

Hilliard Optimist Cheer Rule Book



If you have any questions please contact the Cheer Director, Carmen Malone hocyscheer@gmail.com.

League Background

What is Hilliard Optimist

The Hilliard Optimist Club is a non-profit, all-volunteer organization providing a variety of athletic and academic services to the youth of Hilliard.

Programs range from youth athletics (basketball, cheerleading, flag football and tackle football) to academic competitions (essay and oratorical) and \$30,000 in scholarships awarded annually to Hilliard community seniors. Our coaches have the experience and qualified training necessary to ensure that your child has a successful, memorable, and enjoyable time.

Our Mission

The mission of The Hilliard Optimists is to develop athletic and academic skills through sports participation and academic competition, which strengthen inner core values and principles, encourage abilities in leadership, fair play and teamwork, and provide fun, rewarding and memorable growing experiences.

Our Vision

The Hilliard Optimist Club will be recognized as the premier volunteer organization that values all children and helps them develop to their full potential.

The Hilliard Optimist Club Youth Sports and the Grandview Youth Football Association sponsors our respective communities in the NWFL

Oratorical Contest

The Optimist Oratorical Contest gives students the chance to speak to the world. More than \$150,000 in college scholarships are awarded annually from this program.

First conducted in 1928, this is the second most popular Optimist International Program. Nearly 2,000 clubs participate in this program each year. The winners at the Club level receive medallions and Zone winners receive a plaque. Districts have the opportunity to provide two \$3,500 scholarships.

Essay Contest

This contest is sponsored by Optimist International to give young people the opportunity to write about their own opinions regarding the world in which they live. The approach can encompass a young person's personal experience, the experience of their country or a more historical perspective. The topic selected each year is intended to give young people the room to develop their own views around a central idea. In addition to the opportunity for written expression, participants have the opportunity to win a college scholarship of up to \$5,000! Each year, more than 1,000 Clubs participate in this contest.

Duties of the Head Cheerleading Coaches

Coaches are a cheerleading team's most valuable assets. They are instructors, confidence builders and mentors.

Practices

- Practices must be held at the location of the football team. Any exceptions must be approved by the Cheer Director in advance.
- Complete supervision of all their cheer team at each practice
- Shall be responsible for making sure all participants have been picked up from practice/games prior to leaving field themselves.
- Set clear rules and expectations at the outset of the cheerleading season in accordance with this guide and the parent guide. Good coaches must delineate what is expected of each cheerleader, setting parameters for appropriate and inappropriate behavior. Establish and reinforce practice times, practice routines, how you will handle drama between team members and disciplinary procedures when missing a practice or game.
- Be fair. Nothing damages the trust between the coach and cheerleader more than instances of favoritism, real or imagined. Treat all team members with the same level of dignity and respect, then demand complete reciprocity for you and among all team members.
- Start with simple jumps such as tucks and spread eagles. Emphasize enthusiasm and proper form rather than absolute perfection.
- Have a well thought out practice each time. Please see practice guidelines below
- REMINDER: NWFL Cheer Division is for fun and not competition. Please do not punish girls for decisions of their parents or for their skill level as compared to other girls.

Practice Guidelines

Hilliard Optimist is a proud supporter of building the fundamentals of cheerleading. At each practice please incorporate each of the following:

- Stretch before practice starts
- Go over all motions
- Go over the following jumps: tuck, straight, spread eagle, toe-touch – use the 8 count whip approach method
- Some type of conditioning – make it fun
- The Cheer Director or Assistant Director will periodically monitor practices and make ourselves available to parents during those practices..

