



JESUIT JUNIOR MARAUDERS



Official youth football & cheer program for Jesuit High School
ad maiorem Dei gloriam

Jesuit Jr Marauders 2025 Cheer Handbook

The Jesuit Junior Marauders Cheerleading squads to promote team spirit, represent Jesuit High School, Jesuit Junior Marauders Football and Cheer Program to the highest degree, plus to always set an example of good behavior. Therefore, cheerleaders must display appropriate behavior inside and outside of practices, games and competitions. It is important to model the Jesuit way inside and outside of cheer.

The Jesuit Jr Marauders (JJM) cheer season starts mid-July and will run thru mid-November. Throughout the season JJM cheerleaders perform sideline chants and halftime routines, stunt, tumble, and cheer at all JJM football games. JJM is part of the Sierra Athletic Conference and cheer will participate in all games, league competitions, and perform during the Holy Bowl. Cheer takes hard work and commitment by both the athlete and family. Please read through this entire handbook so both you and your athlete understand the responsibility and commitment that comes with participating. This season we will be developing athletes' stunt, tumbling, jump, and motion skills. Attendance at all events is MANDATORY. Any outside activities, other sports, and appointments should be planned so that they do not conflict with the season's events.

Squads

For the 2025 season we plan to have 4 teams. Cheerleader's age on June 15th of the current season will be used to determine their league age. Below is the 2025 league age range chart.

Age	Mascot	Jr Pee Wee	Pee Wee	Jr Midgets	Midgets
6	X				
7		X			
8		X			
9		X	X		
10			X	X	
11			X	X	X
12				X	X
13				X	X
14					X

JJM coaching staff will determine the number of squads based on enrollment numbers and skills. Athlete's may be moved up divisions based on skill sets but will require league approval at the June League Presidents meeting. Tryouts will be held on June 1, 2025 for athletes wanting to move up a division. This season our Jr Midget/Midget team will be a competitive team, and all other levels will be considered recreational teams.



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Recreational Teams

Recreational teams will participate at all game day activities, perform halftime, and an exhibition performance at the SAC league competition. In general squads are separated by age/grade. Recreational teams will focus on cheer instruction, teaching stunting skills, and athlete development. Recreational teams will have shorter practices and will only have 1 gym practice before the competition. During the summer practice, these teams will practice 4 days a week 6-8 (one day of tumbling) and during the school year 3 days a week 6-7:30.

Competitive Squad(s)

Competitive squads participate at all game day activities, perform halftimes, perform at Holy Bowl, and will compete in 2-3 competitions during the season. For competitive teams, the division will be determined by the oldest athlete on the team, most likely this will be a 14u/midget squad. There will only be 1-2 competitive teams and athletes will need to try out. Tryouts will be held on June 1 following JJM clinics. To be considered for the competitive team athletes should at minimum have a clean forward/backward roll, roundoff, and cartwheel. Front and back walkovers are preferred. Athletes should also have solid stunting skills (cradles, prep lib, 1/4 up extension). Athletes on this squad will be expected to maintain focus, attend extra practices, and adapt to routine changes quickly.

Competitive squad athletes will have greater practice and time commitment requirements. Comp team athletes will be expected to work on learning skills outside of practice time, independently of JJM, and spend practices fine tuning their routine. Tumbling instruction will not be included in the competitive team's registration costs. However, athletes on this team are expected to be in tumbling classes (group and/or private). The competitive team will have either practice or a competition every Sunday from September 7th- November 9th in addition to their weekday practices. During the summer the competitive team will have 4-5 days of practice at the field and during the comp season (beginning in September) 3 days on the field and 1 day in the gym. Weekday practices will be 6-8, Sunday practices are determined by gym availability. Attendance at all practices and games is mandatory.

Competitive athletes will be expected to maintain a positive and respectful attitude throughout the season. Parent/guardian and athletes should understand cheer is a competitive sport, our teams are coached as such, and choreography and stunts may be changed as the season progresses based on athlete skill, judges feedback, etc. Athletes who display disrespectful behavior towards coaches or teammates, lack of focus, lack of commitment, or inflexibility regarding routine position (flyer, base, back spot, etc.) may be moved to the recreational squad without a refund for additional fees paid.

