**Welcome to the OHHS Cheerleading Program**

In our program, we will strive to become outstanding cheerleaders, students, community members, and teammates. We will all work together to promote school spirit and sportsmanship while cheering on our teams and being involved in the community. We will represent OHHS to the highest degree whether at games, performances, events, or out in the community.

Wildcat Cheer Standards....

1. Be polite and respectful to everyone including teachers and coaches.

2. Be ready to handle the responsibilities of being an OHHS Cheerleader

3. Always try. Can't is not a word!

4. Give 100%, 100% of the time.

5. Strive to be an outstanding student.

6. Be an exceptional teammate. Remember, we are a family!

7. Always remember safety is #1. Practice safe stunting at all times.

8. Hold yourself to the highest of standards as a community member

9. Promote school spirit and good sportsmanship every day in everything you do.

10. Be Honored to be an OHHS Cheerleader.

The cheerleaders are expected to set high standards for their school and to set a good example for their fellow students. To achieve these ends, the cheerleaders will

* Sign and abide by the provisions of the Athletic Code
* Be passing in all classes. Coach may require progress reports during the season.
* Attend all scheduled practices and games
* Maintain reasonable standards of appearance and conduct when engaging in activities representing Oak Harbor High School
* Cooperate with each other and follow the instructions of the cheerleading coach
* Any violation of these rules or conduct deemed improper and unsuitable for a cheerleader will result in one or more of the following consequences, administered at the discretion of the cheerleading coach and/or athletic director: verbal warning, parent conference, written reprimand, temporary exclusion for specific number of days, or exclusion from cheerleading squad. Coach's decision is final.

**POINTS TO REMEMBER**

* Be ready at all practices and games with hair pulled back in a ponytail, dressed appropriately (including workout shoes), no gum, good attitude and on time. No eating during practice time.
* No jewelry at games or practice
* No nail polish. Nails should be cut to a safe length. Safety is our first priority.
* ATTITUDE must be positive and upbeat! You must always be willing to work and cooperate at both practices and games. Do not bring your problems with you to practices and games. The key word in your position is CHEER leader. Be willing to do what is necessary... no moaning, complaining, or whining.
* Do not come to practice when you are sick. Communicate all absences to the coach ASAP.
* All squad members are to participate in ALL areas. Everyone should be given the opportunity to create. Everyone must share the workload.
* Everyone must have a solid working knowledge of all cheers, chants, dance routines, cheer terminology, techniques and safety. You must pass a chant and safety test in order to cheer at games and assemblies.
* Be dedicated to the point of extra practices in areas of weakness.
* Be an active listener and accept constructive criticism.
* Set an example of good behavior at all times in uniform and out.
* Social Media-All cheerleaders will hold to the strict understanding that we represent Oak Harbor High School at all times. This also means we are polite and respectful on social media outlets. Any misuse of social media will be subject to one or more of the following consequences, administered at the discretion of the cheerleading coach and/or athletic director: verbal warning, parent conference, written reprimand, temporary exclusion for specific number of days, or exclusion from cheerleading squad. Coach's decision is final
* All members are expected to participate in fundraisers.
* If a member of the squad chooses to quit the squad, they will not be eligible to participate the following season or receive letter award.
* Varsity/Sideline Members will be eligible to receive a "letter" in cheer by attending a minimum of 85% of practices and 90% of regular season games. Varsity members are expected to participate in 90% of community service events.
* Cheerleaders must attend 10 practices in order to be eligible to cheer at a game. The last practice before a game must be attended in its entirety in order to cheer at that game.

**ABSENCES**

It is important to remember that one person being absent affects the entire squad. Absences should always be avoided when possible. Missing a scheduled practice will result in non-participation of next scheduled event. Absences due to work schedules are not excused!! Jobs must work around the cheer squad schedule. Attendance at a practice or event without proper shoes, uniform, hair, will be considered an absence. Remember, you made a commitment to be a part of this team and people are counting on you. All absences must be communicated to the coach by the parent/guardian.

