



Welcome to the Jr. Grizzlies Family!

The Granite Bay Jr. Grizzlies is a member of the Sierra Athletic Conference (SAC) league and is an organization dedicated to serving 4-14 year-olds in youth cheerleading. We are excited to have your participation in our program. Cheerleading squad members cheer, jump, stunt, tumble, perform sideline chants and halftime routines at all games during the football season. This year, all squads will participate in several team performances as well as two cheerleading competitions. Cheerleaders will lead the crowd in support of their football teams, learn choreographed routines and safely perfect partner stunts. Cheerleading is a team sport, and everyone's participation is essential to the success of the entire squad!

Practices

All practices, camps and stunt clinics are mandatory. Each team will attend pre-season and regular season camps and clinics to learn fundamentals, safety and stunt technique.

Regular Season Practice will begin **Monday, July 14th 5:30 PM - 7:30 PM**. Practices will be held four days per week: Monday through Thursday. For the month of July, practices will be located at Ronald L. Fiest Park. **Starting August 4th practice times will transition to 5:15 PM - 7:15 PM at our scheduled gym location.** The week following Jamboree, practices will be reduced to three days per week : Two practice days 5:15 PM - 7:15 PM and one tumbling day at Just Tumble gym.

The GBJG mandatory camps and stunt clinics for 2025 are as follows (Dates and locations TBD):

- ❖ **Halftime Routine Clinic (date/location)**
- ❖ **All Squads Sideline Clinic (date/location)**

Games

League play runs from August, starting with Jamboree, through mid October. Playoffs and championships follow regular league play. If a football team makes it into post season play, the cheerleading squads will participate in the postseason in continued support of their team and attend all playoff and championship games. **No Exceptions!**

While game times may vary throughout the season, the typical schedule of Saturday games beginning in August will be:

Jr Pee Wee: 10:00 am
Pee Wee: 12:00 pm
Jr Midget: 2:00 pm
Midget: 4:00 pm

Mascots – Will cheer half a game.

Cheerleaders are required to arrive at games 1 hour prior to the start time for pre-game warm up. Parents are not allowed on the playing field.

Competitions

JAMZ Reload – Sunday, October 12th. This is an all-day event. Complete details of this event will be distributed once the season begins.

Sierra Athletic Conference Capital City Championship (TOC) - The SAC League cheer competition will be held on Sunday, November 9th. The SAC league competition will be hosted by JAMZ. Complete details of this event will be distributed once the season begins.

Attendance

*Due to the nature of this team sport, where routines and stunts are created based on the number and formation of cheerleaders per squad, it is important that **all members attend each and every practice, camp, game and competition** in order for the squad to be successful.*

Attendance at all practices, camps, clinics, games and regular season competitions is mandatory.

To ensure the most out of every practice, absences will be closely monitored. Any planned absence, such as a wedding, family reunion or prepaid summer vacation, must be communicated to the VP of Cheer and your Head Coach IMMEDIATELY! Any and all appointments should be scheduled to avoid interfering with GBJG scheduled practices and events. Should your child become sick on a practice day or game day, please notify your coach as soon as possible. We do recognize that during the season illnesses and injuries may happen. Your body needs to heal; however, your team still needs to train. Consideration will be given but positions may not be guaranteed.

At any point when a cheerleader has *missed 3 mandatory practices/games*, the parent and cheerleader will need to meet with the coach and VP of Cheer and the cheerleader will be *placed on probation*. The first step of probation will be to sit with the coach during the first and second

quarter of the next game and re-join the sideline cheering in the third quarter. If a fourth absence occurs, this could result in the cheerleader being removed from the performance.

If someone has an absence during the **3 weeks prior to competition**, the VP of Cheer, Cheer Coordinator and Coaches will determine a consistent, yet fair consequence.

If at any time, you are unable to contact/reach your coach regarding an absence, you contact the VP of Cheer – Vinnie Esguerra (510) 461-8168.

Tardies

Tardies are disruptive to any event, practice or game. Late pick-ups also put unnecessary burden on staff and will be counted as tardy. Tardy is any time frame after the official hour listed for practice. Please work with your child and schedule to arrive prepared for traffic, parking hold ups and remember to take into account time to walk to your practice location on the field.

*Three tardies will equal one absence.

Behavior: Cheerleaders and Parents

Our coaches and student instructors are volunteers, and they dedicate a tremendous amount of their time to their squads. While GBJG encourages a fun atmosphere, it is extremely important to be respectful of the coaches, instructors and ALL GBJG participants.

Be Respectful of your Teammates and Coaches

Celebrate VICTORIES!! New stunts, new skills, new routines, great execution. Encourage Each Other when Challenges Arise

Set goals and work hard to attain them.

