



JUNIOR CHEER 2025 SEASON HANDBOOK

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CAMBRIDGE JUNIOR CHEER CREED OF R.E.S.P.E.C.T

All cheerleaders, coaches, parents, and guardians are to show respect to one another at all times.

RESPONSIBILITY

Be responsible for yourself and represent yourself with decorum.

You are a representative of the Cambridge Junior Cheer Program. Your behavior reflects on this program, your team(s), the school, yourself, and your family. It is imperative that responsible, respectful, and positive behavior be on display at all times. This includes how you present yourself and behave at all practices, games, at school, and on social media.

Responsibility is shown by demonstrating self-discipline and self-control, being prepared, dependable, accountable, and punctual. Responsibility includes showing respect for rules and authority, prioritizing the CJC team and season, and abiding by the CJC Handbook.

ENTHUSIASM

All in All the Time! #AIATT

Maintain a positive attitude and be a team player at all times. Demonstrate enthusiasm by smiling, making eye contact, looking sharp with movements, and looking uniform as a team. Showing mastery and spirit for all cheers is key part of enthusiasm. All cheerleaders are expected to know all of the cheers for this season. A YouTube channel for CJC can be viewed at: <https://www.youtube.com/@cambridgejuniorcheer6163>. Evaluations of cheers will begin the first week of school and continue each Wednesday practice.

To show enthusiasm and build camaraderie, athletes wear their game day shirt on Friday to school during the season.

SISTERHOOD

We build each other up.

Cambridge Junior Cheer strives to create an environment for participants to foster positive relationships with other cheerleaders, coaches, and adult volunteers. We want to have fun and create lasting memories. Be courteous and polite to each other. Be helpful. Be an athlete of good character with integrity. Treat others with kindness and observe the “golden rule” of treating others as you would like

to be treated. Being part of a sisterhood includes positive self-talk, speaking kindly of others and not gossiping about others or the program. Always strive for the best for yourself, your teammates, and the program.

PARTICIPATION

Be committed to the program. Attendance is mandatory at all practices, camps, and games (including playoffs).

Cheer is a team sport. Every voice is important in the cheers and every cheerleader plays an important role in the halftime routine—everyone is essential. **This is why all practices, camps, and games are mandatory.**



When one person is missing, the formation they are assigned to is incomplete. The other members of that formation, who have trained, and show up, cannot perform their part of the routine. It is unfair to those athletes when a teammate is absent.

EXCELLENCE

Make it stick!

We strive to learn, grow, and evolve as cheerleaders every week and every season. Through practice, hard work, and commitment, we can improve upon our skills during the season: knowledge of cheers, jumps, tumbling, stunts, and dance. By showing characteristics of excellency, athletes will develop strong leadership skills and character. Always go above and beyond. Maintain a tidy appearance and dress uniformly as a squad on game day and practices.



COMPETITION

To represent our program in the best light with the highest quality standards at Competitions.

Competition cheerleaders have a HIGHER level of commitment and are expected to fulfill their obligation to the competition team. Competition team athletes are expected to have a drive to learn, be committed to the team, and have passion, discipline, and composure. Attendance at all competitions is mandatory. Once the regular season football schedule is set by GMSAA, the competition schedule can be finalized.

TEAMWORK

Together we will reach amazing heights!

An exceptional teammate is reliable, flexible, encouraging, and supportive to teammates.

To keep themselves and teammates safe, each cheerleader agrees to follow all safety rules for stunting and tumbling. We observe and enforce the “no fault stunt” policy. The no fault stunt policy means that we don’t blame teammates when something goes wrong. We look for opportunities to provide positive feedback and help. We emphasize that it takes a team working together to accomplish our goals. We also believe that we learn from our mistakes.



