



Mustang Cheerleading

Program Handbook





Mission Statement



Our Mission Statement

To provide a youth program to learn the skills of cheerleading in a positive and encouraging environment.

Vision Statement

- To instill life-long values of teamwork, dedication, self-worth, and confidence.



Mustang Cheer Coaches

Unicorn Football - Cristy Walsey, Mary Haag

Ponies Football - Mary Haag

Colts Football - Mary Haag

Rangers Football - Mary Haag

Unicorn Competition - Mary Haag, assistant Kari Vail

Ponies Competition - Mary Haag, Anna Hoffman, assistant Kari Vail

Colts Competition - Mary Haag, Anna Hoffman

Rangers Competition - Brianna Marten, Mary Haag, parent assistant Kari Vail





Mustang Cheer Athlete Expectations

- 1. Uphold the rules and policies of the program as outline in this handbook, the cheerleaders guide, and for those that may be chosen to be captains, the captain responsibilities guide.**
- 2. Dedicate themselves to try their best always.**
- 3. Contribute positively to the overall success of the team by accepting the decisions of the director, coaches and supporting your fellow cheerleaders.**
- 4. Invest practice time to strengthen the team.**
- 5. Communicate appropriately with the coaches whenever necessary.**
- 6. Practice safely during and outside of practice.**
- 7. Have fun while working to be YOUR best.**



Mustang Cheer Bullying Policy

We have a zero tolerance policy regarding bullying and violence. All athletes on all teams and parents are expected to show their coaches and teammates and their families with respect at all times - **in person and on social media**. Failure to do so will result in immediate dismissal from the team without refund at the Directors' discretion.

Teammates applies to all who participate in the Mustang Rec Cheer and Tumbling programs.



Team Placements

We currently do not hold tryouts or hold cuts. We have 4 teams for football and four for competition. Teams may be combined depending on team number enrolled, or for football depending on the number of football teams.

Registration is limited. Due to Insurance, uniforms, practice space, choreography, and coaching staff, it is difficult for us to add anyone at a later date.



Mustang Cheer Time Commitment

Cheerleading is a unique sport, wherein the absence of one team member affects the entire squad. We cannot emphasize enough the importance of attendance. Planning family activities around our season is important. Family event conflicts should be cleared with Director well in advance.

Practices are held in Dodgeville, WI.

Currently practices are scheduled once a week for each group. We will add Saturday practices or another week-night later in the season for competition. These additional practices may be held at the high school gymnastics practice area and will help with spacing and familiarity with the floor size for competition.

Football practices are important to learn all the material. There are a lot of cheers to learn, so please do not allow your child to miss any practices. If they do not know the material the rest of the team knows, they will not cheer at the games until the coach feels they are ready. For any halftime performances, if they miss practices and are not familiar with the material, they will not perform that routine.

There are no refunds if you chose to allow your child to quit or if your child is removed from the team.



Practice Schedule

Currently practices are located at Plymouth UCC, 115 W Merrimac St., in Dodgeville and are scheduled for:

Football

Unicorns - 5:00 - 6:00 pm

Ponies - 5:30 - 6:30 pm

Colts - 6:00 - 7:30pm

Rangers - 6:30 - 8:00 pm

*If teams are combined, practices times may change. We will not start before 5 pm.

*****Competition**

Unicorns - 5:00 - 6:00 pm

Ponies - 5:30 - 6:30 pm

Colts - 6:00 - 7:30pm

Rangers - 6:30 - 8:00 pm

*If teams are combined, practices times may change. We will not start before 5 pm.

***Competition-We will need to have at least 12 cheerleaders to avoid combining teams



Choreography role on team

Competition teams will be taught a unique, custom choreographed competitive routine. Football teams will be taught a halftime routine. No athlete has a right or guarantee to any particular role or location in a routine. There are various reasons coaches may move athletes to different spots in a formation or to a different stunt group.

Oftentimes, this has nothing to do with the athlete's ability, as there are multiple other important items to consider when working on a routine. Aspects such as the flow of choreography or a difference of formations are just some of the many reasons for athletes to be moved to different spots or different stunt groups. Each member of the team is vital to their team's overall success.

Our Competition teams will participate in a choreography clinic—an all day event where we learn formations/transitions/dances in one day. Attendance is mandatory at choreography clinic. This day is expected to be in October and on a weekend.



Absence Policy

It is important that you and your athlete take participation on the team seriously. Each cheerleader has 3 excused absences throughout the season. If your athlete has excessive absences/tardiness to practices, their spot in the choreography will be removed/changed.

