

BEAR CREEK CHEERLEADING

2024-2025

Welcome!

Introducing your coaching staff: Junior Varsity & Varsity:

Shanna Atzmiller

Keith Espinoza

Kim MacTaggart

Christa Snodgrass (volunteer)

CCD: Josh, Chris

We will be hiring an additional tumbling coach

New this Year!

7th Hour Cheer Class!

Starting in August all Cheerleaders will be enrolled in a year long elective class (title TBD). elective credit will be earned, this is a class, attendance will be taken, grades will be earned.

This will allow us to start practices during this time, resulting in an earlier release (practice will extend past 3:20 most days), time in between practice and events, and reduce the gym usage needs during the winter season.

Team placement

2024-2025 JV Cheer Teams:

- **Junior Varsity Competitive Team: Game Day (12-16 members)**
- **Junior Varsity Sideline Team (up to 20 members)**

Cheerleaders can be placed on more than one of the teams listed above

Team placement

2024-2025 Varsity Cheer Teams:

Varsity Competitive Teams:

- **Game Day (21-23 members)**
- **Traditional routine (17-19 members)**

Varsity Sideline Team (up to 28 members)

Cheerleaders can be placed on more than one of the teams listed above

Expectations:

School Attendance: Cheers must attend $\frac{1}{2}$ of the school day to attend after school practices, games, events

Practice Attendance: see next slide

Academics: Eligibility will be posted by teachers on Tuesday, Coaches will receive the report on Wednesday afternoon. Athletes will have until Friday at 3:20pm to raise their grades and remain eligible for the following week.

Cheer Attendance

Attendance is mandatory at all assigned events, meetings, practices, and team functions; this includes team fundraisers, team meetings and team dinners. A cheerleader is expected to be on time for all events. If your cheer arrives late 3 or more times, a coach will reach out to discuss the situation. In case of illness, the parent/guardian of the cheerleader is expected to notify a coach of his/her absence prior to the beginning of the practice or event. Attendance will be taken at all events; benching, non-receipt of letter, and removal from the squad could result from excessive absences/tardiness. (After school jobs, vacations, making up tests without prior approval, or attending a practice for another sport, or other activity are considered an absence (unless agreed upon by the coaches involved). Please contact your cheerleaders coach to discuss any absences; again, communication is very important to the coaching staff.

Stunt & Tumble

Stunt & Tumble with CCD (Colorado Cheer Development)

Varsity: Monday 2:30-4:30

JV: TBD

All sessions will be held per the calendar, all cheers will pay \$50.00 per month regardless of attendance.

Attendance

Please plan to attend practice as scheduled, if your cheer will miss practice please inform the coaches via email.

bchscheers@gmail.com

Practices held within 2 weeks of competition will be the time that we set stunt groups for competition. Those not in attendance will be alternates.

Overall Attendance Policies

Valid and Invalid Excuses for Absences

The following reasons will be considered valid excuses for absences:

- A. serious illness
- B. family emergency
- C. academic help (schedule around practices if possible)
- D. family events/vacations (try not to schedule these when you are needed for practice or events and give as much advance notice as possible.)

Overall Attendance Policies

The following reasons will not be considered valid excuses for absences:

- A. work (even associated with BCHS world of work program)
- B. appointments
- C. transportation problems
- D. social events
- E. other sports or activities (exceptions made for athletes finishing spring sports)
- F. procrastination on school assignments

Overall Attendance Policies

Attendance will be taken by coaches at all practices and events

- if a cheerleader misses excessive practices as defined by the coaches, parents will be contacted, and a meeting will be scheduled.
- Cheerleaders with excessive absences will not be allowed to cheer the sideline, attend events, or compete.

Game Day Prep

Prior to cheering a game/meet/contest:

- Coaches will do a “cheer check” to be sure that all members of the team know the material for the sideline.
- This include cheers, sidelines, quarter dances/cheers, half time performances.
- If a cheerleader is not able to show mastery of the material on the weekly call list, she will not be allowed to be on the sideline, or any performances for that week.

Financials

1. Athletic fee: - Due in August, apply for free & reduced NOW to have this fee waived. (\$185.00)
2. Monthly Payments (next slide)
3. Uniforms - Order online - this order will available for parents to pay online next week.

New this Year!

Monthly Payments will be calculated using the 2023-2024 expenses to estimate the cost for the season to the best of our ability.

- This will not include uniforms
- This will not include Nationals - should varsity receive a bid
- Payments will be due on the 15th of each month May - December (this date can be adjusted if necessary, as long as 8 payments are made)
- *May Invoices will be sent home at the 1st practice and are due May 20th.*
- Fundraising will be applied in the month the funds are deposited into the cheer account.
- Included: camp expenses, competition expenses, warm-ups, poms, choreography, comp props, competition fees, monthly tumbling classes, homecoming expenses, etc...

Invoices will be provided monthly

You will receive an itemized invoice on the 5th of each month, the payment will be due on the 15th. It will include: monthly charges and any credits to your account.

The final invoice on December 5th will include any adjustments to the season due to an increase in, or additional expenses.

Payments may be made using a debit or credit card by calling the financial office (*you will have to let them know the amount*)

****PLEASE NOTE: payments in June and July must be made with a check or money order (the district is not available to process credit/debit payments.***

Fundraising

Fundraising Committee: please consider working with this committee to increase our ability to fundraise for our teams. Our Lead parent will be Lena Rowen.

A meeting will be held early June (date TBD)

1. King Sooper online fundraising, please remember to email me the ¼ statement you receive (I only get the total). Download the app, go to “rewards”, then “community rewards” and join for “Bear Creek HS Cheerleading”
2. Calendar fundraiser (July?)
3. Butter braids – Late October/early November for the holidays?or we could do “nothing bundt cake” vouchers.

Summer Schedules

1. May, June and July are in your folder
2. Changes may occur due to gym availability
3. All practices will be held at Bear Creek

Important Dates:

May 13th: 1st Practice

May 16th, 17th & 18th: State Track 8:00am-8:00pm all meals, snacks provided
(more details to follow)

July 25th-28th: Cheerleading camp at school of mines

Competition Schedule - Tentative

1. October 26th: UCA Mile High Regional - Colorado Convention Center
2. November 2nd – Bear Creek Classic – we're hosting JV & V
3. November 9th:UCA Colorado Regionals - TBA JV & V
4. Week of November 4th Jeffco League – Columbine High School JV & Varsity
5. November: Rock the Mat (tentative)
6. Varsity State December 5th, 6th or 7th
7. January: Varsity and JV (tentatively) - Rock The Mat & Mountain Vista Showcase
8. January: JV State Cherokee Trail HS

Communication

1. Team email: bchscheers@gmail.com
2. Parent contact form - please complete the google form:
<https://forms.gle/Nd82Vcr4SFnSXezT8>
3. Please contact coaches through email
4. Band: used to post updates and team information (questions for coaches? Please use email
5. Instagram: bearcreekcheer_
6. Text Messages/phone calls: For emergencies only please!