

William Henry Harrison



High School Cheerleading

William Henry Harrison

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William Henry Harrison High School
Game Day Football Cheerleading Tryouts

Informational Meeting

At least **one** parent and the candidate **should** be in attendance.

When: Monday, May 7th, 2018

Time: 6:00 pm – 6:30 pm

Where: Harrison High School Commons

Mandatory Tryouts

When: Tuesday, May 8th, 2018- Wednesday May 9th, 2018

Time: 3:30 pm – 5:30 pm

Where: Harrison High School Gym

What to Wear: Grey shorts, plain green t-shirt (or turn one inside out) gym shoes, hair in a ponytail and out of your face, no jewelry **or** fingernail polish.

ALL FORMS MUST BE TURNED IN BEFORE 6:30PM ON MONDAY, May 7th. FAILURE TO TURN IN ALL FORMS WILL RESULT IN A CANDIDATE BEING INELIGIBLE TO TRYOUT!

***Reminder to Family & Friends:** Tryouts are closed to the public. Candidates need to be dropped off and picked up in front of the Activity Center at the specified times. On the final day of tryouts, the girls must be picked up and leave school grounds until it is time to view the squad postings. Failure to follow these rules may result in the candidate being ineligible for trying out or being a member of the team.*

Squad Postings

When: Wednesday, 9, 2018

Time: 8:30 pm

Where: Southwestschools.org/cheerleading

Mandatory Team meeting for Cheerleaders

When: Thursday, May 10, 2018

Time: 3:00 pm – 4:30 pm

Where: Harrison High School Cafeteria

If a cheerleader is not present at this meeting, you will be forfeiting your position on the team.

**NOTE: All fees and any other required paperwork will be due at this meeting. Failure to turn in forms and money can result in a candidate being benched until the paperwork and money is turned in. Please refer to the cost sheet.*

William Henry Harrison High School
Game Day Football Cheerleading Tryouts

The Game Day Cheerleading team requires complete dedication and effort throughout the year. Cheerleading is more than just cheering at games. It involves spreading spirit throughout the community through pep rallies, decorations, events, parades, etc. As a Game Day cheerleader you will be required to put in time other than just practices and games.

We will only be taking no more than 20 girls this year. Take note, All-Star competitive teams **CANNOT** conflict with scheduled dates for our team. All squad members **must** be present for all practices, games, and events that are scheduled.

It is important to remember that your cheerleader **is** an **athlete**. With this being said, your athlete is responsible for performing to the best of their ability at every practice and game this includes tumbling, jumping, dancing, cheering, and any other responsibility assigned to them during the season (usage of signs, poms, flags, etc.).

Tryout Requirements:

- There is a two-day tryout, May **8th- 9th, 2018** from **3:00pm – 5:30pm**.
- These tryouts will be conducted by grade level. Each day, each grade will be called over and asked to perform that day's concentration (listed below).
- We will be doing cuts each day. This helps us eliminate candidates that are not meeting the requirements for being on the team. At the end of each day we will state the numbers that we would like to come back the following day. If your son/daughter's number is **not** called they are **not** to come back to tryouts the next day.
- The requirements for tryouts are as follows:
 - **Jumps:** Toe Touch, Herkie, Hurdler, Pike, and a 3-Jump Sequence.
 - **Fight Song:** a video is posted online for access.
 - **Chants:** videos are posted online for access.
 - **Running AND Standing Back Handspring:** must be performed on the gym floor.
 - **Any Other Tumbling:** Cartwheel, Multiples, Back Tuck (Standing or Running), Arial, Front Walk-Over, Back Walk-Over, Layout, Whip, Alternate, Front Punch, etc.
 - **Motions:** correct and tight.
- Any tumbling performed during tryouts **MUST** be able to be done throughout the entire duration of your season. If a candidate doesn't throw tumbling that they used at tryouts they may be benched, asked to step down a team, or be subject to removal from the team.

