

# 2026 MAA CHEERING

## What to Expect and What is Expected

All of MAA's directors and coaches are volunteers. They put in a lot of their personal time for the betterment of your children. We ask that you respect them and their time. The following expectations are in place so that all athletes get the most they can out of our program and everyone has a good time.

### I. PRACTICES

- A. Athletes are expected to attend ALL practices. If an athlete is going to be late or MUST miss a practice the Coaches MUST be notified ahead of time, in writing, by the athlete or their parent. Telling a teammate or their parents to pass the message along is not acceptable. Unless the absence is because of a sudden illness or incident, notification to one of the Coaches must occur *at least an hour* before the start of practice.
- B. Athletes must wear non-restrictive, comfortable clothes (no jeans), sneakers (that they can practice in), hair up and out of their face and off their shoulders, absolutely no jewelry and no gum.
  - A. All jewelry must be off BEFORE coming to practice. We will not be responsible for anyone's jewelry being lost.
- C. Phones are permitted at practice for emergencies only. Phones are not to be out while at practice. If phones become a distraction or disrupt practice, they will be taken and returned at the end of practice.
- D. Starting Monday, July 27, 2026, practices begin, Monday-Thursday, 6:00 pm - 8:00 pm. All three squads will practice at the same time.
- E. Once school starts, game-day practice will be decided by the coaches for each team. C & D team will practice from 6:00 pm - 7:30 pm.; B team will continue to practice from 6:00 pm – 8:00 pm.
- F. Summertime practice is very important to lay the groundwork for the season. The girls will learn all the cheers that we perform at the games and each team will learn a half-time routine to be performed at the football games. Only pre-planned vacations and illness will be considered excused absences.
- G. Practicing at home on their own time is also expected.

### III. GAMES

- A. Athletes are expected to attend ALL games. If an athlete is going to be late or MUST miss a game, a Coach MUST be notified ahead of time, in writing, by the cheerleader or their parent. Telling a teammate or their parent to pass the message along is not acceptable. Unless the absence is because of a sudden illness or incident, notification to a Coach must occur *at least an hour* before arrival time for the game.
- B. **Athletes are to arrive on time for games and dressed in attire as instructed by their coach.**
  - i. Make sure that they have ALL the remaining pieces of their uniform in their bags. Sweatpants, sweatshirts, bloomers, skirts, vests, pom poms, and bows. Even if they may not use some of the parts, keep them in their bags in case they need them later in the day or the weather changes. Later in season to keep ear warmers and gloves in their bag for colder weather.
- C. All jewelry must be off BEFORE coming to the game. We will not be responsible for anyone's jewelry being lost.
- D. ***We cheer in the rain.*** Generally, if the football players are playing, we are cheering. Any exceptions to this will be decided by the Cheer Director. Athletes are allowed to wear clear ponchos over their uniform if it rains. It is highly recommended that you purchase a few disposable ones to keep in their cheer bag.
- E. We also will cheer at the playoff games if any of our teams make it.

### Excused and Unexcused Absences for Games and Practices:

- Excused absences for games and practices are absences when the coaches have been given appropriate notice, in writing, as outlined above. Reasons for an excused absence include but are not limited to: severe illness (ex: vomiting, fever over 100, transferable conditions such as lice, etc.), family emergency, family events planned before the start of the season. If your child has medical restrictions, a doctor's note must be provided.

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- Unexcused absences for games and practices are when the cheerleader misses a game or practice for a reason other than outlined immediately above or no notice is given to the Coach. **MISSING A GAME BECAUSE IT'S RAINING IS ALSO AN UNEXCUSED ABSENCE.**
- The final decision on excused and unexcused absences is up to the Cheer Director.

\*\* Unexcused Absence Policy & Consequences for practice and games:

- **1<sup>st</sup> Unexcused Absence:** a notification will be sent to the parents by the Coach.
- **2<sup>nd</sup> Unexcused Absence:** a meeting will be held with the parents, the Coaches and the Cheer Director to discuss the athlete's attendance and what can be done to improve attendance. The athlete will attend but sit out the following practice if the unexcused absence was a practice or the next game if the unexcused absence was for a game. If it is a game, they will dress in full uniform and sit with the Coaches but will not participate and will not be a distraction to the athletes who are participating.
- **3<sup>rd</sup> Unexcused Absence:** the athlete's uniform will need to be immediately returned and they are done for the season. No refunds will be given.

### IV. BEHAVIOR EXPECTATIONS of CHEERLEADERS

- A. Athletes are expected to be kind and polite to coaches and their teammates. Bullying will not be tolerated.
- B. Treat their teammates with respect. Even if you don't get along with them, you must be civil with them while at practice, competitions and games.
- C. Athletes will be respectful to all coaches and parent volunteers. Being rude or talking back will not be tolerated.

### V. BULLYING

We will be enacting a 2-strike bullying policy:

Strike 1: Any accusation of bullying: parents will be notified – and the athlete will sit at the game that weekend.

They will dress in full uniform and sit with the coaches, but will not participate and will not be a distraction to the athletes who are participating.

Strike 2: uniform will be returned, and athlete will be done for the season. No refunds will be given.

**\*\*\*If it turns out that an athlete has lied to a coach about being bullied, that athlete will immediately turn in their uniform and be done for the season. They will also be banned from the program permanently. No refunds will be given.**

### VI. EXPECTATIONS of PARENTS

- A. All parents are expected to participate in cheerleader fundraisers or pay the opt-out fee.
- B. All parents are expected to volunteer for two volunteer opportunities. Examples of volunteer opportunities are spirit bomb making, concession stand and fundraiser sorting/hand-out.
- C. Parents are expected to make sure their cheerleader makes it to all practices and games on time and dressed appropriately.
- D. All parents must treat directors/coaches/and parent volunteers with respect. No derogatory or disparaging comments will be tolerated. Should a parent promote unsportsmanlike behavior, he or she will no longer be permitted to attend games or other MAA events with no refunds given.
- E. MAA will not tolerate pettiness, gossiping, or cliques that attempt to disrupt the program or slander the MAA name. Parents displaying improper behavior will no longer be permitted to attend games or other MAA events, with no refunds given.