



MCCA 2026 Cheer Contract

BEING ON TIME & PRESENT: Being on time for practice is essential for both individual growth and overall team success. Punctuality shows respect for your coaches and teammates while allowing you to fully prepare and perform at your best. When everyone arrives on time, the team can start together, strengthening unity and commitment. Arriving early gives you the opportunity to warm up properly—both mentally and physically—reducing the risk of injury and improving performance. It also demonstrates discipline and accountability, habits that extend beyond athletics into academics and future careers. Consistent attendance and punctuality ensure you don't miss important instruction, repetitions, or drills, all of which are critical for improvement. In short, being on time isn't just about the clock—it's about respect, preparation, and commitment to the team.

ARRIVE COMP READY: We understand that not all athletes are able to travel with the team on the day of competition; in these cases, it is the athlete's responsibility to arrive at the venue "Comp Ready," meaning fully dressed and prepared to compete in the full uniform, including socks, shoes, bow, and hair completed according to team requirements. Coaches will communicate hairstyle expectations to parents in advance of each competition. Athletes will receive a competition gift bag prior to each event, which may include items such as bows or socks; all items should be stored safely, as they may be needed again later in the season. Athletes are not permitted to use glitter on their hair or face without prior approval from the head coach.

CHEER SHOES: Cheer shoes are only to be worn on the mats and inside the gym. Athletes are not permitted to wear cheer shoes outside, including on the street or in the parking lot. If athletes need to wear their cheer shoes outside, they must be properly covered with shoe covers at all times.

HAIR / MAKE-UP / JEWELRY: Athletes' hair must follow the style set by coaches on competition days, and during practices hair must be pulled back into a ponytail and kept out of the face. Makeup must follow MCCA standards as determined by coaches; red lipstick and liquid foundation are not permitted due to the risk of uniform staining. Jewelry of any kind, including earrings, is not allowed during practices or competitions in accordance with ICA safety rules, and necklaces, bracelets, and rings should be left at home. Athletes should arrive at practice without excessive makeup or any glitter on the face or hair.

PRACTICE WEAR/ CLOTHING: If practice wear is provided, athletes are expected to wear it to practice. Athletes who are not given practice attire should wear shorts with a crop top or tank top, along with socks and cheer shoes. Jeans, sweatpants, heavy sweatshirts, and jackets are not permitted during practice, as they interfere with safe stunting and tumbling. Coaches must be able to clearly see athletes' motions, movement, and form.

CHEER UNIFORM RESPONSIBILITY: It is the parent's responsibility to verify the size of their athlete's cheer uniform upon receipt. If the uniform is too small or too large, parents are expected to coordinate with other MCCA families to swap sizes. Tailoring, alterations, or adjustments to the uniform are the sole responsibility of the parent. MCCA is not responsible for resizing, altering, or replacing uniforms due to size issues. Uniforms

must be worn properly for all practices, competitions, and events. By signing below, I understand that it is my responsibility to ensure my athlete's uniform fits correctly and that any alterations or swaps are handled by me.

INSUBORDINATION: Insubordination will not be tolerated and includes inappropriate behavior, profanity, or lewd conduct. Discipline will follow this progression: an athlete warning (coach and athlete discussion), first official write-up (coach, athlete, and parent discussion), second write-up (coach, athlete, and parent meeting with a two-practice suspension), third write-up (board meeting resulting in a missed competition), and a fourth write-up, which may result in a board vote to remove the athlete from MCCA. The use of tobacco, alcohol, vaping products, or illegal substances will result in immediate dismissal. Unsportsmanlike behavior or disrespect toward other teams is unacceptable, and all athletes are expected to show respect to coaching staff, team parents, volunteers, and junior coaches at all times.

SET AN EXAMPLE (PARENTS): Parents play a crucial role in setting an example for their children, as kids often learn more from what they see than what they are told. By modeling qualities like honesty, kindness, responsibility, and perseverance, parents teach these values in action. Handling stress with patience, treating others with respect, and resolving conflicts calmly show children positive ways to navigate challenges, while negative behaviors like anger or dishonesty can be internalized. Setting a good example doesn't require perfection—it means being self-aware, admitting mistakes, and striving to improve, helping children develop resilience, emotional intelligence, and accountability.

ICA COMMUNICATION: Parents should NOT contact the ICA or any competition official for any reason. If you have concerns about rules, regulations, or other matters, please speak with an MCCA coach or contact our Director of Cheer. Effective communication is key to building trust, clarifying expectations, and resolving issues. Our Board of Directors and coaching staff are valuable resources, and parents are encouraged to reach out to them for questions, concerns, or support.

