

## Interscholastic Athletics and Student Activities Office

NiQuita Baker  
Kenneth Barrett  
Ja'Tuan Green  
Toni Miller  
Ronald Johnson  
Robert Zellers

Desiree Powell, EXECUTIVE DIRECTOR  
Health, Physical Education, Interscholastic Athletics & Student Activities



### VISION:

The Interscholastic Athletics & Student Activities Department of the Cleveland Metropolitan School District will empower students to become 21st Century Scholar Athletes/Participants through the development of Leadership, Ethics, Intellect, and Character.

### MISSION:

The Interscholastic Athletics & Student Activities Department of the Cleveland Metropolitan School District will collaborate with all stakeholders to promote the student's personal development, value system and integrity for the game/activity through practice, training and competition.

For more information and Athletic & Student Activities' schedules, visit:  
[ClevelandMetroSchools.org/SenateLeague](http://ClevelandMetroSchools.org/SenateLeague)  
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The Interscholastic Athletics &  
Student Activities Office

*Proudly Presents*

THE 40TH ANNUAL K-8 & HIGH SCHOOL  
**Cheerleader, Hi-Stepper  
Double Header**

## CHAMPIONSHIP COMPETITION



Friday, April 14, 2023 | 6:00 PM  
East Professional Center Gymnasium



# 2023 K-8 & HIGH SCHOOL CHEERLEADER, HI-STEPPER DOUBLE HEADER CHAMPIONSHIP COMPETITION

**Eric S. Gordon**  
Chief Executive Officer

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## PARTICIPANTS

### K-8 CHEERLEADER

#### School

Harvey Rice  
Orchard  
Riverside  
Stephanie Tubbs Jones  
Warner Girls Leadership Academy  
Whitney Young

#### Advisor

Bianca Allen  
Aileen Santiago  
Antoinette Reno  
Drekia Dixon  
Vicky Lewis  
Charlotte Fuller

#### Principal

Jason Tidmore Sr.  
Dr. Andrea Moss  
Jessica Gamble  
Natalie Smith-Benson  
Kristel Wilkins  
Clarisha Bias

### HIGH SCHOOL CHEERLEADER

#### School

Cleveland School of Science & Medicine  
@ John Hay Campus  
Glenville  
Rhodes Campus  
Shaker Hts.

#### Advisor

Aziah Chavers  
Romell Williams  
LeShante NiBlack  
Khadeja Sherrill

#### Principal

Odell Brown, Kendra Holloway & Michelle Perez  
Latonia Davis  
Andre Rudolph  
Eric Juli

### HI-STEPPER

#### School

Cleveland School of Science & Medicine  
@ John Hay Campus  
John Marshall

#### Advisor

Aziah Chavers  
Jasmine Diaz

#### Principal

Odell Brown, Kendra Holloway & Michelle Perez  
Timothy Primus

Our students deserve your courtesy and respect as they work hard to perform and compete.  
Our contestants have the right to participate without disturbance from the audience.  
Disruptive spectators will be escorted from the competition and money will NOT BE REFUNDED.

Your support for our talented and dedicated students is greatly appreciated!

## Schools are Listed in Order of First Round Performance

### K-8 CHEER

SCHOOL	ROUND 1	ROUND 2	FINAL SCORE	PLACE
Warner GLA				
Whitney Young				
Stephanie Tubbs Jones				
Harvey Rice				
Riverside				
Orchard				

### HIGH SCHOOL CHEER

SCHOOL	ROUND 1	ROUND 2	FINAL SCORE	PLACE
Rhodes Campus				
Shaker Hts				
Glenville				
CSSM @ John Hay Campus				

### HI-STEPPER

SCHOOL	ROUND 1	ROUND 2	FINAL SCORE	PLACE
CSSM @ John Hay Campus				
John Marshall Campus				

#### Cheerleading Regulations and Procedures

##### K-8 Cheer

**Round I** - A minimum of two and a half minutes and maximum of three-minute time requirement.

Each squad will perform two cheers. First cheer must be a "HELLO" cheer, plus a second cheer of the squad's choice, which includes, but is not limited to "VICTORY", "GOOD LUCK" OR "SPIRIT". Squads must perform two different jumps, a cartwheel or a round off, executed by the entire squad.

