

NAHS CHEER

WELCOME!!!!

WWW.NEWALBANYCHEER.WEEBLY.COM

CHEER WEBSITE WILL HAVE ALL OF THIS
INFO!

OUR LEGACY

STRENGTH

PERFORMANCE

INSPIRE

RELATIONSHIPS

INCLUSIVE

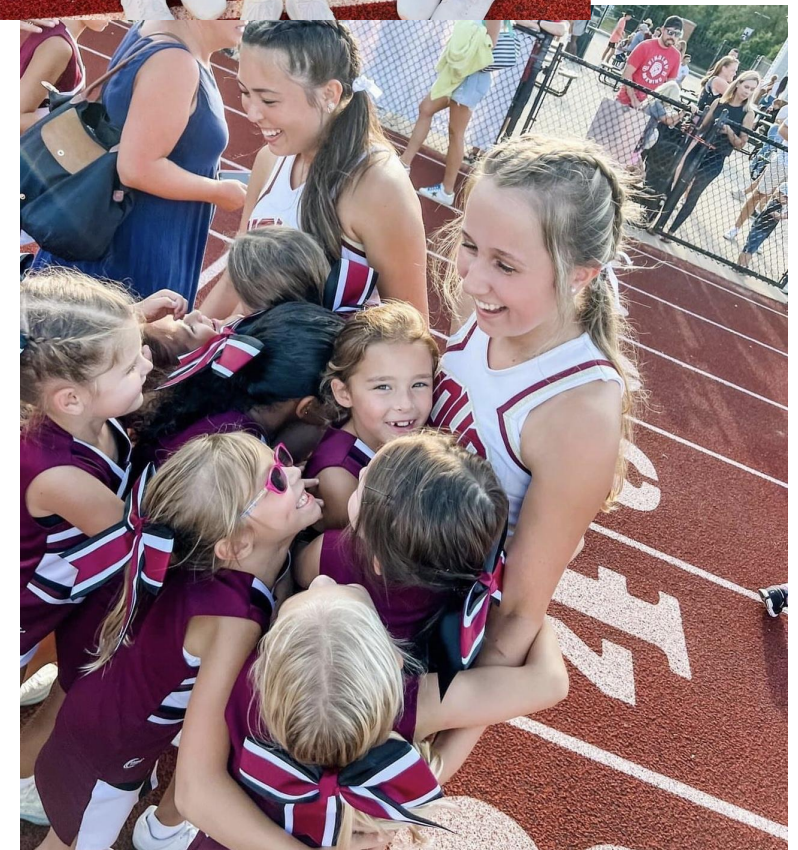
TEAMWORK

New Addition to Coaching Staff- Grace Hake



2018 NAHS Grad and NAHS Cheer Alum, Cheer Athletics Competitive Cheerleader and OU Grad next month

Our Goal for Every Cheerleader: TO USE CHEER TO CREATE LEADERS AND PERFORMERS WHO ARE CONFIDENT IN THEIR SKILLS AND ARE POSITIVE EXAMPLES FOR ALL NEW ALBANY STUDENTS AND EXCELLENT REPRESENTATIVES OF THE NEW ALBANY COMMUNITY.





NA Cheerleaders have been a part of all of these programs over the last 10 years



Study Tables

These are Non-Negotiable.

Seniors, Freshman, everyone...
You are first and foremost a student. We are extremely proud of our ranking as a team and we attribute that to our role in education. All grades, no matter what grades you have or what classes you are in, you will attend study tables.

The average team GPA has never been under a 3.53

We typically average 25-30% of the team with OVER a 4.0 GPA during the season!

Financial Obligations

- Pay to Participate is **\$125** per season
- Eagles Cheer Camp is **\$145 MANDATORY FOR FOOTBALL AND COMPETITION CHEERLEADERS**(covers tumbling, zumba, pilates, team meals, eagle mates items, etc)
- These items will be purchased in May **BEFORE** tryouts at our fitting with Varsity. Any Uniform pieces that are to be purchased by cheerleader should last for entire cheer career. If you don't make the team, you can sell items to others or I will try to arrange a way to purchase them from you
- New Varsity body liner- I encourage all 10-12th grade to purchase this liner if you plan on being a part of this team for years to come. (about **\$150**)

Black Leggings for Uniform- everyone will use these this year. You can buy new from Varsity or buy used from a former cheerleader(**\$30-70**)

*Spankies- buy from Varsity or get Nike Pros from anywhere you chose to purchase them (**\$25-40**)

*Socks- 2 pairs to be purchased from Varsity (**\$15**)

Shoes- easiest way is to purchase from Varsity or get any white cheer shoes that you would prefer (**\$100-150**)- need new ones **each** season

*Black polo and skort - buy new from Varsity or used from former cheerleader (**\$20-60**)

Bows (**\$50**)- we will have 6 or 7 bows depending on your team. These are made prior to the season and take a long time to put together.

