



JESUIT JUNIOR MARAUDERS



Official youth football & cheer program for Jesuit High School
ad maiorem Dei gloriam

Jesuit Jr Marauders 2026 Cheer Handbook

The Jesuit Junior Marauders Cheerleading squads to promote team spirit, represent Jesuit High School, Jesuit Junior Marauders Football and Cheer Program to the highest degree, plus to always set an example of good behavior. Therefore, cheerleaders must display appropriate behavior inside and outside of practices, games and competitions. It is important to model the Jesuit way inside and outside of cheer.

The Jesuit Jr Marauders (JJM) cheer season starts mid-July and will run thru mid-November. Throughout the season JJM cheerleaders perform sideline chants and halftime routines, stunt, tumble, and cheer at all JJM football games. JJM is part of the Sierra Athletic Conference and cheer will participate in all games, league competitions, and perform during the Holy Bowl. Cheer takes hard work and commitment by both the athlete and family. Please read through this entire handbook so both you and your athlete understand the responsibility and commitment that comes with participating. This season we will be developing athletes' stunt, tumbling, jump, and motion skills. Attendance at all events is MANDATORY. Any outside activities, other sports, and appointments should be planned so that they do not conflict with the season's events.

Squads

For the 2026 season we plan to have 4 teams. Cheerleader's age on August 31st of the current season will be used to determine their league age. Below is the 2026 league age range chart.

Age	Mascot	Jr Pee Wee	Pee Wee	Jr Midgets	Midgets
6	X				
7		X			
8		X			
9		X	X		
10			X	X	
11			X	X	X
12				X	X
13				X	X
14					X

JJM coaching staff will determine the number of squads based on enrollment numbers and skills. Athlete's may be moved up divisions based on skill sets but will require league approval at the June League Presidents meeting. Evaluations will be held at the end of May for team placements, and athletes that would like to be considered for moving up must attend. This season our competitive season will run November through February. Tryouts will be held immediately after the regular season ends. Athletes must participate in the sideline season in order to be eligible for competition season.



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Mascot Team

Mascot teams will participate at all game day activities, perform halftime, and an exhibition performance at the SAC league competition. In general squads are separated by age/grade. Mascot is considered a recreational team. Mascots will not be eligible for the competition season. Summer practices will be Tuesday, Wednesday, and Thursday 6-7 pm. School year practice will be Tuesday and Thursday from 6-7 pm. The mascot team is designed for 5 and 6 year olds.

Sideline Teams

JJM does not make cuts for sideline season, sideline cheer is for athletes 7-14 years old. Athletes will be placed on teams based on age, grade, and SKILLS. Sideline teams will participate in all game day activities, perform halftime, and will compete at the SAC league competition. Sideline teams will focus on cheer instruction, teaching stunting skills, and athlete development. Sideline teams may compete in additional local competitions (travel as far as Stockton) based on athlete skills. This will be decided by the end of August. Older teams may also perform at Holy Bowl during the JV game.

Competitive/Pom Teams

Competitive teams will have tryouts. Competition season runs from November to early February. Tryouts will be held the week following the league competition in November. To tryout athletes must have participated in sideline season and have had regular attendance at all practices, games, and competitions. To be considered for the competitive team athletes should at minimum have a clean forward/backward roll, roundoff, and cartwheel. Older athletes are expected to have solid stunting skills (cradles, prep lib, 1/4 up extension) and front/back walkovers. Athletes on this squad will be expected to maintain focus, attend extra practices, and adapt to routine changes quickly.

Competitive season athletes will have greater practice and time commitment requirements. Comp team athletes will be expected to work on learning skills outside of practice time, independently of JJM, and spend practices fine tuning their routine. Athletes on this team are expected to be in tumbling classes (group and/or private).

