

William Henry Harrison



High School CheerleadinQ

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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 6th, 2019

Time: 6:00 pm – 6:30 pm

Where: Harrison High School Cafeteria

Mandatory Tryouts

When: Tuesday, May 7th, 2019 and Wednesday, May 8th, 2019

Time: 3:30 pm – 5:30 pm

*Both days the doors will be open at 3:00 pm to allow time to stretch.

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 6th. FAILURE TO TURN IN ALL FORMS
WILL RESULT IN A CANDIDATE BEING INELIGIBLE TO
TRYOUT!**

****ALL FORMS ARE ONLINE EXCEPT FOR THE EMA AND
PHYSICAL!!!****

Reminder to Family & Friends: Tryouts are closed to the public. Candidates need to be dropped off and picked up in front of the high school gym at the specified times. On the final day of tryouts, the girls must be picked up and leave school grounds until squads are posted on the website (see information listed below). 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, May 8th, 2019

Time: 8:30 pm

Where: Harrison High School Cheerleading Website
[HARRISON CHEERLEADING](#)

Mandatory Team meeting for Cheerleaders

When: Thursday, May 9th, 2019

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 (including camp forms and fees) 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 between 20 and 24 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 7th & 8th, 2019 from 3:30 pm to 5:30 pm.
- 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 (INSERT YOUTUBE LINK).
 - Chants: videos are posted online for access (INSERT YOUTUBE LINK).
 - Running AND Standing Back Handspring: must be preformed 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(s). 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 at the parent meeting prior to tryouts on May 6th, 2019! 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

William Henry Harrison High School Cheerleading Handbook

Coaching Staff

Varsity: JamieLyn Johnson

Experience: 12th 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

JV: Stephanie Ramsey

Freshman: Allison Decker

Competition: Kierstan Hemberger

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 extracurricular 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

athlete (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 coach's 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 and is eligible for discipline at the discretion of the coach if this occurs.
 - 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 contact 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, **WHITE** socks (style decided by the squad), no jewelry, no nail polish, **BLACK** 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 near Coach Johnson's classroom 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's and Wednesday's from 3:10-5:30 pm.

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. *Please note: there is a possibility of a rotation for basketball games depending on the numbers for each squad.
- 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.
 - i. It is required that each parent and cheerleader email both coaches once the squads are posted to accept their position. This will help 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. *It is important to note that your son/daughter is in their last four years of high school and should be held responsible in relaying all information given to them to their parents.
 - Coach Johnson: jamie.johnson@southwestschools.org
 - TBA
- 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) Although conditioning will be a part of practice, it is just as important to condition at home in order to prevent chances of injury.

- b) 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.

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 may be asked to stay in full uniform through a portion of the Varsity game to 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 Squad unless you have submitted a physical copy of the transportation form for that specific season.

12. Injury

- a) If any injury occurs while involved in a Harrison activity, the athlete must go to the Athletic Trainer, James Budde, 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 (including stunting, tumbling, and jumping) or stating their limitations. 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 their coach.

*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

Fundraising

The cheerleaders will be required to participate in a few fundraisers throughout the year. The main fundraisers that we do as a cheerleading program is the Harrison Cheer Classic (we host this) in October, and ATP in August (information below):

- ATP: The last several years we have had the opportunity to work the Skyline Booth at the annual tennis tournament in Mason. Each cheerleader is required to cover 5 shifts, which will cover \$210 of your camp fee (\$42/ shift). You will be required to select your shifts by May 17th. If you do not select 5 shifts, you will be placed in the times that are remaining. If you do not show up for a shift, the \$42 for that shift will need to be paid.
- Cheer Classic: Each cheerleader and a parent/ guardian are required to work a four-hour* shift during our annual Cheer Classic. Your shift will earn you 3 bows, winter headband and gloves, and a camp “surprise”. If you do not show for your shift, you will be required to pay \$60 for the time that you missed.
*hours vary due to how many squads compete.

You will also be required to sign up as a booster member on their website (www.harrisonathletics.com) at the minimum level (\$25). The boosters have decided to get rid of their fundraisers throughout the year and in return have asked every athlete's family to be a part of their program. This is mandatory and must be completed before the first game. A printed copy of your confirmation should be handed into a coach once you have signed up.

In addition to signing up as a booster member, each cheerleader and their family must work a minimum of 4 hours for the boosters. Once you have become a member you can sign up on the boosters website for the event and time slot you choose. It will also be required for each cheerleader to participate in any other fundraising event that we partake in throughout the duration of their season. Again, these mandatory and the cheerleaders and their parents must participate, or reprimands will be enforced, which could include removal from the team.

**Please note, other fundraisers may come up throughout the season(s) where girls will be required to participate.

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 the 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 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
Camp Fee:	\$176.00
Total:	\$281.00

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

These items must be ordered on your own. They need to be in hand by July 20th,
2019 for the Game Day Football Team.

*Cheer Shoes:	\$50.00
*Black Boy Briefs:	\$6.00
*White Socks (style decided by squad):	\$10.00
*White/ Black Sports Bra: Or Varsity Bra	\$10.00
Total:	\$76.00

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

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

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 [Pay-to-play](#). Please either send (via email) a screen shot of your confirmation or present your coach with a printed copy.