



Welcome **Granite Bay Jr. Grizzlies Families**

Welcome to the GBJG 2024 Cheer Season!

On behalf of our Football and Cheer organization, we would like to thank you for your interest and participation this season. We are committed to a fun, safe, and rewarding experience for all Cheerleaders. We take great pride in being the feeder organization for a great school like Granite Bay High School, and we are fortunate to have support and assistance from the coaching staff and instructors at the high school.

Please visit **gbjrgrizzlies.org**, where you will find answers to many of your questions on the season's activities such as clinics, practice, the season schedule, fees and expectations.

We are thrilled to have the opportunity to **welcome back** so many of our families and a **warm welcome** to the new Grizzlies! The valuable contribution you and your children will be making to this program and this community makes us all proud to call ourselves **GRIZZLIES!!**

Should you have any additional questions, please feel free to contact us.

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It's **always** a great day to be a Grizzly!

GRANITE BAY JR GRIZZLY CHEER

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Program Mission

At Granite Bay Jr. Grizzlies Cheer, our mission is to foster a positive and inclusive environment where young athletes can learn, grow, and excel in the sport of cheerleading. Our primary goal is to instill teamwork, discipline, and self-confidence in our participants while promoting safety and sportsmanship.

Grizzly Cheer

Granite Bay Junior Grizzlies is a proud member of the Sierra Athletic Conference (SAC.)

The GBJG program is the feeder organization to Granite Bay High School for both football and cheer. It is the primary goal and purpose of the cheer program to prepare the youth athletes who will attend Granite Bay and plan to cheer in high school. The high school's coaches and instructors are an integral part of the program.

Together with the high school program, we are committed to delivering to each youth who wishes to learn cheer, the opportunity to gain skills and confidence in this sport. Our alumni go on to the high school to participate in the sideline cheer and STUNT teams and take on other leadership roles. Many return to instruct our younger cheerleaders to help them meet their goals. The continued success of this program is based on the strength and continuity of the relationship from the Junior Program to the High School.

In addition to the education of skills, we cheerfully support our Jr. Grizzlies football players at Saturday games. Like the cheer program's relationship with the high school, the football players learn the type and style of GBHS Football. It is our goal for each football team to have an associated cheer squad that will offer spirit support both at home and away games. The number of participants in our program determines how many squads we will have for the season.

The age/grade, experience and ability of each cheerleader dictates which squad on which they will be placed, for the season. Every cheerleader who participates in our assessment clinic will be placed on a squad!

Cheerleader Expectations

Every GBJG cheerleader is expected to:

Be respectful to her teammates, coaches, trainers and other cheer and football organizations. **GBJG does not tolerate bullying.** Cheerleaders do not have to be friends with all cheerleaders on their squad but they must be "friendly" and treat everyone with respect.

Be committed to attend all cheer events including:

- Practices
- Clinics and Camps (if applicable. Additional fee might apply)
- Jamboree Attendance for certification
- Game Attendance, *including playoff and championship games if applicable*
- Competition Attendance (if applicable)
- Participation in End of Season Celebration

Have honest commitment to the progress of their own cheer skills including tumbling, conditioning, flexibility, motions, and jumps. This means time away from cheer practice is dedicated to improving and strengthening cheer skills.

Understand that cheer is physically demanding. Be physically committed and understand this is a serious athletic endeavor and requires the ability to follow direction, as safety is a primary concern.

Represent your squad, program and community to the highest possible standards whether in uniform or not.

Thank their parents sincerely and often! Cheer is extremely rewarding but requires financial support, along with an investment of time and energy from each cheerleader's family. This support should be recognized and appreciated.

Have fun!

Game Day Expectations

A primary responsibility of the GBJG cheer program is to attend GBJG football games and to perform sideline chants, a hello cheer and a half-time routine on the field. A game schedule will be available at www.gbjgrizzlies.org.

