

2027

PARENT HANDBOOK

WOLF STRONG • PACK STRONG

2027 Eastlake Jr. Cheer Parent Handbook

Welcome to EJC. This guide gives families a practical picture of the season, including practices, games, events, conduct, and ways to help. The 2027 calendar, locations, fees, and event invitations will be confirmed before registration or at the parent meeting. Your squad's TeamSnap schedule and updates will have final details.

At a glance

Season stage	What families can expect
Before season	Registration, mandatory uniform fitting in early May, a parent meeting during camp weeks.
August	Camp (two weeks of evening practices), preseason practice, and a squad bonding event. Exact weeks and hours to be announced.
Fall season	Two weekday practices and Saturday football games through early November, plus a late-August jamboree, a second team bonding event, concessions, and possible optional high school events.
End of season	Thriller performance in mid to late October, final games, and a year-end banquet in mid-November. Dates depend on the football schedule.

Communication and final calendar

TeamSnap is the primary source for the live calendar, RSVPs, volunteer sign-ups, and coach messages. Please ensure your cheerleader's RSVP is updated for every single event. Coaches build stunt groups, sign holder rotations, and captain assignments in advance based on these numbers. If an RSVP is missing or inaccurate, your cheerleader may be left out of planned positions and gameday opportunities. Keep contact information current and notifications on. For an absence or game-day issue, contact your coach directly. For program questions or unresolved concerns, contact the EJC board contact listed in the season welcome email.

Pre-Season Camp

Each year, we kick off the season with a two-week camp in mid-to-late August. Athletes learn as many game-day cheers as possible, work with our generous choreographers on their halftime routine, and get to know their squadmates. Every cheerleader receives a camp t-shirt to wear to camp.

Camp is held Monday through Thursday evenings from 5-8pm at Pine Lake Covenant Church. Sessions last approximately 1½ to 2 hours. Parents do not need to stay unless they have a second grader on the Glitter squad and the coaches request it. A parent meeting will be held after camp one evening to share key information and expectations.

Practices

Practice days, times, and locations will be announced with the 2027 calendar. Typically held at local elementary school gym or Pine Lake Covent Church (PLCC). Plan for regular attendance so the squad can learn cheers, spacing, and routines safely. Tell the coach through TeamSnap as early as possible if your child will miss or be late.

- Arrive a few minutes early with water, cheer shoes, comfortable clothes, hair up, and no jewelry.
- A parent or approved adult must be reachable during practice and pick up promptly. Do not allow cheerleaders to run through a dark parking lot.
- Cheerleaders should attempt new skills only with coach direction & spotting. Coaches will explain which skills are age appropriate.

- *Parents of second graders will be asked to stay and support Glitter squad practices* and coaches unless otherwise specified from the coaches.

Games

The football schedule controls game dates, kickoff times, and locations; changes can happen. Roughly 4 home games are played at Eastlake High School and 4 away games are played at surrounding high school football fields. Coaches will post arrival times and meeting points in TeamSnap. Families should plan to stay for the full assigned game unless they arrange an early departure with the coach.

- Arrive in the required uniform, shoes, hairstyle, and accessories, with water and weather-appropriate layers. The coach will specify the game-day look by the night before.
- Cheerleaders stay with the squad and follow coaches on the sideline. Parents should not enter the team area or remove a child without telling the coach.
- A typical game includes check-in and warm-up, sideline cheers, a halftime routine when scheduled, and squad dismissal. Halftime timing depends on football operations.
- Cheer positively for all athletes and officials. Confirm restroom, snack, and pickup procedures before the first game. Please help cheerleaders use the restroom before the game so breaks during play are limited.
- Coaches will do their absolute best to provide an opportunity for every cheerleader to be a captain and/or sign holder. Keep TeamSnap RSVPs current so coaches can plan leadership turns and stunting groups. Last minute RSVP changes may impact opportunities.
- Only coaches & cheerleaders are permitted on the track. *Parents and siblings must remain off the track* unless invited by a coach.

