

# Oak Ridge Junior Trojans

## Cheer Handbook

### 2025



## 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 attend 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 strongly encouraged and recommended. 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. 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 will 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 or another sports team during the same season. This causes scheduling conflicts and safety concerns for the athletes.**

## Cheer Team Information

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

Squads	Try Out?
Mascots	No
Jr. Pee Wee	Yes
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 June 15th 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 8<sup>th</sup> 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 June 15th 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. **Try-Outs are not required for Mascots.**

## Jr. Pee Wee- Ages 7 to 9

## Pee Wee – Ages 9 to 11

## Jr. Midgets – Ages 10-12

## Midgets – Ages 12-14

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 average) and two competitions.

Any questions regarding clinic and Try-Outs please reach out to the VP of Cheer Savannah Powers at [vp-cheer@jrtrojans.org](mailto:vp-cheer@jrtrojans.org)

## Squad Placement

Positions on squads will be determined during the season by Coaches, VP of cheer and Instructors. Please do not discuss your desire for a particular position to the coaches or instructors. 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.

When the head coach of a squad, for safety considerations, determines that a cheerleader should be excused from ORJT or from specific activities such as sideline cheerleading, halftime performances, or end-of-season cheer competitions, the release requires approval from both the ORJT President and ORJT Board.

## Try-Out Clinic

Try-out clinic is hosted in the Spring with a 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: Jr. Pee Wee, Pee Wee, Jr. Midgets and Midgets as there is a maximum squad limit and cuts may need to be made. **Cost is \$75 and will include clinic attire.**

### Mandatory Try-out/Fitting Dates

Event	Date	Location	Time
Clinic Attire Pick Up & Paperwork turn in	Thursday May 1st	Oak Ridge Outside Cafeteria Tables	Mascots 5:30-6:00 JPW 6:00-6:30 PW 6:30-7:00 JM & M 7:00-7:30
Cheer Clinic	Monday May 5th- Wednesday May 7th	Oak Ridge High School Basketball courts	5:30-7:30pm
Cheer Try-Outs	Thursday May 8th	Oak Ridge High School Cafeteria	Try -Outs  JPW 5:00-5:45  PW 5:45-6:30  JM 6:30-7:15  M 7:15-8
Cheer Fittings	Saturday May 10th	Cafeteria	Mascots 10:00am JPW 11:00am

			PW 12:00 pm JM 1:00 pm M 2:00pm
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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 Attire
- Cheer shoes or athletic shoes (NO Heelys, heavy soled shoes or slip-ons)
- Hair needs to be in a tight, high ponytail. (NO fly away hair)
- White Cheer Bow
- Water
- Backpack to keep supplies in.
- Short clean nails

**Do not wear jewelry or bring any, Food, Gum, Candy.**

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

Tryouts (Jr Pee Wee-Midget Level ONLY). I would like to bring up the topic of tryouts with athletes that are considering trying up for a different division and what that will look like. You need to attend both try out times if you are trying out for a higher team than you are registered for. If your athlete is eligible for multiple divisions due to their age, a preferred level of participation was selected at registration; however, that does not mean they will be placed on that squad. Adjustments may be made to team placement following the tryout process due to skill level.

Coaches and the VP of cheer will place athletes on a team based on skills, tumbling, positive attitude and positional need for the squad.

There are no try-outs for mascots. However athletes must demonstrate during the clinic the ability to listen and follow directions. To be able to walk with the squad throughout campus and stay with the team. Mascots will not have more than 24 athletes on the team.

## 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. It will be up to the coaches discretion whether an athlete will sit out of routine during a competition if too many practices are missed. This also includes arriving late for practice. 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**

<b>Event</b>	<b>Dates</b>	<b>Location</b>
Conditioning Camp	July 15th-17th 5:30pm-7:30pm	ORHS
Practice Starts	July 21st-24th 2hr practice between the hours of 5:00pm-8:30pm	ORHS
Stunt Camp JPW-Midgets	July 28th & 29th 9am-Noon	ORHS With the High School Coaches
Halftime Camp Mascots-Midgets	July 30th & 31st 9am-Noon	ORHS With the High School Coaches
Navy & Gold Event	Friday August 8th	ORHS
Jamboree #1	Saturday August 16th	TBD
Meet The Trojans	Saturday August 16th	Town Center
Jamboree #2	Saturday August 23rd	TBD
JAMZ Reload Cheer Competition  JPW-Midgets Only	Sunday October 12th	The Roebbelen Center  700 Event Center Drive, Roseville, CA 95678
Jamz Capitol City Competition	Sunday November 9th	The Roebbelen Center  700 Event Center Drive,

Mascots-Midgets		Roseville, CA 95678
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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.**

### **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 perform without conditioning being met. Cheerleading is a cardio sport and requires the athletes to be in good condition 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 be 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.

### **Jamboree**

Our league Sierra Athletic Conference will host two Jamboree events where all Football and Cheerleaders are certified to continue in the regular season. They also get to have a short



scrimmage game and cheer sideline 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.