Come Prepared

Support other teams like they are your own.

Be respectful and show care for our practice facilities.

If a cheerleader is not participating in an acceptable manner, your coach or the VP of Cheer will contact a parent to come and take the child home. The cheerleader will receive an absence for that day.

Unacceptable behavior includes, but is not limited to, the following: failure to take directions; defiance; talking back during instruction; rudeness to a coach, instructor or teammate; disruptive or uncooperative behavior, profane or foul language, disregard for the safety of yourself or others.

GBJG wants to make every child's experience with the cheerleading program a positive, fun and exciting learning experience. We expect all participants to always demonstrate appropriate behavior.

Coach “Office Hours”

Communication with your child's coach is encouraged, however, before and after practices can be a very busy time. Because of this, and keeping in mind coaching schedules, choosing this time to carry on an extended conversation can prove to be futile. In addition, interrupting a member of the coaching staff during a practice while important skill training is in progress is not allowed. This action takes the coach away from your athlete as well as other athletes who are practicing.

If you are in need of communication with a coach, a brief discussion with that coach before or after practice may be scheduled ahead of time. Scheduling an appointment will allow the best chance at an open dialog and alleviate any distractions that would otherwise take place.

Communication

Our Staff makes every effort to communicate information to our team families to make ensure you are properly informed of any team related news or information. Email updates will be sent periodically to assist in the distribution of information. Our Band App will be the primary mode of communication to inform all teams/divisions. Some teams may use the What’s App for team/division specific conversations that apply to that particular team/division only. Parents please refrain from adding any scheduling information to the Band or What’s App. Allow GBJG staff to post announcements to ensure there is no conflicting information or miscommunication. Thank you!

It is your responsibility to read all posts, emails, and newsletters. Please refrain from discussing nonemergency items during coaching times. Remember this takes time and attention away from the athletes and could pose a serious safety risk.

Please take the time to discuss questions or concerns ONLY with the appropriate person. These are the people that are directly involved with you or your child and have the ability to resolve any issues that arise. Discussion on these topics with other parents that are not with good purpose damages everyone's experience and will NOT BE TOLERATED. Please consider this carefully when you are approached by another parent and encourage them to seek the appropriate person.

Should you become frustrated or have concerns, please follow the 24-hour rule before sending a communication you may regret later. The exception is if the concern is safety related. (example: any form of bullying or physical harm/violence).

Social Media

For this purpose, social media refers to any electronic communication through which users create online communities to share information, ideas, personal messages, and other content, including but not limited to, social networking sites such as Twitter, Facebook, and Instagram.

Cheerleaders who use social media must remember that any information posted reflects on the entire Granite Bay community. Athletes should conduct themselves in an appropriate manner and should display the behavioral standards outlined in our GBJG Athlete/SAC Code of Conduct. All members will be asked to sign a social media contract committing to the high standards of our organization.

Certification & Jamboree

Certification is SAC's process of verifying the identity and participation eligibility of each player and cheerleader. The initial league certification takes place during the Jamboree.

THIS IS A MANDATORY EVENT!!!

This year, the Jamboree will be held on [TBD]. The location and times will be announced. During the certification process, each squad is required to provide documentation showing proof of eligibility to participate: picture, certified copy of birth certificate, medical release, player/parent contract, etc. This process certifies that each cheerleader is eligible to participate in the program and that the participants have agreed to the guidelines and policies established by the Granite Bay Jr. Grizzlies and the Sierra Athletic Conference.

Family Volunteer Requirements

Granite Bay Jr. Grizzlies is a non-profit organization and run entirely by volunteers. Money to run the program is received solely through donations, sponsorships and fundraising events. We need your support. Each family is required to volunteer a minimum of 10 hours each season. This can be done in a variety of ways so please check in with our volunteer coordinator to see where we can put your talents to work.

Granite Bay Jr. Grizzlies Cheer Staff

Vice President of Cheer:

Vinnie Esguerra

vpcheer@gbjrgrizzlies.org

Cheer Coordinator:

Marlee Grounds

cheercoordinator@gbjrgrizzlies.org

Cheer Registrar:

Chris Bauer

cheerregistrar@gbjrgrizzlies.org

RECEIPT AND ACKNOWLEDGEMENT OF PARENT INFORMATION HANDBOOK

I _____, parent of _____, have read the
Name of guardian cheerleader's name

Granite Bay Jr. Grizzlies 2025 Parent Information Handout and agree to abide by the policies and standards set forth by our organization. I understand that these expectations are put in place to create an outstanding and successful season.

SIGNATURE

DATE

PRINT NAME