Season events and milestones

Event	What to know
Uniform fitting	Typically early May. Attend the assigned fitting and verify the order before submission; **sizes cannot be changed afterward.** Bring outgrown pieces for a hand-me-down exchange. Distribution and care details will follow.
Camp	An introduction to cheers, motions, routines, and friendships. The board has discussed evening weekday sessions, roughly 5–8 p.m., without Fridays. The final 2027 dates, location, hours, and packing list will be announced.
Parent meeting	Held on August evening during camp week. Review the calendar, safety & behavior expectations, communication, volunteering, & game logistics. Attendance is encouraged.
Jamboree	Late-August football and cheer kickoff where the girls cheer for the first time. Arrival, performance, and concession assignments will follow the football run of show.
Picture day	Individual and squad photos, typically early to mid-September. Uniform, hair, ordering, and timing instructions will be sent in advance. Please make every effort to attend; no makeup day is planned.
Friday Night Lights*	High school football and cheer scrimmage before their season. Youth football players and cheerleaders may attend to support the high school teams.
Youth Night or Night on the Box*	A high school event honoring youth programs. Youth athletes in full uniform may be recognized on the field at halftime and form a tunnel for varsity football players, subject to the host's final plan.
Cheerleader appreciation game	Football may designate a game around late September to recognize cheerleaders, traditionally with players presenting roses after halftime.

Event	What to know
Pink games	In October, football and cheer may wear pink for breast cancer awareness. Pink poms and bows will be provided.
Thriller game	One of the games is expected to feature a special Thriller halftime routine with cheerleaders dressed as zombies.
Year-end banquet	A mid-November family celebration with dinner, squad recognition, slideshow, and photos. Date, venue, and volunteer needs will be announced.

* Optional high school activities. Participation depends on the host's invitation and final schedule.

High school opportunities

When Eastlake High School invites junior cheer, families may choose whether to participate. We will share the invitation, any cost, arrival and pickup plan, and supervision expectations before asking families to RSVP. These activities depend on the high school's 2027 calendar and instructions.

Squad bonding

Each squad plans at least two bonding opportunities. Volunteer squad parents organize them in full; coaches may offer input but are not responsible for planning or logistics. Parents are encouraged to stay and help supervise. These events are for your cheerleader and one adult (no siblings, please). These costs are split by the parents.

Kickoff gathering. Squad parents recruit a host and coordinate a simple potluck, park meet-up, or activity through TeamSnap. These costs are split by the parents.

Thriller gathering. Squad parents arrange an event for the cheerleaders to decorate white T-shirts via cutting, ripping and painting supplies. These costs are split by the parents.

Squad parents will share dates, locations, participation details, and costs ahead of each event. They divide the total cost among all parents on the squad and communicate each family's share in advance.

Cheerleader pledge

Please read the official EJC cheerleader pledge together with your athlete before the season starts.

Behavior and family expectations

- Cheerleaders listen to coaches, keep hands to themselves, include teammates, use kind words, participate within what is reasonable for their age, and stay with the squad until dismissed.
- Some parents may be asked to stay at practice to help squads experiencing behavior concerns.
- Parents support coaches, model respectful sideline behavior, and raise concerns privately with a coach or parent liaison rather than during practice or a game.
- Coaches may use a reminder, reset, and parent follow-up form when behavior interrupts safety or participation. Any formal three-strike or recognition program will be shared in writing once approved for 2027. Girls may be asked to sit out for practices / games or be picked up early if issues persist.
- If your child needs an accommodation or extra support, contact the coach before the activity so we can plan.

Squad parents and volunteering

Volunteer squad parents coordinate snack sign-ups through TeamSnap or SignUpGenius and fully own 2 squad bonding event planning and supplies. Coaches remain responsible for cheer instruction and athlete decisions. Families can also help with camp, picture day, jamboree, concessions, banquet setup and cleanup, slideshow and photos, and other events. Sign-up links and any volunteer requirements will be shared before the season.

Concessions (Jamboree & Home Games)

EJC may ask families to staff jamboree concessions. Shifts & duties will be posted in TeamSnap. Volunteers should arrive for their shift, follow the lead's food & cash-handling directions, & arrange a replacement if they cannot attend.

Year-end banquet

Each year we celebrate every squad and honor the graduating Platinum squad. Platinum parent volunteers lead this family event with support from the EJC Board of Directors. The banquet includes dinner, squad recognition, a slideshow, and photos. The date, venue, and additional volunteer needs will be announced shared during the season. Volunteer roles range from set up, planning decor, food, clean-up or slideshow needs!

Uniform

Uniforms are typically distributed at the parent meeting during pre-season camp and include the following items in boxes below. Custom backpacks are optional, but many order. In addition to bringing all pieces of uniform to every game, we recommend each cheerleader has the following in their backpacks: poncho, black gloves, plain black leggings, white socks and white cheer shoes. Cheerleaders must all be uniformed (wearing the same exact items) when cheering. Ex: if one cheerleader forgets their jacket then none of the squad will be able to wear those jackets when cheering. Please label all items with your cheerleader's name to prevent lost items.

