

# Hilliard Optimist Cheer Parent Rule Book



If you have any questions please contact the Cheer Director, Carmen Malone [hocyscheer@gmail.com](mailto: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.

## Expectation of Cheerleading Parents

Parents are a strong asset for each cheerleading team. They are motivators, crowd enthusiast, and a coach's most valuable assistant.

## Practices

- Ensure your cheerleader arrives to practice in proper attire, including shoes. Monitor the weather to ensure your cheerleader is dressed appropriately.
- Ensure your cheerleader brings a water bottle and all other necessary items to practice, including pom-poms.
- Please make sure your child is at practices on time and picked up timely. **DO NOT DROP YOUR CHILD OFF AT PRACTICE WITHOUT ENSURING THE COACH IS THERE.**
- Ensure you understand the coach's rules and expectations at the outset of the cheerleading season. Coaches are expected to delineate what is expected of each cheerleader, establish practice times and routines, communicate disciplinary procedures when missing a practice or game.
- There is no smoking on school grounds. Please refrain from smoking while at practices and games.
- **IMPORTANT!!** 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.
- **REMINDER:** NWFL Cheer Division is for fun and not competition.
- Cheerleaders are allowed to do backhand springs on the grass at games but **NOT** on the blacktop, **IF AND ONLY IF**, the cheerleader's parents verifies with the coach that they can do a backhand spring on their own. **They may NOT practice them at practice.**

## Games

- Show up for each game at the time determined by your coach, which is absolutely no later than 20 minutes prior to the start of the game. This allows coaches time to gather the cheerleaders, stretch and be ready to cheer for the game on time. 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.
- Cheerleaders are expected to be at all games unless specifically discussed with the coach prior to the game. If you cannot reach your cheer coach, please contact the cheer director at [hocyscheer@gmail.com](mailto:hocyscheer@gmail.com).
- Cheerleaders are responsible for being in the appropriate uniform with proper footwear and all necessary items, such as pom-poms and water bottle.
- Parents are not allowed on the track during the games.
- There is no smoking on school grounds. Please refrain from smoking while at practices and games.
- 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. This is a requirement and parents are expected to volunteer for the assigned game day.
- Cheerleaders are allowed to do backhand springs on the grass at games but **NOT** on the blacktop, **IF AND ONLY IF**, the cheerleader's parents verifies with the coach that they can do a backhand spring on their own. **They may NOT practice them at practice.**

## Misc.

- Cheerleaders are expected to prepare for and be at the "Cheer Expo". The expo routine will be a 3-3 1/2 minute routine consisting of a dance, cheer, and chant.
- Parents and cheerleaders will need to attend their team's one mandatory field clean up day.

- Responsible for advising measuring their cheerleader and/or show up to a designated uniform fitting prior to July 11, 2016.
- "Emergency contact forms – Complete an emergency contact form at the first practice
- Team Rules/Contract - if your coach provides team rules, parents are expected to read here rules, ask questions if necessary, and sign to show that you received the rules.
- Keep constant contact with your cheer coach and communicate openly. Please try to work all issues out with your coach first. This is meant to be a fun program and all coaches, the cheer director, and assistant director are volunteering their time. Should a problem arises that cannot be resolved, please let your Cheer Director know - [\*\*hocyscheer@gmail.com\*\*](mailto:hocyscheer@gmail.com)
- ABOVE ALL, ENSURE THE GIRLS ARE HAVING FUN!!