Competitive athletes will be expected to maintain a positive and respectful attitude throughout the season. Parent/guardian and athletes should understand cheer is a competitive sport, our teams are coached as such, and choreography and stunts may be changed as the season progresses based on athlete skill, judges feedback, etc. Athletes who display disrespectful behavior towards coaches or teammates, lack of focus, lack of commitment, or inflexibility regarding routine position (flyer, base, back spot, etc.) may be removed without a refund for additional fees paid.



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For competitive teams, the division will be determined by the oldest athlete on the team, most likely this will be a 14u/midget squad. There will only be 1-2 competitive teams, and we are hoping to offer an additional Pom team this season.

Practice schedules will be determined based on gym availability but plan to have weekend practices, most likely on Sundays. Athletes will travel to competitions outside the Sacramento/Stockton area in December and January. The goal of these teams is to qualify and attend JAMZ Nationals (late January) held in Las Vegas, NV. There are additional fees for competition teams, fees will begin in November. Fees will cover competition fees, gym rentals, and coaches' travel expenses.

Evaluations

Evaluations will be held in May with a second opportunity in July. Team placements will be communicated via email. Athletes will be placed on sideline teams based on age, skill, and grade.

Registration Fees

Jr Pee Wee and above teams 2026 registration fee is \$500, mascots are \$375. Registration must be done online. A payment plan with an initial deposit is available but all fees must be paid in full by June 15th. Registration fees include:

- Practice Shirts
- 3 bows (Game Day, Breast Cancer, and Competition)
- 2-day cheer camp off site (Mascot registration does not include camp)
- Insurance
- Field costs for game and practice
- Gym rentals
- Competition Fees

Uniform Fittings and Cost

Uniform fitting will May 12th and May 14th 6-8 at Jesuit High School. Athletes should wear a swimsuit or form-fitting top and tumble shorts. For the 2026 season uniforms will be ordered thru Rebel athletics. Rebel Rise cheer shoes are preferred, but a list of acceptable alternatives will be provided.. Athlete sizing will be determined by parent/guardian during fittings. It is up to parent/guardian/guardian to ensure correct fit. No refunds will be given for incorrect measurements or incorrectly sized items. Parent/guardian/guardian will enter sizing and item needs and be charged thru your Jesuit Jr Marauders account. Uniforms must be paid in full by May 30th to receive them on time for the season.



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Jesuit Jr Marauders 2026 Cheer Handbook

Required Items

- Shell
- Skirt (built in briefs)
- Liner
- Jamboree/Practice Uniform
- Poms
- White LEATHER Cheer Shoes, REBEL RISE PREFERRED all others require approval
- White no show socks for games/competition (price varies)
- Backpack (must be black or red, one backpack options are offered thru Rebel)

Recommended Items

- Additional practice shorts (soffee or tumbling)
- Warmup jacket (purchased thru Rebel or PLAIN black)
- Black Leggings

Cheer Camp

For the 2026 season we will be attending the JAMZ camp being held July 11-12th at Twelve Bridges high school. CAMP IS REQUIRED FOR ALL ATHLETES OVER 7 years old. Camp instructors will teach motions, stunting, and more. This is our first activity as a team, and it is essential that all cheerleaders be in attendance. For the 2026 season mascots will not attend camp.

Clinics

Clinics are free to registered athletes. Clinics are when sideline chants will be taught. It is especially important for new cheerleaders to attend. All clinics will be held at the Jesuit High School practice fields from 6-7:30pm. While clinics are free athletes must be registered to attend. Registration can be completed at www.jesuitjrmarauders.com.

- Cheer 101 4/30/26
- Cheer 201 5/28/26
- Cheer 301-Stunt and Evals 6/4/2026



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Practice Times, Attendance, Attire, and Expectations

Due to the nature of this team sport, where routines, formations, and stunts are created based on the number of cheerleaders per squad, it is important that all members attend each practice, camp, game, and competitions for the squad to be successful. Any cheerleader with absences excused or unexcused may result in a reduced role in the half-time or competition routine. Our stunts and skills require everyone's participation during every practice. This is a safety measure to ensure all participants are prepared. Any absence from a game or practice or excessive excused absences will affect routine placement, and competition participation. If you know you will be missing a game, competition, or practice please communicate with the coach as soon as possible.