**GAME EXPECTATION**

* Arrive at game 45 minutes prior to game time according to coach’s watch. You have a 5-minute grace period. If you arrive after that time, you will sit out the first half beside your coach & cheer from the stands. Arrival time changes will be directed by the coach.
* Have complete uniform, neat & clean, at all games and events. If you do not have proper uniform, you will be unable to cheer. You will sit out the game beside your coach and cheer from the stands.
* No jewelry. No nail polish. Nails should be cut to a safe length
* Remain in cheering area during game.
* Follow game agenda and execute chants and routines correctly.
* Control and lead the crowd through organized cheers and chants. Display correct and acceptable leadership skills. This is the LEADER part of Cheerleader.
* Do NOT socialize with players, fellow teammates, or crowd during the game.
* Follow the captains and do not tell them what chants you want or do not want to do.
* Follow coach's directive during games.
* No chewing gum or eating at games.
* Perform stunts only that have been perfected. All stunts need to have the proper amount of spotters.

**EXPENSES (PLEASE NOTE PRICES ARE NOT EXACT)**

Must Have Immediately

* Soffee Shorts- At least 1 Purple/1 Black- Soffee Website- $7.99 each (Also available at Kohls, JCPenny, Wal-Mart, Ross. Price Varies)
* Cheer Shoes- All White (no exceptions). May find at Wal-Mart, any cheer website, Payless. Price Varies

Must Have by August 1st

* Briefs- (at least one pair) Purple- Style-Boy Cut (purchase at dance store or find online)
* Socks-(at least three pairs) White only- Style "No Show"
* White Sports Bra (Must be Solid White!!)
* Hair Accessories- Black/Brown/Purple Hair ties, Flat clips (Black, brown, White, Purple)
* Poms- 1 metallic gold/1 metallic purple $7.75 each-OMNI Cheer Style PI4409
* Bow-OMNI Cheer Style AC354 in Metallic Gold $5.95
* Warm Up Jacket GTM Style “Extreme” Approx. $90 Must be ordered by July 15th. Order from GTM at [**http://teamstore.gtmsportswear.com/ohhs**](http://teamstore.gtmsportswear.com/ohhs)
* Warm Up Pant-Solid Black Yoga Pant Prices Vary Find at most athletic wear stores.

(PANT MUST BE SOLID BLACK)

Other Costs

* Must Pay ASB and Activity Fee by first day of school (date subject to change)
* NCA Cheer Camp July 9 and 10 (Approx. $150 per cheerleader) Payment Due by June 10th
* Robb Webb Clinic August 1 and 2 (Approx. $60 per cheerleader)

**All Selected cheerleaders MUST be passing all classes at all times. If placed on a squad and any current progress report or report card reflects a failing grade, the student will not be eligible to participate in practices or games or any other cheerleading event until the grade has been raised to a passing grade. This is even if payments have been made. No refunds or reimbursements on fundraising money.**

**Uniforms are provided by the school and must be cleaned and returned in the same condition they were distributed in. If they are returned with stains or unwashed the uniform will be returned to the cheerleader to be cleaned. If the uniform cannot be cleaned or is damaged beyond repair, the cheerleader will be required to pay a replacement fee of $200.**

**Mandatory practices begin August 15th. Cheerleaders must know all chants by the first day of mandatory practice. Chants will be taught at June practices All Cheerleaders will be tested on the required skills and will be unable to participate in the games until they have passed the skills test.**

**Coaches Contact Information:**

Kimberly Schmal- 360-672-0509 (text ok)

Sarah Reinstra- 360-914-7354 (text ok)

[cheeroakharbor@gmail.com](mailto:cheeroakharbor@gmail.com)

Email is our preferred form of contact. All absences must be submitted in advance via email by Parent/Guardian, NOT by the cheerleader. Weekly/sometimes daily emails will be sent out by the coaches so please check your emails regularly. A response is greatly appreciated.

Coach Kim and Sarah are both Oak Harbor High School Graduates. Coach Kim cheered for Oak Harbor under the direction of Pam Headridge and has coached All Stars, Youth League, and High School. Coach Kim was 9th place National Cheerleader of the year in 2002 and has competed nationally in team and 5-girl stunt. Coach Kim works full time as the Billing Clerk for the City of Oak Harbor and has two daughters, Mikayla and Madison. Coach Kim is getting married this summer in Mount Vernon.

