



## **PHILOSOPHY**

We at Junior Grizzlies Cheer are a family. The goal of this program is to prepare our athletes to cheer at the high school level once completing their time here. We encourage athletes to be well rounded, responsible and positive in all aspects of their lives and wish for them to leave the junior program more than prepared to continue cheering at the high school level. In an effort to achieve this goal, we mirror the high school cheer program as closely as possible with our policies, expectations, and procedures.

## **PURPOSE**

The purpose of the Junior Grizzlies Cheerleading program is to create an environment of community and school/team spirit. This is done by nurturing cheerleaders in the development of responsibility, leadership, organizational skills, accountability to their coaches, squad mates, and others as well as developing self-discipline. All of these traits will aid in promoting the safety and integrity of cheerleading as well as creating an environment of growing and learning.

## **COMMITMENT**

Being a member of the Junior Grizzlies Cheerleading Program requires major commitment from athletes and their families. We encourage athletes to be well-rounded students and to be involved in multiple extracurricular activities; however, it is important that the athletes understand the necessity of time management. Your commitment to Junior Grizzly Cheerleading should be a top priority.

Cheerleaders are expected to attend all practices and games. Please make note of the dates on the calendar. It is your responsibility to keep up with these dates. All absences will be held to the same standard and consequences will be the same regardless of reason for absence. All athletes are expected to report to all camps and all practices as well as the entire season. Athletes can be removed by the board if coaches feel that they are not keeping with the philosophy of the team or the expectations of the program.

## **CAMPS AND PRACTICE: ALL PRACTICES AND CAMPS ARE MANDATORY**

In the event that a cheerleader will be absent from a practice, there is a form on [jrgrizzly.com](http://jrgrizzly.com) that will need to be filled out. The team mom should also be notified of the absence as soon as you are aware that the cheerleader will be absent. Practices are defined as Tuesday regular after school practice and Saturday one hour pre game practice. (Ie: missing Tuesday and Saturday pre game practice is considered two missed practices).

## **CONSEQUENCE FOR MISSED PRACTICE**

1<sup>st</sup> missed practice-Cheerleader will sit the first quarter of next game and half time for the same game.

2<sup>nd</sup> missed practice-Cheerleader will sit two quarters of the next game and half time for the same game

3<sup>rd</sup> missed practice-Cheerleader will be removed from the squad.

- **Regular practices** will begin the second week of school and held every Tuesday from 4:00-6:00 at Creekland Middle School as well as one hour prior to game time once games begin.
- **Tuesday Practice Procedure:** Cheerleaders will dismiss with second load and change quickly in the locker room. It is imperative that they do this quickly. They need to refill water bottles, use the restroom, and eat a quick snack in the time BEFORE practice is to start.

**ATTENDANCE AT ALL CAMPS ARE A REQUIREMENT. FAILURE TO ATTEND WILL RESULT IN REMOVAL FROM THE SQUAD**

- **Spring stunt camp** will be held on May 2, 2025 from 6:00-8:00 at TAG Athletics. This will provide an opportunity for the cheerleaders to meet everyone on the squad and begin working on some of the skills that we will need them to know for choreography in July.
- **Summer camp** for cheer mastery: This is to ensure that the cheerleaders know and have a full mastery of the cheers before we enter into the busy school and cheer season. **It will be required for cheerleaders to attend ONE of the two dates offered.**
  - June 16 9:00-12:00 at Creekview High School
  - July 21 9:00-12:00 at Creekview High School

**PRACTICE ATTIRE**

- **Tuesday practice attire:** Cheerleaders will wear cheer shoes, their provided practice tank and self provided NAVY blue shorts for every practice.
- **NO JEWELRY.** This includes but is not limited to earrings, necklaces, bracelets, watches, rings, nose rings, body piercings of any kind. No new piercings will be allowed to be taped.
- Hair must be up in a ponytail. No bow will be required for practice.

