

Oak Ridge Junior Trojans Cheer Handbook



Oak Ridge Jr. Trojans Cheer Expectations

ORJT is part of the El Dorado Hills community; we are a recreational league and feeder program for Oak Ridge High School Cheer Team. We are a competitive cheer program as Oak Ridge High School Cheer is one of the top Cheer programs in the Nation as well as being National Champions. While we want everyone to have fun, competitive cheer does take hard work and commitment by the cheerleaders as well as their families. Parents need to ensure and encourage their cheerleader to attend all events and practices, unless they have an emergency. If there is a temporary injury or sickness, cheerleaders are still expected to games and/or practice to watch, learn, and support their teammates, even if they are not participating themselves. Along the way your child will make great lasting friendships and memories.

We will be developing skills and teaching safety in all aspects of cheerleading. This includes dancing, jumping, motions and stunting (if allowed by governing Officials). The VP of Cheer will be AACCA Cheer Safety Certified to ensure that safety is our #1 priority. AACCA is the governing body for the cheer rules/regulations that SAC League adheres to.

Cheerleaders will be expected to attend the following: Clinics, Try-outs, fitting, camps, and practice which can be 3 to 4 days a week plus Saturday games. It is also MANDATORY to attend competitions toward the end of the season. Cheerleaders will need to be in good physical shape (endurance, flexibility, strength, and discipline).

Tumbling is also recommended, but not required to cheer. Part of the points awarded in tryouts will be for tumbling abilities.

Prior to conditioning for the season, initial registration must be completed, and initial fees must be paid, all online documents must be signed. If your child is selected to be a Cheerleader for ORJT, a copy of their birth certificate, and a sports physical examination form signed by their doctor must be submitted prior to the first day of practice.

ORJT follows all guidelines laid out by the County Health Department and also Oak Ridge High School and other location requirements in order to use their facilities and allow our children to play. This will require cheerleaders and parents to follow the requirements which may include wearing masks for practices and games and/or getting tested for illnesses (for certain age groups for indoor stunting practice).

Returning cheerleaders who were certified to cheer the season prior will **NOT** need to submit a birth certificate. **ANY** new cheerleaders **AND** cheerleaders that took the prior season off with need to submit a copy of their birth certificate. Please do not submit the original birth certificate, copies **ONLY**.

The Oak Ridge Jr. Trojans do not recommend cheerleaders to be on another cheer team during the same season. This causes scheduling conflicts and safety concerns for the athletes.

Cheer Team Information

The Oak Ridge Jr. Torjans Cheer Program has 5 squads/divisions:

Squads	Try Out?
Mascot	No
Jr. Pee Wee	No
Pee Wee	Yes
Jr. Midget	Yes
Midget	Yes

Age divisions are listed below; please refer to the diagram when selecting the squad for the Try-Out Clinic hosted in the Spring. All Athletes must be of the ages listed below by August 1st in order to be certified for the season.

Age	Mascot	Jr. Pee Wee	Pee Wee	Jr. Midget	Midget
5-6	X				
7		X			
8		X			
9		X	X		
10			X	x	
11			X	X	
12				X	X
13					X
14					X

****Please note: 14-year old's must be in 8th grade; High School students are not permitted****

Definition of Squads

Mascots – Ages 5 to 6

The Mascot Team is an intermediate cheer squad to the Oak Ridge Jr. Trojans program. This is where they will learn the fundamentals of Cheerleading. Children under the age of 5 that do not turn 5 before August 1st can be evaluated at the Try-Out Clinic to see if they can become part of the Mascot squad and must be approved by the Head Coach of the Mascot Team as well as the VP of Cheer. Mascots are required to attend the Halftime Camp in July, attend 2 day a week practices for the season and the end of the season Sierra Athletic Conference (SAC) competition as well as purchase a new uniform.

