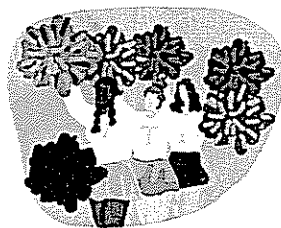


# CBGC

## Cheerleading Brochure



July 2008

## **CBGC Mission**

The Clinton Boys & Girls Club (CBGC) is a non-profit organization operated entirely by volunteers. Our mission is to promote the welfare of our youth through training and instructions, as well as, nurture the basic principles of good sportsmanship. We take great pride in matriculating a properly supervised athletic program that is strongly supported by committed and caring volunteers who work extremely hard to keep the CBGC operating.

## **Our Cheer Mission**

The purpose of the Clinton Boys and Girls Club Cheer program is to promote the sport and discipline of cheerleading by teaching the cheerleaders and coaches the basic elements and fundamentals of cheerleading during practice, performances, and competition. Our focus will be on teaching proper cheerleading techniques, reinforcing the concepts of teamwork, discipline, positive attitude, and most importantly, having fun. We look forward to having all our cheerleaders return for another great year!

### **A. Cheerleading Health and Fitness**

Cheerleading is about having a positive and supportive attitude, team spirit and enthusiasm. There is also a tremendous physical aspect to it. In order to a top cheerleader, **fitness** is one of the main priorities. Daily drills, weight training, and aerobic exercise are required from all cheerleaders.

### **B. CBGC Cheerleading Squads**

#### **1. Little Stuff Squad**

The Little Stuff squad is our entry-level cheer team. Cheerleaders at this level will be introduced to the basics of cheerleading. Emphasis is placed on working together and memorizing words and motions. Little Stuff will perform at flag games, will learn a cheer routine and is expected compete at the Prince George's County Boys and Girls Club cheer competition.

#### **2. Junior Squad**

The Time Enough squad will continue to reinforce and polish the basic cheerleading motions. The emphasis at this level is to teach more complex jumps, cheers, stunts, and tumbling to increase strength, flexibility, and knowledge of cheer movements. Individual personality, body motions, and facial expressions will also be emphasized. Cheerleaders will perform at games for players of corresponding age groups. The Junior Squad will also learn a cheer routine and audition for a squad position at the Prince George's County Boys and Girls Club cheer competition.

#### **3. Senior Squad**

Our senior squad is for those cheerleaders who love cheerleading and have a good understanding of cheerleading skills. At this level, the girls will utilize all the skills learned at the lower levels and build on it with more complex techniques and routines. This group works on combining complex jumps and formations in routines and cheers. Cheerleaders will work on advanced tosses and flier positions, spotting, and catching.

Body motions, formations, personality, facial expressions, and voice projection will be highly emphasized. Cheerleaders will perform at games for players of corresponding age groups. The senior squad will also learn a cheer routine and audition for a squad position at the Prince George's County Boys and Girls Club cheer competition.



### C. Conduct

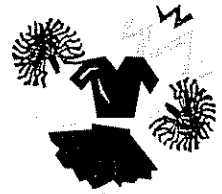
In order to provide the girls with the most positive atmosphere, we have implemented rules of conduct. Outlined with the rules of conduct is the progressive action that will take place if any member of the squad is unable to follow them. We ask each parent to help to ensure all rules are followed.

1. All members and parents must be strong representatives of the Clinton Boys and Girls Club and show a positive reflection of our Club.
    - a. Abusive behavior, stealing, lying and any form of negative behavior by the cheerleader or parent are grounds for dismissal from the squad.
    - b. Bad attitudes, back talking, rolling of eyes and other forms of disrespect to coaches or other club leaders are grounds for dismissal.
  2. Each cheerleader and parent is expected to display a cooperative and good sportsmanlike attitude. We will not tolerate negative comments about the coaches, parents, other team members, and opposing teams/programs.
  3. Each cheerleader is expected to work hard and to fully and actively participate in practice and cheering at the games.
  4. Breaking of the rules governing practice, games, fundraising, competition, and conduct will be handled as follows:
    - a. First offense – Verbal warning
    - b. Second offense – Sit out one game
    - c. Third offense – Meeting with parents, cheerleader, and coach before further participation will be allowed.
- ❖ Please see the CBGC Handbook for additional procedures and protocol for extensive problem resolution.

