

# Milton Junior Eagles Cheer

## 2024 PROGRAM PACKET

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### **MJE CHEERLEADERS**

YOU are Leaders.

YOU represent this program, your coach, your school, and your community.

YOU are a role model whose very essence is to bring cheer, boost spirit, and radiate positivity.

Lead by example - all the time - everywhere!

**Please note: All official information and documentation will be posted**

**on the [mjecheer.com](http://mjecheer.com) website.**

**When a question arises, please check the website first, including scheduling changes**

# Milton Junior Eagles Cheer

## ELIGIBILITY REQUIREMENTS

- Zoned for Milton High School (do not need to attend a Fulton Co. School)
- Registered online at [mjecheer.com](http://mjecheer.com)
  - Note: When completing the Registration Form ([https://docs.google.com/forms/d/e/1FAIpQLSdlB1lfub3NXuHHzWG9FXchinvbl9WtBRPTg\\_NtvczeQJs7g/viewform?vc=0&c=0&w=1&flr=0](https://docs.google.com/forms/d/e/1FAIpQLSdlB1lfub3NXuHHzWG9FXchinvbl9WtBRPTg_NtvczeQJs7g/viewform?vc=0&c=0&w=1&flr=0)) via the Google Form, you must be logged into a Google Account
- [mjecheer.com](http://mjecheer.com) Forms:
  - Pre-Participation Physical Evaluation Form (Signed by MD - This must be scanned and uploaded)
  - Parent Agreement
  - Cheerleader Agreement
  - Photo and Video Release
  - Transportation Liability Release
  - Concussion Awareness Form
  - Consent to Treatment
- Paid \$55 Non Refundable Tryout Fee (Venmo @MJECher OR Check to MJE Cheer by Tryout Date)
- 2.5 GPA - Report Card or Transcript to be provided upon request at Tryouts
- Parent or Guardian attended 1 or the 2 offered pre tryout information meetings.

## PROGRAM OVERVIEW

The MJE Cheer Program is a volunteer-led Sideline and Competitive Cheerleading program aligned with the Milton Junior Eagles Football Program and feeding to Milton High School's Sideline and Competition Squads. Our goal is to not only prepare young ladies for the athletic demands and rigor of the High School Program, but to foster Team Spirit, Leadership, and Character Development through the Middle School years.

## ORGANIZATION

The Program will be managed with a leadership board of volunteer parents that will be assisted by the professional allstar cheer gym, Stingray Forsyth. The Board will include a President, President Elect, VP of Finance, VP of Operations, VP of Communications/Marketing and Competition Director. Committee Chairs will include Volunteer, Uniform and Spirit. The teams will be managed by 2 Parent Leaders per squad and will receive assistance from a Professional Coach through Stingray Allstars Cheer and will also have volunteer Milton High School coaches. All Families not already signed up for one of the volunteer roles mentioned above will be expected to contribute to the program through a minimum of 2 volunteer shifts per season. Shift opportunities will be presented at the beginning of the season, but more will open up at the end of the season as post-season play is determined.

## RULES & GUIDELINES

The MJE Cheer Rules and Guidelines have been set forth to ensure a fun, safe, and equitable environment for your child at all times. MJE Cheer and Stingray Allstar Cheerleading are committed to careful observation and monitoring of safety measures, including proper stretching, and only allowing stunting and tumbling when a Parent Leader or Coach is present. The MJE Cheer Program strives to elicit enthusiasm and interest in the sport of cheerleading, while encouraging confidence, and improving each cheerleader's individual skills and abilities.

## GENERAL

- Maintain enthusiasm and school spirit at all athletic events
- Learn all cheers, chants, dances, and halftime routine
- Maintain or improve all tumbling skills performed at tryouts
- Be prepared for the activity: appropriate attire & equipment, fed, hydrated, own water
- No food, including candy and gum, allowed while cheering
- No cell phone use, without permission, during practice, game, or competition
- Pick up all trash before leaving practice, game, or competition

[mjecheer.com](http://mjecheer.com)

# Milton Junior Eagles Cheer

## BEHAVIOR

Moving into the MJE Cheer program is a step up from “Rec League” sideline cheerleading. We follow the MHS Cheerleading format. If the players are playing, the cheerleaders are on the track cheering, regardless of weather. Snacks will not be consumed during the game, only water for hydration. All Quarters, cheerleaders are to be on the track in formation.