Dear Parents and Students,

It is imperative that you understand the commitment that CHEERLEADING involves. The Harrison High School Cheerleading Program is treated as a **sports** activity. Today's cheerleader is an **athlete** with special talents, which include gymnastics, jumping, and stunting. All members of the cheer team will perform the duties of cheering at all games, pep assemblies, competitions, practices and any other extra events that the district or community asks of us (this can include but is not limited to parades, fundraising activities, publicity events, etc.). They set an example for others with their school spirit, leadership, and commitment to their studies, work, and cheerleading activities.

Cheerleaders will be held to the same standards as any other student athlete at Harrison High School. It is therefore, **highly competitive** and the overall commitment expected for both the parents and the students is tremendous. It is an honor and a privilege to be a part of this Harrison tradition. Being part of the program means hard work and dedication throughout the entire duration of the season. Please read through the handbook and make sure you understand exactly what you are committing to before your son/ daughter decides to tryout.

It is important for you to understand that while we want the best for each of our cheerleaders, it is impossible to make each of them happy all of the time, especially when it comes to the selection of teams. Competition becomes tougher each year and the expectations of cheerleaders at the high school level are continuing to increase.

No one is guaranteed a place on the team even though they have been on the team in the past. The coaches will be scoring your son/ daughter at tryouts. This score is confidential and will not be shared with another parent or athlete at anytime. Your son/ daughter's score for one tryout will **not** affect their score for another tryout.

Prior to your child's tryout, read the following handbook for conditions, rules, and expectations. If both parent and student agree to the following terms, the cheerleading handbook permission form **MUST** be turned in by the **first day of tryouts!** Once the consent form is turned in, parent and athlete will be responsible to the agreed upon terms. This is a lot to take in, but it is important to understand what is expected of Harrison High School Cheerleaders. We are looking for students who can represent Harrison as both excellent cheerleaders and role models for the student body.

Sincerely,
Coach JamieLyn Johnson
Coach Kayla Wandsnider

William Henry Harrison High School Cheerleading Handbook

Coaching Staff

Varsity: JamieLyn Johnson

Experience: 11th year as High School Varsity Cheer Coach at Harrison High School

2 years Freshman Coach at Harrison High School

2 years Assistant Coach at Harrison Junior High School

Junior Varsity: Kayla Wandsnider

Experience: 6th year as JV Cheerleading Coach at Harrison High School

1 year as Voluntary Cheerleading Assistant at Harrison High School

General Statement

All Harrison High School Student Athletes are expected to have a commitment to excellence. In order to achieve this, the student and parents/ guardians assume a great deal of responsibility. Among other things it requires the student to be willing to put forth the effort necessary to be the absolute best he/ she can be in all aspects of being a student athlete (this includes studies, work, sports activity, and any other extra-curricular activity your son/ daughter choses to be involved with). This begins with being able to meet the many academic and extracurricular demands associated in these programs. All prospective student athletes and their parents/ guardians should give full consideration to this prior to making the decision to become part of any program.

Statement of Commitment

We want to instill the importance of commitment and dedication into your athlete. We need the support from you as a parent to help us with this process. Also, we feel assured you want what is best for our team (as well as your athlete) and are aware of the important role you play as a parent. Commitment is the determining factor to the success of our program. Each cheerleader commits to attend all practices in and outside of school and work on a daily basis with conditioning or areas where they are weak.

A Triangle Relationship

A triangle relationship exists between the cheerleader, coaches, and parent(s)/ guardian(s). Each has an important role in the development of a

CHAMPIONSHIP TEAM!

Role of the Cheerleader

The athlete is a mentally and strong person. Mental characteristics include great motivation, dedication, discipline, self-confidence and a positive attitude both in and out of school. Physical attributes include above average flexibility and strength, quickness, and ability to control body movement. All personal problems will remain outside of the cheer team. This will on enhance the positive environment of our program. If a problem arises, please talk to one of the coaches within a week. If a problem goes unmentioned to a coach after 2 weeks it is void of any discipline or actions required and dismissed.

