

William Henry Harrison



Jr. High School Cheerleading

Table of Contents

▪ Tryouts Information	3
▪ Requirements to Make the Team	5
▪ Note to Parents and Students	6

Handbook

▪ Coaching Staff	7
▪ General Statement	7
▪ Statement of Commitment	7
▪ A Triangle Relationship	8
▪ Definition of an Athlete	9
▪ Rules for All Teams	
Missing Practices/ Games	9
Dress	10
Practice	11
Jewelry/ Nail Polish Policy	11
Cellphone Policy	11
Squads	12
Forms of Communication & Social Media	12
Strength Training and Conditioning	12
Game	13
Injury	13
▪ Parent – Coach Interaction (Contacting a Coach)	14
▪ Fundraising	14
▪ Price List	16
Pay to Participate	18
• Forms.....	16

William Henry Harrison Jr. High School Cheerleading Tryouts

Open Gym Dates

May 15-17 3-5pm @ High School

MANDATORY Informational Meeting

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

When: Wednesday, May 17

Time: 6:00 pm

Where: Harrison High School Cafeteria

*If you have extenuating circumstances and cannot attend this meeting, you must email the Coach Hasenohr (molly.hasenohr@southwestschools.org) in advance of this meeting.

FORMS DUE AT THE INFORMATIONAL MEETING:

- Screenshot of 3rd quarter report card
- Emergency Medical Authorization form (printed and completed from Final Forms)
- Online Cheerleading forms (completed via link through cheer website)
- Physical form (printed and signed by doctor)

Mandatory Tryouts

When: May 22-24

Time: 3:00-6:00pm

Where: Harrison High School Old Gym (the gym connected to the school)

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

FAILURE TO HAVE ALL ITEMS TURNED IN WILL RESULT IN A CANDIDATE BEING INELIGIBLE TO TRY OUT!

Reminder to Family & Friends: Tryouts are closed to the public. Candidates need to be ready and then picked up at the specified times. On the final day of tryouts, the girls must be picked up and leave school grounds. 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: May 24

Time: by 7:00pm

Where: Harrison JUNIOR School Cheerleading website
(www.southwestlocalschools.org/cheerleading - click on Junior School Cheer page)

**Each candidate will be assigned a number at the start of tryouts. If you see your number, you have MADE the team and need to message Coach Hasenohr (molly.hasenohr@southwestschools.org) confirming your spot by Thursday, May 25th at 3pm.

*Payment for cheer items will be due by the last day of school. A copy of the cheer items is in this handbook and additional details will be sent to those who make the team.

*NOTE: All district fees and any other required paperwork will be due before the first scheduled game. 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 Jr. High School Cheerleading Tryouts

The Harrison 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 Harrison Cheerleader you will be required to put in time other than just practices and games. 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 three-day tryout, **May 22-24** from **3:00-6:00pm**. The first two days will be clinics to review tryout material. The third day will serve as a final tryout.
- These tryouts will be conducted by grade level. The requirements for tryouts are as follows:
 - **Jumps:** Toe Touch and a 2-Jump Sequence.
 - **Chants:** videos are posted online for access – titled “Bearcats” and “Tackle”
 - **Cheer:** video is posted online for access – titled “Go Big Blue”
 - **Any Tumbling:** We will not spot you. Please only demonstrate what you have mastered.
 - **Motions, Facials, Voice Projection**
 - You may be asked to perform additional chants, tumbling, jumps, etc. from the coaches.
- 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 Jr. 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 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 Jr. 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 any time. 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 **May 17th MEETING!** 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 Jr. 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 Molly Hasenohr

William Henry Harrison High School Cheerleading Handbook

Coaching Staff

Varsity: Molly Hasenohr

Experience: 14 years Harrison Jr. High School Head Cheerleading Coach
4 years Assistant High School Cheerleading Coach

General Statement

All Harrison Jr. 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

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
- Effort

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 Jr. 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.
3. Vaping, alcohol, tobacco, and any other drugs will not be tolerated. If you are caught with any of these, you will be benched for 3 events including practices for the first offense. If caught again it is up to the coach on what the consequence will be. Additional offenses will result in additional consequences.

Additional Cheerleading rules are as follows:

4. Missing of Practices/ Games:
 - a) Each cheerleader will be given **two absences** from practice 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.
- 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.**

5. 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 nail polish, black boy briefs, shoes, black leggings, sweatshirt, poms, cheer bag, and any other items that have been designated.**
- 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.

