

HARRISON CHEER TRYOUTS 2023 - 2024

- **General Tryout Information**
 - ALL CHEER CANDIDATES MUST JOIN THE TRYOUT REMIND GROUP – Text @23hhscheer to 81010
 - Parents who join, will be removed to allow for those trying out to join.
 - Tryouts are closed.
 - Candidates should come dressed each day in
 - Plain Navy or Kelly green shorts. Nike pro style shorts are okay, as long as you're not wearing a GIGANTIC shirt and we can't tell whether or not you have shorts on.
 - a **PLAIN** white t-shirt – DO NOT wear a colored bra under your white shirt – Points will be deducted
 - athletic/cheer shoes
 - Each candidate's hair should be up in a **ponytail** with a **plain white bow**.
 - Nail polish is okay. Nails should be fingertip length
 - No Jewelry! Points will be deducted.
 - Once you have tried out, you're free to leave.
- **Wednesday, February 1**
 - Tryout Packets are available in 202 and www.harrisonhoyacheer.com
- **Required Tryout Survey**
 - If you do not complete the survey, you will not be assigned a try out time.
 - Survey will be sent out via Remind
 - It will also be available at www.harrisonhoyacheer.com
- **Wednesday, March 1**
 - Tryout meetings – ALL PAPERWORK DUE AT THESE MEETINGS
 - Page 15 of this packet - Explanation of Inherent Risks for Cheerleading
 - Page 16 of this packet - HHS Cheerleading Constitution 2023-2024 Agreement Form
 - Page 17 of this packet - PHYSICAL EXAM FORM signed by Dr. (good for one calendar year)
 - Page 18 of this packet - MEDICAL ELIGIBILITY FORM signed by Dr. (good for one calendar year)
 - 3:45pm for current HHS students in Attendance Bldg. Café; parents not required
 - 4:45pm for current middle school students in Attendance Bldg. Café; parents recommended
- **Monday, March 6**
 - 3:30pm - Those who have turned in all required paperwork and completed the tryout survey will receive an Email containing the tryout material
- **Friday, March 10**
 - 3:30pm – Tryout material will be sent out again
- **Friday, March 10** - Schedule for tryouts sent out via Remind at 4:15pm
- **Monday, March 13**
 - Tryouts
 - See schedule sent out on Friday, March 10, for times and locations
 - You will tryout individually and will be recorded.
- **Sunday, March 19**
 - Two Lists will go out via Remind
 - 1st List - those being considered for Varsity Sideline cheer – Call back on Wednesday, March 22
 - If you're a current 10th or 11th grader, and you are not on the call back list, unfortunately your cheer journey has ended.
 - If you are on the call back list, you need to be prepared to stunt. You'll be instructed on Wednesday, March 22, what stunt to incorporate. Stunt groups will be determined by coaches.
 - 8th and 9th Graders will not be included on the Varsity Sideline cheer callback list. You'll find out if you made a team on March 31.
 - 2nd List – those being considered for competition cheer – Call back on March 20 and March 21
 - If you're your name was on either Call Back list, it is mandatory that you attend that call back tryout
 - Failure to attend will result in not being selected to any team.
- **Monday, March 20**
 - Competition Tryouts – tumbling
 - Small Gym
 - Current HHS students 3:45-4:45
 - Middle school students 4:45-5:45
- **Tuesday, March 21**
 - Competition tryouts – stunting
 - Small Gym
 - All candidates 4:45-6:00pm
- **Wednesday, March 22**
 - Varsity sideline stunting callbacks
 - Small gym 3:45-4:45pm
 - Competition callbacks, if necessary 4:45-5:45pm
- **Friday, March 31**
 - 5:00pm - Team Lists go out via Remind
 - Teams will be listed by the cheerleader's school ID#
- **Monday, April 10, 3:45-6:15pm**
 - Apparel & Uniform Fittings
 - 3:45pm Varsity/Comp Only
 - 4:15pm JV
 - 4:15pm Senior Comp Meeting
 - 4:45pm Freshman
- **Wednesday, April 12**
 - Payment plan will be emailed to parents
- **Friday, April 14**
 - 1st payment must be dropped off @ HHS front office

All Cheerleading Candidates MUST sign up for the Remind group message. Text @23hhscheer to 81010.
 Questions– gohoyacheer@gmail.com

HARRISON HIGH SCHOOL CHEERLEADING CONSTITUTION

2022-2023

I. GENERAL OBJECTIVES

The purpose of the Harrison High School cheerleading program is to promote and uphold school/ community spirit, serve as role models at Harrison and in the community, develop a sense of good sportsmanship among students, and to strive for better relationships between schools during athletic events.

Harrison Cheerleaders are student-athletes who are expected to uphold the highest standards, both academically and physically. They must be dependable, responsible, cooperative, disciplined, *genuinely* enthusiastic, and willing to devote time to their squads while continuously striving to improve their skills. Disrespect of any kind does not reflect the image we encourage and will not be tolerated. Cheerleaders are **leaders** at Harrison and must conduct themselves as such both on and off campus; both in and out of the classroom. Cheerleading at Harrison High School is a privilege, **NOT** a right.

