

2023 - 2024
Junior Redwing



Cheer

Junior Redwing Cheerleading

jrredwingcheer@gmail.com

The Junior Redwing Cheer program will offer middle school athletes, both boys and girls, an athletic, non-cut sport. The program will develop safe cheerleading skills the purpose of performing at local competitions and ultimately get them developed for the Sheboygan South High Cheer program.

Contact Information

Head Coach

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Program Website: <https://sheboygansouthcheer.weebly.com/junior-redwings-cheer>

Purpose of Junior Redwing Cheerleading

The first purpose of the Junior Redwing cheer program is to provide an opportunity to equip student athletes to safely perform the skills needed in cheerleading. The second purpose is to develop competition routines that will allow Junior Redwing cheerleaders to showcase their talents and skill.

Goals for the Junior Redwing Cheer Program

We ask all who would like to be involved in the JRC program, athletes, parents, coaches, make a serious commitment to the program and follow our goals listed below.

The Junior Redwing cheer program will strive to:

1. Develop the strength, technique and confidence of all team members through regularly scheduled practices. Due to there being a risk of injury, safety is of the utmost concern. Coaches will provide appropriate instruction and encourage/push the team to maximize their abilities.
2. Develop and instill in the team to take pride in themselves and the program so they can humbly provide positive, encouraging attitudes and leadership.
3. Bond together a group of student athletes into a cohesive cheer team that is well prepared to support and lead at competitions.

To achieve these goals, commitment is required of all involved.

Program Summary

The Junior Redwing Cheer program is made up of dedicated and enthusiastic athletes from Sheboygan area middle schools. You **MUST** be willing to devote a significant amount of time to be part of a program that strives to be their very best.

The coaches have extensive experience coaching cheerleading. They are dedicated to the excellence, both athletic and academic. Your son/daughter's education and experience are of the utmost importance to the coaches, and they are dedicated to helping them have a successful JRC career.

Junior Redwing Cheer offers a middle school REC team, open to all male and female athletes, grades 5-8. Depending on the number of registrants, there will be a 5th/6th grade team and a 7th/8th grade team.

The Junior Redwing Cheer program is not associated, affiliated or part of South High School.

Practices and Competitions

Junior Redwing Cheer season will run approximately the beginning of July 2023 to February 2024 (pending date of our last competition). Practices are held two (2) times a week for two (2) hours a day (5-7:30p, Monday and Thursday of each week), with 2 tentative Saturday practices. Practice times do not include setup or breakdown. Adjust accordingly.

Cheerleader Policies and Guidelines

1. I will come to all practices and games/competitions prepared; this includes having my poms/megaphone, and being in the appropriate apparel.
2. I will have a positive attitude, and understand that if I have a poor attitude I will be asked to leave practice and it will count as an unexcused absence.
3. I will treat coaches with dignity and respect.
4. Must attend all practices and show cooperation with other cheerleaders and coaches.
5. Must know all cheers, chants, and routines for all and performances.
6. Should keep a good attitude about improving cheerleading skills.
7. Should take responsibility of providing positive leadership both when cheering as well as when not.
8. Should always show respect and be courteous to faculty members, administration, officials, coaches, players and visitors.
9. Should be aware of their appearances at all times, using good grooming, hygiene and dress habits. Natural hair colors while in season.
10. Should strive to be modest in victory and gracious in defeat.
11. Information regarding schedule changes, etc. will be given to you at practice. You are expected to pass the information to your parents/guardians.
12. No spreading rumors or talking about people in negative ways. NO ATTITUDES/DRAMA
13. I will be honest with all coaches, teammates, trainers, etc. Especially regarding injuries.
14. I will actively participate in ALL fundraisers.
15. I understand that all practices are "closed" and I need to get it pre-approved by a coach to bring someone to practice.
16. I understand that social media (Facebook, Twitter, etc.) is a public forum and that anything that I post is a reflection of the cheer program, the school, my coaches and myself. Think twice before posting.
17. All money needs to be turned in on time right after all due dates/fundraisers. Collect the funds when orders are taken..
18. During practice, all belongings must be in your bag. No phones out during practice/waterbreaks.
19. If I am removed from the team or remove myself and fees have been paid, I understand that those fees are nonrefundable.

Attendance Policy

Cheerleading in a unique sport, wherein the absence of one team member affects the entire team. Cheer is a team sport which requires a team commitment. Absences may lead to loss of participation, loss of awards and ultimately removal from the team. In order to achieve our goals, WE CANNOT EMPHASIZE THE IMPORTANCE OF ATTENDANCE ENOUGH. Planning family activities/vacations around our season is important. Family event conflicts should be cleared with the coach well in advance, at the beginning of the season if possible.