Tryouts and Competitive Team Placement

Tryouts will be held on June 1, 2025. Tryouts are for athletes that would like to be considered for the competitive team. On May 29th athletes who have expressed interest will be sent a tryout video. The



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video will have a dance, stunting example, and tumbling pass options. Athletes are expected to learn the dance choreography on their own and determine the best tumbling pass for their skill set. During tryouts the dance will be reviewed, stunt groups made, and athletes will be able to practice their pass. Coaches and judges will evaluate athlete skills during this time and make recommendations to the VP of Cheer for Competitive squad(s) placement. Athletes will be informed the week of June 1st of recommendations. Depending on the athlete's age placement on this team may require league exception approval. 8-year-olds trying out must have a clean competition ready back handspring in addition to strong stunting skills. 9 and 10-year-olds should at minimum have a clean back walkover in addition to stunting skills. After tryouts a \$100 competitive fee will be added to your athletes Jesuit Jr Marauders account and must be paid in full by July 14th, 2025.

Registration Fees

Fees for all 2025 teams start at \$500. After tryouts those athletes that make the competitive team will be charged an additional \$100 to pay extra competition fees and gym rental fees. Registration must be done online at: www.jesuitjrmarauders.com. A payment plan with an initial deposit is available but all fees must be paid in full by June 15th. Registration fees include:

- Practice Shirts
- 3 bows (Game Day, Breast Cancer, and Competition)
- 12 Tumbling sessions (REC teams only- competitive does not include tumbling fees)
- Insurance
- Field costs for game and practice
- Gym rentals
- Competition Fees

Uniform Fittings and Cost

Uniform fitting will be held on May 14th and 15th at Jesuit in the Harris Center. Athletes should wear a swimsuit or form-fitting top and tumble shorts. For the 2025 season uniforms will be ordered thru Rebel athletics. Athlete sizing will be determined by parent/guardian during fittings. It is up to parent/guardian/guardian to ensure correct fit. No refunds will be given for incorrect measurements or incorrectly sized items. Parent/guardian/guardian will enter sizing and item needs and be charged thru your Jesuit Jr Marauders account. Uniforms must be paid in full by May 30th to receive them on time for the season.



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Required Items

- Shell
- Skirt (built in briefs)
- Liner
- Jamboree/Practice Uniform
- Poms
- White Cheer Shoes (price varies)
- White no show socks for games/competition (price varies)
- Backpack (must be black or red, two backpack options are offered thru Rebel)

Recommended Items

- Additional practice shorts (soffee or tumbling)
- Warmup jacket (purchased thru Rebel or PLAIN black)
- Black Leggings
- Long sleeve practice shirt

Cheer Camp

For the 2025 season we will be attending the JAMZ camp being held July 12-13 at Twelve Bridges high school. The cost of this camp is \$120. All competitive athletes are required to attend. Please go to www.jesuitjrmarauders.com to register. Camp instructors will teach motions, stunting, and more. This is our first activity as a team, and it is essential that all cheerleaders be in attendance.

Clinics

Clinics are free to registered athletes. Clinics are when sideline chants will be taught. It is especially important for new cheerleaders to attend. All clinics will be held at the Jesuit High School practice fields. Clinic dates are as follows:

- May 1 5:30-7
- May 3 10-12
- May 29 5:30-7 Stunting Clinic (must attend if planning on trying out for competitive team)



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Practice Times, Attendance, Attire, and Expectations

Due to the nature of this team sport, where routines, formations, and stunts are created based on the number of cheerleaders per squad, it is important that all members attend each practice, camp, game, and competitions for the squad to be successful. Any cheerleader with absences excused or unexcused may result in a reduced role in the half-time or competition routine. Our stunts and skills require everyone's participation during every practice. This is a safety measure to ensure all participants are prepared. Any absence from a game or practice or excessive excused absences will affect routine placement, and competition participation. If you know you will be missing a game, competition, or practice please communicate with the coach as soon as possible.

Practice Schedule

Summer Practices (July 14- August 15)

- Practices will start the week of July 14th. Monday, Wednesday, Thursday and Friday practices will be held at Jesuit High School from 6-7:30 pm for recreational teams and 6-8 for competitive teams.
- Tuesday nights will be reserved for recreational athlete tumbling. Class times will be based on athlete skill level. Athlete skill level will be determined during assessment on July 15th. Class time will be given the next day but will fall between 6-8 and will be held at Just Tumble in Roseville.

Regular Practices (August 18- Nov 10th)

- Mascot, Jr Pee Wee, and Pee Wee Teams will practice Wednesday and Thursday 6-7:30 at Jesuit High School
- Competitive Team will practice 2-3 nights a week 6-8 (Tues-Thur) and Sundays. Practice schedule will be sent out at the start of the season.
- Tuesday/Wednesday/Thursday at JHS 6-8 (Mascots until 7:30)

As nights get colder and darker we may modify these practice times/dates.