Practice Schedule

Camp

- July 11-12 Twelve Bridges High School

Summer Practices (July 20- August 17)

- Practices will start the week of July 20th
 - Mascots will practice Tuesday/Wednesday/ Thursday 6-7 pm
 - Jr Pee Wee will practice Tues, Wed, and Thur 6-7:30 PM
 - Pee Wee/Jr Midget/Midget will practice Tues, Wed, Thur, and Fri 6-8 pm

*This season we will take Mondays off for Tumbling classes. Tumbling is not included in registration however we recommend all athletes be enrolled. If a team determines a particular day works better for athlete tumbling levels this will be communicated via BAND.

Regular Practices (August 18- Nov 10th)

- Mascot will practice Tuesday/Thursday 6-7pm at Jesuit High School with one Sunday practice before league competition
- Jr Pee Wee will practice Tuesday/Wednesday/Thursday 6-7:30 pm with 2-4 Sunday practices before competition(s)
- Pee Wee and Above Teams will practice Tuesday/Wednesday/Thursday 6-8 with Sunday Practices starting mid September (TBD Based on competition schedule)

As nights get colder and darker we may modify these practice times/dates. Additional practices may/will be added as needed based on teams' competition schedule.



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Jesuit Jr Marauders 2026 Cheer Handbook

Practice Attendance

All cheerleaders are expected to attend all practices and arrive on time. Cheerleaders should cooperate at all practices with everyone.

1. Missing practice for being sick is acceptable. However, please email both the coach and VP of cheer in as much in advance as possible. This allows us time to change practice plans as needed.
2. If a cheerleader is injured, they must still attend practice and sit on the sidelines helping to promote spirit.
3. Coaches reserve the right to change athletes' position in routines based on attendance. To practice stunting ALL athletes must be in attendance, showing up late or missing practice impacts the entire team. Please see below for detailed attendance policy:

1 st Missed Practice	Sit 1st quarter of next game
2 nd Missed Practice	Sit 1st half
3 rd Missed Practice	Sit 1 st half including halftime
4 th Missed Practice	Sit entirety of the game, removal from stunt group

Practice Attire

1. Athletes should attend practice in the red JJM cheer T-shirt or red JJM tank top.
2. JJM Jamboree skort or black shorts may be worn. Shorts must either be black JJM practice shorts or black soffe shorts. When practices get colder, black leggings may be worn- **no pajamas or sweat pants**. Long sleeve shirts may be worn under t-shirts but they must be form fitting, no loose clothing.
3. Cheerleaders must have their hair tied up in a ponytail. High pony with a cheer bow is preferred. Bangs must be out of athletes' faces.
4. Cheerleaders must wear cheer shoes to all practices.
5. All jewelry must be removed. No earrings or long nails.

Practice Expectations

While JJM encourages a fun atmosphere, if a cheerleader is not participating in an acceptable manner, your coach or a member of the JJM staff will contact a Parent/guardian to come and take the child home. Unacceptable behavior includes but is not limited to the following: failure



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to take directions; defiance; rudeness to a coach, instructor, or teammate; disruptive or uncooperative behavior; profane or foul language; disregard for the safety of others. JJM wants to make every child's experience with the cheerleading program a positive, fun, and exciting learning experience. We expect all participants to always demonstrate appropriate behavior.

- Cheerleaders are expected to show up on time to practice, dressed and ready to go.
- Cheerleaders should leave all snacks, toys, markers, etc. at home.
- Cheerleaders need to have a backpack with pom-poms and water with them at every practice.
- **Cell phones are not allowed to be used at practice and need to be kept in a cheer bag or backpack for emergency purposes only.**

Game Day Attendance and Attire

Game Day Arrival

Teams will arrive 1 hour prior to game time and meet under the cheer tent. Any athlete that will be late must contact their coach to let them know ahead of time.

