

- 1. AGE REQUIREMENTS:** All cheerleaders must be cheering for the proper grade level. In the event a cheerleader signs up for the incorrect grade level, Mountain Park Athletic Association (MPAA) will take action to place the child on the correct squad. Mascots are the only exception to this rule. If an age group is not specified at registration, the mascot will cheer on the 1st/2nd grade squad. This is a Gwinnett Football League (GFL) rule and MPAA will enforce all such rules.
- 2. ATTENDANCE: PRACTICE:** Attendance of practice is **mandatory** for each cheerleader. Practice time is when new cheers, chants, dance routines, hand motions, jumps, stunts, and friendships are formed. Information is also passed out during practice time. If you must miss practice, please give your coach a courtesy call. If your child misses a Thursday evening practice or Pep Rally, their coach will determine whether they will perform during halftime or not on Saturday.
- 3. CHEERLEADING CAMP:** This is **mandatory** for all cheerleaders as we learn new chants and cheers. We also work on our conditioning jumps, stunts, and dance routines. Camp fees, camp shorts, and camp shirts are included in the registration fee. Cheerleaders must be on time and in their designated area ready to cheer. Coaches are NOT RESPONSIBLE for your child AFTER CAMP each night. Should carpooling be arranged, your Advisor and Team Mom will need a permission slip and phone numbers where a parent can be reached in case of an emergency.
- 4. DRESS CODE:** Appropriate attire is required from both cheerleaders and coaches. Practice attire should be suitable for the weather and also practicing activities. Shirts and shorts/pants should meet at the waist. The wearing of just a sports bra without a shirt is NOT allowed. Cheerleading shoes (included in the registration fee) should be worn to avoid injury. **NO JEWELRY OF ANY TYPE MAY BE WORN DURING PRACTICE, GAMES OR CHEER-OFF COMPETITION.** This includes: earrings, bracelets, necklaces, anklets, watches, body piercing or rings. If a child arrives wearing jewelry, they will be asked to leave the cheer line to remove and leave the jewelry with their parent or guardian. Coaches are NOT responsible for jewelry. **PLEASE DO NOT HAVE YOUR CHILD'S EARS PIERCED WITHIN 8 WEEKS OF CAMP.** **BAND AIDS COVERING EARRINGS IS NOT ACCEPTABLE.** If your child wears a Medical Alert bracelet, it must be taped securely to the body. No acrylic nails or fingernail polish is allowed during practice, pep rallies or games. **If your child arrives at a game wearing acrylic nails or fingernail polish, they will be asked to leave the cheer line until it is removed.** Game attire includes: skirt, shell, body liner, hair bow, cheerleading socks, cheerleading shoes, bloomers, pom-poms, and wind suit (according to the weather). Please do NOT wear cheerleading shoes anywhere except the games and practice.
- 5. DRINKS, FOOD, and GUM:** No food, drinks (other than water) and/or gum chewing is allowed in the cheer lines at practice or games. Please make sure your child has their water bottle prior to the start of practices or games. The coach/manager will provide adequate water breaks.
- 6. GAMES:** Game schedules are provided by the Gwinnett Football League (GFL). MPAA does not create the game schedules nor assign game locations. The schedules will be provided to each squad as soon as they are received from the GFL. It may, very well, be the 1st or 2nd week of the football season before complete schedules are received. We will keep you advised where and when you will play that week.

Please be sure your child arrives 30 minutes in advance of game time in order to have time to practice the half-time routine. If a cheerleader missed the pre-game practice before the game, they will not participate in the half-time routine. If the football team is playing, the cheerleaders will be cheering.

If you must miss a game for any reason, you must let the coach know well in advance of game day. Cheers and half time routines have to be adjusted to make up for the missing cheerleader, and failure to notify the coach prior to game day is unfair to the coaches and other cheerleaders.

Parents/guardians are NOT allowed in the cheer line or standing next to the line (including a fence), so make sure your child has what they need PRIOR to the start of the game. Games start with a spirit line on

the field with a banner for the football team to run through. This is always a fun time for the squad, so please make sure your child is early for the game.

The squad will be allowed a SHORT break before the beginning of the 3rd quarter; however, they will not be allowed to leave the cheer line. It is inappropriate for the squad to be sitting in the stands with friends and family while the game is in progress. The squad is expected to resume cheering at the beginning of the 3rd quarter.

