

# SHEPHERD HILL CHEERLEADING PHILOSOPHY

The philosophy of a Hill Cheerleader has four qualities:

**R**espectful

**A**thletic

**M**otivating

**S**uccessful



*"Be part of our team!"*

**RESPECTFUL:** The role of a cheerleader is to respect one another and to respect the rules.

- **MEDIA:** we will not post any negative or inappropriate comments/pictures in social media or in any other public forum.
- **RULES:** we will respect and obey the rules set forth by Shepherd Hill Regional High School and in accordance with the MSSAA/MIAA.
- **COMPETITIVE:** we will respect other schools and the officials (judges and directors) at all tournaments, games, and competitions.
- **ROLE MODELS:** we are the role models of Shepherd Hill and we must set the example.

**ATHLETIC:** Cheerleaders will give 100% effort to the Shepherd Hill program. Never use the words "I CAN'T" but rather "I'LL TRY!" The Shepherd Hill cheerleaders will participate in every PE (gym) class and will not receive a grade below a B! An athlete sets a good example.

**MOTIVATING:** Every day we will motivate each other to be the BEST and that we can do it! Always praise good work and have a smile. We will always be positive and believe that we can.

**SUCCESSFUL:** Win or not win (because we can never lose) knowing we tried our BEST is what we call success! With our hearts beating as one team we can never go wrong.

## **INFORMATION**

**CHEERLEADING** at Shepherd Hill is an honor and strives to be the BEST. Our teams are successful because of our commitment and dedication. The Hill parents support our program and help our team to be more competitive. We believe in achievement and we finish what we start. Starting with a team and seeing it through no matter the circumstances. The coaches are approachable and are here to help motivate, encourage and support all team members.

**ELIGIBILITY:** Each Cheerleader will:

- Have an updated physical on file with the school nurse (date within 13 months of the last physical). According to the school regulations set by the MSSAA/MIAA.
- Have an updated Concussion Form signed off by the parent/guardian and the athlete with the coach. The coach will hand the paperwork to the school nurse.
- Pass four major subjects that meet each day (during the fall season and winter season of play). For the new season, cheerleaders will need to pass four major subjects that meet in the fourth quarter and pass four major subjects in the final average column.
- Register on line with the Shepherd Hill Athletic Department at the [www.dcrsd.org](http://www.dcrsd.org) and click on Shepherd Hill. Click on Athletic and register your child with the Athletic Department. The Cheerleading program is self-funded and therefore, parent will not pay the athletic fees.
- Sports Awareness Night – the athletic department schedules the mandatory Sports Awareness Night for our athletes and parents to attend. At this event, parents/guardians and cheerleaders will sign in to complete eligibility for Cheerleading. Our Athletic Director, Principal, and guest speaker will review the roles and expectations of our athletes.

**FACEBOOK:** Parents/Guardians and cheerleaders are encourage to be friends with the Shepherd Hill Cheerleading private page to stay up to date with important information. We understand that at times information doesn't make it home and this is a great way to stay informed. E-mail Loretta at [landre@dcrsd.org](mailto:landre@dcrsd.org) to get set up on the Shepherd Hill Cheerleading private page on FACEBOOK.

**E-MAILS:** Coaches will send e-mails to parents (to stay up to date) with important information. At times we have game changes, practice changes or cancelations. Please contact Loretta at [landre@dcrsd.org](mailto:landre@dcrsd.org) to be placed on the HILL CHEER family e-mail.

**RESPECT:** The highest standards of respect and sportsmanship is expected from all cheerleaders, coaches, parents, and spectators. When attending events, we are all on our best behavior and support everyone involved (even if they are from another school).

**TOURNAMENTS:** Shepherd Hill Regional High School provides transportation for the Shepherd Hill cheerleaders and coaches to all events. Coaches will send information home (as well as update the FACEBOOK page and sending out e-mails) with meeting times and other information pertaining to tournaments. Cheerleaders must report on time and ready to participate. If a parent/guardian

is taking their daughter home after an event, they must be signed out with the cheerleading coach.

**UNIFORMS:** Uniforms are the property of Shepherd Hill. Each cheerleader will be issued a uniform – these uniforms must be handed back to the coaches in the same condition. Coaches will hand out comp uniforms on the day of the event and cheerleaders will return the uniform after awards to the coaches. Varsity cheerleaders will hold on to game uniforms and turn them back after the last game. Junior Varsity cheerleaders will be handed their uniforms at each game and will hand them back to the coach after each game.

**TEAM:** Everything we do, we do as a **TEAM!** Every event we attend we represent Shepherd Hill and we will look the same. No ifs or buts – we are a team and we will look like **ONE!** The coach will inform cheerleaders what uniform to wear to be unified.

**ACADEMICS:** Academics come first! Time management is a big role for our athletes! Manage your time to be successful. Get extra help! Don't wait to do your homework – **GET IT DONE.** Cheerleaders will have time after school and before practice begins to start their homework. So don't go to Cumberland Farms and get an Icy/ junk food – go in the cafe and do your homework. You want to attend College and be successful – dream this and dream big - because dreams do come true. However, you need to start now and not wait for it to come to you.

**END OF THE YEAR BANQUET:** In March, the coaches will plan a date for the end of the year banquet. Even though we have two seasons – we will only have one banquet. Our banquets are usually in April. At this event, the following awards are issued:

- Each Junior Varsity Cheerleaders is awarded an Athletic Sports Certificate.
- Each Varsity Cheerleaders is awarded either a Letter or Pin.
- Cheerleaders with 100% attendance will be awarded a trophy.
- Cheerleaders with Gold Academic Achievements will be awarded a trophy (an accumulative grade average of an A- or higher).
- Cheerleaders with a Silver Academic Achievement will be awarded a trophy (an accumulative grade average of a B- to B+)
- One Junior Varsity Cheerleader and one Varsity cheerleader will be award the Highest GPA for each season.
- Senior presentations and awards.

Work your hardest and you can achieve anything you set your mind to! Our goal is to see all Shepherd Hill Cheerleaders receive a perfect attendance award and an Academic Achievement Award.

**FINALLY:** Our Athletes can be successful with commitment and dedication to our sport. The most competitive, skilled team members are the athletes that give more than 100% and are positive. Remember the **RAMS** are Respectful, Athletic, Motivating and **WE ARE SUCCESSFUL.**

Best wishes to a **GREAT SEASON,**  
Loretta and Emily