- Each athlete is expected to be present at ALL scheduled practices, games and competitions. You will be excused only if you are absent from school due to an illness or family emergency.
- Each practice/competition is mandatory. If an athlete does not have a valid reason for missing practice (funeral, hospitalization, contagious disease), they risk not being included in the routine.
 - Missing/leaving early due to "grounding", not enough gas, babysitting, going out to dinner with a long lost family member, birthdays, etc. are not valid reasons to miss cheer events.
 - Missing events shows a lack of commitment to the team at all levels.
 - General rule: if it is on the schedule, it is required.

- In the event of an “unforeseen” circumstance, each athlete will be dealt with on an individual basis.
- If you are injured, you are still expected to attend practice, even if that means you can only watch.
 - If an athlete is out due to an injury, he/she should be actively helping as needed, within their restrictions.
- ALL appointments (doctor, dentist, hair, etc.) must be scheduled outside of practice time.
- A job conflict will not be allowed as an excuse for missing any practice time, games or events.
- If you miss a practice due to illness/family emergency, you are responsible for learning the material taught at that practice(s) before the next practice.
- If you are absent due to illness/family emergency, you must contact your coach prior to the start of practice/meeting time. Please text, email or message. Notification after will count as an unexcused absence.
 - An athlete may not inform a teammate on their situation to pass on to the coach.
- I understand that if I get 3 unexcused absences I will be removed from the team.
- Cheerleaders will be on time for all games and practices. Five minutes early is late.
- Team members will actively participate in all games and practices.
- I understand that once competition season starts I need to be at the two practices before a competition to participate. This means that if I have a competition on Saturday and a game on Friday, I will need to be at both practices on Wednesday and Thursday in order to participate.
- At times, where enough notice is given, team members may be excused for other school activities (school related concerts, etc.). THIS IS AT THE COACH'S DISCRETION.
- You are expected to be in the gym, dressed and ready to go at the scheduled practice or meeting time. If you are late to a practice or game, or return late from halftime, this may be considered an unexcused absence, which may lead to loss of participation or awards.

Parent Involvement

Parent participation is most definitely needed to have the program run smoothly. Parent responsibilities include, but are not limited to: providing positive support and encouragement, making sure your athlete meets all program responsibilities (attending practice and arriving on time), attending any parent meetings and communicating with the JRC staff.

Parents should expect the following from the coaches:

- Knowledge of when and where practices/games/competitions are.
- The requirements regarding participation.
- Being positive role models
- Push the team members to give their best at all times.
- When their son/daughter is seriously injured.
- When disciplinary action is taken on your son/daughter.
- Upholding the dignity of the team, especially if their efforts have been unsuccessful.
- Providing for the safety of the program.
- Communicating with parents
- Giving accurate costs to the best of our ability well in advance.
- Informing team members and parents of the time commitment.
- Acknowledge the sacrifice of the students and parents.

Coaches expect parents to do the following:

- Support the guidelines and rules of the athletic department and cheer program
- Express concerns tactfully and directly with the coaches as necessary.
- Be positive role models for the students.

- Notify the coach of any scheduling conflicts in advance.
- Support your athlete's commitment they have made in positive, yet realistic ways.
- Encourage and promote the Redwing Way program (values, lifting, etc.)
- Be involved in fundraisers and team events.
- Acknowledge the sacrifice of the coaches.
- Understand that the cheer coaches will evaluate my son/daughter and will select the teams, team position (alternates) and stunting positions (i.e. flyer, base, back-base), and will abide by their decisions

Uniforms

Uniforms (top/bottom/shoes/bow/briefs) are purchased by each cheerleader. Uniforms are to be kept clean and well taken care of. Uniforms should be washed regularly, hung to dry and hung for storage while not in use.

All uniform pieces are purchased due to personalization and/or personal wearing.

Fundraising

Fundraising is very important and vital to the JRC program. We must pay for and fund ourselves. We are open to any and all fundraising ideas that you may have. Please do not be afraid to head up or give a fundraiser idea. Fundraiser profits will be used to pay for competition registration fees and competition music.

