

Hastings College
CHEERLEADING GUIDE
2009-2010 HC CHEERLEADING GUIDE

PHILOSOPHY

Hastings College Spirit Squad serves as a support group for the Hastings College athletic teams and, therefore, plays an important role in athletic/activity contests. The purpose of the squad is to boost school spirit, promote good sportsmanship, develop positive crowd involvement, and help student participants and spectators enjoy and maximize the spirit of the athletic event.

Being amongst the most visible and recognizable representatives of the school, the squad is in a position of great influence; therefore, high standards of conduct are essential. Positive personal behavior and squad cohesiveness demonstrate these standards. Appropriate behavior will help earn the respect of the student body, which is the core of developing effective school spirit and student involvement.

Spirit squad activities should center on ***leading and directing*** the cheering of student or adult fans. True school spirit is developed and enhanced by creating a cooperative spirit among members, athletes, the school community, school administrators, and the community at large. Cheerleaders should recognize outstanding plays and good sportsmanship on the part of both teams; and aid the school and game officials in the promotion of good sportsmanship and in the administration of the contest.

Cheerleaders will also represent at various community events and will also serve as ambassadors to other groups affiliated with HC (such as alumni groups). Participation in these kinds of events promotes goodwill within the community and visibility for the HC Cheer Squad.

SQUAD SIZE

Squad size may vary from year to year. The cluster of tryout scores closest to the recommended number of squad members will determine squad size. The recommended squad sizes for the 2009-2010 school year is 11 girls

HEALTH

Cheerleading is a rigorous activity and all participants are required to be in top physical condition. Students with serious health problems that are aggravated by exercise and/or which limit full participation for a substantial amount of time should not tryout for the squad. These limitations may be grounds for dismissal by the Cheer Staff. This rule is essential to protect the health and safety of all participants.

RISK

Cheerleading incorporates acrobatic, tumbling, stunting, and precision movements that are difficult and have the potential to be extremely dangerous. Moderate to severe injuries, including death can occur in any activity involving motion and increased height or force. Please be aware that each individual can maximize her own safety and the safety of others by following our HC Cheerleading rules. Staying focused and living a healthy lifestyle such as eating a well-balanced diet, drinking plenty of water, staying physically fit, and getting plenty of rest also aids in injury prevention.

WHEN DO TRYOUTS TAKE PLACE?

- Tryouts are in April
- The current captains will choose and teach all girls the tryout information. During the actual tryouts, the captains will tryout the exact same as all the other girls.
- Judging will be as follows: there will be no less than 10 judges. Judges can include: coaches of the sports cheered for, college administration/faculty, previous cheer alumni and cheer professionals. (See score sheet on back)
- Incoming Freshmen please note page 4.
- This handbook and contract will be given to each girl trying out. It must be signed before a girl can be added to the team
- It is possible that current squad members will not re-make the team. So, continue to work on all individual skills.
- If there are questions or comments after tryouts, I will allow each girl to know what score received /score possible, but not individual judge's ratings. I will also offer any suggestions/comments if the girl would like to hear them.
- Captain/s will be chosen after the final squad has been compiled by Coach Jessica. In order to be eligible to be a captain student must:
 - be a current sophomore
 - at least 1 year of HC cheer experience.
 - Resume
 - Teacher recommendation
 - Private interview with Coach Jessica