- Treat all coaches, team parents, and fellow MJE Cheerleaders with genuine courtesy, kindness, and respect. There will be zero tolerance for cruel or callous behavior, including arguing, bullying, fighting, gossiping, or slander. An MJE Cheerleader is expected to support and encourage every teammate, thus creating and maintaining a safe, fun, and welcoming environment for all involved.
- Cheerleaders must always follow the ‘no fault’ stunting policy: “Never blame your teammates. It takes a team to succeed, and a team to falter.”
- Absolutely no alcohol or drug use will be tolerated! This includes smoking, vaping, drinking, or the use of any illicit drugs or controlled substances. MJE Cheer follows the Fulton County School District’s policy regarding drug and alcohol use. Following any drug or alcohol related school suspension, the cheerleader will forfeit participation in an equal number of practices and/or games and may be subject to permanent dismissal from the MJE Cheer Program.
- Behave in a positive and respectful manner on social media, email, and text. This includes, but is not limited to, saying/posting/lip-syncing curse words, racial slurs, animal cruelty, sexual messages/innuendos, posting/emailing/texting inappropriate or potentially harmful photos, excessive public displays of affection, inappropriate dress, inappropriate posts/messages on personal page/account or a third-party’s page/account, etc.
- Absolutely NO Cell Phone Usage during practice or game times. Cell phones are to remain in bag or with Coach.
- No Gum or Food in the gym, on the mats, or on the track at any time.

## APPEARANCE

- Have a tidy personal appearance and hygiene at all times.
- Wear game day MJE spirit apparel to school every Friday before games .
- Dress out in full uniform for every game, including game day bow, cheer shoes with white no-show socks, and sleeves/leggings/gloves/rain jacket (weather dependent).
- All Uniform pieces (including Shoes, Jackets and Practice Uniforms) are not to be worn for activities other than Cheer during the cheer season and are to be kept in excellent, stain-free condition. If stained or damaged, please contact the Uniform Chair to purchase replacement.
- Midribs and Undergarments (Bra Straps, etc) are not to be seen peeking out from under clothing.
- Disrobing from practice tees/uniform tops into sports bras is prohibited at any practice, camp or game.
- Wear full designated practice attire in accordance with weekly schedule, including practice bow, cheer shoes with white no-show socks, cheer jacket and cheer pants (weather dependent).
- Keep nails short, well-filed, and free of any colored nail polish or artificial nail materials, including SNS, acrylic, gel, silks, etc., as in agreement with GHSA rules (Nail length should not extend past the tips of fingers)
- Wear hair in a high/mid/low ponytail or french braid (“half up” is permitted for non-bases) with specified bow to each practice, game, and competition; maintain a classic hairstyle with no unnatural colors, nor any temporary attachments which may present a safety concern, such as feathers, hair rings, beads, or clip-in extensions; special note: permanent/semi-permanent extensions and braids such as tape-in, weave/sew-in, fusion, and microlink are permitted.
- Jewelry is a safety hazard, and therefore STRICTLY PROHIBITED at practices, games, and competitions. This includes necklaces, bracelets, anklets, earrings, or body piercings (even under clothing), nail & hair rings, adorned hair pins, watches and fitness trackers, string or woven articles, etc. Taped or hidden jewelry is not acceptable. No new piercings until the season concludes. Medical devices are permitted.

