



HVCHS Fall 2015 Season

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Welcome

Where is all the information for parents?

www.HVCHS.weebly.com

Please complete the parent contact form under "Contact" so the coach has your most up to date email information.

Program Goals and Vision

Hopewell Valley's High School cheerleading program strives to inspire leadership, team work, and school spirit on and off the field. This program provides high quality training for participants to grow as athletes, emphasizing their safety and security at all times.

Cheerleader Expectations

- School spirit and support
- School and community leadership
- Teamwork, collaboration, and sportsmanship
- Conditioning and attention to physical performance
- Pre-season, practice, and game attendance
- Mandatory apparel: cheer sneakers, etc.



Games

Home games: arrive one hour prior to game start time for warm ups

Away games: bus times are announced the Monday before on the website and via captains

- Cheerleaders must eat their snacks off the turf
- Please arrive to all games on time and in uniform, including apparel for winter games
- All cheerleader conduct and interactions should represent school values
- Cheer buddies: All cheerleaders have a senior football player and are expected to provide snacks for home games
- Cheer Jackets: Participants new to the squad must see the list of required apparel found on the website. Personalized winter jackets must be purchased through CHS for cold weather games. Checks for \$50 can be made out to HVCHS

Safety:

- All injuries need to be communicated to a coach immediately so that necessary precautions be taken
- Tim Coyne is the medical professional on staff who is responsible for determining the severity of an injury and if further medical attention is needed.
- If a cheerleader is sent off campus to follow up with an injury, please provide the coach and trainer with any relevant medical documentation.

Fundraisers:

- October 3rd: Jr. Cheer Clinic
- Have ideas? Let us know!

Parent Volunteers:

- We are looking for a number of parent volunteers to organize the following:
 - Cheer snacks
 - Fundraisers outside of the Jr. Cheer clinic
 - Senior day
 - Fall Cheer banquet