

Hollis Brookline Jr Cavaliers Junior Cheer Demonstrators

They are a very important part of our Jr Cavalier's Cheer Program providing enthusiasm, experience and energy to our growing program. They are the role models for our younger cheer athletes.

Position Description: Junior Demonstrators

Age Requirement: Must be ages 14-18. If junior demonstrator is attending high school, they may be 13 years old. Jr Demonstrators are participants in the HBJC program and are required to have participant paperwork completed and certified in the appropriate team book.

Jr. Demonstrators may only carry out the instructions of the Head or Assistant coaches and shall not conduct a practice. HBJC Jr. Demonstrators work with teams a minimum of 2 years younger than his/her current age. JDs are NEVER to carry out ANY disciplinary action toward any participant or conduct practices.

Duties:

1. Instruct HBJC cheer athletes on cheers
2. Assist with stretching, conditioning, arm drills
3. Assist with stunts
4. Assist with routines
5. Attend at least 2 football games for the season
6. Attend summer practice sessions
7. Attend at least one practice a week when school starts
 - a. This a mandatory requirement for a JD who wants to attend competitions with their team
 - b. Competitions - tri tournament (3), state and regionals (if place first, second or third at state)
 - c. If team goes to Nationals, you will be responsible for airfare and meals.
 - d. Competitions are on Saturdays in Oct and early Nov. Regionals are the third week in Nov.

Scheduling: All schedules for the HBJC will be found on our Hbjrcavs.org website: here is example of past schedules. We will be working on them closer to start of the season

**Division 8: Practice Weds/Fri when school starts (5:30 to 7:00 or 7:30)-waiting times from schools
Cheer on Sundays starting 21 August - Times to be announced later**

**Division 12: Must be 16 years and above by July 31 to be rostered to this team
Practice Tues/Thurs/Fri when school starts (6:00 to 8:00) - waiting times from schools
Cheer on Saturdays for Var/JV from ½ time to ½ time (games are at 9 and 1100)
First game starts 29 Aug (still waiting for verification)**

As with any program, there are standards to be met with attire and appearance:

Appropriate gear/apparel is required. T-shirts or tank top (must have 1 inch strap or larger), shorts, socks and sneakers that lace up and tie are required. No camis, bra straps hanging out, or inappropriate statements or pictures on clothing are allowed. No hoodies or zippers should be worn. We want to keep the professional image of the athlete at all times as well as provide for their safety. Also, no Jewelry is allowed during practice, games, camp or competitions.

Hair must be pulled back off the face using elastics. Butterfly clips, beads or any other type of hair accessory that protrudes from the athletes head is prohibited, as well as, hair wraps and hair mascara. Nail polish of any kind, acrylic, and artificial is prohibited. Nails must be kept the same length as the tip of your finger, nothing longer. Lastly, no visible body glitter, tattoos, body pants or body piercings.