## SCHOLASTIC REQUIREMENTS

- A cumulative 2.5 GPA, both on and off-season
- Report cards can also be requested at any time by a coach or squad parent as issued by Fulton County Schools.
- Failure to provide report card will result in exclusion of all cheer related events
- A failing report card grade will result in academic probation, and required meeting with parent(s), coach(s), and/or board member(s)
- Continual non-maintenance of grades will result in dismissal from the MJE Cheer Program

# Milton Junior Eagles Cheer

## ATTENDANCE POLICY

- **MJE Cheer should take priority over all other extracurricular activities AUGUST THROUGH OCTOBER.**
- Cheer is not a “Bench Sport”. A single absent cheerleader diminishes or eliminates the entire team’s opportunity to safely practice and perform their skills, particularly relating to their halftime routine, to which they have dedicated significant time, effort, and teamwork.
- **Cheerleaders must arrive on time (15 min prior to practice time and 1 hour in advance of gametime/competitions),** in full dress, to every practice, game, competition, and event.
- Summer Practices are Mondays & Thursdays in June and in July and are semi-mandatory; if in town, attendance is expected. Dates and a sign up for attendance will be distributed.
- In Season Practices are Every Monday and Thursday in August, September, and October and are mandatory.
- Official GMSAA Schedule will be released in July, until which, we anticipate a regular season game every Saturday starting the last Saturday in August, through October, and a playoff game every Saturday in November and a Championship Game, typically the Saturday before Thanksgiving. **ALL GAMES, INCLUDING POST SEASON, ARE MANDATORY. We DO cheer on Labor Day Weekend.**
- Once the Football schedule is released, the Competition Schedule can be finalized. **All Competitions are mandatory attendance.** Please expect to dedicate the full day as squads are expected to arrive before the Competition and stay through the awards ceremony.
- **As a general rule, if the team is practicing/playing, we are cheering...rain or shine**

## ABSENCES

### EXCUSED ABSENCES

- Death in the immediate family
- Personal illness with doctor’s note
- Religious holiday
- Church or School REQUIRED trip (ie: Confirmation, Grade level educational trip)
- Special Absence
  - This (ONE) absence is intended to allow families to attend important events such as family weddings, baptisms, reunions, etc., with significantly reduced disciplinary action; this absence is NOT a “freebie”
  - Two-week + advance notice is required and cheerleaders must obtain prior approval from coach and board members; approval is not guaranteed, and is at the discretion of the coach and board members

### TARDIES AND UNEXCUSED

- First time Tardy offense will result in a warning; excessive tardies are not permitted.
- Any absences that do not meet the requirements of an excused or special absence is therefore unexcused.
- Any unexcused missed practice from August-October will result in sitting out one quarter of the following game.
- Any unexcused missed game will result in sitting out one half of the following game.
- For Competition Squad, any unexcused absence to Practice or Competition will result in replacement on “Mat”.

### INJURIES

- Cheerleaders who are unable to cheer due to injury must attend each practice, game, event, or competition in full dress/uniform, and sit with the coach/team.

## MANDATORY DATES

- Cheerleaders are expected to attend ALL mandatory dates.
- Some dates have not been officially set in stone, and are, therefore, subject to change; attendance is still expected, regardless of changes.
- Extra practices may be added at the discretion of the coach; as with any other practice, attendance is expected
- While we have gone to extra effort to publish as many of the schedules with as much notice as possible, there will inevitably be changes. **MJE Practices, Games and Competitions take priority over all other extracurricular activities and families need to make arrangements to ensure their cheerleader is at all mandatory events on time.**

