



GraniteBay Jr. Grizzlies STUNT Information Packet



Overview:

STUNT is one of the fastest-growing female sports in the country and was just given NCAA DII's Emerging Sport for Women's status as of January 2023! As a new form of competitive cheerleading, STUNT is performed in a head-to-head 4-quarter format. Each quarter focuses on different elements of competitive cheerleading.

Quarter 1: Partner Stunts
Quarter 2: Pyramids & Tosses
Quarter 3: Jumps & Tumbling
Quarter 4: Team Routine

A STUNT match typically lasts approximately 45 to 60 minutes. Each game is divided into quarters, with each quarter consisting of two to four rounds of play. Each round focuses on a pre-set routine of varying skill levels. Individual routines last approximately 30 seconds, or ten 8-counts. Scoring officials will determine the number and degree of errors made by each team during play. The team with the fewest deductions is declared the winner of each round, receiving points toward their total score. The team with the highest total score after the completion of the 4 quarters is the winner of the match.

Eligibility and Selection Process:

Granite Bay Jr. Grizzlies will offer 3 potential STUNT divisions: 8U, 11U, and 14U. STUNT is open to athletes aged 6 to 14 years old. Athletes will be placed on teams based upon their "League Age." An athlete's "League Age" is based on their age as of June 15, 2025. Each team will consist of anywhere between 8 to 16 athletes. Athletes will be selected to perform specific plays based on their demonstrated skill level and the overall needs of the team.

Participation in STUNT **requires all athletes** to attend and complete the tryout process.

Following tryouts, GBJG coaches and board members will assemble rosters for the upcoming season. Athlete placement is determined by multiple factors, including individual skill level, experience, age, and overall team composition to create the most competitive and successful teams possible. Once rosters are finalized, parents will be notified of evaluation results via email.

STUNT Schedule of Events:

The following schedule is provided to give advance notice of the time commitment required for participation on the STUNT team(s). By signing the Acknowledgement of Receipt Form below, you confirm that you have received this document and agree to meet all listed commitments.

This schedule is subject to change based on facility availability and finalized game dates. Additional STUNT and/or choreography clinics not listed may be scheduled throughout the season. Attendance and participation at all STUNT clinics is mandatory.

TENTATIVE PRACTICE AND GAME SCHEDULE

FEBRUARY	DATES	EVENT
	February 3rd, 5th, & 6th	Tryouts @ Olive Ranch School
	Week of February 23rd	Practice 5 nights this week. Days/Times TBD
MARCH	DATES	EVENT
	Week of the 2 nd	Practice 5 nights this week. Days/Times TBD
	Week of the 9th	Practice 5 nights this week. Days/Times TBD
	March 14th	GAME
	Week of the 16 th thru 20 th	Practice 3 nights this week. Days/Times TBD
	March 21nd	GAME
	Week of 23 rd thru 27 th	Practice 3 nights this week. Days/Times TBD
	March 28th	GAME
APRIL	DATES	EVENT
	Week of 30 th thru April 3rd	Practice 3 nights this week. Days/Times TBD
	April 4th	NO GAME - Spring Break
	Week of 6 th thru 10 th	Practice 3 nights this week. Days/Times TBD
	April 11th	GAME
	Week of the 13 th thru 17 th	Practice 3 nights this week. Days/Times TBD
	April 18th	GAME
	Week of the 20 th thru 24 th	Practice 3 nights this week. Days/Times TBD
	April 25th	GAME
	Week of the 27 th thru May 1st	Practice 3 nights this week. Days/Times TBD
MAY	DATES	EVENT
	May 2nd	BYE
	Week 4 th thru 8th	Practice 3 nights this week. Days/Times TBD
	May 9th	STUNT Playoffs
	Week 11 th thru 15th	Practice 3 nights this week. Days/Times TBD
	May 16th	Championship

Note: The 8U division will participate in a six-week season with no playoffs or championship. The final game will be played on April 25, 2026.

Practice:

Attendance and active participation at all practices is **MANDATORY** for every athlete. STUNT team practices are considered “closed” and are limited to participating athletes only; parents, siblings, friends, and other non-participants are not permitted unless otherwise notified by the Head Coach. This policy allows teams to practice efficiently and maintain focus without disruption. While all practices are mandatory, exceptions may be made in the event of illness or emergency. All absences must be reported to and approved by the designated Head Coach **PRIOR** to the start of the scheduled practice or event. If an athlete falsely claims illness, disciplinary action may be taken, including sitting out the next game or removal from the roster.

Game Day:

All Game Days require MANDATORY attendance and participation from every athlete. STUNT requires a full roster to participate in a Match. We will not be allowed to forfeit any game for lack of attendance. Athletes available for that game day will still need to be in attendance and forfeit each individual Quarter or perform what routines they can. We must have a full roster to perform routines marking routines is not an option.

Attendance and participation on all game days is **MANDATORY** for every athlete. STUNT requires a full roster to compete in a match, and games may not be forfeited due to lack of attendance. If a full roster is not available, athletes who are present will still be required to attend and will forfeit individual quarters or perform any routines that can be safely executed. A full roster is required to perform routines as marking routines is not permitted.

Estimated Team Costs for Participation:

STUNT SQUAD PARTICIPATION COST	
Expense Description	Estimated Cost:
Club STUNT Membership Fee (Per Organization)	\$402.00
STUNT Coach Membership Fee**	\$342.00
**Youth Cheerleading Safety & Risk Management (every 2 yrs.)	\$100.00
STUNT Athlete Membership Fee	\$828.00
Birth Certificate Validation (for new athletes)	\$180.00
Jerseys (Healy Sportswear Sublimated)	\$1,440.00
Officials Assigning Fee (Per Organization)	\$1200.00
Officials Fee (\$775 per team 3x)	\$1,620.00
Practice Facility Fee	\$3,520.00
EMT (3x 8 hours for hosted games)	\$2040.00
Facility Rental Fees (Game Day 3x)	\$252.00
Additional Cost for ribbons & banners	\$1760.00
USA Sanction Fee (Per Team 3x)	\$300.00

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2026

ACKNOWLEDGEMENT OF RECEIPT

I have received and reviewed the Granite Bay Jr. Grizzlies (GBJG) STUNT Information Packet. I understand the application and selection process and acknowledge that I/my daughter am/is not guaranteed a position on the STUNT team. I also understand the time and financial commitments, as well as the expectations outlined in this packet, and agree to abide by them, along with any additional requirements that may be established.

As a parent, I support my daughter's participation on the STUNT team and agree to adhere to the guidelines set forth, making every effort to ensure that my daughter also follows them.

As a GBJG STUNT athlete, if selected to participate on the team, I agree to follow the practice schedule and meet the required time commitments. I will participate in a respectful, attentive, and team-oriented manner, put forth my best effort at all times, HAVE FUN, and represent GBJG with pride and respect throughout the STUNT season.

Parent Signature

Date

Cheerleader Signature

Date