JV and Varsity Warm Ups- (**\$250**) will have them for the entire cheer career at NA. Lettering to be done by Hollywood Imprints once order received.

Spirit Wear is not obligatory but highly recommended as we wear them to school, games, practices, pep rallies, etc. throughout the year

(**\$50-\$200**)



Varsity Spirit

We have a fitting date scheduled for May 15th at 4pm. We have Zumba at that time normally so we will rotate in and out. Some will come in with Sally by grade level while others are working out with Devin.

Spring and Summer Opportunities to be part of New Albany Cheer BEFORE tryouts

1. May 4th Middle School Clinic
2. Founders Day Parade (wear anything New Albany and Black shorts/skirt)
3. Independence Day Parade (wear anything New Albany and Black shorts/skirt and we will have a red/white/blue ribbon or bow)
4. Miracle League Dates to cheer and help at the fields- soooooo much fun!

Fall Obligations

- Monday, Tuesday and Thursday are practice days during Fall Season.
- Varsity games are on Friday nights.
- JV and Freshman games are on Saturdays
 - Varsity is expected to attend at least one freshmen and one JV game
- JV and Freshman will cheer the first half of the Varsity Youth Night game, Homecoming Game, and Senior Night.
- Fall cheerleaders have many MANDATORY obligations from August through November.
 - Youth Camp (August) and youth practices from August to October.
 - New Albany Walking Classic
 - Suicide Prevention/Awareness Week
 - Central Ohio Buddy Walk
 - Homecoming Festivities (parade, pep rally, etc.)
 - OSU Team Shop Volunteering Obligations (AT LEAST ONE GAME)

OSU Game Day Volunteering

We have a great partnership with Legends Apparel where we work at one of the OSU retail locations (Schottenstein Center) on OSU home football game days to sell gear. It is easy work, we can go to the game when finished and we get a portion of the proceeds that we sell.

What this gets our team:

Tumbling training all year, strength training all year, senior gifts, senior shirts for the whole team, lettering on your warmups, camp shirts, team meals, team party, eagle mate stuff, tumbling equipment, new signs, class gifts, fall senior breakfast, winter senior night, summer classes, new uniforms and this year-
COMPETITION!



Things To be done **BEFORE** tryouts- You Must have Parent Involvement

- Final Forms Emergency Medical Forms and ALL permission/code of conduct necessities completed- (Athletes and Parents)
- Physical- You Must Have One to Tryout- there normally is a mass physical date for all athletes- probably in July. I will send out information when I get it. (Athletes and Parents)
- You need to get 2 Teacher Recommendations- you pick the teachers- the form link is on the cheer website. (Athlete)
- Know your financial expectations (Parents)
- Know your time commitments (Athletes and Parents)
- Know the material! (Athletes)

FORMS PROCESS

- All forms for the season will be done online. Filled out, signed, everything!
- www.naeagles.com
- No one will tryout without the forms on this site being completed. We have had to turn people away the day of tryouts!

Cheerleaders are held to high expectations

Cheerleaders are watched and noticed. Everywhere. All the time. Our expectations are high in and out of the program. Doing what is right is not only important but is absolutely expected!

These aren't new ideas...ancient teachings-

“Bad company corrupts good character”-1st Corinthians and multiple other places in the Bible

Buddhism says “do not associate with fools”

“Good Actions give strength to ourselves and inspire good actions in others”- Plato

George Washington said, “A sensible woman can never be happy with a fool.”





IT TAKES A LIFETIME TO BUILD YOUR REPUTATION AND YOU CAN DESTROY IT IN SECONDS.

PARENTS- DON'T WORRY ABOUT THEM HATING YOU OR ABOUT GIVING THEM PRIVACY... THEY NEED YOU TO MONITOR AND POSSIBLY CONTROL THEIR CONTENT AND BEHAVIOR. THEIR DECISIONS ON SOCIAL MEDIA COULD DESTROY THEIR FUTURE.





Problems in NA Teens

In New Albany all of these items are an issue among high school students. Please do not be naive and think that your child has not been exposed.

