

2026 Cheer Expectations

Participants and Parents - Please review the following to understand the time and personal commitment involved in this team sport

COMMITMENT:

Season officially begins in August 2026. Cheerleading is a Team Sport. We expect a high level of commitment from the team. There are no try-outs as children are placed on teams according to their grade/age. Each cheerleader is expected to attend all scheduled camps (Extreme Cheer), choreography sessions, practices, and games.

Summer choreography week and review sessions with Extreme Cheer are mandatory for all cheerleaders. Please refer to Extreme Cheer registration form for squad-specific camp schedule when made available. **Anyone who cannot attend camp during the squad's scheduled dates will not be included in halftime routine stunts.** When one cheerleader is absent, teammates do not have benefit of practicing as a full squad. It is a safety issue, not a punishment. Once the season begins, if you must be absent from a practice or game, due to illness, school or religious reasons, you are to notify your team coach directly and promptly.

Practices will be 2-3 days a week prior to Labor Day beginning in August and 2-3 days a week post-Labor Day. Practice days will vary depending on each squad. A schedule for each team will be given prior to the season. They are subject to change due to school conflicts and holidays.

We will share a game schedule when it becomes available (end of August). Cheerleaders should be prepared to cheer at every Saturday or Sunday game scheduled in September and October and into November. Cheerleaders cheer at both Home and Away A games, as well as Home B games. Please be aware, the season is not officially over after the last regular season game; play-offs are also mandatory and typically extend into mid-November.

Cheerleading practices and games are never "optional". Cheerleaders will be performing in all kinds of weather. It may be hot, cold, raining and even snowing. Please plan for these conditions and know your cheerleader is expected to attend these practice and games (and stay to the conclusion) regardless of the weather or temperature, unless you are otherwise notified by your team coach. **TO REITERATE - GAME ATTENDANCE IS MANDATORY REGARDLESS OF GAME LOCATION OR WEATHER. GAME ABSENCES WILL RESULT IN CHEERLEADERS BEING REMOVED FROM ROUTINES. WEATHER CANCELLATIONS ARE AT THE FULL DISCRETION OF, AND ONLY OF, THE RVJFA.**

PROMPTNESS & PREPAREDNESS

Promptness is crucial for a successful practice session. Arrive on time! Wear appropriate clothing - hair pulled back in a ponytail, sneakers and socks. Jewelry, gum, long nails, sandals and/or flip flops are not permitted. No cell phone use allowed unless to call parents.

Please do not leave your cheerleader unattended at a practice or game until you have visual confirmation that an adult coach is present. If you find that you will be more than 5 minutes late to pick up your cheerleader, please call your team coach immediately or make other arrangements to have someone pick up your cheerleader.

Each cheerleader will be provided a uniform to be returned at the end of the season. The uniform will consist of a skirt and shell (vest) Each cheerleader will also receive either a sweatshirt and/or t-shirt, warm up jacket if applicable, cheer sneakers and a cheer bow (these items do not need to be returned. Parents are required to provide **black bootie shorts, long-sleeve black turtleneck shirt, full length black leggings (no lace/logos/designs), white no-show socks and the appropriate practice attire**. Poms will be provided by coaches at games. Please note new uniform policy as of 2024 - unreturned uniforms will be charged a replacement fee of \$128 if not returned upon end of season.

SAFETY

Safety is our number one consideration. Under no circumstances will a participant be allowed to participate in practice or a game without the required uniform, adequate practice participation and/or physician clearance to return to participation after an illness or injury. If the team coach determines that there is a player safety issue, that child will be removed immediately from any further participation until the safety issue has been satisfactorily resolved - NO EXCEPTIONS. If you do not attend the practice, your participation in the halftime performance is at the team coach's discretion - this is a safety issue. All showcases, competitions, and planned cheer events are mandatory.

JUNIOR COACHES:

Calling all junior coaches! If interested in junior coaching, please reach out to Laura at cheer@rvjfa.com Junior coaches will be assigned based on age (oldest girls given priority over younger girls). Seniority will also be given to those who have coached successfully in the past. Please keep in mind that there are typically more girls interested than spots available, so **not all girls will be chosen. Junior coaches who are frequently absent will be replaced - please do not request to coach unless fully ready to commit to practices AND game schedule.** Additionally, requests to coach with friends will be considered but NOT guaranteed. Junior coach placement will be at the full discretion of the Executive Board and/or head coaches. Thank you for volunteering!

PARENTAL EXPECTATIONS

Please be cooperative and respectful of your coaches, both adult and student. All are volunteers! Parents, if you have concerns with any of your cheerleader's coaches, please wait until after practice or game to address concerns.

ALL CHEER FAMILIES ARE REQUIRED TO VOLUNTEER TO HELP IN SOME CAPACITY ON THE DAY OF OUR CHEER SHOWCASE, AS WELL AS IN THE HUT DURING HOME GAMES. THE PROGRAM IS COMPLETELY VOLUNTEER-RUN AND WILL NOT BE SUCCESSFUL WITHOUT A HIGH LEVEL OF VOLUNTEERISM. Please be on the lookout for further communication regarding opportunities to volunteer for the RVJFA program.