



Cheer Guidelines

**Practices Start:
February 4, 2021**



Learning Together,
Reaching
Our Potential

Contact Information



Mary Brunson

Cheerleading Head Coach
MaryPBrunson07@gmail.com
@tjhsst.cheer on Instagram

David Gardziel-

ACTIVITIES OFFICE STAFF

Assistant Director of Student Activities
DSGardziel@fcps.edu

David Arthur-

Assistant Director of Student Activities
DRArthur@fcps.edu

Ana Gonzalez-

Administrative Assistant
acgonzalez1@fcps.edu

Heather Murphy-

ATHLETIC TRAINING STAFF

Head Athletic Trainer
HRMurphy@fcps.edu

Caroline Taylor-

Assistant Athletic Trainer
bctaylor1@fcps.edu



Learning Together,
Reaching
Our Potential

NEW FCPS ONLINE SPORTS REGISTRATION & CONCUSSION EDUCATION PROCESS

- **MANDATORY** registration for athletics & activities
 - Register for ALL sports & activities you are interested in
 - <https://tjhsst-ar.schooltoday.com/>
- Parents & students will complete the required concussion education as part of the registration process.
- Parents & students can submit the emergency care card & weight room waiver online
- VHSL physical paper copy will still be turned in to the school's athletic trainers
- Parents can also check that their paperwork has been received & entered via rSchool.
- Paper copies of concussion ed and ECCs will not carry over and must be completed online.

Parent & Student Checklist for Fall Sports

- ✓ Register online at www.tjsports.org for **ALL** sports you want to play.
- ✓ Complete your registration by completing the concussion education and ECC
- ✓ MAIL your VHSL physical to Heather Murphy at TJ.
 - ✓ Short on time? Turn it in, in-person. TJ Main Office closes at 4pm.
 - ✓ Can be collected at tryouts. Ensure that EVERYTHING is complete on the form.
 - ✓ DO NOT EMAIL FORMS
- ✓ Contact coach and tell them you are interested in playing
- ✓ Choose a mask to use for athletics
- ✓ Get a 32oz water bottle to use everyday. Put your name on it.

Practice Schedule

- **USE DOOR 9**
- February 4 & 5
 - 5:30-8:30
- February 6th
 - 9-12
- February 8-12
 - 5:30-8:30



Pre-Practice Screening Guidelines

- ALL students need to bookmark the TRYOUT Google form & complete the Google Form after 4pm, before arriving at practice.
 - All athletes **must** check in at **Door 9**
 - https://docs.google.com/forms/d/e/1FAIpQLScghPQkwaKSDHxvolmAv4e1wy_liSfT5h98o3wQjY-091_cQw/viewform?entry.131793729=Jefferson+HS&entry.192802832=TRYOUTS
 - **Do this every day**



FCPS Return to Sport Protocols

- **Please stay home if you do not feel well. Do NOT come to school or practice if you experience any symptoms. You will not be penalized for missing due to illness.**
- **COVID Reporting**
 - Parents and students must report COVID19 exposures and positive tests ASAP to Ms Murphy and Head Coach
 - Coaches, Athletic Trainers, Athletic Administrators will report all instances of COVID-19 symptoms to school administration and will request a note from the parent before the student can return to practice.
- **Disinfection Guidelines**
 - The Activities Office in cooperation the TJ Custodial staff will develop general and activity-specific guidelines as specified by FCPS for cleaning, use of PPE, the disinfection of shared materials, equipment before during and after practices and games.
- **Transportation**
 - Busses will be available for games.
 - Students must transport themselves for practices and to TJ on game day unless they were here for school.
- **Masks**
 - Masks are to be worn at all times unless it is danger to stunting and tumbling.

Cheer Equipment Disinfection

- Cheer mats will be cleaned every day before and after practice
- Poms, signs, megaphones, and shared equipment will be cleaned before and after practice.
- Students should use hand sanitizer and wash their hands after frequent touching

FOLLOW US



Twitter: cab_tj



Instagram: tjcolonials1



Facebook: www.facebook.com/TJHSSTSports

Website: www.tjsports.org



Learning Together,
Reaching
Our Potential