Typically, squads are required to meet one hour prior to games to warm up. Most games last about two hours. Cheerleaders should arrive dressed in **full uniform ready to cheer which means the uniform pieces (as has been communicated), hair (including bangs pulled back) in a high, tight ponytail, clean cheer shoes on, etc.** Once at the stadium, cheerleaders remain with their coaches and trainers until the game is over. Parents, siblings and other family members are never allowed on the field or track during the game. All parents should take responsibility for their cheerleaders immediately after the game ends.

If a cheerleader is ill and unable to cheer on game day, parents are to send an email/text message AND make a phone call to the head coach. Always give as much notice as possible. Please familiarize yourself with the attendance policy in the parent handbook to understand how absences and tardiness can affect your cheerleaders' participation at games, placement in half time and competition routines in jump/dance/cheer formations and on a Winter Season Comp Squad.

If the football team that your cheerleader’s squad cheers for makes the playoffs the cheerleaders will be required to attend playoff (and championship) games. We will be watching the teams’ progressions and will make sure each affected squad is aware of the football team’s status as the end of the season approaches.

Squad Age Matrix

	Squad				
Age	Mascots (Any Age)	Jr. PeeWee	PeeWee	Jr. Midget	Midget
5					
6					
7		x			
8		x			
9		x	x		
10			x	x	
11			x	x	x
12				x	x
13					x
14					x

Family Expectations & Volunteering

You were required to read and agree to the terms of the Parent Handbook and Code of Ethics during the registration process. If you misplace your copy, it can be found at www.gbjrgrizzlies.org/documents as "2024 GBJG Cheer Parent Handbook.pdf"

- Parent Volunteer Hours – If you do not buy-out of the Volunteer Hours requirement as a function of registration, you will be required to volunteer for shifts throughout the season. Shifts are for stations such as the front gate, snack bar, booster wear booth, PAR and alternate. Prior to the season start you will be asked to sign up using an online process for all of your volunteer dates and times. If you do not sign up by the defined deadline, dates and times will be assigned to you. If you have conflicts on any dates it is your responsibility to work with the other

GBJG parents to negotiate a swap. All two-hour shifts must be covered. For all assignments, you must check in 10 minutes prior to your shift at the Booster Wear table. Failure to show up for an assigned shift will result in your athlete being excluded from cheering for a game (partial) or other punishment. GBJG is volunteer-ran organization. For game days to run effectively, it “takes a village”. Please always do your part graciously.

- Respectful Conduct around GBJG athletes, families, coaches as well as opponent athletes, coaches, and families.
- Timely drop off and pick up to all practices, games, competitions, camps, and clinics
- Communication – With the squad’s Head and/or Assistant Coaches, Cheer VP and Cheer Coordinator should be before and/or after practices and games as the coach's attention must be on their squad during practices and games. You are welcome to call, text, and/or email. We also encourage you to use the Team Website which is typically updated weekly once the season is underway. Be respectful at all times. Follow all guidelines in Code of Conduct and realize coaching staff are volunteers putting in tremendous hours so that your son or daughter can enjoy cheer and all its benefits.

Registration

Registration website is at <https://gbjgrizzlies.org/current-programs>.

In addition to the required forms, below, you’ll be asked for your cheerleader’s size for cheer camp wear. Payment is expected upon checkout.

2023 Registration Pricing

The very competitive GBJG Cheer includes, but is not limited to:

- 60+ hours of cheer instruction
- tumbling instruction
- use of practice facilities
- cheer day camp
- cheer camp wear
- competition fees
- customized cheer music for game day and competitions
- end of season awards and/or trophies
- insurance for practice and game day

Mascot Registration expectations are as follows:

- Practice 2x a week for one hour
- Participation in tumbling 1x per week
- attendance at football games for first half and half-time

REQUIRED FORMS

Form completion and submission is a part of the registration process and for participation in camps and clinics.

