

# Milford Cheer Program

## **Program Overview**

This outline provides participants and their families with an overview of the Milford Cheerleading Program. It affords the participants, their families and other interested parties a brief review of the program rules, regulation and expectations.

## **The Objective of MHS Cheerleading Program**

- Promote school spirit throughout the entire school year
- Lead, encourage, and entertain crowds at the football games and pep assemblies.
- Initiate programs to enhance school spirit for all sports
- Provide an extracurricular activity that will stress leadership, personal development, interpersonal skills, competitive achievement, and community involvement

## **Style of Cheerleading**

- Traditional Cheers and cheer motions
- Use of partner stunts, dynamic pyramid building, and gymnastics

## **Overview of Fundraising and Community Events**

- Fundraisers will be provided
- Community events to be determined

## **Involvement in Other Activities:**

- Participation in multiple school activities such as athletics, student government, drama, or music at the same time as cheerleading generally is not prohibited, **but student must take the initiative and the responsibility to coordinate schedules with the coaches and instructors of the programs involved.**
- In some instances, it may be physically impossible for a student to participate in two activities “in season” at the same time. If this type of scheduling conflict exist only one season (fall or winter), by prior arrangement, the student may be eligible to participate in the season where no conflicts exist. Questions about being involved in multiple activities should be addressed with the coaches of both activities as soon as possible.

## **Financial Commitment**

- Payment for the needed items will be expected to be paid in full after the items have been ordered and before they arrive and are distributed to the cheerleaders.

## **Safety and Risk of Injury**

- MHS Cheerleading Program is administered in accordance with the safety guidelines established by the National Federation Spirit Guidelines, and the American Association of Cheerleading Coaches and Advisors (AACCA)
- Despite attention to safety, physical aspects of the cheerleading program will always involve the risk of injury; waiver required prior to tryout.
- Parents and students are encouraged to discuss the risks and safety precautions with the coaching staff.
- If parents or students are not willing or able to accept the inherent risks in these activities, those parents and students should not participate in this program.

## **Complaint Resolution**

- Once the season begins, and particularly in the time periods prior to games or competitions, it is distracting and unfair to the students to raise long – standing complaints.
- There exists a defined dispute resolution procedure; failure to follow this procedure will result in the complaint not being given consideration by the school administration.
- Must agree to follow procedures in order to tryout

## **Competitions or Games:**

### **Purpose:**

- Improve skill through competitiveness
- Provide opportunity for student athletes involved in cheerleading to set and achieve their own athletics and competitive goals
- Reward students who are otherwise always cheering for others

### **Participation:**

- If a squad member commits to all of the above aspects of the program, they will be entitled to perform at all football games and team functions, and to fully participate in all other non- competitive aspects of the program.
- Squad members continuously will be challenged for positions in performances and competitions.
- Squad members will be selected for these competitive performances based on the coach's evaluation of the student's performance capabilities and the roles needed for that particular performance
- There is never a guarantee that any squad member will be in any particular performance.

## **Try-out Selection Process**

- Mandatory clinic where material is taught by the coaching staff
- Candidates evaluated and selected by coaches throughout the clinic
- All candidates evaluated in 20 different categories
  - Strength
  - Physical Conditioning and endurance
  - Work Ethic
  - Ability to work with coaches and teammates
  - Leadership
  - Appearance
  - Vocal intensity, projection and clarity
  - Appearance
  - Precision of motions
  - Ability to learn new material
  - Jump techniques
  - Precision of movement between formations
  - Flexibility
  - Tumbling Skills
  - Rhythm
  - Execution of dance motions
  - Expressiveness
  - Crowd rapport
  - Poise
  - Communication Skill
- Candidate's abilities in each of the above areas will be judge throughout the entire tryout process. Observations made by the coaching staff during the learning clinic, demonstrations, and interview will be the basis for awarding points in each of the above categories.
- Additional tryouts utilizing the same tryout criteria may be conducted during the season to fill vacancies or improve team composition at the discretion of the coaching staff. Once selected, no squad member will ever be removed from team due to this additional tryout.

## **Varsity letter requirements for football cheer:**

- No unexcused practices.
- Must be academically eligible to and participate in all football games and sideline events.
- Conduct on and off the field should be that of an exemplary citizen.
- Cheerleader must not have had disciplinary action taken because of lack of compliance with the rules put into place by the program.
- Cheerleader must be a responsible teammate, (i.e. help others, offer advice, encourage younger cheerleaders to get involved, leadership, character, etc...) ALSO, actively participate in a cheerleader capacity on the field and or mat for a completed season.
- Coaches also have the right to award a Varsity letter to any cheerleader who she feels deserves the Varsity letter but may not have met the requirements above.

# Maverick Cheerleader Rules & Expectations

Being a part of the MHS Cheer team will bring fun, enjoyment, learning experiences and memories for a lifetime. Our coaches believe to achieve success as a team and individual uphold ourselves to 5 simple standards: **GOOD CHARACTER, COMMITMENT, CONFIDENCE, PRIDE, & FAMILY.** The rules listed below have been made for the safety and integrity of our program and you as an individual. It is very important that you read and understand that you are agreeing to abide by each one.