## D. Registration

Each cheerleader must be registered with the Clinton Boys and Girls Club. Registration can be completed online [www.clintonjets.org](http://www.clintonjets.org) or on Wednesdays and Thursdays between 6:30pm and 7:30pm at the Clinton Jets Equipment Shed on Piscataway Road, Clinton, MD. This fee must be paid before your child receives her uniform and before the third practice session. Fee - \$135

Uniforms and Pom Poms are supplied through the Club with a deposit of a \$75 post dated check, which is returned once the uniform is returned. The additional items needed for individual purchase are listed below.



### Additional Costs Involved –

\*\*\*\*\* Please note these are approximate prices and may be subject to adjustment\*\*\*\*\*

Practice Shorts (A)	\$ 7.00
Practice Shirt (B)	\$ 6.00
Cheerleading Socks (C)	\$ 5.00 <b>(Required)</b>
Hair Ribbon (D)	\$ 6.00 <b>(Required)</b>
Cheer bag (E)	\$ 10.00
Warm Up Suit (F)	\$ 40.00
Cheerleading Sneakers (G)	\$ 30.00 <b>(Required)</b>
Bodysuit/Midriiffs	\$ 25.00 <b>(Required)</b>
Cheerleading Briefs	\$ 10.00 <b>(Required)</b>
Banquet	\$ 12.00
Trophy	\$ 12.00
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Total	\$163.00*

\* This can be paid in three installments as follows:

1<sup>st</sup> payment - \$55.00 paid by August 28<sup>th</sup>  
2<sup>nd</sup> payment - \$55.00 paid by September 17<sup>th</sup>  
Final Payment – October 1<sup>st</sup>



### **E. Fundraising**

Each cheerleader/parent must participate in at least one fundraising activities during each sports season (Football and Basketball). The monies raised will be used to help defray the cost of the cheerleader expenses and/or to acquire professional trainers.

### **F. Clinics**

The Prince George's County Boys & Girls Club (PGCBGC) holds clinics for the coaches and the cheerleaders, prior to the PGCBGC competition. The club will also offer organized training sessions before the fall and winter seasons begin. The Clinics offer the cheerleaders and coaches on hands experience, drills, and basic skill development.

### **G. Team Pictures**

Group and individual pictures will be taken during the fall and winter season. Your child's coach will disseminate picture information. Cheerleaders and coaches should be on time for this event and fully dressed.

### **H. Community Involvement**

Every year CBGC Cheerleaders participate in the homecoming parade for Surrattsville High School. This parade is usually held on the first Saturday in November.

### **I. Competition**

The Clinton Jets Cheerleaders will participate in at least one competition, the Prince Georges Boys and Girls Club (PGCBGC) Cheerleading Competition, which is held on the first or second Sunday in November. All cheerleaders are expected to participate in the competition. However, Cheerleaders from the Junior and Senior squad are required to audition for a squad position for the PGCBGC Competition. Additional information about the date, uniforms, rules, and location will be provided prior to the competition.

### **J. Dress Rehearsal and Blocking**

Dress and blocking rehearsals are held two weeks prior to competition. During this time, cheerleaders and coaches are given final guidelines for entering and exiting during competitions. Cheerleaders should come to dress rehearsal fully dressed and on time.

