

**BRADSHAW CHRISTIAN CHEER PROGRAM**  
**2018-2019 SEASON**  
**JR. PRIDE SQUAD**



Welcome to the Bradshaw Christian School Cheer Program! This handout contains information pertinent to our cheerleading program and we ask that both the prospective cheerleader and their parent/guardians(s) please read it completely.

**Upcoming Dates & Important Information**

1. **April 25th, 6:00pm HS Multi-Purpose Room:** Parent Meeting MAY CHANGE- PLEASE CHECK WEBSITE AS WE GET CLOSER
2. **April 1st- May 20th** On-line registration and first payment of \$200 is due.
3. **May 23rd, starting at 5:30pm:** Fittings for uniforms for all squads; location to follow. Attendance is mandatory for the fitting and cannot be made up. **Second payment and uniform costs due.**
4. **First Practice - Physicals Due.** You will need a new physical for the 2018-2019 school year dated **June 1<sup>st</sup>, 2018** or later (SYF form will be provided at cheer fittings- physical must be on this form).
5. **July 12<sup>th</sup>** - 3<sup>rd</sup> payment is due
6. **August-** Jamboree 8/18 Time=TBD

To register go to: <https://jrpride.siplay.com>

You will need to create an account and then sign your child up. Credit card is required for registration.

**BCS Students must have a current account with the business office in order to register.**

## **SYF League Information**

The BCS Jr. Pride cheer squad cheers for our Jr. Pride Football program. BCS is in the SYF (Sacramento Youth Football and Cheer) which covers the local Sacramento area as well as Stockton, and a few areas outside of Elk Grove **The teams are arranged by age for both football and cheer based on the SYF requirements which are listed below.**

We group girls together by age and skills and to form a strong base for our cheer program. Because it is based on age, it is possible that your cheerleader may not be with other cheerleaders in the same grade depending on when their birthday is. The age range is from 6 years to 14 years (birthdate as of August 1, 2016) that is covered under this Jr. Pride umbrella.

### **SYF League Age Distribution**

<b>Age Group</b>	<b>Age as of August 1<sup>st</sup></b>
8U	6,7,8
10U	9,10
12U	11,12
14U	13,14

Practices will be held at various times based on the Coaches availability between the hours of 3:30pm and 8:00pm. Placement on the team will be determined by the age of the cheerleader. We do not take parent requests for the team your child will be on. Placement is at the sole discretion of the coaching staff and the cheer advisor.

SYF holds a Jamboree in August to kick off the season, and then every Saturday until the end of October, we will have Jr. Pride football games to cheer for. There are usually 10-11 games, they are almost always on Saturdays, and at least half of the games are away games. This is a huge time commitment and we want you to fully understand what you are signing up for. We are willing to assist you in trying to carpool your child if you are not able to make it to the game yourself. Regular season game admission fees are \$5.00 dollars per adult per game. Cheerleaders do not have to pay to attend the game if they are cheering.

There is also a SYF league competition that is in November in Sacramento that we are required (and excited!) to compete in. There will be extra practices held two weeks before the competition to ensure the teams are ready. In October, we also do an all squad Homecoming performance. The girls LOVE this and it's a great opportunity to show off of the Pride talent that these girls have to a large crowd. There are also additional practices for this as well.

Summer practice will be between 6-8 pm and your day will vary depending on the age group and availability of space. The month of June is spent working on basic cheer skills, we have a camp to learn how to stunt safely, and then start in our sideline and halftime routines.