II. ELIGIBILITY

In order to be eligible to participate in the Harrison High School Cheerleading Program, cheerleaders MUST...

- A. All 8th graders are academically eligible to tryout.
- B. Current high school students must pass AT LEAST three out of their four courses each semester.
- C. Maintain knowledge and performance expectations as set forth by the coach
 - This relates directly to cheerleading duties – including *but not limited to* performance and knowledge of cheers/chants on a sideline, knowledge, and consistent performance of routine on a competition squad and maintenance of tumbling and stunting skills regardless of squad.

If a cheerleader quits a squad or is removed from a team for accruing too many points, she will not be allowed to tryout the next year. Upon dismissal, uniforms must be cleaned and returned to the program, no monetary reimbursements will be made upon dismissal.

III. SQUAD SELECTIONS

A. Who's eligible for what team

Rising	Freshman Sideline	JV Sideline	Varsity Sideline	JV Comp	Varsity Comp
9 th	X			X	X
10 th		X		X	X
11 th		X	X	X	X
12 th			X		X

B. SIDELINE – We will be looking for and judging based on the following:

You will be judged on the following

- a. *Crowd Leading Skills*: Voice (10pts), facial expression (10pts), confidence (10pts)
- b. *Motion Technique*: speed/tempo (10pts), motion sharpness (10pts), motion placement (10pts)
- c. *Knowledge*: Knows material well, executes cheer/chant with confidence (30pts)
- d. Competition Candidates will be assessed using the above criteria as well

C. COMPETITION

1. In order to be selected for a varsity competitive team, you must have the **required** tumbling (standing back tuck, two-to-tuck, & round off back handspring back tuck), jumps and stunting. The following tumbling skill are **suggested & strongly encouraged**: round off back handspring layout.
 - For example: A stunt group that can perform a switch up/full up is more desirable than one that cannot; A standing back tuck is more desirable than a standing back spring; A round-off back handspring layout is more desirable than a round-off back handspring tuck; A hyperextended touch is more desirable than one that is not even parallel with the ground, etc.
 - JV – standing back handspring & round off handspring series
2. The coaches will select you for the team(s) for which you are most qualified and for which you are the best fit overall.
 - a. This does not mean that everyone will be selected for a team.

- b. Preference sheets will not be provided. To be competitive and to build our program as a whole, we must have the most qualified team members. Also, other sports do not allow you to pick the team you're willing to play for.
 - c. The coaches will place you on a team or teams based on your skill level and grade.
3. Competition Cheerleader
- Selection process:
- a. The selection process for the competition team will be based on filling the positions required for a successful competitive team.
 - b. As with any competitive team, it is imperative that every position be covered by the most qualified athlete.
 - c. Alternates may be selected, as needed.
 - d. Alternates may change throughout the season as skills are gained and lost by cheerleaders and as stunts are perfected.
 - e. If a cheerleader leaves the squad once he/she is made an alternate, he/she will relinquish all cheerleading squad assignments in the program.
 - f. There are no guarantees that an individual will compete if selected for the competition team.
 - g. GHSA allows a MAXIMUM of 16 individuals to perform at a given competition.
 - h. Competition Alternates
 - Will attend all practices, taking time not utilized on the floor to improve skills (jumps, tumbling, etc.)
 - Will pay choreography fees, in full by the first day of choreography
 - If choreography fees are not paid, the alternate will be removed from the team
 - Will order all competition cheer gear
 - Will be issued a uniform, provided rental has been paid
 - Will attend all competitions, traveling with the team
 - Will attend state competition, traveling with the team and receive state gift, provided account is in good standing
 - Will participate in senior night
 - Will receive senior night sash, flowers for parents, senior pregame dinner, provided account is in good standing
 - If competition only cheerleader, cheerleader will determine what she would like to wear – either nice outfit or competition uniform
 - i. Competition Cheerleaders
 - Will attend all practices
 - Will pay choreography fees, in full by the first day of choreography
 - If choreography fees are not paid, the cheerleader will be removed from the team
 - Will pay monthly gym fees
 - In event of injury, will continue to pay monthly gym fees
 - In the event of season ending injury, as determined by doctor, will be released from gym fees
 - Will continue to be responsible for all other outstanding fees
 - Will continue to attend practice, when possible
 - Will continue to attend competitions
 - In event of injury, will continue to attend practices and competitions.
 - Failure to do so will result in removal from the team.
 - Exception to attending would be doctor's appointments or physical therapy, which will only be excused when accompanied by a doctor's note.
 - Will order all competition cheer gear
 - Will be issued a uniform, provided rental has been paid
 - Will attend all competitions
 - All gym fees must be up to date to compete
 - Will attend state competition, traveling with the team and receive state gift, provided account is in good standing
 - Will participate in senior night
 - Will receive senior night sash, flowers for parents, senior pregame dinner, provided account is in good standing

- If competition only cheerleader, cheerleader will determine what she would like to wear – either nice outfit or competition uniform

