



# JESUIT JUNIOR MARAUDERS



Official youth football & cheer program for Jesuit High School  
*ad majorem Dei gloriam*

## **Jesuit Jr Marauders 2024 Cheer Handbook**

*The Jesuit Junior Marauders Cheerleading squads goal is to promote team spirit, represent Jesuit High School, Jesuit Junior Marauders Football and Cheer Program to the highest degree, plus to set an example of good behavior at all times. Therefore, cheerleaders must display appropriate behavior inside and outside of practices, games and competitions. It is important to model the Jesuit way inside and outside of cheer.*

*The Jesuit Jr Marauders (JJM) cheer season starts mid-July and will run through mid-November. Throughout the season, JJM cheerleaders perform sideline chants and halftime routines, stunt, tumble, and cheer at all JJM football games. JJM is part of the Sierra Athletic Conference and Cheer will participate in all games, league competitions, and perform during the Holy Bowl. Cheerleading is a serious sport and requires hard work and commitment by both the athlete and family. Please read through this entire packet so both you and your athlete understand the responsibility and commitment that comes with participating. This season we will be developing athletes' stunt, tumbling, jump, and motion skills. Attendance at all events is required. Any outside activities, other sports, and appointments should be planned so that they do not conflict with the season's events.*

## Squads

JJM coaching staff will determine the number of squads based on enrollment numbers and skills. Team placement will be determined during the 1<sup>st</sup> week of practice and will be communicated to families during that time. In general, this season's squads will be:

Mascots (Grades K-2)- Ages 5, 6, 7

Jr. Pee Wees (Grades 1-4) - Ages 7, 8, 9

Pee Wees (Grades 3-6) - Ages 9, 10, 11

Midgets (Grades 5-8) – Ages 10, 11, 12, 13, 14\* (\*14 years old and in Middle School)

## Registration Fees

Fees for all 2024 teams are \$525. Registration must be done online at: [www.jesuitjrmarauders.com](http://www.jesuitjrmarauders.com). A payment plan with an initial deposit is available but all fees must be paid in full by June 15<sup>th</sup>. Registration fees include:

- Practice Shirt
- 3 bows (Game Day, Breast Cancer, and Competition)
- 12 Tumbling sessions
- Insurance



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- Field costs for game and practice
- Gym rentals
- Competition Fees
- Music
- 120+ Hours of coaching/instruction

\*Board Members, Coaches, Asst. Coaches are all volunteers of Jesuit Jr. Marauders

## Uniform Fittings and Cost

Uniform fitting will be held on May 19<sup>th</sup> in the Jesuit High School Welcome Center. Please have your athlete wear a swimsuit (or form fitting top/tumble shorts). The varsity rep will be onsite to assist with trying on items and order placement. It is up to the parent/guardian to ensure correct fit. No refunds will be given for incorrect measurements or incorrectly sized items.

## Required Items (If all items are needed new \$409)

- Shell \$109
- Skirt \$97
- Line \$89
- Briefs \$20
- Jamboree/Practice Uniform \$95 (**MUST PURCHASE NEW**)
- Poms \$56
- White Cheer Shoes (price varies)
- White no show socks for games/competition (price varies)

## Recommended Items

- Backpack
- Additional practice shorts (soffe or tumbling)
- Warmup jacket (purchased thru varsity or PLAIN black)
- Black Leggings (will have pair available thru team spirit store)
- Long sleeve practice shirt (will be in spirit store during July)

## Cheer Camp

Cheer camp will be held June 8<sup>th</sup> at Jesuit High School, enter from American River Blvd. The camp will be led by UCA instructors. Camp cost is \$55 and registration will be done online. Please go to



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[www.jesuitjrmarauders.com](http://www.jesuitjrmarauders.com) to register. Camp instructors will teach motions, stunting, and more. This is our first activity as a team, and it is essential that all cheerleaders be in attendance.

### Clinics

Clinics are free to registered athletes. Clinics are when sideline chants will be taught. It is especially important for new cheerleaders to attend. All clinics will be held at the Jesuit High School practice fields. Clinic dates are as follows:

- June 9            10 am- 12 pm
- June 10          6 pm-8 pm
- June 12          6 pm -8 pm

### Practice Times, Attendance, Attire, and Expectations

Due to the nature of this team sport, where routines, formations, and stunts are created based on the number of cheerleaders per squad, it is critical that all members attend each practice, camp, game, and competitions for the squad to be successful. Any cheerleader with absences excused or unexcused may result in a reduced role in the half-time or competition routine. Our stunts and skills require everyone's participation during every practice. This is a safety measure to ensure all participants are prepared. Any absence from a game or practice or excessive excused absences will affect routine placement, and competition participation. If you know you will be missing a game, competition, or practice please communicate with the coach as soon as possible.

