

Twelve Bridges Jr. Rhinos 2026 Stunt Information

Welcome to the 3rd Season of Twelve Bridges Jr. Rhinos Cheer Stunt!

Our stunt cheer season starts in mid-February and runs through mid-May. Our program will have 3 Cheer Squads.

8U-Ages 5,6,7,8

11U - Ages 9, 10, 11

14U - Ages 11, 12, 13, 14*

(*14 years old and in Middle School)

A maximum of sixteen (16) cheerleaders will be selected for each squad.

TEAM PLACEMENT

Athletes will be placed on teams after final determination at tryouts, in which athletes will be evaluated on motions, jumps, tumbling and stunts. This may be a different team than what the athlete was originally registered for. An athlete's age, their assessments, as well as what will be best for the team and program overall will be taken into consideration when determining team placement. ALL DECISIONS ARE FINAL! Under no circumstance are coaches or board members to be contacted after assessments to discuss team placement. Please note that tryouts will be closed to parents. Team placement emails will go out on Friday after tryouts.

TRY OUTS

February

Scott Leaman Elementary

ASSESSMENT ATTIRE:

- Green, Black, or Grey Athletic Shirts/Shorts
- Athletic or Cheer Shoes (no heavy soled shoes, Vans, Converse, Sketchers, etc)
- Hair pulled into a tight ponytail with NO flyaway hair and no bobby pins. 🚫 No jewelry, no watches

Please have your athlete bring water.

Includes:

- League USA team registration fee
- Athlete USA member fee
- Birth Certificate USA member fee
- Insurance

- Facility Rental Fees
- Jersey

Registration fees can be paid online at www.jrrhinos.com. The first payment of \$50.00 is due at the time of registration. Stunt fees must be paid in full by February

A one-time \$50 sibling registration discount is available if applicable.

Additional Required Uniform Items

The following additional items are required and will need to be purchased on your own.

- Black Cheer Shoes
- Black Sports Bra
- Black no-show socks

PRACTICE

Practice is mandatory! Homework does not constitute an absence. We do not have replacement athletes to take your child's spot. Cheer is VERY much a team sport. Missing one practice can put the athlete, as well as their stunt group and other teammates behind. It is at the discretion of the coach to remove your athlete from stunt groups, formations, or parts of the routines, if practices are missed.

- Starting the week of February 23rd, we will be practicing at Scott Leaman Elementary TBA.
- Starting the week of March 16th, practices will be 3 days per week. Times and dates TBA. Practices are closed with no parents, family members or friends allowed in the gym. NO EXCEPTIONS due to liability and safety concerns.

What to Wear

- Green/Black/Grey Athletic Shirt or Tank Top (No spaghetti straps)
- Black Sports Bra
- Black Athletic Shorts
- Black Cheer Shoes (no heavy soled shoes, Vans, Converse, Sketchers, etc)
- Hair pulled back into a tight ponytail with NO flyaway hair and no bobby pins

*For SAFETY reasons, please adhere to the above practice attire. Please note that coaches may send out specific practice attire requirements per squad.

No Jewelry, including earrings

No Watches

No FOOD, gum, or candy

Nails need to be trimmed short with no white tips showing

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.

What to Bring

- Water
- Cheer Bag/Backpack

TARDIES/ABSENCES

For the safety and fairness to all athletes, attendance requirements will be as follows:

TARDIES

- A tardy is defined as arriving at practice, unprepared, 5 minutes or more after the agreed upon start time.
- 2 Tardies = 1 Absence

ABSENCES

Due to the shortened season No absences will be allowed throughout the season. If an athlete exceeds this, the parent and the athlete will be required to meet with the Cheer Director and/or the Assistant Cheer Director. Absences for practices or games will only be allowed for the following reasons:

- School sponsored event (must be discussed in advance with the Head Coach)
- Religious holidays (must be discussed in advance with the Head Coach and does not include church activities)
- Family emergencies/family death
- Serious medical illness

Any special or extenuating circumstances are up to the discretion of the Cheer Director. If an athlete has an absence during the week of scheduled practice, they will be required to attend that weekend's game.

PICK UP

Athletes need to be picked up on time. Please allow an additional 10 minutes after the end of practice for the athletes and coaches to put away any equipment used during practice.

Athletes who want to walk home after practice must provide a note signed by a parent authorizing them to walk home unsupervised.

Athletes who want to stay at the park or school after practice and wait for a sibling, who may still be practicing, need to provide a note signed by a parent authorizing them to stay without supervision.

STUNT GAMES

Our home field is Twelve Bridges High School. The season game schedule will be posted on each team's Band.

All athletes are to arrive in full uniform, ready to cheer. Arrival time is usually 1 hour prior to the start of the game. Games are held on Saturdays.

CHEER EXPECTATIONS

While we always strive to have fun, cheer also takes hard work and commitment. Not only on the athlete's part but on the family's as well. It is important that families understand the responsibility and commitment that comes with having an athlete in our program. We will be developing skills and teaching all aspects of cheerleading. This includes jumps, motions, and stunting. It is also MANDATORY to attend all practices and games, playoffs and Championship Game. It's Mandatory that your athlete doesn't play another sport during stunt season due to the shortened nature of stunt season and level of commitment that is required for Stunt. Any outside activities, and appointments should be planned so they do not conflict with any of our season dates and events.

PLAYING TIME

I understand there is no minimum play requirement, and my child may not play during a game. Routine assignments and playing time are at the discretion of the Head Coach taking into consideration the best outcome for the athlete and entire team.

REQUIRED REGISTRATION PAPERWORK

- Copy of Birth Certificate, for age verification
- Medical Release Form/Physical
- Athlete Code of Conduct
- Parent Code of Conduct

COMMUNICATIONS

During the season, the Band app will be used as each squad's primary means of communication. 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 Cheer Director and/or the Assistant Cheer Director. If the issue cannot be resolved between the parent/guardian and Cheer Director, then it should be escalated to our President at President@jrrhinos.org.

SOCIAL MEDIA

We have a zero-tolerance policy regarding both athletes and parents posting negative, derogatory, or threatening posts on any social media site (Facebook, Snapchat, Instagram, Tik Tok, etc.). We take any bullying and all threats seriously. Instances involving an athlete will result in their suspension until the head coach and the Cheer Director and/or Assistant Cheer Director can meet with the athlete and parent to determine the course of action, including possible removal from the squad. Instances regarding parents will be addressed by the President, Cheer Director and/or the Assistant Cheer Director.

Athletes must remember that they are representing TBJR, the Lincoln community, their family, coaches, and team. This responsibility requires athletes to be socially conscientious and to maintain a positive image.

Please do not post ANY videos of our routines on social media.

SAFETY FIRST

Our priority is always the safety of each athlete. All our coaches are concussion safety certified. Please make sure to disclose any health issues that your child might have. If they cannot participate in heavy physical activity, such as running, or they are not able to lift in stunting, please consider if competitive cheer is right for them. The athletes do cheer outside, often during the hottest part of the day. If heat is an issue for your child, please consider this as well. If your child requires an inhaler, please indicate this on your registration form and provide their coach with a spare inhaler at the first practice.