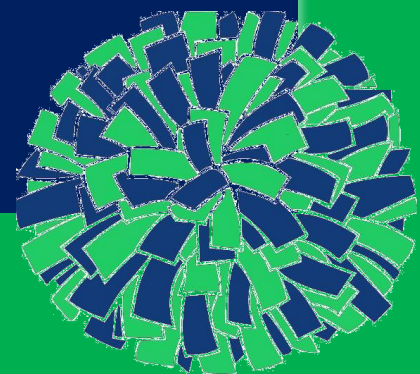




Harrison Junior Cheerleading



Parent Meeting

Please make sure to sign in

While you wait, please join the NEW
Remind group:

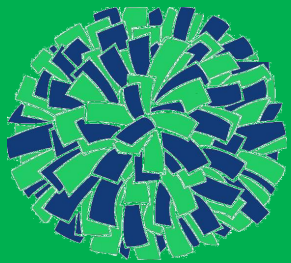
Sidelines Cheer:
Text @jrhoya25 to
81010

Competition Cheer:
Text @jrhoyaco25 to
81010

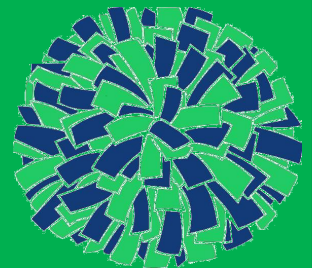


Harrison Junior Cheerleading Meeting Notes

This PowerPoint will be e-mailed to
all parents after tonight's meeting



Feel free to take notes



Harrison Junior Cheerleading

Congratulations to
our 2025 Junior Hoya
Cheerleaders!

Directors: Laura James & Ni'Cole McCrae

Harrison Junior Cheerleading

Meeting Overview

Meeting Overview:

- 📣 Welcome
- 📣 Items to Turn In
- 📣 Physicals
- 📣 Financial Information
- 📣 Used Apparel Sale
- 📣 Varsity Fitting
- 📣 Volunteer Opportunities
- 📣 Board Positions
- 📣 Team Moms
- 📣 Committees

- 📣 Summer Practices
- 📣 Summer Camps
- 📣 Cheer Season Info
- 📣 Practices
- 📣 Games
- 📣 Discipline Policy
- 📣 Communication
- 📣 Code of Conduct
- 📣 Contact Info

Harrison Junior Cheerleading

Three items to be signed and turned in:

1. Discipline Policy
2. Code of Conduct
3. Hoya Game Day Etiquette

Harrison Junior Cheerleading

Physicals

- 📣 All cheerleaders selected for the 2025 cheer season must have a current physical.
- 📣 Each cheerleader is required to have a Medical Release/Physical Form on file for the upcoming season and should be dated no earlier than June 10th, 2024 (must be this year). This form must be completed, signed by an M.D. or D.O. and turned in to your team mom by June 10th. You CANNOT begin practice, go to camp or participate in any cheerleading activity without a physical on file with Harrison Junior Cheerleading Board.
- 📣 Physical forms are available on the website.

Harrison Junior Cheerleading

Financial Information – Sidelines

📣 Sidelines Cheer Cost Projection – broken into 2 categories:
Booster Club Fee & Varsity Apparel

Booster Club Fee: \$700

📣 Includes camp fees, practice shirt, game day bow, poms, water bottle, sweatshirt, facility use, insurance, pink out apparel, banquet expenses, coaches fee, etc.

Varsity Apparel: ~\$750

Item
Sidelines Uniform
Megaphone
Bloomers
Warm Up (Jacket & Pant)
Cheer Bag
Gloves
Rain Jacket
Sideline Shoe

Optional

Harrison Junior Cheerleading

Financial Information - Varsity Apparel

Varsity Apparel - Sidelines

Varsity Apparel: ~\$750

Item
Sidelines Uniform
Megaphone
Bloomers
Warm Up (Jacket & Pant)
Cheer Bag
Gloves
Rain Jacket
•Sideline Shoe (optional)

Important:

- 📢 If a cheerleader owns any of these items from previous years, she will NOT need to purchase new.
- 📢 Warm up, megaphone, uniform, cheer bag, and gloves can be purchased at the Used Apparel Sale (FCFS).
- 📢 These items will be ordered and paid for at the fitting on May 6th.