IV. SCHOOL ATTENDANCE

- A. To participate in any cheerleading activities (practice, pep rally, game, competition, etc.), a cheerleader must attend at least half of their scheduled school day.
 - Competition eligibility (with respect to attendance) is determined based on the cheerleader's attendance on the last school day prior to the date of the event (i.e., if a cheerleader was not in attendance at school on Friday for half of the school day, she would be ineligible to participate in a Saturday competition or game).
- B. Excessive absences and/or tardiness from school/classes may result in the cheerleader's inability to participate in events (games, pep rallies, competitions) or dismissal from the program

V. PARTICIPANT APPAREL/ACCESSORIES (NFHS Spirit Rules Book)

- A. NFHS Spirit Rules Book
 1. A coach must not permit a team member to participate if in the judgment of the coach, the participant does not conform to the NFHS rules.
 2. **Jewelry must not be worn** except for religious medals, which shall be taped to the body (without a chain) under the uniform.
 3. *(This includes all piercings. It is NOT acceptable to use a plastic plug to prevent holes from closing up. Since jewelry is not allowed piercings should be done in the off-season. Any cheerleader who fails to comply with this rule will be told to sit out from practice and that practice will count as an UNEXCUSED absence.)*
 4. Unduly long fingernails, including artificial nails, can become a safety hazard. Therefore, fingernails, including artificial nails, must be kept at a [sport] length appropriate to minimize risk for the participants.
 5. Hair must be worn in a manner to minimize risk for the participant (*ex. off the shoulders*). Hair devices, if worn, must be secure and appropriate for the activity.
 6. Glitter ...*on one's* ...hair, face, uniform, costume, or body is illegal.
 7. Participants are not permitted to chew gum or have candy in their mouths during practice or performance.
- B. Cheerleaders should not allow anyone to wear their cheer gear.
Example: Cheer friend wears Hoya Cheer sweatshirt and is not a cheerleader. This is not okay. Your mom can wear your cheer gear because chances are, she paid for it.

VI. BEHAVIOR AND DISCIPLINE

As a member of the Harrison High School Cheerleading Program, cheerleaders are expected to maintain behavior above reproach, exemplifying the cheerleader's role as a leader at the school. Consequences for violating any regulation in this constitution will be at the discretion of the coach and will be handled according to the rules set forth in this constitution (See Section IX of Discipline Plan), rules and regulation set forth by the administration at Harrison High School as well as the Cobb County Public School Athletic and Academic Policies. Keep in mind the following:

- A. Any behavior, which is deemed by the coach or the Administration as reflecting poorly on the intended image of the school/program, is subject to dismissal from the program at the discretion of the coaching staff and the Administration.
- B. Insubordination and/or disrespect to the coaches and/or squad will NOT be tolerated and may be grounds for dismissal from the program at the discretion of the coaching staff and the Administration.
- C. Smoking, vaping, drinking, use of drugs or profanity will NOT be tolerated and subject to dismissal from the program at the discretion of the coaching staff and the Administration. Offenses which fall under Cobb County Public School Athletic and Academic Policies will be dealt with accordingly.
- D. Out of school suspension for ANY reason will result in dismissal from the program for the remainder of the year, and possibly through the following school year, depending on the severity of the action.
- E. Cheerleaders who receive ISS will not be allowed to participate in any Cheerleading activity during the assigned ISS period and will not participate in the next event.
 - This will be considered an unexcused absence and depending on the duration and demerit total, may result in the cheerleader's removal from the program. (See Section VII Discipline Plan)

VII. CHEERLEADING EVENT ATTENDANCE

- A. Cheerleaders **MUST** arrange work schedules around all cheerleading activities.
 - a. Work is **NOT** an excuse to miss or be late for any cheer event, plan accordingly.

**Note:* Some cheerleading duties are often scheduled with little advance notice.
- B. All appointments such as doctor's, orthodontists, etc. **MUST** be scheduled around all cheerleading activities. Absences, early release from or late arrival to any cheerleading events is unacceptable and may result in demerit(s) being issued.
- C. The **ONLY** absences that will be deemed "excused" are:
 - a. Death in the family
 - b. Illness – Cheer parent must contact cheerleader's coach the day of to make the coach aware of the cheerleader's illness.
- E. If a cheerleader is seen by a doctor for an injury or illness that may affect his/her ability to cheer, a doctor's note must be submitted to the coach and the coach may request the cheerleader to remain at home. A separate doctor's note must then be submitted clearing the cheerleader to resume cheerleading activities.

