

**CARY JUNIOR TROJANS  
CHEER & DANCE**



**2018**

**PARENT/PARTICIPANT HANDBOOK**

## **Welcome**

Welcome to the 2018 CJT Cheer & Dance season!!

We hope this Parent/Participant handbook will help you to familiarize yourself with our program. As our sport continues to grow, we are continuously implementing new procedures and skills. **Please visit [www.caryjuniorTrojans.com](http://www.caryjuniorTrojans.com) throughout the season, as we will be adding important dates, forms, and practice schedules.**

The biggest assets of our organization are our incredible volunteers. We are very fortunate to have a group of dedicated coaches who put in countless hours of planning to make sure your children have a fun & enjoyable experience. The success of our program relies heavily on our volunteers – the parents. Anything you can do to assist your squad throughout the season would be greatly appreciated. We'd like to ask all of our parents to continue to provide the dedication, support, and enthusiasm to all of our Cheer & Dance coaches.

If you have any concerns or comments throughout the season, please feel free to contact us.

Cheers!

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## ***Mission and Purpose***

The Cary Jr. Trojan Cheer & Dance program is a not-for-profit youth recreational program intended for children in grades K – 8. There are no try-outs or special requirements; any child may participate. Our main focus is to introduce and teach the sports of Cheer & Dance, while teaching the importance of teamwork, respect, and good sportsmanship. We will enjoy working with your children as they build lasting friendships in a fun, safe environment.

The Cary Jr. Trojans football organization is a member of, and governed by the rules of, the TCYFL (The Chicagoland Youth Football League) [www.tcyfl.net](http://www.tcyfl.net) .

The CJT Cheer & Dance programs are members of, and governed by the rules of, the IRCA (Illinois Recreational Cheer Association) [www.recreationalcheer.com](http://www.recreationalcheer.com) .

## ***Safety Information***

Safety is of utmost importance when performing various cheer/dance skills, and in practices and at games, it will be treated as such. Therefore, all skills included in these activities will be in accordance with IRCA Rules and Regulations. Additionally, at least one coach on each squad is CPR certified, and all coaches are familiar with the emergency action plan in order to respond quickly and appropriately in case of injury.

The Cary Junior Trojans organization always strives to obtain the BEST measures to make sure our athletes are safe, and again this year we will continue with our Baseline Concussion Training-**all athletes aged 10 and above are required to be tested, NO EXCEPTIONS (athletes that turn 10 years old prior to December 31, 2018) This testing is required every 2 years.**

## ***2018 Important Dates:***

- July 9<sup>th</sup>-Indoor practices begins-See coach for details
- August 18<sup>th</sup> – Pre-Season Games
- August 19<sup>th</sup>-Picture Day
- August 25<sup>th</sup> & 26<sup>th</sup> – Opening weekend
- September 22<sup>nd</sup> – CGHS Homecoming Parade
- September 30<sup>th</sup> – IRCA presents “First Look” Competition @ Lake Zurich HS (all teams)
- October 14<sup>th</sup> – IRCA presents “Cheer Princess” Competition @ Hampshire HS. (all teams)
- October 20<sup>th</sup> – Family Performance Night @ CGHS
- November 10<sup>th</sup> – IRCA presents “The Ocho” @ Jacobs HS (8<sup>th</sup>, 6<sup>th</sup>, 5<sup>th</sup>, 4<sup>th</sup>, 3<sup>rd</sup> Cheer)
- November 17<sup>th</sup> – IRCA presents “Final Fling” Competition @ Jacobs HS (7<sup>th</sup> Cheer, 6<sup>th</sup> & 4<sup>th</sup> poms)
- December 7<sup>th</sup>-9<sup>th</sup>- IRCA State Championship Event

## **Games:**

- Westcott Field, our home field, is located behind Cary Jr. High, 2109 Crystal Lake Ave.
- Kindergarten-1st Mascot squads will cheer for the Flag Football and Bantam at Cary Jr High.
- Games are typically 90 minutes long, except for Flag games, which are 60 minutes.
- Football games are every weekend, starting with Pre-Season games the last weekend in August.
- Games are both Saturday and Sunday. 2<sup>nd</sup>-8<sup>th</sup> grade cheer will travel to away games as needed
- **We will cheer on Labor Day & Columbus Day weekends.**
- All schedules are made by the TCYFL ([www.tcyfl.net](http://www.tcyfl.net) )
- Schedules are usually posted about 1-2 weeks prior to the actual games.
- We will get schedules out to the parents ASAP
- Schedules and fields can also be found on the CJT website [www.caryjrtrojans.com](http://www.caryjrtrojans.com) and the TCYFL website ([www.tcyfl.net](http://www.tcyfl.net) )
- ***Our season continues through playoffs, Oct 27-28, and Nov 3 & 4; Super Bowl: Nov 10 & 11***