Games

- **Under NO Circumstances will a team not show up for a game.**
- Show up for each game at least 20 minutes early to gather your cheerleaders, stretch and be ready to cheer for the game on time. If you plan to have your cheerleaders show up earlier than 20 minutes, ensure this is clearly communicated to parents. No child should be set out for a quarter for showing up late, but may be required to perform pre-game stretching and other preparatory exercises prior to cheering with her squad.
- Have at least 15-20 chants ready before the first game. The Cheer Director can provide you common cheers and chants to consider for your team.
- All music and cheers must be age appropriate and not contain any foul language.
- Monitor your team on cold and hot days to ensure that everyone is well hydrated. **Never deny a child a water break.**
- You may work with the football head coach on how they want to do snack schedule
- Concessions: Each team (Football Players and Cheerleaders) will be in charge of all tasks for one whole day at Scioto Darby Elementary. The tasks are but are not limited to: Concessions, clean up, taking trash out, etc.
- Cheerleaders are allowed to do backhand springs on the grass at games but NOT on the blacktop. As the coach you need to verify with the cheerleaders' parents that they can do a backhand spring on their own. They may NOT practice them at practice.

Misc.

- **COMMUNICATION IS KEY!** Have weekly communication (via email, parents meetings, etc.) with families to ensure information is distributed timely.
- Coaches are responsible for preparing their teams for the "Cheer Expo". The expo routine must be no more than 3 1/2 minutes and consist of a dance, cheer, and chant.
- Each coach will need to attend their one mandatory field clean up day – if a coach is a no show without prior approval from the Cheer Director or Assistant Director, they will not be able to coach the following year

- Responsible for advising Cheerleading Director of any uniforms that are needed in a timely manner to ensure on time delivery.
- Emergency contact forms – have your parents fill them out at the first practice and you as the head coach need to bring them with you at each practice and game
- Team Rules/Contract - develop team rules, provide a copy to the Cheer Director and the parents, and ensure you obtain a signed document that your parents received the rules.
- Keep constant contact with your cheer parents and communicate all expectations.
- Spend more time teaching proper technique than pointing out flaws (re-teach proper technique to correct flaws instead).
- **ABOVE ALL, ENSURE THE GIRLS ARE HAVING FUN!!**

A Sample of Team Rules for Parents (this can be provided via Word Document by the Cheer Director)

- Tennis shoes are required to cheer at practice and games
- If a cheerleader is disrupting practice or game, she will be asked to sit out until she has calmed down
- All teams will have a mandatory field clean up day. This is required of all players and coaches for football and cheerleading.
- Abide by the schools parking rules. There is no parking on the grass or any service areas or along any yellow curbs. This is a safety issue and will be strictly enforced. Cars will be towed.
- Remember there is no smoking on the school grounds
- Please make sure your child is at practice on time and picked up timely
- Please do not drop your child off at practice without ensuring the coach is there
- If it is bad weather, the cheerleaders are not allowed to wait in the coaches car for parent pick up
- Please try to work all issues out with your coach first. This is meant to be a fun program and all coaches are volunteering their time. Should a problem arise that cannot be resolved, please let your Cheer Director know - hocyscheer@gmail.com
- Parents are not allowed on the track during the game
- No stunts; one hand and one foot on the ground at all times
- Not all practice locations have bathrooms. Please make sure your child goes before practice it is not okay for any child to go behind a dumpster or bush.
- Have fun

Administration for all Cheer Coaches (Head and Assistant)

You will need to do the following before practices' start:

1. Coach Registration on Website
2. Background Check (Good for 2 years)
3. Concussion Awareness Training (Good for 3 years)
4. Certification Training (you need to do this every year)
 - a. "Coaching Youth Sports" video (83 minutes)
 - b. "Sport Specific Training" video
 - c. Take an exam
 - d. Sign a NYSCA Coaches Code of Ethics Pledge

HOCYS will pay for all certifications and background checks for coaches (limit 2 coaches per cheer team). In return you will be required to sign up to assist in our annual football tournament November 11-13. You do have the option to opt-out of having your certifications paid and working the tournament. However, that option carries a one (1) season ban on coaching any HOCYS program.

Mandatory items for each coach each year:

- Participate in one field clean up date at one of the high schools – this will be assigned to each team at the beginning of the year from the Football Director
- Participate in Concessions: Each team (Football Players and Cheerleaders) will be in charge of all tasks for one whole day at Scioto Darby Elementary. The tasks are but are not limited to: Concessions, clean up, taking trash out, etc.
- Each coach will need to help during the Big Cat Cheer Competition if they elect to have HOCYS pay for their certifications and background check.

Failure to not show up for one of the above tasks will result a coach not allowed to coach the following year.