Role of the Coaches

The coach has the technical knowledge of a skill development along with training and performance techniques. The coaches are qualified in the field of cheerleading and committed to the program. The coaches' decisions are **final** and **nonnegotiable**. The coaches must uphold the rules and make decisions that better the team. We will demonstrate enthusiasm, listen to your son/ daughter, advise them on questions or concerns that either they or we might have, and correct or direct the cheerleaders throughout the process.

Role of the Parents/ Guardians

The parent/ guardian accepts the challenges and the values that the sport has to offer their child. The parent must acknowledge and accent the financial obligation and time commitment. The parents should be supportive and encouraging to the cheerleader, as well as to other team members, coaches, and the program in general. Major questions or concerns should be submitted **DIRECTLY TO THE COACHES**, not to the child or other parents through email or personal conferences. Parent communication is vital with the coaches and under no circumstances should there be bad mouthing of other cheerleaders on the squad, coaches, or anyone else involved in the program. It **will NOT** be tolerated and immediate removal is a possible consequence to any such behavior.

Definition of An Athlete

ath ● lete (n): a person who is trained in or good at sports, games, or exercises that require physical skill and strength.

When participating in Cheerleading, your son/ daughter is agreeing to be considered an athlete and uphold all athletic standards that is expected of them. This includes being able to perform all required material, stunts, tumbling, and jumps at all times. If at any point in time your son/ daughter cannot fulfill the duties of being a cheerleader they will be benched for a short duration of time or removed from the squad. This could be caused for any reasons, such as, but not limited to, the ones listed below:

- Poor grades
- Injury
- Inability
- Mental block
- Attendance
- Poor Attitude

We will treat your son/ daughter just as they would be treated on any other sports team within the school district. There are district wide and state wide rules that must be met by each and every student athlete.

Rules

Cheerleaders must abide by the State, School, and High School Cheerleading Rules. This includes but is not limited to the following:

1. Code of Conduct.
2. All school rules that can be found in the student handbooks.

Additional Cheerleading rules are as follows:

3. Missing of Practices/ Games:
 - a) Each cheerleader will be given **two absences** per season. After two absences the cheerleader may be either benched for a short duration of

time, asked to take a position on a different team, or may be removed from the team based on the coaches discretion.

- b) The two free absences **cannot** be used towards any competitive sporting event outside of Harrison Athletics (including, but not limited to, competitive cheerleading, select soccer, etc.).
- c) If there are any extenuating circumstances (after your two absences) you are to contact a coach IMMEDIATELY.
- d) No cheerleader is permitted to miss a game or competition for ANY reason.
- e) A cheerleader may be asked to move positions or roles in a routine, competition, cheer/ chant, stunt, or anything of the sort if they miss a practice in which these are taught or reviewed.
- f) YOU MUST CONTACT YOUR COACH IF YOU ARE TO MISS FOR ANY REASON AS SOON AS POSSIBLE!!
- g) **THERE WILL BE NO EXCUSED ABSENCES FROM COMPETITIONS.** Missing a competition will be grounds for dismissal from the team. Please understand the commitment and dedication that being on a team consists of prior to trying out.

*In case of emergencies, please email the coach prior to the schedule practice, game, or event. All practices during the summer and school year are **mandatory**. Excuses will not be accepted from other cheerleaders. **All practices, team functions, games, events and competitions are a priority.**

4. Dress

- a) Every cheerleader will wear the squad-approved warm-up to and from a game, competition or event.
- b) There will be a required uniform for each practice, event, competition, performance, or game which will be listed on the cheerleading calendar and/or stated at practice. If your son/ daughter is unsure of their attire for a function they are to contact another team member to find out.
- c) Teams will dress the same on game days. Please note there are “dress up” days and **no** jeans are allowed on those days.
- d) Cheerleaders must be in **full** uniform to be able to participate in a game, event, or competition. All items (whether they are to be worn or not) **MUST** be brought to every game (the weather can change).

- e) This full uniform is: **skirt, shell, bow, no-show WHITE socks, no jewelry, no nailpolish, green boy briefs, shoes, warm up pants, sweatshirt, poms, cheer bag, and any other items that have been designated (such as gloves, scarves, headbands, etc.).**
- f) Failure to wear the complete uniform will result in the cheerleader being benched for the entire duration of the game.
- g) Hair must be worn in the proper style that is listed on the calendar or stated by the coaches. Failure to do so results in an incomplete uniform and can result in the cheerleader being benched.