Harrison Junior Cheerleading

Financial Information – Competition

📣 Competition Cheer Cost Projection – broken into 2 categories:
Booster Club Fee & Varsity Apparel

Booster Club Fee: \$1300

📣 Includes practice wear tanks, camp fees, comp fees, facility fees, insurance, banquet, comp bow, etc.

Varsity Apparel: ~\$320

Item
Comp Uniform
Baseball T

Harrison Junior Cheerleading

Financial Information

Payment Schedule - Sidelines

For cheerleaders who cheer sidelines only:

May 6th : Varsity Apparel Order due: \$Varies

June 6th : 1st BC Fee due: \$200

June 20th : 2nd BC Fee due: \$175

July 11th : 3rd BC Fee due: \$175

July 25th : 4th BC Fee due: \$150

Harrison Junior Cheerleading

Financial Information

Payment Schedule – Sidelines & Competition

For cheerleaders who cheer sidelines AND competition:

May 6th : Varsity Apparel Order due: \$Varies

June 6th : 1st BC Fee due: \$500

June 20th : 2nd BC Fee due: \$350

July 11th : 3rd BC Fee due: \$350

July 25th : 4th BC Fee due: \$325

August 15th : 5th BC Fee due: \$250

September 19th : 6th BC Fee due: \$225

Harrison Junior Cheerleading

Financial Information

Payment Schedule – Competition ONLY

For cheerleaders who cheer competition ONLY:

May 6th : Varsity Apparel Order due: \$Varies

June 6th : 1st BC Fee due: \$300

June 20th : 2nd BC Fee due: \$175

July 11th : 3rd BC Fee due: \$175

July 25th : 4th BC Fee due: \$175

August 15th : 5th BC Fee due: \$250

September 19th : 6th BC Fee due: \$225

Harrison Junior Cheerleading

Used Apparel Sale

- 📢 May 6th at 4:00pm – BHBC
- 📢 Grade specific times will be emailed to you
- 📢 All Varsity apparel available at Used Apparel Sale:

Item
Cheer Bag
Megaphone
Sideline Uniform Top
Sideline Uniform Skirt
Gloves
Warm Up Jacket
Warm Up Pants
Rain Jacket
Competition Uniform

- 📢 First come, first serve based on grade level
- 📢 More information to come

Harrison Junior Cheerleading

Varsity Fitting

- 📣 Our Varsity Apparel Fitting is May 6th after the Used Apparel Sale.
- 📣 Specific times will be sent out to each grade level.
- 📣 Cheerleaders who need to be fitted for uniforms and other apparel items need to attend.
- 📣 If your cheerleader does NOT need any apparel items, then you can submit your Varsity order online.
- 📣 Varsity apparel payment is due the day of the fitting.

Harrison Junior Cheerleading

Volunteer
Opportunities

Harrison Junior Cheerleading Board Members

The following board positions are available:

Co-Treasurer – Upcoming 6th or 7th grade parent
(Accounting/bookkeeping experience)

Secretary – Upcoming 6th, 7th or 8th grade parent

If you are interested in one of these volunteer positions, please email Laura & Ni'Cole by Friday, May 2nd.

Harrison Junior Cheerleading Team Moms

Consider being a team mom for your
cheerleader's squad!

6th Grade Sidelines Team Mom

7th Grade Sidelines Team Mom

8th Grade Sidelines Team Mom

If you are interested in one of these volunteer
positions, please email Laura & Ni'Cole by Friday, May
2nd .

Harrison Junior Cheerleading Team Moms

Team mom description and duties - Sidelines


SECTION I: SIDELINES TEAM MOMS (ONE PER SQUAD)

- A. There shall be one (1) Team Mom per cheerleading squad who shall serve as the liaison between the squad, coach, parents and Executive Board.
- B. Team Moms shall perform all assigned duties given by the Director(s), President and Coaches. Team
- C. Team Moms will not serve in a coaching capacity in the absence of the team Coach.
- D. Coordinate snacks and drinks for cheerleaders each week for scrimmages, regular season games, Playoffs and Championships.
- E. Send weekly emails to parents/guardians regarding practices, game information, and special events (if applicable).
- F. Maintain copies of all cheerleaders Medical Release and Media Release forms.
- G. Serve on the Booster Club.
- H. Will not serve as voting members.
- I. Commit all records to the succeeding Team Mom.