Exhibit A

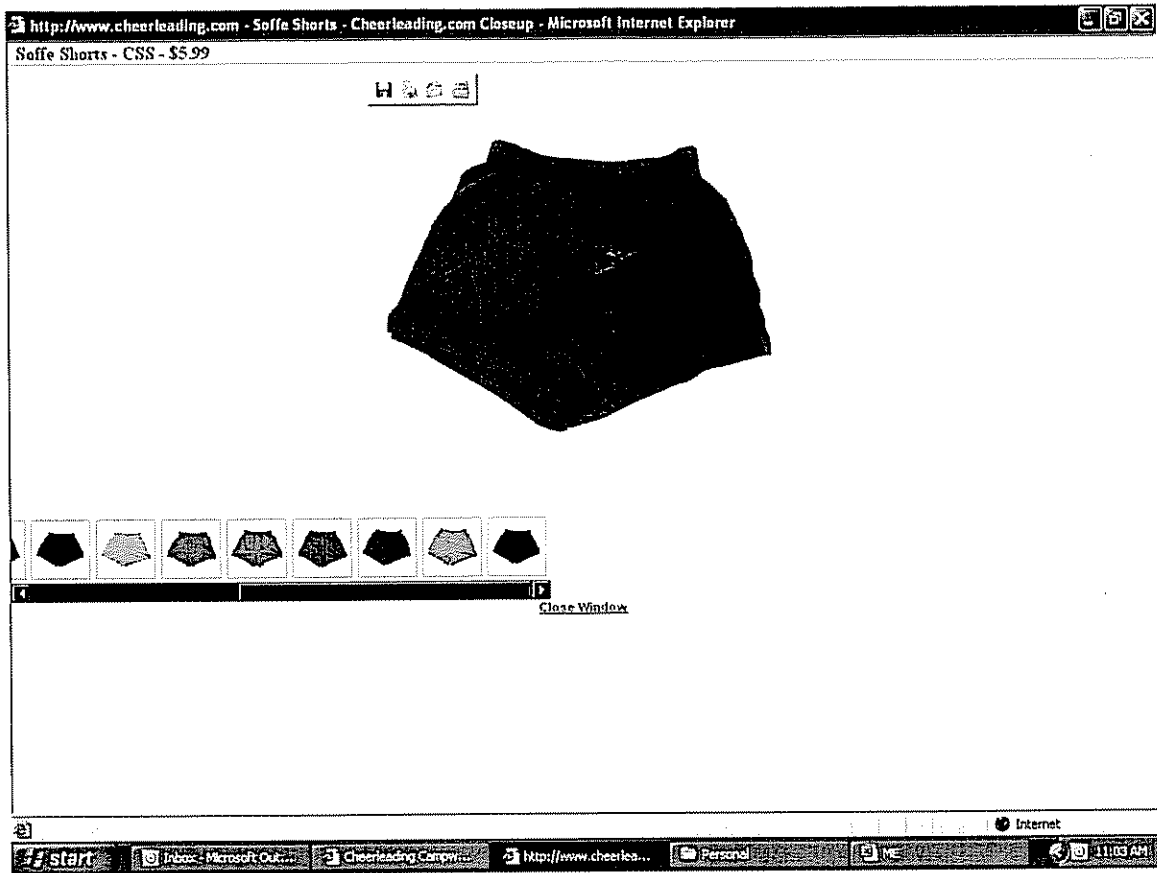


Exhibit B