ATHLETE PROMISE TO: I promise to stay positive, support my teammates, and avoid gossip. I will be on time, prepared, and properly dressed for all practices, competitions, and events, following safety rules at all times. I will respect coaches, teammates, officials, and property, attend all mandatory practices and events, make up missed material, and communicate any absences or injuries. I will keep my uniform and practice wear clean, set a positive example in and out of the gym, follow all MCCA rules, and represent the program respectfully both in person and online. I understand that full participation is required for routines and competitions, and I will stay flexible with any extra practices needed.

RISKS & INJURIES: I acknowledge the inherent risks of cheerleading and understand that MCCA is not liable for injuries, accidents, or damages that may occur during participation. I acknowledge that participation in recreational cheerleading involves inherent risks, including but not limited to physical injury resulting from stunts, tumbling, conditioning, and practice activities. I knowingly and voluntarily assume all such risks. I hereby release, waive, discharge, and hold harmless MCCA, its officers, directors, coaches, staff, volunteers, and affiliates from any and all claims, liabilities, demands, actions, or causes of action arising out of or related to any injury, accident, or damage that may occur during participation, whether caused by negligence or otherwise, to the fullest extent permitted by law. I hereby agree not to sue and to release, waive, and hold harmless MCCA, as well as the owners, operators, and managers of any facilities or parking areas used, from any and all claims or causes of action for physical injury, accident, or damage sustained by the athlete arising out of participation, whether occurring during activities or on the premises, to the fullest extent permitted by law. Safety Rules– All

stunts must have proper bases, backspot, frontspot, and flyer; coach approval required for smaller groups. Only perform tumbling you have practiced with coach supervision.

PARENTAL EXAMPLES & SUPPORTING YOUR CHEERLEADER: As the parent or guardian of an MCCA athlete, I agree to represent MCCA respectfully, support and trust the coaches' decisions, and ensure my child attends all required practices, competitions, and events, providing or arranging transportation as needed. I understand that competitive cheer is a full-season commitment with financial, time, and emotional responsibilities, including tuition, uniforms, travel, fundraising, and competition fees, as well as any additional costs such as ICA State registration or competition gifts. I will communicate through the BAND app, acknowledge coach updates, volunteer at least 10 hours per season (understanding a check will be cashed if not completed), and plan all other activities around MCCA schedules. I will model honesty, kindness, responsibility, perseverance, respectful communication, and sportsmanship to set a positive example for my child, support my child's health and safety, encourage their growth, promote team spirit, respect coaches' decisions, and build positive relationships with other parents. I understand that vacations or conflicting activities are not allowed during the competition season and agree to fully support my child and the program throughout the season.

GYM RULES: No food, gum, candy, or drinks (water only). Practices are closed; only athletes and coaches on the floor. Keep belongings in cubbies; no jewelry or street shoes (backup clean gym shoes required). Bathroom and gym must stay clean. Wait inside for pickup; no bullying, backtalk, excessive talking, or disobeying rules. No photos/videos from ICA competitions on social media.

CHEERLEADER MUST-HAVES: Eat before practice; hair up, fingernails short, and proper hygiene (deodorant ages 9+). Wear MCCA practice attire or shorts/tank top; sports bra required for ages 9+. Keep cubbies stocked with: 2 labeled gallon bags, Hair ties, bandaids, deodorant (9+), Water bottle, practice clothes, socks, backup shoes, and 3 rolls of athletic tape.

CONDUCT & SOCIAL MEDIA: Athletes, coaches, and junior coaches are expected to maintain respectful behavior online and are not permitted to post derogatory, inappropriate, or offensive content. MCCA athletes may not post videos in uniform that include dancing, singing, or any content with inappropriate song lyrics or other unsuitable material. Always follow rules, prioritize safety, respect others, and show support for your team in both behavior and social media activity.

