

WEBSTER **JR. WARRIORS/ JR. TITANS**

CHEERLEADING **HANDBOOK** **2021**



CONTACT INFORMATION:

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Welcome to the Webster Junior Warriors/Junior Titans Cheerleading Program!! We are excited to get the 2021 season underway!! The information in this handbook is tentative and subject to change as we finalize equipment prices, dates and competitions. We wanted to have something for you to reference so you can get a feel for what the season will look

like and what our basic expectations are. If there is anything that raises a question or that you do not understand, please do not hesitate to contact us at the email on the front! Cheers!!

Kelcie and Briana * \o/*

2021 August Practice Schedule



First Practice for A, B & C TEAMS - **MONDAY, AUGUST 2, 2021**

Webster Ice Arena (WSA Indoor Soccer Field)

Monday through Thursday A, B, C teams

6:00-8:00pm for A & B teams

6:00-7:30pm for C teams

Flag Cheer Begins! First Practice **TUESDAY, AUGUST 3, 2021**

Tuesday through Thursday Flag team practice 6:00-7:30pm

2021 September/October Practice Schedule

A & B Teams Tuesday & Thursday 6:00-8:00pm

C & Flag teams Tuesday & Thursday 6:00-7:30pm

*Practice schedule is subject to change per team coaches and Monday practices may be added at the discretion of the coaches.

**** IT IS MANDATORY THAT EACH CHEERLEADER IS AT EVERY PRACTICE. ****



Attendance Policy

Cheer allows for 5 excused absences for the season, and a cheerleader may not miss two practices preceding a competition. If the cheerleader misses, the coach has the right to remove the participant from the routine to allow for formations to be adjusted. If a cheerleader knows they will miss a practice or competition, please give the coach 2 weeks' notice. If a cheerleader has a legitimate excuse (i.e. death in the family, family emergency, school function, illness, etc) they may petition the VP of Cheer about remaining in the routine. She and the coaches will make the decision based on the safety of all players on the team. Vacations, sleepovers, parties, etc are not excused absences.

Cheerleading is unlike any other sport. When it comes to attendance, Cheerleading has NO bench like other sports. Each team is broken into small stunt groups that will do challenging activities throughout the season. These small groups must have continuity to safely practice.

Practice - What to expect, What to wear & What to bring

At WJW-WJT our #1 focus is safety. We follow strict safety guidelines, for the safety of the cheerleaders, which are published by the NFHS (National Federation of State High School Associations) as required by RYFC. Cheerleading is a hardcore sport, so please dress your child to be ready to work out!

Due to regulations beyond our control, parents will not be allowed to stay and watch practices. However, ALL cheerleaders regardless of age must be picked up inside the building. Please be prepared to sign them in and out of each practice with their team manager. Identification may be necessary until the manager is comfortable with the parents.

Clothing

- Should be comfortable and breathable.
- When outside, dress for the weather.
- We recommend microfiber pants and tops. This material is flexible and will wick the sweat away from the body.
- Shorts and t-shirts are recommended when we are inside. Absolutely no skirts, jeans or jean shorts.

Hair

- Hair should always be pulled away from the face in either a ponytail or braid and flyways should be held back as best as possible.

Footwear

- Running or cheerleading type sneakers are required for practice. No flip flops, sandals, slip on shoes or anything deemed to be unsafe by a coach or board member will be allowed.

Jewelry

- **ALL JEWELRY IS PROHIBITED!** We will not allow taping of any kind to secure jewelry. It must be removed. This rule is the same for game and competitions.

Nails

- Nail polish shall be removed and nails shall be cut back so that no white is showing. This rule is the same for game and competitions.

What to bring

- **WATER!!** No food or beverage other than water is allowed on the turf surface.
- Clothing to wear to and from indoor practice, if necessary.
- An excited cheerleader!

Spirit Nights

Each Thursday in August, we will hold spirit nights. All week long, teams can strive to have the most spirit, cheerleaders can strive to be most improved, and individuals can try to have the craziest spirit of the day. Stay tuned for more information!

Possible Competitions 2021

TBD

Game Day Attire & Uniform Cost 2021

Flag:	Navy V-neck Crop Top:	\$17.50
	Gold Boy Cut Bloomer:	\$16.50
A, B, & C Team:	Navy V-neck Crop Top:	\$17.50
	Gold Boy Cut Bloomer:	\$16.50
	White Sneakers	\$28/\$40/\$85
	You may also purchase sneakers on your own	

Additional Items that need to be purchased



EVERY A, B, and C cheerleader must purchase **2** pairs of all white sneakers. Sneakers must be as clean as possible. Competition sneakers may NOT be worn at games.

Flag cheerleaders may use game sneakers for competitions.

Each girl must purchase and wear a NAVY BLUE CAMI under their crop top for game day and competitions.

Individual teams may also require NAVY leggings that can be worn under skirts on game days when it is chilly, but not cold enough for warm-up pants.

"No show" plain white socks are required for games and competitions.