



1ST CHEER MEETING

June 2020



Each of you deserve to be here! You worked so hard and you should be very proud of yourself. We are so excited for this year and we were very impressed by the hard work and fearless attitudes, and drive we saw during evaluations this year. We are very proud of you! Don't lose the desire to keep up the hard work. We want that same energy you brought at evaluations to the whole year.

FORMS

- Each cheerleader will receive a folder for the year. It should be kept in their cheer bag at all times. This is where your schedule and important forms will be located. You will receive this on the first day of bootcamp.

Forms that need to be signed, scanned in and emailed by **JULY 1st**.

- _____ [Board Policy Form](#)
- _____ [Parent Driver/Accident/Health/Risk Form](#)
- _____ [Behavior Agreement](#)
- _____ [Release Form for school activities](#)
- _____ [Early Release Form](#)
- _____ [Goal Sheet](#)
- _____ Physical (due July 27, upload to dragonfly)
- _____ Pre-participation Physical Form (sign on dragonfly)
- _____ Consent Form (sign on dragonfly)
- _____ Concussion Form (sign on dragonfly)
- _____ [Practice Clothes size sheet](#)

Attach the forms (excluding the ones found on dragonfly) to an email to notok@mtnbrook.k12.al.us, martinp@mtnbrook.k12.al.us, and bursona@mtnbrook.k12.al.us

HEALTH FORMS

All Health Forms will be filled out during school registration.



DRAGON FLY SYSTEM

- All **new** cheerleaders need to create a Dragonfly Max account prior to physical day or request to be added to MBHS if they already have a DF account (MBHS DF max Code is NVAEEG).
- All returning cheerleaders should know their usernames and passwords for their Dragonfly Max account

(In order to participate MBHS physical day login information for Dragonfly Max is needed to participate)

If a cheerleader does not know their log in information – **THEY SHOULD NOT CREATE A NEW DRAGONFLY ACCOUNT:**

They need to reach out to Dragonfly Max to help them reset their log in information.

Cheerleaders should visit the Dragonfly Max website <https://www.dragonflymax.com> to receive help with

Once on the Dragonfly Max site click the red icon (an example of this icon is pictured below) for assistance: at the bottom left hand side of the screen



DRAGON FLY/FORMS/PHYSICALS

- These forms must be filled out and signed (electronic signatures are accepted) on DragonFly **before July 27th**:
 - Pre-participation Physical Form
 - Consent Form
 - Concussion Form
- **New physicals are required to be uploaded to DragonFly by July 27 to start fall sport practice participation.**
 - A day to conduct mass physicals will not be possible due to health concerns. This practice will not likely return in the future. Families are responsible for securing new physicals and uploading to DragonFly by July 27.
- **Make sure documents are signed (parents, players, and doctors) and signatures are visible and legible. Physician signatures must be an M.D. or D.O.** – nurse practitioner signatures are not acceptable.
- If you are **A NEW STUDENT TO MOUNTAIN BROOK or DID NOT PLAY SPORTS AT MBJH OR MBHS DURING THE 2019-2020 SCHOOL YEAR you are REQUIRED TO HAVE A NEW PHYSICAL EXAMINATION uploaded to DragonFly PRIOR TO PARTICIPATION** in any summer athletic activities.



NEW: NFHS SPORTSMANSHIP CERTIFICATES

- As of this year 2020-21, the star sportsmanship is no longer valid for any of our athletes - returning or new.
- All athletes will be able to tell if you have met this requirement by looking to see if the certificate has been uploaded to your dragonfly account. It will say **NFHS if it does. If your account says this, then you are good to go.**
- If you look at Dragonfly account and see the following:
 - Nothing uploaded in the sportsmanship section
 - A Star Sportsmanship certificate uploaded
 - or have a note stating:
 - My school will upload this document
 - On file in the athletic office
- **Then you will need to complete the course and upload the NFHS sportsmanship certificate.**



OVERALL EXPECTATIONS

1. Dedication – Time commitment and heart in it. We need you here and we want you to be here!

2. Coachability/Desire to improve

Keep pushing to be better, make goals! Celebrate when you reach them and then ask yourself.. what's next?