Jr. Pee Wee – Ages 7 to 9

This age group will be based on a first come basis starting at the Clinic Sign-ups. Our league has a maximum amount of how many athletes can be on a squad, if we hit the maximum amount, we will close registration. If you are only looking to sign up for the clinic and do not want to participate in the season, please indicate that on the sign-up form for the clinic so your athlete is not counted to take a spot on the squad for the regular season. This cheer squad is an official squad and will be required to attend all camps, practices which vary from 3-4 days a week, Jamboree, home and away football games (8-11 football games on adv.) and two competitions.

Try-Outs are NOT required for Mascots or Jr. Pee Wee Squads.

Pee Wee – Ages 9 to 11

Jr. Midgets – Ages 10-12

Midgets – Ages 11-14

This age group will have to attend Try-Outs to be placed on a squad. Our league has a maximum amount of how many athletes can be on a squad so cuts may occur. If you are only looking to sign up for the clinic and do not want to participate in the season, please indicate that on the sign-up form for the clinic so your athlete is not counted to take a spot on the squad for the regular season. This cheer squad is an official squad and will be required to attend all camps, practices, Jamboree, home and away football games (8-11 football games on adv.) and two competitions.

Squad Placement

Positions on squads will be determined during the season by Coaches and Instructors. Please do not discuss your desire for a particular position to the coaches or instructors such as having your athlete as a flyer. All athletes are evaluated and placed in the safest positions for them and their squad. All positions on the squad are important for one cannot be done without the other. So please help us promote this positive aspect with talks at home as well.

Try-Out Clinic

Try-out clinic is hosted in the Spring with a Saturday Try-out Day to follow. The Try-Out clinic is a mandatory clinic for those who are **NEW** and for those who are **RETURNING** to our program. Try-Out Day will only be conducted for squads: Pee Wee, Jr. Midgets and Midgets as there is a maximum squad limit and cuts may need to be made. **Cost is \$65 and will include an outfit.**

Mandatory Try-out/Fitting Dates

Event	Date	Location	Time.....
Clinic Outfit Pick-up	April 16 th	1061 Suncastr Lane EDH	Mascots 12pm-1pm Jr. PeeWee 1pm-2pm PeeWee 2pm-3pm Jr. Midget&Midget 3pm-4pm
Cheer Try-Out Clinic	April 17 th -20 th	Oak Ridge HS Black Tops	5:30pm-7:30pm
Cheer Try-Out Day	April 22 nd	Flip & Twist	PeeWee 9:00am Jr. Midgets 10:00am Midgets 10:30am
Cheer Uniform Fitting	May 7th	1061 Suncastr Lane EDH	Mascots 12pm-1pm Jr. PeeWee 1pm-2pm PeeWee 2pm-3pm Jr. Midgets 3pm-4pm Midgets 4pm-5pm

******YOU MUST ATTEND YOUR SQUAD TIME DESIGNATION FOR TRYOUTS & FITTINGS******

All Cheerleaders are ***strongly encouraged*** to prepare themselves prior to try-outs with exercise and stretching. This will help all athletes in learning and performing through the clinic. This is a competitive sport and requires a physical commitment.

What to wear and bring to Try-out Clinic:

- Clinic T-shirt
- Clinic shorts
- Tennis shoes (NO Heelies, heavy soled shoes or slip-ons)
- Hair needs to be in a tight, high ponytail. (NO fly away hair)
- Cheer Bow
- Water
- Backpack to keep supplies in.

Do not wear or bring, any Jewelry, Food, Gum, Candy.

Athletes will be evaluated on Dance, Jumps, Tumbling, Spirit, and Overall impression.

Mandatory Season Dates

Being an Oak Ridge Jr. Trojan cheerleader will take commitment, responsibility and dedication not only from the athlete but from the family as well. Attendance for all Clinics, Camps, Practices, Events, Games and Competitions is mandatory. Failure to attend/participate in the following can result in dismissal in the ORJT program and possibly future seasons. We strive to give all parents mandatory dates in advance ASAP so that you can plan around them.

