



# Archer Athletics Association Basketball Cheerleading Handbook

Welcome To AAA Basketball Cheerleading,

Our mission is to promote, encourage, direct, and operate athletic programs for the children and youth of the Archer Community in Gwinnett County Georgia. The Association will strive to promote good sportsmanship through its athletic programs and activities. Archer Athletic Association (AAA) goals include the teaching of proper skills and techniques, instructing the principle of good sportsmanship, emphasizing physical fitness, providing an opportunity for fun and enjoyment, the development of a teamwork attitude, promotion of pride in one's sense of accomplishment, recognition in one's shortcomings, the acceptance of defeat, and the joys associated with winning. The AAA basketball cheerleading programs is for kindergarten through the eighth grade. The cheerleading program is focused on teaching the fundamentals of cheerleading while instilling good sportsmanship, character, and team work in a fun, supervised environment. To ensure the success of the AAA Basketball Cheerleading program we need the support of parents and volunteers. All AAA Basketball Cheerleading Board members and coaches are volunteers, and are not compensated for their time. To make your child's cheerleading experience the most enjoyable, we encourage you to help our coaches and team moms provide a positive experience and atmosphere for all of our participants. A positive environment with positive role models will benefit your child and instill confidence. We hope your child has a great basketball cheerleading season!!

The AAA Basketball Cheerleading Board

Updated 10-08-2013

**GO Tigers!**

# Important Dates

All dates are kept current on the AAA website at [www.playAAAsports.com](http://www.playAAAsports.com) Registration is during the September/October time frame with uniform fittings following immediately after. November tends to be a busy month with mandatory basketball cheerleading camps, the beginning of the season. In December the first games will start. Regular season games conclude in February and the All-Star games are usually scheduled in March.

## Basketball Cheerleading Rules

1. No Jewelry of any kind allowed at practices or games. No nail polish at games.

### 2. PARTICIPATION:

A. Cheerleaders must arrive 30 minutes prior to scheduled game time or at the time set by the coach.

B. Any cheerleader arriving at a game after pre-game half-time performance warm-up will have to sit out during the first quarter with the coaches and not participate in first quarter.

C. Any cheerleader arriving at a game after the team has taken place (court) will have to sit out for the first quarter with her parents. If arrival is after the first quarter, she will need to sit until the quarter is over and enter the side court only between quarters.

D. Cheerleaders must attend all practices. Two missed practices will result in failure to participate in Saturday game within that given week. Cheerleaders are responsible for cheers, chants, and dances missed in their absence. It will be her responsibility to learn anything missed in her absence outside of scheduled practice.

3. Disrespect to coaches or team members, un-sportsman like conduct and failure to adhere to the Archer Basketball Cheerleading code of conduct will NOT be tolerated.

A. First offense will result in a verbal warning to the Basketball Cheerleader and parent/guardian.

B. Second offense will result in a verbal warning to the child and parent/guardian along with a written incident report that will be filed and reviewed by the AAA Basketball Cheerleading Board.

C. Third offense will result in written incident report that will be filed and reviewed by the AAA Basketball Cheerleading Board that can result in the dismissal of the child.

4. Parents/Guardians must notify the coach of any change in the child's medical condition during the course of the basketball cheerleading season.
5. Complete and proper uniform is required for game day participation. This includes white no show socks, Archer cheer shoes, skirt, bloomers, shell, midriff, poms, and bow. Basketball cheerleaders may not take the court in an incomplete uniform and must sit out with her parents.
6. Parents/Guardians must adhere to the AAA Basketball Cheerleading CODE of Conduct as set forth by the AAA Basketball Cheerleading Board.
7. Use of alcohol and/or tobacco products at practices and games is NOT allowed. Anyone under the influence of either of these will be asked to leave the gym.
8. No child should be without parent/guardian supervision at any games. It is the parent's responsibility to have an adult responsible for his/her child for ALL games. Parents must notify the coach or team mom who is responsible for their child. Failure to have a responsible party at the game will result in the child sitting out at games. It is up to the coach's discretion about parent supervision at practices. Coaches may decide to have closed practices in which parents drop basketball cheerleaders off and picks them up 10 minutes prior to the completion of practice. Late arrivals and early pick-ups will be considered a missed practice and may result in a cheerleader's inability to participate in the games within that given week. Late pick-ups are considered unacceptable and will not be tolerated. After the first offense, parents will be required to attend all practices.
9. Profanity or any threatening, abusive language towards the coach, parents or official will NOT be tolerated.
10. All Archer Basketball Cheerleading Board rules will be adhered to and strictly enforced.
11. Rule violations will result in discipline by the AAA Basketball Cheerleading Board as well as immediate elimination of duties of the violating participant at any level within AAA Basketball Cheerleading.
12. Return eligibility will be assessed by the governing AAA Basketball Cheerleading Board at the time as such violation has occurred to access if the offender will be eligible to return to AAA Basketball Cheerleading event at any time in the future. If it is determined that the offender may return, it will be no earlier than one full year from the beginning of the season in which the violation has occurred.

