



# SJHS COMPETITIVE CHEER

## Core Values

	"10" Effort	Team	Commitment
<p><b>Practice</b></p>	<ul style="list-style-type: none"> <li>🐾 <b>Full out</b> all aspects of practice (punch, jump, legs, toes, voices, skills, stunting, workouts, etc.)</li> <li>🐾 <b>No Standing</b> - Running from place to place &amp; always doing something to improve</li> <li>🐾 Not in RND Fight, Work, Prepare to get into round <b>NOT</b> Standing, Sitting, Watching</li> <li>🐾 <b>Hearing</b> Feedback, Positively <b>Acknowledging</b> it &amp; <b>Implementing</b> it</li> </ul>	<ul style="list-style-type: none"> <li>🐾 Spotting Skills</li> <li>🐾 Timing Skills</li> <li>🐾 <b>EVERY</b> Teammate helps roll <b>AND</b> unroll mats</li> <li>🐾 <b>Learning</b> from correction given to other teammates</li> <li>🐾 <b>Give</b> Positive Correction (Co-Coaching)</li> </ul>	<ul style="list-style-type: none"> <li>🐾 15 Minute Rule</li> <li>🐾 <b>Extra</b> Time to Stunt/Tumble outside of Practice Time</li> <li>🐾 <b>Extra</b> Rep or Round</li> <li>🐾 <b>Communication</b> - Honest, Open &amp; Two-Way (Coach &amp; Team-Mates)</li> <li>🐾 <b>Focus</b> on "this" Team &amp; Immediate Goals</li> </ul>
<p><b>Competition</b></p> <p>(Bus, Locker Room/Warm-Up)</p>	<ul style="list-style-type: none"> <li>🐾 <b>Be Prepared</b> (timing, quality of skills/stunts, mistakes, appearance – physical &amp; mental, equipment, homework, etc.)</li> <li>🐾 Equipment <b>Help</b> (Cooler, Radio, First Aid Kit, Stamp Box)</li> <li>🐾 Leave a place <b>BETTER</b> than we found it</li> </ul>	<ul style="list-style-type: none"> <li>🐾 <b>Focus</b> on "this" Team (No Gawking)</li> <li>🐾 <b>Accountable</b> for Motion Mistakes &amp; Homework</li> <li>🐾 <b>Hearing/Giving</b> Positive Feedback</li> <li>🐾 <b>Be Coachable</b> (by coaches &amp; team-mates)</li> <li>🐾 <b>Positive</b> Energy THROUGHOUT</li> </ul>	<ul style="list-style-type: none"> <li>🐾 Get "IT" &amp; help others around you (Talking, Sharing, Motivating, Inspiring, Teaching, etc.)</li> <li>🐾 15 Minute Rule</li> <li>🐾 <b>Showmanship</b> (Self-Motivated, Stepping Up, Pushing Comfort Zone) Putting <b>EXTRA</b> into Performance</li> <li>🐾 <b>Communication</b> - Honest, Open &amp; Two-Way (Coach &amp; Team-Mates)</li> </ul>
<p><b>Away from Team</b></p> <p>(Classroom, Community, Work, Beach, etc)</p>	<ul style="list-style-type: none"> <li>🐾 Cheer <b>Homework</b> &amp; Stretching</li> <li>🐾 Always GPA Eligible</li> <li>🐾 Always <b>Present</b> - Attendance &amp; Focus (Physically &amp; Mentally)</li> </ul>	<ul style="list-style-type: none"> <li>🐾 Positive Representation (teammates/coach /program)</li> <li>🐾 <b>Classy not Trashy</b> (talk, dress, relationship behavior &amp; training rules)</li> <li>🐾 Tutor Time/School Help &amp; Material/Cheer Help</li> </ul>	<ul style="list-style-type: none"> <li>🐾 <b>Bring back</b> Discussions/Ideas to the Team</li> <li>🐾 <b>Text</b> team Reminders</li> <li>🐾 <b>EXTRA</b> time on Material/Stunt/Tumble/Jump</li> <li>🐾 <b>Motivation</b> for Team (Signs, Bracelets, Bows, Poems, Stories, etc.)</li> <li>🐾 Think about "What <b>YOU</b> can do for your Team <b>NOT</b> what you GET from your TEAM" (Givers vs. Takers)</li> </ul>