Please review the mandatory dates before you commit to a spot on this season's cheer squad

OAK RIDGE JR. TROJANS CHEER MANDATORY DATES

Event	Date	Location
Conditioning Camp <i>(5 hours required by SAC league)</i>	July 10 th to 13 th	Oak Ridge High School
Cheer Half-Time Camp	July 17 th & 18 th	Oak Ridge High School
Cheer Stunt Camp <i>(Jr. PeeWee to Midgets)</i>	July 19 th & 20 th	Oak Ridge High School
Jamboree -Cheer Certification <i>*All cheerleaders must be certified by SAC League to participate*</i>	August 12 th	Location TBD
Meet the Trojans	August 12 th	Town Center
JAMZ Cheer Competition <i>(Jr. PeeWee to Midgets only)</i>	October 22 nd	Stockton Area
SAC League Cheer Competition	November 12 th	Roseville

Parents are welcome to host squad summer parties after any camp events and are much appreciated. **We ask that you take your vacations before our season starts and do not schedule any trips during the cheer season.**

Events to attend

Cheer Clinic/Try-Outs

This is a 4-day event for 2 hours each day where the athletes will get to experience what Cheerleading entails for those who have yet to experience it and for returning Cheerleaders on what the season will look like. A parent meeting will be hosted on one of those days as well as a parent performance on the last day so the athletes can show what they've already learned. Then a Try-out Day will be held that following Saturday of the clinic for squads Pee Wee, Jr. Midgets and Midgets and Judged by the Oak Ridge High School Cheer Coaches.

Conditioning

Sierra Athletic League known as SAC requires all athletes to participate with a minimum of 5 hours of conditioning to safely participate in the season. Cheerleaders will NOT be allowed to practice or preform without conditioning being meet. Cheerleading is a cardio sport and requires the athletes to be in good conditioned shape as they will be in the sun for up to two hours on the sidelines of the Football Games and we need to prepare them for this. Conditioning week will be conducted before Halftime/Stunt camp week and will consist of running and exercising on the High School Track Field so sunscreen and lots of water is mandatory for safety of the athletes.

Halftime Camp

All squads must attend this camp which will consist of 2 days where they will be taught by the Oak Ridge Highschool Cheer Coaches and their Instructors. They will learn their Halftime routine that will be performed during the Halftime show at the Football Games.

Stunt Camp

This camp is for Jr. Pee Wee, Pee Wee, Jr. Midgets and Midget squads only. This camp will also consist of 2 days and conducted by the Oak Ridge High School Coaches and their Instructors. The Camp will teach the cheerleaders how to stunt safely and effectively. This will fall in line with the stunt philosophy of Oak Ridge High School Cheer. Your athlete will learn how to do some of the various stunts that they will be performing throughout the season. Stunting requires ALL members of the stunt group to be present for safety and accuracy of the performance. Any cheerleader missing from the stunt group will cause their group to not practice as we need all spots in the routine there as one cannot work without the other. This is a team sport.

Jamboree

Our league Sierra Athletic Conference hosts a Jamboree event where all Football and Cheerleaders are certified to continue in the regular season. They also get to have a short scrimmage game and cheer performance at this event. This event can be hosted at any one of the High Schools in our League. Any Cheerleader that is not approved during the certification process will be removed from their squad and will not be allowed to continue in the season. Certification consists of the verification of another Jr. Cheer Program is confirming the athlete of our Cheer program is of the age they claim and their address is correct.

Meet the Trojans

This is an event that is hosted by Oak Ridge Highschool Football & Cheer Program to introduce all of the current season's athletes to the El Dorado Hills Community at large. We are invited to perform at this event. It's a great way to participate with Oak Ridge High School as their feeder program and a great way for our Cheerleaders to see what the Highschool level is like and be part of the community.

Jamz Reload Competition

This is our first competition located in Stockton in October that only invites the following squads; Jr. Pee Wee, Pee Wee, Jr. Midgets and Midgets. Your athlete will compete with their team for a placement in the event. These routines are scored by Judges and the highest scores will receive a placement banner.

Sierra Athletic Conference (SAC) Cheer Competition

All Cheer squad's levels will participate in our League Competition. Mascot Squad will perform for exhibition only and will receive a medal for their performance. Jr. Pee Wee, Pee Wee, Jr. Midgets and Midgets will be competing for placement. These routines are scored by Judges and the highest scores will receive a placement banner.