13. Coaches are strictly prohibited from isolating or humiliating any child at any level. There will be no exceptions. The participants are here to learn, compete, gain camaraderie and have fun. AAA Basketball Cheerleading Board will never tolerate profanity towards a player, calling a child a name other than her own or an accepted nickname, (accepted by the child themselves), or anything else that may be construed as demeaning or degrading to a child. All instances unless witnessed directly by an AAA Basketball Cheerleading Board member, will be investigated fairly by the AAA Basketball Cheerleading Board.
14. Absolutely NO-NON AAA Basketball Cheerleading Board Certified coaches may participate with any players registered with AAA (other than their own children at home) in any capacity at any time during the AAA scheduled season. This includes pre-season practices all the way through the end of All-Stars.
15. AAA Basketball Cheerleading certified coaches are set into place prior to the season.
16. All practices will be held on AAA approved grounds only. AAA insurance does not cover any participant practicing off of AAA approved grounds. Off-site waivers may be obtained from the website and must be signed by all participants prior to off-site practice. AAA insurance will not cover any participant practicing on off-site grounds even with a signed waiver.
17. The AAA Basketball Cheerleading Board will schedule practice locations and times for each team so as to insure that each team has ample practice time and space.
18. Head coaches clinic are mandatory!!! Failure to appear or leaving early may result in dismissal as a coach.
19. The use of any tobacco product within the confines of a playing court. A violation of this provision will be asked to leave.
20. All coaches are required to wear shirts, baseball-type caps, and/or jackets which clearly identify them as a member of the coaching staff.
21. All coaches, team mom, and those on the basketball cheerleading area during a game are expected to dress in an appropriate manner. Long hair is to be restrained, cut-off jeans are not allowed, emblazoned t-shirts are prohibited, and other dress that is deemed to invite laughter is prohibited. Closed-toe shoes must be worn at all times.
22. Any coach or participant who is ejected by a game official for violation of the aforementioned rules of the AAA Basketball Cheerleading must leave the confines of the arena. Failure to do so will subject the person so refusing to leave to suspension or expulsion from AAA Basketball Cheerleading.

# Coaches Responsibilities

1. All AAA Basketball Cheerleading Head and Assistant Coaches are expected to provide a positive and enriching atmosphere for our basketball cheerleaders.
2. All coaches will make every effort to correct any behavior issues on the court. However, if there are issues a coach cannot correct, they will seek out parental involvement to resolve the situation or conflict.
3. Coaches will notify the Basketball Cheerleading Director if there are any continuing problems with a child or parent.
4. Coaches will not favor one particular child nor discourage any child from participating.
5. Coaches will promote, encourage and teach your child to the best of their ability all aspects of cheerleading and working together as a team.
6. The Head Coach is the communication point of the team. All issues should be raised to the head coach and not assistant coaches.
7. The Head Coach will discuss only your child with you.
8. Head coaches set all practice schedules. Practice schedules may be different for different teams. Participants must accept the practice schedule that the head coach sets up. Parents should consider other outside activities or sports before signing up for AAA Basketball Cheerleading. Attendance at other functions - except school related functions - will constitute an unexcused absence (examples: softball, soccer, competition cheerleading, etc.). Head coaches are responsible for cheer line-ups, dance formations, and stunt groups. Head coaches may use their discretion in forming these groups.
9. A cheerleading representative from the home team must greet the visiting team prior to the start of the game to let the other team know about restroom. Cheerleaders do not meet and greet until after half-time. Visitors perform first during half-time and each squad must perform some part of their routine to the opposing side of the court. Limit half-time performance to a total of two minutes. This includes the announcing of names and entering and exiting the court. Cheerleaders must cheer from the beginning of the first quarter to the end of the fourth quarter and should not leave the side court at all during the game. Water breaks - and only the beverage of water - are permitted but no food is allowed in the gym. Girls should use the restroom before coming to the game.