**Cheer Camp will be June 29<sup>th</sup> & 30<sup>th</sup>**

**We take a week off in July (most the 4<sup>th</sup> of July week).  
All family vacations should be completed by July 17<sup>th</sup>.**

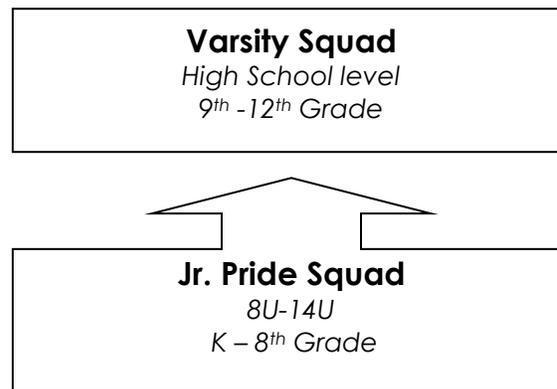
## Program Mission Statement

The mission of Bradshaw Christian's Cheer Program is to glorify God by following His guidance in transforming lives through servant leadership, academic excellence and accountability, developing spiritual growth, promoting school spirit and excellence in athletics. Bradshaw Christian Cheerleaders are responsible for acting as ambassadors to visiting schools, fellow peers and administrators as well as parents.

The standards are high and we demonstrate unparalleled excellence in all that we are involved in; every practice, rally, game, and competition. This includes teaching cheer technique, stunts, jumps, crowd leading chants and cheers, but it is much more. Through cheerleading at BCS, we have the ability to eternally impact the lives of our athletes.

## Program Scope

The cheerleading program involves third through twelfth grade students at BCS in the following structure:



The emphasis at **every** level will be on bringing "Glory to God" through cheerleading. This is done by helping each individual perform to the best of their ability. The focus at every level is on teaching proper technique, executing clean cheerleading moves, and building school spirit. All coaching is age appropriate and progresses at each level, according to their ability to safely and cleanly perform the skill taught.

## Program Staff

Please feel free to contact us at anytime with any questions or concerns.

Advisor– Nicole Guttridge (916) 396-9651 (before 8:00 pm) or [nguttridge@comcast.net](mailto:nguttridge@comcast.net)  
Coaches to be determined based on number of girls on the squad.

# **Bradshaw Christian School Cheer Program Policies**

It needs to be understood that being a cheerleader is not an easy job. There are many sacrifices to be considered. As a cheerleader, you will be a member of an athletic team – a team that maintains a regular practice schedule, conditioning program and cheering at athletic events.

## **Christ-like Behavior**

All Cheerleaders will be taught and expected to honor Christ. All members of the cheer squad should remember that wherever we are, whatever we are doing, we represent Christ. He is first in all that we do.

## **School spirit**

It is our belief that a member of the cheer squad should at all times promote school spirit. Members should refrain from negative statements about the school, teachers, athletes and other squad members or students. Our purpose is to promote, support and encourage our athletes and our school.

## **Teamwork and Attitude**

*Teamwork is a necessity in Cheerleading.* Each member should remember that his or her attitude and conduct affects the entire squad. A Cheerleader's performance and dependability affects every member of the squad. One team member's absence affects the squad's ability to perform stunts and cheers.

## **Ambassadors of BCS**

Cheerleaders are considered the ambassadors of Bradshaw Christian School. Often, Cheerleaders will be the first and only impression people have of our school. Members of the cheer squad are expected to exhibit appropriate behavior that represents BCS. The conduct of a squad member is a direct reflection on the school as a whole. We desire for that reflection to be a positive one.

## **Conflict Resolution**

In the event that you feel there is a conflict that needs to be resolved, we ask that you contact your coach first, then the Cheer Advisor, and then the Athletic Director so that the appropriate people have the opportunity to address your concern.

## **Academic Excellence**

Our number one priority is academics. Should your student fall behind in school, please contact us so we can work with you to get them back on the road to success. We work with teachers to ensure that your students are meeting their academic requirements as well. Cheerleaders require time management skills to ensure that their homework and grades are up, while not missing practice.