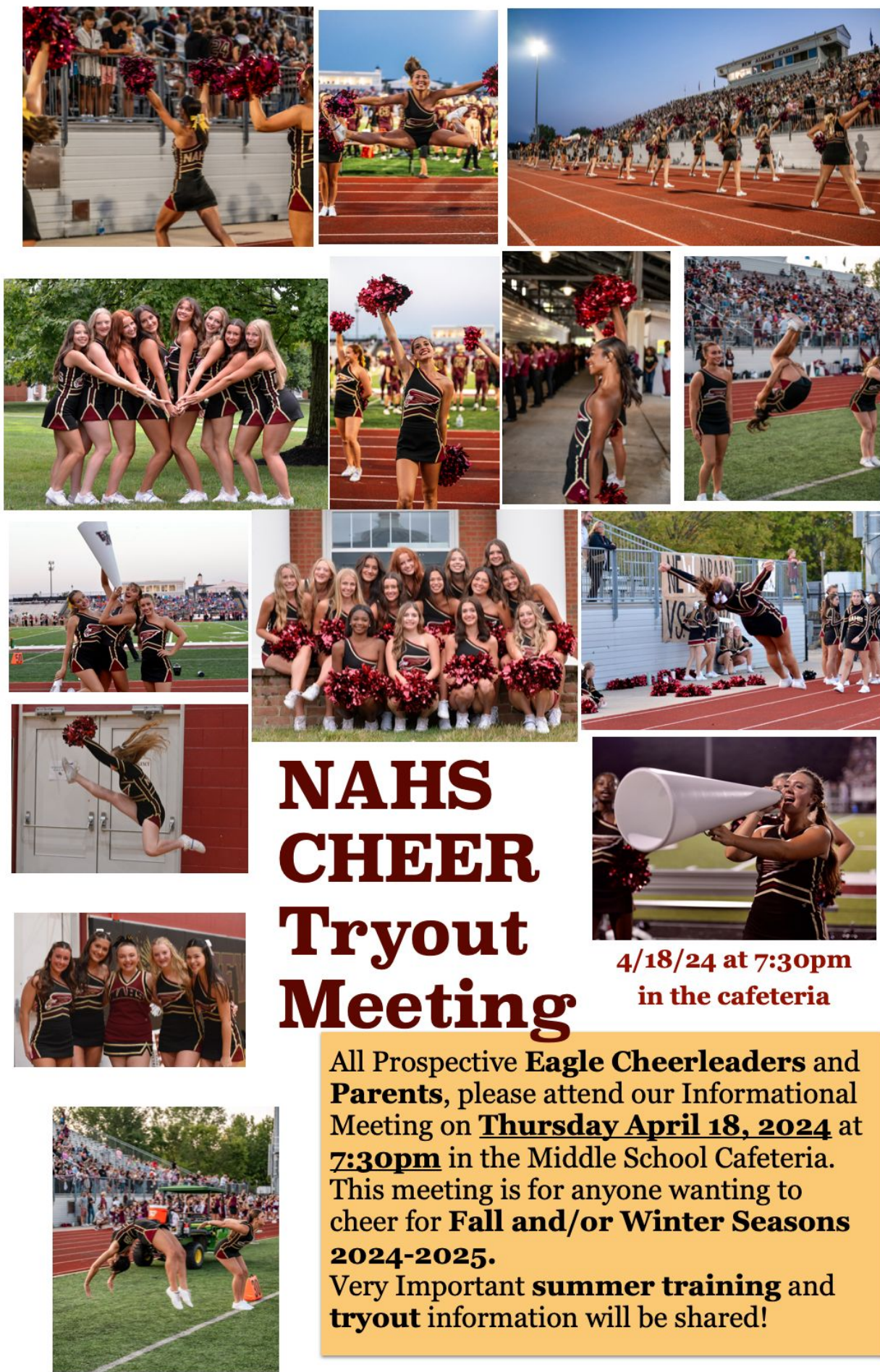
Talk to them about these things.



Parent Expectations

- Come to the games! Support your child- show them you are interested in what they like.
- Be positive! Offer productive advice and teach them to deal with conflict and questions on their own
- Trust us- we love each cheerleader and want to see them have fun. If they are not enjoying any aspect of cheerleading, then we should all sit down and discuss
- Speak well of the program- your child is a representative of it- and if you have nothing good to say, then we should discuss why she is involved in it.
- Be on time with deadlines- athletes are benched if fees are not paid and items are not signed by specified dates- don't put your child in that situation.