REQUIREMENTS FOR PARTICIPATION

Tryouts

Cambridge Junior Cheer has a tryout and evaluation process each spring for athletes interested in participation in the program. At the tryout clinic, athletes learn two cheers. The cheers, standing and running tumbling, and jumps are evaluated on tryout day. Spirit and enthusiasm, attitude, and appearance are key components of CJC and are also evaluated over the course of tryouts and last season's participation, if applicable. Selections are made on a natural cut line, which is the natural point where scores drop off. There is no set number of athletes that will be selected for squads, however, as numbers grow too large, we aren't always able to accommodate all interested athletes.

There is not a separate tryout for athletes interested in the Competition Team--athletes may be asked to do some extra stunting for the evaluation and determination of stunt groups on tryout day. Evaluation scoring determines the athletes invited to participate on the competition team with certain minimum standards required.

Mandatory Attendance

ALL GAMES, CAMPS, AND PRACTICES ARE MANDATORY.

No sport or other activity is to take priority over the Cambridge Junior Cheer program. Period.

Attendance is taken at every practice and at every game. All tardies, late pickups, and absences are noted. Excessive tardies, late pickups, and absences are cause for removal from the program. All infractions are noted for next year's tryouts.

Practices and Camps

Summer Practices

Attendance at summer practices is mandatory for the sideline squads and competition team. Summer choreography camp dates are mandatory for the sideline squads and competition team.

School-in-Session Practices

Attendance at practices once school resumes is mandatory. Please note, while practice has typically moved to Hopewell Middle School once school resumes, we require yearly approval from the school system for use of the facilities. The precise location for practice will be communicated prior to school starting.

Game Day

The football season is August through November. Attendance at all regular season games and playoff games is MANDATORY. Games typically start the second Saturday after school resumes in August with a



scrimmage game. The regular season begins the next weekend. The regular season continues through the end of October. Historically, playoff games are played in November, up through the Saturday before Thanksgiving (for the Championship Game).

The game schedule is set by the Georgia Middle School Athletic Association (GMSAA). Typically, the schedule is released by early August. The Cambridge Junior Cheer Program cannot communicate firm dates and times for games to athletes until GMSAA publishes the schedule. Please also note, that during the season, game dates and/or times can shift due to weather and other factors under the discretion of GMSAA. Because of this, all athletes must be prepared to commit to being available every Saturday from the second weekend after school starts in August up until the first Saturday of the school break for Thanksgiving. It is to be assumed that if football is being played, we are cheering. This includes Labor Day weekend and the Fall Break for Fulton County Schools. In the past, games have been played on the Saturday of both of these weekends and attendance is mandatory for these games.

Please use the following chart for informational purposes only, this is a sample schedule and these times are not guaranteed and may change before or during the season.

Saturday morning games:

6 th grade	9am kickoff time	8am arrival time
7 th grade	11am kickoff time	10am arrival time
8 th grade	1pm kickoff time	12pm arrival time

Saturday afternoon games:

6 th grade	3pm kickoff time	2pm arrival time
7 th grade	5pm kickoff time	4pm arrival time
8 th grade	7pm kickoff time	6pm arrival time

Tardy

Game Day

Cheerleaders are to arrive one hour (1 hour) prior to the start of game time and check-in with their team—usually on the track or sidelines. Attendance is taken at every game. With a second tardy, athletes will sit out for the first half of the game. With the third tardy, athletes will sit out for the entire game. Excessive tardies of four or more will result in the athlete being removed from the program. If a cheerleader is not present at the time attendance is taken, they will be marked with an unexcused absence.

Arrival times prior to games may be decreased during the season as squads become more familiar with their pre-game preparations. If arrival times change, this will be communicated accordingly.



Late Pickup

It is important that athletes be picked up on time from practices. If an athlete is picked up late for a second time, they will sit for the first quarter of the next game. If an athlete is picked up late for a third time, the athlete will sit for the entire game and be placed as an alternate for the halftime routine. Excessive instances of athletes being picked up late of four times will result in the athlete being removed from the program. Athletes cannot be left unattended at the practice facility.