## **Game etiquette**

- Coaches will set an arrival time for all games. Girls are expected to arrive in time to warm up.
- *Many times, games can be running behind or ahead of schedule. Coaches are unaware of this until they get to the field – **please be patient when this is the case.***
- Cheerleaders/Dance will perform pre-game activities for home games
- Cheerleaders/Dance are expected to stay for the entire game.
- Games are played in sun, rain and snow – the girls are expected to be there
- Games are rarely cancelled. **Games can only be cancelled by the Director.**
- Girls should come in full uniform
- Girls, parents, and spectators should conduct themselves with team spirit and good sportsmanship.
- There is no eating during a game, except at half-time and at the coach's discretion.
- ***All cheer/dance squads will be required to perform for any playoff game/Super Bowl game.***

## **Competitions** (please see *Important Dates* for specific competition dates/locations)

- All squads, grades 2 – 8, will participate in 3 IRCA-sponsored ([www.recreationalcheer.com](http://www.recreationalcheer.com)) competitions.
- Squads that receive a 'Bid' to State are eligible to compete at the IRCA State competition: Dec 7 – 9.
  - *Semi-Finals: 5<sup>th</sup>- 7<sup>th</sup> grade will perform on Friday night*  
*3<sup>rd</sup>, 4<sup>th</sup>, & 8<sup>th</sup> will perform on Saturday*
  - *Finals: All grades on Sunday, December 3<sup>rd</sup>.*
- **Family Performance Night – Saturday, Oct 20 @ Cary Grove High School** - is an evening to show our families the incredible progression our organization makes from Kindergarten to 8<sup>th</sup> grade.
  - All squads' participation at **Family Performance Night** is mandatory.
  - **Mascot** will perform at this, their 1 competition, of the season.
  - We also honor our outgoing **8<sup>th</sup> graders** for their years of participation in the CJT Cheer & Dance Program
  - We will need many volunteers to make **Family Performance Night** run smoothly

## **Practices**

- Our season begins on July 1<sup>st</sup>, and practices may begin on, or after, that date.
- Coaches will advise the parents of the time/location of the Summer practices
- Per IRCA rules, we cannot practice more than 9 hours/week.
- Practices are 2-3 days/week, and could increase as we get closer to competitions.
- Attendance will be taken at all practices
- Girls should bring water to all practices
- All practices are held indoors at various locations in Cary.

## **Practice Rules**

- Hair must be pulled back, away from the face, for safety reasons.
- Jewelry is not allowed for safety purposes.
- Gum chewing, eating and soft drinks are not allowed during practice.

**INSUBORDINATION IS UNACCEPTABLE!** The following actions can result in being removed from a CJT team:

- Temper tantrums, outbursts
- Profanity, lewd language
- Showing disrespect to the managers/coaches by talking back, eye rolling, etc.
- Showing disrespect to a fellow team member
- Lack of participation or poor attitude
- Unnecessary and excessive talking
- Use of cell phones for non-emergency calls
- Personal issues are to be left at the door when you enter the practice facility.
- Athletes should not engage in rough-play at any time.
- Concentration is required at all times for your safety and your teammate's safety.
- New skills are to be attempted only after proper preparations and practice and only on the advice of a qualified coach.
- Respect for our practice facility.

***Attire***

- Shorts (no basketball shorts), with spankies – especially for the older squads
- T-shirt/tank-top
- No jeans or loose-fitting pants
- Gym shoes; **no flip-flops**
- Competition shoes to be worn only indoors. Please wear other shoes and change once inside the gym.
- Sports bras should be worn as needed

## ***Absentee Policy***

Cheerleading and Dance are team sports, with each participant having a required place in routines. When one member is absent it can keep a whole team from achieving their goals for that practice, and jeopardize the safety of all of those involved in mount/stunt groups, and prevent some participants from practicing portions of a routine.