# Milton Junior Eagles Cheer

Activity	Dates	Times	Location
Tryout Parent Meeting	PICK ONE: Feb 25th/Mar 6th	7:00-8:30p	Birmingham United Methodist Church
Tryout Camp	March 25 <sup>nd</sup> , 26 <sup>rd</sup> , and 27 <sup>th</sup>	4:30-6:00p	Northwestern Middle School
Tryouts	Thursday, March 28th	4:30-6:30p	Northwestern Middle School
Cheerleader Fittings	PICK ONE: April 8th or April 9th	5:00-6:30p	Birmingham United Methodist Church
Parent/Cheerleader Meeting	Sunday, April 21st	7:30-8:30p	Birmingham United Methodist Church
Sideline Stunt Camp	May 18 <sup>th</sup> & 19 <sup>th</sup>	18th 9a-12p, 19th 5-8p	Stingray Forsyth
Competition Choreo Camp	June 6th & 7th	6th 9a-4p, 7th 9a-2p	Stingray Forsyth
Sideline Choreography Camp	July 22 <sup>th</sup> -25th	July 22 9-11a, 23-25 9:00a-3:00p	Stingray Forsyth
Sideline Summer Practices (Attend if in town)	6/24, 7/1, 7/8, 7/11, 7/15, 7/18, 7/29, 8/1	Morning & Evening Options	Friendship Park
Competition Summer Practices Carpools available starting in June (Attendance is expected)	Start June 5th- Wednesdays	3:30p-5:00 p	Stingray Forsyth
<b>Sideline Cheer Practice</b>	<b>Mondays – All Grades August-October</b>	<b>6:30p-8:00</b>	<b>Milton High School</b>
<b>Halftime Routine/Stunt Practice</b>	<b>Thursdays – All Grades August-October</b>	<b>4:30p-6:30p</b>	<b>Northwestern Middle School</b>
<b>Comp Squad Practice</b>	<b>Mondays &amp; Fridays Aug-Oct</b>	<b>4:30-6:00 p</b>	<b>Northwestern Middle School</b>
<b>Games (TBD*)</b> *GMSAA is expected to publish their schedule late July	<b>Saturdays, Aug-Nov (Incl. Grade Playoff &amp; Championships)</b>	<b>6th - 3:00pm (Or 9a) 7th - 5:00pm (Or 11a) 8th - 7:00pm (Or 1p)</b>	<b>Milton High School and surrounding Metro High Schools</b>
<b>Competitions (TBD*)</b> *Competitions will be finalized when Football schedules are set	<b>Typically 3-4 Saturdays or Sundays Sept- Oct</b>	<b>All Day</b>	<b>Various Locations in GA (North of Macon)</b>
Team Pictures	TBD – With Football Team	TBD	Milton High School
Banquet	TBD – Early November?	TBD	TBD

## OPTIONAL DATES

Activity	Dates	Times	Location
MJE Day at Six Flags	June 4th, 2024	11 a- 8 p	Six Flags
Pre-season Squad Party	TBD	TBD	TBD
Big Sis/Lil Sis party	May 14th	4:30-5:30	Friendship Park
Squad Sunday	TBD	TBD	TBD
Spirit Week Mailbox Decorating	TBD	TBD	TBD
Post Game Activities	TBD	TBD	TBD
MHS Football games	TBD	TBD	TBD
MHS Competitions	TBD	TBD	TBD

**OFFICIAL SCHEDULES AND ALL SCHEDULE CHANGES WILL BE POSTED ON THE GMSAA WEBSITE. CHECK THERE REGULARLY FOR FINAL DATES, TIMES, AND LOCATIONS**

## ADDRESSES:

- Milton High School 13025 Birmingham Hwy, Milton, GA 30004
- Northwestern Middle School 12805 Birmingham Hwy, Milton, GA 30004
- Stingray Allstars Forsyth 7715 Majors Rd, Cumming, GA 30041

# Milton Junior Eagles Cheer

## DEMERIT SYSTEM

MJE Cheerleaders are required to act beyond the standard expectation of conduct, as they represent the Milton Junior Eagles Cheer Program as well as the entire Milton Eagles community. Being a cheerleader is both an honor and a privilege; appropriate behavior and attitude are necessary at all times.

The main goals of MJE Cheer are to:

- Create a culture based on respect
- Build strong character while improving athletic skills, commitment & teamwork
- Instill personal responsibility, honesty and accountability
- Learn to accept praise and criticism
- Set clear rules and behavioral expectations/parameters
- Establish logical consequences for ignoring, disregarding, or defying rules
- Eliminate/discourage negative behaviors

To achieve these goals, we use a demerit system. This demerit system is our primary disciplinary tool, and it serves as a general guideline for the expectations of every MJE Cheerleader. Demerits are cumulative throughout the season, and can be given by coaches or any Board member. Coaches and Board members reserve the right to assign extra demerits as they deem necessary. Cheerleaders dismissed from the MJE Cheer Program will not be entitled to any refunds.