3. Service Leadership

Desire to be a part of something greater than self. Serve the teams we cheer form.

You are the leaders of the school.

You wear MB cheer at all times now, wherever you are!

4. Devoted to the program, to squad mates, not in it for self.

We expect this group of girls to be a team and support each other.

5. Communication

Make sure to email all 3 of us. Cheerleaders need to be responsible!

****We want to be the squad that the other schools talk about for being the sharpest, best attitudes, and most SPIRIT!**

Our main goal, as the Head Coaches, is to be knowledgeable, consistent, and encouraging coaches, but most of all to be positive role models in each of their lives.

PRACTICE EXPECTATIONS

- 1. Practice is every day and is **MANDATORY** – attendance is expected.
 - Cheerleading is a big commitment. Practice is essential and if one person is not there, it affects everyone.

- 2. Structured and disciplined

- 3. Conditioning every practice
 - The girls will need to be physically fit and have more endurance

- 4. Productive, engaged, **FOCUSED**
 - It is important that each practice is efficient!



SKILL EXPECTATIONS

1. Tumbling and jumps at every practice.
2. Skills demonstrated during tryouts are required during the season (March to March).
3. Stunting is to be taken seriously.
4. Proper technique will be taught and used.
5. Fitness is required.



CONTRACT: KEY POINTS

Cheerleading Responsibilities

1. Cheer at all high school football games in the regular season and during play-offs.
2. Attend all scheduled practices. All practices are mandatory both in-season and summer.
3. Cheer at scheduled high school basketball games (boys and girls). This will include tournament games and area as well as state play-offs.
4. Participate in spirit days, parades, and any public appearances. **We always dress up for spirit days!**
5. Will perform any skills demonstrated during tryouts (jumps, tumbling, and fitness all year)
6. Attend sign painting during the summer and in-season (may require after practice hours).
7. Wear the appropriate uniform attire and accessories for games, pep rallies, during school and other events. **(no uggs or other type of shoes, you must wear cheer shoes, and uniform. You have to wear your entire uniform at school. If you get cold, you can wear one of our pullovers or long sleeve over your uniform top, but you show the skirt or vice versa.)**
8. Participate in ALL fund-raising events (clinics) for the cheerleading program.
9. Be productive and cooperative during practice time.
10. Use proper technique and safety when stunting.

***With the exception of illness, a REQUEST for an absence at least TWO (2) WEEKS IN ADVANCE IN WRITING** prior to an absence in order for that absence to be considered for excusal. Final approvals are up to the coach and not all will be excused. Not providing the 2 week notice or not a valid excuse can result in inability to perform at the upcoming events.

CONTRACT: KEY POINTS

Cheerleading Behavior

- Cheerleaders are subject to all rules and regulations of Mountain Brook High School including the Academic Honor Code. They must also follow the guidelines and procedures of the Mountain Brook High School Athletics, the Mountain Brook High School Cheerleading Contract.
- As representatives and leaders of Mountain Brook High School, cheerleaders shall conduct themselves in a responsible and dignified manner at all times. They should continually exemplify strong character and leadership qualities.

Absences

- All practices, games and events are mandatory.
- ***At no time is work, a family reunion, a party, vacation, college visit, or any event of this nature excused to miss practices, games or travel to games, or other required cheerleading events.** The coach will determine what excuses are appropriate and inappropriate at the time of the event. Un-notified and/or inappropriate absence from a game or other event will result in a conference with the coach and possible consequences will be determined by the coach.



CONTRACT: KEY POINTS

Academics

- Cheerleaders must maintain a “C” average in each class **at all times** during the school year
- Cheerleaders must uphold the Mountain Brook High School Honor Code. Academic dishonesty will result in a 3 week suspension for the first offense. Additional instances of academic dishonesty could result in permanent suspension from the squad.

Cheerleading Grades

- Attitude, attendance, dress, exam and participation will affect the cheerleader’s grade for the 8th period class.

Discipline

- Since we cannot foresee all the situations that may arise during the cheer season, the coaching staff reserves the right to take disciplinary action for offenses as necessary.



