



## 2017-2018 ARCHBISHOP HANNAN HIGH SCHOOL CHEERLEADER APPLICATION PACKET

Thank you for your interest in becoming part of the 2017-2018 Hannan Cheerleaders! Within this packet you will find the following documents:

- ❖ Application
- ❖ Teacher Recommendation Forms
- ❖ Constitution
- ❖ Constitution Signature Page
- ❖ Recommended Skills Checklist
- ❖ Sample Judges Sheet

Packets should be received by Coach Stacey on or before **3pm Wednesday, March 29**. Packets may be mailed / delivered to:  
Archbishop Hannan High School  
Attn: Stacey Rase  
71324 Hwy. 1077  
Covington, La 70433

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### TRYOUT CLINIC

Date: April 3, 4, 5, 6  
Time: 4:00-5:30pm  
Gym

### TRYOUTS

Date: April 7  
Time: 4:00-7:00pm  
Gym

### NEW TEAM MEETING/UNIFORM FITTING

Date: April 11  
Time: 3:30pm  
Room 301

**The entire tryout process is closed to all parents and spectators.**

During the Monday – Thursday tryout clinic, candidates will learn the tryout material and demonstrate stunting ability. Stunt ability will be scored by coaches during the clinic and the score will be added to the judges’ scores from tryout day. At the tryout, candidates will be given a number and tryouts will be judged by a panel of judges, hired through UCA/Varsity. The size of the squad(s) will be determined at tryouts based on the ability and number of candidates. The 2017-2018 Cheer Roster will be emailed to all candidates by 10pm Friday night and posted on the school website on or before Saturday, April 8<sup>th</sup>. If the list is not posted online promptly, please be patient and do not panic; sometimes the website is delayed in posting.

**Any student trying out must be registered at Archbishop Hannan High School for the 2017-2018 school year, and must NOT owe any fines or fees to AHHS.**

### **The uniform for tryouts is:**

Navy/Black athletic shorts (for example, Nike shorts).

White, plain, fitted tank or t-shirt. No graphics, but small logo “labels” are permitted.

Please make sure you wear appropriate under garments that are not visible through clothing.

White no-show socks, cheer tennis shoes or regular tennis shoes if you do not own cheer shoes.

Hair pulled back in a high pony with crimson, navy, or white bow or ribbon.

No long nails. Clean, solid colored nail polish in a light, neutral color. **NO JEWELRY** of any kind, anywhere.

No previous Hannan Cheer, Competitive Cheer, or other cheer team attire may be worn during the tryout process.

The approximate cost for new cheerleaders is **\$1,700**, which includes uniforms, summer camp, summer stunt and tumbling instruction and practice uniforms. This is the price for a brand new member. Returning member’s costs are significantly lower due to reuse of uniform pieces and accessories. Prices will vary depending on individual uniform orders. There may be additional costs throughout the year as opportunities present themselves, including, but not limited to, competition fees. Fundraisers are held throughout the year to help offset extra expenses. Cheerleading is a substantial time and financial commitment as it is a year round sport. We cheer for several sports, perform at all pep-rallies, compete, and march in the selected Northshore Mardi Gras parades. **These responsibilities should be seriously considered before trying out.**



Should you be selected as a member of the 2017-2018 Hannan Cheerleaders, there will be a mandatory meeting on **Tuesday, April 11<sup>th</sup>** at 3:30pm for cheerleaders and at least one parent. At this time the cheerleaders will be fitted for their uniforms and important information will be discussed. **All cheerleaders and one parent MUST** be in attendance at this meeting.

All cheerleaders are required to attend overnight UCA Camp **July 20<sup>th</sup> through July 23<sup>rd</sup> in New Orleans**. This is an overnight camp and closed to all parents and spectators except for All American tryouts and final performance day, in which family and friends are encouraged to attend.

Summer practices will be held in the Hannan gym from 7:30-9:30am on the following dates:

May 30, 31, June 1 *JV /Varsity Officers only	June 20, 21 & 22	July 18 & 19
June 5, 6 & 7	June 26, 27 & 28	Aug 1, 2 & 3.
June 13, 14 & 15	July 11, 12 & 13	

There will also be a mandatory stunting & tumbling clinic held at Spirit Professionals Gym in Madisonville from 9:00-11:00am on the following Saturdays:

June 3, 10, 17, 24	July 1, 15, 29
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Cheerleaders will be excused from any four (4) practices throughout the summer. Practices will continue two to three mornings a week until late March. Please note, during the school year practices are **before school at 6:30am** in the Hannan Gym and additional practices may be held after school as needed. Dates to be announced.