**CONSEQUENCES FOR FAILURE TO COMPLY WITH THE PRACTICE ATTIRE POLICY ARE AS LISTED BELOW:**

Not having the designated practice attire consisting of the issued practice tank, NAVY shorts, cheer shoes and water will result in physical conditioning deemed appropriate by the coaches and trainers and ineligibility to be a captain at the next game.

**UNIFORMS AND GAME DAY APPEARANCE**

All cheerleaders are fitted for and required to purchase a full uniform. The uniform package includes shell, skirt, bloomers, pullover, warm up pants, rain jacket, bow, backpack, and poms. Each cheerleader will be fitted and MUST have a parent sign off on the sizes selected for them at the fitting. It is expected that proper undergarments and white cheer shoes are worn with the uniform. No bra straps showing. Pullover, rain jacket, and warm up pants should be in cheer backpack at all times. **ALL OF THE LISTED ITEMS ARE CONSIDERED PART OF THE UNIFORM AND ARE EXPECTED TO BE WITH YOU AT ALL GAMES**

## **GAMEDAY APPEARANCE**

- **NO JEWELRY** This includes but is not limited to earrings, necklaces, bracelets, watches, rings, nose rings, body piercings of any kind. No new piercings will be allowed to be taped.
- Nails must be kept at an appropriate, short length and clear or natural nail polish ONLY is allowed.
- Hair in a mid to mid high ponytail with game day bow.
- All Cheerleaders must be in the same attire at the game.
- In the event of cooler weather, it is the expectation that each cheerleader will be prepared to wear the appropriate attire. **In the event of this, everyone MUST be in the same attire not a mixture.** Whether or not pullovers or warm up pants are to be worn will ultimately be at the discretion of the co-directors and will be communicated to the coaches and trainers what is to be worn. This is to maintain a identical look across the squad.

## **CONSEQUENCES FOR FAILURE TO COMPLY WITH THE UNIFORM POLICY ARE AS LISTED BELOW**

Missing any uniform piece during a game: designated socks (white ankle sock without any logo), white cheer shoes, bloomers, sports bra, hair bow, uniform shell and skirt, Pom poms and backpack with all game day contents, will result in sitting the FIRST QUARTER of the current game.

## **GAME DAYS**

- **ALL GAMES ARE MANDATORY**  
In the event that a cheerleader will be absent from a game, there is a form on jrgrizzly.com that will need to be filled out. The team mom should also be notified of the absence as soon as you are aware that the cheerleader will be absent. There will be a consequence for any missed game.
- Game days will begin in late August and will be every Saturday until your cheerleader's respective team concludes their season.
- **THERE WILL BE A GAME THE SATURDAY OF LABOR DAY WEEKEND AND THE SATURDAY AT THE BEGINNING OF FALL BREAK. THESE GAMES ARE STILL MANDATORY**
- There will be no food or drinks, other than water allowed on the sidelines at all games.
- All sunscreen, bug spray, lotions, or body sprays should be applied prior to arrival. Due to the nature of the composite tracks there will not be any of these things used on the sidelines.
- Each grade level will be designated to one football team. In the event that there are two football teams for a grade level the cheerleaders will be cheering for one assigned team.

**However, Cheerleaders will be required to cheer for both grade appropriate football teams for the homecoming games as well as any other time that both teams are at home on the same day.**

### **CONSEQUENCE FOR MISSING ANY UNIFORM ITEM (AS OUTLINED ABOVE)**

Cheerleader will sit the first quarter of the current game.

### **CONSEQUENCE FOR BEING LATE TO OR MISSING A GAME**

Cheerleader will sit out the first two quarters of the next game and could possibly lose their position in the half time routine. Bear in mind that being late to a game does mean that your cheerleader has missed a practice therefore they will sit a quarter of the current game and half time.

