

Middletown Valley Athletic Association Competition Cheer Contract

Being an MVAA Competition Cheerleader is a privilege. It is a volunteer activity that provides the reward of satisfaction for a job well done, lasting friendships formed within the squad, and the thrill of winning! You must make a commitment to your squad and your coach or you will not be successful. This squad is hand selected and cannot perform if even one person is not in attendance.

PURPOSE-

The purpose of MVAA Competition program is to take cheerleading to a higher level. As a squad, you will work together to learn routines at an accelerated speed, increase physical fitness and athleticism, and your overall ability as a cheerleader.

REQUIREMENTS-

Each member of the squad is required but not limited to

- Attend every practice and competition
 - o Coaches will try not to add to your schedule if it can be helped
 - o Absences must be approved by the coach a minimum of 14 days in advance
 - o Last minute illnesses/absences must be approved the coach a minimum of 1 hour before the start of practice
 - o All athletes are expected to stay for the awards ceremony
- Hair and Makeup will follow coaches rules and standards
 - o Do not dye your hair any color that is not natural; no pink, blue, green, etc.
 - o No hair accessories that cannot be easily removed; no feathers, wraps, tinsel, beads, etc.
- Nails will be kept short and unpolished; no fake nails
- No jewelry, no piercings during the season
- Come to practice on time with the proper attire and attitude
- Show good sportsmanship in all activities
- Attend any community event/s and outside performances
- Keep your uniform in good condition and only wear it for performances
 - o All cheer gear needs to be kept in the condition it was given to you in; do not modify any clothing given to you including but not limited to Reach the Beach gifts (no cutting sleeves, etc.)
 - o You must wear practice shoes to practice and competitions and change when you get to the proper locations
 - o You must have your team bag at every competition
 - Everything must be in your bag
 - Coaches are not responsible to lost items including electronics
 - o Put your name on all of your clothing'
 - If something is lost, ruined, and messed up it will be the parent's responsibility to purchase a new item
- Do what you are told the first time
- No Drama

STANDARD OF BEHAVIOR-

Each cheerleader is expected to maintain an attitude filled with enthusiasm and cooperation. Working together and doing what is best for the team means making personal sacrifices at times. Athletes will maintain respect for all team members, competitors, coaches, and the decisions made by authoritative figures. You will treat everyone with respect. While venturing to outside venues you will show the utmost respect for their traditions, and code of conduct. A good rule of thumb is to treat others the way you want to be treated.

Should any actions, videos, photos, social media posts, etc. that show athletes in questionable situations arise will be subject to the coaches digression as to whether she remains in the program.

KEEPING YOUR COMMITMENT-

Competition cheer is a timely commitment. All team members must be enrolled in tumbling. Parents cannot remove athletes from the team during the season. If a parent chooses to do so, their child/ren will not be permitted back to the program the following season; if ever.

Competitive cheerleaders must be willing to sacrifice personal time to increase skills. Coaches provide time at practice for stretching and fitness related activities, however, it is important these activities are conducted daily at home. Coaches provide classes and clinics to increase skills and recommend enrollment.

MVAA Cheer works hard to keep a high level of respect and good reputation. The use of alcohol, cigarettes, and drugs are permitted.

PARENTS-

Each parent is expected to maintain a positive about individual athletes, the team, coaches, program, and competitors. The MVAA Cheer Coaching staff are expecting parents to have words of encouragement and help coaches teach/demonstrate good sportsmanship. Parents are expected to follow directions and rules just as athletes are and not second guess decisions made by the coaching staff. Any parents that make drama, bring negativity, and create a difficult or hostile environment will have their child/ren dismissed from the program. Parents are not permitted into practices until the last 15 minutes when the coaching staff has information to hand out. All monthly payments are due by the 15th of each month and the competition fee must be paid in full by April 15th.

SOCIAL MEDIA GUIDELINES FOR ATHLETES AND PARENTS-

Should any actions, videos, photos, social media posts, etc. that show athletes in questionable situations arise will be subject to the coaches digression as to whether she remains in the program.

No videos of practices, performances, etc. will be posted to social media sites including but not limited to Facebook, Instagram, Pinterest, Youtube, etc. The MVAA program has a private Shutterfly account for all members to use. This keeps our information private preventing other teams from scouting.

COACHES-

Volunteer coaches will put time and energy into learning new rules, requirements, etc. to create the best opportunity to win. Coaches make all decisions regarding the team, its members, their performances, behavior and attitudes. The Director has the final say and holds responsibility for all final decisions.

SCHEDULE-

Everyone is given a schedule in advance. You must let the coaches know if there are any conflicts. Athletes can not miss a competition. Missed practices are unacceptable and if an absence needs to occur, it must be cleared by the coaching staff.

The coaching staff will do their best to stick to the schedule and try to not make many changes. Decisions made due to weather about practices and competition will be made by the coaching staff and will put the safety of our cheer families first. Any competition fees from missed competitions due to weather will not be reimbursed to individual families.

The practice schedule is created and laid out so each team has at least one gym session to themselves per week. The competition schedule is based on the largest competitions in the area. They all give prizes and bids to US Finals; thus increasing each team's chance for bids.

If you cannot comply with the rules of the coaching staff you will be asked to leave.

CHEERLEADER-

By signing this contract, I understand that I am responsible for but not limited to the terms above.

Cheerleader's Name: _____ Date: _____

Cheerleader's Signature: _____

PARENTS-

By signing this contract, I understand that I am responsible for but not limited to the terms above.

Parent's Name: _____ Date: _____

Parent's Signature: _____