VIII. Discipline Plan

To maintain consistency throughout the program and discourage repetitive behaviors that reflect negatively on the cheerleading program, the following discipline policy will be enforced during the 2023-2024 Cheerleading Season. Cheerleaders on multiple squads in one season will have a point total that will be kept separate, one for each squad. **The ownership and responsibility of the point system remains with the cheerleader.**

- A. Each cheerleader will begin the season with 100 points. A cheerleader will be removed from the squad if her point total falls below 60 points and will not be able to tryout the following year.
 1. Football Cheer

Ways to lose points will be the following:

Practice

 - -1 point for every minute late to practice
 - -5 points no shoes
 - -5 points wrong shirt
 - -5 points wrong shorts

Game

 - -2 points for every minute late to a game or other team event
 - -2 points for every minute late returning from 1/2 Time
 - -10 points for forgetting poms for game
 - -10 points for not wearing hair as instructed to game
 - -10 points for not coming dressed & ready to go for the game (including hair); with an additional -2 points for every minute, it takes you to get ready
 - -20 points for missing practice (unexcused)
 - -30 points for missing a game (unexcused)
 - -5 points wearing wrong color bloomers
 - -10 points wearing wrong cheer shoes
 - -15 not wearing correct game day attire
 - -25 wearing wrong uniform
 - Playoffs
 - If you miss a playoff game, and have previously missed a game, due to something other than illness or death in the family, this will put you over points.
 - You will be removed from the team and not permitted to tryout in the spring.
 - If you miss a playoff game and have missed no other games during the regular season, your season will end here.
 - You will not be allowed to cheer any playoff games that may follow, including the state playoff game, if applicable.
 - Your ability to tryout next year will not be affected.

2. Competition Cheer

- -35 Missing a competition
- -20 Missing mandatory practice
- -10 per piece Incorrect practice wear
- -2 per minute Late to practice
- -10 Incorrect clothing/uniform upon arrival to competition
 - -5 if the incorrect sports bra color (when a specific color is required)
- -10 Missing shoes at practice
- - 5 No bow at practice
- - 2 per minute Late to competition
- - 5 Wearing jewelry to practice or competition
- -10 Wrong sports bra color or bloomer color to competition
- - 10 Leaving practice / competition before dismissal

IX. CCSD INTERSCHOLASTIC/EXTRACURRICULAR ACTIVITIES CODE OF CONDUCT

DF-R Interscholastic Activities 7/1/18

RATIONALE/OBJECTIVE: Participation in interscholastic/extracurricular (extracurricular) activities in Cobb County School District (District) schools is a privilege. Students participating in these activities are considered to be school leaders and role models who represent their school and more importantly, depict its character. With leadership comes additional responsibility and student participants must adhere to high standards of conduct. When students violate these standards of conduct, the District may withdraw the privilege of participation in interscholastic/extracurricular activities. The purpose of this code of conduct is to establish a minimum expectation of behavior.

RULE:

A. PROCEDURES:

1. Time in Effect: Except as specifically provided, the following behavioral expectations and prohibitions apply 365 days a year, 24 hours a day, in and out of the specific extracurricular season, on or off school grounds, and through the use of school or outside technology resources.
2. Parental/Self Reporting: Parents/guardians and/or students must report any violation of this rule or the District's Student Code of Conduct to their high school administration or coach within two weeks (14 calendar days) of the violation. The two week time frame includes weekends, school holidays and summer vacation. Failure to report a violation may result in additional consequences which may include, but is not limited to, doubling of the student's consequences for the behavior in question.
3. Provisions:
 - a. Sponsors/Coaches should investigate policy violations and report to the school administration. The Principal or designee should make all determinations of penalties, in consultation with the coaches, sponsors and the District Athletic Director, as appropriate.
 - b. Unless otherwise specified, periods of suspension from activities does not include preseason workouts and other preseason activities. Such student's ability to participate in preseason activities will be determined by the Principal or designee in consultation with the coach. During the student's period of suspension the student cannot have contact with the team during any team activities.
 - c. Students cannot attempt to evade the intent of the Rule by joining a new sport specifically to allow their suspension days to run their course. If a student athlete participates in a sport that he/she had not been previously involved with, he/she must complete the season of the new sport in good standing in order for the suspension days to count.
 - d. Transferring from one District school to another does not relieve the student from the consequences for a violation of this Rule. Should a student choose to transfer outside of the District, the designated school administrator or the school athletic director will contact the new school to inform them of the violation and the resulting penalty. The District may also honor the activity consequences from other private or public school systems.
4. Notification:
 - a. Elementary/Middle Schools: In addition to providing students with copies of the appropriate Student Code of Conduct (Administrative Rule JCDA-R), elementary and middle schools should make participants in extracurricular activities aware of this Administrative Rule. Page 2 of 4
 - b. High Schools: In addition to providing students with copies of the appropriate Student Code of Conduct (Administrative Rule JCDA-R), each high school should provide written notification of this Administrative Rule to all participants in extracurricular activities.

B. ALCOHOL/ILLEGAL DRUGS/INHALANTS: The District believes very strongly that use, possession, selling or buying over the counter drugs or products to get high; alcohol; illegal drugs; or prescription drugs in an unauthorized manner at any time is an offense. Such use, possession or distribution by extracurricular participants is banned. All misdemeanor driving under the influence (DUI) offenses will be dealt with according to this section. All felony DUI offenses will be dealt with under Section D, below. Offenses are cumulative at the high school level.