Absenteeism

Excused Absences

- Sickness
- Death in the immediate family
- One special absence for special family functions, such as weddings, baptisms, confirmations, reunions. This is not a “freebie,” consequences for an excused absence will apply.

Anything not listed here is considered an unexcused absence.

Sickness

For an absence to be excused due to sickness, an email with the athlete’s name, squad, and reason for absence must be sent to cheer@cambridgejuniorcheer.com prior to the start of practice or the start of the game. Parent note/doctor’s note must be presented at or before the next game/practice that the athlete attends for the absence to be excused and before the athlete will be able to resume practice/game day participation. Parent notes must be electronic. Doctor’s notes can be either electronic copy or paper copy. For a second event of sickness, and any subsequent absences from a practice or a game due to sickness, a doctor’s note will be required.

For practice day and game day illness, injury, or emergency, you must first post in the grade-level chat (ex. GroupMe) for your team that the athlete will be absent. Game days in particular are very busy and posting in the group chat will ensure the appropriate people are notified. Word of mouth through another cheerleader is not acceptable and will result in an unexcused absence. Notification must be done prior to the start of practice or the posted arrival time for the game. All absences reported after practice starts or the game begins will be considered unexcused. In addition to notification via the grade-level chat, an email must also be sent to cheer@cambridgejuniorcheer.com with the athlete’s name, squad, and reason for absence.

Death in the Immediate Family

In the event of a death in the family, please send an email with the athlete’s name, squad, and reason for absence to cheer@cambridgejuniorcheer.com. Absences due to death will not count toward the consequences for excused absence.



Special Absence

For a special absence to be excused, an email must be sent no less than two weeks in advance to cheer@cambridgejuniorcheer.com with the athlete's name, squad, and reason for absence. Documentation may be requested. If notification is received late, an absence will be considered unexcused.

Consequences for Absences

Attendance is an important part of being on a team. All absences are noted for the following season and are factored into tryouts. Absences of 8th grade athletes are communicated to the High School program. Excessive absences are cause for removal from the program. Any athlete removed from the program will not be able to tryout the following year. Missing practices, camps, and games affects the group's performance, which is why attendance is mandatory. Athletes are responsible for learning any new material covered during a missed practice. The athlete must reach out to their coaches for missed material and review the YouTube channel (for sideline). It is the athlete's responsibility to contact the coaches, not the other way around.

Sideline Summer Practices, Camps, Choreography

Attendance at summer practices is mandatory. Attendance at choreography is mandatory. Missing the choreography of the halftime routine will result in the athlete being placed as an alternate for the halftime routine. Missing three (3) summer-time practices will result in the athlete being placed as an alternate for the halftime routine. Missing four summer-time practices will result in removal from the squad. Please communicate summertime travel plans at the beginning of the summer so that we can plan accordingly.

Sideline School-in-Session Practices

Attendance at school-in-session practices is mandatory for sideline squads. One (1) unexcused absence will result in the athlete being benched for the first quarter. Two (2) unexcused absences will result in the athlete being placed as an alternate for the halftime routine for the entire season. The second excused absence will result in the athlete being placed as an alternate for the halftime routine for the next game. Missing three practices may result in removal from the squad.

Competition Team Practices, Camps, Choreography

Attendance at summer practices and camps is mandatory. Attendance at stunt camp and choreography camp are mandatory. Missing the choreography of the competition routine will result in removal from the team. Missing three (3) summer-time practices may result in removal from the team or the athlete may be placed as an alternate.

Attendance at school-in-session practices is mandatory for the competition team. Missing two (2) practices will result in the athlete being placed as an alternate for the competition routine. Missing three practices may result in removal from the competition team. If an athlete is absent within one week prior to a performance or competition, they will be placed as an alternate for that performance. If it occurs more than once in the season, they may be permanently placed as an alternate.



