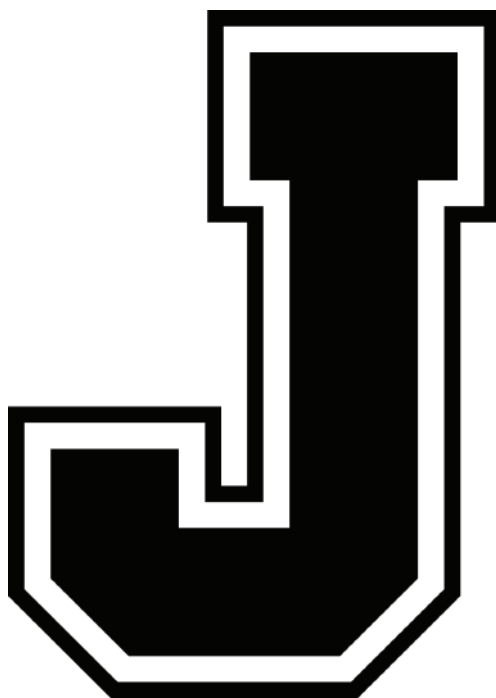


Jordan Hubmen
Cheerleading



Team Handbook
And
Parent Information

A Letter from your Coach(es)

Welcome Cheerleader, and Congratulations on earning a place on this year's Jordan Hubmen Cheerleading Squad. Being a Cheerleader is a privilege and not something to take lightly. It requires a lot of hard work and dedication, yet can be tremendously rewarding and fun!

As your Coaches we desire to make this season the best one yet for you all. We look forward to getting to know each and every one of you and helping you each reach the goals that you have for yourselves this year both on and off the field. We want to foster a sense of family within our team so that everyone feels safe and accepted while a part of our program.

We are excited in learning and growing alongside each of you this season. Alex Bourdeaux is an alumni of Jordan High School and was a Football cheerleader such as yourself. She currently works at Oak Terrace Senior Living as a CAN/TMA and with Designing Dreams as a PCA. She recently finished Nursing school with Rasmussen College, while continuing her Nursing education with DCTC, and is engaged to Jeff Buresh and getting married in September of 2019. Annie Shurson is a Football cheerleader alumni of Wisconsin. She has a lot of coaching experience. She coached girls basketball, wrestling cheer, and assisted with boys basketball, dance, and gymnastics. She has degrees and licenses in Psychology, HR, and also carries a Salon Manager license. She owns her own business within town called 'That Girl Mpls Photography' located at the old Historic Brewery. As of right now she works as a part-time Media Para at the JES.

We are thankful for each one of you and are excited to see what this season holds for all of us; let's work together to make this year great!

"Cheer"fully yours,

Coaches Alex Bourdeaux & Annie Shurson

SQUAD MEMBERSHIP:

A. RESPONSIBILITIES OF A JORDAN CHEERLEADER:

A member of the Jordan Cheer Squad is expected to display the following characteristics. A member who does not display these characteristics will be subject to suspension from the squad or dismissal.

1. Must be willing to display school spirit and be a positive representative of Jordan High School.
2. Must show good sportsmanship.
3. Must always have a good attitude.
4. Must agree to follow the rules and guidelines outlined by JHS and the team coach(es).
5. Must not drink, smoke, or use mood-altering drugs, or participate in any activities degrading to the squad. All MSHSL rules apply, as well as rules enforced by JHS and the team coach(es).
6. Must not represent poor behavior/misconduct resulting in school suspension.

B. PRACTICE & PRACTICE ETIQUETTE:

PRACTICE

1. Members will be expected to practice at every scheduled practice.
2. Coach(es) may call or change additional practices as necessary. A one-week notice will be given and practice is mandatory.
3. Absence from practice, excused or unexcused, on the practice day prior to or on the day of a game/competition may result in the suspension of that team performance if the performance level of the cheerleader does not meet performance expectations.
4. Absences from practice one week prior to a performance/game/competition may result in a formation change of that team performance.
5. Any Cheerleader absent from practice(s) is responsible for learning any missed information from those practices.

PRACTICE ETIQUETTE

1. The cheerleader should be ready to practice promptly, wearing the appropriate practice clothes (cheer shoes and workout clothing). Hair should be pulled away from the face and shoulders to avoid distractions.
2. No jewelry is to be worn during practice times.
3. No food or gum are allowed in the practice area. Cheerleaders may bring water bottles with them. All personal bags/backpacks are to be put in lockers, no bags are allowed in the practice area.
4. Be quiet during all instruction, including warm-ups, and cheer/chant reviews. Hands must be raised to ask questions to run a productive and efficient practice.
5. Participate fully in all practice activities. Full-out performance is expected every day. Please notify coach(es) before practice of any injury that may prevent full-out performance. All injuries must be brought to the attention of the coach(es) immediately.
6. Stay for the entire practice. Late arrival and/or early departure exceeding 5 minutes will count as a tardy.
7. Tell the coach(es) ahead of time if you will be missing a practice and *learn any information of cheerleading material from that practice*. It is important to contact the coach(es) or teammates regarding important information missed. If after missing practice you do not attempt to learn missed information you will not receive a spot in formation.