It is your responsibility to contact the coach or director to let them know, in advance, that your child will miss practice. Please keep in mind that there are only 3 excused absences.

Please schedule appointments, family events, friend events, or any other event outside of practice time.

If you have a vacation scheduled in August before school starts, please let the director know at registration time.

If your child misses too many practices, or has skipped practices to hang with friends, go shopping, sleep, or for any other reason, your child may be removed from the team. Of course, family emergencies are an excused absence.

Not only has your child made a commitment to the team, they have made it to all the families who have made the same time commitment and investment.

There are no refunds if your child loses their spot on a team.



Quitting Policy

If an athlete quits at any point during the season, he or she is ineligible to return the following season. Future return to the program will be at the discretion of the Director and Coaches.

Cheerleading is a team sport that requires commitment. We all rely on each other. Everyone is an important member of the team and if someone leaves, it impacts the entire program.

Should an athlete quit, we will need to change the entire competition routine to accommodate the change.

A \$100 re-choreography fee will be charged to any competition athlete who quits the team during the season. There are no refunds.



Financial Investment

Registration -

\$90 for Football. This includes rental of the uniform, 1 hair bow, practices, and games.

\$150 for Competition. This includes rental of the uniform, 1 new bow if it is different from the football bow or you didn't get a football bow, and practices.

IF you fail to return the uniform within 1 month after the season ends, you will be charged the cost of brand new replacement uniform.



Additional Costs

Cheer Shoes - Please pay that when registering. \$30.
This could change after registration. **REQUIRED**

Boy cut briefs in black for under the uniform. You can find them online, Old Navy, Walmart, Dicks, etc. Please check with other parents. **REQUIRED**

Practice Tee - to be worn at all practices. This fee will be announced after registration is finalized. **REQUIRED**

Team Gear - We do short popup orders for any additional items you may want to purchase, such as a jacket, warmups, additional tees, or sweatshirts, backpacks, duffels, etc. Not required, but beneficial



Fundraising

Each cheerleader will be asked to participate in fundraisers over the course of the season. For competition cheer, the profits raised will be applied directly to your child's competition fees. Each competition charges between \$25—\$70 per athlete per event.

Fundraising helps offset these expenses! If you'd prefer, you are able to donate \$50 per fundraiser in place of participation.

During your season, you are required to participate in fundraising. You will be informed if the fundraising is specifically for competition cheer. Football Cheerleaders do not have to participate in competition cheer fundraising if they do not want to.

Some other items fundraising may be applied towards:

Choreography fees = \$60 per athlete

Clinic or camp fees = \$60 - \$100 per athlete

Music/copyright - \$25 per athlete

Equipment additions or upgrades, rental space





You do not need to purchase a uniform. Your child will rent one for the season, which is included in the registration fee.

If you return a dirty uniform, there is a \$25 cleaning fee.

At the start of the season, your athlete will be fitted for a uniform. Your registration fee and uniform contract must be on file in order to receive your uniform. All uniform pieces; top, skirt, custom liner, must be returned at the end of the season each year or you will be billed for them. You may keep your hair bow.

Keep your uniform cleaned after each event:

- 1. DO NOT DRY CLEAN.**
2. Machines inside out with cold water.
- 3. NO BLEACH OR FABRIC SOFTENER**
4. Hand dry....**DO NOT TUMBLE DRY**





Competitions

We will compete in 2 - 4 competitions per season.

All team members must be at competitions! These are mandatory performance events. Without one member, all other aspects of a competitive cheer routine cannot be executed and would result in a total disqualification from the event and loss of our paid competition fees.

Please keep this in mind when deciding if this program is something that would work for your family.

All cheerleaders are required to attend all practices.





Competition Travel

Most competitions will be within 2-3 hours from home. We will set up hotel room blocks for most events to help save some money.

Travel to and from the venues will be the responsibility of the parents.

Room block info will be sent out 2 months prior to the event.

You are not required to stay at the hotel.





This handbook is a guide and will be updated as needed. You will be notified of any updates made during the season.

Cheerleaders will be given a handout at their first practice with expectations. Please look it over with them and help them to follow it.

It is understood that not all situations can be listed and therefore, will be handled, as they come to our attention, by the Director who may confer with the coaches.



Competitive and Sideline Cheer

Please share photos, videos, and more via our social media platforms. We encourage you to like, follow, comment, and share with us! You can follow us on the following Platforms

<https://www.facebook.com/cheerformustangs>

Instagram [dodgeville.mustang.cheer](https://www.instagram.com/dodgeville.mustang.cheer)