### Practice Schedule

#### Summer Practices (July 15- August 9)

- Practices will start the week of July 15<sup>th</sup>. Monday, Wednesday, Thursday and Friday practices will be held at Jesuit High School from 6-8 pm.
- Tuesday practices will be held off site at Just Tumble from 6:30-7:30 pm. Athletes are required to attend all practices to meet conditioning hours.

#### Regular Practices (August 13- September 27<sup>th</sup>)

- Starting the week of August 12<sup>th</sup> practices will be held Tuesday-Thursday.
- Tuesday practices will continue to be at Just Tumble from 6:30-7:30 pm. Tuesday practices will move to JHS the week of October 8<sup>th</sup>



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- Wednesday and Thursday practices will be at Jesuit High School from 6-8pm (Jr Pee Wee and above) and 6-7:30 for mascots.

### Competition Practices (September 29<sup>th</sup>-November 10<sup>th</sup>)

As we enter competition season additional practice may be added. To prepare the athletes for the spring competition floor, adjust to the competition floor size, etc. we utilize The Spot in Folsom for indoor practices. These practices are **MANDATORY**, if your athlete is not there it prevents the entire team from practicing. Please make sure to mark these dates in your calendar now. We will communicate team arrival times via email as we get closer.

- Sunday September 29<sup>th</sup> 4-6pm
- Sunday October 6<sup>th</sup> 3-6pm
- Sunday October 13<sup>th</sup> 4-6pm
- October 27<sup>th</sup> 3-6pm
- November 3<sup>rd</sup> 4-6pm

### Week of September 30<sup>th</sup>

- Tuesday 6:30-7:30 at Just Tumble
- Wednesday/Thursday at JHS 6-8 (Mascots until 7:30)

### October 7- Nov 10<sup>th</sup>

- Tuesday/Wednesday/Thursday at JHS 6-8 (Mascots until 7:30)

\*As nights get colder and darker we may modify these practice times/dates.

## **Practice Attendance**

All cheerleaders are expected to attend all practices and arrive on time. Cheerleaders should cooperate at all practices with everyone.

1. Missing practice for being sick is acceptable. However, please email both the coach and VP of cheer as much in advance as possible. This allows us time to change practice plans as needed.
2. If a cheerleader is injured, they must still attend practice and sit on the sidelines helping to promote spirit.



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- Coaches reserve the right to change athletes' position in routines based on attendance. To practice stunting ALL athletes must be in attendance, showing up late or missing practice impacts the entire team. Please see below for detailed attendance policy:

1 <sup>st</sup> Missed Practice	Sit 1st quarter of next game
2 <sup>nd</sup> Missed Practice	Sit 1st half
3 <sup>rd</sup> Missed Practice	Sit 1 <sup>st</sup> half including halftime
4 <sup>th</sup> Missed Practice	Sit entirety of the game, removal from stunt group

### Practice Attire

- Athletes should attend practice in the red JJM cheer T-shirt or red JJM tank top.
- JJM Jamboree skort or black shorts may be worn. Shorts must either be black JJM practice shorts or black soffe shorts. When practices get colder, black leggings may be worn- **no pajamas or sweat pants**. Long sleeve shirts may be worn under t-shirts but they must be form fitting, no loose clothing.
- Cheerleaders must have their hair tied up in a ponytail. High pony with a cheer bow is preferred. Bangs must be out of athletes' faces.
- Cheerleaders must wear cheer shoes to all practices.
- All jewelry must be removed. No earrings or long nails.

### Practice Expectations

While JJM encourages a fun atmosphere, if a cheerleader is not participating in an acceptable manner, your coach or a member of the JJM staff will contact a parent to come and take the child home. Unacceptable behavior includes but is not limited to the following: failure to take directions; defiance; rudeness to a coach, instructor, or teammate; disruptive or uncooperative behavior; profane or foul language; disregard for the safety of others. JJM wants to make every child's experience with the cheerleading program a positive, fun, and exciting learning experience. We expect all participants to always demonstrate appropriate behavior.

