

GAA Cheerleading Rules for the 2022 Season

AGE REQUIREMENTS: Our program is designed for girls in 1st-8th grade. We do accept a limited number of Kindergarten mascots. All cheerleaders **MUST** cheer for the grade level she will be entering in the 2022-2023 school year. In the event a cheerleader signs up for the incorrect grade level, GAA will take action to place the child in the correct grade level. This is a rule of the Gwinnett Football League and GAA will enforce all such rules.

TRANSPORTATION REQUESTS: Due to the size of our association, ride share requests do not guarantee that the cheerleaders will be on the same squad. **SQUAD PLACEMENT:** There is no guarantee of squad placement. Please do not assume that your daughter will be with the same coach from last year. If there is more than one squad, we hold a draft for that grade level and cheerleaders are divided between teams. We must follow the GFL guidelines to set our teams. We are proud of all of our teams and several combine for Cheer Off. They get to spend time practicing together.

PHYSICAL FITNESS: A physical form signed by a doctor is required. All cheerleaders should be in good physical condition in order to complete the required jumps and movements. Please let your coach know about any limitations.

PARENT SUPPORT: The success of any youth program depends on the active support and participation of each parent/guardian. We encourage you to attend games and special functions to **SUPPORT** the teams, coaches and all volunteers in a **POSITIVE** manner. Should you choose not to attend practice, games, events, etc., it is **YOUR** responsibility to find out about upcoming events.

COACHING CONCERNS: If you have a concern about your coach, please meet with her directly to express your concern and find resolution. You should not get with other parents and gossip as this causes division on the squad. If you do not feel that your concern was addressed, please contact either Terri or Anita via email (address is below). We will be happy to assist you and handle the situation directly with you and your coach.

PARENT VOLUNTEER OBLIGATION: Parents will be asked to work gate duty shifts for home games. If you do not select a shift, your coach/team mom will assign you one. Coaches and Team Moms are exempt. Their hours are spent coaching the team. Snacks and other small responsibilities are separate from shift work.

PRACTICE, CAMP, CLINICS, and GAME ATTENDANCE is mandatory for each cheerleader. Please make sure your daughter will not have conflicts with Cheerleading functions at Grayson. 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 coach to let them know you will not be in attendance. If you **MUST** miss a game for a valid reason, you must let the coach know well in advance of game day. Cheers and half-time routines must be adjusted for a missing cheerleader. Thank you for your cooperation in this area.

PRACTICES: Each coach will decide on their practice area. Some coaches practice at Bay Creek, some practice at the high school, some at an alternate location. During Cheer Off practices, they could be held at a local church or gym. Practices are 2-3 days a week for 1 ½ hours. Our 8th grade team is allowed to practice 2 hours. No practice will be held on Sundays.

GAMES: Game schedules are provided by GFL, we do not create the schedules. It is not unusual to receive the schedule just prior to the start of the season. Once posted, schedules are provided at <http://www.gflsports.com/>. Updates will also be posted on the GFL Facebook page. Schedules typically start with 1st grade in the morning and go on throughout the day until 8th grade in the evening; however, this is not a guarantee. We play all over the county. Please allow plenty of travel time to the games. Your coach will ask you to arrive anywhere from 30 minutes to an hour prior to your scheduled start time. Please contact your coach if you are running late. **IF A CHEERLEADER ARRIVES AFTER THE GAME IS STARTED SHE MAY BE ASKED TO SIT OUT A QUARTER OR AT HALFTIME.** Please be aware that games sometimes run behind. Please remain with your child 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. Please keep a clear rain jacket or poncho handy. GFL will advise if the game is cancelled. Cheerleaders are expected to cheer the entire game. We allow water breaks. Parents are not allowed on the sidelines and girls are not permitted to leave unless it is an emergency.

FOOD, DRINKS, GUM: No food, drinks (other than water) and/or chewing gum is allowed during any cheer function. Please make sure that your daughter has eaten prior to the start of their practice/game, especially if their game is around lunch or dinner time. All cheerleaders must have water with them at every cheer function. During very hot days she can bring cold towels too.

DRESS CODE: Clean uniforms and proper attire is required for all cheerleaders and coaches. Practice attire must be suitable for cheering, jumping and stunting. NO JEWELRY of any kind can be worn. Please do not have your child's ears pierced the month before camp! This is for their safety. Coaches will ask the cheerleader to remove all items. It is not the responsibility of the coach if items are lost. Nail polish is not allowed and makeup, if worn, should be light and age appropriate.

CHEER SHOES: Should only be worn to games, NOT school, play or practices unless asked by the coach.

ALL COACHES, ASSISTANT COACHES, TEAM MOMS AND HIGH SCHOOL COACHES are volunteers in our program. Please respect that they have families and other responsibilities too. You must be on time for camp, practices and games!

NO CELL PHONES are to be used during practices by the cheerleaders. Please limit socializing to water breaks only.

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

CHEER OFF will **possibly** be held on Sunday, October 3rd at the Infinite Arena. Cheer Off is optional for individual team members; however, all of our squads participate. GAA mascots do not participate in Cheer Off. All Grayson teams will be competing against the other associations in Gwinnett County. Practice attendance is required unless approved by your coach. Additional practices will be held as Cheer Off gets closer. These practices may be held at different locations. ***Cheer off has NOT been confirmed...more info to come.***

SPONSORS: We welcome sponsors. You can download the sponsorship form on the GAA website. The money will go directly to your child's squad and/or GAA Cheerleading. This helps offset team and association expenses such as banquet gifts, banner supplies, pep rallies, etc. Please go to www.gaasports.org to download additional forms.

We are happy that you have chosen GAA for the 2022 season. Our Elementary and Middle school girls have a fun filled season ahead of them! Our goal is to provide a training ground for the Grayson High School Cheerleading program and to represent GAA with pride and dignity. The Grayson Cheerleading program is one of the largest in the county and it's all because of you! Thank you for sharing your daughters with us! Stay up to date with us www.gaasports.org and click on the Football Cheerleading Link. Information will also be posted on our Facebook page. **Let's Go RAMS!!**

Anita McKnight - Director, cheer@gaasports.org

Ulanda Whitaker- Assistant Director, cheer2@gaasports.org