5. Practice

- a) Hair must be worn up in a ponytail completely out of your face in order to not interfere with practice to and to prevent injury.
- b) Proper practice attire consists of the assigned HHS t-shirt and cheer shorts. These will be stated on the cheer calendar provided at the start of the year. **ABSOLUTELY NO JEANS, HIGH SOCKS, OR SWEATSHIRTS** are to be worn during practice!
- c) Your athlete will be assigned a locker in the cheerleading practice room where they will be asked to store their belongings (including cell phones) during the entire duration of the practice. Your athlete is responsible for providing a lock for their locker.
- d) **ABSOLUTELY NO** food, gum, or drinks will be consumed at practice aside from water or Gatorade.
- e) More practices may be added based on dates of games, competitions, and/ or other related functions. Cheerleaders will be informed of these dates as they arise with as much notice as possible.
- f) Game Day Squads will practice Monday and Wednesday. Mondays and Wednesdays from 3:00pm – 5:30pm.

6. Jewelry and Nail Polish Policy

- a) **ALL** jewelry must be removed prior to the start of practices, pep assemblies, games, competitions or other functions.
- b) Fingernails must be cut short and rounded. **NO** polish of any kind is allowed for competitions, games, or pep rallies.

7. Cell Phone Policy

The usage of cellphones during practice, competitions or other scheduled events is **PROHIBITED!** This includes charging cell phones during cheerleading time. Cellphones should be locked in designated locker during practice times, with a family member or friend during competitions, and left in their cheer bags during games.

8. Squads

- a) Each cheerleader will cheer **all** home and away football and/ or basketball games.
- b) A position on a squad is not permanent. If the coaches feel at **any** point that a cheerleader is not upholding the agreed upon requirements and commitment they may be asked to move down to a lower team or possibly benched. If a cheerleader is excelling in the requirements and commitment they may be asked to move up a team. These decisions will be made by the coach and are **non-negotiable**.
- c) Coaches are not obligated to position cheerleaders in the chant lines based on grade levels. Cheerleaders will gain their position in the chant lines based on their performance at the previous game and practices. This means Seniors are **not** guaranteed a spot in the front row during games.
- d) All grade levels are eligible to make the Junior Varsity team, this includes Seniors. Seniors are not guaranteed a spot on the Varsity team simply because of their age. Sophomores through Seniors are the only grades eligible to make the Varsity team.

9. Forms of Communication & Social Media

- a) Primary form of communication will be through email and Remind101.
 - i. Remind101 is an app that allows us to send out last minute changes, reminders, updates and important information through the form of a text message. Each cheerleader is responsible for signing up for **both** coaches Remind101 accounts. Parents we highly recommend you sign up for them as well to stay informed about what is happening in the cheerleading program.
 - ii. It is required that each parent **and** cheerleader email **both** coaches prior to the first practice in order to ensure that you can stay updated with any information that we send out through email. This is a vital way for us to stay in touch with parents specifically. We will give the

cheerleaders information out at practice but also send it out through email to make sure it is getting back to the parents and to ensure they remember everything we have discussed and informed them of. This will become particularly important when new events arise. If your email changes at any time, you must notify the coaches as soon as possible in order to continue receiving information.

- Coach Johnson: jamie.johnson@southwestschools.org
 - Coach Wandsnider: kaylamariewandsnider@gmail.com
- b) We also have a GroupMe Conversation. This is **strictly** for cheerleader communication. This is helpful for team bonding events, communication between cheerleaders about practice, games, etc. This is to remain a POSITIVE environment. The moment this changes this form of communication will be terminated.
- c) William Henry Harrison High School Cheerleading also has a Twitter and a Facebook Page. These are mainly to inform others about what we are doing and the results of games, competitions, events, etc. This will **NOT** be used as a form of communication between coaches and cheerleaders, or coaches and parents.
- d) Any bullying or misbehavior from a cheerleader on social media outside of what the coaches are connected with is out of our control. We cannot monitor all social media sites at all times that kids are involved in. If a problem arises between cheerleaders on a social media site other than the ones listed above (page specific), it needs to be handled on your own time. The only way coaches can step in is if it is done on school grounds, in which it will need to be brought to our attention. This could result in the removal of a cheerleader from the team.