- 1st Offense: o Suspension from extracurricular activities, including practice and regular/post season, for a minimum twenty-five (25) calendar days; plus o Suspension from regular/post season contests to equal a minimum of 30% of the number of regular season contests/performances; plus o Student must complete the GRIP (Gaining Results in Intervention and Prevention Program) which consists of one four hour Saturday session attended by the student and the parent, or another comparable program. If the student cannot attend the program until after the suspension is lifted, they must still attend the program in order to be eligible to compete in their next extracurricular/athletic season. Failure to attend or complete the program as required may result in continued extracurricular/athletic ineligibility beyond the initial suspension. o If offense is during the off season, the first offense suspension will begin on the GHSA start date for the next season with which the recognized athlete is affiliated. o If the student has not completed his suspension at the end of the season, the remaining days will be completed at the beginning of the next affiliated GHSA activity.
- 2nd Offense: Suspension from extracurricular activities for a minimum of one calendar year. The student will not be permitted to participate in preseason activities or practice.
- 3rd Offense: Permanent suspension from extracurricular activities, including preseason activities and practices.

C. TOBACCO [IN-SEASON USE]: Student use of tobacco or tobacco product substitutes (e.g., tobacco look-alikes, such as BaccOff), cigarette look-alikes (e.g., electronic cigarettes), hookahs and hookah lookalikes (e.g. electronic hookahs) is prohibited.

- 1st Offense: Suspension from all extracurricular activities for two (2) school days/
- 2nd Offense: Suspension from all extracurricular activities for five (5) school days and must sit out 10% of games/matches/performances/competitions.
- 3rd Offense: Suspension from all extracurricular activities for ten (10) school days and must sit out 20% of games/matches/performances/competitions. • 4th Offense and Subsequent Offense: Suspension from all extracurricular activities for ninety (90) calendar days.

All Cheerleading Candidates **MUST** sign up for the Remind group message. **Text @23hhscheer to 81010.**
 Questions– gohoyacheer@gmail.com

D. FELONY:

1. Guidelines:

- a. A student who is arrested for, indicted for, convicted of, or charged with a felony or act that would constitute a felony if committed by an adult shall be automatically suspended from interscholastic/extracurricular activities;
- b. Students will not be permitted to participate in preseason activities;
- c. DUI: All felony DUI offenses will be dealt with according to this section.

2. Duration:

- a. The student shall remain suspended from extracurricular activities until: (1) The charges are completely dismissed; (2) The charges are reduced to a misdemeanor in which case the student may be subject to penalties outlined in Section E, below, or Section B, for alcohol offenses; (3) The student is found not guilty; or (4) The student serves his/her consequences as outlined below.
- b. Once the student successfully completes the consequences assigned by the judge or agreed to by the student, including probation or diversion, the student may be permitted to participate in extracurricular activities. Evidence that the probation period has expired, fines have been paid and/or community service has been completed is required.
- c. If a student has been arrested or charged with an offense, but the matter has been expunged, sealed, removed from a student's record, treated as a "first offender" action, or the behavior has not been prosecuted (nolle prosequi), that student may present or obtain documentation as required by the school to determine the circumstances of the matter and appropriate eligibility consequences, as determined at the discretion of school administration. Such incidents will be reviewed on an individualized basis and a legal determination in the matter may not be sufficient to change the student's consequences.

E. MISDEMEANORS:

1. A student who is arrested for, charged with, or found guilty of a misdemeanor shall receive consequences as outlined below. However, minor offenses that result in fines alone may be dealt with as a violation of Section G.7. below.

o 1st and Subsequent Offenses:

o Minimum suspension from extracurricular activities for one (1) school day up to a maximum of permanent suspension from extracurricular activities.

2. Drug/Alcohol/DUI: Any student who is accused of a misdemeanor alcohol/drug offense or a misdemeanor DUI will receive consequences as outlined in Section B above.

3. If the student produces proof that the charges are completely dismissed or the student is found not guilty, these consequences may be lifted. If a student has been arrested or charged with an offense, but the matter has been expunged, sealed, removed from a student's record, treated as a "first offender" action, or the behavior has not been prosecuted (nolle prosequi), that student may present or obtain documentation as required by the school to determine the circumstances of the matter and appropriate eligibility consequences, as determined at the discretion of school administration. Such incidents will be reviewed on an individualized basis and a legal determination in the matter may not be sufficient to change the student's consequences.

F. PARENTAL/SELF REPORTING OF LAW ENFORCEMENT: Parents/guardians and/or students must report any charges against or arrest of a student or student behavior in which law enforcement is involved, to their high school administration or coach within two weeks (14 calendar days) of the arrest or behavior. The two week time frame includes weekends, school holidays and summer vacation. Failure to report arrest, charges or behavior may result in additional consequences which may include, but is not limited to, doubling of the student's consequences for the behavior in question.

G. OTHER OFFENSES: A student who commits the following offenses may be suspended or permanently dismissed from the team or activity. The head coach in conjunction with the school administration will determine consequences for the following:

1. Hazing: School clubs and student organizations shall not use hazing or degradation of individual dignity (Administrative Rule JHC-R [School Clubs/Organizations and Student Organizations]);
2. Missing practice, rehearsal or activities (unless excused by the coach, teacher, or sponsor);
3. Truancy and/or skipping classes;
4. Acting in an unsportsmanlike manner when representing the school;
5. Violating curfew as established by the coach;
6. Any act at school or away from school, which results in any discipline by school administration;
7. Any act at school or away from school which, in the opinion of the Principal reflects in a negative manner on the school, athletic program, or activity.

