

# SHS Cheer

2016-2017



# Welcome!

- \* Head Coach: Heather Allenback

- \* Assisted by:

  - \* Sarah Kozma

  - \* Alexis Safo

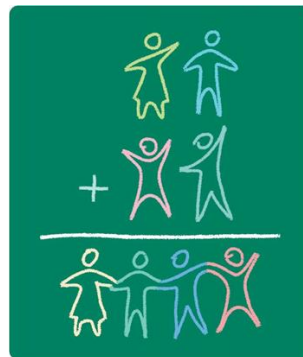
  - \* Amber Thurston

- \* Athletic Director: Greg Ferry



# Program Overview

- \* Provides an opportunity for student athletes to participate in a program that develops standards of athletic performance, leadership, sportsmanship, community service and appropriate conduct within the educational and social environments
- \* It is a **privilege**, not a right to wear an SHS uniform



# Communication



- \* via Twitter: @SouthingtonChr  
@SouthingtonAD
- \* via email: [shsknightscheer@yahoo.com](mailto:shsknightscheer@yahoo.com)
- \* via REMIND
- \* via coaches – Texting Tree (Biggs to Littles)

# Social Media



- \* Suspension or dismissal from the team is warranted with any evidence of inappropriate use of social media sites such as Facebook, Twitter, text Messaging, e-mail, blogs, and other similar media. Inappropriate use refers to, but is not limited to, slanderous statements about coaches, athletes, or opponents, use of photographs/video depicting illegal behavior or any kind of harassment
- \* Never do anything that will bring embarrassment or an unfavorable view to your teammates, coaches, family, school, or community



**F**-Follow

**O**-one

**C**-course

**U**-until

**S**-successful



# Focus

## \* Safety

Adhering to all injury prevention or response protocol

## \* Strength

Conditioning during summer & season

## \* Endurance

Cardio during summer & season

## \* Flexibility

Stretching properly during summer & season

## \* Respect

For self & others

# Summer Camp

\* **Solid Ground Stunts LLC**

At Westfield State University

Wednesday, August 3<sup>rd</sup> – Saturday, August 6<sup>th</sup>



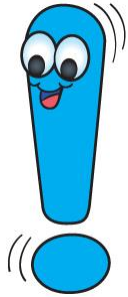
\$50 Deposit due ASAP

\$240 Balance due July 14<sup>th</sup>

cash/check (payable to SHS Activity Fund)

There will also be camp wear costs (approx \$135)

# Additional Information



## \* Important Dates

\* Sign-up for 6 week tumbling course – CVP

\$72 ~ Saturdays 12-1

\* Athletic Handbook





# Bottom Line



\* Fun

\* Fitness

\* Future

#BKC