Persona of a Hubmen Cheerleader

Attitude: Cheerleaders should have an attitude of pleasantness and positivity at all times. They are the face of our school at games and around town, whether at home or away. Cheerleaders must come to practices and games with the mindset that you are going to enhance your teammates' practice/game by showing all-out effort and encouraging others.

Communication: Cheerleaders understand that communication is a key component to every successful team and/or group.

- ★ Be honest with each other, yet communicate your honesty in a respectful and tactful manner.
- ★ Communicate clearly with one another on and off the field. This way everyone knows what is happening and no one is left out of the loop.

Priorities: Cheerleaders are accountable to themselves, their family, teammates, coaches and teachers.

- ★ Make wise choices at all times!
- ★ School work is always a priority. We want our Cheerleaders to be the best they can be in all areas of their life. Just remember to be responsible and let your coach(es) know ahead of time.

Punctuality: Cheerleaders are expected to be at all mandatory practices, games and all other events on time and ready to go.

- ★ Being punctual shows respect for all those on your team as well as for your Coach(es).
- ★ If there are times where one cannot meet this criteria, it will be expected that they contact their Coach(es) as soon as possible to talk about the reason for their absence or tardiness.
- ★ Cheerleaders must come to practices/games with a good skill level hustle and positive attitudes.

Goals for Coaching a Successful Cheerleading Program:

- ★ Put together a TEAM who has the following:
 - a. Respect for the Coach(es) and their teammates.
 - b. Love for the sport – demonstrate their enthusiasm in practice and during games.
 - c. Work hard at all times – practices and games.
 - d. Respect for their opponents – represent themselves, the team and Jordan in a positive way.

Lettering Criteria:

- ★ It is the policy of the Jordan Cheerleading Squad that an individual who participates in at least one-third of the varsity games at the varsity level and finishes the season as a varsity player shall earn a letter. These participants must not have been in violation of any MSHSL rules.

Cheerleader of the Week:

- ★ We expect all the Cheerleaders on this squad to be examples and leaders. We will be looking for Cheerleaders weekly who have demonstrated true leadership by their effort, helpfulness, attitude, enthusiasm, Jordan Pride, etc. This one individual chosen will be the Cheerleader of the Week. As the Cheerleader of the Week, they will lead warm-ups during practices and games, and will also be responsible for team building and motivation.

Parent Questioning/Disagreement Process

The Coaching Staff understands that there may be moments during a season when Cheerleaders and/or parents disagree with coaching decisions. Please know that the coach(es) think through every decision they make, and decisions are made with the team/and Cheerleaders' best interests in mind. If there comes a time when the Cheerleader and/or parents feel they need to talk to the Coach(es) about a concern, please respect the following process:

Step 1: Talk to your student and get all the information you can.

- ★ Try to look at the issue from the side of the Coach(es) and your student.
- ★ Put yourself in the position of the Coach(es) who have a team of Cheerleaders to consider, not just one.

Step 2: Have your student talk to the Coaches.

- ★ The issue should be discussed between Cheerleader and the Coach(es) first. Most of the time the issue is resolved after this meeting.

Step 3: Talk to the Coaches.

- ★ Contact the Coach(es) to arrange a mutual time to meet and talk.
- ★ Coach(es) will not meet with a parent in front of the team, or immediately following a practice or game. (Must wait 24 hours)

Step 4: Meet with the Athletic Director.

- ★ If after all of these steps you do not feel your need/issue has been addressed properly, please feel free to contact our Athletic Director to discuss your concerns, Joe Perkl at jperkl@isd717.org or at (952) 492- 4399

Jordan Cheerleader Attendance Policy

Our team depends on every Cheerleader. Therefore, it is your responsibility to attend every team function and be on time! If you are missing and unexcused from a team function, you are telling your teammates and Coach(es) that your time is more important than your team- Don't let this happen!!!

★ When you miss a team function, you are either excused or unexcused.

- Excused- Cheerleader or parent/guardian communicates with the coach(es) in advance (examples):

- Stayed home or went home from school because of illness.
- Special circumstance came up, and you cleared it with your Coach(es) *beforehand*.
- Note: Do your best to not schedule doctor/dental appointments during practices.

- Unexcused- Cheerleader or parent/guardian does not have any communication with the coach(es) (examples):

- "Forgot" about the team function.
- Didn't have a ride.
- Stayed home or went home from school and it was not excused (if you are unexcused from school that day, you are also unexcused from Cheerleading.)
- Special circumstance came up and you did not clear it with your Coach(es) beforehand.
- Sent a message with a teammate that you would be absent.