Coach Sarah is a 911 dispatcher who married her high school sweetheart. She has three kids, Paige, Robert, and Alyssa. She also has a hobby farm with chickens, ducks, goats, dogs, cats, and a horse. Coach Sarah played basketball and softball for Oak Harbor and began coaching cheerleading at the youth league level several years ago. Fun Fact: the coaches are sisters and best friends who really enjoy the sport of cheerleading. They want to see this program prosper and are really excited about the upcoming season.

Please fill out this form and turn in to coaches

**ACKNOWLEDGEMENT**

I have read and understand the Oak Harbor High Cheerleading Standards. I agreed to follow these rules and policies and cooperate fully with the other members of the cheerleading team and the Coach. I will to the best of my ability support my teammates and coaches by being a positive and contributing team member

Cheerleader’s signature Date

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Cheerleader's Printed Name

I have read and understand the Oak Harbor High Cheerleading Standards. I agree to support my student(s) by adhering to these standards and policies.

Parent/Guardian Signature Date

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Parent/Guardian Printed Name

Oak Harbor High School Cheerleader

Information Sheet

Cheerleader Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Graduating Year ­­­\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ T-Shirt Size ­­­­\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Address: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Cheerleader’s Email: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (Not your school email)

Parent(s)/Guardian(s) Names: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Parent’s Email \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Home phone: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Parent/Guardian #1’s work phone: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Parent/Guardian #1’s cell: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Text Message okay?\_\_\_\_\_­­­­

Parent/Guardian #2’s work phone: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Parent/Guardian #2’s cell: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Text Message okay?\_\_\_\_\_\_

Cheerleader’s cell: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Text Message okay?\_\_\_\_\_\_\_\_\_\_\_\_

Weekly Emails will go out so please be sure to check your email ☺

Please fill out this form and turn in to coaches

**INHERENT RISKS OF CHEERLEADING**

Cheerleading is a sport and with any sport there is risk of injury. Cheerleading is an anaerobic/aerobic activity that includes jumping, stunting, motions, and tumbling. All physicals must be on file in the school before the student can participate in the sport, practices or games. Coaches should be informed of any injury or chronic conditions.

Although the probability of injury is minimized if you practice correctly, there is always the possibility of one occurring. Injuries that can occur in cheerleading include but are not limited to the following: blisters, muscle strains, ligament sprains, joint and muscle soreness, abrasions, contusions, stress fractures, broken bones, spinal cord injuries involving paralysis and even death. However, if you take certain precautions, the possibility of such injuries may be largely decreased. Be sure to abide by the following:

1. Never stunt or tumble unless a coach is present.
2. Always practice in the presence of a qualified coach.
3. Always warm-up appropriately before cheering by jogging and stretching.
4. Do not attempt a stunt that you do not know how to perform safely and that has not been cleared by the coach.
5. Always use attentive spotters when stunting.
6. Always use mats or a grassy area when stunting during practice.
7. Always cheer in an area free from obstructions.
8. Do not stunt on uneven ground, wet surfaces, or concrete. Do not stunt in cold or rainy weather.
9. Never talk, laugh, or mess around when performing a stunt or learning a stunt.
10. Report injuries to the coach as soon as they occur.
11. Follow all trainer and doctor recommendations.
12. Lift weights to increase strength and guard against injuries.
13. Always wear shoes and clothing appropriate for cheerleading.
14. Never wear any jewelry or chew gum when cheering including practices & games.
15. Always have your hair pulled back from your face and shoulders.
16. Eat nutritious meals and get plenty of rest.
17. Always ask for assistance or advice at any time.
18. Do not stunt or tumble when game is in process.
19. Never show off.
20. Take all activities seriously.
21. Do not participate in cheerleading if you are sick.

I have read the preceding warning. I thoroughly appreciate and understand the assumption of risks inherent in cheerleading participation. I acknowledge that I am physically fit and voluntarily participating in the activity of cheerleading.

DATE\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Parent Signature \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Cheerleader Signature \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_