10. Strength Training and Conditioning

- a) Each cheerleader is required to sign up for Strength Training every Tuesday and Thursday morning before school starts. This is a **class**. Although it is a requirement for the cheerleading program, we are not in charge of it. You **must** attend every class, and may only miss if you are ill or there is an emergency. In this instance you should report to the instructor for the class if you are to miss for any reason.
- b) Although conditioning will be a part of practice, it is just as important to condition at home in order to prevent chances of injury.
- c) **All practices will be FULLOUT, including jumps and tumbling.** Safety is important and will be our priority during practices, but to help prevent

injury it is important to push yourselves during conditioning in order to gain results.

- d) There will be conditioning and strength training programs listed online to help your son/ daughter in conditioning at home. It is highly encouraged to utilize these programs during the summer months in order to be well prepared for tryouts once they arrive.

11. Game

- a) All girls must stay on the track (for Game Day Football) or court (for Game Day Basketball) during the entire duration of the game, including half time.
- b) For Game Day Basketball: JV girls **must** stay IN UNIFORM through the end of the halftime of the Varsity game and should participate in short and long time outs by tumbling, jumping, stunting or participating in the cheer/chant.
- c) If for some reason (injury, sickness, etc.) the coach does not feel it safe for individual members or the team as a whole to compete or perform at any competition, game, practice, pep assembly, or event, it is at the coach's discretion to keep the team from participating.
- d) All girls **must** ride to AND from all away games on the bus for both Game Day Squads.

12. Injury

- a) If any injury occurs while involved in a Harrison activity, the athlete **must** go to the Athletic Trainer, Megan Rudolph, as soon as possible.
- b) If an injury persists after a week, your athlete **must** go see a **DOCTOR** and bring back a written note clearing them to participate in all cheerleading activities. Your athlete will be benched until a written note is received by one of the coaches.
- c) If an injury occurs outside of Harrison Athletics, your athlete **must** go see a **DOCTOR** and bring back a written note clearing them to participate in all cheerleading activities. Your athlete will be benched until a written note is received by one of the coaches.

***NOTE:** Other rules may be put into place throughout the duration of the season. It will be required that your son/daughter follows all rules at all times in order to prevent temporary dismissal or permanent removal from the team.

Parent – Coach Interaction

All conversations with a coach will be at a scheduled time or via email. There will be no conversations with coaches during or after practices, games, competitions or other functions. If you would like to discuss the reasoning behind a coach's decision for your son/ daughter, please contact a coach by either calling the High School or through email to schedule a meeting. With that being said, it is important to remember that all coach's decisions are final and non-negotiable.

Contact Information:

Harrison High School: 513 – 367 – 4169

JamieLyn Johnson: jamie.johnson@southwestschools.org

Kayla Wandsnider: kaylamariewandsnider@gmail.com

Fundraising

The cheerleaders will be required to participate in a few fundraisers throughout the year. Several fundraisers that we do as a cheerleading program include: selling Wildcat Cards in September, Harrison Cheer Classic (we host this) in October, selling Reverse Raffle tickets in December, and any other fundraiser that the boosters ask of us. Again, these are mandatory and the cheerleaders and their parents **must** participate or reprimands will be enforced, which could include removal from the team. (All fundraiser are subject to change)

Price List

Game Day Football and Basketball

Some items a cheerleader is required to purchase only once. If you have items from last year or will be the items from a former cheerleader, you will save money. For example, returning cheerleaders may only pay \$140 for their cheer items, pay to participate, and competitions. The total listed below is the most that you could spend, if you purchase everything new. The money below is due at the Team Meeting for Game Day Football and Competition Team following tryouts. Money will be due at the first practice following Game Day Basketball tryouts.