- **Missing Practice:**
  - Please give your coach 2-hour notice if you will not be there. If this is not done, aside from illness, it will be considered an **unexcused absence**
- **Missing a Game:**
  - Please notify your coach at least 24 hours prior to missing a game. Attendance is also taken at games, and excessive absences will be considered **unexcused**.
- **Vacations:**
  - Any summer vacations that will take place after the season has started must be emailed to your coach.
- An absence will only be considered **excused** for:
  - Illness
  - Family events
  - Religious events
  - School-related function (ie: music program)

**\*\*Conflicts with other sports, including school-sponsored sports, must be dealt with ahead of time. Excessive absences due to participation in other sports may be considered unexcused absences\*\***

- ***As of August 1<sup>st</sup>, any girl who misses 4 (four) or more practices **MAY NOT** be allowed to participate in the next scheduled competition. If she can show the coaches she can learn the routine, and not jeopardize the safety of the girls around her, it will then be **AT THE COACHES DISCRETION** to determine if she will be allowed to perform and what position she will hold.***

## ***Uniforms***

Uniforms are your responsibility as they are your personal property.

- **Cheer:**
  - Long-sleeve top, skirt, shoes, socks, and competition hair bow
  - Gameday vest is worn for games.
- **Dance:**
  - Gameday vest, skirt, shoes, bow for games.
  - Dance costumes are worn for competitions.



- Competition bows are included in the Registration fees, and are yours to keep
  - **\*\*all CJT cheer squads are required to wear the purchased bow to all competitions.**
- Shoes:
  - Cheer shoes can be purchased through Varsity.
- Socks: we require white, no-show socks for competitions.

**Care:**

- *Our uniforms are very durable; to keep them looking their best, please wash them weekly, inside out, in **COLD WATER***
- **DO NOT PUT THEM IN THE DRYER!** *Hang to dry-they will shrink and become discolored if put in the dryer.*

## **Expenses**

Listed below are some additional costs that may be incurred throughout our season. Even with these additional costs, CJT Cheer & Dance still remains one of the most cost effective programs in our area.

- **Cheer uniform skirts and shirts and fleece-lined pants:**

“Varsity” Skirt w/built in spankies: \$54

“Varsity” long sleeve top: \$107

“Varsity” game day: \$18

**(Optional for both Cheer & Dance) CJT jacket: \$59**

**Dance game uniforms:**

“Varsity” game day: \$18

“Varsity” Skirt w/built in spankies: \$54

**Dance competition costumes:**

\$50-\$75

- **Cheer/Dance Shoes:** Cheer shoes are purchased through Varsity. 3 shoes to choose from. \$34-\$79. Dance shoes-Information will be provided to you through your coach.
- **End of Season party**

- **State Competition:** for the 2018 season, the cost is \$135/participant. **No admission fees to the Sears Centre for entire 3 day weekend of state.** *Fundraising is available to cover the costs of state.* **\$10 parking fee per car per day**
- **Squad Budget:** Squads may opt to collect money for special events such as Opening picnic, pasta parties, Homecoming, or other squad events, squad spiritwear
- **CGHS Cheer & Pom Camps** - see flyers on [www.caryjuniorstrojans.com](http://www.caryjuniorstrojans.com) Cheer page
- **CJT Pictures**
- **CJT Car Decals/Bricks** please see the [www.caryjuniorstrojans.com](http://www.caryjuniorstrojans.com) **Fundraising** page
- **End of Season hoodies**
- **Breast Cancer Awareness-** Pink Out t-shirt to wear for the month of October

# 2018 Cary Jr. Trojans

## COMMITMENT and COMPETITION AGREEMENT

Our squads will be competing in IRCA sponsored Cheer Competitions for the 2018 season, along with the possibility of going to State if the squad earns a bid!

We have put this agreement together so that all our athletes, and families, understand and agree to the same commitment it takes to be part of our squads for competition purposes.

Our competition routines only work when every athlete is present to do their part. Every athlete has an important role in the routine. To be fair to the other athletes, we will require that each girl be at EVERY practice, the ENTIRE length of the practice, and ON TIME in order to sufficiently prepare for competition. We expect to begin practice promptly at the start time; please try to arrive prior to the start time to warm up. *Please see the Absentee Policy in our Handbook; we, as coaches will be following it as well.*

Once the routine has been taught, we ask that the girls practice at home. Some of our squads will provide dates when they will be teaching the routine during the summer months. Please make every effort to make these practices.

We understand that illnesses and unforeseen circumstances do occur.

