

BTHS Cheerleading 2017-2018



Coaches

▣ Varsity Coach – Danielle Parker

- Cheered at BTHS 2003-2007
- Coached at BTHS 2012-Present

Assistant Coach- Katie Tax

- Cheered Flagler 2011-2015
- Coached BTHS 2015-Present

▣ Junior Varsity Coach –Jennifer Aston

- JV Coach at BTHS 20010-2012; 2016-Present

Assistant Coach- Kayleigh Aston

- Cheered at BTHS 20-2015
- Coached at BTHS

Varsity FHSA State Champions

2008

2015

2017



UCA Nationals

11th in Large Varsity (2017)

6th in Large JV (2016 and 2017)

4th in Large JV (2018)

Join Us in a
Tradition of
Excellence

Mission Statement

The purpose of the Bartram Trail High School Cheerleading Program is to increase the school spirit at BTHS, encourage and support the athletic program and the athletes within that program, develop leadership skills, foster an environment of teamwork within the team, entertain and motivate sports spectators, improve individual physical well-being, and have fun. A member of the cheer team must demonstrate responsibility and enthusiasm, have high morals and a genuine concern for other students, and desire to work cooperatively within a team.

Team Make-up

- ▣ Varsity: 16-24 girls

 - 16 (Medium) with 4 alternates

 - 20 (Large) with 4 alternates

- ▣ JV: 16-26 girls

 - Small JV 16 with 4 alternates

 - Large JV 17-30 (coaches will decide on competition #)

** Just because you were on a team the previous season doesn't not guarantee you a spot the next year.

KEY POINTS FROM THE CONSTITUTION

Summer Practices, Camps, and Choreography

***** These are Mandatory if you are in town.**

*Conditioning with Coach Aston (Varsity and JV) Tuesdays and Thursdays @ BT (free) or Pearson Fitness Training (\$\$) or BTHS

*Team Practice at Zone

Varsity and JV- Wednesday 3:30-5:30

**UCA Camp-Varsity June 26-29(UCA Masters Camp-Invitation Only@ UCF)

July 19-22 (University of Central Florida) More information to come.

***Stunt/Skill Camp - July 26-28 at Zone (specific times will be announced later)**

Regular Season Practices are Mandatory

Junior Varsity- Monday 4:30-6:30 and Wednesday 4:30-6:30 @ Zone; Tuesday 4-5:30 @ BTHS

Varsity- Tuesday 4:30-6:30, Wednesday 3:30-4:30 and Thursday 4:30-6:30 @ Zone

*This starts in August.

- We will make every effort to establish a practice time and stick to it; however, if the gym must be used for an athletic contest, our day or location may change.

****For each absence, you will be required to fill out an Absentee Form beforehand or if you are sick afterward with attached doctors note.**

Excessive absences could result in removal from the routine.

Commitment is
Vital!

Be there and be
on time.



Football and Basketball Games



- Mandatory for all participants
- A cheerleader must be present at school the day of a game to be eligible to cheer at a game.
- On game day, the cheerleaders will eat, dress, and set up together.
 - Come to school on game days packed for the game.
 - Parents will be asked to host pregame dinners for home games.
 - The squad will eat out or cater in prior to away games; parents will be asked to help with this as well.

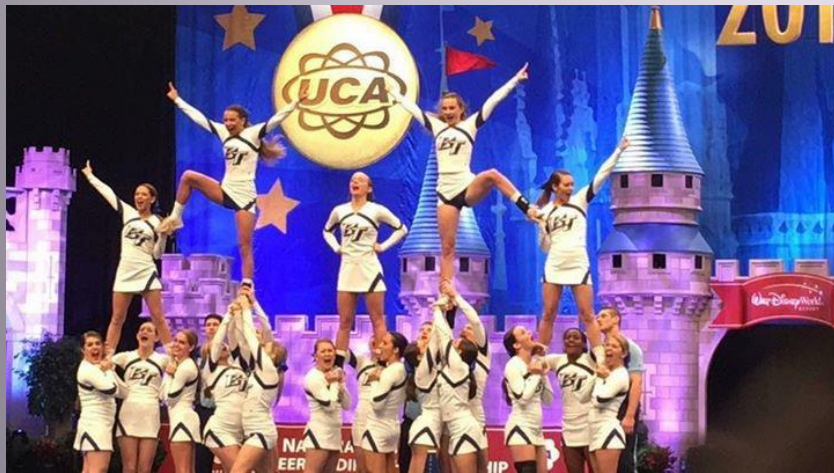
Parents will also be asked to assist with special event games like Senior Night and Homecoming.

