

## **CHEERLEADING YEAR AT A GLANCE**

Milton Hershey Cheerleading offers Varsity and JV sideline cheer programs in the Fall Football and Winter Basketball seasons.

#### Fall Season (August to October)

- Preseason practices begin
- Cheer camp and daily practices after school with some Saturday games
- The JV team cheers for all JV and freshman home football games
- The Varsity team cheers for all home, away, and playoff Varsity football games

#### Winter Season (November to February)

- · Winter team tryouts held in October
- The JV team cheers for a variety of Varsity and JV girls and boys home basketball games
- The Varsity team cheers for a variety of home, away, and playoff Varsity girls and boys basketball games

#### Spring/Summer Season (March to July)

- Open gym sessions are held to prepare for fall season
- Fall team tryouts held in June
- Tryouts for the Big33 Cheer Team, a group of cheerleaders from PA and MD selected to perform in the annual PSFCA East/West All Star game

### **CHEERLEADING FACILITIES**



- Henry Hershey Field: 7,000-seat artificial turf stadium with press box and home/away concession stands where home football games are hosted
- Spartan Center Gym: An indoor hardwood basketball court with three full-size basketball courts where home basketball games are hosted
- Copenhaver Gym: One of multiple cheer practice and tryout locations
- Hostetter Health Center Gym: An auxiliary gym for cheer practices
- Indoor fitness facilities include multiple weight rooms, a cycling room, and a newly renovated pool
- MHS Athletics Media Room for watching film, holding team meetings, and conducting classroom-style sessions







# **PROVIDED EQUIPMENT**

- Uniform includes shell, body liner, skirt, warmup jacket, pants, and cheer shoes
- · Camp shirts and shorts
- Megaphones, signs, pom poms, and team backpack
- All equipment costs are covered, including quality brands like Nike and more

### **MEET THE COACH**



- MHS Varsity Head Coach Destinie Hills was named head coach in 2022.
- She started cheering at age three and continued through high school, competing on all-star teams throughout her career.
- She currently serves as the MHS head coach and coordinator of the PSFCA Big 33 and East/West Cheerleaders.
- The entire coaching staff builds a unique practice model that incorporates foundational skills, technical instruction, and team strategy.

## **DEVELOPMENTAL PROGRAMS**

- Elementary Division: Developmental program
- 5th/6th Grades: Developmental program
- 7th/8th Grades: Competitive cheerleading program, attending more than three competitions
- Middle Division: Participation in Junior High cheerleading program