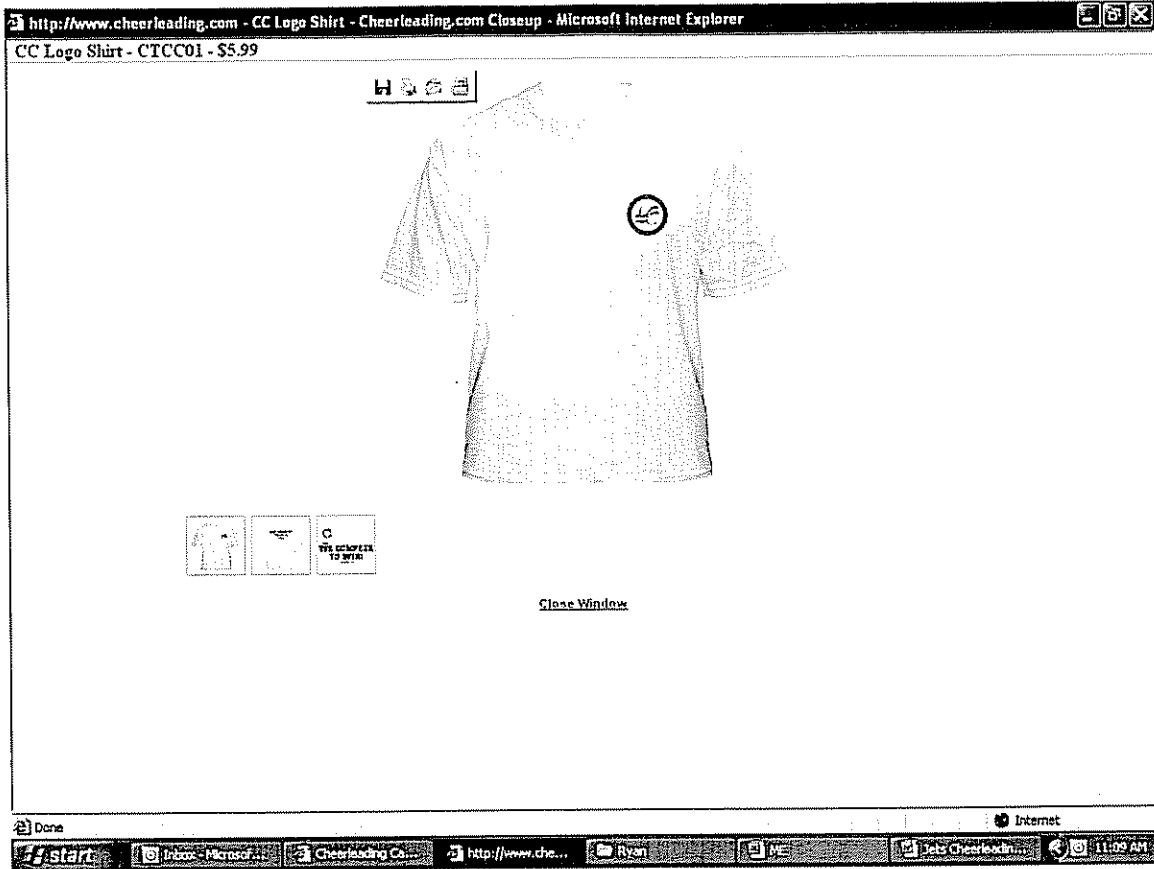


Exhibit C