- A grade point average of 2.0 is required to be eligible to cheer. If your GPA drops below a 2.0, you become ineligible and will sit until it gets back to a 2.0. It is your responsibility to manage school work and cheer responsibilities. As coaches we value education but you also have a responsibility to your team and missing practice to complete homework is not an EXCUSED absence.
- If you ever have a problem, with anything, please do not hesitate to contact the coach. We are here for you. If you have any immediate questions or concerns please use the following chain of command: 1. Coach 2. Head Coach 3. Athletic Director 4. Principal
- Any questions or concerns should NOT be handled during practice, games or competitions. Coaches will not respond to issues via text message. Please call or email.
- Cheerleaders please feel free to talk to your coach about anything; just remember to do it at the appropriate times. Approaching a coach in the middle of practice would not be an appropriate time.
- Any flagrant insubordination from a cheerleader will result in dismissal from the team. If there are any attitude conflicts, we will resolve them as a team. There will be NO CLIQUES OR GOSSIP about other teams, teammates, coaches or staff. We are a TEAM and we must work as a team to succeed, failure to do so will result in a dismissal from the team.
- Use of alcohol, tobacco, or drug use will result in using the School Board and Athletic Department policies and appropriate action will be followed.
- Inappropriate use of technology; Facebook, Twitter, Instagram, and other such apps will NOT BE TOLERATED! i.e.; bullying, inappropriate pictures of yourself or others; no negative comments about teammates, coaches, or cheer program.
- Coaches will not be held responsible for any valuables left unattended at practice, games, competitions or locker rooms.
- **NO GUM, NO JEWELRY, i.e.; earrings, belly button, nose, tongue, lip rings at practices, games, competitions or events- EVER! This is the safety of all involved.**
- **NO USE OF CELL PHONES** during practices, games, or competitions. If there is an emergency, see your coach.
- **YOU MUST BE ON TIME FOR PRACTICE. Punctuality is a MUST. If tardiness becomes a problem, you will be given a warning; if it still does not improve you will be taken out of a game, or competitive rounds, but still be required to attend games/competitions.**

- During practice your opinion does not count. All squad routines and decisions are left to the discretion of the coaches.
- Practices may be changed or added at any time during the season
- WITHHOLDING A CHEERLEADER from a practice, game or competition should never be used as a form of parental punishment. This is not fair to coaches or teammates who are counting on your daughter.
- Always be courteous and kind to other teams. Make them feel welcome at our school.
- If your uniform gets lost or damaged, you will pay for the purchase of a new one.
- **You MUST attend any meetings and participate in ALL fundraisers or face disciplinary action.**
- **Public displays of affection in uniform are NOT allowed.** Behave in a respectable manner. You represent MHS and our cheer program while at other schools and while you're at your school. You represent the sport of cheerleading, your team, and your coach. This means no kissing your boyfriend in uniform, no swearing, no bad language towards other schools or teammates, and please no bad attitudes. Multiple violations of this rule may result in dismissal from the team.
- Please communicate with your parents and tell them what they need to know about our schedules and rules. Parents, it is also your responsibility to know what is going on with your squad. Check your emails and the website regularly.
- Anyone threatening to quit or pull their daughter from the team will be dismissed immediately.
- **TWO unexcused absences will result in dismissal from the team.** The first will be your warning; the second will be your dismissal. If coach receives a call well before the scheduled time of practice' then it may be excused. Messages by teammates will NOT be excused. There are two reasons for missing practice: family emergencies or a contagious sickness. Otherwise come to practice! Doctors appointments are not an excuse to miss practice unless due to sickness which would cause you to miss practice.
- If you miss practice before a game and or competition, you may be asked not to perform in quarter or ½ time performances, or lose your spot in a round at competition.
- ALL competitions are to be attended. IF you are sick or injured you can still come and watch unless you have complications with your illness or injury.
- ALL material must be known before the first game or competition in order to cheer. If you don't know the material you will sit until you do!
- For games and competitions, please wear make-up to bring out your eyes and mouth. Hair needs to be done which will be decided by coach prior to game and or competition.. HAIRBOW will be required. Uniform needs to be clean and neat with white no-show socks and clean shoes. ALL pieces of uniform need to be with you at all games and competitions: warm up jackets, pants, gloves, etc.... VARSITY JACKETS will not be worn on the track during football games. Coming unprepared may result in you sitting out.

- At games: You are not allowed to eat food (nachos, pretzels, pizza, etc..) during the game ever! You may bring a snack or something to have off of track during ½ time only. Eat before the game, or pack a light snack and water to have on the bus ride to away games. You will be allowed to have water and or sports drinks during the game. At ½ time you are able to leave the track but must be back by the 2 minute mark.

## Overall:

**Be on time:** Not just to practice but your mind and body. Be there in the moment. Listen and learn.

**Be Competitive:** Every performance should be given your all. Expect greatness from yourself and your teammates.

**Be Respectful:** No yelling at your teammates. Let us coach and you be the cheerleader. Listen when others are speaking. Take others feelings into consideration.

**No Drama:** Work together as a team, become sisters as a squad. A happy close team is a solid team.

**Have fun:** Enjoy working with each other. Working together= SUCCESS!

Please keep the RULES portion for your reference and return this portion with your tryout packet on the first day of tryouts. Thank you-

I, \_\_\_\_\_, agree to the MAVERICK CHEER RULES and will follow these rules or forfeit my position on the squad at any given time.

Cheerleader Signature \_\_\_\_\_

Parent  
Signature \_\_\_\_\_

Date \_\_\_\_\_