

Woodcreek Jr Timberwolves Cheer



2026-2027 Handbook

Thank you for your interest in the Woodcreek Jr. Timberwolves Cheer Program!

The purpose of our program is to promote spirit, support our football players and advance our own athletic skills while maintaining academic excellence. Becoming a cheerleader is a **HUGE** commitment, not only for the cheerleader, but for the cheerleader's family as well. Please review the information provided very carefully.

Welcome to the WJT Family!

Kim Watson

Vice President - Cheer

Woodcreek Jr Timberwolves

Eligibility

SAC League Age Eligibility

All children between the ages of 5-14 are eligible to join our program. Our Mascot program is for our youngest cheerleaders: Ages 5-6. Our competitive Jr. Pee Wee, Pee Wee, Jr. Midgets, & Midget teams are for Ages 6-14. The cheerleader's age as of **August 31, 2026** determines her "season age". A combination of age & skill level determines team placement. According to SAC regulations, age exceptions are not permitted except in situations where a team is unable to field the minimum requirement of twelve (12) athletes.

Age	Mascot	Jr. Pee Wee	Pee Wee	Jr. Midget	Midget
5	X				
6	X	X			
7		X			
8		X	X		
9		X	X		
10			X	X	
11			X	X	X
12				X	X
13				X	X
14					X

Team Placement

All cheerleaders are evaluated for appropriate squad placement. Placements are made based on age, skill evaluation, & discretion of the VP of Cheer. Each team will max out at 20-30 total cheerleaders. Every effort is made to place each cheerleader on a team. Cuts will be made if coaches & VP of Cheer feel a cheerleader would not succeed on the cheer team for the upcoming season.

This grid indicates which age is considered for each team:

Program Level	Age Range	Team Placement Required?
Mascots	5-6	Evaluation only
Jr. Pee Wee	7-9	Yes
Pee Wee	9-11	Yes
Jr. Midget	10-12	Yes
Midget	11-14	Yes

Team Placement/Evaluation: 2026 Football Cheer Season

Team Placement

Team Placement will take place on **May 18, 2026 6-8pm @ the WJT Cheer Facility**. We do our best to place each cheerleader. Cuts will be made if numbers exceed the maximum league limits of thirty-six (36).

- Cheerleaders will be taught a cheer & dance. They will be evaluated on their performance, voice projection, technique, sharpness, & ability to learn choreography.
- Cheerleaders will also be evaluated on jump execution & any tumbling skills they have (standing & tumble pass.)

- Coaches/judges will be evaluating the cheerleaders during team placements to determine which team is most appropriate for each cheerleader.

Mascots Evaluation

Mascot assessment will take place **Wednesday, May 20, 2026 6-6:30pm @ the WJT Cheer Facility.**

- Assessment will last about 30 minutes.
- Coaches will evaluate if your cheerleader can be away from their parents, follow directions, stay focused for short periods, & engage with the coaches.
- We ask that the parents stay nearby in-case.

Team Placement Apparel

- Cheerleaders should wear WJT colors (maroon, black, & white) & clothes should not be baggy.
- Hair should be in a high ponytail or a hairstyle that takes their hair out of their face. Bow is optional.
- Cheerleaders should wear cheer shoes or any athletic sneakers.
- No jewelry or make-up.
- Nails should be short.

How Team Placements Works

- Coaches/judges will evaluate cheerleaders.
- Skill level, age, & what will be best for the team & program overall will be taken into consideration when determining team placement.
- Team placement will be emailed to parents on **Friday, May 22, 2026 by noon.**

Important Notes

- Team Placement is closed to parents. Only the coaches/judges, VP of Cheer, or designated WTJ Board Member will be present for try-outs.
- **ALL DECISIONS ARE FINAL!** Under no circumstance are board members, coaches, or judges to be contacted after try-outs to discuss scoring and/or team placement. All scores are confidential.
- If your cheerleader is placed on a team other than what she anticipated, know that the decision was made based on what would best suit the team as a whole.
- Cheerleaders that do NOT attend try-outs will be placed by age & which teams have room.

Cost – Registration & Uniform

Registration Cost

Mascots

- February 1, 2026 – May 31, 2026: \$175.00

Jr. Pee Wee - Midget:

- Returning Families: January \$350
- Early Registration: February 1, 2026 – February 28, 2026: \$375.00
- Regular Registration: March 1, 2026 – May 31, 2026: \$400.00

WJT Registration includes:

- Spirit Pack
- Competition entry fees & music

- Insurance
- Facility rental fees, WHS practice field fees, & game day costs (field usage, etc.)
- Bows
- End of the season party, coach & instructor gift, & charm bracelet

Registration fees can be paid online or paid in person. In person dates/time will be posted on the WJT website www.jrtwolves.com.

