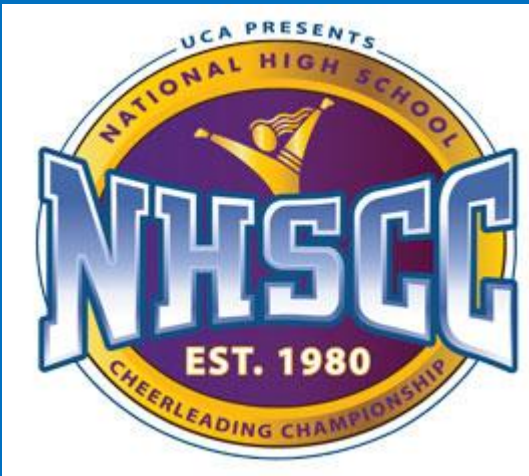


BTHS Cheerleading 2024-2025



Varsity FHSA State Champions

2008, 2015, 2017, 2020,
2021, 2022, 2023, 2024



UCA National Champions
Junior Varsity 2020 and 2022

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.

Teams

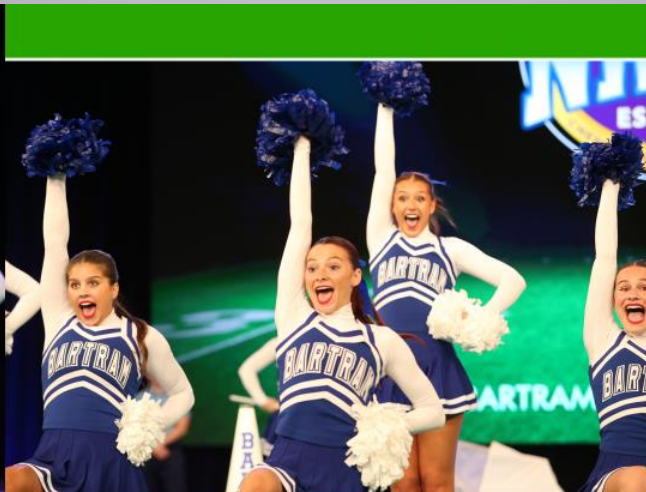
Varsity

JV

GameDay (Varsity and JV athletes)

*** Alternates- will be named before choreography

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



Gameday Tryout:

Thursday, May 2nd 4pm

White T-shirt with Blue Shorts

Hair should be in a mid pony curled with a white bow

Gameday makeup with red lip

Tryout Requirements:

Fight Song & Sideline

Bartram Trail High School



This illustration is intended as a representative image. Actual color, size, placement, etc. will vary.





Work Week: June 24-28

Choreography: July 10th & 11th 8am – 1pm

Practice: July 16th

Regular Practice Schedule Begins July 29th

Mondays 4-6pm at Switzerland Community Church

Tuesdays 7-8:30am BTHS Gym

Email: bartramgameday@gmail.com

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May Practices

When: Tuesday and Thursdays

May 7, 9, 14, 16, 21, 23 and 30 (no 28th)

Where: Switzerland Community Church Gym

Times: Varsity 4:00-6:00

JV 4:30-6:30

Summer Practices

June and July @ Switzerland Community Church

Work Week # 1: June 10-13 JV 3:00pm-5:00PM

Varsity 5:00PM-7:00PM

Work Week #2: June 24-27 Varsity 12:00noon-2:00PM

GameDay 2:00PM-4:00PM

JV 4:00PM-6:00PM

Choreography: July 8-11 All Day

UCA Camp July 18-22

GameDay Practice- July 24 time TBD

PROVEN CHEER- July 25-26

Football Work Week # 3: GameDay 1:30-3:30

Varsity and JV August 5-8 3:30PM-5:30PM

*** After Tryouts- you will be asked to give us your summer trip dates.

Weight Training w/ Hybrid Cheer

When: Mondays and Wednesdays

June 6, 8, 13, 15, 20, 22, 27 and

July 6, 13, 18, 20, 25, 27

Time: 8:00AM-9:00AM or 9:00AM-10:00AM

Where: Hybrid Cheer

Cost: \$170 for entire summer

*Required

Choreography

- ▣ July 8-11

All Day- Keep entire day open please.