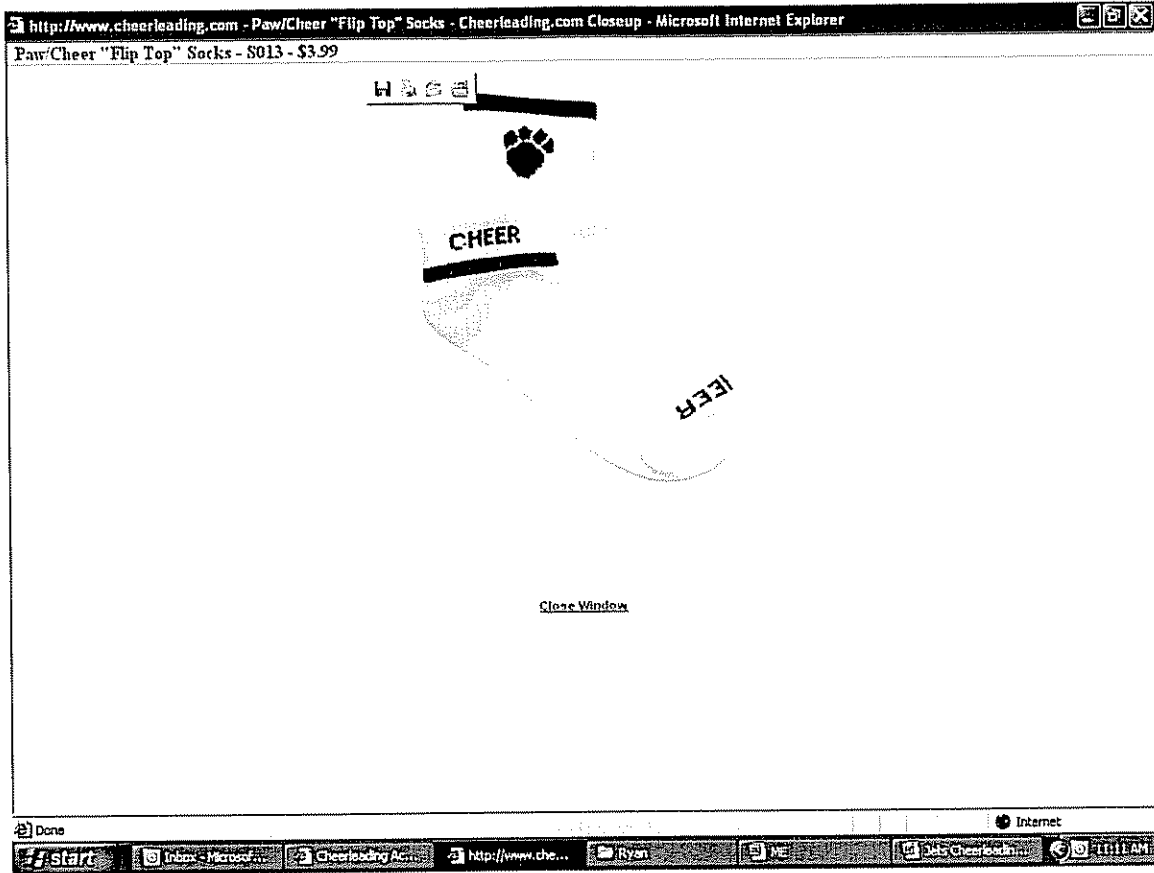


Exhibit D

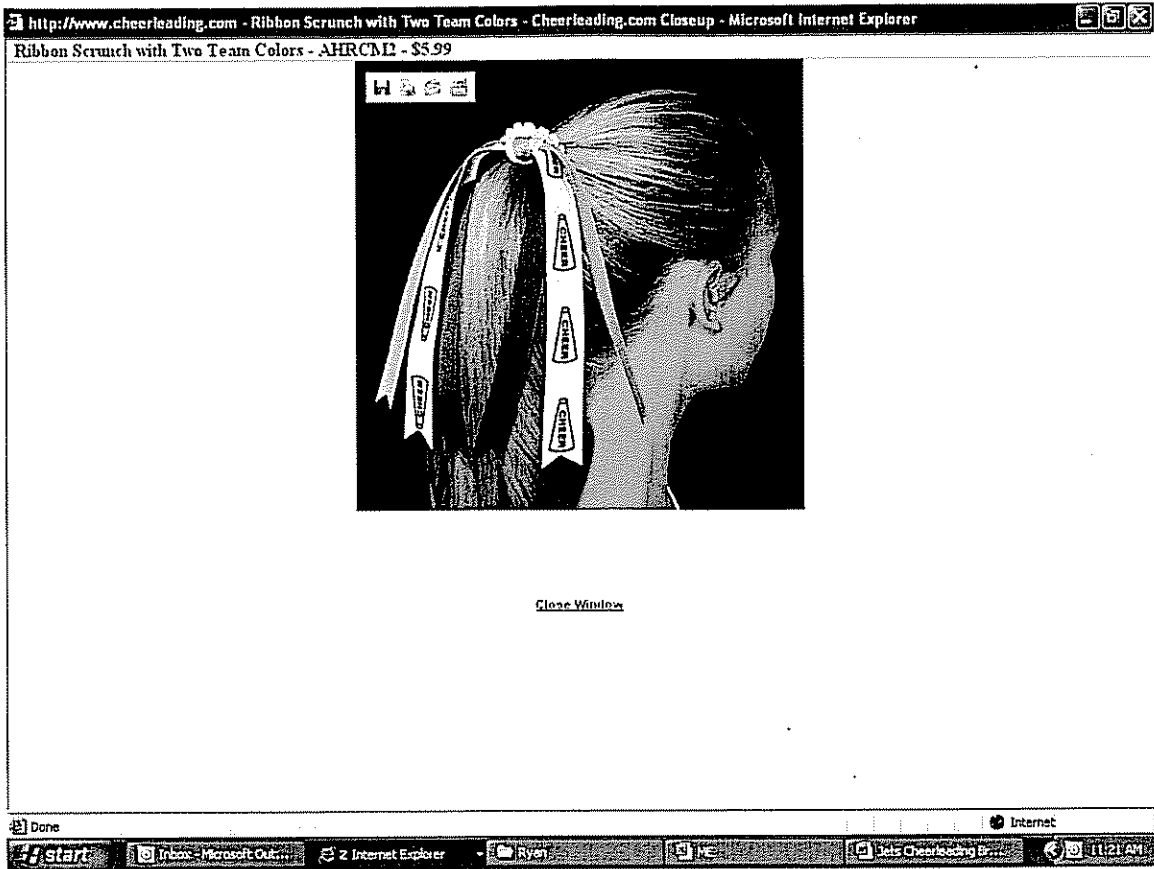