★ If you are gone from a *mandatory* function (**unexcused**), you are ineligible to cheer at all the next game, however you *must* attend the game in uniform and sit with the Coach(es).

★ If you are gone from a *mandatory* function (**unexcused**) twice in a season, you will be cut from the team.

★ If you are late to a team function (**unexcused**), you will make up for the missed time by running a lap.

★ The Coach(es) do, however reserve the right to make decisions based upon extenuating circumstances. We do understand that emergency situations arise from time to time and it may be difficult to contact the Coach(es) ahead of time. If the Cheerleader or parent absolutely cannot contact the coach ahead of time, please do so as soon as possible!

★ If you stay home sick, or go home from school early due to sickness, please do your best to contact the Coach(es) so that we can plan around that for practices.

★ Tardiness

A Cheerleader is expected to be on time for practices, performances, games, and competitions. Each cheerleader is allowed 3 tardies. Following the third tardy, the cheerleader will forfeit a performance or game. If the cheerleader knows in advance that she will be late or needs to leave early, the parent(s) should contact the coach(es) ahead of time.

Any tardy to a performance or game exceeding 15 minutes will result in the suspension of a performance or a game.

Communication

★ Text messages/emails to Cheerleaders:

- Cheerleaders will occasionally receive text messages/emails from their Coach(es) regarding weather delays/cancellations how this will affect practices/games.
- Cheerleaders will receive weekly text messages/emails from their Coach(es) with reminders or schedule changes for team functions.
- **MAKE SURE YOUR COACH(ES) HAVE YOUR CURRENT CELL PHONE NUMBERS AND EMAIL ADDRESSES!**

★ Emails to parents:

- Parents will receive weekly emails regarding various events like ordering of clothing deadlines, team dinners, team building activities, fundraisers, awards banquets, etc.
- **MAKE SURE YOUR COACH(ES) HAVE YOUR CURRENT EMAIL ADDRESSES!**

★ As your Coach(es) we want the Cheerleaders to always feel safe and comfortable about coming to talk to us about any and every issue. We will do our very best to answer any questions/concerns you may have. Please feel free to schedule a time to meet with us privately if you need to talk.

Coaches Contact Information

Alex Bourdeaux

- ★ Cell phone: (612) 860- 1859
- ★ Email: abourdeaux@isd717.org

Annie Shurson

- ★ Cell phone: (612) 730- 1329
- ★ Email: ashurson@isd717.org

Joe Perkl

- ★ Work phone: (952) 492- 4399
- ★ Email: jperkl@isd717.org

Fundraiser Opportunities

Cheerleaders participating in the fall season will be responsible for team fundraising. Individuals that do not participate in team fundraising will be responsible for out-of-pocket expenses for any/all differences not fulfilled.

Team fundraisers may include:

- ★ Eileen's Cookies (June)
- ★ Car wash at Radermacher's (July)
- ★ Cheer Clinics with Elementary and Middle School students (September)
- ★ Pizza Ranch (April)
- ★ Little Kids' Night (Kindergarten-6th grades, October)
- ★ Picking up garbage at the Scott County Fair (July)
- ★ The Jordan Tap Room (June/July)
- ★ Etc.

Volunteer Opportunities

We are not only building this Cheerleading Squad. We want to build a Cheer Squad and in turn make Jordan just a little better place to live. We can do this in many ways that we will work on together. We want people to see us as individuals and as a team and be impressed and want to be a part of our team and community.

- ★ Bingo and performance at Oak Terrace, Schule Haus, and Valley View
- ★ Feed my Starving Children
- ★ Clean/Pick up after Heimatfest?
- ★ Welcome Booth and perform at Scott County Fair
- ★ Etc.

Hubmen Football Cheerleader Signatures

I have read the Jordan Hubmen Cheerleading Team Handbook and agree to follow the rules and guidelines outlined in each section. I understand that if I misrepresent the above guidelines and rules outlined in the team handbook, I will serve any due consequences as mentioned above.

Cheerleader Name (please print): _____

Cheerleader Signature: _____

Cheerleader Cell Number: _____

Cheerleader Email Address: _____

Parent/Guardian Name (please print): _____

Parent/Guardian Signature: _____

Parent/Guardian Phone Number: _____

Parent/Guardian Email Address: _____

Emergency Contact: _____

Emergency Contact Phone Number: _____

It's important to play to your strengths and minimize your weaknesses. At this point, list what you believe are your strength(s) and weakness(es)?

Strength(s)

Weakness(es)

Please list all the Cheerleading activities and conditioning you did in the off-season to prepare for the Cheerleading season.

Is there anything else you'd like me to know about you before the season starts?