1. If an athlete misses a game, they will sit the first half of the following game.
2. Athletes who show up late will sit the first quarter.
3. An occasional change may need to be made to game schedules and will be communicated via Email.

Game Day Uniform

1. Cheerleaders should arrive at the game location in full uniform: clean shell, clean skirt, no show white socks, clean white cheer shoes, game day bow in hair, and with poms in good condition.
2. Warm Up jackets may be stored in the cheerleader's backpack and coaches will inform athletes if they can/cannot wear them.
3. Liner, warm up jacket, and black leggings may be worn when permitted by coaching staff. Parent/guardian will be notified ahead of time if these items are expected to be worn. Liners should be in backpack during game days in case of changing weather conditions.
4. All athletes should bring ample water with them.
5. During the month of October cheerleaders will wear pink breast cancer socks, pink bows, and use team provided pink poms.



JESUIT JUNIOR MARAUDERS



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Jesuit Jr Marauders 2026 Cheer Handbook

6. Athletes who will be staying for the following games should take care of uniforms, not eating messy snacks (snow cones, etc.) in uniform. We recommend that athletes bring a change of clothing and shoes to prevent damage to uniforms.

Game Day Hair

Weekly you will receive an email with game day reminders, included will be the cheer hair style for the week. Please follow the guidelines and if you have questions on style reach out to coaches for more detailed information.

Makeup

Except for competition, no makeup is to be worn by members of the Mascot, Jr. Pee Wee, and Pee Wee squads. If gloss is used it should be lighter red in shade. Makeup is allowed on midgets but must be light and neutral shadows and lip glosses. Coach will ask the cheerleader to remove makeup if it does not meet uniform expectations.

1. Nails -Nails should be short and clean, no nail polish for game days. League rules state that nail cannot be visible over fingertips when flipped over or have polish on it.
2. Jewelry should be removed prior to game time, including earrings.

Competition Attendance and Attire

This year JJM intends to send the Mascot, Jr Pee Wee, and Pee Wee teams to one competition. The Competitive team will be attending 2-3 competitions with an option (at additional cost) to attend more after the regular season has ended. Please see schedule at the end of handbook for specific dates and locations.

Competition times and instructions will be communicated the week of. Many times schedules are not complete until the Thursday before that weeks competition. We will make our best attempts to communicate competition information as early as possible.

Competition Attendance

1. Attendance at competition is MANDATORY. Teams will be expected to arrive early to review hair, makeup, and practice routines. Please do not plan other activities for this day. Competition is a full day event and teams should plan on staying all day to cheer on and support other squads.



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Jesuit Jr Marauders 2026 Cheer Handbook

2. If you will be missing competition for any reason, please notify the VP of Cheer immediately. Missing competition will impact the cheerleader's placement in stunts and halftime routines during the season.
3. Additional practices may be added prior to competition if needed.

Competition Attire

1. Competition Uniform- Uniform on competition day will consist of clean shell, clean liner, clean skirt, no show white socks, and CLEAN white cheer shoes.
2. Competition Hair- Competition hair is a high pony with the competition bow pointed tails out. Hair should be curled lightly. Pictures and product recommendations will be sent out prior to the event.
3. Competition Makeup- Different squads will have different makeup requirements. However, teams will have a natural eye with mascara and red lip gloss. A team lip gloss will be available, however if you would like your own an email will be sent out with the exact product/color.
4. No nails or jewelry is allowed at competition.

Disciplinary Actions

Disciplinary action may be taken if a cheerleader does not meet the expectations set forth in this handbook. Action will be taken based on the severity of the occurrence. Since it is impossible to foresee all problems, disciplinary action will be assigned based on the coaches judgment.

Parent Expectations and Information

Practices

While at JHS cheer practices are held by the batting cages.

1. Drop Off- our exact practice location on the field may change based on field conditions. Athletes should be dropped off in the covered area between the football stadium and pool. DO NOT LEAVE ATHLETES until an adult coach is present. Athletes should not be on campus prior to 5:45 pm. We do our best to be there by 5:45 but many times coaches are also coming from work, school, etc. Coaches will not provide athlete supervision prior to the start of practice.