Exhibit E

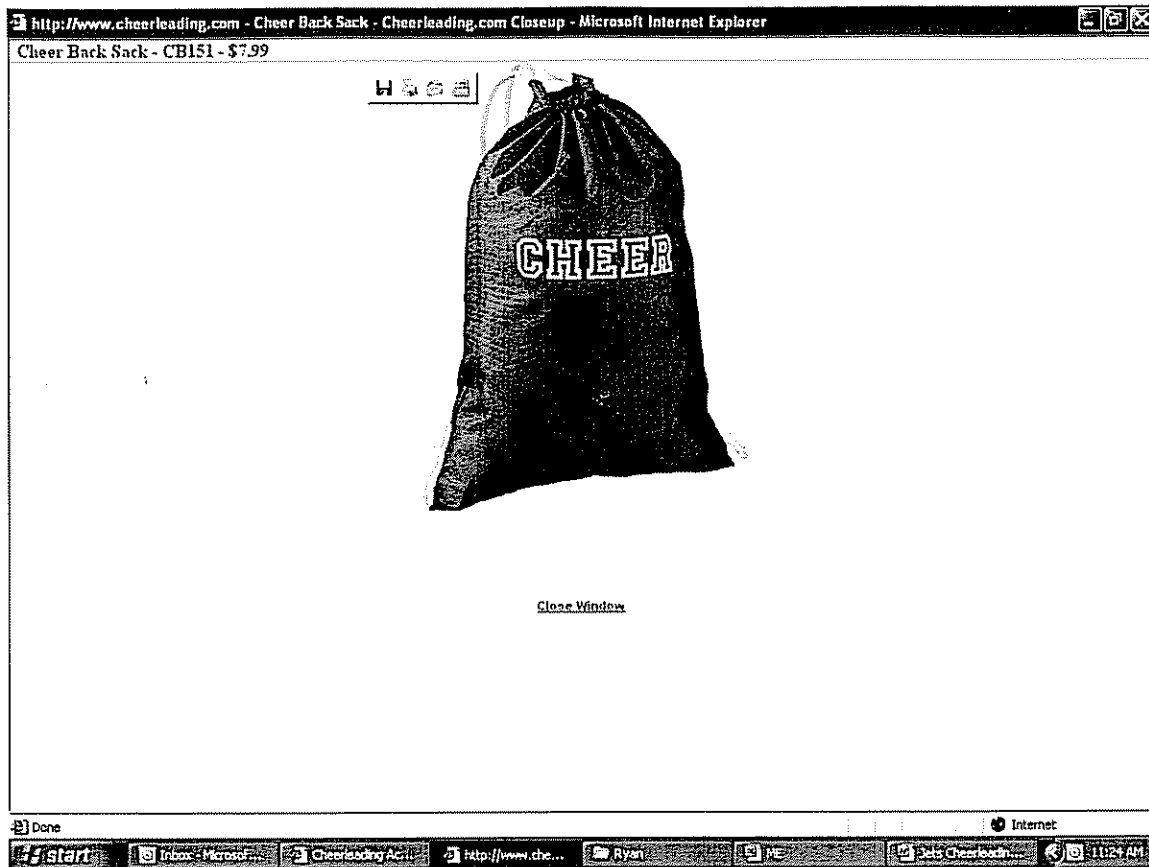


