

JEFFERSON

COMPETITIVE CHEER HANDBOOK

Discipline is the bridge between goals and accomplishment.

- Jim Rohn

It is your responsibility to be aware of and understand this handbook in its entirety. If you do not, please ask questions.

VALUES

- **COMMITMENT**

When you try out for this team, you are admitting to the coaches and your teammates of your complete dedication to fulfill your part with respect and honor. This commitment is from today through the end of our season.

- **RESPECT**

Both your team and I expect your respect in all that you do. You now represent yourself, your family, friends, Jefferson and coaches! That is a whole lot of people to disappoint or impress with how great you are! I have high standards and expect my athletes to uphold these standards to the best of their ability!

Keep in Mind: **Think about what you say before you say it**
Think about where you go
Think about what you do
Think about how you act
Think about who you are with

Adults, peers, and kids will be watching you when you are out and about your daily life. They will see you at school, at the mall, dances, etc. **AND PEOPLE TALK!** Let them only have positive things to say about you.

- **ACADEMICS**

Grades will come before sport, thus the term "extra-curricular" activity. If you are unable to handle the stress of maintaining your grades and competitive cheer, your position on this team will be re-evaluated by the coach.

We want athletes that are dedicated, hard working, and that strive to be the best. If you are able to do this in the academic world, then we believe that you will do the same for this team.

- **ZERO TOLERANCE**

Alcohol, drugs and tobacco are absolutely prohibited by Jefferson Cheerleading. This means, if you are found partaking in any of the above, you will be removed from the team.

- **NO JEWELRY**
All piercings and jewelry must be removed **BEFORE** arriving to practice, games, or any cheer event. This is for the safety of you, and your teammates, and it just looks better.
- **CELL PHONES**
All cell phones are to be silenced during practice and competition. If there is an emergency that would require you to access your phone, you must make the coach aware of the situation.
- **DUTIES**
Each week you will be responsible for a different duty that will be assigned at the beginning of the season. If you are unable to complete your assigned duty, you are responsible for finding a replacement.

Duties may Include: Med Kit Banners Signs

- **ATTENDANCE**
Attendance is mandatory everyday. It is crucial to the progress of the team that you be at every practice and game.

More than three absences MAY result in your dismissal from the team.

If you are going to miss a practice you must notify the coach prior to the absence.

Contact your coaches at the numbers provided.
(517) 449-7366 Leave a message if I don't pick-up

- **TARDIES**
In order not to be considered tardy, you must be sitting on the mat with hair, shoes, jewelry, gum, phone, and bathroom all taken care of ahead of time. If you are going to be tardy, please call out of respect.

To be early is to be on time, to be on time is to be late, and to be late is to be running...

Try and be 15 minutes early. This will allow for any unpredictable happenings to occur, and still be on time.

COMPETITIONS

See schedule for bus departure times. You are expected to meet 15 minutes prior to the bus leaving the school. Tardies are also applied to competition days.

When we meet on the day of a competition you must be prepared in the following ways:

Wearing: Bodysuit and Briefs
Warm-up
Practice shoes with low/no show white socks
Hair done with NO metal accessories! (MHSAA Rule)
Nails trimmed and filed (MHSAA Rule)
No nail polish (MHSAA Rule)
No jewelry (MHSAA Rule)

Make-up On

We are performers. The judges should be able to see your eyes, and lips, and have some color on your face. Please use with discretion. Too much make-up can be just as bad as no make-up!

In your Team Bag:

Uniforms
Clean White Shoes
Lipstick
Snack and Water bottle (NO pop or energy drink)

BEHAVIOR AND EXPECTATIONS

This is our "game day" to show off all of our hard work to the rest of the cheerleading world and to our families and friends.

WE WILL:

- Warm-up as a TEAM.
- Travel throughout the competition as a TEAM.
- Buy our t-shirt after the competition is over or have our parents buy it for us.
- Not visit the concession stand because we packed a light snack in our bag and have a spread of food to eat with our TEAM after the competition is over.
- Congratulate our competition.
- No checking scores until the competition is over.
- No visiting with family or friends unless and emergency.
- Support each other...because we are all here for the same reason...and we have worked hard as a TEAM!

ROUND QUALIFICATIONS

Varsity Competitive candidates **MUST** possess the following characteristics or they will not be considered.

1. A powerful work ethic.
2. The ability to work together with new and old teammates, and unselfish attitude, a "true Team player".
3. Be coachable...you need to be able to take corrections.

Round 1

- Correct motion technique including placement, timing, tightness and memorization.
- Powerful Jumps (legs parallel to the ground or inverted)
- Striking motions with excellent placement.
- Incredible volume and huge presence.

Round 2 *Everything from round 1 plus the following:*

- Backwalkover (legs straight, toes pointed, and 180 split)
- Backhandspring (strong arms, legs straight, toes pointed)
- Jumps (elevated, legs straight, toes pointed, timed well)
- Back Tuck (solid landing without hands touching)
- Triple Splits

Round 3 *Everything from round 1 plus the following:*

- Superior tumbling skills
- Advanced stunting experience (confidence and precision with transitions and sequences)
- Flyers should be able to twist
- Flyers should open to learning difficult stunts

GO BEARS!