Registration fees may be paid using cash, check, credit card, or money order. Any payment using credit or debit card will incur a convenience fee of 2.59% + \$0.30.

A one-time \$25 sibling discount is available, as well as decreased registration fees for sponsorship. Please see www.jrtwolves.com for details.

Tumbling is an additional cost & is mandatory for Jr Pee Wee – Midgets. (See Tumbling section below.)

Cheer registration closes May 31st due to uniform order turnaround time (8-10 weeks.) Registration after May 31st will be considered if able to get a uniform in time. Late uniform orders will incur an additional cost for rush production & additional shipment if the uniform company can accommodate. If ordered after June 1st, cannot guarantee that uniform will be available for the 1st game.

Registration Payment Plan

We will offer a payment plan option. Registration will be broken over 3 months & will automatically be charged to your credit card through *TeamSideline*. Payment plans are available through April 30, 2026.

Mascots:

- Initial payment: \$75.00
- 2nd payment: \$50.00
- 3rd payment: \$50.00

Jr. Pee Wee - Midget:

- Initial payment: \$150.00
- 2nd payment: \$125.00
- 3rd payment: \$125.00

Refunds

Registration refunds will be honored as follows:

- Prior to June 1st: full refund of registration
- June 1st – July 15th: full refund minus \$75.00 to account for items already purchased.
- After July 15th: no refund

No refund on uniform after May 31st.

Uniform Fitting & Fees

Uniform Fittings - MANDATORY

All cheerleaders are required to purchase a uniform & spirit pack & wear the assigned pieces as directed by their head coach.

Fittings will take place on Sunday, **May 24, 2026, beginning at the WJT Cheer Facility**. Fitting times will be by team. Times will be emailed with team placement results on May 22, 2026.

- WJT cheer coaches will be present to help with sizing, however, they are NOT uniform sizing professionals. All uniform size decisions are the responsibility of the parent/adult present.
- WJT will NOT reimburse any person for the cost of miss-sized uniform pieces. Please order carefully!
- The uniform order will be placed June 1, 2026. You have until 6pm on May 31, 2026 to cancel your uniform order for full refund. **No refund after 6pm on May 31, 2026**

Cheerleaders must wear a bathing suit to fittings to try on pieces out in the open. No one will be permitted to use the restroom to try on uniforms.

Mascots: \$275.00 (includes tax & shipping)

- Shell, Skirt, Briefs, Jacket

Jr. Pee Wee - Midget: \$325.00 (includes tax & shipping)

- Shell, Skirt, Liner, Briefs, Jacket

Shoes

All cheerleaders are required to purchase new white cheer shoes each season. We will offer 2-3 cheer shoes at different price points (between \$50-\$100.) You also have the option of purchasing shoes on your own. If purchasing on your own, they MUST be approved by your coach or VP of cheer prior to purchase.

Additional Uniform Items

In addition to the mandatory uniform pieces & white cheer shoes, your cheerleader will also need black full-length leggings to wear at games in cooler weather, white no show socks, & practice clothes in WJT colors. Practice clothes should not be baggy for the safety of our cheerleaders when stunting.

Optional Items

Optional items & booster table spirit wear will be available at uniform fittings. Optional items include additional spirit pack, WJT Cheer backpack, WJT practice towel, & Friday game day shirt. All booster items will be in a separate transaction & full payment due at time of purchase.

Insufficient Funds

In the event that a check is returned for insufficient funds, we will charge a fee of \$35 to cover the penalty cost. All fees must be resolved for the athlete to return the following season.

Sponsorship

We acknowledge that the cost to participate in WJT cheer can be expensive. We do our best to keep costs down. You can save money through sponsorship

- Sponsorship Discount – if you have a friend or family that owns a business, this is a great opportunity to promote their business
 - \$300 sponsorship - \$100 off registration
 - \$500 sponsorship - \$175 off registration
 - \$1000+ sponsorship – FREE registration

Summer Clinics

Cheer Camp

Woodcreek High School Cheer will be hosting a camp at Woodcreek High School July 16, 2026 – July 18, 2026 as a fundraiser. This camp is optional for Jr Pee Wee - Midgets, but highly recommended. Camp will cost an additional \$50 & each cheerleader will receive a camp shirt.

