

Q: Who is the Jr. Chiefs Competition Coach and what is the coach's role?

A: Shannon Thornton. Coach Shannon plans and leads practices. All stunts, choreography, and routine are her vision.

Q: Who is the Jr. Chiefs Competition Director and what is the director’s role?

A: Jenn McWilliams. She will be your main contact for questions. Your first line of communication should be through email at [JrChiefsCheerleading@gmail.com.](mailto:JrChiefsCheerleading@gmail.com) GroupMe will also be used for communication throughout the season.

Q: What should I wear/bring to practice?

A: Athletes should wear black shorts, their JCCP practice tank, and cheer shoes.

*\*\*Nike Pro shorts are not permitted at any practices held on the Sequoyah High School campus. \*\**

Hair should be up in a high pony with a Chiefs color bow. All athletes should bring their own water. All jewelry should be left at home. Any jewelry removed, lost, or stolen at any JCCP practice is not the responsibility of any JCCP representative. Don’t forget to bring your smile and a great attitude!

Q: Where are practices?

A: Friday practices are at Sequoyah High School Gym East. JCCP director will meet athletes at Dean Rusk and walk them to SHS. Every athlete must have a “Walk over form” on file. Sunday practices are held at ShowTime Elite.

Q: Can parents watch practices?

A: Practices are closed to family and friends. The gym and lobby are closed for viewing. This is to allow coaches and athletes to practice successfully without distractions.

Q: Are practices Mandatory?

A: Yes. All practices are mandatory. Athletes must stay for the entire practice unless extenuating circumstances arise and was communicated with the JCCP director beforehand. Please understand that the TEAM cannot use practice time to the fullest if even one athlete is missing.

Q: What if I am sick and I have practice?

A: If you have a minor illness, it is preferred that you make every attempt to come to practice. Sitting on the side of the mat and watching practice is preferred over missing practice all together. Changes to the routine can be made at any time throughout the season and you should make every effort to avoid absences from practices to ensure you are learning any changes. If you have a major illness and cannot attend practice, a doctor’s note may be requested to excuse your absence from practice.

Q: Do I have to be enrolled in a weekly tumble class?

A: Yes. Each athlete must be enrolled in a tumbling class weekly. Coach Shannon or the JCCP director may check with gyms to ensure each athlete is enrolled in weekly tumbling lessons.

Q: Where can I tumble?

A: Athletes may tumble at any gym. Please make sure that your tumbling class does not interfere with any Jr. Chiefs practice times.

Q: Can I be on an allStar cheer team while I am also a JCCP Competition cheerleader?

A: Yes! However, your allStar practices should not interfere with JCCP Competition practices. JCCP and Showtime Elite do work together to try to avoid any overlapping practice times, however, the same cannot be said for other allstar gyms.