10. Although AAA basketball cheerleading appreciates all volunteers; we ask that all individuals that head coach, assistant coach, and team mom be completely committed to AAA basketball cheerleading during our winter season.

11. Coaches are a cheerleading squad's most valuable assets. They are instructors, confidence builders and mentors. However, they must also be skilled trainers and knowledgeable about the rules and regulations of the sport. Choosing to become a cheerleading coach can be a very rewarding experience.

### Head Coach

The head coach is responsible for the entire squad and everything that happens with the squad during the season. He/she is to make sure all AAA Basketball Cheerleading rules are being followed. Everything that the squad does falls completely under the job of the head coach. He/she can delegate powers how he/she feels fit but the final decisions should always come down to the head coach. Coaches need to:

1. Keep all parents, helpers, and cheerleaders informed of all important information for the cheer season - schedules, practices, games, snacks, and etc.
2. Responsible for all cheerleaders at all times and make sure that a cheerleader is never left alone.
3. Conduct yourself in a professional manner at all times.
4. Make sure all squad rules and AAA Basketball Cheerleading rules, are followed by coaches, parents, and cheerleaders.
5. Make sure to keep track with all money during the season and follow AAA Basketball Cheerleading rules with budgets.
6. Make sure cheerleading responsibilities are carried through: meet and greets, spirit day, music approved, pep rallies, banquets, etc.
8. In the event of any incident during a game, the head coach must immediately file an incident report and submit to the director ASAP.
9. In the event of any breach of agreement between cheerleaders or parent/guardian, the head coach should attempt to settle the problem first. If this cannot be done, the head coach must contact the Basketball Cheer Director, who will contact the AAA Basketball Cheerleading Board and or AAA Executive Board to find a resolution.
10. Head coaches are encouraged to reach out to Archer High School cheerleaders to help during the season. The high school cheerleaders are introduced to coaches during camp and enjoy working with AAA Basketball Cheerleading during the Basketball season. The girls are to be listed as high school helpers on any paperwork you share with parents. They are not coaches. High school helpers

(Cheer Trainer) needed to be labeled as "minors" on certification papers and are not subject to background checks. For this reason, they are never to be left alone with a squad. High school helpers are there to help the coach but are not

coaches. They should not discuss any information with parents. They should never discipline a cheerleader or call out a cheerleader on any occasion. If the high school helper has a complaint with an AAA basketball cheerleader, he/she should address it with the head coach and the head coach should handle the issue.

### **Assistant Coach**

The role of the assistant coach is to help out the head coach in any way the head coach sees fit. If the head coach cannot be present, it is the role of the assistant coach to act on his/her behalf. Each head coach assigns the assistant coach different responsibilities. It is the assistant coach's job to follow through with those tasks to help make the squad run smoothly. Head coaches may choose their own assistant coaches. Once an assistant coach is chosen, the assistant coach is subject to AAA Basketball Cheerleading Board approval once background checks are complete.

### **Team Parent**

The role of the team parent is to help out the head coach and assistant coach with the pencil/paper responsibilities of the team. This role is completely delegated by the head coach. The head coach assigns responsibilities throughout the season that the team parent can do to help the team run more successfully. Head coaches choose their own team parent. Once a team parent is chosen, the team parent is subject to AAA Basketball Cheerleading Board approval once background checks are complete. Some jobs a head coach might ask a team parent include:

1. Collecting money for various projects from parents
2. Relaying important information or paperwork to parents and helpers
3. Setting up the schedules snacks for practice and games.
4. Planning a team banquet with the Activities Coordinators and working at the banquet to make sure it runs smoothly
5. Sit with the parents during games and encouraging team spirit.
6. Helping to plan pep rallies with the basketball team parents
7. If the team chooses to give coaches gifts, coordinating the gift with the parents

## Coaching Selection Process

**Application Process:** At the beginning of each season, the Director will solicit and accept applications for head coaching positions for all age levels. All person interested in a head coaching position should submit an online application. Head coaches from the previous season wishing to retain their head coaching position during the upcoming season must fill out an application also. Current head coaches are subject to being interviewed as candidates each season but if they are in good standing with AAA and have acceptable coaching surveys from the prior season, they will receive priority over new applicants.