After reading the attached constitution and fully understanding the rules and regulations which govern this program, and after you and your parent have a complete understanding of your responsibilities, please sign the constitution signature page and have your parent sign as well. **The constitution signature page must be submitted with the application packet.**

Being a member of the Hannan Cheerleaders has many rewards and is a valuable experience you will remember for a lifetime. As a Hannan Cheerleader, you will provide pride and spirit to your school, classmates, and the community. Below is a checklist for your use. Please make sure each document is included in your application packet when you turn it in. Candidates with incomplete applications will not be considered at tryouts. If you have any questions concerning tryouts, the constitution, or cheerleader roles and responsibilities please send an email to Coach Stacey Rase at [srase@hannanhigh.org](mailto:srase@hannanhigh.org).

#### CHECK LIST FOR COMPLETED APPLICATION PACKET:

- Application Form and \$10 Application Fee (Check made out to AHHS)
- Cheer Coach Recommendation Form
- Theology Teacher Recommendation Form
- Teacher of Your Choice Recommendation Form
- Constitution Signature Page
- Copy of Medical Insurance Card

Sincerely,

*Stacey Rase*

CHEER COACH



2017-2018 CHEERLEADER APPLICATION PACKET  
APPLICATION FORM

**PERSONAL INFO**

Cheerleader Name: \_\_\_\_\_ Cheerleader Cell Phone: \_\_\_\_\_

Email (please print legibly): \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ Zip: \_\_\_\_\_

Date of birth: \_\_\_\_/\_\_\_\_/\_\_\_\_ Grade level for 2017-2018: \_\_\_\_\_ Current GPA: \_\_\_\_\_

Parent/Legal Guardian Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Parent/Legal Guardian Name: \_\_\_\_\_ Phone: \_\_\_\_\_

**MEDICAL INFO (PLEASE INCLUDE COPY OF MEDICAL INSURANCE CARD)**

Insurance Company: \_\_\_\_\_ Policy No. \_\_\_\_\_

Allergies: \_\_\_\_\_ Current Injuries/Medications: \_\_\_\_\_

**SCHOOL INFO**

Are you an officer of any club, organization, or team that may conflict with cheer? If so please list:

\_\_\_\_\_

Please circle which stunt position you are experienced in /most interested in:      Base                  Flyer                  Back-Spot

Please list past cheerleading experience: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_  
**CHEERLEADER SIGNATURE**

\_\_\_\_\_  
**PARENT SIGNATURE**

**DOCUMENTS TO PREPARE**

- Please have your Cheer/Gym coach, Theology teacher, and another teacher of your choice fill out the attached recommendation forms. Please **provide** an envelope for all persons completing recommendation forms. If you anticipate the person completing the form will mail the form themselves, please have the address filled out ahead of time and postage included. You want to make this evaluation process as easy as possible for those completing the forms. Each teacher form not received will result in zero points out of a possible 15. You may deliver the recommendation forms, in sealed envelopes, with the rest of your application packet if you so choose.
- Please include a copy of your medical insurance card, signed constitution page, and \$10 registration fee in check made out to AHHS by 3pm on March 29, 2017.





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**2017-2018 CHEERLEADER APPLICATION PACKET  
CURRENT OR PREVIOUS COACH RECOMMENDATION FORM**

\*if you are not currently involved in cheer, you may have a PE teacher complete this from\*

Candidate Name: \_\_\_\_\_ School: \_\_\_\_\_

*Thank you for taking the time to complete this recommendation form. Please rate the student according to the following scale. Please feel free to leave any additional comments in the space below or on the back of this sheet. When you have completed the form please place it in the envelope provided by the cheerleader in consideration and seal the envelope. You may either mail the form or have the cheerleader deliver it.*

*Sincerely,*

*Stacey Rase*

CHEER COACH

**0** = Does not possess or exemplify this trait

**1-2** = poor

**3** = average

**4** = good

**5** = excellent (you would like to work closely with this student on a daily basis and highly recommend them)

Please be critical and honest in your evaluations. These forms are only one part of the tryout process.