Games

Missing a game for any reason other than an excused absence may result in dismissal from the program. For an excused absence from a game, the athlete will be benched for the first quarter of the next game. For an unexcused absence from a game, the athlete will be benched for the first half of the next game. Leaving a game before the halftime routine for any reason other than sickness, is noted as an unexcused absence for the entire game. Three (3) absences from games will result in the athlete being removed from the program.

Competitions

There will be approximately 3-4 competitions each season. Attendance at all competitions is mandatory.

Knowledge of Cheers and Routines

Evaluations of cheers will begin the first week of school and continue at each Wednesday practice. If the cheers are not known, athletes will sit for the first quarter of the following game. If the halftime routine is not known, cheerleaders will sit out from the halftime performance each week until the routine is learned and performed satisfactorily as deemed by the coaches.

Having a less than positive attitude or lack of spirit or enthusiasm at a game or practice will result in athletes sitting at games and/or conditioning at practice.

Attire

Practice Wear

You are required to dress appropriately for practice. Practice Wear will consist of the designated practice shirt, shorts, hair bow, and white cheer shoes. A new player pack of these items must be purchased by each athlete each season. Extra items can be purchased. Hair should be pulled back into a ponytail with a CJC bow or white bow. Wearing the correct practice wear allows the athletes to practice with a purpose. As an example, if an athlete with the position of "flyer" in the halftime routine does not wear cheer shoes for practice, stunts cannot be practiced and therefore safely performed on game day. Not wearing the appropriate practice wear will result in athlete conditioning at practice. In addition to conditioning, athletes may be removed from that weekend's halftime routine.

Game Day Uniform

You must be dressed in the required uniform to participate and cheer at games. All athletes must wear the same uniform. Be sure to maintain all uniform pieces in excellent, stain-free condition throughout the season. The sideline squad uniform consists of shell, skirt, briefs, sports bra (with no visible straps), white no-show socks, hair bow, and white cheer shoes. Hair is to be worn in a pony tail with that week's designated game-day hair bow. In the event that an athlete is not wearing the designated uniform, they will be benched for the entire game.



Weather conditions may merit modifications to the CJC uniform, such as rain or low temperatures; including the inclusion or exclusion of pants/leggings, long sleeves, the CJC pullover jacket. If changes are made to the uniform, all athletes must wear all of the same pieces. If one or more athletes do not have all pieces of the modified uniform, then no athlete will be permitted to wear the additional gear. It is recommended that the jacket and extra uniform pieces be kept in the backpack and brought to each game. The athletes do not determine what uniform pieces are to be worn at each game. Any changes to the uniform will be communicated via grade-level chat (ex. GroupMe). Athletes are to remain in uniform for the entire game. Violations will be dealt with on an individual basis and may result in the athlete being removed from the program.

Uniform pieces may not be worn for other activities during the season. When athletes are in uniform, they represent the Cambridge Junior Cheer program.

Competition Team Uniform

You must be dressed in the required uniform to perform at competitions. The uniform consists of shell, long sleeve shirt/bodyliner, skirt, briefs, sports bra (with no visible straps), white no-show socks, hair bow, and white cheer shoes. Hair is to be worn in the designated style per the coaches. In the event that an athlete is not wearing the designated uniform, they will not perform.

General Appearance and Behavior

Hair color should be maintained in a natural shade, free from any unnatural colors. For safety reasons, temporary attachments (feathers, beads, clip-ins, etc.) to hair are not permitted. Semi-permanent or permanent attachments such as braids/weaves are permitted. Nails must be trimmed to fingertips (no tips, false nails, or embellishments). For sideline athletes, only neutral or CHS-colors nail polish is permitted during the season. Competition athletes cannot have any color on their nails for competitions.

For safety reasons, no jewelry may be worn at any time for practices or games. This includes stud earrings, earrings at the tops of the ear, or belly button rings; and applies to jewelry even if under clothing. Medical devices are permitted. Athletes will be asked to remove any jewelry.