**- ANY ABSENCE, REGARDLESS OF REASON AND PROPER NOTIFICATION, WILL BE HELD TO THE SAME STANDARD.**

**- CONSEQUENCES FOR FAILURE TO PROPERLY NOTIFY OF AN ABSENCE WILL BE AT THE DISCRETION OF THE BOARD.**

In an effort to develop the best possible athletes for the Creekview High School Cheer program, we work as community partners with the Creekview Middle School competition team to allow these athletes the much needed opportunity to grow in both sideline and school competition cheer. In the event of overlapping commitments due to sideline and school competition seasons running concurrently, school comp athletes are expected and will make every effort to be present at games days as soon as possible after competitions.

### **INJURY AND ILLNESS POLICY**

In the event that your cheerleader is injured or experiencing a long term illness, it is expected that a note from their doctor, outlining specific restrictions, be submitted to the director.

Before any cheerleader can return to activity they must provide a release from their doctor. It is expected that your cheerleader still be present for all practices and games through the duration of their recovery unless deemed medically impossible.

### **CELL PHONE POLICY**

- Any time you are with your team, whether it be camp, practice or games, you are not to be on your cell phone. It must be stored in your bag and not taken out at any time.
- In the event of a practice change or emergency, cheerleaders will certainly have access to their phone. Ie. Practice is ending early or going to run late, etc.

### **CODE OF CONDUCT**

Cheerleaders represent the school and the Junior Grizzlies Program and are expected to behave exemplary at all events. Cheerleaders should willingly operate with coaches, trainers, captains, board members, team moms and their fellow cheerleaders. Poor conduct, unsportsmanlike conduct, use of drugs or alcohol, failure to comply with the social media agreement, excessive tardiness and absenteeism could result in removal from the squad. Removal would be at the final decision of the board.

**\*\* Unsportsmanlike conduct (verbal or otherwise) will NOT be tolerated.**

This includes negative comments or actions regarding other cheerleaders, students, athletes, teachers-either in school, on school property, during practice, game time (your game or anyone else's), out of school or electronically. We will have a zero-tolerance policy on bullying, drama or inappropriate behavior from both athletes and parents. Consequence for any behaviors such as this will be at the discretion of the board.

## **GENERAL BEHAVIOR**

The following behaviors are NOT allowed by Junior Grizzlies Cheerleading standards. Violations will be evaluated by the coaches and appropriate consequences will be given. (Consequences may be, but not limited to sitting, physical conditioning at the coach's and trainer's discretion and possible removal from the squad.)

- Profane language
- Undesirable or immoral behavior
- Instigating conflict
- Bullying
- Posturing to Fight and/or Fighting
- Recording and/or encouraging fights
- Overt display of affection
- Plagiarism
- Forgery
- Skipping/AWOL from class, leaving, being out of class without permission
- Stealing
- CHEMICAL USE- A zero tolerance policy for chemical use will be strictly enforced. Such usage violates legal and ethical standards and imposes unreasonable long term health risks on the user. Disciplinary action will be taken against any athlete that participates in the use of, distribution of, or association with other persons in use or possession of any illegal drugs including alcohol. Discipline will range from suspension to permanent dismissal from The Junior Grizzlies Cheer Program.

## **COMMITMENT**

**\*\*Please Note: If you quit before or during your season, then you will not be able to receive a refund for any money that has been paid to Creekview Junior Grizzlies program if the date of quitting is after the first order is placed. If you quit a team, then you will not be eligible to try-out for the next season. This also includes if your cheerleader has been removed from the team.**

## **PARENTS**

- Review the expectations with your athlete and be sure they understand there will be consequences for unacceptable behaviors.
- Volunteer in areas where you can make a difference and help keep the program running.
- Support the decisions made by the coaches, trainers, and the board, even when it does not fall in the favor of your specific athlete.
- Refrain from negative comments aimed at the opposition, officials, or coaches. Allow the coaching staff to do their job without interference.

THANK YOU FOR YOUR TIME AND WE LOOK FORWARD TO A FUN & EXCITING SEASON!  
GO GRIZZLIES!

AMANDA KENIMER & LESLIE GLOVER  
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