

Winter Cheer 2024-2025

SPORT	START DATE	PHYSICAL CANNOT BE OLDER THAN	NEED 90 DAY IF PHYSICAL BEFORE	PAPERWORK DUE
All winter sports	11/25/2024	11/26/2023	8/27/2024	11/11/2024

Please register on Genesis and our Cheer Website:

hillsboroughcheerleading.org

Impact testing:

- Due by Wednesday November 11th. All incoming 9th graders, returning 11th graders, or new athletic department participants must take an impact test by November 11th at home.

Tryout Dates: 3:30-5:00

- Monday, November 18th
- Tuesday, November 19th
- Wednesday, November 20th
- Thursday, November 21st (tryout day)

First day of practice:

- December 2nd 3:30-5

WHERE TO MEET:

HHS Commons

WHAT TO WEAR:

(Tryout Day 1, 2,3)	Final Evaluation Day (Thursday)
<ul style="list-style-type: none"> ● Wear school colors or any Raider apparel ● T-shirt/Tank should be fitted –NO CUT SHIRTS! ● Shorts ● Cheer Sneakers (If You Have) / Athletic Sneakers (If Not) ● Ribbon/Cheer Bow ● Sports Bra and white socks 	<ul style="list-style-type: none"> ● Colors to wear: black shirt and black shorts ● T-shirt/Tank should be fitted –NO CUT SHIRTS! ● Shorts ● Cheer Sneakers (If You Have) / Athletic Sneakers (If Not) ● Ribbon/Cheer Bow ● Sports Bra and white socks

NOTE: You should be dressed game ready. Make sure you do not have long fingernails or jewelry!
Hair should be neatly pulled back away from face.

COMMITMENTS/REQUIREMENTS:

Varsity
<ul style="list-style-type: none"> -Team Practices -Basketball games Tuesdays and Thursdays and Saturdays at home games only.
<p>We will be looking at:</p> <ul style="list-style-type: none"> -Review of score sheet -Sportsmanship -Safety of self and others -Attitude <p><i>NOTE: This is the decision of the coaching staff , based on the positions in need.</i></p>

MAKING THE TEAM:

Tryout results will be released via e-mail by Monday, November 25th. You will be expected to commit to practice 5 days a week (Mon.-Fri.) until we get a routine with the season, once games start we will eliminate some practices.

We judge the tryouts based on the 5 components of cheerleading: cheer (sideline/court), dance, tumbling, jumps and stunts. How well you do in all 5 areas will determine where you will be placed. All scoring will be done by the coaches on staff and by two or three neutral judges. ALL DECISIONS ARE FINAL. The better prepared you are in all five of the areas, the more successful you will be.

TRYOUT CATEGORIES:

1. *JUMPS*

The following 4 jumps will be scored: Toe Touch, Double Toe Touch, Herkie, and Pike. You must do a toe touch and then choose a second jump to show. We will be scoring you on:

- The height of your jump
- The placement of your arms
- Whether or not your toes are pointed
- The flexibility and position of your legs

2. *GYMNASTICS(TUMBLING)*

You will be scored on standing gymnastics, as well as your running tumbling. Keep in mind that you will be cheering at football games down on the track, so we expect to see all tumbling on the track as well.

3. *CHEER*

A short cheer will be emailed the week before tryouts for you to learn. We will be scoring you on:

- Knowledge and precision
 - Facials and personality
 - Sharpness/ motion placement
 - Voice

4. *DANCE*

A dance (4 eight counts) will be emailed the week before tryouts. We will be scoring you on: ● Knowledge and precision

- Facials and personality
- Sharpness/motion placement

5. *STUNTING*

We have 4 stunt positions: back spot, flyer, main base, and side base. You will be scored based on the highest COMPLETED stunt level from the following levels:

1. Walk-in half, cradle, reload to half, cradle
2. Walk-in half, cradle, reload to half, push up to full, cradle
3. Walk-in half, cradle, reload to full, cradle
4. Walk-in half, cradle, reload to full, cradle, tap to lib, cradle
5. Walk-in full, cradle, tap to lib, twist cradle
6. Walk-in lib, twist cradle, reload to a skill, cradle
7. Switch-up, reload to 360 **OR** 360 to a 360

For your formal evaluation you may try out with your group of choice. If you have trouble finding a group, then we will assign one for you. Some groups may need to borrow people to fill in, so some of you may tryout with your original group and then help ONE other group.