Cheerleaders will wear pre-determined spirit wear on game day.

Cheerleaders will watch our band and the opposing team's band during half-time of football games. This is not socialization time!

- As game time is "performance time," all cheerleaders will be held to a high standard when in uniform – pre-game, during the game, and post-game.
- Friends, family and fans can hang out with you after the game or during halftime. **PARENTS: PLEASE DO NOT DISTRACT YOUR CHEERLEADER DURING CHEER TIMES.**

Competitions



- The number of competitions will be determined by the skill level and progression of each squad.
- Participants are responsible to pay all fees associated with a competition, except the FHSAA competition entrance fee which will be paid for by the Athletic Department.
- Emergency practices may be called depending on our readiness for a competition, but every effort will be made to keep these at a minimum.

Tentative Competition Schedule

- ▣ Nov 10- Nease High School
- ▣ Nov 17- West Nassau Warrior Warm-up
- ▣ Dec 1- UCA Regionals (Tampa, FL)
- ▣ Dec 8- All- Out Regionals (Jax, FL) Varsity ONLY
- ▣ Dec 16- Chase the State (Tampa, FL) JV ONLY
- ▣ Jan (Keep All weekends Open)
 - FHSAA Regionals (V ONLY)
 - West Nassau
 - FHSAA State (V ONLY)
 - Possible JV competition
- ▣ Feb 7-10- UCA Nationals (Orlando)

Money...That Touchy Subject



- ▣ (This is only an estimate, as gym fees and competition costs have not been determined.)
- ▣
- ▣ **Game/Stunt Camp** 408.00
- ▣ (UCA Camp June 26-29 or July 19-22, 2018 @ UCF Orlando, FL)
- ▣
- ▣ **Competition Choreography Camp (estimate only)** 280.00
- ▣ (Date July 26-28 @ Zone)
- ▣
- ▣ **Camp Wear/ Spirit Wear** 250.00
- ▣ (This includes four days of camp wear, most of which will also be worn as practice wear throughout the season.)
- ▣
- ▣ **BTHS Game Ready Apparel** 350.00
- ▣ (This cost will vary depending upon what was purchased in previous years, but includes bloomers, cheer bag, warm-ups, body-liners, and cheer shoes.)
- ▣
- ▣ **Uniform** 275.00
- ▣ (You will purchase one uniform. It will be worn at games and at competitions. If you purchased a uniform last year, you will not incur this cost.)
- ▣
- ▣ **One time Gym Registration Fee (Due June)** \$35.00
- ▣ **Monthly Gym Fees (beginning in August)** \$65.00 V 55\$ JV
- ▣ **Summer June-July (JV and Varsity)** \$30.00
- ▣ (This does not include any optional private lessons your daughter may need in order to improve her tumbling.)
- ▣
- ▣ **Competition Fees** \$200
- ▣ (Costs will depend on entry fees as well as transportation and hotel expenses. After the squad is chosen, a parent meeting will be held to discuss competitions. In the past, these costs have been as low as \$150.00 and as high as \$800.00. It could be much less if we, as a squad, decide to limit the number of competitions we attend).
- ▣
- ▣ **Plan on UCA Nationals** \$300-600 a girl
- ▣ **CHEERLEADING IS EXPENSIVE, BUT MEMORIES ARE PRICELESS!**

Sponsorship

Everyone is encouraged to participate in our Sponsorship program. Each cheerleader is asked to raise at least \$500 in sponsorships from businesses in our community.

- Sponsorship \$ can cover:
 - Choreography
 - Competition fees
 - Zone Fees



Optional' Workouts/Conditioning at
Zone All-Stars start April 4th
Wednesdays 3:30-5:30
May 2nd, 9th and 16th will be used for
Tryout purpose

Contact ZONE for information.

Tryouts:

Monday, May 21st – Learn Cheer and
Dance @ BTHS 2-4

Wednesday, May 23rd– Tryout Clinic
4-6PM @ BTHS

Thursday, May 24th– Tryout @ BTHS
4 PM -whenever we are done.