**Please rate using the following scale:**

**0 – 5 (5 being excellent)**

Leadership, responsibility, attendance, & punctuality \_\_\_\_\_

Respect for authority, rules, behavior, & character \_\_\_\_\_

Work ethic, cooperative attitude, & sportsmanship \_\_\_\_\_

**Total Score:** \_\_\_\_\_/15

Please leave any additional comments below:

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

\_\_\_\_\_  
CURRENT COACH NAME

\_\_\_\_\_  
CURRENT COACH SIGNATURE



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**2017-2018 CHEERLEADER APPLICATION PACKET  
CURRENT THEOLOGY TEACHER RECOMMENDATION FORM**

\*if you are not enrolled in a Christian/Catholic School you may select an alternate teacher to complete this form\*

Candidate Name: \_\_\_\_\_ School: \_\_\_\_\_

*Thank you for taking the time to complete this recommendation form. Please rate the student according to the following scale. Please feel free to leave any additional comments in the space below or on the back of this sheet. When you have completed the form please place it in the envelope provided by the cheerleader in consideration and seal the envelope. You may either mail the form or have the cheerleader deliver it.*

*Sincerely,*

*Stacey Rase*  
CHEER COACH

- 
- 0 = Does not possess or exemplify this trait
  - 1-2 = poor
  - 3 = average
  - 4 = good
  - 5 = excellent (you would like to work closely with this student on a daily basis and highly recommend them)

Please be critical and honest in your evaluations. These forms are only one part of the tryout process.

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<b>Please rate using the following scale:</b>	<b>0 – 5 (5 being excellent)</b>
Leadership, responsibility, attendance, & punctuality	_____
Respect for authority, rules, behavior, & character	_____
Work ethic, cooperative attitude, & sportsmanship	_____
<b>Total Score:</b>	_____/15

Please leave any additional comments below:

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\_\_\_\_\_  
TEACHER NAME

\_\_\_\_\_  
TEACHER SIGNATURE





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**2017-2018 CHEERLEADER APPLICATION PACKET  
YOUR CHOICE TEACHER RECOMMENDATION FORM**

Candidate Name: \_\_\_\_\_ School: \_\_\_\_\_

*Thank you for taking the time to complete this recommendation form. Please rate the student according to the following scale. Please feel free to leave any additional comments in the space below or on the back of this sheet. When you have completed the form please place it in the envelope provided by the cheerleader in consideration and seal the envelope. You may either mail the form or have the cheerleader deliver it.*

*Sincerely,*

*Stacey Rase*

CHEER COACH

0 = Does not possess or exemplify this trait

1-2 = poor

3 = average

4 = good

5 = excellent (you would like to work closely with this student on a daily basis and highly recommend them)

Please be critical and honest in your evaluations. These forms are only one part of the tryout process.

**Please rate using the following scale:**

**0 – 5 (5 being excellent)**

Leadership, responsibility, attendance, & punctuality \_\_\_\_\_

Respect for authority, rules, behavior, & character \_\_\_\_\_

Work ethic, cooperative attitude, & sportsmanship \_\_\_\_\_

**Total Score:** \_\_\_\_\_/15

Please leave any additional comments below:

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

\_\_\_\_\_  
TEACHER NAME

\_\_\_\_\_  
TEACHER SIGNATURE



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**2017-2018 CHEERLEADER APPLICATION PACKET**  
**2017-2018 ARCHBISHOP HANNAN HIGH SCHOOL CHEERLEADER CONSTITUTION**

*“When a student becomes a Hannan Cheerleader, she voluntarily submits herself to standards of behavior and ethical conduct beyond those required of ordinary students at Archbishop Hannan High School.”*