**Selection Process:** Following the first cheerleading board meeting in July/August, the Basketball Cheerleading Director will contact candidates to schedule interviews. Interviews shall be conducted by an interview committee overseen by the Basketball Cheerleading Director and Basketball Assistant Director.

Applicants will be evaluated on 1) coaching experience 2) knowledge of AAA 3) knowledge of cheerleading 4) ability to work well with children 5) commitment, planning, and organization. The interview committee will use the same interview questionnaire for all applicants to provide consistency in the interview process. Applicants will be rated in each of these categories from 1 (lowest score) to 5 (highest score).

**Notification of Head Coach Selections:** The two person interview committee will make the head coach decisions based on interaction with the interviewees and interview scores. They will submit their selection to the Director and Assistant Director. The interview committee shall make head coaching decisions within three calendar days of the last interview for each age level. Once the interview committee makes head coaching decisions for all age levels, the Basketball Cheerleading Director will notify each new head coach. A criminal background checks will be conducted and if returned satisfactorily, all candidates not selected will be notified by email.

**Criminal Background Checks:** Head coaches, assistant coaches and team moms are subject to a background check conducted by AAA and must meet background requirements outlined in the AAA by-laws.

**Reduction of Squads:** In the event that the number of squads in a particular age level are reduced from one season to the next resulting in the need to remove a head coach, coaches with the most tenure or hired first are given first choice to retain their head coach position as long as they have displayed high levels of integrity, skill, and dedication to their coaching duties, worked well with other coaches in AAA, and have not received unfavorable parent evaluations.



**Assistant Coaches and Team Moms:**

Head coaches are responsible for selection of assistant coach(s) and a team mom for the squad. There maybe times that a assistant coach will be selected by the Director and Assistant Director due to the lack of head coach applicants. All assistant coaches and team moms are subject to a criminal background check conducted by AAA.

# Parent Responsibilities and Rules

1. Parental support is required in order for your team to have a successful season. The coaches, team mom and AAA Basketball Cheerleading cannot provide everything your child needs to have a successful season.
2. A parent or guardian must be present for all games and AAA Basketball Cheerleading sponsored events.
3. Parents are expected to allow their coaches to coach. Please do not interfere with the instructional time of practice or at a game. Your coach will ask if they need assistance from parents.
4. Parents are expected to demonstrate good sportsmanship on and off the court, during practice and games.
5. Parents are expected to have their child at practice and READY to practice at the specified practice time. This includes proper attire. No basketball cheerleader will be able to practice without tennis shoes. No basketball cheerleader can take the court without proper full uniform - AAA cheer shoes, white no-show socks, skirt, bloomers, shell, midriff, bow, and poms. Failure to have the full uniform will result in the cheerleader sitting with their parent(s) during the game.
6. Parents are expected to have their child at their game at least 30 minutes prior to the scheduled game time or the time provided by the head coach. Failure to do so will result in the cheerleader sitting out during the game.
7. Parents are responsible for all information in the Basketball Cheerleading Red and Silver book. They sign off during mandatory fitting that they have read thru it all and agree to the information found in the book. Coaches will also provide parents a copy of the book during their first parent meeting.
8. Parents, siblings, grandparents, other family members and guests must adhere to the Code of Conduct as set forth by AAA Basketball Cheerleading Red and Silver Book. A violation of the Code of Conduct may result in AAA basketball cheerleading sanctioned activity.
9. Use of ANY tobacco products or alcohol is NOT allowed in designated basketball and cheerleading practice/game areas.
10. Any participant who is ejected from a game or practice during a season is subject to suspension or ejection from AAA Basketball Cheerleading without a refund. Pending the offense, the family account may not be eligible for participation in AAA basketball Cheerleading sponsored activities in the future.
11. Profanity or any threatening, abusive language towards the coaches, parents, referees, teammates or basketball cheer or basketball officials will NOT be tolerated. Anyone found violating this rule will be asked to leave the confines of the playing area. Any spectator who is asked to leave the confines of the gym area and then refuses will be escorted out of the park by Gwinnett County or School authorities on the premises. Further incidents of this kind will be documented and if upon approval of the AAA

Basketball Cheerleading Board of Directors, the child of the parent involved can be dismissed from the AAA Basketball Cheerleading program. Future application of this child into the AAA Basketball Cheerleading program would be upon the approval of the AAA Basketball Cheerleading Board of Directors. The decision of the AAA Basketball Cheerleading Board of Directors is final. No refunds will be given for any child/parent dismissed from the program for behavior issues.