- July 16, 2026 @ 5:30 – 7pm
- July 17, 2026 @ 5:30 – 7pm
- July 18, 2026 @ 11am – 1:30pm

Summer Cheer & Tumble Clinics

Cheer & tumble clinics will be held at the WJT Cheer Facility periodically May, June, & July in the early morning hours before it gets too hot. We will email dates out & These are optional but a great opportunity for your cheerleader to learn new skills & get ready for the football season.

- The cheer clinics are free to WJT Cheerleaders & a good way to start learning about cheer (motions, jumps, stretching & conditioning) for those new to cheer.
- Summer tumble clinics/programs will be available for an additional cost.

Practice, Tumbling, & Attendance

Practice

ALL PRACTICES ARE MANDATORY.

WJT cheer practices at 2 separate locations:

- Woodcreek High School (either on the track, or the grass behind the stadium)
- The WJT Cheer Practice Facility (8636 Antelope North Rd, Bldg B, Antelope, CA 95843)

Practices will be held 3-4 times per week (Mascots 2x per week). Once tumbling lessons begin, their weekly tumbling lessons will take the place of one practice. Practices focus on cheerleading skills, stunting, voice projection, half-time & competition routines. Tumbling lessons focus on tumbling skills only.

Practices typically start between 5-7pm & end between 7-9pm. Practice schedules are coordinated by the coaches and made available to the families by the end of July. All locations and times are subject to change based on the discretion of the coach & weather/air quality. When practices are held at the facility, please do not arrive more than 10 minutes in advance.

Cheerleaders **MUST** arrive to practice on time **AND** ready to practice. They must be wearing appropriate practice clothes, no jewelry, have their hair up and out of their face, as well as have water for breaks. You can expect practices to start and end on time. Please be on time to pick up your cheerleader! If your cheerleader is late for practice or picked up late after practice, she will receive a tardy.

If your cheerleader is going to miss a practice, please contact the head coach at least **2 hours in advance**.

ALL PRACTICES ARE CLOSED. For outdoor practices held at the WHS field, parents may watch from afar, however, please **DO NOT** disrupt practice by interfering in any way. Please maintain your distance & remain behind the gate. Please do not stop to talk to your cheerleader as this becomes a distraction to your cheerleader & the team. For practices held at the facility, there is a **NO SPECTATOR POLICY**. Time inside is extremely valuable & space is limited!

For practices held at WHS, your cheerleader must bring a towel to sit on while stretching on the grass. For both indoor & outdoor practices there is a NO FOOD, NO CANDY, NO SODA, NO GUM POLICY. Each cheerleader must bring their own water. During the first couple months, we give frequent water breaks while the cheerleaders acclimate to the heat.

Cell phones are allowed at practice but MUST be kept in their bags and not used unless directed to do so by the coach. The coach may exercise the right to collect all cell phones at the beginning of practice. If your cheerleader cannot adhere to the rules surrounding cell phones at practice, the coach will take the cell phone and only return it to a parent after practice.

Tumbling

WJT Cheer is working on building tumble skills & will be bringing a coach into our facility to provide cheer focused tumbling. Tumbling is mandatory for Jr Pee Wee – Midgets. Tumbling classes will be held at the WJT Cheer Facility. Classes will be \$15/session. Classes will last 8-10 weeks (\$120-\$150/season) during the season. Detailed schedule of classes will be shared towards the end of July.

There will be no more than 8-10 cheerleaders per class. Classes will be divided by skill to meet the needs of each cheerleader. If available, slots will be open to the mascot cheerleaders as optional tumbling.

If your cheerleader is working on advanced skills, you will have the option of having your cheerleader tumble at the facility of your choice, but you will need to show proof of attendance & classes cannot interfere with WJT practices or games.

Attendance

ALL PRACTICES, including tumbling, are MANDATORY.

ALL EVENTS, GAMES, & COMPETITIONS are MANDATORY.

Cheer is VERY much a team sport. Missing one practice can put the cheerleader as well as her/his stunt group & other teammates behind. It is at the discretion of the coach to include/remove your cheerleader from stunt groups or formations if practices are missed.

The coach must be contacted at least 2 hours prior to the start of practice. If the head coach or assistant coach is unavailable, please contact the VP of Cheer via email: vpcheer@jrtwolves.com or text (916) 425-1235.

Tardies are disruptive. Please be on time or early, every time!

