



2025 Handbook



Dear Parents/Guardians,

Welcome to the 2025 Jr Bulldog Cheer Season!

This handbook was created to help our cheer families familiarize themselves with the specifics of our Sparkle Cheer program and its outline of the season's details, guidelines, and expectations.

Cheerleading is a team sport, in which each person has an important role and is heavily relied upon. After reviewing the entire handbook, if you feel you will not be able to uphold the expectations, please reconsider joining the program as there are no refunds.

If you have questions or comments, reach out to Sarah and Annette.

Sincerely,

Sarah Leone, Director of Cheer
director-cheer@bfcabulldogs.com

Annette Chase, Assistant Director of Cheer asst-director-cheer@bfcabulldogs.com

GO BULLDOGS!

2025 Jr Bulldog Sparkle Cheer Handbook

Overall Program Description:

Jr Bulldogs are excited to announce Sparkle Cheer, our program dedicated to Sideline cheerleading. This program is for athletes entering Kindergarten through 8th grade in the Fall of 2025. This program will be focused on learning proper techniques and fundamentals beneficial to athletes as they progress to High School athletics. We strive to provide a fun, relaxed environment for young athletes to fall in love with the sport of cheerleading.

Parent Expectations:

Parent involvement is vital to a successful season. Parents are expected to support a positive and encouraging atmosphere at practices and games. The primary contact for issues or concerns is always the athlete's head coach. If you feel your concerns are not being addressed, please reach out to the Director of Cheer or the Assistant Director of Cheer.

We uphold a strict **Zero Tolerance Policy regarding alcohol consumption**. This policy extends to all areas, including parking lots, at both home and away games. Violation of this policy will result in immediate removal from the premises. Individuals found drinking may face additional consequences as outlined in the Jr Bulldog Code of Conduct, up to and including being banned from future events.

Jr Bulldogs is a 100% volunteer-run organization. Jr Bulldog Leadership and coaching staff put countless hours into creating a good experience for all our members. As a member of this organization, parents are expected to treat coaches, board members, and other volunteers with respect at all times.

Athlete Expectations:

The Jr Bulldog leadership team and coaches expect commitment, hard work and dedication to their team and attendance at all practices, games and competitions. Therefore, each athlete will know and abide by the policies in this Handbook.

Misconduct is unacceptable. The following actions can result in being removed from your athlete's squad:

- Tantrums, outbursts
- Profanity, lewd language
- Showing disrespect to a coach by talking back, eye rolling, etc.
- Showing disrespect to a fellow teammate
- Lack of participation or poor attitude
- Unnecessary or excessive talking or disruption of practice
- Disrespecting practice facilities
- Showing disrespect or lack of support to opposing cheer teams at football games
- Bullying is unacceptable and will result in immediate removal from the squad

Attendance:

When an athlete knows that they are going to be absent, he/she has the responsibility to notify their coach in advance. Communication must be made to the coach through our Communication App along with reason for absence. Attendance will be taken at the start of practice. **Athletes are allowed 3 unexcused absences during the season.** Should an athlete exceed that, they risk the ability to perform on sidelines or during halftime of games.

Specifics on advanced notice and excused/unexcused absences are below:

Excused Absences:

- Injury (must still attend practice)
- Contagious illnesses, including lice (please provide 2-hour notice when possible)
- Death in the family
- School event (1-week notice)
- Religious obligation (1-week notice)
- Vacation (2-week notice)
- Special events with advanced Head Coach approval

Unexcused Absences:

- Any absence from a game, practice, competition or special event that occurs that is not excused
- Playdate
- Birthday or Birthday Parties

Practice Rules:

The following rules will help ensure our practices run smoothly. We expect all parents and athletes to abide by the rules below:

- Practices are drop-off only. Parents will not be allowed in the practice area unless requested by the Head Coach.
- Hair must be pulled back and away from the face, no jewelry, Gum chewing, eating, and any beverage other than water are not allowed during practice.
- Positive attitude, no excessive goofing off or rough play, focus and concentration at all times
- Personal issues are to be left at the door.
- New skills are to be attempted only after proper preparations and practice, and only under the supervision of a qualified coach.

Program Commitment and Information:

- All athletes enrolling in Kindergarten through 8th grade for the 2025-2026 school year are eligible for Sparkle Cheer.
- 4-month commitment running from August to November (end date dependent on Football Playoff schedule).
- Practice will be 1x a week for 1 to 1.5 hours each (timing based on coach discretion).
- Athletes will attend ALL home games that are scheduled on Saturday or Sunday. Home games are held at Riverside Brookfield High School Stadium.
- Athletes will attend away games within a reasonable distance (approximately 15 miles) and at the discretion of the program Directors and/or Head Coach.*

** Jr Bulldog Football is a member of The Chicagoland Youth Football League (TCYFL). TCYFL works on a flex schedule with games scheduled based on wins and losses. Jr Bulldogs find out the specific dates/times 2 - 4 weeks in advance.*

Volunteer Hours:

Jr Bulldog Football and Cheer depends on the support of its volunteers. Families who exclusively have athletes participating in our Sparkle Cheer program must complete two (2) volunteer hours in concessions per Sparkle Athlete in the program (i.e. if you have 2 Sparkle Cheerleaders, you must complete four (4) volunteer hours in concessions).

Please note that if you have athletes in our Football or Competitive Cheer program in addition to your Sparkle Athlete, your family's volunteer hour requirement is controlled by the Volunteer Hour policy detailed under those programs.

This requirement will be strictly enforced and must be honored in order for your family to remain in good standing with the organization. You will be asked to place a credit card on file at the beginning of the season and sign an acknowledgement of this volunteer hour requirement. If your hours are not completed by the end of the season, Jr Bulldogs will charge your credit card \$200.

All hours will be satisfied if a parent serves as a coach, team parent, or on the Jr Bulldog Board.

Program Pricing:

\$250 - Registration includes practice facility rental, new uniform (to be kept at the end of the season), practice bow, game day bow, Jr Bulldog practice t-shirt and Jr Bulldog sweatshirt. Registration will increase by \$25 after May 15th.

Practice Schedule:

Practice will be 1x a week for 1 - 1.5 hours beginning in August.

Game Day Policy:

On game days, upon arrival, athletes must wear their uniform, cheer shoes, spunks, required bow and any other apparel/accessories outlined by the Head Coach. Full uniform is to be on upon arrival to the game.

Tardiness at games will not be tolerated.

Uniforms:

The cost of the side line uniform is included in your registration fee, and is yours to keep. Uniform fittings will take place on Wednesday, May 28th and Saturday, May 31st. You will be prompted to register for a uniform fitting date during registration. If you do not attend a uniform fitting, you will be required to measure your athlete per the uniform sizing chart and submit sizes for ordering. You will also need to purchase white athletic shoes. We will provide links to shoes through our Competition Cheer vendor for those that are interested.

Other items typically needed are black shorts, white socks, white or black long sleeve turtleneck, and black leggings for cold days. These items are purchased by the participant.