Tentative Fundraisers Planned:

Caan's Floral Holiday Voucher Sale
Gourmet Delights Cheesecake Sale

Estimated Expenses (covered by registration/uniform fees)

<i>Item</i>	<i>Expense</i>	<i>Responsible Party</i>
Shoes	\$25	Cheerleader
Uniform Top	\$33	Cheerleader
Bloomers	\$7	Cheerleader
Uniform Bottom	\$25	Cheerleader
Bow	\$4	Cheerleader
Insurance	TBD	Cheerleader/JRC
Competition Registration	Approx. \$23	JRC (through fundraising)
Competition Music	Approx. \$400	JRC (through fundraising)

*****PRICES ARE SUBJECT TO CHANGE*****

While rec cheerleading is not as costly as other youth activities, it is still an expensive sport. The fees listed are well below other area programs. We do our best to provide quality equipment and experiences while trying to keep costs down by looking for the best deals and not getting unneeded items. Please do your part in keeping costs down by taking care of all equipment (mats, uniforms, poms, etc.) and making the payments on time.

Before completing the registration and paying the registration fee, please be sure that you are financially prepared for all of the following expenses associated with the JRC program. This includes but is not limited to: registration fee, uniform fee, shoes and transportation costs. Refunds, discounts or credits are not given for absences, vacations or cancellations. If you decide to leave the program, no refunds for any money paid prior will be given.

All fees are due at the time(s) listed below. Unpaid fees could result in suspension and/or termination from the JRC program. If a payment is more than 7 days late, a \$25 late fee will be added. All fees are non-refundable and non-transferable.

Registration Fee

If you are NEW to the program:

Registration fee will be broken up into two parts. The first payment is due at time of registration.

- \$75 - includes deposit on uniform, shoes, bow, bloomers, shirt, competition fees and insurance

This fee is nonrefundable

The second payment of \$75 will be due on or before September 30th, 2023. This will cover the remaining balances on the uniform, shoes, bow, bloomers, etc.

*If the second payment is not made, a uniform will not be ordered for that athlete. Uniforms will be needed for all competitions and performances. With no uniform, there will be no competing.

If you are RETURNING to the program:

Registration fee will be broken up into two parts. The first payment is due at time of registration.

- \$75 - includes deposit on uniform, shoes, bow, bloomers, shirt, competition fees and insurance

This fee is nonrefundable

The second payment of \$50 will be due on or before September 30th, 2023. This will cover the remaining balances on the uniform, shoes, bow, bloomers, etc.

*If the second payment is not made, a uniform will not be ordered for that athlete. Uniforms will be needed for all competitions and performances. With no uniform, there will be no competing.

Tumbling Classes/ Fee

The JRC may be working with Elite Tumbling Inc. for tumbling classes. The Sheboygan South High cheer program has been working with them for a number of years now and have seen great success and improvements in our team tumbling. Each class is one hour long and the Elite coaches have athletes work on drills and active spotting on tumbling skills.

Tumbling classes are recommended, but not required and are optional. You will pay for the month that you plan to attend by the first class of that month. The cost will be no more than \$10 per class. Refunds will not be given for any missed class. Checks are to be made out to Elite Tumbling.

PARENT AGREEMENT

If you agree, please sign, date and submit. Athletes cannot participate without a completed form.

Athlete's Name

Parent's Name

___ My child has my permission to be a cheerleader a member of the Junior Redwing Cheer program.

___ I have read the Junior Redwing Cheer program guidelines and understand that the violation of any of these rules may lead to temporary or permanent suspension from the team.

___ I understand all costs involved as stated in the financial information sheet and that any money/fees paid are nonrefundable.

___ I understand that my athlete must abide by the attendance rules and regulations set forth by the coaches and be present for all cheer events (practices, games, fundraisers, performances and competitions). The only absences that are excused are absences due to illness or a required school obligation.

___ I understand that any known conflicts must be brought to my coach's attention. After that the Cheer Season Calendar should be taken into consideration when scheduling. Any conflicts should be communicated immediately following the distribution of the monthly calendar with the understanding the conflict may not be excused.

___ I understand that when an absence occurs, no matter the reason, the coach must be contacted in advance to be notified of the absence.

___ I understand that my athlete must arrive to all cheer events (practices/games/competitions) on time and be prepared and ready to start on time.

___ I understand by the very nature of the activity, cheerleading and gymnastics carry a risk of physical injury. No matter how careful the participant and coaches are, how many spotters are used, or what landing surface is used, the risk cannot be eliminated. The risk of injury includes minor injuries such as muscle pulls, dislocations, or broken bones. The risk also includes catastrophic injuries from landings or falls on the back, neck, or head. I understand these risks, and will not hold Junior Redwing Cheer program or any of its personnel responsible in case of accident or injury at any time.

___ I understand that at all cheer events, my family, friends and myself must show the highest level of sportsmanship and conduct ourselves in a respectful and responsible manner to all other teams, spectators, workers, etc.

___ I understand that if my athlete or I do not follow through on the guidelines listed in this agreement, it may lead to loss of participation, and ultimately dismissal from the squad.

Parents Signature

Date