*****Please note; If any of these events are cancelled and/or rescheduled we will send out communication ASAP*****

Attendance Policy and Guidelines

For the fairness and safety to all Cheerleaders we set forth the attendance requirements and associated disciplinary of the Oak Ridge Jr. Trojans Cheer Program below.

Tardiness

- A tardy is defined as arriving at practice unprepared and/or 5 mins or more after the set time has been established for the season
- 3 tardies = 1 unexcused absence
- All athletes are expected to arrive at least 1 hour prior to the Football game time
- Excessive tardies will result in a meeting with the Parents, Coaches and VP of Cheer

Absences

Cheer is a team sport. If a cheerleader is absent their entire stunt group cannot practice. This has a major impact to their squad as we do have limited time to practice.

Cheerleaders will be allowed 3 excused absences for cheer practice only during the course of the season. Please note the excused absences for practices below;

- School sponsored events (must discuss in advance with your coach in order to be excused)
- Religious Holidays (Does not include Church activities)
- Family Emergencies/Death in the Family
- Serious medical illness/injury (Must provide a doctor's note) however if the injury is not serious then the athlete is expected to still attend all practices, games and competitions.

Unexcused absences are the following:

- Homework
- They don't feel like it
- Any Clinic's, Camps, Games, Jamboree or Competitions

Any Athlete with 3 or more **Unexcused Absences** will be discussed by the ORJT Board and the athlete may be removed from the program with or without any refund to registration cost only.

Oak Ridge Jr. Trojan's attendance policy is not designed for an athlete to pick 3 days to be absent because they feel like it, homework, a party, or other unexcused activities not listed. This is designed for the unforeseen emergencies, illness or injuries. Game and practice attendance is mandatory, if your child is absent, please remember their stunt group will not be able to perform.

Cheerleader Appearance

Oak Ridge Jr. Trojans is a community organization that is a feeder program to the Oak Ridge High School Cheer Program. We expect all cheerleaders to appear as “natural” when wearing cheer uniforms and/or when they are participating in any events. We have outline this below.

- **Make-up** must be kept “natural” at games, event, and competitions, no heavy make-up
- **Hair** must be in “natural” hair shades during the season. No pink, purple, blue, green or any other unnaturally born colors can be worn during the season.
- **Jewelry** cannot be worn during practice, camps, clinics, games or competitions. Please remove all earrings.

Behavior

We expect appropriate behavior at all events including practice, camps and clinics. As an Oak Ridge Jr. Trojan cheerleader, they are expected to act appropriately on all social media public and private platforms. Violating this can result in removal from the organization.

Bullying/Negative Behavior

ORJT promotes a positive social environment for all athletes, Coaches, Instructors and Board Members. It is critical that ORJT events, games, practices, etc. Are kept positive and the athletes are not displaying negative verbal or physical behavior. We have a ZERO tolerance policy on bullying and it will be dealt with accordingly.

Social Media

Athletes are expected to act appropriately on any and all social media outlets. That includes but are not limited to posts, pictures, friends, and comments. We do not support negative or lewd behavior.

Parents Behavior

We rely on parents to foster positive attitudes and to serve as role models for their cheerleaders by not engaging in negative talk/gossip with other parents, other cheerleaders, Coaches, Instructors, or Board Members. This damages the experience for our cheerleaders and families.

See the full list of guidelines that are listed in the ORJT Code of Conduct that you signed on behalf of your athlete and self during registration.