UNIFORMS AND PRACTICE CLOTHES

- Please check email in the next few days for an invoice for uniforms.
 - You will pay for uniforms on the high school website.
 - Go to HS website—Resource—online payments—Cheer
 - You will have to enter your amount found on the uniforms invoice here:

Fee Items	
 CHEER UNIFORMS	
Variable Price Items	
CHEER UNIFORM \$ <input type="text" value="0.00"/>	CHEER PRACTICE CLOTHES \$ <input type="text" value="0.00"/>



- Please fill out this [practice clothes google form sheet](#) so that we can get practice clothes ordered asap. Once we receive sizes, a separate invoice for practice clothes will be sent via email and you will pay for them like you did uniforms.



CAMP INFORMATION

After much thought and consideration, we have decided to not participate in a UCA Home Camp this summer.

We will incorporate camp activities into our scheduled Boot Camp this year.

Please be looking for an email soon with more details.



BOOT CAMP

- Mandatory for each cheerleader.
- August 3rd -7th from 9-3 each day. There will also be nightly activities.
- Leadership team will be sending emails regarding the activities and payment due soon.



MBHS FOOTBALL SCHEDULE 2020:

Aug 14: Peggy Faircloth Spartan Day 5:30

Aug. 21: VESTAVIA

Aug. 28 HUNTSVILLE (senior night?)

Sept. 4: @Woodlawn

Sept. 11: @Huffman

Sept. 17 SHADES VALLEY (Thursday night game)

Sept. 25: @Thompson

Oct. 2: OPEN

Oct. 9: @Briarwood

Oct. 15: HOMEWOOD (Thursday night game) (eday that Friday, Oct. 16) (YOUTH CLINIC)

Oct. 23: CHELSEA (Homecoming??)

Oct. 29: @Austin - Charter bus roundtrip leaving at 3pm

PLAYOFFS: Nov 6, Nov13, Nov 20, Nov 27, Dec 4 - Charter buses leaving at 3pm



THROUGHOUT THE YEAR THERE WILL BE...

- Cheer/Band Dance Check Offs
 - Videos will be posted on the website.
- Physical Check Offs
- *Weekly* Stunting/Tumbling Check Offs
- After you have met the minimum requirements, attitude and work ethic will decide who cheers.
 - Attendance is incorporated into work ethic.



EXPECTATIONS OVER SUMMER

- You need to be physically ready for the first practice in August. Physical Fitness will be incorporated during bootcamp (the mile)
- The video of all cheers and band dances will be posted on the webpage before summer is out. You must have them learned when you return in August.
- We will have cheer/band dance check offs and a physical component during the first week of practices in August.
- **August 3rd - 7th**- Boot Camp, 9-3 each day with nightly activities



BOOSTER CLUB AND PLANET FUNDRAISER

○ Booster Club

- Pays for buses, food, ribbons, tattoos, paint, glitter, pep rally incidentals, camp gifts, camp food, costumes, shakers, homecoming supplies, etc.

• Planet Fundraiser

Please download the app today if you do not have on your phone!



COMMITTEES

- Leadership Board:
 - Lois Bradford, Marci Grant, Jennifer Perry, and Julie Stewart
- Please let leadership board know if you are interested in any of the committees.

Cheer Camp Committee

Homecoming Chair and Committee

Service Committee

Cheer Booster Chair and Committee

Hospitality Committee

Youth Clinic Chair and Committee

Tailgate Chair

Banquet Chair

Holiday Formal Chair



CHEER CORPORATE SPONSORSHIP PROGRAM

- Funds raised from Cheer Corporate Sponsorships help with the purchase of cheer mats, paint and materials for signs, transportation for away games, Coach Brown's cheer supplement, etc.
- Our goal is to raise \$10,000 (\$2,500 per sponsorship). For \$2,500, the sponsor's logos will be included on a banner that will be prominently displayed at all the events in which the cheerleaders participate. This includes home and away games at all varsity football and basketball games, making it a great way to advertise across the state.



- Please click [here](#) to sign that a parent and cheerleader has read through this powerpoint in its entirety.

Thank you!





**KEEP
CALM**

because

**THE BEST
IS YET TO COME**