**I. ORGANIZATION**

- A. This Constitution has been written and adopted for the Hannan Cheerleaders. The squad and its Constitution are governed by Archbishop Hannan High School, the Advisor/Coach, Athletic Directors, and Administration.
- B. Henceforth, the name of the organization shall be Hannan Cheerleaders.
- C. The purpose of the Hannan Cheerleaders is to:
  - 1. Create school spirit, pride and loyalty.
  - 2. Promote interest in school activities and perform at school games, pep-rallies, and other events.
  - 3. Foster a learning environment in which cheerleading skills are enhanced, improved, and teamwork is emphasized.
  - 4. Develop responsibility, teach self-respect, encourage honest effort, strive for perfection, and develop character.
  - 5. Teach teamwork and pride in a quality performance through maintaining high standards.
  - 6. Paint banners for upcoming events.
  - 7. Perform as the mascot if a mascot is not available. **All cheerleaders should be prepared to perform as the mascot at any point.**
- D. The Coach will be responsible for the daily running and activities of the Hannan Cheerleaders.
- E. The Coach will be responsible for administering all disciplinary procedures.
- F. The Coach may place certain restrictions on squad members in the event of disciplinary, health, or safety concerns.
- G. Squad Organization:
  - 1. The Hannan Cheerleaders is one unified team. The team may perform separately or together at various events. The team will practice together.
  - 2. JV will be comprised of 8<sup>th</sup>, 9<sup>th</sup>, and 10<sup>th</sup> grade students.
  - 3. Varsity will be comprised of 10<sup>th</sup>, 11<sup>th</sup>, and 12<sup>th</sup> grade students.

**II. ELIGIBILITY**

- A. Tryouts:
  - 1. Candidates will be given a number at tryouts and will be scored by a panel of independent judges.
  - 2. The coach will make all final decisions at tryouts.
  - 3. Each member must submit a completed application packet BEFORE the tryouts begin.
  - 4. All documents within the application packet must be completed and submitted.
    - a. Application Form
    - b. Cheer Coach/PE Teacher Recommendation Form
    - c. Theology Teacher Recommendation Form
    - d. Teacher of your choice Recommendation Form
    - e. Constitution Signature Page
- B. Grades:
  - 1. In addition to the LHSAA minimum requirements, each member must maintain a 2.0 grade point average and/or have no more than one (1) failing grade at each 9-week progress report period, or quarter.
  - 2. Any member who falls below the minimum grade requirement at each quarter will be placed on a two week probation during which time the student may not be permitted to practice or perform but will be expected to raise the grade(s).
  - 3. If after the two week probation period the grades are not raised the cheerleader will be placed on suspension for the remainder of the quarter.



### III. MASCOT

- A. The Mascot, "Harry the Hawk," is a member of the Hannan Cheerleaders.
- B. The mascot(s) may participate in Hannan Cheerleader events and activities.
- C. The mascot(s) may attend camp with the squad.
- D. The mascot(s) may attend performances with the Hannan Cheerleaders.
- E. The mascot(s) may create skits to perform at pep-rallies, assist with banner painting, and participate in spirit raising activities and events.

### IV. ATTENDANCE

- A. All cheerleaders who participate in performances and/or practice must meet the minimum school attendance requirements, as set forth in the Student Handbook, the day the activity is scheduled.
- B. If a member misses ANY practice, for any reason, she may be removed from the following performance.
- C. All absences must be documented by a parent, in writing, with the Advisor/Coach.
- D. All routine doctor, dentist, and orthodontic appointments, etc. should be scheduled so they do not interfere with squad activities, including practices. These appointments will not constitute an excused absence from activities.
- E. All members must attend each activity in its entirety.
- F. Work is not considered an excuse for missing any activity.
- G. Homework hall and detentions are not considered an excuse for missing any activity.
- H. Tutoring is not considered an excuse for missing any activity. All teachers have morning and afternoon tutoring times each week. Students should make arrangements to attend whichever time does not conflict with squad activities, including practice. Tutoring schedules for each teacher can be found on individual teacher's door and/or contract/syllabus.

### V. STUNT & TUMBLING PROGRESSION

- A. Stunt groups will follow all rules and regulations of the AACCA, American Association of Cheerleading Coaches and Administrators, and LHSAA, Louisiana High School Athletic Association.
- B. Stunt groups will be determined by the coach.
- C. Any stunt performed at extension prep/elevator and extension levels may be performed on a gym floor, mat, rubberized track, or grass.
- D. All elevator/sponge tosses and basket tosses must be performed on a mat, rubberized track, or grass.
- E. Individual stunt groups will follow the stunt progression below. Stunt groups will not be permitted to attempt the next level in the stunt progression until they have mastered all previous steps. Only the coach can determine mastery. Mastery will be considered once the stunt group has successfully completed the stunt skill five (5) consecutive times stably, without error or wobbling.
- F. Stunt Skill Level Progression:
  1. Two base thigh stand
  2. Hang drill
  3. Load position/squish
  4. Elevator/extension prep with retake to load/squish dismount
  5. Elevator/extension prep with cradle dismount
  6. Push-up extension with cradle dismount
  7. Straight-up extension with cradle dismount
  8. Liberty at prep/elevator level with retake to load dismount
  9. Liberty at extension level with cradle dismount
  10. Liberty at extension level with retake dismount
- G. Liberty with skill at extension level with cradle dismount. All skills must be first mastered on the ground before attempted in the air. Only the coach can determine mastery. Mastery will be considered once the top girl/flyer has successfully completed the skill five (5) consecutive times stably, without error or wobbling.
  1. Skill progression based on flexibility or as follows:
    - a. Arabesque
    - b. Scale
    - c. Heel stretch
    - d. Scorpion
    - e. Bow & Arrow
    - f. Other