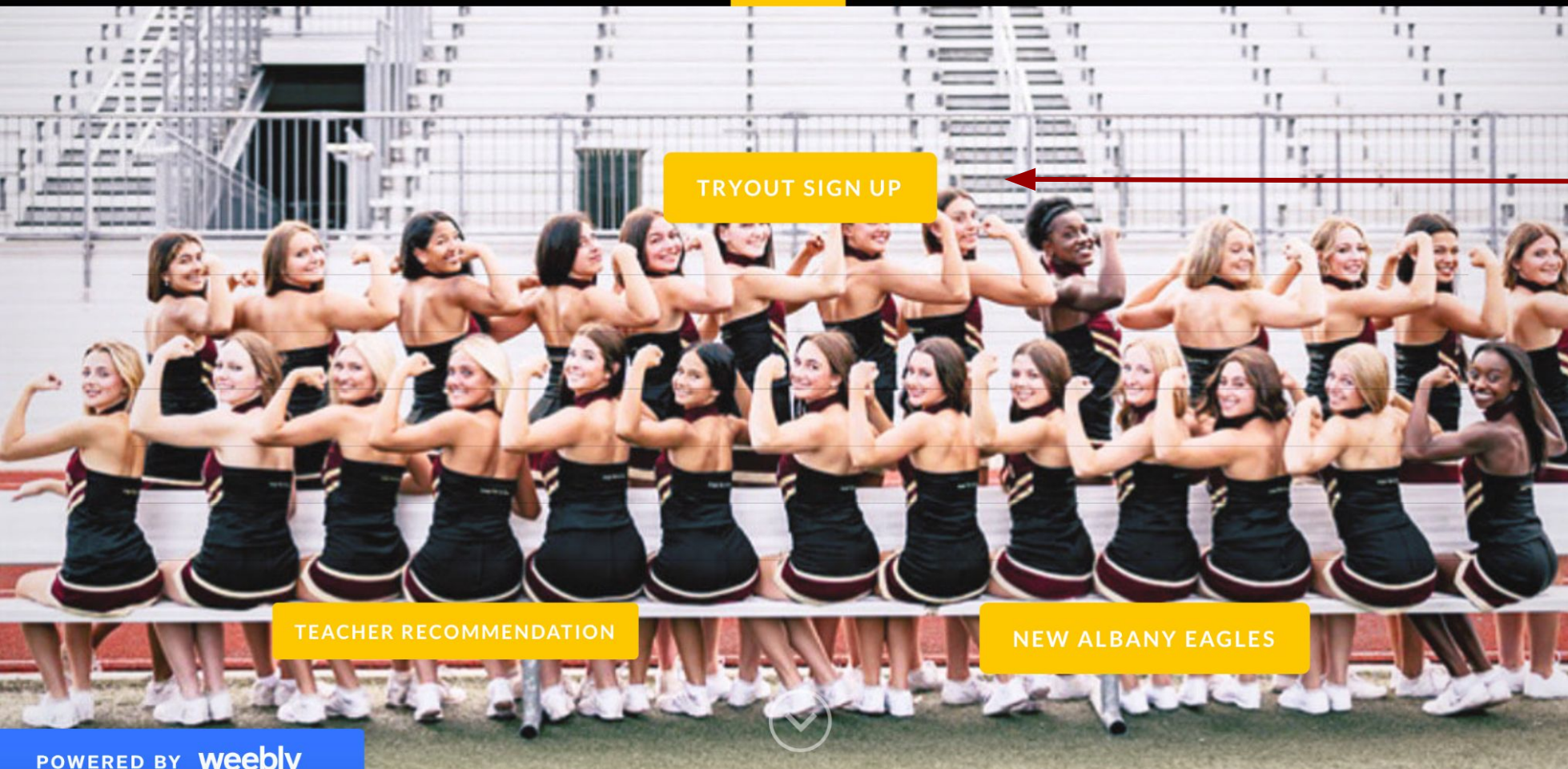


NAHS CHEER Tryout Meeting

4/18/24 at 7:30pm
in the cafeteria

All Prospective **Eagle Cheerleaders** and **Parents**, please attend our Informational Meeting on **Thursday April 18, 2024** at **7:30pm** in the Middle School Cafeteria. This meeting is for anyone wanting to cheer for **Fall and/or Winter Seasons 2024-2025**. Very Important **summer training** and **tryout** information will be shared!

WE WILL
COMMUNICATE
WITH THE
PROSPECTIVE
CHEERLEADERS
THROUGH
GROUPME AND
EMAIL. WE WILL
COMMUNICATE
WITH PARENTS
THROUGH
EMAIL.



TO GET UPDATES AND INFORMATION (CANCELLATIONS, CHANGE IN LOCATIONS, ETC) YOU MUST SIGN UP FOR TRYOUTS ON THE LINK ON THE WEBSITE.