All Cheerleading Candidates **MUST** sign up for the Remind group message. **Text @23hhscheer to 81010.**

Questions– gohoyacheer@gmail.com

X. TRANSPORTATION

All cheerleaders will be transported according to the team's Game Travel Information Sheet, which will be made available at the post tryout meeting in April. Methods of transport, other than what is determined by the coach will not be allowed. (Parents should not drive their cheerleader separately if the coach has arranged for carpool to the event. However, they are permitted to have their cheerleader ride home with them.) Students are not to ride with other students.

XI. UNIFORM RENTAL

- All football cheer teams will purchase the same top and skirt. This uniform will be worn throughout your time in the program.
- Additional uniform(s) for Harrison squads will be **rented** to cheerleaders by Harrison High School for \$50 per uniform. The **rental fee is nonrefundable**.
- Alterations.
 - Do not alter the uniforms unless specifically told to do so by Coach Dickmann.
 - Any alterations will result in the purchase of the uniform @ full price.
 - Each cheerleader will be put in a uniform that fits as prescribed by the coach.
- Uniforms must be returned to Coach Dickmann on the designated return date
- Uniform pieces that are lost or damages with become the financial responsibility of the cheerleader to whom they were issued.
- **All uniform pieces must be cleaned at the end of the season (or upon a cheerleader's dismissal/removal from a squad) and returned to the coach ON THE DAY DESIGNATED BY THE COACH for the squad the uniform was assigned.**
- **DO NOT DRY CLEAN THESE UNIFORMS.**

XII. CCSD PHYSICAL EXAMINATION REQUIREMENTS

- The Georgia High School Association (GHSA) states that all athletes must have a current physical on file at the school to participate in all athletics.
- A physical is valid for one calendar year.
- A hard copy must be turned in the first day of tryouts.
 - If the packet is not filled out completely, meaning every single blank is filled in, your cheerleader will not be allowed to tryout.
- **AFTER** your cheerleader has made a team, her physical must be uploaded to Parent Vue.
 - If you do not have access, contact your cheerleader's school to obtain required password.
 - This will be taken care of at the post tryout parent meeting.
 - Please bring your cheerleader's computer log on information with you to the post tryout parent meeting.
- See www.harrisonhoyacheer.com for directions to help you upload

IV. FINANCIAL RESPONSIBILITIES

A. Fundraising

- Attempts will be made to cut down on the personal cost to the cheerleader.
- Little Hoya Cheer Camp - *Each cheerleader in the program (regardless of the number of squads she will participate on) is responsible for recruiting and securing 3 LHCC campers.*
- Corporate Sponsorship – Minimum of one \$50 sponsorship, per team you're on
- SnapRaise – *Email fundraising campaign*

FINANCIAL OBLIGATIONS

		ESTIMATED MAX TOTAL
The amounts listed here are ESTIMATES based on <u>purchasing every item</u> available and not participating fundraisers. By participating in fundraisers, you can defray your costs.	VFB	\$1,600.00
	VFB & Comp	\$2,500.00
	Comp Only	\$2,100.00
	JV	\$1,500.00
	JV & Comp	\$2,400.00
	FFB	\$1,430.00
	FFB & comp	\$2,400.00

Miscellaneous Fees & Information Regarding Fees:

- *Additional fees may be incurred by competition cheerleaders depending on the squad advancing to the State Finals in Columbus, GA. Cheerleaders may be required to pay for bus/hotel fees.*
- Prices are subject to change based on the number of cheerleaders selected for the program.
- Final price information will be available at the Post Tryout Parent Meeting.
- Items that may be optional depending on what a cheerleader has already purchased from previous years.
- There are also spectator fees for the competitions throughout the season. Fees usually range between \$5 and \$10 per spectator depending on the hosting school.

Tryouts

- Only those trying out will be allowed in the tryout area(s) at the time of clinics/tryouts.
- Candidates should come dressed each day in: navy OR Kelly green shorts
 - Navy or Kelly green Nike pro style shorts are okay, as long as you're not wearing a GIGANTIC shirt and we can't tell whether or not you have pants on.
 - a **PLAIN** white t-shirt – DO NOT wear a colored bra under your white shirt – Points will be deducted
 - athletic/cheer shoes.
 - There should be **NO CHEERLEADING designations on ANY of tryout candidate's apparel.**
- Each candidate's hair should be up in an **athletic pony-tail** with a **plain white bow**.
- Nail polish is okay. Nails should be fingertip length
- No Jewelry!