H. Individual stunt groups will follow the stunt load progression below. Stunt groups will not be permitted to attempt the next level in the stunt load progression until they have mastered all previous steps. Only the coach can determine mastery. Mastery will be considered once the stunt group has successfully completed the stunt load skill five (5) consecutive times stably, without error or wobbling.

1. Jump in
2. Step in
3. 1/2 up
4. 360° up
5. Dead lift

I. Basket tosses may only be attempted after a straight-up extension with cradle dismount (level 7) has been mastered. Individual stunt groups will follow the basket-toss progression below. Stunt groups will not be permitted to attempt the next level in the basket-toss progression until they have mastered all previous steps. Only the coach can determine mastery. Mastery will be considered once the stunt group has successfully completed the basket-toss skill five (5) consecutive times stably without error or wobbling.

- |                  |              |              |
|------------------|--------------|--------------|
| 1. Load drill    | 4. Toe arch  | 7. Tuck      |
| 2. Straight ride | 5. Full ride | 8. Tuck-full |
| 3. Toe touch     | 6. Kick full | 9. Other     |

#### VI. UNIFORM

- A. Uniforms are not to be worn anywhere except to performances, fundraisers, or any other Hannan Cheerleader event scheduled by the coach.
- B. Uniforms are not to be worn by anyone except a member of the Hannan Cheerleaders unless approval has been granted by the coach.
- C. Each member will be expected to purchase all practice & performance uniforms.
- D. Each member will be required to maintain good condition and cleanliness of her uniform.
- E. Each member will be responsible for footwear and accessories such as makeup, bloomers, ribbons, warm-ups, etc. These accessories are considered to be part of the uniform.
- F. Practice Uniforms will be worn to all practices.
- G. Any time a cheerleader is wearing any part of the Hannan Cheerleader uniform, whether at a performance or practice or not, the cheerleader must appear presentable. This includes clean, appropriate make-up, presentable hair, no jewelry, short length nails, clean, neutral colored nails (white tips are acceptable), no visible tattoos, and must maintain an overall hygienic appearance.

#### VII. MEDICAL

- A. Each member must have a complete physical exam before the first scheduled practice.
- B. A copy of the school medical form can be obtained from the Archbishop Hannan Website, [www.hannanhigh.org](http://www.hannanhigh.org), the advisors/coaches, or the athletic director.
- C. Any cheerleader placed on restriction must submit, in writing, release of that restriction before being allowed to participate again.
- D. The coach may prohibit a cheerleader from practicing or performing if the coach is concerned about the health and/or safety of the cheerleader.

#### VIII. CHARACTER

- A. Squad members should be leaders within the school and set a good example at all times, both at school and outside of school.
- B. Squad members should be above reproach maintaining good personal appearance and habits that cannot be criticized.
  1. Smoking, drinking and/or drug use are grounds for suspension or dismissal by the advisor/coach.
  2. Each member must abide by those standards set by Archbishop Hannan High School, which are found in the Student Handbook. The Student Handbook is available on the school website, [www.hannanhigh.org](http://www.hannanhigh.org).
- C. Cheerleaders should display an appropriate behavior and positive attitude at all times toward their coach, captains, teammates, teachers, faculty/staff, and administrators. Depending on the severity, and at the coach's discretion,



members who display a poor attitude or act inappropriately will be subject to disciplinary action, including demerits, probation, suspension, or dismissal from the squad.

**IX. DEMERIT/MERIT PROCEDURES**

- A. Demerits and merits will be given by the coach.
- B. Merits can be earned by volunteering for extra duties, positive attitudes, or at the discretion of the coach.
- C. Please take note that the athletic director or coach may add penalties as the year progresses. The athletic director and coach reserve the right to assign demerits for unlisted infractions on an individual basis and may upgrade any penalty depending on the severity of the situation. The coach also reserves the right to remove any squad member from a performance or from the squad if deemed necessary.