FILL OUT THE FORM WITH ALL INFORMATION SO YOU CAN BE ADDED. I WILL USE YOUR SCHOOL EMAIL, SO MAKE SURE TO CHECK THAT TOO!

You must have 2 teacher Recommendations completed BEFORE tryouts to be considered for the teams. It is best to ask teachers NOW before the last few weeks of school get crazy and they are too busy to complete them or before summer break. Not all teachers check their email over break!



Teacher Recommendation Form for Prospective NAHS Cheerleaders

Each year the NAHS Cheer Coaches ask that the prospective cheerleaders get two teacher recommendations. As cheerleaders, our athletes are expected to not only cheer for football and basketball games, but they are asked to lead in a multitude of ways on behalf of the entire school. Therefore, we expect them to be positive leaders of the school. As coaches we are privileged to spend a great deal of time with these athletes, but we only see them in their athletic environment. We would love to know how they are representing our program in the classroom as well. Please be honest, speak freely, and know that your responses are held in the strictest confidence. THANK YOU FOR ALL THAT YOU DO FOR ALL OF YOUR STUDENTS! If you would like to address any concerns privately, feel free to email Coach Andrea McCullough at mccullough.5@napls.us or Coach Jill Tuttle at tuttle.4@napls.us

mccullough_andrea@dublinschools.net [Switch account](#)



* Indicates required question

NAHS EAGLES

HOME

DISTRICT FORMS AND INFO

CALENDAR

PICTURES AND VIDEOS

TRYOUT SIGN UP

TEACHER RECOMMENDATION

NEW ALBANY EAGLES

POWERED BY weebly

TRYOUTS ARE...

FALL-JULY 29, 30, 31, 2024

WINTER- OCTOBER 28, 29, 30, 2024

We will be having a Competition Team this year!!!!

We will ask for those interested to notate that and after summer practices and at fall tryouts we will issue invites to be on the Competition Team.

TRYOUTS WILL INCLUDE...

- CHEERS
- CHANTS
- JUMPS
- CROWD EXCITEMENT
- GAME SITUATION
- BAND DANCES
- NEW DANCE
- TUMBLING



Tryout Process

- Come to as much as possible in May and June. These are open gyms. They are **optional**, they are free. Nothing is held against you for not coming, but the more the coaches see you, the more we see you grow and progress and are able to gauge your talent and growth and see what team you'd be best on and people you'd work best with.
- Tryouts are two to three days, if you mess up, you want us to remember what we've seen you do all summer and take into consideration that we know those mistakes aren't really what you do.
 - Will be training in fitness, muscle memory, and fundamentals like motions, jumps and tumbling

Tryout Process

- On the first day of tryouts we will learn all new material, on the second and third day we will perform in groups for judges (judges will be the coaches and possibly other cheer professionals-maybe other varsity coaches in the area, former cheerleaders, club coaches, etc)
- Will make final cuts by July 31st at the latest. We will post the results for teams on the website. Remember the benefit of trying out for different seasons means that you can always try again in October!
- With all that being said- You are trying out every time you are with us! Bring it!

Uniforms and Warm Ups

- Each cheerleader will be assigned at least one uniform per season. This is owned by the school and they are borrowing. The athletes are responsible to return ALL the items in the same condition that they were received! Each team will get different items.
- These uniforms and warm ups will be worn to all events.

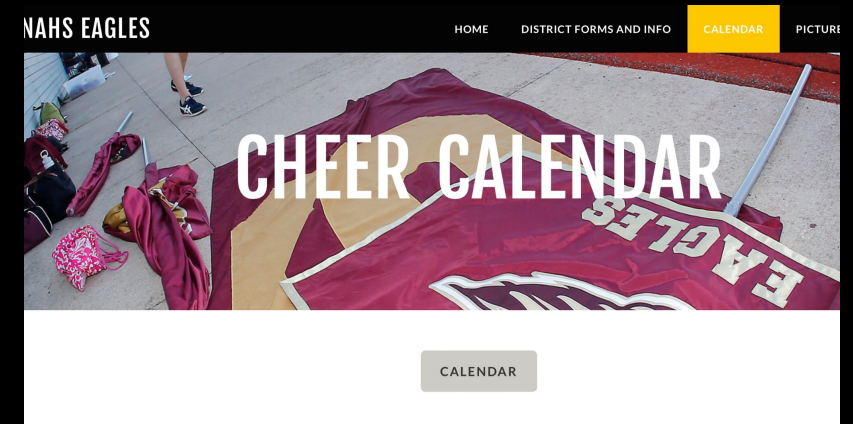
Varsity is getting a
NEW top!