Other Dates to Keep open for Choreography:

- ▣ Nov 11th (Monday) – Clean up with Ronnie
- ▣ Beginning of Jan– Clean up with Bryce

UCA Master's Camp

Where: University of Kentucky

When: July 18-22

Means of Travel: Vans

** Will get more info once teams are formed

Proven Cheer

Who: Proven Cheer- Coaches and Athletes (all girl) from University of West Georgia

When: July 25-26

Location: TBD

Cost: \$225 Per athlete (hope to fundraise)

Regular Season Practices

Regular Season Practices are Mandatory

- ▣ Junior Varsity- Tuesday 4:30-6:30 and Wednesday 3:30-5:30 @ Switzerland Community Church; Thursdays 4-5:30 @ BTHS
- * A 4th day of practice will be added once teams are selected
- ▣ Varsity- Wednesday 3:00-5:00 and Thursday 4:00-6:00 @ Switzerland Community Church
 - Tuesdays @ BTHS 4:00-5:00 Sideline work/Stunt Reps
- ▣ GameDay- Monday 4:00PM-6:00PM @ Switzerland Community Church; Tuesday 7:00AM-8:30AM @ BTHS
- *This starts in August.

- ▣ All teams should plan on at least 1 Saturday a month
 - 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.

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.**

Tentative Competition Schedule

Potential Pre-Season County Competition

Nov 16th - West Nassau Warrior Warm-up

1st week in Dec-County Competition # 1(CHS)

2nd Week in Dec County Competition #2 (St. Aug)

3rd Week in Dec County Competition # 3 (Beachside)

Dec 7- Competition

Dec 14th- UCA Regionals (guess)

January 2025

FHSAA Regionals (V ONLY) Jan 18 (my guess)

County Finals (Nease)

West Nassau Comp.- Jan 25th

FHSAA State (V ONLY) (Feb 1st -Guess)

Feb 5th -9th : UCA Nationals (Orlando, FL)

CHEERLEADING
IS EXPENSIVE, BUT
MEMORIES ARE PRICELESS!

(This is only an estimate.)

- ▣ **Game/Stunt Camp** \$705 (Camp + Transportation +Hotel) Due July 1st
(UCA Camp July 18-22 @ University of Kentucky)
- ▣ **Competition Choreography Camp (estimate only)** \$450-\$500 *due July 1st
(Date July 8-11)
- ▣ **Camp Wear/ Spirit Wear** \$400-500 *Due May 6th
(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 *Due May 6th
(This cost will vary depending upon what was purchased in previous years, but includes sideline poms, bloomers, cheer bag, warm-ups, body-liners, and cheer shoes.)
- ▣ **Uniform** \$310 (Varsity) and \$365 (Junior Varsity) * Due May 6th
(You will purchase one uniform. It will be worn at games and at competitions. If you purchased a uniform last year, you would not incur this cost.)
- ▣ **Donation to Church for Space** ** Still working on Details
- ▣ **Competition Fees** \$200 (Covered in Sponsorship/fees)
- ▣ **Plan on UCA Nationals** \$500-\$600 a girl plus Hotel (Due in December)

Money...That Touchy
Subject



Fundraising

Goal for Fundraising is to raise enough money to cover 2024-2025 Camp and Choreography Fees

Jumbo Shrimp (Now- July) $3/3-3/4 = \$2900.00$

Middle School Clinic (April)

Gift Card Raffle Basket (May)

Fill the Calendar (June)

Bear for a Night (August)

Middle School Night (October)

Lotto Ticket Raffle Basket (Dec/Jan)



Sponsorship

Each cheerleader is asked to raise at least \$500 (Traditional Only) \$600 (Traditional and Gameday) in sponsorships from businesses in our community. If you do not wish to collect sponsorships, you are more than welcome to pay \$500/\$600 out of pocket.

Sponsorship \$ covers:

- Routine Music
- Competition fees (except Nationals)
- Props- Signs, poms, megas, flags, etc.
- Routine clean ups
- Shirts, sweatshirts, and misc. items throughout the season.
- Guest coaches -Hybrid, PROVEN, etc.

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

HOW WILL I BE JUDGED AT TRYOUTS?

- TEACHER RECOMMENDATIONS
- COACHES RECOMMENDATION
- GPA
- STUNT (skill and technique)
- JUMPS (TOE TOUCH, PIKE, AND HURDLER)
- MOTION TECHNIQUE
- 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

- Athletic Clearance

* Must be CLEARED by April 26th to try out.

A copy of your 3rd Quarter report card.

Teacher Recommendations (4)

Coaches Recommendation (1)

Signed Cheerleading Contract

Proof of Academy Acceptance if not zoned for BTHS

WHAT WILL YOU NEED DURING THE WEEK OF TRYOUTS?

(APRIL 30TH- MAY 2ND)

- ▣ Reliable transportation to and from BTHS for tryout days.
- ▣ What to wear to tryouts:
 - WHITE shirt with blue shorts
 - Cheer shoes
 - Hair pulled back out of your face. * Competition Ready



Questions?

Danielle.parker@stjohns.k12.fl.us

Instagram

bths_cheerleading