Harrison Junior Cheerleading Committees

We need your help! Please consider volunteering to join some committees:

 Homecoming – 8 volunteers

 Banquet – 8 volunteers

Sign up sheets are located at the back of the room

Harrison Junior Cheerleading

Summer Practices

Summer Sidelines Practices:

- ▶ There will be 5 Tuesday summer practices for sidelines squads (June 10th, June 24th, July 8th, July 15th, and July 22nd)
- ▶ Please send Laura & NiCole an email if there are any conflicts with these summer practices.

Summer Competition Practices:

- ▶ TBD

Summer Calendars will be emailed including the date, time, and location of practices.

Harrison Junior Cheerleading Summer Camp

Sidelines Camp: June 16th & 17th

Stingrays from 9am – 2pm

Comp Choreo Camp: TBD

Stingrays from 9am – 2pm

Harrison Junior Cheerleading

Cheer Season Information

- 📣 First in-season sideline practice will be August 13th @ LMMS from 5 to 6:30pm.
- 📣 Practices will continue throughout the season on Tuesdays (no school = no practice).
- 📣 First in-season competition practice will be TBD @ Stingrays.
- 📣 Competition practices will continue throughout the season 2 days a week @ Stingrays.
- 📣 Practice, games, and competitions are MANDATORY – refer to Discipline Policy. There will be various events during the Fall season that we will take part in – Pink Out, Homecoming, 8th Grade Recognition, etc.
- 📣 Cheerleaders will be expected to work on cheer motions and learn Hoya cheers/chants at home. (Video of cheers will be available on website).

Harrison Junior Cheerleading

In Season Practices – Sidelines

- 📣 Starts August 13th @ LMMS 5:00 to 6:30.
- 📣 Cheerleaders who have other CHEER obligations are permitted to leave at 6:15.
- 📣 Practice is MANDATORY – cheerleaders being absent, arriving late, leaving early affects the whole squad.
- 📣 At practice we make changes to half time routines, build on existing skills, learn new cheers, practice stunting, and much more. We do all of this in 1.5 hours. It is very important to be at EVERY practice on time.

- 📣 LMMS girls: bring stuff to school, go to gym when the bell rings, change in the bathroom, eat snack & begin stretching. No wandering the halls.
- 📣 Durham/McClure girls: Pick up girls in the carline at school (use a carpool), change quickly & eat snack in car. Cheerleaders will be marked tardy if they are not warming up by 5pm.
- 📣 Only water is allowed in the gym.

Harrison Junior Cheerleading Games

- ▶ Specific game schedule will be sent when available
 - ▶ Games will be on Saturdays starting in August all the way through November
 - ▶ There will be two BYE games
 - ▶ We will cheer ALL four quarters and perform at halftime. (Yes, it is very hot in the beginning of the season, we will still cheer the whole game. Football players playing = cheerleaders cheering)
 - ▶ Specific information regarding each game will be sent out by the team mom weekly
 - ▶ Cheerleaders will arrive ONE HOUR prior to the start of the game. They will warm up with the team/coach during this time.
 - ▶ Typical game times:
 - ▶ 6th Grade: 9am or 3pm
 - ▶ 7th Grade: 11am or 5pm
 - ▶ 8th Grade: 1pm or 7pm
- *Game times are subject to change

Harrison Junior Cheerleading

Discipline Policy

- 📣 Please sign & turn in tonight. Cheerleaders will sign & turn in at first practice - (available on website for reference).
- 📣 Start at 100 points. Each infraction results in a deduction of points.
- 📣 Below 60 points = removal from squad
- 📣 The coach will give an Infraction Slip to each cheerleader when a deduction of points occurs – will be given at practice on Tuesday.
 - 📣 This slip will include reason, # of points deducted, # of points remaining, & consequence.
 - 📣 These slips MUST be signed by cheerleader & parent to be turned in the following practice.