Three tardies of 10 or more minutes are equivalent to one absence. Tardies greater than 30 minutes are equivalent to one absence - this is with or without a call to the coach. Late pick-ups after practices or games will also result in tardies and/or absences. Remember, coaches are all volunteers and have obligations to their families outside of WJT! Please be respectful of their time and pick up your cheerleader promptly.

Consequences of tardies and absences:

3 tardies	= 1 absence
3 absences	= Cheerleader is dismissed from the program if any additional tardy or absence occurs.

Cheerleader Quits	= Ineligible to return that season nor the following year.
-------------------	--

Under no circumstance is the uniform nor registration fee refunded to a cheerleader that is dismissed or quits prior to the end of the season.

Illness & Absences

All practices missed due to illness will be counted as an absence. If your cheerleader has respiratory symptoms, we encourage your cheerleader to attend practice, wear a mask, & participate where they can. Again, it is at the discretion of the coach to include/remove your cheerleader from stunt groups or formations if practices are missed.

Volunteer Hours

WJT is operated solely on volunteers. The Board of Directors, Coaches, & Instructors are all volunteers. **We do NOT receive payment for our work & we DO pay registration for our athletes.** During the football season, cheerleaders are performing just as much as the football players are playing. Cheer and Football are equal parts of our program. For each athlete participating in the program, a minimum of 12 hours of parent volunteer time is required with a max of 20 hours for families with multiple athletes in the program. Volunteer shifts are either before or after your child's game or at fundraising events.

WJT requires a volunteer deposit check of \$500.00 per athlete. This deposit check is held until all volunteer hours have been fulfilled or a volunteer shift is missed. When a volunteer shift is missed, the deposit check is cashed. All volunteer shifts are coordinated by the Volunteer Coordinator. It is the parent's responsibility to work out a trade if one is needed. Most shifts are worked at our home games. Each day of home games takes about 40 volunteers to run, so please plan ahead and be prepared to volunteer once the season begins.

- All volunteer hours must be completed even after an injury.
- Volunteer hours can be rescheduled, but must be done 72 hours prior to the shift. If you need to cancel in less than 72 hours, your volunteer check will be deposited. You have the option to swap shifts with another parent to avoid the deposit of your check & can reach out to your team parent or Volunteer Coordinator for assistance with shift swap volunteercoordinator@jrtwolves.com
- You must show up 15 minutes prior to the start of your shift to allow a hand-off & the off-going parent to make it to the start of the athlete's game.
- An email will be sent to sign-up for volunteer shifts. It will include a due date to sign-up for **ALL** volunteer hours. After that date, if you have not signed up for all your hours, it will be assumed that you are not going to complete your required hours & your deposit check will be cashed.

Concert Series at the Toyota Amphitheatre

Our primary fundraising event involves volunteering during the summer concert series at the Toyota Amphitheatre. If you work the concerts, you may apply hours in 2 ways.

- **Volunteer Hours:** Apply worked hours directly toward fulfilling annual mandatory volunteer requirements.
- **Registration Credits:** Earn funds to offset individual registration costs for sideline season or future cheer seasons.

Additional training, in-person & online test, is required to work at the Toyota Amphitheatre. To avoid traffic & to set-up, the Amphitheatre requires volunteers to arrive between 3 – 4pm depending on the concert start time. Concerts typically end between 10 – 11pm.

Fundraisers

Fundraisers are a way that the program makes up the costs that registration fees do not cover. Our Sponsor & Fundraising Coordinator will notify of any fundraisers. Some volunteer hours may be completed at these fundraisers. More to come closer to the season.

Games

Our home field is Woodcreek High School. Should a home game need to be played at a location other than WHS, parents will be notified. WJT is part of the Sierra Athletic Conference Pacific Division.

- Antelope Jr Titans
- Destiny Jr Lions
- Inderkum Jr Tigers
- North Stockton Jr Bengals
- Roseville Jr Tigers
- West Park Jr Panthers
- Whitney Jr Wildcats

All cheerleaders are to arrive in full uniform, with hairstyle as instructed by the coach. Arrival time is usually 60 minutes prior to the start of the game. Games are held on Saturday and begin in August.

Game times are as follows:

Team	Game Time	Arrival Time
Jr. Pee Wee	10:00am	9:00am
Pee Wee	12:00pm	11:00am
Jr. Midget	2:00pm	1:00pm
Midget	4:00pm	3:00pm

Mascots will cheer for half of the game. Depending on how many teams we have will determine which team each squad will cheer for. The goal is to have cheerleaders at every game, so this may mean that your cheerleader may cheer for a different team. Which game your cheerleader will be cheering at will be included in the team placement email on May 22, 2026

Cheerleaders from both home and away teams may perform at half-time each week!