## ALLOCATED POINTS OFFENSE/BEHAVIOR

1	Being late to practices, games or after half time break at games
1	Excessive talking or horse playing during practice, game, or competition
1	Leaving trash behind at game, competition, or any other cheer event
1	Failure to wear designated attire for practice or games (Includes breaking appearance standards)
1	Use of foul language or poor sportsmanship
1	Not fulfilling practice gym mat duty. Leaving early, sitting on bleachers while teammates clean up, etc.
3	Arguing, bullying, fighting, or gossiping
3	Unexcused Absence or Leaving practice, game, competition, or other cheer event early
3	Failure to provide report cards when requested
3	Excessive public display of affection at school, game (including MJE or MHS games), event, or on social media, etc.
6	Insubordination, extreme unsportsmanlike conduct, or inappropriate/disrespectful behavior toward any Milton Junior Eagles Cheer coach, team parent, volunteer, or toward the opposing team and their coaches, parents, etc.**
12	Inappropriate behavior that results in school suspension or reflects negatively on the reputation of the cheerleader or MJE Cheer, including, but not limited to, smoking, drinking, use of drugs, failure to abide by Fulton County Code of Conduct, etc.**
12	ANY inappropriate or illegal behavior on social media, email, or text, including, but not limited to, saying/posting/lip-syncing curse words, racial slurs, animal cruelty, sexual messages/innuendos, posting/texting/emailing inappropriate or potentially harmful photos, inappropriate dress, inappropriate posts/messages on personal page/account or a third party's page/account, etc.** subject to removal based on the content/situation.

## ACCUMULATED POINTS CONSEQUENCE

1	Immediately run 2 laps at practice or before or after game, 25 pushups
3	25 pushups, 25 situps, 15 burpees and run 3 laps
6	50 pushups, 50 sit ups, 25 burpees, run 3 laps, and sit out first quarter of following game
12	50 pushups, 50 sit ups, 25 burpees, and run 3 laps, and sit out the following game dressed in uniform
15	Immediate removal from the MJE Cheer Program

\* In addition to the above consequences, any single offense in the 6 Point Demerit Category will result in sitting out the first half of the following game. However, as an alternative, the cheerleader may be given the opportunity to assist the coach before or after practice, and, if requested, teach the squad a new cheer/chant. Since this alternative is entirely dependent on schedule compatibility, it is not a guaranteed option.

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## FEE SCHEDULES & DUE DATES - Sideline- 3 payments of \$225, Comp- 3 payments of \$250

Fee	Includes (Pricing is approximate)	Due	Amount
Tryout Fee	Judges & Facility	3/28	\$55
Program Dues	Camp Week Supplies \$20 Spirit Week Supplies \$15 Events \$30 End of Season Gifts \$50 Safety Equipment \$15 Cheer Equipment \$35 Program Administration \$25 Halftime music \$15	4/8	\$200
Uniform Pack (possible rental option 2024 Season)	Shell \$145 Skirt \$110	5/15	\$60 rental fee, \$150 deposit
New Cheerleader Pack (to be used multiple seasons)	Warm up jacket \$150 Backpack \$60 Carabiner \$5 Rain Jacket \$5 Megaphone \$35 Water Bottle \$25 Red Gloves \$10 Head Wrap \$10 3 Pompoms (Red, White, and Navy) \$35	5/15	\$185
Cheerleader Pack (typically needs to be purchased each year)	Practice T Shirts & Bow \$60 (New for 2024) Game Day Shirt & Bow \$55 (6th grade) Navy Pants \$75 Navy Briefs \$20 (2 Pr) Solid White Long Sleeve Crop Top \$20 All White Sideline Cheer Shoe \$70	5/15	\$230
Shoes	Leather/Vinyl All White Sideline Cheer Shoe	5/15	\$60-90
Optional Items	2 Pair Practice Shorts \$30 Parent Shirts \$15		
Personal Items (to be purchased on your own)	White No-Show Socks Navy Racer-back Sports Bra Navy & Red Practice Shorts		
Competition Package	Uniform \$145 Practice Tank \$20 Competition Bow \$25 Comp Shoes \$100	5/15	\$290 (\$190 if you already own comp shoes in good condition)
Jump Camp	Stingray Allstars Coaches & Gym	6/3	\$22 (Paid to MJE)
Stunt Camp	Stingray Allstars Coaches Stingray Allstars Gym Fees	6/3	\$80 (Paid to MJE)
Choreo Camp Fee	Choreography / Coaches / Gym Fees	6/3	\$225 (Paid to MJE)
Sideline Routine Coaches Fees	Monthly August-September	8/5	\$140 (Paid to MJE)
Competition Program Fee	Music, Comp Registrations , Gifts, Supplies, Equip.	4/8	\$250 (Paid to MJE)
Competition Gym Fees	Choreo Camp and Monthly June-December	6/3 & 8/5	\$500 (1 payment split)