The reveal ...



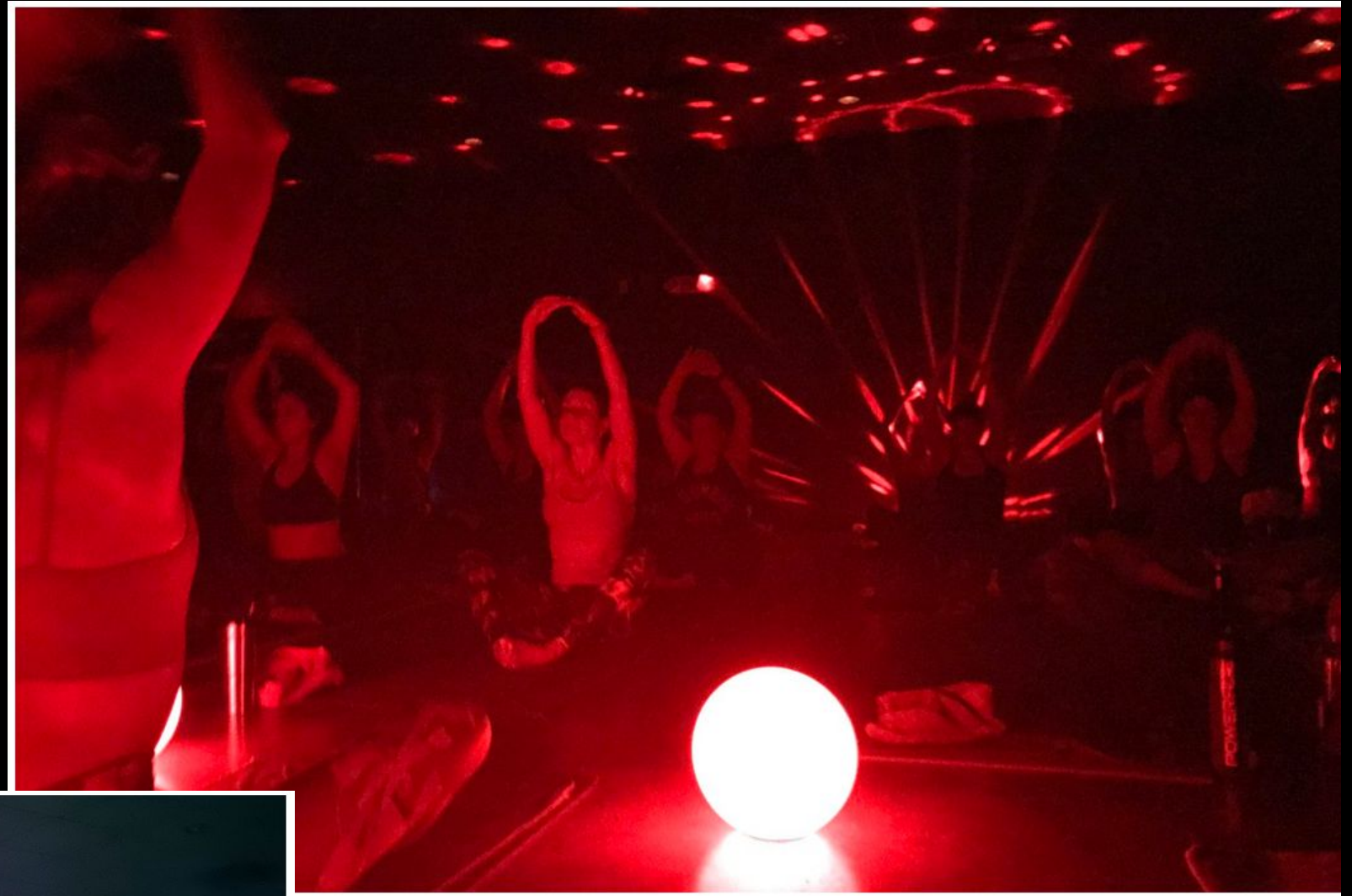
Pre-Season Training- **May and June**

- **Monday**- Engaged Fitness Workouts at their location every Monday from 4-5pm
- **Tuesday**- Tumbling with Duane the first 3 weeks is beginner from 3:30-4:30 and advanced from 4:30-5:30
- **Wednesday**- Zumba! With Devin and Maryn the first 3 weeks is 4-5pm and then 9-10am
- **Thursday**- in May Chant and Band dance learning from 3:30-4:30pm and in June Conditioning with Maria from 9-10am



Engage Fitness

5165 Warner Rd
Westerville, Oh



Tumbling

- Always Optional to have tumbling!
- Summer Tumbling will be with Duane Adams and will be at New Albany. It is open to all those trying out for any season. Advanced and beginner tumbling will train separately to get the best reps in that we can.
- Fall and Winter Tumbling training will be done as part as one of our practice days each week. We will have Duane at one practice a week at the least during the season (his work schedule will depend on this schedule).
- You don't need tumbling but you should always be working toward something



Cheerleading is a PERFORMANCE sport!

