

Holy Name CYO Cheerleading Information—Winter 2008-09

Holy Name Hurricane Club will again offer Cheerleading as a winter sport this coming season, if there's strong enough interest among girls and parents. This flyer is intended to answer some questions that we've gotten and to give parents an idea of what to expect.

When does cheerleading start? Cheerleading will start the week of Oct. 27, the same week as basketball starts.

Will there be JV and Varsity squads? We don't know for sure at this time, although we would like to have both JV and Varsity squads. Jo Ann Stachelski will be the Varsity head coach. We still need a JV head coach to step forward. We may have one combined squad of 5th through 8th graders if we can't get coaches, or if we have too few girls for two squads.

Can I help? Yes, we need volunteers to assist. Please call Jim Lovat if you are interested.

What is the time commitment for cheerleading? We anticipate that cheerleaders will practice two days a week, most likely right after school, at Holy Name. The girls will also cheer for basketball games, and participate in some competitions. Cheerleaders will be expected to practice at home some of the skills taught in team practice (jumps, routines, dances, etc.).

For what events would the girls be cheering?

- Home basketball games.
- Some away games—we have to work this out with the hosting schools.
- Playoff games, if any varsity basketball teams qualify for post-season play.

For how many games on a weekend would a squad cheer? This is something we have to work out after seeing how many girls are interested and if we have cheerleaders and coaches to support two squads. Last year, our cheerleading squad cheered for a few games each weekend, rotating among JV and Varsity, boys and girls teams so that each team had cheerleaders at least once during the season.

What kind of cheerleading? CYO offers two types of cheerleading:

- Non-mounting/stunting
- Mounting/stunting

Squads may be divided into stunting & non-stunting groups based on skill level.

How much will cheerleading cost, and how do I register my daughter?

Cheerleading will be just like other sports at Holy Name in terms of registration process and requirements. Parents will fill out the same paperwork as other sports. For this year fees will be:

- \$100 participation fee
- \$100 uniform deposit
- \$50 Green & Gold membership (one per family, annually)

Each athlete will need a Physical Exam Report, just like the other sports.

We anticipate that each cheerleader will need to purchase some elements of the uniform that she will keep, such as shoes, spandex pants (for under the skirt), hair bows, etc.

Can my daughter cheer and play another sport at Holy Name?

This is a very tough question. Hurricane Club plans to offer three CYO sports for the winter season—cheerleading, basketball, bowling. While the Hurricane Club doesn't prohibit multiple sport participation, ***we ask that parents and athletes seriously consider the commitment that they are making to the team on which an athlete is placed.*** Parents should also consider the potential conflict between the various practice sessions and games. Specifically:

- Cheerleading is different from other sports in terms of the formations and routines that are part of the sport. Each cheerleader has a specific role in a routine, and needs to learn/practice that role. It is very difficult for a cheerleading squad to practice routines if members of the squad are missing. Performing routines (at games or in competition) with missing team members is difficult, if not impossible.
- Obviously, it is impossible to cheer for a basketball game in which an athlete is also playing. Our girls are amazing, but they just can't change uniforms that fast!
- A number of our JV basketball games are scheduled for Saturday afternoons, and will present a direct conflict with bowling matches. This means that JV cheerleaders (who will be cheering for JV basketball games) may have a conflict with bowling.
- Cheerleading competitions will take place on weekends, which will likely conflict with both bowling and basketball.
- Our JV basketball teams and our cheerleading teams have only 2 practices a week. If an athlete misses one practice per week, she has missed ½ of the practice time!

Coaches have the authority to restrict (or eliminate) playing time for athletes who miss practice or games. At the Varsity level, coaches may also choose to cut athletes who have known conflicts with other sports.

If a girl tries out for basketball and does not make a Varsity team, we'll try our best to accommodate her second choice, cheerleading or bowling.

What other information is available? Please visit the Hurricane Club web site and download:

- *Holy Name Athletic Dates 2008-09.PDF*. You can see the basketball weekends in this document. We won't know until sometime in November which weekends are for home games and which are for away games.

Feel free to call or email Jo Ann Stachelski, Varsity Cheerleading Coach

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