- Cheerleaders are expected to show up on time to practice, dressed and ready to go.
- Cheerleaders should leave all snacks, toys, markers, etc. at home.
- Cheerleaders need to have a backpack with pom-poms and water with them at every practice.



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- Cell phones are not allowed to be used at practice and need to be kept in a cheer bag or backpack for emergency purposes only.

## Game Day Attendance and Attire

### Game Day Arrival

Teams will arrive 1 hour prior to game time and meet under the cheer tent. Any athlete that will be late must contact their coach to let them know ahead of time.

1. If an athlete misses a game, they will sit the first half of the following game.
2. Athletes who show up late will sit the first quarter.
3. An occasional change may need to be made to game schedules and will be communicated via Email.

### Game Day Uniform

1. Cheerleaders should arrive at the game location in full uniform: clean shell, clean skirt, no show white socks, clean white cheer shoes, game day bow in hair, and with poms in good condition.
2. Warm Up jackets may be stored in the cheerleaders backpack and coaches will inform athletes if they can/can not wear them.
3. Liner, warm up jacket, and black leggings may be worn when permitted by coaching staff. Parents will be notified ahead of time if these items are expected to be worn. Liners should be in their backpack during game days in case of changing weather conditions.
4. All athletes should bring ample water with them.
5. During the month of October cheerleaders will wear pink breast cancer socks, pink bows, and use team provided pink poms.
6. Athletes who will be staying for the following games should take care of uniforms, not eating messy snacks (snow cones, etc.) in uniform. We recommend that athletes bring a change of clothing and shoes to prevent damage to uniforms.

Game Day Hair, Nails, Makeup

### Game Day Hair

Weekly you will receive an email with game day reminders, included will be the cheer hair style for the week. Please follow the guidelines and if you have questions on style reach out to coaches for more detailed information.



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### **Makeup**

Except for competition, no makeup is to be worn by members of the Mascot, Jr. Pee Wee, and Pee Wee squads. If gloss is used it should be lighter red in shade. Makeup is allowed on midjets but must be light and neutral shadows and lip glosses. Coach will ask the cheerleader to remove makeup if it does not meet uniform expectations.

1. Nails -Nails should be short and clean, no nail polish for game days.
2. Jewelry should be removed prior to game time, including earrings.

### **Competition Attendance and Attire**

This year JJM intends to attend two competitions. At this time the competitions are:

JAMZ Reload- October 20, Stockton

SAC League Competition – November 10<sup>th</sup>, Roseville

Competition times and instructions will be communicated the week of. Many times schedules are not complete until the Thursday before that week's competition. JJM will make our best attempts to communicate competition information as early as possible.

### **Competition Attendance**

1. Attendance at competition is MANDATORY. Teams will be expected to arrive early to review hair, makeup, and practice routines. Please do not plan other activities for this day. Competition is a full day event and teams should plan on staying all day to cheer on and support other squads.
2. If you will be missing competition for any reason, please notify the VP of Cheer immediately. Missing competition will impact the cheerleader's placement in stunts and halftime routines during the season.
3. Additional practices may be added prior to competition if needed.

### **Competition Attire**

1. Competition Uniform- Uniform on competition day will consist of clean shell, clean liner, clean skirt, no show white socks, and CLEAN white cheer shoes.



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2. Competition Hair- Competition hair is a high pony with the competition bow pointed tails out. Hair should be curled lightly. Pictures and product recommendations will be sent out prior to the event.
3. Competition Makeup- Different squads will have different makeup requirements. However, teams will have a natural eye with mascara and red lip gloss. A team lip gloss will be available, however if you would like your own an email will be sent out with the exact product/color.
4. No nails or jewelry is allowed at competition.

## Disciplinary Actions

Disciplinary action may be taken if a cheerleader does not meet the expectations set forth in this handbook. Action will be taken based on the severity of the occurrence. Since it is impossible to foresee all problems, disciplinary action will be assigned based on the coach's judgment.

## Parent Expectations and Information

### Practices

While at JHS cheer practices are held by the far gate off American River drive by the JV baseball field.