‘**Nothing is**

impossible; the word

itself says,

‘I’m possible!’”

~Audrey Hepburn

HOW WILL I BE JUDGED AT TRYOUTS?

- TEACHER RECOMMENDATIONS
- COACHES RECOMMENDATION
- GPA (WEIGHTED)
- STUNT (skill and technique)
- JUMPS (TOE TOUCH, PIKE, AND HURDLER)
- MOTION TECHNIQUE
- SPIRIT
- DANCE RHYTHM
- TIMING WITH YOUR GROUP (Dance ONLY)
- INDIVIDUAL CHEER w. signs and poms
- STANDING TUMBLING (HARD MAT)
- RUNNING TUMBLING PASS (HARD MAT)
- GENERAL CHEER PRESENCE...(SMILE, NATURAL ABILITY TO LEAD THE CROWD, VOICE)

REMEMBER...WHAT YOU THROW AT TRYOUTS, YOU MUST CONSISTENTLY THROW DURING THE SEASON OR YOU MAY NOT COMPETE!



*****Note: Like a football coach who only needs a certain number of quarterbacks, a cheerleading coach only needs a certain number of flyers, bases, and back spots. Besides skill, squad placement will be dependent upon what position you are capable of filling on the squad and squad need.

WHAT SHOULD I DO BETWEEN NOW AND TRYOUTS?

- COMPLETE ALL OF THE NECESSARY PAPERWORK
- REGISTER FOR CLINICS
- DON'T FORGET YOUR PHYSICAL! (
 - IF YOU HAVE A PHYSICAL ON FILE, YOU MUST GET A NEW PHYSICAL PRIOR TO THE START OF THE CHEER SEASON.
 - Physicals will be available at the school on **April 21**
- CONDITION AND STRETCH
- GET INTO A TUMBLING CLASS IF YOU NEED TO IMPROVE YOUR TUMBLING SKILLS
- STUDY FOR YOUR EXAMS...GRADES MATTER!
- GET EXCITED...BARTRAM TRAIL CHEERLEADING ROCKS!



YOU WILL NEED THE FOLLOWING...

PRIOR TO TRYOUTS

- ▣ **Register My Athlete**
- ▣ **A copy of your 3rd Quarter report card.**
- ▣ **Teacher Recommendations on File**
- ▣ **Coaches Recommendation on file**
- ▣ **Your Signed Cheerleading Constitution**
- ▣ **Proof of Residency (If you do not currently attend BTHS or one of its feeder schools.)**

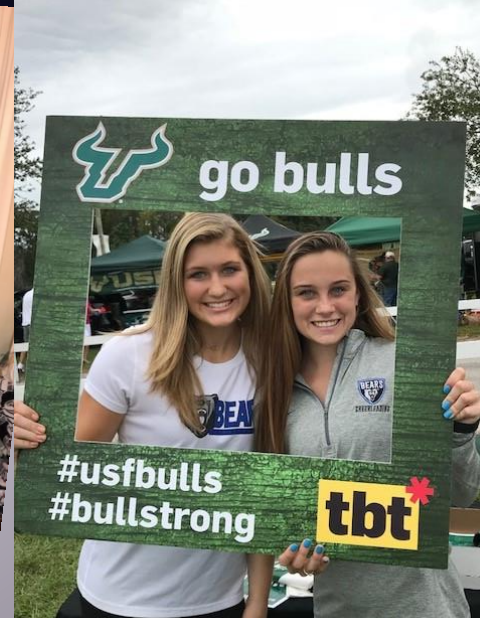
DURING THE WEEK OF TRYOUTS

- ▣ **Reliable transportation to and from BTHS for the clinics and tryout**
- ▣ **Clinic Apparel**
 - Sneakers or cheer shoes
 - Cheer shorts and a T-shirt
 - Hair pulled back in a tight, high ponytail.
- ▣ **Tryout Apparel**
 - Sneakers or cheer shoes
 - Hair in a tight, high ponytail with a plain blue, black, or white ribbon
 - blue or black cheer shorts
 - a plain white T-shirt

**“Call it a clan, call it a network, call it a tribe, or call it a family;
whatever you call it, whoever you are, you need one.”**

~Jane Howard

At BT Cheer...We Call It a Sisterhood!



Questions?

- ▣ Danielle.parker@stjohns.k12.fl.us