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2. No U turns, double parking, etc. Please, please, please be respectful to Jesuit's neighbors. We are guests of the high school, and this extends to drop off and pick up.
3. Our practice space is very limited in size. As a result, we ask that parents/guardian do not enter the practice area. As we are near the season an email will be sent specifying where parent/guardian can sit during practice.
4. We have VERY VERY limited practice time, please make sure your athlete shows up on time, dressed correctly, and uses the restroom before practice starts.

Communications

1. During the season we will utilize Team Sideline as our primary club communication. Additionally, we will be setting up Band App communications for each team.
2. It is the parent/guardian's responsibility to regularly check email and read all club communications. Parent/guardian are responsible for reading and when applicable responding to items sent out in the Band App.
3. Email is the preferred way to communicate to coaches. We encourage all questions and concerns to first be directed to your athlete's head coach. Any issues that can't be resolved with the head coach should then be directed to the VP of Cheer (Elizabeth Lewis) and/or the Cheer Coordinator. If the issue cannot be resolved between the parent/guardian/guardian and Cheer Staff then it should be escalated to our President Johann Miller (president@jesuitjrmarauders.com)
4. Parents should not talk to athletes or coaches during practice times. We have limited time, and this can be very distracting for both coach and athlete. Please reach out to coaches via email with questions and concerns. We can schedule a time to chat. If you have an issue, please follow the 24 hour cooling off period.

Volunteer Requirements

All JJM families are required to submit a \$500 volunteer deposit or buy out. This deposit will be cashed at the end of the season if the 10 volunteer hours are not met. All volunteer opportunities will be posted on the clubs website (www.Jesuitjrmarauders.com) and must be signed up for using your team sideline account. This process will be reviewed during the parent/guardian meeting but if you have any questions please contact the volunteer coordinator.



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Jesuit Jr Marauders 2026 Cheer Handbook

2026 Tentative Cheer Calendar

April 30th- Cheer 101 6-7:30 @ JHS

May 7th -Parent/guardian Meeting @ JHS Harris Center 7 pm

May 12th Uniform Fitting @JHS Harris Center

- 6-7 Last Names A-G
- 7-8 Last Names H-M

May 14th Uniform Fitting @ JHS Harris Center

- 6-7 Last Names N-R
- 7-8 Last Names S-Z

May 28th – Cheer 201 6-7:30 @ Jesuit High School

June 4th – Cheer 301- Stunt Clinic and Evals 6-7:30 @ Jesuit High School

July 11th-12th - JAMZ Camp (Required for Jr Pee Wee, Pee Wee, JM/Midgets)

July 20th- Summer Practice Starts

Saturdays August- Nov Football Games (time based on team/ location TBD)

Tentative Competition Schedule

October 18th Jamz Reload

October 25th ACDC Spooktacular

Nov 9th SAC League Competition (only competition for mascots)

Competition Season Possible Competitions

Nov 21 ACDC Nor Cal Princess Encounter (Davis)

Dec 5th JAMZ Adrenaline (Adventist Health -Stockton)

Dec 12th- Nor Cal Holiday Giveaway (Vallejo)

Jan 9-10 JAMZ Nor Cal Knockout (Adventist Health -Stockton)

Jan 22-25 JAMZ Youth Nationals (Las Vegas)



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Jesuit Jr Marauders 2026 Cheer Handbook

Jesuit Junior Marauders Cheerleading Handbook Acknowledgement Form

I hereby acknowledge that I have read and understood all the rules, regulations, and guidelines set forth in the JJM Cheerleading Handbook. By signing this form, I agree to adhere and abide by all said rules, and uphold the integrity of the JJM cheerleading squad.

Athletes Name: _____

Athletes Signature: _____

Parent Name: _____

Parent Signature: _____

Date: _____