

Jenks Trojan Athletics

Cheerleading Guidelines

GAMES

1. Cheerleaders need to be at the football field **20 minutes** before each game. This allows the squad to find each other and do some warm up stretches before going on the field. If a cheerleader is going to be absent, the Sponsor needs to be notified before the game.
2. Each cheerleader should be in full uniform to cheer. Full uniform includes: cheer shell top, cheer skirt, maroon bloomers, white athletic shoes, white socks, and ribbon in hair. Uniformity is important! Sponsors will decide what color hair ribbons will be, and see to it that all girls wear the same style socks and shoes. Everyone on the squad needs to look the same. If cheerleader is not in complete uniform, she will not perform at half time. For cooler weather, girls may add a white turtleneck and whatever cheer accessories the Sponsor deems necessary.
3. Each cheerleader should wear her hair back and off her face, so it does not bother her during the game. She is required to wear a white ribbon in her hair.
4. Cheerleaders should be ready to cheer and pay attention to the game. Between cheers each cheerleader is expected to stand with her hands behind her back, facing the field to watch the game.
5. Each cheerleader is expected to cheer a full game unless she becomes sick.
6. Cheerleaders should bring their own water bottle to each game. Girls should eat before the game so they are not hungry during the game.
7. Every cheerleader is expected to stand and salute the flag during the Pledge of Allegiance at the beginning of each game whether cheering for that game or not. Parents and relatives should stop and salute the flag during this time also.
8. If a cheerleader should be come ill, or needs to use the restroom during a game, she will be sent to her parents so she can get the necessary attention.
9. No gum chewing allowed.
10. No jewelry allowed-- this includes earrings. This is an INFC rule, and JTA can be fined if girls are wearing jewelry. Newly pierced ears are no exception, but can be covered up with band-aids.
11. In the event that a football player from either team becomes injured and the game is stopped, all cheerleaders need to face the inured player on bended knee. This requires one knee on the grass and both hands on the other knee. When the injured player gets up, cheerleaders may stand again and cheer if the crowd does.

12. Each cheerleader will have the opportunity to be the Captain during a game. Captain's duties include calling out cheers and chants and leading by example.

13. The Sponsor will find out from the Football Coach if a game is cancelled due to weather conditions. The Sponsor will then call and e-mail everyone on the squad as soon as the cancellation has been announced. If you do not hear from your Sponsor, assume that the game is on as scheduled.

PRACTICE

1. Each cheerleader is expected to attend all practices. If she is going to miss, the Sponsor should be notified.

2. Cheerleaders should wear appropriate clothing and shoes to practice in. The items the girls wear to camp: athletic shoes, socks, t-shirt and shorts are perfect for practice.

3. Cheerleaders should come to practice prepared and ready to learn. There is a limited amount of time and lots of things to work on.

ADDITIONAL CHEER INFO

1. Cheerleaders are encouraged to wear their cheer uniform to school the Friday before each game to promote school spirit.

2. Game admission is \$3.00 for adults and \$2.00 for children. Cheerleaders get into JTA games for free when wearing their cheer uniform.

3. Games are generally 1 hour long for Mighty Mites, and 1.5 to 2 hours for 3rd through 7th grades. The clock stops for time-outs, and some games may go into overtime.

4. There is a \$35.00 replacement fee for lost Poms.

5. Cheerleaders in 3rd through 7th grade with straight A's or 3's need to provide a copy of their report card to their Sponsor for submission in the JTA Academic All-Stars. Girls who earn perfect grades will be recognized individually for her accomplishment at a Jenks High School football game.

6. Maps and driving directions to all fields, including away games, can be found on the JTA website.

7. Game schedules are released about three days prior to the first game. All game schedules can be found on the JTA website after the release date.

8. Parents are encouraged to stay during practices and participate during games, but please remember to let the cheerleading Coaches do their jobs. If for any reason a problem should arise, contact the Sponsor after the practice or game and not during.

9. Jenks Trojan Athletics (JTA) is a non-profit organization, which fosters, coordinates and promotes youth activities for football and cheerleading in the Jenks Public Schools District. JTA is made up entirely of parent volunteers. Football Coaches, Cheer Sponsors and other helpers such as Jenks High School Student Coaches abide by the rules set forth by the JTA Board of Directors and adhere to the JTA By-laws.