TRYOUT/SCORING PROCESS

Stunting:

- Stunt groups will be put together by coaching staff.
 - Groups will be put together with safety, skill level and experience in mind.
 - Groups may be fluid during the tryout process as coaches determine the best fit within the groups.
- Sideline Cheer – minimum desired skills listed
 - Varsity – one man grip extension and single leg stunts
 - JV – straight up extension

- Freshman – prep up to extension
- Competition Cheer – desired skills listed
 - One man grip extension
 - Single leg stunts – heel stretch, arabesque, scale, scorpion, bow/arrow, needle
 - Varied entry into stunt – switch up, full up, etc.
 - Varied dismount from stunt – full down, pancake, etc.
- Judging
 - Based on execution & DOD

Jumps

- See page 12 for pictures of the different jump types
- All teams
 - Toe touch & jump of choice
 - Competition candidates – At discretion of coaches, some may be asked to complete 3 jump series – point value not included in final score, may be used for tie breaker
- Judging
 - 5 points max, per jump
 - 5 – hyperextended leg(s), pointed toes, soft landing with feet together
 - 4 – leg(s) parallel with ground, pointed toes, soft landing with feet together
 - 3 – leg(s) parallel to ground, pointed toes
 - 2 – leg(s) below parallel, flexed toes
 - 1 – jump attempted, leg(s) below parallel, flexed toes, chest dropped

Tumbling:

- Sideline – tumbling will not be included in determining the sideline teams
- Competition
 - Desired skills for Varsity – standing back tuck and round off back handspring, back tuck
 - Desired skills for JV – standing back handspring and round off back handspring, series
- Standing Tumbling Judging
 - Be prepared to show ALL of your tumbling skills on non-spring floor
 - Skills will be judged based on execution and DOD
- Running Tumbling Judging
 - Be prepared to show ALL of your tumbling skills on non-spring floor
 - Skills will be judged based on execution and DOD

Cheer & Chant

- Cheer and chant will both be judged based on the following criteria. Each category will be worth 30 points, for a total of 90 points.
 - Crowd leading skills – voice (10pts), facial expression (10pts), confidence (10pts)
 - Motion technique – speed/tempo (10pts), motion sharpness (10pts), motion placement (10pts)
 - Knowledge – know material well, executes cheer/chant with confidence (30pts)

Team Selection

- Scores will be used as a guide to put each team together. Coaches ultimately have the final say in the forming of each team.

Most Commonly Used Jumps



TOE TOUCH

Keep head and chest up; pull legs to arms; reach for the arch of the foot, not the toes



SIDE HURDLER

Bent knee faces the crowd; keep knee on straight leg facing upwards



FRONT HURDLER

Bring straight leg up to chest and between the arms; back knee points towards the ground; land with feet together at the same time



PIKE

Keep head up; bring legs to arms; arms parallel to the ground

Important 2023 - 2024 Dates (once you've made a team)

<u>Date</u>	<u>Time</u>	<u>Location</u>	<u>Activity</u>	<u>Team</u>
April 11	3:45pm Varsity/Comp Only 4:15pm JV 4:15pm Senior Comp Meeting 4:45pm Freshman	9110 & 9106	Apparel and Uniform	ALL Teams
April 12	No later than 7pm	Use the Pro Sports Link Provided	Place Pro Sports Order Online	ALL Teams
April 15	8:00am – 3:45pm	Attendance Bldg. Office	1 st Payment Due	ALL Teams
May 13	7:30pm	TBD	Spring Game	Everyone is invited, but not mandatory
TBD	Added at coaches' discretion	Stingrays Gym TBA	conditioning	ALL Competition
May 30- June 5	Dead Week – No Practices or Activities	Dead Week – No Practices or Activities	Good time to go on Vacation!	Dead Week – No Practices or Activities
Beginning week of June 5 Mondays	4:30-6:00pm	Stingrays Gym Marietta	Summer Workouts	ALL Competition
June 13-15	8:00am-5:00pm	Small Gym & Pres Gym	Sideline Camp	ALL Sideline
June 16	9:00am – 4:00pm	TBD	Competition Stunt Clinic	ALL Competition
June 26-29	7:00am–3:00pm	HHS Gyms	Little Hoya Cheer Camp	ALL Teams
July 4 – July 10	Dead Week – No Practices or Activities	Dead Week – No Practices or Activities	Good time to go on Vacation!	Dead Week – No Practices or Activities
July 17-19	9:00am-4:00pm	Stingrays Gym Marietta	Competition Choreography Camp	ALL Competition
Starting August 2	3:45-5:30pm Wednesdays	Small Gym	Weekly Practice	Competition
Starting August 3	3:45 – 5:00pm Thursdays	Small Gym	Weekly Practice	Varsity Sideline
Starting August 4	TBD Fridays – Weeks Varsity has Home Games	Small Gym	Weekly Practice	Competition
Starting August 7	TBD Mondays	Stingrays Gym Marietta	Weekly Practice	Competition
Starting August 8	3:45-5:00pm Tuesdays	Small Gym	Weekly Practice	JV & Fresh Sideline
Starting August 10	6:30am Thursdays – Weeks Varsity has Away Games	Small Gym	Weekly Practice	Competition
Starting August 19	All Saturdays *Please hold all Saturdays Aug. 20- Nov. 18 for competitions, including Fall Break week	TBD	Competitions	Varsity & JV Competition
November	TBD	TBD	Region Competition	Varsity Competition
November	TBD	TBD	Sectionals/State Competition	Varsity Competition

