

HAVE PRIDE - SHOW CHARACTER - BUILD TRADITION



## 2018-2019 Football/Competition Cheerleading

### Coaching Information

Jennifer Hall

Danielle Thompson

Miata Walker

Varsity Cheer Coach

Varsity Cheer Coach

JV Cheer Coach

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### Program Information:

Fishers High School takes pride in the FHS Cheer program. In the first 10 years as a high school, FHS Cheer has captured four State Titles, four top 10 finishes at the national level, and is the first team in FHS history to defend a State Title for 3 consecutive years. This year FHS Cheer became the first team in Indiana to bring home a NATIONAL Championship at UCA Nationals in large Division 1. Members of the competition cheer program will cheer at football games, make appearances in the community, and have the opportunity to compete at a local and national level.

### Varsity-

Athletes from all grade levels are eligible for this team. Cheerleaders should be ready to cheer home and away varsity football games and all IHSAA State Competition games. Cheerleaders should also be ready to compete and perform at all events approved by the Coaches, Athletic Directors, and Principal. Cheerleaders will attend all scheduled practices.

\*Recommended/Required skills: Standing tuck, BHS Tuck, RO BHS tuck/layout/full

### JV-

Freshman, sophomores, and juniors are eligible for this team. Cheerleaders should be ready to cheer all JV football games. Cheerleaders should also be ready to compete and perform at all events approved by the Coaches, Athletic Directors, and Principal. Cheerleaders will attend all scheduled practices.

\*Recommended/Required skills: Standing BHS, Jump BHS, RO BHS/RO Tuck



### **Alternates-**

All competition positions are considered fluid; therefore, any athlete may be moved to an alternate role at any given time during the season. Alternates will cheer all football games and have the opportunity to take on the role as a competitive cheerleader at any point throughout the season. Varsity alternates will be eligible for their varsity letter. Alternates will have the same expectations as any other member on the team.

### **Nationals-**

It is a tradition for FHS cheer to compete at UCA High School Nationals in Orlando in February. The national competition brings about a great opportunity to compete at the next level and gain exposure to collegiate coaches. A maximum of 20 athletes and 4 alternates will make up the nationals team. After Varsity's National Qualifier in November, there will be a re-selection process to determine the nationals' team. All eligible FHS students can be a part of the re-selection process.

### **Expectations:**

The following expectations are required to participate as a member of FHS Cheerleading. If these expectations are violated, a member may be suspended or dismissed from the team. These expectations guarantee success for our program.

1. We will abide by all rules of the athletic handbook.
2. ATTENDANCE:
  - a. Coaches or athletic directors will be in charge of cancelling or rescheduling games or practices. Therefore cheerleaders should arrive on time and ready to cheer unless a decision to cancel is made.
  - b. All practices, games, appearances, and competitions are mandatory. This includes all summer practices, camp, choreography, practices during the school year, and practices over breaks. At no time is work, a vacation, or any event of this nature excused to miss practices, games, or any other cheer event. If a member misses a practice, their cheering time may be limited at the coaches' discretion.
  - c. EXCUSED ABSENCES- A justified illness or family emergency should be communicated to one of the coaches in a reasonable manner of time before any game or practice that is going to be missed. These are the only acceptable reasons to miss a practice or event. Cheerleaders must be present at school for at least the last 4 periods of the day in order to participate in a practice, game, or event that falls on a school night.
  - d. TARDINESS- Cheerleaders are expected to be ready to practice or prepared to cheer at the designated time. This means you are dressed and ready to go. Tardiness to a practice or game could lead to limited cheering time or other disciplinary actions determined by the coaches.



3. TRANSPORTATION- Cheerleaders are responsible for providing transportation to and from practice and to all home games. Each member is responsible for getting to and from the school for away games. All cheerleaders are required to ride the bus to and from away games and other events. A lack of transportation is not an excused absence. Be proactive and plan ahead!
4. Cheerleaders have the opportunity to participate in other extracurricular activities with the knowledge that FHS fall cheerleading is their first priority. Extracurricular activities should not interfere with practices, games, or any other cheer events.
5. Academics should come first and foremost. As a student athlete, it is important to maintain your grades and schoolwork. If an athlete has a D or lower, study tables or tutoring will be required. All students must be passing at least 5 subjects to remain eligible to cheer.
6. SOCIAL MEDIA- Cheerleaders will be held accountable for their actions both inside and outside of school. It is important to be aware that you are representing not only FHS cheerleading, but also Fishers High School as a whole when posting on social media. Failure to represent FHS in a positive manner on social media could lead to limited cheering time or other disciplinary actions determined by the coaches.
7. PRACTICE PACKS- Cheerleaders will purchase socks, bodysuits, briefs, bows, warm ups, practice attire and a bag. All apparel must be kept clean and neat.
8. A uniform will be provided to each member by the school. It must be cleaned and turned in immediately following the season. Cheerleaders are responsible for any lost or damaged uniforms.
9. APPEARANCE- All cheerleaders must maintain a clean and well-groomed appearance.
  - a. No jewelry should be worn.
  - b. No tattoos should be visible while in uniform.
  - c. Hair must be kept pulled back in a ponytail and with a bow during practice, games, and events.
10. Cell phones can be used at the coaches discretion.
11. While in uniform, all cheerleaders are expected to act in a professional manner.



### **Open Gyms:**

- \*Thursday, March 15<sup>th</sup> in the FHS Aux Gym from 6:30-8:00pm.
- \*Thursday, March 22<sup>nd</sup> in the FHS Aux Gym from 6:30-8:30pm.
- \*Thursday, March 27<sup>th</sup> in the FHS Aux Gym from 4:15-6:00pm.