Play-offs will be determined by the football teams' performance during the season. All teams make the first round of play-offs & cheerleaders are expected to cheer at those games. Cheerleaders are also expected to cheer at 2nd round play-offs & championship game if their teams advance. For teams that do not advance in play-offs, they will have the option to cheer with the teams that do.

Communication

There are three (3) main sources of communication.

- **Sunday Emails:** The VP of Cheer will send out an email every Sunday highlighting the week's upcoming events. It is important that you read these emails. To ensure that emails are consistently received, please ensure that you email is accurate in TeamSideline. Additional family members may be added to the emails. Please notify the VP of Cheer which emails to add.
- **BAND:** We use the BAND app to communicate any last minute changes or updates. This is also where

we share pictures/videos to share. Each team will have their own BAND & will include parents for that specific team. The WJT Webmaster will be included in the team BANDs to have access to pictures for social media posts. This is also where you can communicate with other parents to coordinate carpools. Please note that each season we create a new BAND.



- **Calendar Online:** This is the live calendar we use for all seasons. This is also the calendar you can share with other family members without adding them to Sunday emails or BAND.



Transportation

Each individual is responsible for securing their own transportation to and from practices, events, and games. Your Team Parent will share a contact list roster to allow for carpools. When dropping off or picking up at the WJT Cheer Facility, please be aware of the strict 7.5 mile per hour speed limit, specific route to follow, & the no parking.

Appearance

Cheerleaders must understand that they are representing the entire organization while in uniform or any WJT swag. They are a reflection of WJT, their coach and their team. Uniforms must be kept clean and neatly mended. Stains must be removed. Tears and holes must be repaired. The cheerleader will not be permitted to participate until the uniform is repaired.

NO JEWELRY is to be worn during any practice, game, or competition. NO EXCEPTIONS. New piercings will not be wrapped with tape. It's best to get piercings well before or after the season.

NO MAKE-UP is to be worn at any practice, event, game or competition EXCEPT for the Midget team. Make-up must look clean and fresh. No dark, heavy colors. Coaches and the VP of Cheer reserve the right to ask any cheerleader to remove or adjust her make-up if it appears to be distasteful, or if the cheerleader is not a part of the Midget squad. NO EXCEPTIONS. Refusal to remove make-up will result in benching & an absence. (This includes picture day.)

Nails are to be kept clean and short, only to the edge of the fingertip. Fake nails and colored nail polish are NEVER permitted. If a cheerleader is found to have nails that are too long, she will be asked to cut them prior to practicing or performing.

Uniform & Appearance DO's:

- Keep the uniform clean, free of tears & stains.
- Take off ALL jewelry before putting on your uniform.
- Remove all make-up (except 14U) before putting on your uniform.
- Wear your hair up and out of your face in the style chosen by your coach, with your bow.
- Check the length of your nails and trim them if needed.
- Wear tennis shoes to practice and cheer shoes to games/events/competitions.
- Wear shorts that are long enough to cover your bottom. (Rolling once is permitted).
- Come to events in full uniform as described by the coach.

Uniform & Appearance DON'Ts:

- Wear leggings, nylons or tights with your uniform.
- Dye your hair an unnatural color. (High and lowlights are acceptable as long as a natural color)
- Wear a shirt that is too short that exposes your stomach.
- Wear shorts with pockets, buttons, zippers, or strings.
- Uniforms (this includes all mandatory uniform pieces and shoes) are NOT to be worn unless at an approved WJT event. They are not to be worn on Halloween, nor to school for any reason. Please do not email the coach or VP asking if this is ok. This is to protect her one uniform that needs to last the entire season. The Friday game day shirt can be worn to school to promote their game.

Any violation of the rules related to uniform & appearance will result in the cheerleader's parent being contacted & asked to resolve the issue prior to participation. Should that delay the start of practice, or not be resolved prior to the start of a football game or competition, this will be considered an absence.