Practice Attendance

All cheerleaders are expected to attend all practices and arrive on time. Cheerleaders should cooperate at all practices with everyone.



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1. Missing practice for being sick is acceptable. However, please email both the coach and VP of cheer in as much in advance as possible. This allows us time to change practice plans as needed.
2. If a cheerleader is injured, they must still attend practice and sit on the sidelines helping to promote spirit.
3. Coaches reserve the right to change athletes' position in routines based on attendance. To practice stunting ALL athletes must be in attendance, showing up late or missing practice impacts the entire team. Please see below for detailed attendance policy:

1 st Missed Practice	Sit 1st quarter of next game
2 nd Missed Practice	Sit 1st half
3 rd Missed Practice	Sit 1 st half including halftime
4 th Missed Practice	Sit entirety of the game, removal from stunt group

Practice Attire

1. Athletes should attend practice in the red JJM cheer T-shirt or red JJM tank top.
2. JJM Jamboree skort or black shorts may be worn. Shorts must either be black JJM practice shorts or black soffe shorts. When practices get colder, black leggings may be worn- **no pajamas or sweat pants**. Long sleeve shirts may be worn under t-shirts but they must be form fitting, no loose clothing.
3. Cheerleaders must have their hair tied up in a ponytail. High pony with a cheer bow is preferred. Bangs must be out of athletes' faces.
4. Cheerleaders must wear cheer shoes to all practices.
5. All jewelry must be removed. No earrings or long nails.

Practice Expectations

While JJM encourages a fun atmosphere, if a cheerleader is not participating in an acceptable manner, your coach or a member of the JJM staff will contact aParent/guardian to come and take the child home. Unacceptable behavior includes but is not limited to the following: failure to take directions; defiance; rudeness to a coach, instructor, or teammate; disruptive or uncooperative behavior; profane or foul language; disregard for the safety of others. JJM 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.

- Cheerleaders are expected to show up on time to practice, dressed and ready to go.



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- Cheerleaders should leave all snacks, toys, markers, etc. at home.
- Cheerleaders need to have a backpack with pom-poms and water with them at every practice.
- **Cell phones are not allowed to be used at practice and need to be kept in a cheer bag or backpack for emergency purposes only.**

Game Day Attendance and Attire

Game Day Arrival

Teams will arrive 1 hour prior to game time and meet under the cheer tent. Any athlete that will be late must contact their coach to let them know ahead of time.

1. If an athlete misses a game, they will sit the first half of the following game.
2. Athletes who show up late will sit the first quarter.
3. An occasional change may need to be made to game schedules and will be communicated via Email.

Game Day Uniform

1. Cheerleaders should arrive at the game location in full uniform: clean shell, clean skirt, no show white socks, clean white cheer shoes, game day bow in hair, and with poms in good condition.
 2. Warm Up jackets may be stored in the cheerleader's backpack and coaches will inform athletes if they can/cannot wear them.
 3. Liner, warm up jacket, and black leggings may be worn when permitted by coaching staff. Parent/guardian will be notified ahead of time if these items are expected to be worn. Liners should be in backpack during game days in case of changing weather conditions.
 4. All athletes should bring ample water with them.
 5. During the month of October cheerleaders will wear pink breast cancer socks, pink bows, and use team provided pink poms.
 6. Athletes who will be staying for the following games should take care of uniforms, not eating messy snacks (snow cones, etc.) in uniform. We recommend that athletes bring a change of clothing and shoes to prevent damage to uniforms.
- Game Day Hair, Nails, Makeup



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Game Day Hair

Weekly you will receive an email with game day reminders, included will be the cheer hair style for the week. Please follow the guidelines and if you have questions on style reach out to coaches for more detailed information.

Makeup

Except for competition, no makeup is to be worn by members of the Mascot, Jr. Pee Wee, and Pee Wee squads. If gloss is used it should be lighter red in shade. Makeup is allowed on midgents but must be light and neutral shadows and lip glosses. Coach will ask the cheerleader to remove makeup if it does not meet uniform expectations.

1. Nails -Nails should be short and clean, no nail polish for game days.
2. Jewelry should be removed prior to game time, including earrings.

Competition Attendance and Attire

This year JJM intends to send the Mascot, Jr Pee Wee, and Pee Wee teams to one competition. The Competitive team will be attending 2-3 competitions with an option (at additional cost) to attend more after the regular season has ended. Please see schedule at the end of handbook for specific dates and locations.

Competition times and instructions will be communicated the week of. Many times schedules are not complete until the Thursday before that weeks competition. We will make our best attempts to communicate competition information as early as possible.

