



***East Lansing Junior Trojans Cheer Handbook
2025***

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A. Mission Statement

- The Junior Trojan Cheer program is a non-profit organization. The program began in 2018 and has the goal to offer a fun & safe cheer program for middle school children at MacDonald MS in preparation for the ELHS team.
- This is a basic sideline cheer team in which we will focus on the fundamentals of sideline cheer. We will cover basic stunts, tumbling, cheer movements, and chanting.
- We hold all team members to a high level of respect with the understanding that they are representing the Junior Trojan Cheer team within the community.

B. Communication

- All parent questions, comments, concerns can be sent directly to our email address at jrtrojancheerel@gmail.com
- For emergencies during practices or games, please contact Chanel Nichols directly at 517-505-3614 or Tarra Irvin at 317-289-7417 text message is the fastest way to reach us.
- In addition, we will be provide last minute updates/changes using the TEAM REACH APP - Our Group Code is: juniortrojans
- Follow us on [Facebook](#)

C. Attendance Policy

- It is the expectation that all athletes do their absolute best to attend all practices and games during the season. However, in the event that schedules are unable to be changed we will allow up to 10 absences for the duration of the season. This includes both games and practices and can be used for illnesses or scheduling conflicts.
- If an athlete is continuously absent without prior approval, or no call no show more than 3 times this will result in dismissal from the team.
- Any time missed will not be made up and we do not have time to reteach certain cheers/chants during practices. The athlete will be

responsible for making sure they learn the chants/cheers needed on their own time.

- All absences should be reported within a 24 hours notice if possible. Please send any direct communication about absences to the jrtrojancheerel@gmail.com address.
- If a student misses a day of school for illnesses or behavioral issues, the student will be ineligible to cheer at the game.

D. Athlete Code of Conduct

- As a participant in the ELJTC program, we expect you to adhere to our athlete code of conduct. This includes respecting your fellow athletes, coaches, and staff, following all safety guidelines, and exhibiting good sportsmanship both on and off the field. Failure to comply with these expectations may result in disciplinary action. We take these expectations seriously to ensure a positive and enjoyable experience for all involved.

Grades

All student-athletes will be expected to maintain in good academic standing and hold their academics to a high standard and understand that it is important to prioritize their schoolwork by attending classes on time, completing assignments in a timely manner, ask for help when needed, and being prepared for exams, tests, quizzes, etc.

Student Behavior

Any student misconduct that goes against school policies or procedures could result in dismissal from the team. This may include but is not limited to suspension, detention, fighting, violence, and any disobedience that may occur on or off of school grounds will not be tolerated.

E. Dismissal from the team

An athlete may be dismissed from a team for any of the following reasons:

- Continued ineligibility
- Behavioral issues/disrespect to teammates, coaches, teachers
- Excessive absences, tardies

- Failure to adhere to safety guidelines
- Exhibiting poor sportsmanship on or off the field
- Use of profanity or foul language
- Use of alcohol, tobacco, or other controlled substances
- Posting anything negative about the ELJTC team (teammates, program, coaches) on social media
- Student misconduct

F. Practice & Game Expectations

- Athletes must be on time and prepared for all practices and games. They should always come ready to perform/practice.
- Practice Attire should include - gym/workout clothes & athletic gym shoes, all hair should be tied back, and fingernails should not go behind the tips of fingers. Anyone who is not prepared for practice will be asked to sit out.
- Game Attire should include - uniform shell, uniform skirt, briefs, bodysuit, warmup jacket, cheer shoes, and socks. If you are unprepared for games you may not be able to participate.
- Students will be required to wear their uniforms to school on game days.
- Continuous unpreparedness for games and/or practices will result in dismissal from the team.

Additionally, athletes will be removed from practice/game activities if they:

- Refuse to attempt the required work
- Continue to not say the words
- Continue to not do motions full out

Phone Use

Phones are not to be used during practice or games. Phones are a distraction and we want to make sure our athletes are focused. You may bring your phone and leave it silent during the duration of practices/games. Parents should contact coaches in case of an emergency.

Social Media

It is very important that student athletes understand that their interactions on social media can have serious and permanent consequences. Should anything negative or inappropriate be brought to our attention, the athlete responsible will be suspended from activities for an amount of time determined by the coach. We do not tolerate anything of the sort. This includes reposting any inappropriate or negative post, as well as commenting.

Transportation

Transportation is the responsibility of the parent/guardian of the athlete to and from practices and games. All games will be within the local area. If you need assistance with travel please don't hesitate to reach out.

G. Program Fee & Additional Costs

Program Fee & Pricing

The price for the season for each team member will be \$_____, this must be paid no later than _____. Please reach out if other arrangements need to be made.

Payments can be made via MSU M2M, Venmo or check:

- MSU M2M, jrtrojancheerel@gmail.com
- Venmo payments can be sent to "@Tarra-Irvin"
- Checks can be made out to "Junior Trojan Cheer East Lansing"

Each team member will be given a uniform to use during the season, these must be returned at the end of the season, otherwise an additional \$100.00 fee will be charged.

The total program fee includes:

- Uniform
- Poms
- Bow/Socks
- Warm-up jacket
- Insurance
- Training & space rental
- Team bonding events
- End of season celebration

All payments are final, and there are no refunds.

Fundraising

We plan to have at least two fundraising events during the season and will share information in advance of each event. If you have suggestions or would like to help support additional fundraising opportunities please reach out.

Additional Costs:

Each team member will be required to purchase the following on their own:

- White cheer shoes
- Navy bodysuit
- Navy shorts
- Navy Sweatpants or warm-up pants

H. Contact Info

- Tarra Irvin, Program Manager, 317-289-7417
- Lisa Farzam, Program Manager, 517-712-6633
- Myah Wisniewski, Head Coach
- Chanel Nichols, Program Manager, 517-505-3614
- All questions/comments or concerns may be sent directly to jrtrojancheerel@gmail.com or to all 4 of us in the TeamReach App Group Code: juniortrojans

I. Required Participation Documents

- Every athlete must have a physical on file prior to the first day of practice (Beginning of August). The physical has to be dated after April 1, current calendar year.

Other Required Documents:

- Athlete Information Form, Participation Acknowledgement, Emergency Contact, Photo Release and Handbook Agreement (electronically signed via JotForm)
- Waiver/Liability Release Form (Hard copy signature)
- Concussion Form

By signing the acknowledgement via JotForm, you are confirming that you and your child have read and understand the rules and regulations of the

East Lansing Jr Trojan cheerleading program as set forth in the cheerleading handbook. You agree to abide by these rules and regulations. You understand failure to abide by these rules and regulations is grounds for suspension from the team. As a parent, you agree to support and enforce these rules and regulations while your child is a member of the cheerleading program. You understand that your child may be suspended or dismissed from the cheerleading program for failing to abide by the handbook terms.

Athlete Name (printed)

Parent/Guardian Name (printed)

Parent/Guardian Signature

Date