

Carey Junior High



2025-2026 Handbook

Mission: *To develop and equip **leaders** of character and integrity, by giving them a high-level of responsibility and a deep level of empathy for all people while utilizing their athleticism to promote school spirit.*

Vision: *Cheerleaders will promote school spirit that will generate pride and **enthusiasm** from the student body, staff, parents, and fans and direct it toward encouraging all athletes. Cheerleaders will be an **example** of character in what they say, how they act, and in their attitude with others. The cheer team will develop an attitude of **excellence** by offering their best effort on and off the sidelines.*

The BRAVES Cheerleading Team will:

- Consist of members who conduct themselves with character, integrity, and class.
- Respect others and themselves. Be a respected team by the students, faculty, and administration.
 - Arrive to practices, games, and other events early and prepared.

Commitment, Responsibilities, and Expectations

Being part of the BRAVES Cheerleading Team is a commitment. Open communication with coach about other priorities in your life will help us work together. Being upfront and honest is the best policy to eliminate miscommunication. The best way to communicate to Coach Jenkins is *ParentSquare or email*.

Eligibility

1. Completed online registration must be turned in.
2. No prior cheerleading experience is required; all applicants must be willing to learn routines.
3. Refer to the Braves Athletic Handbook for more about academic eligibility.

Practice Expectations

- Cheerleaders will practice two to four times a week, 3-4:15 pm.
- Coach will set the days and times of practices and notify all cheerleaders in writing and by message of the required practice days in advance.

Practice Guidelines

1. Cheerleaders must arrive to practice on time and ready (goal: 5 minutes before 3 pm), shoes tied, snacks eaten, hair back, and jewelry and phones put away to promptly start warm up at 3 pm.
2. Bring a FULL water bottle to every practice.
3. No jewelry. **DO NOT** get any new piercings once you become a cheerleader. You WILL be asked to remove all piercings for practice.
4. **No gum.**
5. Nails must be short and clean. False nails will be asked to be removed.
6. **Cell phones must be OFF/Silent** and you may not text or use the phone during practice.

7. Leave any problems at the door. If something needs to be dealt with to have productive practice, please notify a coach in private, PRIOR to practice starting.
8. Each cheerleader needs to eat healthy throughout the season and drink plenty of water. Please do not arrive to practice with an empty stomach, which will result in a cloudy head and lack of energy. We support drinking electrolytes and no caffeine at this age for best results.

Game Expectations

1. All games will be at the Carey JH gym or football field. Schedule to be distributed monthly.
2. Cheerleaders must know all cheers, sideline dances, and half-time routines.
3. Must display high energy and interaction with the crowd. Cheer positively and constantly. **Smile.**
4. Appearance:
 - Must be dressed in the proper uniform (shell, skirt, spandex, T-back bra, white socks & shoes, bow, etc.) and ready (hair done, jewelry off, etc.) for the games 10 minutes prior to the game. Less perfume is better for the good of the group, and deodorant will be provided if you forget.
 - Uniform must be clean. ****Wash on cold; hang to dry.***
 - Pay attention during the game. Do not visit on the sidelines. No gum or snacks.
 - Display good sportsmanship to the opposing team.
 - Do not stretch in front of the crowd.

Safety

1. Every precaution will be taken to ensure safety among the cheerleading team. All skills will be taught in a proper progression based on the ability of the team and the coach's judgment of their ability level.
2. Cheerleaders must not perform stunts or tumbling when a **coach is not present; not even at Rec time.**
3. If a student has a life-threatening medical condition and requires prescription medication, an inhaler for asthma, or an epinephrine pen for allergies, the parent must notify coach of the health plan.

Health and Nutrition

- Maintain a healthy lifestyle. If you aren't sure what this means, please ask Coach. Remember no energy drinks, no high sugar coffee drinks, and if it grows from the earth, then it's a good choice.
- Get proper rest. Set a time for bed and stick to it consistently. Try to put screens away from where you sleep. Buy an alarm clock.
- Water and clear sports drinks are the only beverages allowed during practice and games.
- Teammates are encouraged to eat breakfast, have lunch at school, and bring a snack to eat before or after practice to maintain energy levels.

Conduct and Consequences

Conduct

1. By accepting the privilege and honor of being a cheerleader, the student accepts the fact that his/her actions are more prominent than those not associated with such an activity.
2. Any member of the cheer team who participates in any kind of activity, whether in school or outside school that damages the reputation of cheer team is impeding the team's mission.
3. Members must display proper behavior on social media. Any information revealed online may result in school sanctions. Any photos of cheerleaders deemed inappropriate will result in an established consequence and must be removed immediately.

Absences and Tardies

- Three unexcused tardies equals one bench from the next day or evening of games.

- Notify the coach, in writing preferably by email or in *Remind*, before practice if you will be absent. When a member is absent, it is that member's responsibility to find out what was missed. The cheerleader must make every effort to learn the material before the next scheduled practice.

Consequences

1. Consequences will be applied for not respecting the rules and presenting with a disrespectful attitude.
2. Disrespect or insubordination will result in additional conditioning, one bench from the next day or evening of games and/or another consequence based on the situation.
3. If a cheerleader is ineligible for grades, then member can attend practice and participate but will work with the coach to see if time spent doing homework would be more worthwhile. If member attends games, then he/she will sit with the coaches.

Challenge Resolution

- Problems between cheerleaders are encouraged to be resolved by each other or with the coach. If the situation does not change, then the coach needs to be notified and will deal with personal relationships between team members according to the situation.

Tryouts

1. All paperwork must be turned in on the day of tryouts: application and registration/physical.
2. Wear a T-shirt, shorts, and athletic shoes to tryouts.
3. Hair must be completely off your shoulders and out of your eyes.
4. Remove ALL jewelry. Even if you have a new piercing, you will be asked to remove it to participate.
5. Bring a water bottle filled with water. If you need a snack after school, please try to finish before 2:55 pm. We will start promptly at 3 pm on practice days.

Uniforms

1. School Provided and to be returned at the end of the season:

- ⇒ Cheer Uniform Shell/Top and Skirt. **Wash on cold. Hang to dry.**
- ⇒ Set of Poms. **If these get wet, hang to dry.**
- ⇒ It is expected that all items of the uniforms remain in good condition.
- ⇒ If any part of the uniform is not in good condition when returned at the end of the season, then it is the responsibility of the cheerleader to re-purchase these items for the Cheer program. Let me know immediately if something needs mended.

2. *Student Provided:

- All white Shoes, white crew socks, and black under shorts (spandex) are required on game days to be worn with school provided uniform.
- **Bow and T-shirt required with \$20 fee due at tryouts and provided by coach before first game.**
*Please contact me if these requirements pose a problem for your family as we do have scholarships and fundraising opportunities available.

Examples of ALL White Shoes:

				
Chasse Ace II Cheer Shoe White...	HWJHMX Girls' Cheerleading Shoes	Varsity Cheerleader II Cheer Shoes	Kaepa All- American Cheerleading Shoes	TUOKING Youth Girls Cheerleadin...
\$39.99	\$37.97	\$51.95	\$70.00	\$39.99
OmniCheer.com	Amazon.com - Seller	Varsity Shop	League Outfitters	Walmart - TUOKING
Free \$200+	Free delivery		Free by 8/19	Free delivery
2.9 ★★★★★ (117)				4.7 ★★★★★ (142)