

HJS Cheerleading – 2020

The attached information is our current plan for starting our Fall season. If these plans change due to State of Ohio/Ohio High School/Lakota/Greater Miami Conference recommendations, the changes will be posted to lakotaonline.com (Schools – Hopewell Junior -- Athletics) ASAP. We recommend you check the website throughout May, June and July for any updates.

Also, we encourage our future athletes begin some of the conditioning recommendations listed below so you will be physically prepared to begin your journey into Hopewell Junior Athletics. Go Hawks!!

SUGGESTED SUMMER WORKOUT PROGRAM

1. Push ups – 3 sets of 15
Body Squat – 3 sets of 15
Crunchies – 3 sets of 25
Chair Dips – 3 sets of 15
Walking lunges – 3 sets of 30 seconds

2. Chin ups (can be modified) 3 sets of 5 – 10 reps
Standing Walkout to push up position and back – 3 sets of 10
Leg Lifts – 3 sets of 15
Planks – 3 sets of 30
Toe Touches – 3 sets of 15
Step ups – 3 sets of 10 for each leg

3. Decline push up 3 sets of 15
Box jumps – 3 sets of 10
Heel raises – 3 sets of 15
Twist with a stick – side to side with a stick – 3 sets of 10
Hip Bridge – 3 sets of 10

Each group above (1, 2 or 3) can be done 1 or 2 times each week. Do not try to do all 3 groups every day. Rotate groups to allow rest and recovery for the targeted muscle groups. Your self-discipline and work ethic will help you prepare for the season.

HOPEWELL JUNIOR SCHOOL
FOOTBALL CHEERLEADING for the 2020 season

Cheer Coach: Mrs. Traci Etherington
Traci.etherington@lakotaonline.com

Tryouts: TBD-Unfortunately at this time I cannot predict a tryout date.

- Possibly a virtual tryout
- Please email me to let me know that you are interested in trying out and I will email you as soon as I know when and how tryouts will be.
- In the meantime, please work on stretching for jumps as well as technique for jumps.

https://www.youtube.com/watch?v=Uq24yYfC_XQ

<https://www.youtube.com/watch?v=iIRxBXSB4TY>

<https://www.youtube.com/watch?v=3lu-idHb6Rg>

Football Cheer: August-October

- Cheer Camp: (TBD) Mandatory attendance
- Cheer practices begin the first week of August
- Practice time during the summer are TBD
- Practices during the school year are from 3:00-4:00 or 4:30.
- Games will be on Thursdays beginning August 27th-October 15th 7th grade games begin at 4:30 and 8th grade games are at 5:45. We will cheer home and away games.
- All games and practices are mandatory.

Financial Commitment

- \$150 Athletic fee required from all athletes to participate (due in August)
- \$100+ for bow, shoes, cheer bag, socks, body liner, poms (due when ordering)
- \$40-60 for spirit wear (due in July/August)

Time Commitment

Cheerleading involves a time commitment for practices and games. You will not be excused from games or practice to participate in an "out of school" sport or activity. If you are involved in another HJS club or organization, I will do my best to work around those meetings.

All cheer practices and games are mandatory except in the case of illness or a death in the family.

*If you make the team, we will have an in-person fitting or perhaps a virtual fitting ASAP. Payment will need to be made at the time of the fitting.