CHEER RESPONSIBILITIES

- Squad members will attend all games and practices as outlined at the start of each semester. If you can not attend, please inform Coach Jessica ASAP. At least 24 hour notice is necessary for an approved absence. (see practice & attendance below)
- Sportsmanship is a must! Even if the game has been lost, or the team is behind be encouraging and show enthusiasm.
- As representatives of the school and role models for the community, profane or abusive language will not be tolerated. Refrain from any non-flattering behavior while in uniform.
- Team cooperation is imperative, between each squad member, the captains, and Coach Jessica. As a squad we should be diligent in encouraging those around us.
- Individuals who are hurt or sick are still required to perform as much of the duties as possible.
- Tartiness will not be tolerated. Practice starts at 4:00. Classes should never go later than 3:50. If you foresee this being a problem, bring Coach Jessica your schedule for a meeting. Also, if you are teaching in the schools meet with Coach Jessica.
- All squad members will be in appropriate uniform and be "put together" when representing the school. (See uniform and appearance below)
- As Hastings College students you must comply with all campus rules and guidelines, as well as the laws of our land. If you have been found guilty of such acts, the coach and school have the right to dismiss you from the squad.
- **Any squad member found to be under the influence of any substance during a practice or a game will be removed from the team. Period.**

During games:

- Be on the floor 15 minutes prior to the beginning of the game, and 5 prior to the 2nd half
- We are here to support HC athletics. Please watch the game.
- Remember to stay out of the way of players, coaches, and referees.
- Cell phone use is prohibited
- No Public Displays of Affection
- No chatting with family, friends, etc while game is in progress
- Warming up (stretching) is not optional.
- Use restrooms prior to game/practice or during intermission.
- No talking between cheers at games.
- No arguing... save it for the next meeting
- Do not practice cheers while in formation. Learning new cheers is for practice.
- No leaning on walls. Cheerleading Stance at all times.
- Speak loudly, clearly, and smile.
- Contact Coach Jessica if there is a problem.

CAPTAIN RESPONSIBILITIES

The captains are the leaders of the squad as chosen by the Coach and squad. The captains are in charge of cheers, chants, dances, and games. They must also:

1. Train team members in all areas of cheerleading (i.e. stunts, jumps, conditioning, technique)
2. Schedule practice calendar with Coach Jessica
3. Communicate any announcements and activities to the cheerleaders through class, e-mail, website and practice calendars
4. Develop structured practice agendas
5. Execute additional needs/announcements from Coach Jessica
6. Alert Coach Jessica to in-squad problems and concerns
7. Choreograph numerous routines
8. Lead tryout practices

COACH RESPONSIBILITIES

1. Person in charge of the program
2. Liaison for squad, captains, parents, and administration
3. Discuss issues with HC Administration
4. Report writing and follow-up (i.e. Injury reports)
5. Advise cheerleaders of their roles and responsibilities in participating in the Cheer program
6. Handle all paperwork, including excuses, medical clearance, and parental concerns.
7. Attend to all finances
8. Follow-up on all concerns – investigates and/or solves issues
9. Maintain that all squad members are eligible to cheer
10. **Support and enforce all rules and regulations set out by Hastings College**

UNIFORM & APPEARANCE

- All squad members must be dressed alike during games, performances, and other cheer events determined by the Captain(s). The squad captains determine attire.
- All girls must be showered and well groomed
- All Cheerleaders must wear their hair pulled back away from face and secured at all events. No metal/plastic clips or hairpieces. NO bangs past eyebrows
- Only wear team bow.... I know bows are great but too many are tacky.
- No visible tattoos or un-natural hair color, I don't want clones but you will look classy.
- Chewing gum is prohibited (you don't want to look like a cow or bite your tongue!)
- No jewelry in or on any part of the body including toe, belly, ear, and tongue rings.
- Nails must be kept at a short sport length. (Nail polish or no Nail polish?)
- Team cheer shoes must be worn at all games and performances.
- When traveling to and from any cheer related event, all cheerleaders must be in uniform. All pieces of uniform are to be worn at all times unless otherwise stated. If you want to change, you must completely change out of your uniform into street clothes. The only exception will be warm up jackets; these may be worn with street clothes.
- If a cheerleader is unable to wear the uniform properly they will be suspended from wearing it until they can learn how to properly represent the school and the Cheerleading program. Being suspended results in being benched from games or events.