### **Tryouts:**

- \*Tuesday, April 10<sup>th</sup> in the FHS Aux Gym from 4:15-6pm.
- \*Thursday, April 12<sup>th</sup> in the FHS Aux Gym from 4:15-6pm.
- \*Friday, April 13<sup>th</sup> in the FHS Aux Gym from 4-9pm.

-On Friday, please wear:

Red shorts

White top

Hair in a ponytail with a bow

Team placements will be posted by 10pm on Friday, April, 13<sup>th</sup>. Refer to the FHS Athletics Webpage to see team selections. Please be available by phone from 8-10 pm if needed.

**\*We will have our apparel fitting and a brief parent meeting for those selected to be a part of the program on Thursday, April 26, 2018 at 7 PM in the LGI at FHS.\***

### **Requirements:**

In order to tryout you will need-

1. Fishers High School Cheerleading Application (this must be signed by a parent!)
2. A copy of your current grades.
3. A physical on file in the athletic office (If a member is participating in open gym, we will need the physical on file at that time).

### **School Physicals:**

All athletes MUST have a school physical on file in order to participate in open gyms and tryouts. Physicals from the 2017/18 school year may be used for both open gyms and tryouts. If an athlete is placed on a team, a new physical will be required by the athletic office before the first summer practice. Athletes should refer to the FHS athletic website with all questions regarding physicals.

\*\*Physical night at FHS for the 2017/18 school year is on Monday, April 16, 2018 from 6:30-8:30 pm. You can sign up for a time slot beginning on April 9, 2018 @ 8:00 AM. All appointments must be made online at [www.fisherstigersathletics.com](http://www.fisherstigersathletics.com).



## **Estimated Cost:**

**Apparel:** Approximately \$400.00

**Indiana Masters Camp @ IU:** \$399.00 per team member (due at the apparel fitting on April 26)

**V! Roc Choreography/Music (Varsity):** \$200.00 per team member (due in May)

**Choreography/Music (JV):** \$100.00 per team member (due in May)

**Nationals:** approx. \$1000.00-\$1200.00 (this is a raw estimate)

Other competition and team fees will be discussed after tryouts and fundraising.

## **Tentative Schedule:**

### **Practices**

April, May- T, TH (afternoon or evening)

Summer- T/TH (morning)

School year- T, TH afternoon or evening, W morning

After FB Season- add Fridays (Varsity)

### **Important Dates**

Ford Drive Fundraiser- May 19<sup>th</sup>

UCA Camp at IU Bloomington (JV & V) - June 25<sup>th</sup>-28<sup>th</sup>

V!Roc (Varsity)- July 17<sup>th</sup> and July 18<sup>th</sup>

June 29<sup>th</sup> - July 16<sup>th</sup> BREAK (\*Varsity may practice on July 16<sup>th</sup> to prepare for V!Roc)

Choreography Camp (JV)- TBD

V!Roc (Nationals)- November

December 29<sup>th</sup>-January 5<sup>th</sup> BREAK

### **Tentative Competitions (More competitions may be added)**

Dragon Duel @ New Pal (JV & V)- September 29<sup>th</sup>

CICC at Pendleton (JV & V) – October 6<sup>th</sup>

Mt. Vernon Invitational (JV & V)- October 13<sup>th</sup>

State Competition (JV)- October

State Competition (Varsity)-October/November

UCA Hoosier Classic (Varsity)-November

Judges Sweep (Nationals Team)- January

UCA Nationals (Nationals Team)- February





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## Fishers High School Cheerleading Application

Please attach a photo with your application. Return to Coach Danielle or Coach Jenn no later than April 10, 2018.

Your Name: \_\_\_\_\_ E-Mail Address: \_\_\_\_\_  
Phone Number: (\_\_\_\_\_) \_\_\_\_\_  
Parent/Guardian Name: \_\_\_\_\_ E-Mail Address: \_\_\_\_\_  
Phone Number: (\_\_\_\_\_) \_\_\_\_\_  
Parent/Guardian Name: \_\_\_\_\_ E-Mail Address: \_\_\_\_\_  
Phone Number: (\_\_\_\_\_) \_\_\_\_\_

Which squad will you be trying out for: JV: \_\_\_\_\_ Varsity: \_\_\_\_\_ Both\*: \_\_\_\_\_  
\*If trying out for both, which is your preference: \_\_\_\_\_

2018-2019 Class Status: Freshman \_\_\_\_\_ Sophomore \_\_\_\_\_ Junior \_\_\_\_\_ Senior \_\_\_\_\_

Preferred Stunting Position: Base \_\_\_\_\_ Backspot \_\_\_\_\_ Flyer \_\_\_\_\_

Current Tumbling Skills:

**Standing-** BHS \_\_\_\_\_ Multiple BHS \_\_\_\_\_ Jump BHS \_\_\_\_\_  
BHS Tuck \_\_\_\_\_ Tuck \_\_\_\_\_ Jump Tuck \_\_\_\_\_ Full \_\_\_\_\_  
**Running-** RO BHS \_\_\_\_\_ RO Multiple BHS \_\_\_\_\_ RO BHS Tuck \_\_\_\_\_  
RO BHS Lay Out \_\_\_\_\_ RO BHS Full \_\_\_\_\_ Other: \_\_\_\_\_

I have read and understand the FHS athletic handbook and cheerleading expectations. If I am selected as a member of the cheer program, I will agree to follow these expectations.

**Student Signature** \_\_\_\_\_ **Date** \_\_\_\_\_

Having read the 2018-2019 FHS Cheerleading expectations, we give permission for our child to participate in the Fishers cheerleading program. We realize the responsibilities and duties involved.

**Parent/Guardian Signature** \_\_\_\_\_ **Date** \_\_\_\_\_