A second stunt group will be assigned to you, which we will informally judge on one of the prep days. **STUNTING SEQUENCE RULES:**

1. Sequences must be performed to count. Sequence must flow from each portion to the next and through transitions.
2. There will be no stopping the sequence. Once you stop, the sequence ends there.
3. You must show the sequence in its entirety with multiple stunt groups if asked.
4. Please show us only what you can complete safely.
5. Any shakiness, falls, stops, and/or complications will result in a point deduction.

IMPACT TRAINING TEST INFORMATION AND DIRECTIONS:

What is the ImPACT test:

The ImPACT test is an online computer test used to test different aspects of brain function. This test is set up to record a baseline score of cognitive function in order to be used as a tool in the return to play process if an athlete sustains a concussion. It does not diagnose a concussion.

Who needs to test?:

All incoming Freshmen, returning Juniors, all transfers, and any athlete who has not taken the test before (this could include Sophomores and Seniors), must take this test to establish their baseline on IMPACT before being eligible for practice.

When do you need to complete this test?:

All athletes must complete their testing **before your first practice.**

Here are the directions:

Athletes, when using your chromebooks, do not use VMWare when you log in. This program causes the test to run slowly and may cause you to have to retake the test.

Go to: www.impacttestonline.com/schools

-- there will be a box for you to enter the customer code

-- enter the code FDB59F2F24 and click "**Validate**"

****if you copy and paste the above code, please make sure there is no space at the end of the code. You will not be able to click the "validate" button if there is a space****

-- "**Hillsborough High School**" should appear under the code box

-- click "**Launch Baseline Test**" and your test will begin

Please follow all of the directions and fill in the drop down boxes.

There will be a screen that appears after some initial demographics that will ask you to "skip additional demographics" or "enter additional demographics". Please click "enter additional demographics" and there will be a section that will ask you what sport you play. Please choose the sport in which you intend to participate in for the winter season. **NOTE: If you forget to do this section, please DO NOT take a whole new test just to enter your sport - we have a limited number of tests and taking multiple tests could exceed our limit.**

Make sure that you complete the test so you do not have to retake it. There will be a screen at the end of the test stating that you have completed the test and will give you options to print or email your results. Please email a receipt to yourself so you have a copy of your Passport ID - this can be helpful to us if for some reason we have trouble looking up your test by name.

Please take your time, read the directions thoroughly, **set yourself free from any distractions (ie: phones, television, video games, music, people who may cause distraction, etc.)** and do your best on this test as your results are part of our return to play protocol should you sustain a concussion.

Low scores cause the test to be marked as "invalid" and you will have to retake the test. You must have a "valid" test score in order to begin participating in practice. After completing your test, please do not email the athletic trainers directly to know if your test is valid. If you do not hear from one of us or your coach, assume all is well with your test scores. You will be notified directly if further action is required.

If you have any questions or concerns regarding the tryout please email

Coach Schurick: sschurick@https.us

Coach Rebelo: arebelo@https.us



Mr. Michael Davis
Athletic Director
Athletic Office: 908-431-6600 X 2628

GO RAIDERS!

October 8, 2024

Prospective HHS/HMS Winter 2024-25 Student-Athletes/Parents/Guardians:

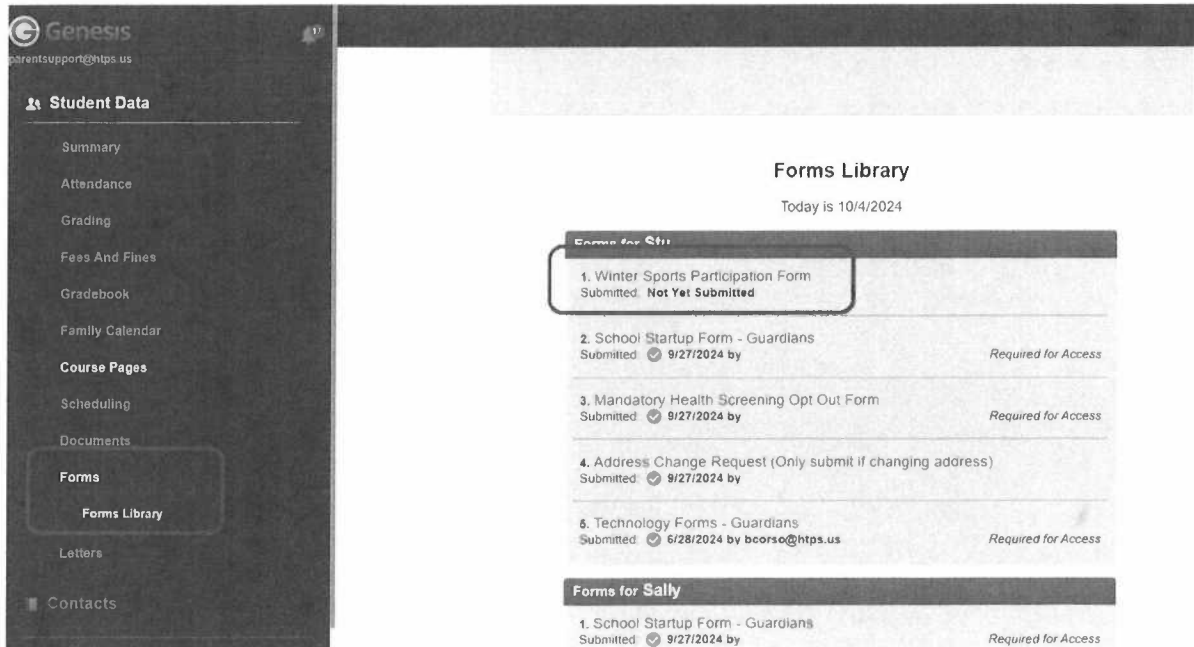
Please see important information regarding winter athletic registration. Please visit the [HHS Registration](#) website or [HMS Registration](#) website for the necessary paperwork and directions on how to sign up.