2 T-shirts/ 1 Sweatshirt: \$	55.00
*2 Pairs of Practice Shorts:	\$25.00
Misc. Fee:	\$25.00
Total:	\$105.00

**Cash, Money Order, or Checks are all accepted.
Make this check payable to HHS Cheerleading.**

These items must be ordered on your own and must be purchased **within 24-hours** of the Parent Meeting. They need to be in hand by **July 30th, 2018** for the Game Day Football Team.

*Cheer Shoes:	\$50.00
*Kelly GreenBoy Briefs:	\$6.00
*No Show White Socks:	\$10.00
*White/ Black Sports Bra or Varsity Bra:	\$10.00
Total:	\$56.00

Information about how and where to purchase these items will be given at the Parent Meeting following tryouts.

*All items with asterisk are the items that can be used year after year.

Information about how and where to purchase these items will be given at the Parent Meeting following tryouts.

Pay to Play

This is a fee that is required to be paid by all student athletes at Harrison High School. This fee is \$50 per athlete per season. For example, if your athlete cheers Game Day Football they are required to pay the \$50 Pay to Play. If they **also** cheer Game Day Basketball they are required to pay another \$50 Pay to Play. It is now required to pay this fee online, by going to southwestschools.org.

William Henry Harrison High School Cheerleading Form Checklist

Game Day Tryouts 2018 – 2019

Name of Candidate: _____

Grade of Candidate: 9th 10th 11th 12th

_____ Tryout Application

_____ Parent/ Candidate Consent to Handbook

_____ Code of Conduct

_____ Insurance Waiver

_____ Release Form

_____ Stunting and Tumbling Permission Form

_____ Address Verification Form

_____ Emergency Medical Form **x2**

_____ Physical Form (current 2015- 1016 year)

_____ Copy of most recent Report Card OR Progress Report with a July Date

****Forms MUST be **paper clipped** and handed in at tryouts **IN THIS ORDER!** This will help the coaches get through all of the candidates in a timely manner.**

****Make sure you can meet all of the requirements to make the squad.**

Tryout Application:
 Harrison High School Cheerleading Team 2018 – 2019

Cheerleader's Name: _____

Cheerleader's Address: _____

Cheerleader's Home Phone Number: _____

Cheerleader's Cell Phone Number: _____

Cheerleader's Email Address: _____

(1st) Parent/ Guardian's Name: _____

(1st) Parent/ Guardian's Cell Phone Number: _____

(1st) Parent/ Guardian's Email Address: _____

(2nd) Parent/ Guardian's Name: _____

(2nd) Parent/ Guardian's Cell Phone: _____

(2nd) Parent/ Guardian's Email Address: _____

Do you cheer on a competitive squad? YES NO

If yes, who do you cheer for? _____

Grade Cheerleader will be in next year:

FRESHMAN SOPHOMORE JUNIOR SENIOR

Team Preference (check all that apply):

_____ Football _____ Basketball _____ Competitive

****You will be required to attend all summer practices if you make either Game Day Football or Competitive, unless another school-sponsored sport begins and you've made arrangements with your coach.**

Parent/ Candidate Permission and Consent to Handbook

My son/ daughter, _____, has my permission to be a cheerleader at William Henry Harrison High School. I understand that he/ she must abide by the rules and regulations set forth by the coaches and the school of William Henry Harrison High School and be present at all practices, games, competitions, and other events. I have read the rules and regulations and understand that the violation of any of these rules may lead to probation or temporary/ permanent suspension from the squad. I understand and give permission to my son/ daughter to ride with coaches, other parents, and/ or students when necessary.

Parent or Guardian Signature:

Date:

I, _____, am interested in being a cheerleader at William Henry Harrison High School. If elected, I will abide by the rules and regulations set forth by the coaching staff and school. I will cooperate and follow the instructions of the cheerleading coach(es). I understand that I am expected to tumble, jump, stunt, and cheer at all times.

Athlete Signature:

Date:
