



Hillsborough Jr. Raiders  
Competition  
Cheerleading  
Information Packet  
2019

## **Jr. Raiders Competition Cheerleading**

Thank you for your interest in Jr. Raiders Competition Cheerleading. Please read this information carefully regarding the 2019 season as there have been some changes made to improve our program.

### **Cheerleading Guidelines and Requirements**

Participation on a Competition Team is a major commitment for both the cheerleader and her parent/guardian. The following outlines the program requirements;

1. Your daughter must be registered in the Jr. Raiders Cheerleading program and for the competition team evaluations, both of which are online on the Jr. Raiders website.
2. Your daughter is required to attend all three days of evaluations to be considered for a position on the Jr. Raiders Competition Cheerleading Team. Please see the separate page which describes our 2019 evaluation process.
3. A tentative schedule is available for review in the "Comp Cheer" section of the Jr. Raiders website. Please review to ensure that you do not have conflicts with the dates and schedule specified in this document.
4. A parent/guardian must attend the mandatory parents' meeting, Wednesday, May 22<sup>nd</sup>, 2019.
5. You and your daughter will be required to sign the Code of Conduct form and adhere to its policy.
6. You and your daughter will be required to adhere to the absentee policy.
7. Dedication is mandatory; we are a competition team. You and your daughter should understand the expectations regarding practices, games and competitions as communicated below. We encourage you to ask any questions regarding the level of expectation **prior** to committing to the competition team.
8. A signed Participation Form is due upon your acceptance of a position on a team.
9. You must purchase the required cheerleading uniform and accessories.
10. You must provide a birth certificate and an up-to-date medical form as detailed below.
11. **Teachers' Convention Week:** We will be competing on Sunday, November 3<sup>rd</sup>. There will be no practice or competitions scheduled from Monday, November 4<sup>th</sup> through Sunday, November 10<sup>th</sup>. We will resume normal practice schedules starting Tuesday, November 12<sup>th</sup>.

### **Competition Season Time Commitment**

The Jr. Raiders competition season runs from August 12<sup>th</sup>, 2019 through January 26<sup>th</sup>, 2020. **There will be a winter break starting December 21<sup>st</sup>, 2019 and ending Thursday January 2<sup>nd</sup>, 2020.** Practice will resume on Friday, January 3<sup>rd</sup>, 2020. The season will end on Sunday, January 26<sup>th</sup>, 2020. Please review the tentative schedule of practices and other important dates that we ask you to reserve prior to your commitment. **If you have a conflict with any part of this schedule, we ask that you not commit to the competition team.**

### **Costs**

A detail of the estimated costs to participate in the Jr. Raiders competition program, as well as the expected payment dates for these costs, will be made available upon request. The costs include the fees paid to The Evolution Training Center, LLC ("Evolution") in Bridgewater, New Jersey, for the choreography camp, the weekly clean-up sessions, and the mandatory basic skill and stunting clinic. In addition, families need to purchase the required uniform pieces. Both teams will also be participating in a tumble class one day a week for five weeks.

At the first parents' team meeting, we will also collect an incidentals fee which will cover the August pizza & pool party, first competition gift, exhibition spirit gift, and year-end commemorative gift. This fee will be determined once we know how many girls are participating on the team and will not exceed \$50.00.

### **Cheerleading Evaluations**

We will be holding a competition cheer clinic and skill evaluations on Monday, May 13<sup>th</sup>, Tuesday, May 14<sup>th</sup>, and Wednesday, May 15<sup>th</sup> from 6:00 to 8:00 pm. During the clinic, the athletes will learn and practice skills on which they will be evaluated for team placement. Results will be sent via email approximately one week after tryouts.

Attendance is **mandatory** for all cheerleaders. A signed Evolution Training release form must be turned in prior to Friday, May 10<sup>th</sup>. It can be emailed to [compcheer@jrraiders.org](mailto:compcheer@jrraiders.org).

### **Parent Meetings**

Parents are required to attend the team meeting scheduled for Wednesday, May 22<sup>nd</sup>. We anticipate having a second meeting tentatively scheduled for Friday, October 18<sup>th</sup>.

### **Choreography Camp and Practices**

We will have mandatory game day practice the evenings of Monday, August 12<sup>th</sup>, Tuesday, August 13<sup>th</sup> and Wednesday, August 14<sup>th</sup>, which we anticipate having at Triangle Road Complex. There will be a stunt review clinic on Thursday, August 15<sup>th</sup> from 6-9 pm at a local school or field to be determined. Choreography camp will be held during the day on Saturday, August 17<sup>th</sup> and Sunday, August 18<sup>th</sup> and will continue the evenings of Monday, August 19<sup>th</sup> through Wednesday, August 21<sup>st</sup>. We will end the week with a pool party on August 22<sup>nd</sup>. Remaining summer practices are scheduled the evenings of August 26<sup>th</sup> through August 29<sup>th</sup>. Please refer to the tentative calendars posted for exact dates, times, and locations.

Attendance at summer camps and practices is **mandatory**. No exceptions will be made. If a cheerleader suffers an injury and cannot participate, **the cheerleader is still required to attend all practices to observe.**

Practices preceding and/or following choreography camp will be two (2) hours daily and we expect to be scheduled in the late afternoon/early evening time period.

## **Fall Practices**

Please carefully review the tentative schedule. In addition to what is outlined there, please note the following:

- The Junior Competition will practice twice a week starting in September, on Wednesday nights and Saturday mornings, at Evolution. The Junior Competition Team's Saturday morning practice sessions move to Friday night beginning on or about October 5th.
- The Youth Competition Team will practice twice a week starting in September, Tuesday and Friday nights at Evolution.
- Both the Youth and Junior Competition teams will participate in a one-hour tumble and conditioning class on Sundays for six consecutive weeks starting September 8<sup>th</sup>, at a location in town. This is an opportunity for all of the girls to work with a tumbling instructor alongside their teammates, learn new skills for the competition routine, and perfect the ones they have.

All practices, including the six weeks of tumbling and conditioning classes, are **mandatory**. See the tentative schedule for complete practice information.

**PLEASE NOTE:** This schedule is **SUBJECT TO CHANGE**. Some practices days and times may be added or changed once the competition schedule is announced. We make every effort to give advanced notice of these changes.

## **Practice Dress Code**

The dress code for all practices is as follows:

- Hair must be worn in a high pony and well secured. Bangs must be pulled back, gelled, and away from the face. No side ponytails or "messy buns" will be permitted.
- Fingernails must be trimmed short- no tips!
- No jewelry. Coaches are not responsible for any jewelry that is taken off.
- Shorts with Jr. Raiders apparel t-shirt or tank. Coaches will communicate the required practice gear for each team.
- Sweatpants are not permitted.
- Cheer sneakers are required.

## **Football Games**

During the Jr. Raiders football season, the cheerleaders are required to cheer at the weekly football games. We traditionally have 3 squads- Jr Bidy (grades 3&4), JV (grades 5&6) and Varsity-(grades 7&8). Our JV and Varsity Squads cheer on Saturday night. Jr Bidy will cheer for an age appropriate team during the day. If a cheerleader suffers an injury and cannot participate at a game, the cheerleader is required to attend the game dressed in full uniform.

This year, Jr. Raiders football games officially begin on Saturday, September 7<sup>th</sup> (tentative date).

## **Competitions**

We anticipate participating in approximately seven or eight competitions. In many cases, the competitions begin early and may last all day. Competitions may require one to four hours of driving time and, for some, an overnight stay may be recommended. Parents and family are strongly encouraged to attend and cheer at all competitions, providing for the most positive and fulfilling experience for all the cheerleaders. The girls feed off of your energy and enthusiasm.

### **Code of Conduct**

The Jr. Raiders prides itself on our basic principles of good sportsmanship. If any Jr. Raiders cheerleader, their parent/guardian or general spectator shows disrespect to another cheerleader, coach, or anyone at any time or by any means, our policy on disciplinary action and/or dismissal from the squad will be enforced. Behavioral problems will not be tolerated. Disrespect toward a coach or fellow cheerleader will result in removal from the practice or event. In addition, profanity and vulgar language will not be tolerated. Both a parent and cheerleader must read and sign the Code of Conduct.

All athletes should understand that constructive criticism is inevitable and will not be used to insult. Coaches are here to encourage, correct and improve the team as a whole. Under **NO** circumstances is any cheerleader permitted to critique or coach another cheerleader. Procedure for cheerleaders to share observations or concerns is **ALWAYS** done by consulting a coach privately.

**As a Jr. Raiders cheerleader, you are recognized as a representative of the organization, and are expected to conduct yourself in a manner befitting this responsibility, both in and out of uniform. Exemplary behavior is mandatory at all times, including anywhere in the community, on social media and at organizational and school functions.**

### **Absentee Policy**

Our teams' ability to be competitive is severely affected by absences and tardiness. Our season is condensed compared to other programs, which compete well into the spring season and we do not use "alternates" in our routines; every cheerleader participates 100% of the time. Therefore, absences and tardiness are taken **VERY** seriously. It is your responsibility to arrive 15 minutes prior to the start of an assigned practice and to notify your coach if you have an emergency which prevents you from arriving on time. One cheerleader's tardiness affects an entire squad's schedule.

Attendance at all games, practices and competitions is mandatory. If your daughter becomes ill or injured and must miss a practice or a game, you must provide a doctor's note stating how long she will be out of practice, and it must include the date that the cheerleader can resume participation. This applies to ongoing or chronic illnesses as well, including those listed on your cheerleader's medical form. If your daughter is injured, she is expected to attend all practices, games and competitions.

Other unavoidable absences (family emergencies, religious obligations) should be noted and discussed with your daughter's coach as far in advance as possible, to avoid having the absence be unexcused. Absences due to vacation are NOT excused. Vacation should be planned with the competition schedule in mind.

If a practice is missed prior to a competition, the cheerleader will not be permitted to participate in that competition but is expected to attend in full uniform. If a cheerleader suffers an injury and cannot participate, the cheerleader is required to attend the competition dressed in full uniform.

### Uniforms

You are required to purchase a competition cheerleading uniform and accessories. We will be using the Varsity Flex competition sneaker this year. These sneakers are only to be worn at competitions. You will need an additional and separate pair for practice beginning with choreography camp week and for use at games. You may use any white, leather cheer sneaker for your second pair of sneakers.

### Volunteerism

During the course of the season, each family will be asked to participate in a team function (organizing the pizza party, end-of-year party, spirit items, etc.). We also ask each family to participate in the hosting of our annual Cheer Rally Competition in October.

### Birth Certificate and Medical Form

New cheerleaders: A copy of your daughter's birth certificate must be provided to Jr. Raiders at the first parents' team meeting on Wednesday, May 22<sup>nd</sup>. Returning cheerleaders will be notified if they are required to submit a new copy.

In addition, you must provide a copy of the medical form signed by your doctor prior to **August 1, 2019**. Please remember that clearance to participate means that your child is cleared for **all** activities. **Medical forms must be submitted in advance and will not be collected on the first day of practice. If this form is not provided, your daughter will be unable to participate. There will be NO exception to this policy.**

**Returning cheerleaders only:** Each medical form is valid for the full 12 months after your daughter's last physical. You are only required to hand in a new medical form the month it is set to expire. For example, if your daughter had a physical in September 7, 2018, you must hand in a new medical form by September 8, 2019.

**Hillsborough Jr. Raiders Sports, Inc.**  
**Competition Cheerleading**  
**Participation Form**

Please complete the form and email to [compcheer@jrraiders.org](mailto:compcheer@jrraiders.org) by May 10<sup>th</sup>, 2019

NAME \_\_\_\_\_ GRADE \_\_\_\_\_  
(as of 9/2019)  
EMAIL ADDRESS \_\_\_\_\_ (Virtually  
all communication is done via email)  
DATE OF BIRTH \_\_\_\_\_ PHONE \_\_\_\_\_  
ADDRESS \_\_\_\_\_  
(please include zip code)

I, \_\_\_\_\_, give permission for my child, \_\_\_\_\_, to participate on a Jr. Raiders cheerleading competition team for the 2019 season. I have read the Jr. Raiders Competition Information Packet for 2019 (including the 2019 tentative schedule and evaluation process documents). I understand all the requirements outlined therein, including the absentee policy, and understand the personal and financial commitment we need to make as part of the team.

Parent's Signature \_\_\_\_\_ Date \_\_\_\_\_