

# BTHS Cheerleading 2020-2021



# Coaches

- ▣ Varsity Coach – Danielle Parker
  - Cheered at BTHS 2003-2007
  - Coached at BTHS 2012-PresentAssistant Coach- Katie Tax
  - Cheered Flagler 2011-2015
  - Coached BTHS 2015-Present
- ▣ Junior Varsity Coach –Jennifer Aston
  - JV Coach at BTHS 2010-2012; 2016-PresentAssistant Coach- Kayleigh Aston
  - Cheered at BTHS 2010-2013
  - Coached at BTHS 2014-Present



# Varsity FHSAA State Champions

2008, 2015, 2017, 2020

# UCA Nationals

7th (out of 44) in Large Varsity (2020)

# National Champions in Large JV (2020)



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.

# Contract Talking Points

- ▣ Membership
- ▣ Responsibilities
- ▣ Parent Commitment



# Team Types

GAME DAY VS  
TRADITIONAL

# Team Size

- ▣ Varsity: 16-20 girls

16 (Medium)

20 (Large)

- ▣ JV: 16-26 girls

Small JV 16

Large JV 17-30

(coaches will decide on competition #)

- ▣ Game Day Varsity (will decide ## during try-outs)

\*\*\*Possible Alternates

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

# SUMMER REQUIREMENTS

## Summer Practices, Camps, and Choreography

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

\*Varsity Team Practice: May 11, 14, 19, 21, 26 and 28<sup>th</sup> @ BTHS 4pm-6pm

June 2, 4, 9, 11, 16, and 18<sup>th</sup>

July 7, 9, 14, 16, 28, 30

\*JV Practice: May 11, 14, 19, 21, 26 and 28<sup>th</sup> @ BTHS 4pm-6pm

June 3, 10, 17, 24 and July 8, 15, 29 @ Zone

June and July: Tuesdays and Thursday @ BTHS (no practice week of 4<sup>th</sup> of July)

**\*\*Stunt/Skill Camp - June 20-22 (Traditional) June 23<sup>rd</sup> Game Day at BTHS June 20-21 and at Zone 22 and 23 (specific times will be announced later )**

**\*\*UCA Camp at the University of Kentucky - Varsity and Junior Varsity  
July 17-23**



# Regular Season Practices

## Regular Season Practices are Mandatory

- ▣ **Junior Varsity**- Monday 4:30-6:30 and Wednesday 4:30-6:30 @ Zone; Tuesday and Thursday 4-5:30 @ BTHS
- ▣ **Varsity**- Monday 7<sup>th</sup> Period- 4:30PM @ BTHS, Tuesday 7:00AM-8:45AM @ BTHS, Wednesday 3:30-5:00 and Thursday 4:45-6:15 @ Zone
- ▣ \*This start August 1<sup>st</sup>
- ▣ We add Morning practices during Nov, Dec, Jan and 1<sup>st</sup> week of Feb.

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.

# 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 7- Creekside HS
- ▣ Nov 14- UCA Regional # 1
- ▣ Nov 21- West Nassau Warrior Warm-up
- ▣ Dec 5- UCA Regionals #2 (Tampa, FL)
- ▣ Dec 19- Chase the State (Tampa, FL)
- ▣ Jan (Keep All weekends Open)
  - FHSAA Regionals (V ONLY)
  - West Nassau
  - FHSAA State (V ONLY)
- ▣ Feb 3-7: UCA Nationals (Orlando)



# Money...That Touchy Subject



\*\*\*This is only an estimate

- **Game/Stunt Camp** 435.00 + 350.00
- (UCA Camp July 17-23 in Lexington, KY)
- (Bus and Hotel)
  
- **Competition Choreography Camp (estimate only)** 300.00
- (Date June 20-22 @ BTHS and Zone)
  
- **Game Day Choreography (June 23<sup>rd</sup> @ Zone)** \$150.00
  
- **Nike Camp Wear/Warm-up and Backpack** \$400.00-\$500.00
- (This includes three days of camp wear, which will also be worn as practice wear throughout the season.)
  
- **BTHS Game Ready Apparel** 350.00- 1500.00
- (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.)
  
- **Pay to Participate (August)** \$100
  
- **One time Gym Registration Fee (Due June)** \$35.00
- **Summer Gym Fees (JV ONLY)** \$40
- **Monthly Gym Fees (beginning in August)** \$50.00 V & \$65 JV
  
- **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 \$700 in sponsorships from businesses in our community. \*\* Due July 27th

- Sponsorship \$ covers:  
choreography, music, signs, poms, clean-ups, competition fees, sponsorship t-shirts and Nationals t-shirts.

\*\*Will discuss more when teams are made. But just wanted everyone to know there is an option to help offset the cost.



Optional Pre Tryout Clinic for anyone new to BTHS Cheer (recommended for former BTHS cheerleaders)

Where: Zone Cheer

Time: 4-6

Cost: \$40

Try-Out Clinics (Mandatory)

Where: Switzerland Point MS Gym

Days: April 27<sup>th</sup> 4-6, 28<sup>th</sup> 4-6, 29<sup>th</sup> 6-8

May 5<sup>th</sup> 4-6, and 6<sup>th</sup> 6-8

Tryouts: May 8<sup>th</sup> 4-??? @ SPMS



**“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
- DANCE RHYTHM
- TIMING WITH YOUR GROUP (Dance ONLY)
- GROUP CHEER with signs and poms
- STANDING TUMBLING (HARD MAT)
- RUNNING TUMBLING PASS (HARD MAT)
- GENERAL CHEER PRESENCE... (SMILE, NATURAL ABILITY TO LEAD THE CROWD, VOICE)
- **MILE RUN (Goal: Under 9 ½ mins)**

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 4<sup>th</sup> 1-4pm @ BTHS
- 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

- ▣ **Athletic Clearance**
- ▣ **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



# Social Media

## INSTAGRAM

- ▣ @bths\_cheerleading

Fill out Cheerleader Application which can be found  
Instagram or Cheer Webpage.

“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?

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