



MCAA Mill Creek Athletic Association

MILL CREEK CHEERLEADING RULES

AGE REQUIREMENTS- All Cheerleaders MUST cheer for the grade level she will be entering in the fall. In the event a cheerleader signs up for the incorrect grade level, MCAA will take action to place the child in the correct grade level. This is a rule of the Gwinnett Football League and MCAA will enforce all such rules.

TRANSPORTATION REQUEST- Due to the size of our association, transportation and practice day requests cannot be honored. Any questions should be directed to cheerleadingdirector@millcreekaa.net

SQUAD PLACEMENT: There is no guarantee of squad placement Please DO NOT assume that your daughter will be placed with the same coach as her previous year. All cheerleaders are drafted per the GFL draft rules.

PHYSICAL FITNESS: All cheerleaders should be in good physical condition in order to complete the required jumps and movements.

PARENT SUPPORT: The success of any youth program depends on the active support and participation of the parents/guardians. We encourage you to attend camp, practices, games and special functions and to **SUPPORT** the cheerleading board, coaches and all volunteers in a **POSITIVE** manner. Please do not raise your voice or use foul language. Please make sure that 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. You will be asked to sign your daughter in and out of each event. This is for the safety of your daughter and your cooperation is appreciated. Please be prompt when picking up your child from a practice or game.

PRACTICE AND GAME ATTENDANCE- Attendance of practices is mandatory for each cheerleader. Please make sure your daughter will not have conflicts with other activities prior to registering her for Cheerleading at Mill Creek. Cheerleaders will not be allowed to arrive late or leave early from practices to attend other activities. If you MUST miss a practice for a valid reason, it is up to the parent and child to find out what was missed. Please contact a squad representative to let them know you will not be in attendance. 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 are responsible for knowing the important dates throughout the season. These dates are handed out at registration and are posted on our website.

DRESS CODE: Appropriate attire is required of both cheerleaders and volunteers. Practice attire should be suitable for the weather as well as practice activities. Athletic shoes MUST be worn to avoid injury. **NO JEWELRY OF ANY TYPE MAY BE WORN DURING PRACTICE OR GAMES.** This includes earrings, bracelets, necklaces, anklets, watches, body piercing or rings. **PLEASE DO NOT HAVE YOUR CHILD'S EARS PIERCED WITHIN 8 WEEKS OF CAMP. BANDAIDS COVERING EARRINGS IS NOT ACCEPTABLE.** If a child arrives at a cheer event with any jewelry, she will be asked to leave the cheer line until it is removed. Coaches WILL NOT be held responsible for jewelry. Cheer Shoes are to be worn at games only until after the season is over. Nail polish is NEVER allowed at practices or games. Wearing of heavy makeup is discouraged. Sports bras are to be worn under another shirt only. Cheer shorts may be rolled ONCE and only IF they cover the body properly.

FOOD, DRINKS, GUM: No food, drinks (other than water) and/or chewing gum is allowed during any cheer function. Please make sure your daughter has eaten prior to the start of practices/games.

ALL CHEERLEADERS MUST HAVE WATER BOTTLE WITH THEM AT EVERY CHEER FUNCTION

RESTROOM BREAKS: Please make sure that your daughter visits the restroom prior to the start of practices and games. There are no scheduled restroom breaks at either function.

CELL PHONE USE: Once practice or a game has begun, no cheerleader may use her cell phone for any reason. If a call needs to be made to a parent, the coach or team mom will make it.

GAMES: Game schedules are generated by the GFL not MCAA. It is not unusual to receive the schedule just prior to the start of the season. Once posted, the schedules can be viewed at www.gwinnettfootball.com
We play games all over the county so please allow for plenty of travel time. Girls should arrive no later than 30 minutes prior to each game. Please be aware that games do often run behind. Please remain at the park for the entire length of the game. Football games do continue during rain, sleet, and cold weather. **IF THE FOOTBALL TEAM IS PLAYING, THE CHEERLEADERS WILL BE CHEERING.** Due to this please keep a clear rain jacket or poncho handy. GFL will advise if the games are cancelled. Cheerleaders are expected to cheer the entire game. We will allow water breaks. **NO FOOD, or gum is allowed in the cheer line.** Parents are NOT allowed in the cheer line and girls are not allowed to leave the cheer line unless it is an emergency. There is an admission charge to

games. If you have more than one game on any given Saturday, remember to have your hand stamped prior to leaving the park. You will be admitted to the next game free of charge.

SPORTSMANSHIP: Cheerleaders and parents are expected to exercise good sportsmanship at all times. We WILL be courteous to all squads, opposing teams, coaches, officials, parents and board members.

BIRTH CERTIFICATES: If your child is new to our program, a copy of her birth certificate must be submitted at registration.

MILLCREEKAA.NET AND GWINNETTFOOTBALL.COM- please visit these websites for important MCAA information and