Being a cheerleader is a financial requirement. The uniform and pom poms are lent to you by the college. You are financially responsible for your warm-ups, under armor, skirt, shirt, shoes, socks... etc. All accounts will be paid before you receive any uniforms for the year. If you would like to be on a payment plan the cost can be paid in two installments on May 15 and June 15. If you decide to withdraw from HC after July 1 you will not receive that amount back, as that is when all attire is ordered. You may keep non-returnable items.

Students must be registered for classes before anything will be ordered for them. This includes **incoming freshmen**. If you going to be a first year student, you must have applied and been accepted to admissions by the time of tryouts. You also should also put down your deposit as soon as you decide so that you can receive priority housing and registration. **First year students who have not registered for classes by mid-June will be removed from the squad.**

PRACTICE & ATTENDANCE

- Summer Camp: Participation in the cheer camp is **REQUIRED**. Camp serves as both a skills building and team building experience and is essential to the functioning of the team.
- Daily Practice: Spirit Squad practices will be held from 4-6 Monday through Thursday. Practices will not be scheduled on game days. Missing practice will result in demerits.
- Team Fundraising Events: All-squad events which raise money to help defray team expenses and/or require bodies for manual labor will be required.

- **Games and Events:** The HC Cheer Squad cheers for Football, Volleyball as well as men's and women's Basketball. A schedule with all games we will be performing at will be provided to the girls during summer camp. Any additions will be supplied at the beginning of each semester.
- **Absences and Tartiness:** If you are going to be late or can not cheer for any of the aforementioned events, at least 24 hour notice needs to be given to Coach Jessica.
- **Excused Absences:** Being students, absences that are required for a class will be excused. Make sure to give 24 hour notice, though. Where as you will receive the game schedule first thing in the semester, work will not be an acceptable excuse for missing. Emergencies happen. If one happens to you contact Coach Jessica ASAP at 308-991-6633 (that way I know, and I will help if I can). Doctor visits will count as excused.

***All Doctors' notes must be turned in within 2 days of returning to practice. Please be advised that Coach Jessica reserves the right to do a follow-up phone call on all received doctors' notes and can check up on class excused absences as well.**

DISCIPLINE

At all times the school policies for attendance and discipline, as stated in the school handbook, will be enforced. If at any time a HC Cheerleader acts inappropriately a three-strike policy will be set in place.

Strike 1 = whole team runs

Strike 2 = whole team runs then does 50 sit-ups

Strike 3 = consequence that Coach Jessica and the Captain(s) choose**. Once you reach 3 all subsequent strikes are benching/ removal from the squad.

** Benching (sitting out of games and/or practices), additional conditioning, practice removal, performance suspension, and dismissal from teams are all actions that could be deemed necessary.

ACADEMIC AND CITIZENSHIP REQUIREMENTS

All cheerleaders must make school their first priority. A minimum GPA of 2.5 for academics and a 3.0 in citizenship is required of all members of the Squad. If a student falls below the minimum at the end of any 6 week grading period, the student is placed on ineligibility probation. During the period of probation the cheerleader is still required to attend all practices and activities, but is benched for games and performances.

Cheerleaders who are ineligible are still expected to dress out and practice. During games, ineligible girls are expected to attend dressed in warm up uniform while assisting the squad. The coach may contact teachers to ensure improvement in the student's behavior or academics. Students who are not eligible for two grading periods will be dismissed from the squad.

In order to check for eligibility, students will turn a professor signed form into Coach Jessica by the 1st Friday of every month.

COMMUNICATION

- It is imperative that the lines of communication between cheerleaders, parents, coaches, and advisor remain completely open. **Open lines of communication allow for a better cheerleading experience**
- Absences must be cleared through Coach Jessica
- It is expected for the students/parents to give prior notification of major personal events.
- Compelling circumstances that disable students from performing expected duties should be brought to the attention of Coach Jessica ASAP.
- **Notification procedures:**
 - Phone: 308-991-6633 (cell) or 402-461-7781 (office) (on campus x7781)
 - E-mail: jbrock@hastings.edu or larae.jessica@gmail.com
 - Facebook: Jessica LaRae Brock
 - Mail: 2615 Bateman St. Hastings, NE 68901
 - Written note: Hurley McDonald Admissions Office 122

Complaint Procedure: Step 1: Captains, Step 2: Coach Jessica, Step 3: Fran Hummel, Athletic Director

If you have a complaint with Coach Jessica, speak with the captains 1st. They will then take appropriate action.