## **Cheerleader Duties and Responsibilities**

1. Have fun! We strive to have a GREAT time together and will get to know each other all year long.
2. Respect and abide by the coach(s) decisions and rules.
3. Attend and participate fully in ALL practices and games.
4. Keep informed of what is happening. Parents should check e-mails and websites regularly.
5. Keep uniforms cleaned and polished; use appropriate grooming.
6. You must be dependable and show leadership because "ALL EYES ARE ON YOU!" You will often be the first impression people have of BCS, show your PRIDE in what you have chosen to represent.
7. Conflict resolution starts within the squad, and report any problems that are not able to be resolved to the coach(s) and/or advisor immediately.
8. Cheer shoes should only be worn for cheer activities.
9. In order to participate in any Cheer function (practice, games, competitions, etc.) Cheerleaders must attend school on the day of the event.
10. Gum chewing and/or eating during practices and games is not allowed.
11. Jewelry is not allowed while in uniform or at practice.
12. Cheerleaders must be dressed and ready on time for all practices in approved practice clothes.
13. Hair must be up and out of face for all practices, games, and competitions.
14. Nails must be trimmed at all times and no fingernail polish (no fake or long fingernails allowed).
15. Group Tumbling Class is highly recommended at all levels once a week.

## **Safety**

Cheerleaders and parents must realize that there are inherent risks involved in cheerleading. By participating in this sport, as with other sports, the cheerleader and family acknowledge this fact and assume this risk.

Probably the single most distinctive changing aspect of cheerleading is its increased "athleticism." Today's cheerleader has to possess the strength of a football player, the stamina of a track runner, the agility of a gymnast, and the grace of a ballerina. Therefore, it is important that cheerleaders commit to stay in shape and exercise safety when at practice, games, and competitions.

## Fundraising and Volunteer Opportunities

Each parent must be committed to being involved in the cheer program. **Each cheer family must do 6 hours of volunteer work at the football games to support our program.** Sign-ups will be available to you towards the beginning of July. This is mandatory to be on the team. We also do Valentine Grams in February to raise funds for the program.

\*All fundraising events are to raise funds for the cheer program directly; all money raised is to enhance the cheer program and will go back directly to the cheer program only. No money will be credited to individual accounts.

## Absences

If an absence is not excused from school, it is not excused from practice. Please refrain from scheduling routine doctor or dentist appointments during practice times. Appointments with a specialist will be excused due to the difficulty in scheduling the appointment. If you are planning a family trip, please let us know as soon as possible. All absences need to be given to the advisor or coach in writing (e-mail). Call before the practice or the game if you are sick. If you miss a practice, there is a possibility that you will not be able to cheer at the following game. If you miss practice, it is a strain to your team to try to practice without you, and you may not be able to cheer at the game as safety is of greatest concern. These are SYF league rules. *If you are injured (sprained ankle, broken arm, etc.) you must have a doctor's note to return to practice. If you miss two practices in a row, you will not be able to perform at the next game, but you will be required to attend in uniform.*

There are two major events that are mandatory events- Homecoming and the SYF league competition. You may not miss practice the two weeks before these events as it is imperative to have every team member there to practice.

## Quitting the Squad

If you are not sure if you want to be a cheerleader, please carefully consider the time commitment and requirements before deciding to register; you may be taking someone else's spot who *really* wants to be there. If you voluntarily quit or are removed from the Cheer squad after you have been selected, you will have to meet with the Cheer Advisor to participate in future seasons at BCS. Furthermore, someone who quits a squad will not be allowed to participate in any sort of competition. All payments are final; due to the nature of this program we do not offer refunds, again all payments are final.

**BRADSHAW CHRISTIAN SCHOOL**  
**CHEER PROGRAM COSTS**  
**JR. PRIDE SQUAD**  
**2018-2019 SEASON**

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The following are approximate costs and will likely change once we complete negotiations with our vendors:

**Jr. Pride Squad: Mighty Mite-Midget level**

Fee	Amount
Program Fee	\$130
Cheer Camp	\$170
Uniform (shell/skirt)	\$150 ***
Uniform Accessories (poms, briefs, body liners, bow, shoes, breast cancer awareness items) Camp/Practice Clothes- 2 sets	\$190 ***
Professional Music for Competition	\$30
SYF Competition	\$50
*Warm-ups	\$75 ***
*Bag	\$26-40 ***

\*\*Cheer bags and warm-ups are optional. If you already have one from last year, or you would prefer to supply your own, you may do so.