Exhibit F

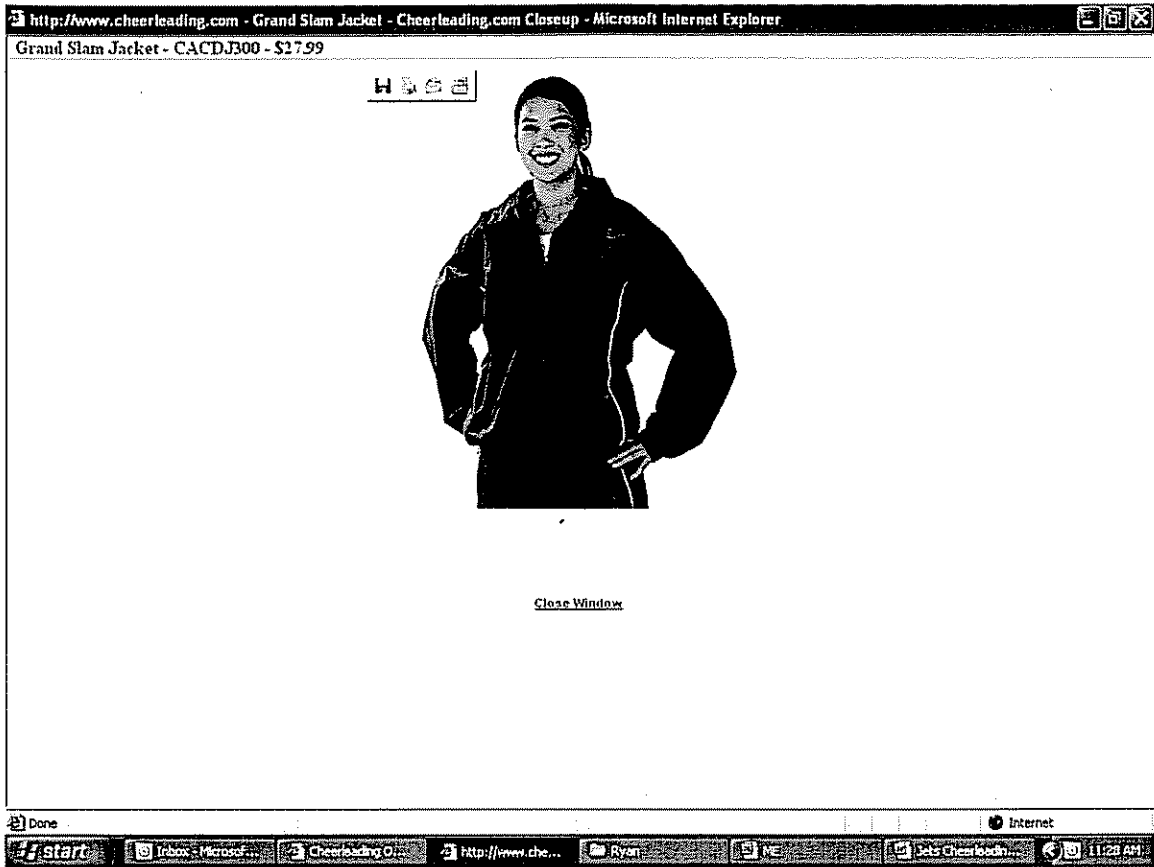


Exhibit G

