CORNER CANYON CHEER

VARSITY CAPTAIN'S RESPONSIBILITIES SHEET

This sheet will outline the requirements and roles of each of the cheer captains for the Corner Canyon High School Cheer & Stunt team. Cheer captains will be selected based on a combination of cheer squad votes and coaches' observations of behavior and leadership. Final decisions on cheer captains will be made by the coaching staff. All cheerleaders are expected to support those girls who are chosen to lead them. Any issues with captain selection should be taken up directly with the coaching staff.

VARSITY CHOREOGRAPHY CAPTAINS RESPONSIBILITIES (2 CAPTAINS)

- 1 Varsity sideline **EACH** to be performed during football and basketball (32 counts)
- 1 Hello Assembly routine (captain #1)
- 1 Whole Squad football halftime routine (captain #2)
- 1 Whole Squad football halftime routine (captain #1 & #2)
- Participate in Homecoming choreography, Jr. Cheer choreography, and assembly choreography (All captains)

VARSITY "GAME TIME" CAPTAIN RESPONSIBILITIES (2 CAPTAINS)

- Plan and call all cheers at football, volleyball, basketball, and wrestling games/matches
  - Both captains will call ½ of each game
- Plan all quarter breaks for varsity football & basketball games
  - 1 quarter break per captain per game
- Come up with a game plan for timeouts/quarter breaks for each football and basketball game (be specific and write it down! Come up with a new plan each time)
- Choreograph 1 whole squad football/basketball halftime routine (together)
- Participate in Homecoming choreography, Jr. Cheer choreography, and assembly choreography (All captains)

VARSITY SPIRIT CAPTAIN RESPONSIBILITIES (1 CAPTAIN)

- Plan and carry out 1 whole squad summer social and 1 whole squad winter social (could be the cheer X-mas party)
- Plan and carry out 1 varsity summer social and 1 varsity social per quarter during the school year
- Be in charge of "spirit raising" during homecoming week (decorating the football field, making posters, etc.)
- Work with student gov. to be the liaison for all school activities, games, and assemblies
- Come up with other ideas to promote school spirit among the cheer squad and student body. Carry those ideas out! (Making posters and treats to support teams, teaching the student body new cheers, etc.)
- Participate in Homecoming choreography, Jr. Cheer choreography, and assembly choreography (All captains)

LEADING YOUR TEAM: GENERAL GUIDELINES FOR ALL CHEER CAPTAINS

First, as a captain, your responsibility is to set a good example for the rest of the cheer squad. The team looks to the captain as a role model and therefore follows your lead. Which brings us to the second most important job of the captain: being a leader! What you do, they will follow; so always be careful when you make decisions.

Here is a list of several specific things that will be expected of you in your position as captain:

1. Be the motivating force in practice and help the coaches to keep practice moving. Also, set an example and get things done. Be the one to work the hardest and encourage others to do so too. Finally, act quickly when your coaches give instructions. As captain, you should be the first to do anything that is asked. Leading by example is one of the BEST ways to lead your team!

2. Be dependable and offer your help instead of always having to be asked to do things. This would pertain to all aspects -- being on time, being at all practices, and most importantly, help with things that have to be done outside of practice. It is very important to be sure to get things done that are asked of you without having to be reminded, and if given a deadline, DON'T MISS IT! Also, encourage others to help as well.

3. Be cooperative, not only with your coaches, but other team members as well. Try to avoid unnecessary arguments. Be a mediator, not the instigator.

4. Be responsible. This is where your hardest job lies. It's your responsibility to keep everyone "in line," in formation and doing what is expected of them, so you may have to be stern at times, but never be overbearing. You also have to be the motivator to keep your team pumped-up throughout the game, competition, etc. Positive energy is the key here. Remember, when the team does a bad job, it completely reflects on your job as a captain. As captain, other duties may be asked of you. Different things may come up at different times during the year. Simply pay attention, do what is asked of you, and BE A LEADER. Do this, and you will be successful at your job as captain.

This position can be difficult at times, so don't be afraid to come to your coaches if you are having problems and need help or even if you feel that maybe you're not the one for the job. Also remember that everyone can improve and your coaches are here to help you. Good luck and try to keep a positive attitude! This job can be fun!

CORNER CANYON CHEER

JUNIOR VARSITY CAPTAIN'S RESPONSIBILITIES SHEET

This sheet will outline the requirements and roles of each of the cheer captains for the Corner Canyon High School Cheer & Stunt team. Cheer captains will be selected based on a combination of cheer squad votes and coaches' observations of behavior and leadership. Final decisions on cheer captains will be made by the coaching staff. All cheerleaders are expected to support those girls who are chosen to lead them. Any issues with captain selection should be taken up directly with the coaching staff.

JV CHOREOGRAPHY CAPTAIN RESPONSIBILITIES: You will be in charge of choreographing all of the following…

- 2 JV sideline routines to be performed during football and basketball (32 counts each)
- One quarter break per game for football/basketball (must have stunting and tumbling)

JV "GAME TIME" CAPTAIN RESPONSIBILITIES:

- Plan and call all cheers at all JV football and basketball games
- One quarter break per game for football/basketball (must have stunting and tumbling)
- Come up with a game plan for each football and basketball game (be specific and write it down! Come up with a new plan each time)

JV SPIRIT CAPTAIN RESPONSIBILITIES:

- Plan and carry out 1 JV summer social and 1 JV social per quarter during the school year
- Be in charge of "spirit raising" during homecoming week in coordination with the Varsity spirit captain (decorating the football field, making posters, etc.)
- Come up with other ideas to promote school spirit among the cheer squad and student body. Carry those ideas out! (Making posters and treats to support teams, teaching the student body new cheers, etc.)

LEADING YOUR TEAM: GENERAL GUIDELINES FOR ALL CHEER CAPTAINS

First, as a captain, your responsibility is to set a good example for the rest of the cheer squad. The team looks to the captain as a role model and therefore follows your lead. Which brings us to the second most important job of the captain: being a leader! What you do, they will follow; so always be careful when you make decisions.

Here is a list of several specific things that will be expected of you in your position as captain:

1. Be the motivating force in practice and help the coaches to keep practice moving. Also, set an example and get things done. Be the one to work the hardest and encourage others to do so too. Finally, act quickly when your coaches give instructions. As captain, you should be the first to do anything that is asked. Leading by example is one of the BEST ways to lead your team!

2. Be dependable and offer your help instead of always having to be asked to do things. This would pertain to all aspects -- being on time, being at all practices, and most importantly, help with things that have to be done outside of practice. It is very important to be sure to get things done that are asked of you without having to be reminded, and if given a deadline, DON'T MISS IT! Also, encourage others to help as well.

3. Be cooperative, not only with your coaches, but other team members as well. Try to avoid unnecessary arguments. Be a mediator, not the instigator.

4. Be responsible. This is where your hardest job lies. It's your responsibility to keep everyone "in line," in formation and doing what is expected of them, so you may have to be stern at times, but never be overbearing. You also have to be the motivator to keep your team pumped-up throughout the game, competition, etc. Positive energy is the key here. Remember, when the team does a bad job, it completely reflects on your job as a captain. As captain, other duties may be asked of you. Different things may come up at different times during the year. Simply pay attention, do what is asked of you, and BE A LEADER. Do this, and you will be successful at your job as captain.

This position can be difficult at times, so don't be afraid to come to your coaches if you are having problems and need help or even if you feel that maybe you're not the one for the job. Also remember that everyone can improve and your coaches are here to help you. Good luck and try to keep a positive attitude! This job can be fun!