##### High School Cheer

**Round I** - A minimum of two and a half minutes and maximum of three-minute time requirement.

Each squad will perform two cheers. First cheer must be a "HELLO" cheer, plus a second cheer of the squad's choice, which includes, but is not limited to "VICTORY", "GOOD LUCK" OR "SPIRIT". Squads must perform four different jumps, a cartwheel or a round off, executed by the entire squad.

**OPTIONAL:** Squads may do waist, under the arm, split or Russian lifts with spotters or supporters.

##### MUSIC IS OPTIONAL

**RESTRICTIONS:** No mounts, pyramids, and/or illegal stunting, foot or knee lifts, death drops, knee, split and/or seat drops from a standing position, free falls, body swings or tosses.

**TIE-BREAKER:** The tie-breaker will be determined by the highest score in the judging criteria area of: Motion technique. If a tie still exists, the order will be: 2. Incorporation of jumps and/or tumbling; 3. Timing/rhythm; 4. Overall effect; 5. Formations; and 6. Showmanship/voice projection.

**(One point will be deducted for every second under or over the time limit.)**

**NOTE: All squad members brought to competition must perform in the competition. Absolutely no substitutions.**

#### JUDGING

The judging criteria for the competition will be:

- Timing/rhythm
- Motion technique
- Incorporation of jumps/tumbling
- Overall effect
- Formations
- Showmanship/voice projection

**NOTE: Cheerleading judges evaluate ONLY ONE criteria area.**

#### Hi-Stepper ROUND REQUIREMENTS HIGH SCHOOL ROUND REQUIREMENTS

**ROUND I:** Each squad will perform a routine that contains the following:

- A minimum of 25 front-extended high kicks.
- Kicks must be at least waist high to be counted.
- Five (5) formations, which include at least one (1) connected chorus line. The chorus line may be in various formations - one line, circle, cross, etc.
- One (1) connected chorus line
- There is a three (3) minute time limit for the entire round.

**ROUND II:** Each squad will perform a routine that contains the following:

- A minimum of 50 front-extended high kicks.
- Kicks must be at least waist high to be counted.
- Teams will use props, i.e. gloves, pom-poms, top hats, streamers etc. approximately 60% of the time or 2 minutes.
- There is a three (3) minute time limit for the entire round.

All squad member brought to competition must perform in the complete round - absolutely no substitutions during a round.

**TIE BREAKER:** The tie-breaker will be determined by the highest total combined score of all two rounds in the judging criteria area of Precision. If a tie still exists, the order will be 2. Choreography, 3. Degree of Difficulty, 4. Showmanship and 5. Alignment.

(ONE (1) point will be deducted for every second over the time limit.)

#### RESTRICTIONS:

- No knee drops, splits drops or seat drops from a standing position.
- No free falls
- No body swings

#### HIGH KICKS

A variety of front-extended, waist high or above kicks can be used to fulfill the kick requirements for competition for K-8 schools (25 kicks) and high schools (50 kicks). The kicks include, but are not limited to the following:

**Circle or Fan** - The kick starts at the 6:00 position and makes a full rotation around the clock beginning across the body and rotating open then down.

**Closed** - The kick crosses over the body to the other side.

**French or Hard** - This kick is also known as the Can-Can Kick. The leg kicks open and stays at the top bending at the knee and hitting top again. Best if executed for an entire 8 count. (Tip... the knee should remain high, at armpit level. Do not drop the knee lower.)

**Flick or Developpe** - Knee leads the leg, the foot "flicks" at the top, then bends back in and lands.

**Inverted Circle** - The kick starts at 6:00 position and make a ¾ circle (from the outside of the body in the open position, rotating up and over to the closed position on the inside), going to the 9:00 position, hitching through to a side point.

**Open** - The kick opens to the side at a 45 degree angle. A Right kick opens right and a Left kick opens left.

**Pendulum** - The kick starts closed and then swings through the open position. (Will count as two kicks, if both kicks are above the waist).

**Single slices** - This kick is executed without a prep and instead of two beats, it only receives 1 beat per leg (executed with 2 or more continuous kicks).

**Straight** - The kick hits the 12:00 position.

**Waist** - The kick hits at the level of the hips.

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Click on Departments—Interscholastic Athletics—Calendar—Senate Athletic League