Showing disrespect and/or arguing with coaches and/or teammates during practice or games or acting inappropriately will not be tolerated. Examples of inappropriate behavior include improper language, poor sportsmanship, arguing or enticing conflict, insubordination toward coaches, team parents, and/or other CJC volunteers, excessive chatting/direct engagement with fans and football players. After a verbal warning has been issued, the second occurrence of such behavior will result in athlete conditioning or benching. For repeated infractions, parents will be notified via email. Excessive problems in any of these areas will be dealt with on a case-by-case basis and may result in removal from the halftime routine, and/or removal from the program.

Not representing yourself in a positive manner at all practices, games, at school, and on social media. will be dealt with on an individual basis and may result in the athlete being removed from the program.



There is zero tolerance for any behavior of bullying, cyberbullying, physical fighting, or threatening of violence towards teammates, coaches, parents, and CJC volunteers. Documented evidence of this behavior will result in parents be notified via email, the athlete will be removed from the program, and the authorities will be notified.

Cell Phones

Cell phone use will not be permitted during practices, games, and/or competitions. Phones should remain in athlete's bags or with the coaches for the entire duration.

Facilities

Respect the practice facilities, the Cambridge High School Football Stadium, and the facilities at away games. Do not intentionally damage or deface these properties. This includes the track, the bathrooms, the mats, and the field. Pickup and properly dispose of any trash (even if it is not yours). Damage or defacing of property will be dealt with on an individual basis and may result in the athlete being removed from the program.

Food and Beverages

Drinking water is an important part of staying hydrating so that athletes can safely practice and participate on game day. Cheerleaders are to provide their own water for all games. We cheer outside when it is hot, sunny, rainy, cold, windy and in other variable conditions. It is each athlete's responsibility to be prepared for the hydration requirements of such weather conditions. Water must be in a spill-proof container to be allowed on the track. If snacks are permitted, they can only be eaten with permission from coaches at designated times—usually during halftime and off the field. No gum chewing is allowed at any time.

Alcohol and Drugs

Use of alcohol, illicit drugs, or tobacco products as defined by the Fulton County School District is strictly prohibited and may result in dismissal from the squad.

Voluntary or Involuntary Removal from the Program

Athletes who quit the team or who are removed from the program will not be permitted to try out the following season. For 8th grade athletes who quit the team or who are removed from the program, this information is communicated to the High School program.



FEES

Registration Fee for Tryout Clinic: \$50 (no additional fee for Competition Team tryout)
Optional Tryout bow: \$10

Sideline Squad Program Fee: \$400—invoiced by CJC upon acceptance to squad.

- Administrative (insurance, teamsnap, accounting, website, email, not-for-profit status)
- Cheer equipment (poms, safety, music)
- Coach related expenses (wages, gear)
- Skills Camp fee
- Summer Choreography Camp fee
- Meeting and practice space rental
- Banquet (for athlete to attend—additional tickets can be purchased)
- Bonding, Swag, and End of Season

Annual Sideline Player Pack—new each season: \$165 —invoiced by CJC after the fitting.

- Practice wear
- Game Day Bows (White, Pink, Gold)
- Friday Shirt
- Extra items available for purchase

Sideline Uniform: \$~500** —invoiced after the fitting.

- Shell & Skirt
- Briefs
- Sports Bra (optional, but highly recommended)
- Backpack ***
- Weather-related gear

** Shell, Skirt, Briefs, Sports Bra, and Backpack—billed directly from Varsity after fitting, usually within 15-30 days. Uniforms change every three years or at CJC Board discretion. 2024 began a new uniform cycle. This will be the second year for the uniform.

*** The backpack can be reused from prior seasons *if* the design is current and the item is in excellent, stain-free condition. When uniform items are not needed, the cost of these will be deducted from the uniform fee.