6. 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 cheer t-shirt and cheer shorts. These will be stated on the cheer calendar provided at the start of the year. Failure to be “practice ready” will result in a consequence.
- c) Your athlete will store belongings (including cell phones) in their cheer bag for the duration of practice.
- 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) Practice during the school year will be on Mondays and Wednesdays from 3:00pm – 5:00pm.

7. 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.

8. 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 put away during practice times, with a family member or friend during competitions, and left in their cheer bags during games.

9. Squads

- a) Each cheerleader will cheer **all home** football and/ or basketball games. We will not be cheering at any away football 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 benched. These decisions will be made by the coach and are **non-negotiable**.

10. Forms of Communication & Social Media

- a) Primary form of communication will be through the BAND app.
 - i. BAND is an app that allows us to send out updates, reminders, and important information. It also has a calendar and messaging system. Each cheerleader and a parent is responsible for signing up for Coach Hasenohr's BAND.
 - If you need to get in touch with Coach Hasenohr please email: molly.hasenohr@southwestschools.org
- b) 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, the only way coaches can step in, is if it is done during cheerleading events, and brought to our attention. This could result in the removal of a cheerleader from the team. All other issues with social media need to be addressed with the school administration.

11. 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.
- c) 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.

12. Game

- a) All girls must stay on the track or court during the entire duration of the game, including halftime.
- b) 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.

13. Injury

- a) If an injury occurs while involved in cheerleading, the athlete **must** inform the coach right away and then see if the Athletic Trainer if necessary.
- 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

Molly Hasenohr: molly.hasenohr@southwestschools.org

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, but are not limited to: supporting restaurant nights, ATP Tennis Tournament in Mason, Harrison Cheer Classic (we host this) in October, and any other fundraiser that the Harrison Athletic Boosters as 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 fundraisers are subject to change).

ATP: Each family is responsible for working filling 2 shifts and a sign-up form will be sent out after tryouts. This year's event is Aug. 12-20.

Cheer Classic: Each cheerleader and a parent/guardian are required to work a shift during our annual Cheer Classic in October. Your shift will help pay for the competitions we attend. If you do not show for your shift, you will be required to pay for the entrance fees associated with the competitions we attend.

Harrison Athletic Boosters: You will also be required to sign up as a booster member on their website (www.harrisonathletics.com) at the minimum level. This is mandatory and must be completed before the first game. A printed copy of your confirmation or a screen shot sent via a private chat in BAND 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 2 hours per season** for the boosters. Once you have become a member you can sign up on the booster's website for the event and time slot you choose. You may not work the concession stand at our Harrison Cheer Classic.

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 buy the items from a former cheerleader, you will save money.

3 T-shirts (includes Little Girl Camp in June): \$45

2 pairs of shorts - \$40

Misc. fee - \$10

MANDATORY cheerleading camp fee at Miami University (Aug. 1-4): \$250.00 (cheer will cover the remaining balance)

*We will order a sweatshirt or long sleeve shirt before basketball season. This will be paid for later in the fall.

Cash, Money Order, or Checks are all accepted.

Make check payable to Harrison Athletic Boosters.

The payment for these items is due **BY THE LAST DAY OF SCHOOL.**

These items must be ordered on your own. They need to be in hand at our first practice in July. **Information about how and where to purchase these items will be given at the team meeting after tryouts.**

*ALL WHITE Cheer Shoes

*Black Boy Briefs

*White/ Black Sports Bra

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

Pay to Participate

This is a fee that is required to be paid by all student athletes at Harrison Junior High School. This fee is \$100 per athlete. It is now required to pay this fee online. This fee must be paid at the prior to the first game. Please wait to do this along with your online forms from the district in August.

CHEER FORMS

ONLINE CHEER FORM – Once you have read through our handbook, you will go to southwestschools.org/cheerleading. Click on “Junior School Cheerleading” to finish the online forms. These must be completed by the end of the INFORMATIONAL MEETING on Monday, May 17 at 6pm.

Online you will be asked to complete information about the athlete, consent to the handbook, agree to the tumbling and stunting form, list sizes for cheer clothes.

Additional paperwork due at the May 17th meeting includes:

- 3rd quarter report card (screenshot from Progress Book)
- Emergency Medical Authorization form (printed and completed from Final Forms)
- Physical form (completed and signed by doctor) uploaded to Final Forms.