

## 2020 JYFL Cheer Alternative Camp/Season

### Cheer Schedule:

Group	Cubs (1st-3 <sup>rd</sup> grade)	Seniors (7 <sup>th</sup> -8 <sup>th</sup> grade)	Juniors (4 <sup>th</sup> -6 <sup>th</sup> grade)	Seniors (7 <sup>th</sup> -8 <sup>th</sup> grade)	Juniors (4 <sup>th</sup> -6 <sup>th</sup> grade)
Day	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
Conditioning and Group Activity, Cheers and Chants, Tumbling and Flexibility	8/10/2020	8/11/2020	8/12/2020	8/13/2020	8/14/2020
	8/17/2020	8/18/2020	8/19/2020	8/20/2020	8/21/2020
	8/24/2020	8/25/2020	8/26/2020	8/27/2020	8/28/2020
	8/31/2020	9/1/2020	9/2/2020	9/3/2020	9/4/2020
	9/7/2020	9/8/2020	9/9/2020	9/10/2020	9/11/2020
	9/14/2020	9/15/2020	9/16/2020	9/17/2020	9/18/2020
Time	6:00pm-8:00pm				
Location	Outdoor covered area at Glacier Velley School.				

### General Expectation:

- Check-In 15 minutes prior to practice
- Gear to be placed 6' apart
- Conditioning and Group Activity, Cheers and Chants, Tumbling and Flexibility
- Immediate pick up after practice

### Participant To Bring:

- Personal Water Bottle
- Poms or Gear that may be provided
- Masks encouraged when not exercising and when 6' distancing is not possible and required when on school property without a waiver from JSD.
- Sweats, sweaters, hoodies, base layer should be considered based on the weather.

### Special Expectations:

- Signed COVID-19 waiver must be on file prior to first session.
- No Congregation before or after practice
- 6' distance will be maintained prior to check-in until you leave.
- Masks encouraged when not exercising and when 6' distancing is not possible.
- No More than two individuals in bathroom at a time
- Hand sanitization readily available. Handwashing or hand sanitization required after bathroom and drink breaks.
- No sharing of any equipment.

**Registration** – We are offering this alternative season for JYFL families at minimal costs. **If** you have already registered please email [info@juneaufootball.com](mailto:info@juneaufootball.com) to indicate if you would like to be refunded in full and will not be participating this year **or** if you would like to keep your child registered and receive a refund less the amount shown below.

Cheer: \$25 1<sup>st</sup> – 3<sup>rd</sup> graders / \$50 for 4<sup>th</sup> – 8<sup>th</sup> grade

**Raffle Help** – Each Group will be given an online raffle link to help support JYFL. Although raffle sales are not a requirement, we will be having a friendly competition between all the groups. All participants in the group that raises the most money through the online raffle will receive a FroYo gift card.

### **No Sports Physicals Required**

*Coaches and Volunteers are committed to make this alternative season possible by giving their time to JYFL youth. If participation falls below minimums, then that group's practices could be canceled.*