Sideline shoes (if needed): \$60-100 ***

Plain, white cheer shoes are required (leather/vinyl). Athletes may reuse plain, white cheer shoes if in good, stain free condition. Shoes are purchased separately.

Sideline Squad Summer Gym Fee Total: \$100—billed directly by CJC for the months of June and July at \$50 each. Billed at the beginning of the month. An annual registration fee with the gym is required.



Fees for Competition Team Athletes. These are in addition to sideline fees if on the comp team.

Competition Team Program Fee: \$400—invoiced by CJC upon acceptance to squad.

- Administrative
- Cheer equipment and music
- Stunt Camp fee
- Choreography fee
- Competition fees
- Team Swag and Apparel
- Athlete goodie bags per competition
- Team bonding event(s)
- End of season for cheerleaders and coaches

Competition Team Player Pack: \$40 * —invoiced after the fitting

- Practice tank tops
- Performance Bow (White/Blue glitter)
- Extra items available for purchase

Competition Team Uniform Long Sleeve Shirt/Bodyliner: \$100** —invoiced after the fitting

- Shell
- Skirt

** The competition team uniform consists of the sideline uniform and then a long sleeve shirt/bodyliner that goes under the shell top. This uniform item is required and will be invoiced separately.

Competition Team Coaching and Gym Fee Total: \$395—billed directly, each month, by CJC. Billed at the beginning of the month.

- May, \$50
- June, \$75
- July, \$75
- August, \$65
- September, \$65
- October, \$65



CALENDAR

May

S	M	Tu	W	Th	F	Sa
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

June

S	M	Tu	W	Th	F	Sa
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

July

S	M	Tu	W	Th	F	Sa
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

Sideline Squads

- Summer Practice, 3-4:30pm
- Skills Camp, 9am – 12pm
(followed by team outing)
- Choreography, 10am – 4pm
- Practice at HMS, 4:30-6pm
- Game Day (location & time TBD).

NOTE: the schedule for Football “B” team games (Wednesdays) is released after the football season begins. Cheering is encouraged at Wednesday games, but not required.

Comp Team

- May Practice at ATA, 5-6:30pm
- Summer Practice at ATA, 3-5pm
- Stunt Camp at ATA, 10am – 1pm
- Choreography at ATA, 10am – 2/3pm
- Practice at ATA, 5-6:30pm

August

S	M	Tu	W	Th	F	Sa
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

September

S	M	Tu	W	Th	F	Sa
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

October

S	M	Tu	W	Th	F	Sa
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

November

S	M	Tu	W	Th	F	Sa
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

Closures/No Practice

- GHSA Dead Weeks (no athletic programs)
- Fulton Co. schools closed (no practice)
- Forsyth Co. schools closed (no practice)

NOTE: The dates and times for competitions for the Competition Team will not be set until after the GMSSA releases the fall football schedule.



Other Calendar Items of Note:

Uniform and Player Pack Fitting, April TBD

Cambridge Community Events:

- Cambridge High School (CHS) Middle Schooler Camp: TBD
- Cambridge High School (CHS) Mini-Camp: 7/16-7/19
- jamBEARee Parade: TBD
- CHS Feeder Night at a home High School football game: TBD
- Cheer Showcase at Cambridge High School for CJC Comp, CHS JV, and CHS Varsity. All non-Comp Team athletes are encouraged to attend as spectators in support of the CJC and CHS teams. TBD

Summer Gatherings for grade level squads, TBD

Summer Gatherings for the competition team, TBD

Pictures, August, TBD

Post-Competition Gatherings for the competition team, TBD

Middle School Dance for students zoned for Cambridge High School, hosted by Cambridge Junior Cheer, TBD

Powder Puff Game (7th v 8th, with 6th grade cheering for both), TBD

End of the Season Banquet Celebration, November TBD

Any questions or concerns about the program should be directed to cheer@cambridgejuniorcheer.com.