Below are the forms that should be taken to your doctor for a new physical. The Preparticipation Physical Evaluation Medical Eligibility Form is the form that should be submitted to the health office.

 [New Physical Form.pdf](#)

NEW THIS YEAR FOR ALL WINTER SPORTS:

Registration is open on the Genesis parent portal. See below for a display of where to find the registration forms.



The screenshot displays the Genesis parent portal interface. On the left is a dark sidebar with a navigation menu. The main content area is titled 'Forms Library' and shows a list of forms for a student named Sally. The date 'Today is 10/4/2024' is displayed below the title.

Genesis
parentsupport@hps.us

Student Data

- Summary
- Attendance
- Grading
- Fees And Fines
- Gradebook
- Family Calendar

Course Pages

- Scheduling
- Documents

Forms

- Forms Library
- Letters

Contacts

Forms Library
Today is 10/4/2024

Forms for Sally

1. Winter Sports Participation Form
Submitted: **Not Yet Submitted**
2. School Startup Form - Guardians
Submitted: 9/27/2024 by *Required for Access*
3. Mandatory Health Screening Opt Out Form
Submitted: 9/27/2024 by *Required for Access*
4. Address Change Request (Only submit if changing address)
Submitted: 9/27/2024 by
5. Technology Forms - Guardians
Submitted: 6/28/2024 by bcorso@hps.us *Required for Access*

Forms for Sally

1. School Startup Form - Guardians
Submitted: 9/27/2024 by *Required for Access*

The HHS and HMS health offices are now accepting Winter 2024-25 Sports Physical Forms. In addition to the new physical form, you may need the [90-day update form \(Health History Update Questionnaire\)](#) depending on the date of your last physical (see below) as well as a HHS random drug form, if one is not already on file.

Season Start Dates:

SPORT	TRYOUT START DATE	PHYSICAL CANNOT BE OLDER THAN	NEED 90 DAY FORM IF PHYSICAL BEFORE	MANDATORY PAPERWORK DUE
All HHS Sports	11/25/2024	11/26/2023	8/27/2024	11/11/2024
ALL HMS Sports/HHS Winter Cheer	11/18/2024	11/19/2023	8/20/2024	11/4/2024

Sports Physical Drop-Off Instructions:

For HMS: Parents/students can bring sports physicals to the HMS health office during regular school hours.

For HHS: Students can bring sports physicals to the HHS health office during regular school hours. Parent drop off will be the following - pull up to the horseshoe by the gymnasium and look for door #37. A black lock box will be there. Drop your paperwork into the drop box and a school nurse will submit your paperwork.

All prospective athletes must have a current sports physical on file in the health office. Physical examinations are good for 365 days before the date of the first practice. If the physical has been completed more than 90 days before the first practice, the 90-day update form (Health History Update Questionnaire) must be completed. Both forms may be necessary depending on the date of the physical and the date of the first practice. If the HHS student does not have a Random Drug Testing Form on file, please submit in order to be cleared.

Sports Physicals need to be dropped off in person. Please do not mail, email, fax, or give any paperwork to the coach.

If you have any questions regarding physicals please contact the Health Office personnel at HMS/HHS.

If you have questions regarding registration please call the Athletic Office at 908-431-6600 x 2793.

Please note: Sports physical forms are not cleared on the same day that you drop them off at the Health Office. Sports physical forms get reviewed and cleared by our school physician. A parent/guardian will receive a sports clearance email notification once approved by our school physician.