Harrison Junior Cheerleading

Discipline Policy – cont

- 📣 Coaches and/or Directors will NOT discuss infractions made or points deducted to anyone other than parents/guardians of the cheerleader.
- 📣 The number of points deducted will be determined by the coach/board on an individual basis; based on the severity of the infraction and previous offenses. Each point deducted is the decision of the coach/board and is non-negotiable.
- 📣 If a cheerleader is removed from the program due to points deducted, then they will not be able to try out for the 2026 season.
- 📣 Points deducted from the 2025 season could be considered for tryouts in 2026.

Harrison Junior Cheerleading

Discipline Policy - Practice Infractions

Practice

- 📢 -5 points **late to practice**
- 📢 -5 points **(each)** wrong/missing practice wear
- 📢 -5 points **each** incidence of wearing jewelry
- 📢 -5 points **each** incidence of redirection at practice
- 📢 -5 points **use of electronic device**
- 📢 -15 points **missing practice (unexcused)**

Harrison Junior Cheerleading

Discipline Policy - Game Infractions

Game

- 📢 -5 points **late to a game or other team event. This also applies to leaving early**
 - Consequences (in addition to point deduction)
 - ✓ 10 minutes late = cheerleader will sit out 1st quarter
 - ✓ 20 minutes late = cheerleader will sit out 1st half
- 📢 -5 points **returning late from 1/2 Time**
- 📢 -5 points **wearing jewelry**
- 📢 -5 points **each incidence of redirection on the sidelines**
 - includes socializing in chant line, not present when 1st cheer is called, talking to people in the stands or at fence, etc.) or using electronic device
- 📢 -5 points **wearing colored nail polish or artificial nails**
- 📢 -10 points **chewing gum/eating/drinking at inappropriate times**
- 📢 -10 points **wearing wrong or dirty cheer shoes**
- 📢 -10 points **forgetting required cheer items at game**
 - Includes cheer bag, rain coat, warm up jacket/pants, sweatshirt, gloves, megaphone, water bottle, poms etc.
 - Cheerleader will sit out if missing an item that the whole squad is using (i.e. it is raining and cheerleader is missing the rain jacket)
 - Cheerleader will sit out if missing her megaphone
- 📢 -10 points **not wearing hair as instructed to game**
- 📢 -10 points **not coming dressed & ready to go for the game (including hair)**
- 📢 -30 points **missing a game (unexcused)**

Harrison Junior Cheerleading

Discipline Policy - Misc & Consequences

Multiple points for practice and/or game:

- 📢 Insubordination to a coach, team mom, board member
- 📢 Inappropriate language, gesture, or behavior
- 📢 Unsportsmanlike conduct
- 📢 Conduct that reflects negatively on the cheerleading program from the cheerleader or parent/guardian
- 📢 Misuse of social media
- 📢 Code of Conduct violation






**INCIDENCE/CONSEQUENCE
CHART**

Incidence	Consequence
5 points (each occurrence)	Physical conditioning
10 pts (each occurrence)	Sit out 1 st quarter of game
Over 10 minutes late to a game	Sit out 1 st quarter of game
Over 20 minutes late to a game	Sit out 1 st & 2 nd quarter of game
Missing a necessary item at games	Sit out until item is received
40 points (total accumulation)	Removal from squad/program

Harrison Junior Cheerleading

Discipline Policy – Absences

Excused practices/games:

-  Sickness (if you miss school due to sickness, you are excused for practice. You are expected to be at practice if you are well enough to attend school)
-  School related events – (i.e. band/chorus/orchestra concert). Please give notice ASAP.
-  Death in family
-  Military deployment of family member
-  All other reasons are at the discretion of the Directors

All regularly scheduled doctor, dentist, orthodontic, hair, nails, etc., should NOT be made during practice times and will NOT be considered excused

Harrison Junior Cheerleading Communication

- ▶ There are many methods of communication out there. We use the website, Remind App, GroupMe, Instagram, Facebook, etc. to get the word out there.