\*\*\* These items will be ordered online and you can order as many sets as you like and pay by credit card that day or cash. Required Items will be \$305 if a full uniform is required.

<b><i>New Person Total</i></b>	<b><i>\$720</i></b>
<i>Returning Total (no new uniform needed)</i>	<i>\$570</i>

**Payment Dates**

Now-May 20th      \$200.00 due with registration  
 May 25th            \$315.00 (+ any additional clothing items you elect to buy)  
 August 1st            \$205.00

\* We no longer accept checks. You may pay in cash to the Athletic office or by credit card.

\* All accounts must be paid in full by August 1<sup>st</sup> in order to cheer at the Jamboree and Games

\* If you do not need a uniform, the credit will be off of the last payment in August.

## **Sportsmanship in the Stands**

Not only do our children represent Bradshaw Christian, so do our fans. When you are attending Bradshaw Christian sporting events, you are expected to also represent the values that we expect our children to have.

Please note the following regarding fan expectations at events:

- 1) No foul or negative language will be tolerated. Your words are to be an example to others as well as the athletes on the field.
- 2) It is not our job to tell the refs how to do their jobs. If you have a concern regarding the refs, you may quietly address those to the board members at the event.
- 3) Encourage those around you to root for our teams! Our Athletes train very hard and love to hear you join in on the cheers and chants. Be LOUD and Proud.
- 4) We want a positive experience not only for our own athletes, but for those we compete against. We will encourage all athletes on and off the field and set an example of how fans interact at sporting events.

Anyone displaying poor sportsmanship will be asked to leave. You are responsible for any guests that you bring into the stands.

**BRADSHAW CHRISTIAN SCHOOL**  
**CHEER PROGRAM PARENT & STUDENT CONTRACT**  
**2018-2019 SEASON**

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The sport of cheerleading is a major commitment of time and money. It is a fun sport but it is also hard work. If you intend to register for cheer after reading the above cheer program policies, please sign the permission slip as a written support of the rules as stated. The commitment to the cheer program is necessary for both the student and the parents. Each girl and one parent must sign the commitment to be considered for the BCS squad.

Parent's Section

I, the undersigned, have read and fully understand the rules and regulations, which govern my child if she/he is chosen to represent Bradshaw Christian School as a cheerleader. I have read the 2018-2019 season cheer policies and understand my obligation to encourage my child to accept the responsibility and commitment that are the foundation of the Bradshaw Christian School Cheer program.

Further, I understand the inherent **financial obligations** of this program which include (but are not limited to): transportation costs, personal items, camp expenses, uniforms, competition costs, and other items used by my child during the year. I understand that not only do my athletic fees have to be paid on time, my tuition account must also be current, or my child may not be able to participate. I am willing to provide these things as they become necessary. I also understand the school and coach assume no responsibility for any accident or injury that might occur at school, during an event, or away from school grounds.

I hereby give my consent to my child, \_\_\_\_\_ to participate in cheerleading at Bradshaw Christian School.

\_\_\_\_\_  
Parent's Signature

\_\_\_\_\_  
Date

Student's Section

I have carefully considered the cheer policies that Bradshaw Christian School cheerleaders are expected to abide by, and I agree to abide by those rules as long as I am a member of this squad. I promise to uphold the high standards of myself in a way that will always be a credit to God and to Bradshaw Christian School. I also understand that if I do not adhere to these guidelines it could result in dismissal from the squad.

\_\_\_\_\_  
Student's Signature

\_\_\_\_\_  
Date