- Talent and athletic ability is important
- Facials, voice projection, and crowd connection is the MOST important factor in being a cheerleader at NAHS.
- Tumbling is an added bonus as it is something the fans love to watch and gets them to pay attention to what you're asking them to do- YELL with you! Tumbling is EXTRA CREDIT on the score sheet for tryouts.

Zumba with Devin & Maryn

Certified Zumba instructors

New dances

Latin influence, will make
you sweat

Summer classes, parents
welcome!



Strength and Conditioning with Maria Wisman

USA Cheerleader

Ohio State Cheerleader

Certified Strength and
Conditioning Specialist

Physical Therapist

Trained/Training 4 current
OSU recruits!



JOIN ME FOR MY FREE CHEER LIFTING CLASS!



- MARIA WISMAN, SPT, CSCS**
- 3 TIMES GOLD MEDAL WINNER WITH USA CHEER
 - OHIO STATE CHEERLEADER, 2016-2020
 - CERTIFIED STRENGTH AND CONDITIONING SPECIALIST
 - OHIO STATE PHYSICAL THERAPY STUDENT

- FREE CHEER LIFTING CLASS**
- **LEARN MORE ABOUT STRENGTH TRAINING FOR CHEERLEADERS**
 - **COMPLETE AN INTENSE WORKOUT WITH ME**
 - **MEET A GROUP OF HIGH ACHEIVING CHEERLEADERS**

WHERE: BACK TO BASICS MOVEMENT AND TRAINING: 205 INTEK WAY, UNIT 300, WESTERVILLE, OH 43082

WHEN: SATURDAY, APRIL 29TH 1PM-2PM

REGISTER HERE:



Eagles Cheer Camp

New Albany High School and Middle School
Cheerleaders

- August 2nd and 3rd (9am-4pm)
- At New Albany each day
- Learn tons of material, dances, jump and motion training, team building, character/leadership training, workouts (zumba, yoga, body pump, etc)
- \$145 for training and materials from professionals in cheer, dance, fitness, and leadership.
- Money will be used to pay for fall and summer tumbling sessions, summer trainings, Eagle Mate activities, camp choreography and training, a group lunch/snacks



Winter Obligations

- Practice to be determined later (normally to start the season it is Monday, Tuesday and Thursday, once games start, we normally move to one to two practices a week depending on necessity)
- Games are Tuesdays, Fridays, and a few Saturdays
- There ARE games over Winter Break!
- We will have a youth clinic, youth practices and a youth performance.
- Competition season will correspond most with winter season I believe.