Oak Ridge Jr. Trojans Football Games

Games are conducted on Saturdays. The Mascot Squad only performs at the home games through the end of the halftime. Majority of the time the Football Games are conducted at the same time for each squad on Saturdays unless there is a schedule conflict with their High School having other events. Football Games times are the following;

Jr. Pee Wee Kick off @ 10am to 12pm Alternate time Kick off @ 12pm to 2pm

Pee Wee Kick off @ 12pm to 2pm Alternate time Kick off @ 2pm to 4pm

Jr. Midgets Kick off @ 2pm to 4pm Alternate time Kick off @ 4pm to 6pm

Midgets Kick off @ 4pm to 6pm Alternate time Kick off @ 6pm to 8pm

*****Mascots will perform with a different squad at each home game so their time will vary*****

Game/Practice/Event -Pick Up

- Cheerleaders need to be picked up as soon as practice is over to prevent coaches from having to stay late. Coaches cannot leave the practice location until all athletes have been picked up.
- Cheerleads who want to walk home after practice must bring a note signed by their parent. The note must authorize the athlete to walk home unsupervised by any ORJT staff.
- Cheerleaders who want to stay at the practice location and wait for a sibling who is also practicing will need to bring a note signed by their parent authorizing them to stay at the practice location without parent or ORJT staff supervision.
- No coach will transport any child home after practice due to being left alone. Legal safety measures will be taken if a child is left unattended.
- Cheerleads must be picked up from all games and not left to roam the field with friends. Again, coaches cannot leave until all cheerleaders have been accounted for. We are not babysitters.

Practice Schedule

Practice days and times do flex throughout the season. Below you will find a tentative mock schedule. *****Note Mascots will only Practice 2 days a week for 1.5 hours a day*****

Practice will start the first Monday following the Halftime/Stunt Camp (*Mid-July*) and the first two weeks can have a maximum of 10 hours of practice time, **EXAMPLE:**

Monday through Friday 5:30pm to 7:30pm (*End of July to first week of August*)

After the first 2 weeks of practice then the maximum time is 6 hours a week for the next 9 weeks, **EXAMPLE:**

Tuesday through Thursday 5:30pm to 7:30pm (*2nd week of August through first week of October*)

After a total of 11 weeks of practice there can be a maximum of 8 hours per week for the last 5 weeks of the season and leading up to the SAC League Competition, **EXAMPLE:**

Monday through Thursday 5:30pm to 7:30pm (*2nd week of October through the 2nd week of November*)

Location of Practice

Routine Practice will be on the Basketball Black Tops located at Oak Ridge High School. If the season permits having a Tumble Practice Day that will be conducted at a professional Tumbling facility for 1 hour @ 1 day a week throughout the season, **EXAMPLE:**

Monday 5:30pm to 7:30pm @ Oak Ridge High School

Tuesday 5:30pm to 7:30pm @ Oak Ridge High School

Wednesday 5:00pm to 6:00pm Professional Tumbling Facility

Thursday 5:30pm to 7:30pm @ Oak Ridge High School

Again, this is just an **EXAMPLE**. The full Practice Schedule will be passed out as soon as the season schedule is released from the Sierra Athletic Conference League.

Practice Guidelines

- Cheer Practice is mandatory
- All Practices are closed to Parents to deter distractions
- Please do not speak to coaches about your athlete's position in any aspect of their team. All positions/placements are made for the best value of the squad, not individual cheerleader or parent preferences. If you do not want your athlete to be a flyer for our program, please do not have them try out. Position can change each season.

Volunteer and Safety

Parent Volunteer Requirements

ORJT is 100% by parent volunteers, including Coaches, High School Instructors, and Board Members. ORJT simply cannot exist without parent volunteers, it is critical for the program to continue. You can volunteer for any job, football or cheer and most jobs do not require special training.

Penalties

Families failing to complete the minimum amount of required volunteer hours will be assessed a \$500 penalty per participant. The athlete will not be able to participate in playoffs/Comp or in the next season until the penalty is paid.

All of the information about volunteering is on our website, jrtrojans.org under Parent Volunteer Info on the left-hand navigation bar.

Volunteer **REQUIREMENTS** are as following:

- 1 athlete – 12 hours for the season
- 2 or more athletes – 16 hours for the season
- Mascot's athletes only – 8 hours

Most of the volunteer hours are done through our football games in 2-hour shifts. You can work any game, in any position, regardless of what squad your athlete is on. Working a different game than your cheerleader is performing allows you to get hours in and still be able to watch your athlete perform.