MCCA CHEER PROGRAM INCLUDES: Full-season training with state-qualified coaches & junior coaches, Dance instruction with professional choreographers, Complete uniform & accessories (uniform, socks, shoes, bow), MCCA sponsor t-shirt, 4 ICA competitions + 1 in-house showcase, 4 customized competition gifts & medals, Competition music, End-of-year banquet, Program insurance, practice facility, and first aid supplies

MCCA EVENTS, FUNDRAISING, & TEAM BONDING: Pool Party, Float Decorating, Breast Cancer Walk, Parade participation (McHenry Milk Days & Settlers Day), Fundraisers: Barn Dance, Fill My Bow, Little Caesar's Pizza, Cheerleader Car Wash

MCCA SEASON DETAILS: May/June–November 2026, Practices: 2–3 days/week, closed to parents; mandatory practices 3 weeks prior to competitions, Attendance: max 3 unexcused absences; all pre-competition practices & competitions mandatory, Check BAND app daily for all updates, schedules, and announcements, Registration fees exclude state fees, state gifts, and MCCA practice wear, MCCA is a registered member of the Illinois Cheerleading Association (ICA)

PAYMENT PLANS/OPTIONS:

- 1) \$50 down & \$200/month for 5 months
- 2) \$50 down & \$167/month for 6 months
- 3) \$100 down & \$158.50 for 6 months
- 4) Pay in full: \$1050
- 5) Retain a Sponsor for your athlete this season/ \$50 down and \$1000 sponsor

NO REFUND POLICY: No Refunds: All payments are non-refundable, even if the athlete withdraws. Stop payments or disputes incur fees and may result in removal from the program. Auto Payment: Late payments incur \$35 fees per 5 days; repeated late payments prevent participation until resolved, Volunteer Deposit: \$100 check collected at registration; returned after completing 10 hours or cashed Nov 1 if incomplete, State Policy: Families cover state fees, gifts, and hotel if team qualifies; state fees (\$250 total) not included in registration fees.

ACKNOWLEDGE OF COMMITMENT: By signing, I acknowledge that I understand the full demands of the MCCA competitive cheer season from May/June through November 2026. I agree to support my child and the program by meeting all mandatory attendance, practice, fundraising, volunteer, and financial requirements. I understand that athletes must commit exclusively to MCCA, attend all scheduled practices (including any added on short notice), and that vacations or time away are not permitted during the season. I recognize that failure to meet these commitments may result in disciplinary action or removal from the program, and I agree to fully support the team's preparation, competitiveness, and success.

AUTO PAYMENT POLICY: Families registering for competitive cheer and using a payment plan must complete an Automatic Withdrawal Form, allowing payments to be automatically deducted on the agreed schedule. Payments are due on the scheduled dates, and missed or late payments will result in fees and/or suspension from practices, competitions, and team events. Payments more than 5 days late will incur a \$35 fee, with additional \$35 fees every 5 days until the balance is paid. Non-payment or repeated late payments may also prevent future registration or participation. By signing, I acknowledge that I fully understand and accept these terms and agree to follow the automatic payment schedule without exception.

FUNDRAISING POLICY: Fundraising is a mandatory requirement for all MCCA families, as it is essential for the organization to operate and support the team. At the start of the season, each family must provide a \$100 fundraising deposit check. If a family does not participate in fundraising during the season, their check will be cashed at the end of the season. Families who participate in fundraising and raise \$500 or more will have their check returned at the end of the season. Fundraising participation is not optional; failure to comply may affect the athlete's participation in competitions, events, or team activities. By signing below, I understand that fundraising is mandatory, that the \$100 deposit is required at the start of the season, and that failure to participate may result in the deposit being cashed and/or impact my athlete's participation.

VOLUNTEER COMMITMENT: Each family is required to submit a \$100 check for volunteer hours at the time of registration. Every family is expected to complete 10 hours of volunteer service by November 1st. Volunteer hours only count when they are recorded by Vice President Mauri Ibarra. Families may not self-report or estimate hours. If a family does not fulfill the required 10 hours by November 1st, the check will be cashed at the end of the season. This policy ensures that all volunteer contributions are properly tracked and that every family helps support the team's success.

UNIFORM FITTINGS: Here is what needs to be brought with you:

- ✓ Bring your **ATHLETE** for proper uniform and shoe sizing
- ✓ Bring 1 check – \$100 – “Volunteer Hours” – pre-dated 11/1/2026
- ✓ Bring 1 check – \$100 – “Fundraising” – pre-dated 11/1/2026
- ✓ Bring 1 check – \$250 – “State Fees” – pre-dated 11/1/2026
- ✓ Bring completed Automatic Draft Form (if using a payment plan)

Important Notes: Volunteer and fundraising checks will be returned at the end of the season if all required hours are completed. Checks are only cashed if hours are not fulfilled. State Fees check will be returned if your athlete does not attend State.

As the parent or guardian of this athlete below, I have read and agreed to everything listed above.

Athletes Name: _____

Parent/ Guardian Signature: _____

Today's Date: _____