



Chino Hills Junior All American Football (CHJAAF) 2024

CHEER

Frequently Asked Questions

Do we cheer at football games? Yes, each cheerleader will be assigned to a football team.

Who do we play against/or what conference are we in? CHJAAF is in the Southern California Junior All American Football Conference (SCJAAF). The conference consists of teams throughout the San Bernardino and Riverside Counties.

Will we have to travel far to games? Our conference has chapters throughout multiple counties and cities. We encompass Riverside and San Bernardino Counties. You may travel as far north as Victorville/Hesperia; as far east as Indio/Palm Springs/29 Palms; as far South as Murrieta/Temecula. Chino Hills is the westernmost chapter.

What is the Cheer Competition squad? All member chapters who have cheer teams participate at all levels including Mascots. The routines involve cheering, stunting and dance. It is cheer's day to shine as they work really hard for the competition. It is the Superbowl for cheer!

Where do we practice? All practices are held at Chino Hills Community Park.

Where are home games played? All home games are played at Ayala, Chino Hills, Chino High School, or Don Lugo High School football stadiums.

When are games played? All games are played on Saturdays. The only exception may be a Championship Game which could be played on a Sunday.

When are practices? Practice is held 5 days a week beginning July 22nd. The first two (2) weeks of practice are mandatory conditioning. You must complete the mandatory conditioning before being allowed to learn cheers. After Labor Day practice is 3 days a week: Tuesday, Wednesday, and Thursday. Practice time is 6:00 p.m. - 8:00 p.m. Mascots practice from 6:00 p.m. to 7:00 p.m.

What times are games played? Games can be played as early as 8:00 a.m. and as late as 6:00 p.m. depending on the division and number of the teams playing at the field that day. You will receive a schedule for your team at the beginning of the season. Schedules are subject to change by conference.

Is there an age limit? Yes, cheerleaders must be between the ages of 4-14 years old, as of July 31st, 2024 to participate in cheer. We have 6 age divisions, and each has a maximum age per division. The Cheer Coordinator will ensure all players are placed in the correct age division.

How are game squads determined? After the football draft, the cheerleaders are placed based on brother/sister options and placed on a team based on their age and the needs of the team. It also is determined by the number of cheer coaches we have available. Sibling placement is not guaranteed if there is no coach for that team.

I have multiple cheerleaders; will they cheer at the same field? In most cases, yes. We place cheerleader siblings on the same football team. For the Competition Squad it is determined by age and skill level and Returner versus Non-Returner. (Please see the Cheer Coordinator if you have any questions).

Do we have to purchase a new uniform? New cheerleaders without a CHJAAF current uniform will need to purchase one. Returning cheerleaders must have a current CHJAAF uniform that fits properly.

What does my cost include? CHEER cost includes: Full Game Uniform including Skirt, Shell, Briefs, Log Sleeve Crop Top, Practice Shorts and T-Shirt, 2 Hair Bows, Warm-Ups, 2 Pairs of Socks, Cheer Shoes, Pictures, Trophies, Conference Fees, Insurance, Park/High School Fees, Banquet Fee.

My child wants to be on the same team with his/her friends. Is that possible? Unfortunately, requests for cheerleaders (non-siblings) to be on the same team may not be honored due to the player draft and number of cheer teams available.

My child has never cheered before, will this be difficult for her? We have multiple divisions per age range. Our coaches pride themselves on teaching cheer in accordance with each individual division and level of skill. Practices will include basic instruction and safety techniques.

Are the coaches certified? We are proud to say all our coaches must do a background check and are certified by the SCJAAF conference. In addition, our coaches are required to participate in on field cheer stunting clinics and classroom training sessions as mandated by our Conference.

What do the Trainers do? The trainers are high school volunteers, and most are former Bulldog Cheerleaders. The trainers will assist in conditioning week, teach the halftime routine, as well as create and teach the competition routines.

Is there a minimum participation rule? Yes, to participate in Competition a cheerleader may only miss a maximum of four (4) halves (the equivalent of two (2) games). This is a Conference rule.

If my child cannot make every practice will that limit his/her **cheer** time? Practices are 3 days a week (after Labor Day) and it is especially important that your cheerleader attend each practice. The cheerleaders are learning new routines and cheers and it is impossible to move forward without all girls in attendance as this is for both safety and their development.

Are cheerleaders allowed to wear make-up and nail polish? Make-up and nail polish is not allowed to be worn by cheerleaders during practice or games. Glitter is also not allowed per conference rules.

Is my cheerleader allowed to wear jewelry? No, jewelry is not allowed to be worn during practices, games, stunt clinic or competition except for religious or medical reasons per conference rules.

What is Love for Laiken? Laiken Kenwood was a former Bulldog cheerleader who was lost to cancer at the young age of 13. Laiken was diagnosed with Acute Lymphocytic Leukemia at the age of 9 years old and passed away at the young age of 13 years old. Throughout her treatment, whenever possible, Laiken would come out to practice and games with smiles galore and with the most enthusiasm that any cheerleader could have. It didn't matter if she had been in the hospital receiving treatment OR in the clinic that day getting chemo, she loved cheerleading!!! She was resilient!

Laiken may have been taken from us way too soon because of cancer but her spirit will live on in those among us. She touched many lives with her story and continues to watch over our girls each season. We celebrate her memory and her amazing spirit every day!

Do we have to sell candy/raffle tickets, etc.? When you sign up, your registration fees include CHJAAF Opening Day raffle tickets. You may choose to sell them to recoup the cost. In addition, each cheerleader is required to participate in the league Beef Raffle and Calendar Fundraiser. The sales from the Beef Raffle and Calendar Fundraisers are split with the league and the Cheer program to offset the cost of the Cheer Banquet and squad needs. There will also be additional fundraisers. All money goes to the cheer program!

Do we have to participate in the Conditioning Program in June? No, the conditioning program is not mandatory. However, this is an excellent way to get in shape and prepare for the upcoming season. Note: The first week of cheer practice consists of conditioning which includes extensive running, stretching and cheer related drills.