If you cannot work your volunteer hours during the games, we have plenty of other opportunities that you can do. Please reach out to the VP of Cheer at vp-cheer@trojans.org and reach out ASAP and do not wait until the end of the season.

Safety First

Our first priority is the safety of your athlete as well as all athletes in the ORJT program. We have the best equipment available and the most qualified coaches and instructors attainable provided to our program. We do ask parents to be open about any health issues. Any child that cannot participate in heavy physical activity such as running or is not able to lift or stunting should reconsider if competitive cheer is right for them.

Cheerleaders do cheer during some of the **HOTTEST** parts of the day, so if heat is an issue for your athlete please consider your athlete's safety. We do provide water spray bottles to keep the cheerleaders cool, along with wet towels if needed, Cheerleaders **MUST** bring their own water bottle to all practices and events.

If your athlete requires an inhaler, you **MUST** provide a spare inhaler to their coach during the season and indicate it on your registration form.

Registration for Cheer

You will need to go to www.jrtrojans.org to register your cheerleader in our program, if you have not done so already. Registration tends to open in Spring, During the online registration, you will need to also pay for Stunt and Halftime Camp that is conducted in July, as well as the Raffle Tickets for the season fundraiser. For Midget families only there is a \$500 deposit for volunteer hours, and it will be returned at the end of the season as long as the volunteer hours were completed. We do not want to keep your deposit so please complete the volunteer hours during the season.

You will also need to complete and sign all registration form electronically online. You do not need to print any of the registration forms during this process unless you choose to expect for the SAC Medical Clearance form. Please print the SAC Medical Clearance form and take it to your athlete's doctor to be filled out but no earlier than April 15th and please turn this form during the Summer Camps.

What does Registration Cover

Mascots	JWP, PW, JM & M
Half Time Camp	Camp Outfit
Camp Outfit	Bow Package
Bow Package	Practice Location
Practice location	Tumbling Location
SAC Competition	Jamz Reload Competition
End of season Trophy	SAC Competition
End of season Banquet	End of season Trophy
	End of season Banquet
Total \$260	Total \$450

*****Please note Uniform Cost is Separate and paid directly to Varsity during Fitting*****

*****Average cost of new uniform is \$350 - \$420*****

All Uniform items are non-refundable. Parent must be present to pay at fitting.

Other Mandatory Cost for squads JWP, PW, JM & M ONLY

Halftime & Stunt Camp	- \$160
Tumbling Instructors	- \$100
20 Raffle Tickets	- \$100

Raffle Tickets

Each registrant is required to pre-pay for 20 raffle tickets valued at \$5 a ticket. This means you will own all 20 raffle tickets and you can enter the raffle yourself or you can sell the tickets to family and friends to help recover the cost. The Raffle has 4 winners and the prizes are: \$1000, \$500, \$250 & \$100

ORJT Post Season Competition Team

ORJT will continue our post season competitive team depending on registration and try-outs. Once our regular season is underway, the Comp Team coaches will determine the level and ages that will be allowed on this squad. A minimum of 15 members would need to apply for team to exist. The team will be up to the discretion of the Competitive Team Cheer Coaches.

Additional costs are required for this team as it is not part of the ORJT Football & Cheer Regular Season. It typically runs after Mid November to March. The National division is very competitive. ORJT competitive team gives parents and cheerleaders a full competitive schedule at a very low price of \$500-\$600.

This includes the following:

- 2 Regional Competitions
- Nationals at Disneyland
- Facility use fee
- Coaches travel expenses
- Competitive Music
- Travel Wear

We have found that our competitive team greatly improves cheerleading skills. Cheerleaders will practice 2-3 days a week in the evening starting immediately after our regular season. Schedule will be released once the dates get closer. The team usually has 2 Regional competitions, this season will conclude at the end of February with Nationals.

Cheerleading has become a very competitive market with youth cheerleading competing with cheer gyms. We want to give every cheerleader the opportunity to cheer with their friends, learn multiple routines, increase skills during the year (Youth can cheer up to level 5) while making cheer affordable to parents.

Contact Information:

VP of ORJT Cheer

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