



Team Name: Nationals Track

Grades: 2nd - 8th

Coaches: Tara Oliveira (862)755-0585

Shannon Kelly (201)978-6344

Practice Schedule: Practices are Mandatory (no exceptions unless a doctor's note is provided). Practice ends after last competition.

- Tuesday & Thursday - Traditional Routine
- Wednesday - Game Day Routine
- Saturdays - skill building, cheer jumps, tumbling timing, prop training, traditional routine run through, etc. (will not be in addition to camp, choreo, or cleanup days)

******All cheerleaders must attend each practice unless they are ill with a doctor's note. Participation is key to a successful season, and we have no intention of benching any member of our team for competitions. Each cheerleader plays a significant role in the routine, and if they do not come to a practice, it impacts the entire team******

Key Dates:

- [North Cheer Camp](#) July 21th-24th
- Evolution Cheer Camp week of 8/4/25 (**Mandatory** - Tent. 12:30-3:30pm)
- Pine Forest Cheer Camp weekend of 8/16 (**Mandatory** - transportation provided)
- Choreography 8/22 & 8/23 (**Mandatory**)
- Cheer with Varsity 8/28 or 8/29
- "Cheer For A Cure" competition @ Central HS - Oct 18th (tentative) (**Mandatory**)
- "Spooktacular" Competition @ North Hunterdon HS - Oct 25th (**Mandatory**)
- 2 Additional Local HS competitions - November (**Mandatory** - not 11/8, 11/9, 11/29, or 11/30)
- UCA Regionals Competition - TBD (**Mandatory** - likely Dec 6/7 or Dec 14/15)
- Banquet 11/16/25 (tentative)

Practice Attire (Mandatory JLC practice uniforms):

(Online store will open for purchases from May to July)

- **Tuesday** - Green shirt & Black shorts
- **Wednesday** - Pink shirt & black shorts pink paw
- **Thursday** - Evolution Camp shirt & Black shorts
- **Saturday** - Gold shirt & Green shorts

Choreography: 2 days + 1 cleanup

- Choreography 8/22/25 & 8/23/25
- Cleanup - 10/4/25

Football Games: This is an "Affiliated Recreational Cheerleading Team". However, since this team is already committing to 4-days per week of training and practice, this team will NOT cheer



at football games, unless there is no Gold team. If there is no Gold team, this team will cheer home/local games only for the 7th/8th grade football team

Expectations: Please view our team expectations and do not hesitate to reach out with any questions.

Strength Training & Conditioning: During the offseason or in between practices, cheerleaders are encouraged to continue their training and work on their skills.

- **Sharp Motions** (*each motion looks distinct from one another and muscles are tight - use a mirror*)
- **Cheer Jumps** (outside on a flat surface or a trampoline)
 - High V on 1,2
 - Swings arms across chest while jumping on 3,4
 - Land on 5,6
 - Clean on 7/8
- **Tumbling** (outside on the grass or trampoline, or team tumble, gymnastics, etc.)
- **Facial Expressions/Smiling** 😊 (practice smiling while doing motions or dancing - use a mirror)
- **Prop Usage**
 - Poms - practice picking them up & putting them down quickly (do not throw them)
 - Signs - use a cardboard box or any signage that you have access to (practice sharp execution of picking it up, pull tight to your chest, sharp motion up over your head, sharp motion outward in front of your chest, sharp motion down to your knee, etc.)

Communication:

- **JLC Organization** - will email information every week
- **Coaches** - will use the BAND app for
 - Practice schedule & attire
 - Football games & attire
 - Team Building activities
 - Competitions
 - Various events

Fundraising:

Our biggest source of fundraising is from "Canning". We will have designated locations for specific dates and times. Each cheerleader on this team is responsible for

5 Canning Sessions. There is a "Buy Out" option for \$375.00 or \$75/canning session.



For any questions, concerns, or help with the 2025 season please reach out to a Jr. Lions Cheer Board Member or send to JRLionsCheer@gmail.com
We're looking forward to a great season!

2025 Board Members are as follows:

- **Commissioner:** Lana Brennan
- **Treasurer:** Tara Oliveira
- **Competition Advisor:** Shannon Kelly
- **Football Advisor:** Kelly Boyle
- **Events & Activities:** Lucy Barringer