

Simsbury High School
Varsity Cheerleading



2018-2019

Pre-season Informational Packet

Head Coach- Lindsay English

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Thank you for your interest in the Simsbury High School Varsity Cheerleading Team! In this document you will find some information that will be helpful as you begin planning for the upcoming season.

I am looking forward to an exciting season and wish everyone the best of luck at tryouts!

- Coach Lindsay

Opportunities for Parental Involvement

The success of our cheer program relies heavily on parent involvement. Here are some ways that you can make a positive impact on our team:

Boosters

The booster program is run by parents and former parents SHS athletes. Currently, there is no Cheer Booster Club. I am hopeful that parents can help to step up and work together with me to start one. Members of the Cheer Booster Club are extremely important to the program and our success. They help plan fundraisers, banquets, and other events throughout the regular season and off-season. If you are interested in being a part of the boosters program please contact Coach Lindsay .

Fundraisers

Fundraisers are held throughout the regular season and off-season. During the 2017-2018 season the team held numerous fundraisers including a bake sale, pizza sale, and Homecoming Dance. These fundraisers helped rebuild our account, allowed us to get new poms, and will be used towards a portion of this year's brand new uniforms as well as a portion of camp. This year we are looking to raise enough money to cover more of the cost of camp, our end of the season banquet, and some apparel costs. The more everyone works together, the more we make! If you are interested in helping to plan, oversee, or participate in a fundraiser, please let me know at our first meeting.

Games

The cheer schedule can get very busy with games on top of practices, competitions, and school work. All that work can make young athletes very hungry! If you are interested in providing healthy snacks or drinks for the team at a game, please contact Coach Lindsay

Parents are crucial members of this program, as you help to instill the values we strive for every day. I ask that you please empathize with me and I will in turn try to look at things from a parent's perspective as well. If you are interested in getting involved with fundraising, event planning, or community outreach, I encourage you join/start our booster program. If you are interested in joining please contact me ASAP.

Information for Athletes (parents are encouraged to read as well)

Scheduling

****Please note this is not a definite schedule. Times and days may change.****

Fall

- Practices are typically held 2 days per week on Tuesdays and Thursdays each about 2 hours long (from 4:30-6:30) We also have a shorter 1 hour practice (sometimes longer earlier in the season) before Friday night games
- Games are typically held on Friday evenings. Cheerleaders are expected to attend all home and away football games

- Fundraisers will be held prior to and throughout the Fall season. Cheerleaders are expected to participate in all fundraisers.

Winter

If you plan to cheer in the winter please know WE WILL BE COMPETING

- Practices are typically held on the same days and times as Fall season. However, scheduling changes may be made in the event of game conflicts, snow days, early releases, and availability of practice space. It may also be a full 3 days of practice for those athletes competing. In the event of a scheduling change, all efforts will be made to alert cheerleaders and parents in a timely manner.
- Basketball games are held on various days throughout the week. Cheerleaders are expected to attend all basketball games selected ahead of time by the coaches.
- Fundraisers will continue through the winter season. Cheerleaders are expected to participate in fundraisers.

General Practice, Game, or Event Guidelines

- All cheerleaders are expected to arrive 15 minutes prior to any scheduled event to set up mats and start warming up and stretching. Practices, games, and other events will begin promptly at their scheduled time.
- Cheerleaders are expected to be at every practice, game, and event on time, prepared, and ready to give their best effort.
- Work must be scheduled outside of practice and game hours. Exceptions may be made only under certain circumstances and at the discretion of the coach

Simsbury High School Varsity Cheer Expectations for 2018-2019

Preparedness

You are expected to be prepared for all practices, games, and events with the appropriate attire. At no time should you be wearing nail polish, long nails, or jewelry of any kind as it is against NFHS safety rules. You should have a cheer bag with you at all times containing all uniform items including but not limited to bows, shoes, socks, uniform, warm ups, leggings, etc. Any cheerleader unprepared for practice, games, or events will sit out.

Attendance & Communication

All practices and games are mandatory. Notify the coach verbally and in writing immediately if you must miss a practice, game or other event. You are allowed a total of 5 absences- 3 absences during football season, 2 during basketball/ competition season. If you are out of school sick, contact your coach immediately. Missing a practice with no communication will result in a one game suspension. You will be required to attend the game in uniform, but will sit out. Missing a game with no communication will result in a two game suspension, and a meeting with the coach. As with any Varsity sport, participation on the SHS cheerleading team requires an extreme amount of involvement and commitment. Other activities can be handled during the season, but they must be chosen carefully. Cheerleading is considered an athletic activity at Simsbury High School and therefore, must be given priority over all other activities, including an outside job.

Playing Time

Practice consists of learning safety, fundamentals, new skills, conditioning etc. therefore, playing time is earned at practice. If you miss an entire practice and are unprepared for the routines at the next game/competition, you will sit out. If repeated absences affect the athlete's or team's ability to continue progressing, a meeting will be held to determine the athlete's commitment to the team. All competitions are mandatory, and all practices the week of a competition are mandatory. Failure to attend a competition or competition practice may result in removal from the competition routine.

Chain of Communication

I encourage and promote an environment where athletes learn to communicate effectively and advocate for themselves. All issues should be addressed from athlete to coach first. In the event that cheerleader and coach cannot resolve the issue, the athlete will address the issue with the athletic director. If the issue is still unresolved after the first 2 steps, the athlete and parent may request a meeting with the athletic director. If the issue is still unresolved, the parent may request a meeting with the athlete, parent, coach, and athletic director.

24 Hour Rule

In emotionally stressful situations, take 24 hours to think about what you want to address, then address the problem within the next 24 hours. This will help all involved maintain an open and solutions-based mindset. Cheerleaders should be consistently putting in their best effort, staying positive through difficult times, being open to try new things, striving to be better than they were the day before, and pushing themselves beyond the limits they may set for themselves.

SHS Cheerleading Expenses

| Vendor | Item | Price |
|--------------|--|--|
| Varsity | Camp Wear (includes 2 tanks, one polo tank, 1 tee, and 4 pairs of shorts). | \$185 |
| On your own | All white cheer shoes | \$35+ |
| Under Armour | Warm ups | \$88.25 (if you would like to keep them) |
| TBD | Game Bow | \$10-\$15 |

In addition, SHS is purchasing us new uniforms from Varsity!

By signing below, you [the cheerleader and parent/legal guardian] agree to the expectations written in this document. Once offered a position on the team, this document must be signed, dated, and returned to the coach before the athlete can participate in any activities.

Athlete _____ Date _____

Parent/Legal Guardian _____ Date _____

Parent/Legal Guardian Email _____