**Description of Infraction**

**Consequence**

▪ 5 minutes late to practice.	extra laps
▪ More than 5 minutes late to practice.	1 demerit
▪ Early departure or late arrival from any squad activity/performance.	1 demerit
▪ Chewing gum while in any Cheerleader uniform.	1 demerit
▪ Incomplete practice uniform.	1 demerit
▪ Incomplete performance uniform (may also result in performance removal).	1 demerit
▪ Cell phone use during any squad activity, including practice.	1 demerit
▪ Undesirable attitude or behavior.	1 demerit
▪ Turning in forms or materials late.	1 demerit
▪ Forgotten props or accessories (may also result in performance removal).	1 demerit
▪ 10 min late pick up from activity or practice.	1 demerit
▪ Fraternalizing during performance time or while in uniform.	1 demerit
▪ Late payment, document, form, or supply	1 demerit
▪ Unexcused absence from a practice (may also result in performance removal).	3 demerits
▪ Unexcused absence from any performance or event	6 demerits
▪ Unbecoming or inappropriate behavior while in uniform, in any Hannan attire, on campus, off campus, or during a Cheerleader activity.	6 demerits
▪ Inappropriate postings on social media in any cheerleader uniform, any Hannan attire, or during any Cheerleader activity.	6 demerits

- D. Demerits are used as a disciplinary tool.
- E. Demerits are given by the advisor/coach.
- F. A total of three (3) demerits may result in the removal from a performance. Cheerleaders will be required to attend the event and wear whatever uniform the squad is wearing but may not be permitted to participate.
- G. A total of six (6) demerits issued may result in probation for two weeks. During probation cheerleaders will be expected to attend all practices, events, and performances but may not be permitted to participate.
- H. A total of twelve (12) demerits may result in dismissal from the squad.
- I. The following violations may result in automatic dismissal from the squad:
  - 1. Use of or association with alcohol or prohibited/illegal substances.
  - 2. Absence from summer camp.

**X. SQUAD LEADERS/CAPTAINS**

- A. The responsibilities of the Captain(s) and/or leaders are as follows:
  - 1. To assist the advisor/coach.
  - 2. To control and maintain communication/correspondence between advisor/coach and squad members.
  - 3. Attend all squad activities.
  - 4. Begin all practices on time.
  - 5. Take attendance at all practices and squad activities.
  - 6. Lead the stretching & warm-up before all practices and performances.



7. Lead prayer before all performances/events.
- B. The Captain(s) will be selected by the coach. The following characteristics may be considered when selecting a Captain.
  1. Technical ability.
  2. Choreography.
  3. Leadership, communication, time management, and organizational skills.
  4. Grade level and years served as a Hannan Cheerleader.
  5. Teacher recommendations, discipline at Hannan and with cheer, and cheer demerits.
- C. Those interested in being considered for captain should note that this is a great honor as well as a responsibility. Parents and cheerleaders should be aware that this title will most likely require extra time outside of practice for the purpose of planning, choreography, and organization.