1. Drop Off- Drop off your athlete near the "Cheer gate". Please do not leave them until an adult is present. We do our best to be there by 5:45 but many times are also coming from work, school, etc.
2. No U turns, double parking, etc. Please, please, please be respectful to the Jesuit's Good Neighbor Policy. We are guests of the high school and this extends to drop off and pick up. Only park on the high school side of American River drive.
3. Our practice space is very limited in size. As a result we ask that parents do not enter the practice area. We recommend planning on dropping off/picking up athletes. The practice field around both cheer and football is restricted to athletes and coaches.

### Communications

1. During the season we will utilize Team Sideline as our primary club communication. Additionally, we will be setting up Band App communications for each team.





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2. It is the parents responsibility to regularly check email and read all club communications. Parents are responsible for reading and when applicable responding to items sent out in the Band App.
3. Email is the preferred way to communicate to coaches. We encourage all questions and concerns to first be directed to your athlete's head coach. Any issues that can't be resolved with the head coach should then be directed to the VP of Cheer (Elizabeth Lewis) and/or the Cheer Coordinator (Natalie Dyudyuk). If the issue cannot be resolved between the parent/guardian and Cheer Staff then it should be escalated to our President Johann Miller ([president@jesuitjrmaraudres.com](mailto:president@jesuitjrmaraudres.com))
4. Parents should not talk to athletes or coaches during practice times. We have limited time and this can be very distracting for both coach and athlete. Please reach out to coaches via email with questions and concerns. We can schedule a time to chat. If you have an issue please follow the 24 hour cooling off period (*SAC Parent Code of Conduct: "I will support and treat all officials, board members, volunteers, and coaches working with my child and all athletes in order to encourage a positive and enjoyable experience for all. I will commit to a 24 hours "cooling off" period before contacting my athlete's coach or a board member, if any issues of concern arise."*).

### **Volunteer Requirements**

All JJM families are required to submit a \$400 volunteer deposit or buy out. This deposit will be cashed at the end of the season if the 10 volunteer hours are not met. All volunteer opportunities will be posted on the clubs website ([www.Jesuitjrmarauders.com](http://www.Jesuitjrmarauders.com)) and must be signed up for using your team sideline account. This process will be reviewed during the parent meeting but if you have any questions please contact the volunteer coordinator.



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### 2024 Tentative Cheer Calendar

<b>May 5th</b>	Parent Meeting @ JHS Welcome Center 4 pm
<b>May 19th</b>	Uniform Fitting @ JHS Welcome Center 2 pm-5pm
<b>June 8th -</b>	UCA Cheer Camp @JHS Practice Fields 9 am -3 pm
<b>June 9th-</b>	Clinic @ JHS Practice Fields 10 am -12 pm
<b>June 10th/12th-</b>	Clinic @ JHS Practice Fields 6 PM-8 PM
<b>July 15th -</b>	Practices Start (Cheer Mon, Wed, Thur, Fri 6-8) JHS Practice Fields
<b>July 16th-Oct. 1st</b>	(on)Tuesdays Tumbling Class @ Just Tumble from 6:30-7:30
<b>August 12th-</b>	School Practice Schedule Starts (Wed/Thur) 6-8 @ JHS
<b>August 17th -</b>	Jamboree, JHS host (Football and Cheer) @ Jesuit
<b>August 20- Nov 9th-</b>	Football Games (time based on team/ location TBD)
<b>September 14th-</b>	Holy Bowl Cheer will perform

#### **SUNDAY PRACTICES MANDATORY FOR ALL ATHLETES**

September 29th	Comp Practice 4-6 @ The Spot in Folsom
October 6th	Comp Practice 3-6 @ The Spot in Folsom
October 13th	Comp Practice 4-6 @ The Spot in Folsom
October 27th	Comp Practice 3-6 @ The Spot in Folsom
November 3rd	Comp Practice 4-6 @ The Spot in Folsom

#### **COMPETITION DATES MANDATORY FOR ALL ATHLETES**

October 20th	Cheer Competition @ Adventist Health Arena Stockton
Nov. 10th -	Cheer Competition at the Grounds in Roseville



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### **Jesuit Junior Marauders Cheerleading Handbook Acknowledgement Form**

I hereby acknowledge that I have read and understood all the rules, regulations, and guidelines set forth in the JJM Cheer Handbook. By signing this form, I agree to adhere and abide by all said rules, and uphold the integrity of the JJM cheerleading squad.

Athletes Name: \_\_\_\_\_

Athletes Signature: \_\_\_\_\_

Parent Name: \_\_\_\_\_

Parent Signature: \_\_\_\_\_

Date: \_\_\_\_\_