Competition Attendance

1. Attendance at competition is MANDATORY. Teams will be expected to arrive early to review hair, makeup, and practice routines. Please do not plan other activities for this day. Competition is a full day event and teams should plan on staying all day to cheer on and support other squads.
2. If you will be missing competition for any reason, please notify the VP of Cheer immediately. Missing competition will impact the cheerleader's placement in stunts and halftime routines during the season.
3. Additional practices may be added prior to competition if needed.



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Competition Attire

1. Competition Uniform- Uniform on competition day will consist of clean shell, clean liner, clean skirt, no show white socks, and CLEAN white cheer shoes.
2. Competition Hair- Competition hair is a high pony with the competition bow pointed tails out. Hair should be curled lightly. Pictures and product recommendations will be sent out prior to the event.
3. Competition Makeup- Different squads will have different makeup requirements. However, teams will have a natural eye with mascara and red lip gloss. A team lip gloss will be available, however if you would like your own an email will be sent out with the exact product/color.
4. No nails or jewelry is allowed at competition.

Disciplinary Actions

Disciplinary action may be taken if a cheerleader does not meet the expectations set forth in this handbook. Action will be taken based on the severity of the occurrence. Since it is impossible to foresee all problems, disciplinary action will be assigned based on the coaches judgment.

Parent Expectations and Information

Practices

While at JHS cheer practices are held by the far gate off American River drive by the JV baseball field.

1. Drop Off- our exact practice location on the field may change based on field conditions. Athletes should be dropped off in the covered area between the football stadium and pool. DO NOT LEAVE ATHLETES until an adult coach is present. Athletes should not be on campus prior to 5:45 pm. We do our best to be there by 5:45 but many times we are also coming from work, school, etc. Coaches will not provide athlete supervision prior to the start of practice.
2. No U turns, double parking, etc. Please, please, please be respectful to Jesuit's neighbors. We are guests of the high school and this extends to drop off and pick up.



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3. Our practice space is very limited in size. As a result we ask that parent/guardian do not enter the practice area. As we near the season an email will be sent specifying where parent/guardian can sit during practice.

Communications

1. During the season we will utilize Team Sideline as our primary club communication. Additionally, we will be setting up Band App communications for each team.
2. It is the parent/guardian's responsibility to regularly check email and read all club communications. Parent/guardian are responsible for reading and when applicable responding to items sent out in the Band App.
3. Email is the preferred way to communicate to coaches. We encourage all questions and concerns to first be directed to your athlete's head coach. Any issues that can't be resolved with the head coach should then be directed to the VP of Cheer (Elizabeth Lewis) and/or the Cheer Coordinator (Natalie Dyudyuk). If the issue cannot be resolved between the parent/guardian/guardian and Cheer Staff then it should be escalated to our President Johann Miller (president@jesuitjrmarauders.com)
4. Parents should not talk to athletes or coaches during practice times. We have limited time, and this can be very distracting for both coach and athlete. Please reach out to coaches via email with questions and concerns. We can schedule a time to chat. If you have an issue, please follow the 24 hour cooling off period.

Volunteer Requirements

All JJM families are required to submit a \$400 volunteer deposit or buy out. This deposit will be cashed at the end of the season if the 10 volunteer hours are not met. All volunteer opportunities will be posted on the clubs website (www.Jesuitjrmarauders.com) and must be signed up for using your team sideline account. This process will be reviewed during the parent/guardian meeting but if you have any questions please contact the volunteer coordinator.



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2025 Tentative Cheer Calendar

May 8th -Parent/guardian Meeting @ JHS Welcome Center 6 pm

May 14th Uniform Fitting @JHS Harris Center

- 6-7 Last Names A-F
- 7-8 Last Names G-K

May 15th Uniform Fitting @ JHS Harris Center

- 6-7 Last Names L-P
- 7-8 Last Names Q-Z

May 29th – Stunt Clinic 5:30-7 @ Jesuit High School

June 1st – Tryouts 2-5 PM @ The Spot

July 12th-13th- JAMZ Camp

July 14th - Practices Start *

Saturdays August- Nov Football Games (time based on team/ location TBD)

***Practice schedules will be sent the first week of June based on your athlete's team placement.**



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Jesuit Junior Marauders Cheerleading Handbook Acknowledgement Form

I hereby acknowledge that I have read and understood all the rules, regulations, and guidelines set forth in the JJM Cheerleading Handbook. By signing this form, I agree to adhere and abide by all said rules, and uphold the integrity of the JJM cheerleading squad.

Athletes Name: _____

Athletes Signature: _____

Parent Name: _____

Parent Signature: _____

Date: _____