

# BTHS Cheerleading 2025-2026



## Varsity FHSA State Champions

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



## UCA National Champions

Junior Varsity 2020 and 2022

## Worlds Champions

Junior Varsity 2025

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: 16-20 Athletes

JV: 15-20 Athletes

GameDay (Varsity and JV athletes): 15 Athletes

\*GameDay will be selected at a later date.

\*\*\*Alternates- will be named before choreography

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





Gameday Tryout:  
May

Tuesday's 5:30PM-6:30PM

June: Work Week # 1: June 2-5 5:00PM-6:00PM

Work Week #2: June 16-19 5:00PM-6:00PM

Switzerland Community Church

Team will be announced by 6/30

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# Gameday Expectations



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Bartram Trail High School



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





Choreography: July 21-23

USF Private Camp: July 28-29

Practice Schedule:

Tuesday 4-6pm at Switzerland Community Church

Email: [bartramgameday@gmail.com](mailto:bartramgameday@gmail.com)



# May Practices

When: Tuesday and Thursdays

May 8, 13, 15, 20, 22, 27 and 29

Where: Switzerland Community Church Gym

Days and Times: Tuesday Varsity 4:30-5:30

JV 4:30-5:30

GameDay 5:30-6:30

Thursdays: Varsity 4:00-6:00

JV 4:30-6:30

# Summer Dates

SJMSAA Camp Hosted at BTHS- May 30-June 1

\* All BTHS athletes will be expected to assist this entire weekend.

Practices in June and July @ Switzerland Community Church (SCC)

Work Week # 1: June 2-5 JV 3:00pm-5:00PM

GameDay 5:00PM-6:00PM

Varsity 6:00PM-8:00PM

Work Week #2: June 16-19 -JV 3:00PM-5:00PM

GameDay 5:00PM-6:00PM

Varsity 6:00PM-8:00PM

Camp July 9-13 (Gatlinburg)

Choreography: July 21-23 All Day

Football Work Week # 3: August 4-7

GameDay 1:00-3:00 @ Church

Varsity and JV 3:30PM-5:30PM @ BTHS

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

# Weight Training w/ Coach Nadeau and Coach Bratovich

When: Varsity -Mondays and Wednesdays

(June 2, 4, 9, 11, 16, 18, 23, 25, 30 July 2, 7, 14, 16, 28, 30)

JV- Tuesdays and Thursdays

(June 3, 5, 10, 12, 17, 19, 24, 26 and July 1, 3, 8, 15, 17, 29, 31)

Time: 9:15AM-10:15AM

Where: BTHS Weightroom

Cost: \$125 for entire summer

\*Required

\*\*Can't be covered by fundraising/sponsorships



# Choreography

- ▣ July 21-23

All Day- Keep entire day open please.

Other Dates to Keep open for Choreography:

- ▣ Nov 11<sup>th</sup> (Tuesday) – Clean up with Bryce
- ▣ Dec/Jan– Clean up # 2 with Bryce



## Summer Camp

Where: Gatlinburg, TN

Who: PROVEN Cheer

When: July 9-13

Means of Travel: Vans

July 9- Travel Day

July 10- Camp plus Anakeesta

July 11- Camp plus downtown Gatlinburg

July 12- Dollywood

July 13- Travel Home



# Tentative Competition Schedule

Nov 15th - West Nassau Warrior Warm-up

Week of Nov 17-21-County Competition # 1(BTHS)

2<sup>nd</sup> Week in Dec County Competition #2 (Pedro)

3<sup>rd</sup> Week in Dec County Competition # 3 (Tocoi)

Dec 6th- Possible Local Competition

Dec 13<sup>th</sup>- UCA Regionals (guess)

January 2026 (ALL TBD)

FHSAA Regionals (V ONLY) Jan 9-10 (guess)

County Finals (Ponte Vedra)

West Nassau Comp

FHSAA State (V ONLY) .- Jan 23<sup>rd</sup> or 24<sup>th</sup>

UCA Nationals (Orlando, FL)- Feb 4<sup>th</sup> -8<sup>th</sup>



# Regular Season Practices

## Regular Season Practices are Mandatory

- ▣ Junior Varsity- Monday 4:30-6:30 and Wednesday 3:50-5:50 @ Switzerland Community Church; Tuesday 7:00AM-8:30AM and Thursdays 4-5:30 @ BTHS
- ▣ Varsity- Wednesday 3:00-5:00 and Thursday 4:00-6:00 @ Switzerland Community Church  
Monday @ BTHS/SCC 4:00-5:00 Sideline work/Stunt Reps
- ▣ GameDay- Tuesday 4:00PM-6:00PM @ Switzerland Community Church

\*This starts in August.

\*Nov-Jan We will add morning practices when needed.

- 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.*

# Jumbo Shrimp FUNdraising

Games from April – September

**All games worked will be individual effort.**

**The more people we have at a game- the bigger the stand and the more we will earn.**

**This is a parent gig-as workers must be 18 years or older (they are not allowing kids to work in the concessions this season)**

**10+ families covered majority of their season fees with Jumbo Shrimp fundraising. Other families helped cover some cost for the season.**

**Total money collected for 2023-2025 season: \$41,000**



# Sponsorships

Each cheerleader is encouraged to acquire sponsorships from businesses in our community. If you do not wish to collect sponsorships (or work Jumbo Shrimp), you are more than welcome to pay all fees out of pocket.

## Sponsorship \$ Can Cover:

- Practice Wear Fees
- Camp
- Choreography
- 2025-2026 Cheer Fees
- Nationals

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

(This is only an estimate.)

- ▣ **Game/Stunt Camp** **\$700 (Camp + Transportation +Hotel + Fun Day) Due June 1st**  
(Camp July 9-13 @ Gatlinburg, TN)
- ▣ **Competition Choreography Camp (estimate only) Traditional ONLY \$500; Traditional and GameDay \$700**  
\*due July 1<sup>st</sup>  
(Date July 21-23)
- ▣ **Camp Wear/ Spirit Wear** **\$300-700 \*Due May 9th**  
(This includes 3 days of camp wear, most of which will also be worn as practice wear throughout the season.)
- ▣ **BTHS Game Ready Apparel** **\$350.00-\$1000.00 \*Due May 9<sup>th</sup>**  
(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** **\$320 (Varsity) and \$378 (Junior Varsity) \* Due May 9th**  
(You will purchase one uniform. It will be worn at competitions. If you purchased a uniform last year, you would not incur this cost.)
- ▣ **Donation to Church for Space** **\*\* Will collect donation at end of Season**
- ▣ **Cheer Fees** **\$650 (Traditional ONLY); \$750 (Traditional AND GameDay)**  
**Covers: Competitions, Music, Signs, Poms, Flags, Megs, Routine Clean-ups, Guest Coaches, some of Coaches Travel Expenses, misc. items throughout season)**
- ▣ **Plan on UCA Nationals** **\$500-\$600 a girl (Due in December)+ Hotel Stay (We will look in June or July)**

**Money...That Touchy  
Subject**



CHEERLEADING  
IS EXPENSIVE, BUT  
MEMORIES ARE PRICELESS!

# 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 25<sup>th</sup> to try out.

A copy of your 3<sup>rd</sup> 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? (MAY )

- ▣ Reliable transportation to and from Switzerland Community Church 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?

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Instagram

bths\_cheerleading