.



Other Calendar Items of Note:

- Cambridge High School (CHS) Mini-Camp: 7/16-7/19
- CHS Feeder Night at a home High School football game: TBD
- CHS Mini-Camper Night at a home High School football game: TBD
- Cheer Showcase at Cambridge High School for CJC Comp, CHS JV, and CHS Varsity. All non-Comp Team athletes are encouraged to attend as spectators in support of the CJC and CHS teams. TBD

Summer Gatherings for grade level squads, TBD

Summer Gatherings for the competition team, TBD

Pictures, TBD

Post-Competition Gatherings for the competition team, TBD

Homecoming Dance for middle school children zoned for Cambridge High School, hosted by Cambridge Junior Cheer, TBD

PowderPuff Game (7th v 8th, with 6th grade cheering for both), TBD

End of the Season Banquet Celebration, November TBD