The main method of communication is E-MAIL

- ▶ Anytime you have a question or need to give notice of tardiness/absence, you will email the team mom.

▶ Please do not call or text the coaches.

- ▶ Please do not tell the coach of absence/tardiness via cheerleader or in person.
- ▶ The team mom is always the method of communication between the parents and coaches.
- ▶ If you have specific issues, please email the Directors.
- ▶ Cheerleaders will communicate with coaches via the GroupMe app (NO PARENTS). Email is the way to communicate for parents.
- ▶ Please do not contact coaches regarding your desire for your cheerleader to be a certain stunting position, dance position, etc. Our coaches are experts, and we trust their judgement on what is best for the team.

Harrison Junior Cheerleading

Discipline Policy - a couple notes...

Important

Notifying a team mom, coach,
and/or Director of a known
absence/tardiness DOES NOT
excuse the cheerleader

Harrison Junior Cheerleading

Discipline Policy - Dress Code

A couple things about dress code:

- 📣 Cheerleaders are supposed to be UNIFORM when cheering at a game. This means not one cheerleader should stand out among the squad. When a cheerleader is out of dress code (not wearing proper attire, missing game day items, etc.), it makes a cheerleader stand out. This is why there are consequences.
- 📣 Cheerleaders are expected to always have the appropriate items in their cheer bag at ALL times.

Junior Hoya Game Day Checklist

Must show up to game wearing:

- ☐ Uniform top & skirt
- ☐ Bloomers (navy)
- ☐ Sports bra (nude)
- ☐ White no-show socks
- ☐ Clean white cheer shoes
- ☐ Hair in high tight pony with Game Day bow
- ☐ No nail polish (clear/French is OK – nails must be short)
- ☐ No jewelry

Cheer bag including:

- ☐ Raincoat
- ☐ Warm up jacket
- ☐ Warm up pants
- ☐ Green sweatshirt
- ☐ Green gloves

Other items:

- ☐ Poms
- ☐ Megaphone
- ☐ Hoya water jug

Harrison Junior Cheerleading

Discipline Policy - Dress Code cont



Please do NOT allow cheerleader to get a new piercing during the cheerleading season. She will be asked to take it out each game/practice.



Nails – clear, neutral, or white tip polish ONLY when in uniform. Nails must be short.

Harrison Junior Cheerleading

Code of Conduct

The Code of Conduct is designed to establish high expectations and standards for all participating students. All students, parents, coaches, and sponsors understand that the top priority is conducting oneself in a way that positively represents the HJC Program.

Social Media

HJC Program recognizes the importance of the internet shaping the public's perception of our program. The HJC Program also recognizes the importance of our cheerleaders in representing themselves appropriately on social media sites. Cheerleaders are representing the HJC Program at all times whether in uniform or not. Cheerleaders must be mindful when posting or sharing on social media sites. The following actions could result in removal from the program at the board's discretion:

- Behavior that is offensive and/or considered bullying to others. This includes "likes", comments, or sharing of bullying behavior
- Speaking negatively of the HJC Program or any members on social media sites or text communication
- Posting inappropriate pictures on social media sites or text communication
 - This includes gestures and poses, inappropriately clothed, etc.
- Saying, texting, posting, or lip-syncing inappropriate language, racial slurs, and/or sexual messages/innuendos
- Sharing/posting content with tobacco/tobacco substituted products, alcohol, vaping, drugs, or any other illegal/inappropriate items

Harrison Junior Cheerleading

Code of Conduct

- ▶ Please “follow” your cheerleaders on social media and be aware of what they are posting.
- ▶ The code of conduct is not intended to watch every move cheerleaders make. Everyone makes mistakes. We are here to help mold these cheerleaders into positive leaders of their school. They will receive guidance from coaches.
- ▶ We want to make sure that the girls who represent our program are doing it in the most positive way possible. (Parents included).
- ▶ Grades – school academics come first. Cheerleaders who maintain excellent academic standards will be recognized at the banquet.

Harrison Junior Cheerleading

Contact Information

Contact Info:

Laura James –

hhshoyacheer@gmail.com

Ni'Cole McCrae –

hoyacoachmccrae@gmail.com