Admission into a GFL game is \$4.00 for adults, \$1.00 for students and children under 6 and senior citizens (65 and up) are given free admission. This fee is to pay for the officials, police, and paramedic at each park. The admission price does change for play-off games. If you have more than one game, remember to have your hand stamped prior to leaving the park. You will be admitted to the next game free of charge, even at another GFL Park. However, if you forget to obtain the stamp, you will be required to pay again.

GFL will advise of any games that will be canceled, postponed or delayed. IF you have not heard from your coach, assume the game is on. The cheerleaders can purchase wind suits that can be worn during wet, damp or cooler weather, your coach will advise you on what your team is to wear. Bring all uniform items to the game in case there is a change of weather.

7. **INSURANCE:** Included in your registration fee is coverage for a supplemental injury policy. This policy is provided by GFL and is in effect during practices, games, and cheerleading functions during the regular season. This policy is an excess policy to your own primary insurance.
8. **PEP RALLIES:** At least two pep rallies should be done. They are important to building spirit for the game for the football players as well as the cheerleaders.
9. **RESTROOM BREAKS:** Please make sure that your child visits the restroom PRIOR to practices and games. There is NOT a scheduled restroom break at either function. This takes away from the limited time we have with the squad. If your child needs to go to the restroom during practice or a game, the coach will allow them to go. Practice will continue without them, and they will be responsible for learning what they have missed. If your child is too young to go unattended, please make arrangements to be at practice or games to assist them. It is NOT the coach's responsibility to do so.
10. **SPORTSMANSHIP:** Cheerleaders and parents are expected to exercise good sportsmanship at all times. **We will be courteous to all squad representatives, opposing football and cheerleading teams, football coaches, officials, parents, GFL Reps, and board members.** When your child is wearing their cheerleading uniform, they are representing our park. Please behave appropriately. At any time during the season, MPAA will not tolerate un-sportsman-like conduct from any member of our association. This pertains to spectators and participants alike. Continued conduct problems could result in expulsion from the program by the cheerleading director and the executive board.
11. **PARENTS OBLIGATION TO WORK:** All parents of cheerleaders and football players will be expected to work when scheduled in one of the many areas in which we need parent volunteers. When taking admissions at the gate during home games or working in the concession stand, it is very important that you are on time. The parent you are relieving is waiting for their relief person so that they can watch their child cheer or play football. MPAA does reserve the right to impose a \$50 fine for failure to show up to your assigned work time. See www.plaympaa.com for concession/gate rules.
12. **SCHOLARSHIPS:** Scholarships will be awarded to those families with extreme financial need. All applicants are presented to the MPAA Board of Directors for approval. Scholarships are limited and are only awarded for Registrations fees. Families receiving a scholarship are required to work 10 hours in the concession stand prior to the beginning of the season. Also, please keep in mind, families receiving a scholarship must pay the \$50 Spirit money directly to your child's coach by the first evening of camp. If

neither requirement is completed, your child will not be able to participate and will not receive their uniform. For more information, please contact the Director or Co-Director prior to March 15th.

- 13. PARENT SUPPORT:** The success of cheerleading, as well as any other program, depends on the active support and participation of each parent/guardian. We encourage you to attend camp, practices, games, special functions, and to SUPPORT the Cheerleading Board, Coaches, Team Moms, and Squad Leaders in a POSITIVE manner. Please remember our children are influenced by our attitudes and comments. Please be positive and help the situation rather than cause more problems. **Please do not raise your voice or use foul language. Please make sure you're your concerns are valid and not of a petty nature. Please understand that it is the coach's prerogative to decide the placement and position of each girl on her squad.** Please note that this also applies to extended family/friends attending any cheerleading function. Should you choose not to attend practices or games, it is your responsibility to find our upcoming practices, games, events, etc. **If you must leave a practice or game, you must provide us with an emergency contact.**

It is advised that all parents of mascots and 1st/2nd graders attend all practices, games, pep rallies, etc. These children are so young and need parental supervision more so than the other age groups.

In the event you are late picking up your child without notification to the Coach or Team Mom, starting with the 2nd occurrence, you will be subject to a fine of \$25. The fine must be paid in cash. Failure to pay the fine will result in your child not being allowed to participate in the game on Saturday or any subsequent practice or games until the fine is paid.