

SCICOH SHARKS CHEERLEADING

PO Box 510 North Scituate, MA 02060
scicohfootball.com @scicohfootball

scicohsharks@gmail.com
@scicohcheer



ABOUT SCICOH CHEER

SciCoh is a 501(c)(3) and volunteer-run organization, founded in 1992, to provide a fun, positive, and successful cheerleading experience for Scituate and Cohasset youth in Grades 2-8. SciCoh Cheer is a long-standing member of the Old Colony Youth Cheerleading Association (OCYCA), SciCoh Cheer follows and adheres to the OCYCA By-Laws in its operation. SciCoh operates on funds generated from registration fees, fundraising, game admission, and donations.

SAFETY

COACH TRAINING: Every SciCoh Cheer Coach is required to take annual Coach Certification Training with USA Cheer. This training includes various safety, health, and technique courses including; concussion/cardiac arrest recognition and protocol, heat exhaustion, hydration, coaching foundations and principles, and much more. The head coach and 1 assistant coach for every team are also trained annually in CPR and First Aid.

EMT: For every game, SciCoh hires an EMT to be on the sidelines to evaluate and treat any player injuries, including potential concussion concerns. The EMT is the only person that can clear a player's return to gameplay.

SCHEDULES

PRACTICES:

- Pre-season practices are generally every Tuesday, Wednesday, and Thursday, beginning mid-August and run until ScCoh Football regular season practices begin, the week school starts.
- In-season practices are Wednesdays. Location and time TBD.

*Practice dates and times are subject to change due to gym availability. Any changes will be communicated as soon as possible.

GAMES:

- Regular season games begin the weekend after school starts.
- Teams will cheer an average of 8 weekly regular season games (home and away), plus one playoff and one Super Bowl should their team advance that far. Most games are on Sundays (a Saturday night game could get scheduled). Additional cheer/game opportunities may come up during the season if needed.
- Sunday morning game times - Mite (grades 2,3,4) 10 AM; Midget (grade 7,8) 11:30 AM; PeeWees (grades 5,6) 1 PM
- Teams will meet to practice and prepare for one hour prior to games. Attendance is mandatory for this time period
- Game schedules will be posted on scicohfootball.com and emailed to parents when they are finalized.



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UNIFORMS

Cheerleaders will be issued a top, skirt, two poms, a SciCoh t-shirt and game day bow.

Uniform handout is early August behind Scituate Town Hall. Fittings for uniforms/accessories will be done at a cheer meeting in June. Uniforms are returned at the end of the season. Bows and t-shirts are the cheerleaders' to keep.



UCA CHEER CAMP

SciCoh Cheerleaders participate in the annual 3-day UCA Cheer Camp - held in early August, and typically in Scituate. As this is not a SciCoh operated/funded camp, this does come at an additional low-cost expense, but it further helps get our SciCoh Shark Cheerleaders comfortable with all aspects of cheerleading, and ready for the season. While this camp is not required, it is HIGHLY recommended that all SciCoh cheerleaders attend. SciCoh Cheer Coaches will be in attendance, with Board of Director Members visiting as well.

COMPETITION TEAMS

Competition Cheer Team opportunities may become available, depending on registration numbers and cheerleader interest. Competition Teams would require an additional fee per cheerleader.

- Competition teams would attend 1-3 local competitions; New England Cheer and Dance Competition, TBA Competition and Old Colony Youth Cheerleading Competition. (depending on final dates and team availability).
- Cheerleaders must be in good standing with their sideline team to participate on the competition squad and must commit to attending all practices (twice per week during regular season with location TBD).
- Competition teams may be required to participate in additional fundraisers to help offset competition costs.



EVENTS

Various events, team bonding opportunities, and fundraisers come up. Follow SciCoh's social pages to stay up to date!

At the end of the season, Grades 2-7 will have an awards night and Grade 8 will have a formal banquet to celebrate their final time together as SciCoh Sharks before they enter High School Cheer.