## XI. COMMUNICATION

- A. All members and parents will abide by the following chain of command with communication:
  1. First - squad member(s) communicate with coach.
  2. Second - Parent and member communicate/meet with coach.
    - a. When a parent would like to meet with a coach he or she needs to email for an appointment. Appointments will be scheduled no sooner than 24 hours after request is received.
    - b. Any concern a parent has will be addressed with the student as well.
  3. Third - Communicate/meet with Assistant Athletic Director, Rebekka Bonnafee.
  4. Fourth - Communicate/meet with Athletic Director, Joe Hines.
  5. Fifth - Communicate/meet with Archbishop Hannan High School Administration.
- B. *This chain of command is very important; it is impossible for coaches to address issues that are not brought to the coaches. Violations of this chain of command are highly discouraged and frowned upon.*
- C. The coach should first be contacted by email.
  1. Stacey Rase can be reached at [srase@hannanhigh.org](mailto:srase@hannanhigh.org)
- D. Under no circumstances should a parent discuss any issues or concerns with any cheerleader other than HIS or HER OWN child, unless permission has been granted by that cheerleader's parent(s). This behavior is considered highly inappropriate and will not be tolerated.
- E. In accordance with the Archbishop Hannan High School Student Handbook, if direct discussion with an athlete's coaching staff is required, the following procedures should be followed:
  1. Contact the coach directly to set up a personal and private appointment.
  2. If the coach cannot be contacted, contact the Athletic Director to set the appointment.
  3. A professional and private meeting by appointment is the process and policy that Archbishop Hannan will support for resolution to a parent's valid concerns. It is not appropriate to confront a coach before or after a practice, a contest, or a team function.
  4. The meeting with the coach will be documented and a copy of the information raised at the session will be forwarded to the Athletic Director.
  5. If the meeting with the coaching staff does not provide a satisfactory resolution to the issue, make contact with the Athletic Director to set up a second appointment on the matter. At this meeting, appropriate next steps will be discussed and some type of resolution will be determined.
  6. While e-mail has become an effective way to initiate contact, it is not the best way to resolve conflicts. Accordingly, e-mailing coaches to communicate issues and concerns in order to schedule an appointment is encouraged and appropriate. However, e-mail will not be used as a substitute for in-person communication.
  7. All members of the Archbishop Hannan High School community are expected to act in a civil and courteous manner towards one another. An environment of mutual respect must prevail for parents, teachers, coaches and student-athletes to effectively work together. Inappropriate or derogatory e-mails or comments on social networking sites destroy morale, reflect poorly on the school and negatively impact our student-athletes. Thus, we expect all members of the Archbishop Hannan family to behave, communicate, and interact with another in a manner that reflects good sportsmanship and our Christian values.





- F. Rude, discourteous, or inappropriate communication from student-athletes and/or parents via email, text message, or any other form of communication will not be tolerated. Said communication may result in the removal of the student-athlete from the squad.

#### **XII. CAMP**

- A. All members are required to attend summer camp without exception.
- B. Camp information will be handed out at the meeting following try-outs.
- C. Members will be responsible for individual camp costs.
- D. Absence from camp may result in immediate removal from the squad.
- E. *Camp costs must be paid in full, approximately \$425, at the first parent meeting.*

#### **XIII. COSTS**

- A. Cheerleaders will be responsible for all costs associated with being a member of the squad.
- B. Cheerleaders who have an unpaid balance at Archbishop Hannan High School will not be permitted to try out until all fees are paid in full. This includes fees associated to cheerleading at Hannan in the past.
- C. Costs for the 2017-2018 year are estimated at \$1,700. The financial responsibility should be seriously considered before trying out.
- D. Costs may include, but are not limited to:
  - 1. Uniforms
  - 2. Camp
  - 3. Competitions
  - 4. Spirit Items
  - 5. Team-building
- E. Payments toward balance:
  - 1. Payments toward individual balances can be made all at once or on a monthly basis.
  - 2. For monthly payments, original balances will be divided into four (4) equal parts.
  - 3. Payments must be received by the first of each of month starting in May. All balances must be paid in full no later than August 1<sup>st</sup>. Balances must be cleared before the first performance of the year.
  - 4. Checks should be made out to *AHHS* or *Archbishop Hannan High School*.
- F. Financial concerns should be brought directly to the advisor/coach.

#### **XIV. FUND RAISING**

- A. All members are required to participate in all fund-raising, including but not limited to the Annual Jambalaya Dinner during Homecoming Week.
  - 1. One parent from each member will be expected to participate in the Jambalaya Dinner.
  - 2. Other fund-raisers may be established throughout the year as the need arises.
- B. Other fundraising events include kiddie camps, potentially during the fall and spring semesters.

#### **XV. APPROVAL**

- 1. This constitution has been approved by: Cheer coach, Stacey Rase; Athletic Directors, Rebbekka Bonnaffee and Joe Hines; Principal, Father Charles Latour.

# ARCHBISHOP HANNAN HIGH SCHOOL



## 2017-2018 CHEERLEADER APPLICATION PACKET 2017-2018 CHEERLEADER CONSTITUTION SIGNATURE PAGE

PLEASE DETACH THIS PAGE OF YOUR CONSTITUTION. KEEP THE CONSTITUTION IN YOUR POSSESSION SO THAT YOU MAY REFER TO IT THROUGHOUT THE 2017-2018 YEAR.

PLEASE PRINT, SIGN, AND TURN IN THIS SIGNATURE PAGE WITH YOUR APPLICATION PACKET.