**Please be aware of the following time considerations, as we get closer to competitions dates. These events are mandatory and practices leading up to them are very important. Please note these dates on your calendar.**

**1. Competitions, Family Performance Night, and State Competition:**

- a. Sept 30<sup>th</sup> - 'First Look' @ Lake Zurich HS
- b. Oct 14<sup>th</sup> - 'Cheer Princess' @ Hampshire HS
- c. Oct 20<sup>th</sup> - Family Performance Night @ Cary Grove HS
- d. Nov 10<sup>th</sup> - 'The Ocho' @ Jacobs HS (some teams)
- e. Nov 17<sup>th</sup> - 'Final Fling' @ Jacons HS (some teams)
- f. Dec 7<sup>th</sup>-9<sup>th</sup> - STATE @ Sears Centre

2. Squads will increase their practice schedules to 3 days a week leading up to our competitions. You will be given those dates as soon as they are available.
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Please take the time to discuss our expectations with your daughter. Please have your daughter sign this commitment. We ask that you agree to the same as well.

As coaches we agree to the same level of commitment and we will make every effort to create an enjoyable and successful season.

Cheerleader/Dancer: \_\_\_\_\_

Parent: \_\_\_\_\_

*Please do not hesitate to talk with us if you have any questions or concerns.*

## Cary Jr. Trojans Code of Conduct Agreement

As in any sport, it is important as an organization that we encourage our athletes to demonstrate teamwork, respect, and good sportsmanship, both on and off the field. Being part of the CJT program requires a commitment and responsibility that includes the hard work and dedication of each participant and their parents. **We expect each athlete and parent to read, and follow this Code of Conduct:**

- ❖ I will be courteous and respectful to my fellow athletes.
- ❖ *I will encourage good sportsmanship on and off the field*
- ❖ I will encourage good sportsmanship from fellow players, coaches, jr. coaches, squad moms, and parents at every game, practice and competition.
- ❖ *I will do my best to listen and learn from my coaches, jr. coaches, and squad moms.*
- ❖ If possible, I will attend every practice and game on time. If I am unable to, I will notify my coach.
- ❖ *I will behave responsibly and listen carefully to all the instructions at practices, games, camps and competitions.*
- ❖ I will put forth a concerted effort to do my best and continue to learn and build on the skills that I develop each year.
- ❖ *I will follow all safety rules. Cheerleaders will only practice stunting and tumbling when coaches are present.*
- ❖ I will be respectful to all coaching staff and volunteering adults at all times.
- ❖ *I will keep a positive attitude regarding position assignments on my squad.*
- ❖ I will always use appropriate language when talking to other athletes, coaches, jr. coaches, squad moms, fans, and opposing teams.
- ❖ *I will not post videos or make derogatory comments on any form of Social Media, or on phones about other athletes, coaches or participants within CJT or any other organization.*
- ❖ I deserve to have fun during my experience with CJT, and I will discuss with parents/coaches when issues arise and it stops being fun.
- ❖ *I will remember that at all times I represent the Cary Jr. Trojans Cheer/Dance and Football Organization.*

Participant's signature: \_\_\_\_\_

Parent signature: \_\_\_\_\_

# Cary Jr. Trojans Emergency Information ~ 2018 Season

*This information will be used in the event of an emergency and is carried with the coach to all events.*

PLEASE PRINT

Participant name \_\_\_\_\_ Date of Birth \_\_\_\_\_

Person responsible for participant at times of practice or games (i.e. babysitter)

Name \_\_\_\_\_ Phone \_\_\_\_\_

Parent/Guardian Names \_\_\_\_\_

Home Phone \_\_\_\_\_ Cell phone (name & #) \_\_\_\_\_

2<sup>nd</sup> Cell phone (name & #) \_\_\_\_\_

Emergency Contact \_\_\_\_\_ Relationship \_\_\_\_\_

Phone \_\_\_\_\_

Drug or Food Allergies \_\_\_\_\_

Does Participant have a history of asthma? \_\_\_\_\_

Does Participant carry an inhaler? \_\_\_\_\_

Has Participant experienced an allergic reaction to bites or stings? \_\_\_\_\_

Physician's Name \_\_\_\_\_ Phone \_\_\_\_\_

As a parent or legal guardian, I do herewith authorize the treatment by a qualified and licensed medical physician in case of an emergency, which in the opinion of the attending physician, may endanger his or her life, cause disfigurement, physical impairment or undue discomfort if delayed. This authority is granted only after a reasonable effort has been made to reach me, as designated by the coach in my absence.

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date