Venmo (Preferred): @MJE Cheer (Please use Friends & Family) / Checks should be written to: MJE Cheer

**Note: Measurements will be taken after squads are selected either 4/8 or 4/9.** Sign up genius to be distributed. Returning cheerleaders may use previous year's items that are still in excellent condition and fit. Cheerleaders are to bring all uniform components to fittings to be inspected. Bows, Tanks, and Tees change annually and will need to be

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repurchased. All Cheerleaders are required to have all items listed above. Prices listed are subject to change if vendor prices change.

As a Non-Profit organization, all funds collected are put into the program. Should you wish to be confidentially considered for financial aid, please reach out to the Board President at [info@mjecheer.com](mailto:info@mjecheer.com)

## TRYOUTS AND SELECTION

Tryouts are intended to serve 3 purposes, give prospective cheerleaders insight into the Middle School level cheerleading expectations, provide exposure to the selection process used by most all higher-level cheer programs, and compile a squad of cheerleaders who have the potential to be successful at this, and higher level cheering. While it is the goal of the program to “build cheerleaders”, we are typically not able to accommodate all hopefuls that try out. In an effort to provide everyone an equal opportunity, we share our Selection Protocol below:

For 3 days leading up to tryouts, we provide both a daily clinic at Northwestern Middle School led by MHS Cheerleaders and Stingray Allstars and online tutorials that will be posted the week prior to tryouts at [bit.ly/MJECheerPlaylist](http://bit.ly/MJECheerPlaylist). At the Clinics we provide group instruction and attempt to provide 1:1 feedback to those that seek it. 2 Cheers, 1 Dance Sequence, and several jumps will be taught. We are unable to provide any tumbling assistance or instruction during these clinics but highly encourage cheerleaders to seek out instruction (privates, groups, or classes) as tumbling skills take time to master and become increasingly important to making squads the older and more competitive the squads.

Sideline Squads will consist of same-grade team members. Tryout requirements consist of 2 Cheers and 1 Dance Sequence (Performed in groups of 3), 2 Jumps (Toe Touch and another jump of their choice), and Showmanship (This is exhibited throughout the tryout). While tumbling is not a requirement for MJE Cheer, in the case of a tie, it will be taken into consideration and has historically been an important component so we encourage hopefuls to attempt both standing and running tumbling. Stunting will also be evaluated and noted during the clinic week to ensure balanced squads.

The Competition Squad will be made up of 6<sup>th</sup>, 7<sup>th</sup>, and 8<sup>th</sup> graders. There is not a separate tryout (Sideline scores will be used for selections), but Tumbling is mandatory. Hopefuls will be observed throughout all 3 days of Tryout Camp. While we do not have a set-minimum tumbling requirement, many Comp cheerleaders will possess much higher standing and running tumbling skills.

### Sample Score Card

Requirement	1	2	3	4	5	6	7	8	9	10	Total
Cheer 1											
Cheer 2											
Dance											
Toe Touch											
Optional Jump											
Showmanship											
Sideline Total											
Standing Tumbling											
Running Tumbling											
Tumbling Total											
Comp Total											

Selections are made on the “natural cut line” (meaning we look for the natural point where scores drop off). There is no set number of cheerleaders that will be selected for Sideline Squads, however we will cut off as the numbers get too large. 18 is an ideal number per squad. Competition team will ideally comprise 24 “On Mat” cheerleaders and up to 6 Alternates.



# **M**ilton Junior Eagles Cheer

MJE Cheer does not require cheerleaders to cheer on a Sideline Squad in order to cheer on the Competition Squad. If you are not interested in Competition Cheer, you can choose to only register for Sideline. You can register for both too. No other Sports Conflicts are permitted. Cheer Practice and Games must take priority over all other activities/sports.