Cheer Dates Outlined

August

21	Move In!!!	4:30
22-23	Cheer Camp	9-4
24-28	2-a-days	
27	Football	7
28-30	<i>New Student Days</i>	
30	Carwash	11:30-4

September

12	Football	12:30
16	Soccers	6:30->
19	Soccers	4:30->
22-27	<i>HOMECOMING</i>	
22	Volleyball	7
26	Football	1:30

October

9	Volleyball	7
10	Football	12:30
14	Soccers	3:30
17	Cross Country	8am?
17	Soccers	5
17-20	<i>FALL BREAK</i>	
24	Football	12:30
30	Volleyball	7
31?	VB + Soccer	2:30

November

14	Football	12:30
21	Basketballs	1:30 ->
21-29	<i>THANKSGIVING</i>	

December

9	Basketballs	5:30->
14-17	<i>Finals Week</i>	
16-1/4	<i>HAPPY HOLIDAYS</i>	

January

-4	<i>CHRISTMAS BREAK</i>	
8	Wrestling	5:30
9	Basketball	1:30 ->
13	Basketball	5:30 ->
20	Basketball	5:30 ->
28-31	<i>J-TERM BREAK</i>	

February

6	Basketball	5:30 ->
6	Little Bronco Cheer Camp	
10	Basketball	7:30 ->
11	Wrestling	6:30
13	Basketball	5:30 ->

March

13-21 SPRING BREAK

April

2-5 EASTER BREAK
17 !!!TRYOUTS!!!

Please Be Advised:

For Events like soccer, wrestling, cross country, tennis etc. we may not be cheering on the sidelines but we will be there to support them. Especially for these events, filling the seats and posters/ locker room decorations may be the route to best support them.

I have not received all of the home games from some of those sports. I don't believe they are until second semester, but when I do receive them I will pass them on ASAP.

Hastings College Cheerleading Tryout Judges Card

Name of Girl Trying Out _____

Area	1 (poor)			5 (adequate)				10 (amazing)		
Diction	1	2	3	4	5	6	7	8	9	10
Loudness	1	2	3	4	5	6	7	8	9	10
2 jumps	1	2	3	4	5	6	7	8	9	10
Personality	1	2	3	4	5	6	7	8	9	10
Showmanship	1	2	3	4	5	6	7	8	9	10

Comments:

(Edit below same as you edit the same section above)

Judging will be as follows: there will be no less than 10 judges. Judges can include: coaches of the sports cheered for, college administration/faculty, previous cheer alumni and cheer professionals. Each girl will be rated on scale of 1-10 in each of the mandatory areas. The top and bottom score are thrown out. Then each girl's scores are tallied. The girls with the highest scores are those that are on the next year's squad

This handbook and contract will be given to each girl trying out. It must be signed before a girl can be added to the team

If there are questions or comments after tryouts, I will allow each girl to know score received /score possible, but not individual judge's ratings. I will also offer any suggestions/comments if the girl would like it.

Please return this form to your coach at the time of Tryouts

I acknowledge that I have reviewed and UNDERSTAND all the information as it appears in the:

**2009-2010 Cheerleading Guide
and the Hastings College Handbook**

I also acknowledge that I am registering for classes in the fall and plan to be a full time student.

Cheerleader

Signature_____ Date: _____

I acknowledge that I understand what is laid out in the Cheerleading and College Handbooks. If I have any questions or problems I will first contact Coach Jessica to resolve the issue.

Parent

Signature_____ Date: _____

Coach_____