Leadership

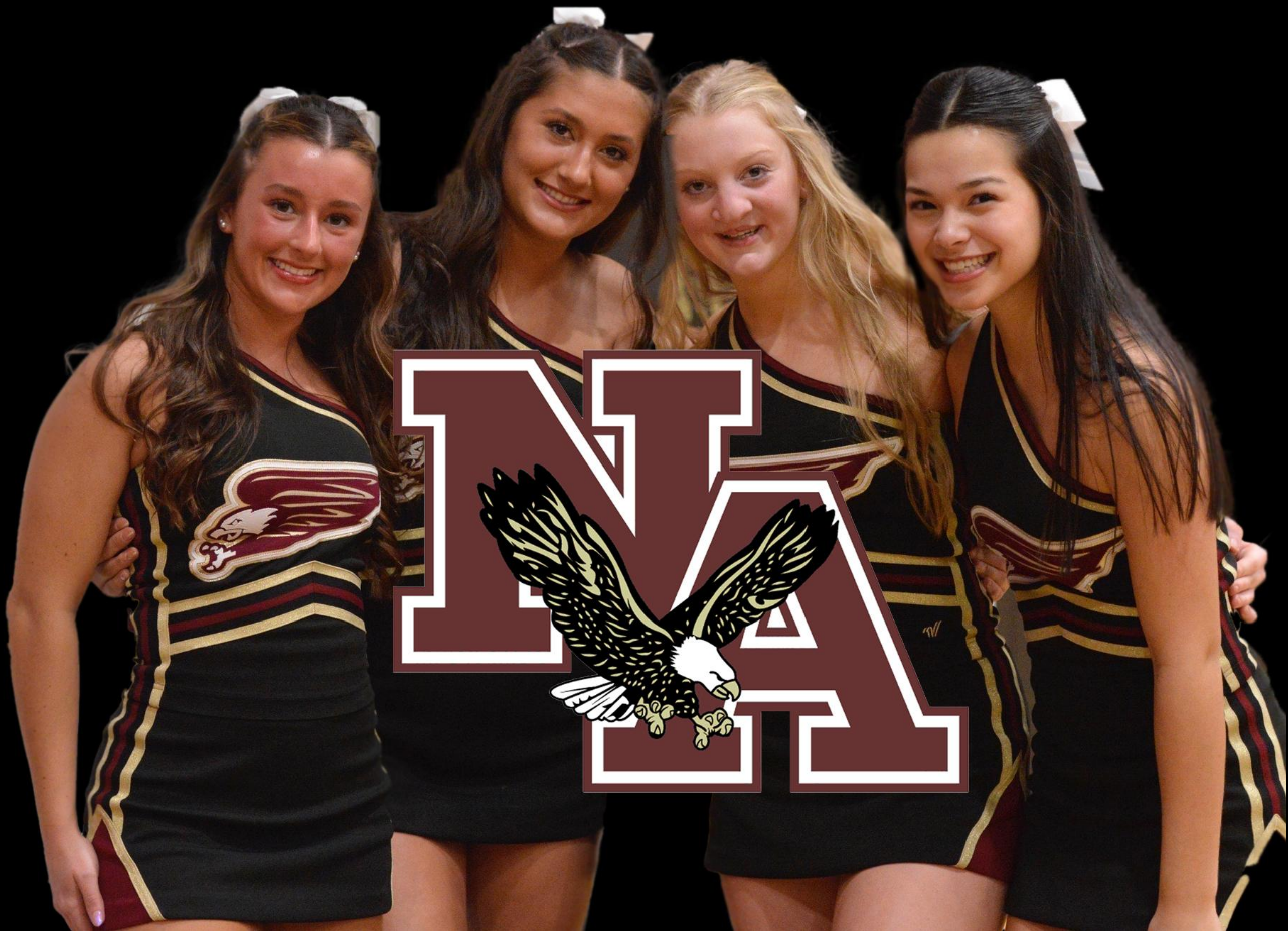


Captains

Team Captains never wait to be named captain before they start leading. The process starts before that with the highest standards on and off the field, in the classroom and in the community.

On poor teams, captains lead by popularity. On great teams, captains lead by example. They arrive early, stay late, train hard, and apply the same high standards off the field.

Being a leader means you're not going to please everybody and you learn to be okay with being lonely sometimes.



I learnt in high school that when a butterfly is struggling to get out of the cocoon and you cut the cocoon to help it out, **the butterfly dies.**

You have to let the butterfly struggle, because the struggle forces blood into the wings, so they can spread them and fly. **The same goes for us.**

The struggles we go through is necessary to make us strong enough to soar through life.



HARD COACHING = LOVE

WHEN A COACH TAKES IT EASY ON YOU, THEY'RE SETTING YOU UP FOR A HARD LIFE AHEAD

DON'T TAKE THE COACH FOR GRANTED THAT'S CONSTANTLY HOLDING YOU ACCOUNTABLE

THEY MIGHT SEEM ANNOYING TO YOU IN THE MOMENT, UNTIL ONE DAY WHEN YOU'RE ANNOYED WITH THE LIFE YOU HAVE

MOST COACHES AREN'T OUT TO "GET YOU," THEY'RE OUT TO "GET YOU" TO WHERE YOU WANT TO BE ONE DAY

THERE'S A REASON YOUR COACH IS ON YOU ABOUT BEING EARLY, STAYING LATE, STUDYING, DOING EXTRA, TAKING CARE OF YOUR BODY, AND BEING A GOOD PERSON

IT'S BECAUSE YOUR COACH LOVES YOU. THEY SEE WHAT YOU COULD BE ONE DAY. AND IF YOU CAN'T SEE THAT HARD COACHING IS LOVE, YOU'RE BLIND.

Abraham Lincoln



You can please some of the people some of the time, all of the people some of the time, some of the people all of the time, but you can never please all of the people all of the time.

AZ QUOTES

Today 12:50 PM

Your phone blowing up yet?
Mine is 😂😂. Don't know how
you do it. You're a soldier 😂💋