### **Meet the Trojans**

This is an event that is hosted by Oak Ridge High School Football & Cheer Program to introduce all of the current season's athletes to the El Dorado Hills Community at large. We are invited to cheer 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 Roseville 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 canceled and/or rescheduled we will send out communication ASAP\*\*\***

## Attendance Policy and Guidelines

For the fairness and safety of 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 on their squad as we do have limited time to practice.

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

- School sponsored events, such as field trips or assemblies. This does not include PTO events (fall festivals, ect) You must discuss in advance with your coach and VP of cheer 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
- Vacation
- Other sports

Unexcused absences are not allowed therefore if an 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. Trojans 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 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 outlined 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.
- **Nails** must be kept short and clean with no nail polish, this is a safety issue.

### **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 is 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

Pee Wee Kick off @ 12pm to 2pm

Jr. Midgets Kick off @ 2pm to 4pm

Midgets Kick off @ 4pm to 6pm

***\*\*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.
- Cheerleaders who want to walk home after practice must bring a note signed by their guardian.
- 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 guardian 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.

- Cheerleaders 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.

## Practice Schedule

Practice days and times do flex throughout the season. All squads will practice 3-4 days a week at Oak Ridge on the basketball courts.

**\*\*\*Note Mascots will only Practice 2 days a week for 1.5-2 hours a day\*\*\***

### 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. Positions can change each practice, game, and 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](http://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
- A minimum of 2 of your volunteer hours for cheer families must be with mat roll in/out.

Midget Families only, a \$500 volunteer fee will be added to registration. That amount will be given back at the end of the season once all volunteered hours have been met.

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.

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](mailto: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 athletes safety. 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 complete and sign all registration forms. Please print the **2025** SAC Medical Clearance form and take it to your athlete's doctor to be filled out **no earlier than April 15<sup>th</sup>** and please turn in this form during the Summer Conditioning week.

Registration cost includes the following.

<b>Mascots</b>	<b>JWP, PW, JM &amp; M</b>
Practice Location	Practice Location

SAC Competition	Jamz Reload Competition
Jamz Competition Photos	SAC Competition
Half Time Camp	Jamz Competition Photos
End of season Trophy	Stunt & Half Time Camp
End of season Banquet	End of season Trophy
	End of season Banquet
<b>\$375</b>	<b>\$550</b>

**\*\*\*Please note uniform cost, camp attire and any other mandatory items such as bows and shoes will be paid separately and directly to Varsity and A4 Promotions during Fittings on Saturday May 10th\*\*\***

**\*\*\*Approximate cost of new uniform with all mandatory items is \$550 - \$650\*\*\*  
All Uniform items are non-refundable. A guardian must be present to pay at fitting.**

**~There will be other optional items available to purchase such as extra practice attire, personalized backpacks, personalized water bottles, and more.**

#### **Other Mandatory Cost for ALL squads.**

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

Tumbling will not be provided this year. Each athlete is working on different skills and levels of tumbling. Each athlete will have their own goal or steps needed to be successful at tumbling therefore we recommend and HIGHLY encourage each athlete to enroll in a once a week tumbling class with your local tumbling gym. Tumbling is a HUGE part of ORJT and Oak Ridge High School Cheer teams. Once you are enrolled in a class please update your coach on the skills you are working on and achieving.

## **ORJT PostSeason 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. The team will be up to the discretion of the Competitive Team Cheer Coaches. Cheerleaders will practice 3-4 days a week in the evening starting immediately after our regular season. Schedule will be released once the dates get closer.

Additional costs are required for this team as it is not part of the ORJT Football & Cheer Regular Season. It typically runs from Mid November to March. The National division is very competitive. ORJT competitive team gives parents and cheerleaders a full competitive schedule at an approximate price of \$750 plus.

### **This includes the following:**

- 2 Regional/Local Competitions
- Nationals at TBD
- Facility use fee
- Props
- Competitive Music
- Competition Sweatshirt
- Guest coaches / additional training

When the head coach of a squad, for safety considerations, determines that a cheerleader should be excused from ORJT or from specific activities such as sideline cheerleading, halftime performances, or end-of-season cheer competitions, the release requires approval from both the ORJT President and ORJT Board.

## **ORJT Stunt Season**

ORJT participates in the SAC league stunt season. STUNT is an exciting head-to-head game between two teams who execute skills-based routines in various categories. Quarters of STUNT include: Quarter 1 partner stunts, Quarter 2 pyramids & tosses, Quarter 3 jumps & tumbling, and Quarter 4 team routine (a combination of the other 3 Quarter routines). The season starts in February with Try-Outs and ends in May. Practices are 3-4 weeks. Games are every Saturday. ORJT will have three teams with a max of 16 athletes per team. Stunt is approximately \$300 and covers practice facilities, stunt jersey, officials and USA membership.

### **Contact Information:**

Savannah Powers  
VP of ORJT Cheer



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