Athlete Code of Conduct, Academic Standard, & Discipline

WJT wants your cheerleader to grow as an individual, as a teammate, and as a cheerleader. To provide an environment where this development can take place, all cheerleaders are expected to maintain a positive attitude toward their teammates, coaches, and instructors. In addition, WJT athletes are expected to:

- Maintain an academic standard at 2.0 with no failing grades during the season or risk being benched or dismissed from the team/organization. Grade checks may be performed at random.
- Maintain good citizenship & sportsmanship. Fighting, misconduct, vulgar or derogatory language, cursing, or disrespect can lead to being dismissed from WJT.
- Conduct themselves as an upstanding athlete in the community. Any athlete who has an altercation at school or with law enforcement authorities or is observed displaying conduct below the acceptable standards of a WJT athlete may face dismissal from the WJT program at the discretion of the WJT Board.
- Come to practices & games prepared & ready to give 100%.

When discipline is needed due to the cheerleader acting outside of what is acceptable, WJT reserves the right to remove the cheerleader from the team. This will be a last resort. Prior to removing the cheerleader from the team, the coach will work with the cheerleader, the parent, and the VP of Cheer to find the best solution to the behavioral issue.

If behavior is an issue at a practice or a WJT event and results in your cheerleader being benched or asked to leave, this will count as an absence no matter how far into the event it happens to be at the time the decision is made. Unacceptable behavior can be described as, but is not limited to:

- failure to take instruction
- defiance
- rudeness
- profane/foul language
- disregard for safety
- inappropriate chanting
- taunting or unsportsmanlike, comments, or acts

Social Media Rule

Please do not post ANY videos of our routines. WJT is a successful cheer program that puts a lot of time into choreography that is creative, highly technical, crisp & clean with excellent showmanship. This is our recipe for success... and we don't want to share it! Still shots are permitted if they are within reason.

WJT supports the athletes' right to freedom of speech, expression, and association, including the use of social networks. However, athletes must remember that they are representing WJT, the Roseville community, your school, family, coaches, & team. This responsibility requires athletes to be socially conscientious and to maintain a positive image.

Please remember the following:

- Everything you post or send becomes public record. Any text or photo placed online is completely out of your control the moment it is placed online – even if you limit access to your accounts or only send it to a single person. Once you post a photo or comment on a social networking site, the photo or comment becomes the property of the person or site to which it was sent.
- Your posts may affect your future. Many employers, college admission officers, and recruiters review social networking sites as part of their overall evaluation of an athlete.

WJT will not tolerate insubordinate, disrespectful, illegal, bullying & intimidating postings online such as:

- Derogatory language or remarks that may professionally or socially damage or embarrass your teammates, coaches, teachers, parents, or opponents.
- Incriminating photos or statements depicting violence, hazing, sexual harassment, full or partial nudity, inappropriate gestures, vandalism, stalking, underage drinking, selling or possessing or using controlled substances, or any other inappropriate behaviors.
- Comments that create the impression that another person is in danger of physical harm or words/pictures that are intended to intimidate or inflict emotional injury on another person.
- Words or pictures that show knowledge of an unreported school team violation regardless if the violation was unintentional or intentional.

Any social media posts that violate these policies may result in immediate disciplinary action, up to & potentially including immediate dismissal from the team. Due process policies of the WJT Board will be followed. The final decision will then be at the discretion of the WJT Executive Board.

Parent/Guardian Code of Conduct

Like the athletes, the conduct of WJT parents/guardians are a reflection of the WJT program. Parent/guardians must understand that they are expected to promote themselves & the league in a positive manner. As a parent/guardian of a WJT athlete it is expected that:

- You agree to complete the appropriate paperwork required for registration & understand that failure to do so will result in your cheerleader being unable to participate in practice or games until complete.
- You agree to always be courteous when dealing with members of the organization, league officials, referees, & opposing teams/squads.
- You agree to respect the decisions of the WJT Board & coaching staff.
- You agree to encourage & guide your athlete to accept responsibility for their own actions, & never condone unacceptable behavior.
- You will encourage good sportsmanship by demonstrating positive support for all players, coaches, and officials at every game, practice, or other youth sports event recognizing that youth & adult participation is a privilege & not a right.

- You agree to read & abide by the WJT bylaws, WJT handbook, & the SAC rulebook.
- You agree & understand that if parent/guardian or athlete fail to abide by the WJT bylaws, WJT handbook, or SAC rulebook, you, the parent/guardian or athlete will be subject to disciplinary action that could include, but is not limited to the following:
 - Immediate removal from practice or game
 - Suspension from practice(s) or games(s)
 - Suspension for the season
 - Removal from the WJT program without an invitation to return
- You understand that written documentation of any incident(s) will be kept on file with the WJT Board.
- You understand that as a parent/guardian failure to comply with the above Code of Conduct may result in not being allowed to participate in all WJT events and functions including attendance at home and away games.