You will want to gather the following:

- Photo of your cheerleader (close-up, face. this is required of all athletes for certification with the league)
- Doctor contact information
- Health Insurance Policy Number
- Your cheerleader's shirt size
- Registration payment

After registration, you'll need to provide:

1. **Medical Clearance:** Located on gbjgrizzlies.org
2. **Birth Certificate** – electronic upload via website. *Not required for returning cheerleaders.*

The 2024 Season

The football season will commence in late August and runs through late October/early November, depending on whether or not our Football teams are in the playoffs.

Games are each Saturday unless we have a bye.

Game times:

- Mascots/Jr Peewee: 10 AM
- Peewee: 12 Noon
- Jr Midget: 2 PM
- Midget: 4 PM

Cheerleaders are expected to arrive 45 minutes prior to game time and can leave immediately following the end of the game.

Cheerleader Practice

Cheerleaders will be expected to attend 2 days of practice per week. Once tumble practice begins, a third day of practice will be added and will be reserved for Tumbling.

If the need arises for GBJG to increase/modify practice days due to a holiday, school function or when competition is nearing, you will be informed by your coaches. We will always do our best to give you as much notice as possible of any changes that may occur. Please remember we are at the mercy of the school schedules, facility availability and high school programs, all of which drive decisions. 2023 Practice will begin the last week of July. Location TBD.

Practice Times – Mondays & Wednesdays

- Mascots: 5:30 - 6:30PM
- Jr PeeWee: 5:30 - 7:30 PM
- Jr Midgets: 5:30 - 7:30 PM

Practice Wear

Please send your cheerleader in:

- white athletic shoes
For safety we recommend athletic shoes that do NOT have a tread. This is VERY important for stunting
- no-show white socks,
- cheer-style shorts (Soffe or something comparable) with tucked in tank or tshirt,
- high ponies
- no jewelry

Please be sure to send your cheerleader to practice with plenty of water and a small snack.

Tumble details and location to follow!

Academic Goals

One of the many things that make our program special and sets it apart from other youth sports organizations is GBJG's Academic All-American Award. Each season, our athletes are awarded for their academic excellence as well as their athletic performance on the field and on the cheer competition floor. **We recognize that it takes special dedication and focus to maintain academic excellence while also committing many hours each week to football practice and game day preparation.**

Qualifications for awards are listed below:

Gold Medal 4.0 GPA

Silver Medal 3.76 - 3.99 GPA

Bronze Medal 3.50 - 3.75 GPA

The medal is presented to each qualifying athlete by their head coach at the end of the season.

If your child qualifies for an award, please be prepared to submit a PowerSchool report or GBJG non PowerSchool form per the guidelines below.

GRADE SUBMISSION GUIDELINES:

**All football players and cheerleaders in grades 4-8:
GRADES MUST BE PULLED AND SUBMITTED IN OCTOBER. A screenshot of your PowerSchool that has your name and grades, or a signed non PowerSchool form given to you by GBJG AND SUBMITTED to your Team Mom or Coach.**

GBJG Cheer

Anti-Bullying Policy

ANTI-BULLYING:

The Granite Bay Jr. Grizzlies adhere to a no-tolerance policy towards bullying of any kind and will remove anyone in violation of this policy without refund.

Bullying is defined as the aggressive and hostile acts of an individual or group of individuals which are intended to humiliate, mentally or physically injure or intimidate, and/or control another individual or group of individuals.

Such aggressive and hostile acts can occur as a single, severe incident or repeated incidents, and may manifest in the following forms:

- a. Physical Bullying includes pushing, shoving, kicking, poking, and/or tripping another; assaulting or threatening a physical assault
 - b. Verbal/Written Bullying includes ridiculing, insulting or maligning a person, either verbally or in writing
 - c. Nonverbal Bullying includes directing threatening gestures toward a person or invading personal space after being asked to move or step away.
 - d. Cyberbullying is defined as bullying an individual using any electronic form, including, but not limited to, the Internet, interactive and digital technologies, or mobile phones.
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I have read and agree to the GBJG Anti-Bullying Policy.

Cheerleader Name

Cheerleader Signature

Parent Name