VISION & MISSION STATEMENT

The vision of the OPHS Cheer Team is to develop strong and confident young women, through the sport of Cheer, preparing them for their next phase of life beyond high school. By setting high standards and expectations, the program will teach valuable life lessons: integrity, work ethic, mutual respect, accountability, and a high level of commitment. We are dedicated to building champion athletes while representing our school with enthusiasm and pride.

It is our mission to uphold the pride and tradition of the Oak Park High School Eagles through the unification of the student body, alumni and fans. We will support as many athletic events as possible and promote a positive game-day atmosphere for Oak Park High School and its athletes. Our tradition of success comes from a strong belief in building up the “whole” student with a focus on academics, accountability, integrity and an athletic tradition of excellence.

CORE VALUES

- Committed
- Accountable
- Respectful
- Effort 100/100 (Putting forth 100% effort, 100% of the time)

COACHING PHILOSOPHY AND COMMITMENT

Coaching Philosophy:

- Foster and model a supportive but challenging learning environment that inspires individuals to reach their full potential.
- Offer continuous motivation and personalized feedback to ensure each athlete’s success.
- Instill an appreciation for purposeful training and structured programs. “If you work the plan, the plan works.”
- Incorporate “outside the box” alternative methods of cross/functional sports training to enhance physical conditioning. “Train, don’t strain.”
- Encourage athletes to continually set new goals and expand their “comfort zone”.
- Maintain organization and communicate clear, reasonable expectations.
- Above all, have fun!

OPHS Cheer Coaches commit to:

- Serving as role models for their team, setting a positive example and upholding all Cheer Contract Standards and Expectations
- 100% investment in the program.
- Being one of the first to arrive to each practice/game and the last to leave.
- Maintaining organization, consistency and equity.
- Instilling tradition, honor, commitment and pride in the team and in each other.
- Building a solid foundation based on trust and loyalty.
- Working hard and being supportive to make this an exemplary cheer program and a positive experience for all.
This space reserved for contributions from the current OPHS Cheer Team members