Escalation Pathway & 24-Hour Waiting Period

The WJT Board & SAC League expect the coaching staff & junior coaching staff to promote themselves & the league in a positive manner. In addition to safety training, the WJT coaching staff completes training on how to appropriately coach the various age groups & skill levels they are working with.

Should an issue with an athlete arise, the coaching staff will work with the athlete & parent/guardian to seek resolution.

Should an issue arise with the coaching staff, the expectation is that parent/guardian will wait 24 hours before communicating with the coaching staff. The 24-hour waiting period is to help encourage courteous communication between the parent/guardian & coaching staff.

If the issue cannot be resolved between the parent/guardian & coaching staff, the escalation pathway for parent(s)/guardian(s) to follow is below.

Escalation Pathway:

- Head Coach
- VP of Cheer or VP of Football vpcheer@jrtwolves.com or vpfootball@jrtwolves.com
- WJT President president@jrtwolves.com

If necessary, the WJT President will escalate the issue to the WJT Executive Board.

Football Season Competitions

All WJT teams will participate in the SAC Tournament of Champions (TOC). The 2026 TOC will be November 8, 2026 at the Roseville Fairgrounds.

Teams will also participate in a non-league competition JAMZ Reload on October 18, 2026 at the Roseville Fairgrounds. This competition allows coaches to receive feedback from judges prior to TOC.

Participation in competitions during football season is mandatory. Squads will begin working on their competition routines early in the season & performing parts of the routines at half-time.

Competition entry fees for cheerleaders are included in the season registration fee. Spectators will have to pay admission to attend.

Competition is FUN! Their routines are 2 minutes and 30 seconds of dancing, stunting, cheering, jumping and tumbling that they will have worked on for months! (Mascot routine is only 90 seconds). We encourage parents to attend, wear our colors, sit together, and cheer on ALL our teams!

Unless arranged otherwise, one parent must be present at all competitions.

Competition Season & Jr STUNT Season

Competition Season

The optional competitive WJT Competition Squad is formed in early November, immediately following the WJT Football/Cheer season. A separate 1-day try-out on November 9, 2026 is held to form these teams.

Cheerleaders are placed on this team based on their dancing, cheering, stunting, and tumbling ability. Unlike football season, cuts are made when forming this team even if the team is not at capacity. Depending on the number of cheerleaders who attend try-outs, we may consider creating 2-3 teams/2-3 levels to take to Nationals.

This season requires a separate registration fee due in November. Competition season runs from November-February. An informational meeting will be held October 19, 2026 with further information. Competition season estimated registration cost will be \$300-\$500 & will cover entry fees, team sweatshirt/shirt, insurance, and WJT Cheer Facility rent. Registration costs may increase due to competition entry fees increasing. For the 2026-2027 competition season we will be attending JAMZ Nationals in Las Vegas January 22, 2026 – January 25, 2026.

Jr STUNT Season

STUNT will be a 1-day try-out is tentatively scheduled for January 6, 2027 for 8U & 11U & January 7, 2027 for 14U. STUNT is the fastest growing women's sport & is how many cheerleaders earn college scholarships. Jr STUNT season will run February-May. Like comp season, cuts will be made.

In 2026, the SAC Jr STUNT League became sanctioned by USA Cheer. In 2027, we will follow the USA Cheer age date of 06/01/2027. Per STUNT/USA Cheer rules, a maximum of 16 athletes can be on a team. When appropriate we will leave 1-2 slots open & rotate alternates through these slots allowing a maximum roster of 18. This allows us to make less cuts & also gives girls a chance to participate & learn the game.

The game schedule will be based on number of teams playing & facility availability. Estimated fee will be around \$250-\$450 + \$40 for STUNT jersey. Black Nike-Pros (or similar shorts), white crew socks & white cheer shoes required. A parent information meeting will be held on October 19, 2026 in conjunction with the competition season parent meeting. Since Jr STUNT is in it's infancy, we will take cheerleaders outside of WJT if their program does not offer Jr STUNT. However, priority will be given to WJT cheerleaders.

Cheerleaders Outside of Woodcreek Jr Timberwolves

For the 2026–2027 Competition and STUNT season, we will only accept cheerleaders who did not participate in the WJT sideline season if we are unable to form a minimum team of twelve (12) athletes & are able to secure a loaner uniform. This policy aligns with SAC guidelines.