ALL IN SEASON ACTIVITIES ARE MANDTORY



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HARRISON HIGH SCHOOL CHEERLEADING PROGRAM

EXPLANATION OF INHERENT RISKS FOR CHEERLEADING

2023-2024

THIS FORM DUE AT REQUIRED MEETING ON MARCH 1

Cheer Candidate's Full Name: _____

Cheerleading is an exciting, time-consuming sport that involves flyers, bases, and spotters. Flyers are lifted into stunts by the bases, with the safety-oriented spotters when needed. Bases and spotters are responsible for catching the flyers when the stunts come down. Cheerleading also requires forceful motions, tumbling, voice projection, and jumping. The cheering area varies greatly from one location to another, inside or outside. Because of these conditions inherent to the sport, participating in cheerleading exposes an athlete to many risks of injury. Those injuries include, but are not limited to: death, paralysis due to serious neck and back injuries, brain damage, damage to internal organs, serious injuries to the bones, ligaments, joints, and tendons, and general deterioration of health. Such injuries can result not only in temporary loss of function, but also in serious impairment of future physical, psychological, and social abilities, including the ability to earn a living.

In an effort to make cheerleading as safe as it can be, the coaching staff will instruct athletes concerning the correct techniques for stunts and rules of cheerleading. It is vital that athletes follow the coach's skill instructions, training rules, and team policies to decrease the possibility of serious injury.

We have read the information above concerning the risks of cheerleading. We understand and assume all risks associated with trying out, practicing, and cheering at games/competitions. In signing this form, we assume the inherent risks of cheerleading and waive any further legal action by our heirs, estate, executor, administrator, assignees, family members, and ourselves.

Date: _____

Signature of Athlete: _____

Printed Name of Parent (or legal guardian): _____

Signature of Parent (or legal guardian): _____

HARRISON HIGH SCHOOL CHEERLEADING CONSTITUTION

2023-2024 AGREEMENT FORM

THIS FORM DUE AT REQUIRED MEETING ON MARCH 1

My child _____ Cobb County ID# _____ has my permission to be a cheerleader at Harrison High School. I understand that she must abide by the rules and regulations set forth by the coaches of Harrison High School and must be present for all events, practices, and games. We have read the Cheerleading Constitution/Regulations and understand that the violation of any of these may lead to temporary or permanent suspension from the squad.

We understand that the following forms must be fully completed and are **due at the tryout meeting on, March 1** or my child will not be allowed to try out.

1. Explanation of Inherent Risk for Cheer Form, page 15 of this packet
 2. HHS Cheerleading Constitution 2023-2024 Agreement Form, this form
 3. Current Physical Examination Form, signed by physician, page 17 of this packet *
 4. Current Clearance Form, signed by physician, page 18 of this packet *
- *If your physical is still valid at the time of tryouts, and was uploaded to Parent Vue, you must print out a copy of the Physical Exam form and the Clearance form to be handed in.

Regarding tryouts and if my daughter is selected, we understand the following:

1. Required meeting on March 1 – forms listed above are due at the meeting
 - a. 3:45pm for current HHS students in Attendance Bldg. Café; parents not required
 - b. 4:45pm for current middle school students in Attendance Bldg. Café; parents recommended
2. The tryout process and that the coaches will be placing my cheerleader on the team they see as being the best fit.
3. First payment must be dropped off at Harrison's front office between 8:00am – 3:45pm on April 14.
4. We agree to the selection process, agreeing that my daughter will be evaluated by qualified people and my daughter, and we agree to abide by the decision of the judges.
 - a. Questions regarding the selection process submitted by parents will not be answered.
 - i. i.e.: Parent emails will not be returned, as the parent is not being coached, until your cheerleader has personally reached out to the coaching staff.
 - ii. Cheerleaders are encouraged to reach out to determine what they can work on.
5. We understand and agree to all costs and deadlines involved as stated in the Constitution.
6. By signing below, we have read and understand the contents of the tryout packet and the 2023-2024 Harrison High School Cheerleading Constitution, including all sections.
7. By signing below, we acknowledge that we have read and understand the consequences of certain behavior(s) as outlined in the Code of Conduct included on pages 7-8 of this packet.
8. By signing below, we agree that we will abide by this constitution and understand what is expected of our family and commit ourselves to following these rules, taking ownership of culpability and consequences inherent in not abiding by the program rules.
9. We also understand that if my child is chosen as part of a HHS cheerleading squad and quits or is dismissed from the program for any reason, I will receive no financial restitution.
10. If chosen, to participate as a member of a Harrison High School cheerleading squad(s) for the upcoming year, we will participate in all required fundraisers during the 2023-2024 cheerleading season.
11. Our cheerleader is committed to attend, and we have made note of, the activities listed on the important dates sheet.

Parent or Guardian Signature

Date

Student Signature

Date

All Cheerleading Candidates MUST sign up for the Remind group message. **Text @23hhscheer to 81010.**

Questions– gohoyacheer@gmail.com