### Parent Certification & Signature:

By signing this page I am certifying that both I and my cheerleader have read the *Archbishop Hannan High School Cheerleader Constitution* in its entirety and agree to abide by the rules, regulations, and responsibilities laid out within. I also understand the communication policies, consequences, and practices as they are described in this constitution.

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PARENT NAME

---

PARENT SIGNATURE

---

PARENT NAME

---

PARENT SIGNATURE

### Cheerleader Certification & Signature:

By signing this page I am certifying that I have read the *Archbishop Hannan High School Cheerleader Constitution* in its entirety and agree to abide by the rules, regulations and responsibilities laid out within. I also understand the communication policies, consequences, and practices as they are described in this constitution. I understand that being a part of this squad requires great dedication and a lot of my time. I understand that I am expected to balance my cheer and school responsibilities. I also understand that cheer will be my greatest extra-curricular responsibility and that it will come before other clubs and organizations I may be involved in.

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CHEERLEADER NAME

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CHEERLEADER SIGNATURE



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# ARCHBISHOP HANNAN HIGH SCHOOL



## 2017-2018 CHEERLEADER APPLICATION PACKET CHEER TRYOUT JUDGES SHEET

### Jumps (20)

Toe Touch \_\_\_\_\_/10

Double Toe Touch \_\_\_\_\_/ 5

Optional Jump \_\_\_\_\_/ 5

### Cheer (40)

Volume \_\_\_\_\_/10

Pep & Spirit \_\_\_\_\_/15

Motions (placement, sharpness & accuracy) \_\_\_\_\_/15

### Dance (40)

Motions (placement, sharpness & accuracy) \_\_\_\_\_/20

Facials & Energy \_\_\_\_\_/20

### Fight Song (30)

Motions (placement, sharpness & accuracy) \_\_\_\_\_/15

Energy \_\_\_\_\_/15

### Tumbling (5)

Standing back-handspring	_____ / 5	Hands, hands, tuck	_____ / +5	
Standing tuck	_____ / +5	Other	_____ / +5	
Running back-handspring	_____ / +5			Tumbling Total _____/5

### Stunting (20)

Form/Technique/Safety/Difficulty \_\_\_\_\_/20

Stunting Total \_\_\_\_\_/20

### Teacher Recommendations (45)

Coach/PE \_\_\_\_\_/15      Theology \_\_\_\_\_/15      Teacher of choice \_\_\_\_\_/15      Rec.Total \_\_\_\_\_/45

### Comments:

Overall Score \_\_\_\_\_/200



## 2017-2018 CHEERLEADER APPLICATION PACKET TRYOUT SKILLS CHECK LIST

(These are the skills judges/coaches will evaluate during tryouts)

- Jump Technique
  - Pointed toes
  - Flexibility
  - Arm positions
- Jump Types
  - Toe Touch and Double Toe Touch
  - Choose one of the following: Right or Left Herkie, Right or Left Hurdler, Pike
- Stunting
  - Form, Technique
  - Experience
  - Safety Awareness
  - Difficulty  
(see also below)
- Tumbling
  - Form, Technique
  - Difficulty  
(see also below)
- Dance
  - Energy
  - Facials
  - Accuracy of choreography
  - Motion placement
  - Sharpness
- Cheer
  - Pep & Spirit
  - Volume
  - Accuracy
  - Motion placement
  - Sharpness
  - Wording (how you say the words)
- Fight Song
  - Energy
  - Facials
  - Accuracy
  - Motion placement
  - Sharpness
  - Kick

While tumbling is **not** mandatory to make the squad it can earn you points at tryouts. A standing back handspring will account for 5 points out of 200 possible points overall. Other tumbling skills will earn you additional “bonus” points. A cheerleader is **not** disqualified if she cannot tumble.

- **Scored on judges sheet:**
- Standing back-handspring
  
- **Bonus Scoring:**
- Running back-handspring
- Standing back-tuck
- Tumbling pass with back-tuck
- Other

Stunt participation is mandatory. Previous stunt experience is recommended, but not required. Basic technique will be shown/demonstrated at the tryout clinic for each of the stunt group positions (Back spot, base, and flier). Coaches will evaluate candidates during the tryout clinic on the following skills in the candidate’s preferred position:

- Execution of Prep Extension
- Execution of Extension (push up & straight up)
- Execution of Prep Liberty
- Execution of Extended Liberty
- Execution of various dismounts (Squish, Retake, Cradle, Pop Off, Full Down, etc.)