We have found that sideline season is where we do the most teaching. WJT's emphasis on skill development & technique does not always match the approach of other programs. As a result, we often spend valuable competition & STUNT season time teaching foundational skills that should already be in place. This adjustment helps ensure that our athletes enter the season prepared and that our limited training time is used effectively.

Upcoming Dates & Contacts

Coaches will be determined after Team Placement due to not knowing how many teams we will have. Coaches contacts will be emailed with team placement on May 22, 2026.

Kim Watson, Vice President of Cheer: vpcheer@jrtwolves.com

Ashley Smallridge, President: president@jrtwolves.com

Event	Date	Location/Time
WJT Sideline Clinic (optional & free)	April 26, 2026	10am – 12pm @ WJT Cheer Facility
Parent Meeting – Option #1	May 1, 2026	6pm @ WJT Cheer Facility
WJT Sideline Clinic (optional & free)	May 3, 2026	10am – 12pm @ WJT Cheer Facility
Parent Meeting – Option #2	May 3, 2026	12pm @ WJT Cheer Facility
Jr Pee Wee – Midget Team Placement	May 18, 2026	6 – 8pm @ WJT Cheer Facility
Mascot Evaluation	May 20, 2026	6 – 6:30pm @ WJT Cheer Facility
Uniform Fittings	May 24, 2026	Start time 11am @ WJT Cheer Facility
Uniform Fitting – Make-up Option #1	May 26, 2026	6 – 7pm @ WJT Cheer Facility
Uniform Fitting – Make-up Option #2 (FINAL)	May 28, 2026	6 – 7pm @ WJT Cheer Facility
Summer Tumble Clinic (optional)	pending	@ WJT Cheer Facility
Summer Cheer & Conditioning Clinic (optional)	pending	@ WJT Cheer Facility
WHS Cheer Camp Day #1 (optional - \$50)	July 16, 2026	5:30 – 7pm @ WHS
WHS Cheer Camp Day #2	July 17, 2026	5:30 – 7pm @ WHS
WHS Cheer Camp Day #3	July 18, 2026	11am – 1:30pm @ WHS
Practice Begins	July 20, 2026	WHS Field/WJT Cheer Facility
WJT Opening Day	August 8, 2026	5:30 – 8:30pm Roseville Aquatic Center
Jamboree	August 15, 2026	TBD
Pictures	August 9, 2026	@ WJT Cheer Facility
JAMZ Reload	October 18, 2026	Roseville Fairgrounds
Competition/STUNT Parent Meeting	October 19, 2026	@ WJT Cheer Facility
Teacher Appreciation/AAA	1 st home game	@ WHS
8th Grade Recognition/All teams ½ time	Last home game	@ WHS
SAC Cheer Competition (TOC)	November 8, 2026	Roseville Fairgrounds
Competition Team Try-Outs (optional)	November 9, 2026	6-8pm @ WJT Cheer Facility
End of Season Banquets	November 1, 2026	TBD
Academic All-American Awards	Due June 2027	Google Form
Jr STUNT Try-outs – 8U & 11U	February 6, 2027	TBD @ WJT Cheer Facility
Jr STUNT Try-outs – 14U	February 7, 2027	TBD @ WJT Cheer Facility

2026 Concert Series

Day of Week	Date	Artist
Friday	05/15/26	Machine Gun Kelly
Saturday	06/06/26	Pitbull
Saturday	06/13/26	Pussycat Dolls
Sunday	07/12/26	Hilary Duff

Saturday	08/01/26	Motionless in White
Friday	08/14/26	Jason Aldean
Sunday	08/16/26	Toto, Chris Cross, The Romantics
Wednesday	08/19/26	Black Crowes & Whiskey Myers
Wednesday	08/26/26	Muse
Monday	09/14/26	Five Finger Death Punch
Wednesday	09/23/26	Motley Crue
Friday	10/09/26	Staind

WJT Cheer Handbook Parent & Athlete Attestation

By voluntarily signing, you are acknowledging that you have read, understand, agree, & will abide by the WJT Bylaws, WJT Cheer Handbook, & SAC Rulebook.

Initialing below attests that I have reviewed & agree to the:

_____ Attendance requirements

_____ Volunteer hour requirements

_____ Athlete Code of Conduct

_____ Athlete academic standards

_____ Parent/Guardian Code of Conduct

_____ Social Media Rules

_____ 24 hour waiting period

_____ Escalation Pathway

Athlete's Name

Athlete's Signature

Date

Parent/Guardian Name

Parent/Guardian Signature

Date