12. Uses of noisemakers, except shakers are not allowed at games.

13. Parents are not allowed on the practice or game court - certified coaching staff only. No cameras or video cameras are allowed on the court by any parent or coaches, courtside is ok.

14. Parents are expected to assist coaches and team moms with the various responsibilities required during the season. This includes the required volunteering for selling water or spirit wear. Parents sign-off of their understanding of this rule during mandatory fitting.

15. Parents must abide by the Gwinnett County Rules. THIS INCLUDES PARKING IN DESIGNATED PARKING SPACES ONLY. PER GWINNETT COUNTY ORDINANCE, IT IS UNLAWFUL TO PARK IN ANY AREA NOT CLEARLY DEFINED AS A PARKING SPACE. Park police have zero tolerance policy for this violation - no warnings will be given.

16. Unsportsmanlike conduct is defined as, but not limited to the following:

- Harassment of participants, fans, coaches or officials

- Use of profane language and/or gestures

- Public threats of physical violence

17. Any suspension may be appealed by using the following process; The suspended individual (parents, guardians of a player) should submit in writing a detailed account of the incident to the appropriate sports director within 48 hours of the incident. The statement should give the names of any witnesses that observed the incident. The sports director then will perform a preliminary investigation and make a recommendation to the AAA Executive Board.

## How Parents Should Handle Issues and Concerns

When a parent has a complaint, the following procedure should be followed to attain resolution:

### **Step 1**

Communicate the problem to the Head Coach and attempt to come to a resolution. In order for there to be resolution, no complaint should ever be communicated without a proposed solution accompanying it. Pick a time that is appropriate to talk calmly,

privately, and candidly with the coach. The coach or parent may, however, ask one other parent or coach to join the conversation as a witness. Please keep in mind that due to the emotional aspects prior to and immediately following a game or practice, this is NOT an appropriate time to have an objective conversation with the coach regarding any problems or issues you may have.

## **Step 2**

If the problem cannot be worked out with the coach, the parent/coach needs to communicate the issue to the Basketball Cheer Director. The Team Mom or Head Coach will have their contact information. It is the same information found on the AAA website ([www.playAAAsports.com](http://www.playAAAsports.com)). The problem must be submitted in writing with the results from steps 1 documented. The AAA Basketball Cheer Director will NOT address any issue until step 1 has been completed and the results documented in writing. AAA basketball Cheerleading reserves the right to refuse any child based on history of non-conforming to established rules set by AAA Basketball Cheerleading. The AAA Basketball Cheerleading Board will make every attempt to resolve all matters, as they deem fit or necessary. The AAA Basketball Cheerleading Board's decision is final on all matters relating to AAA Basketball Cheerleading.

## **AAA Basketball Cheerleading Board Positions**

The AAA Basketball Cheerleading Board will consist of the following positions:

- (1) Director - voted on by the AAA community (1 vote)
- (2) Assistant Director - voted on by the AAA community (1 vote)

\*\*The following are appointed positions by the director.

- (3) Secretary - keeps notes on all meetings (1 vote)
- (4) Activities Coordinator (1) - handles all season events such as pictures, youth night, spirit day, and banquet. (1 vote)
- (5) Activities Coordinator (2) - handles all season events such as pictures, youth night, spirit day, and banquet. (1 vote)
- (6) Fundraising Coordinator - Assist with all fundraising. (1 vote)

\*\*An Executive Board liaison may sit at any basketball cheerleading board meeting and report information back to the AAA Executive Board but does not have a vote at the local level of basketball cheerleading, only the executive level.

# Registration

AAA Basketball Cheerleading is open to all cheerleaders' grades kindergarten to eighth grade. All individuals who register to participate in basketball cheerleading prior to the cut-off date will be accepted. There will be no registrations after the cut-off date due to inability to acquire uniforms by the opening season date. The AAA Basketball Cheerleading registration fee can be found on the webpage and is due at walkup registration or online. The spirit fee is also due at this time. This is payable by credit card, cash, check or money order. No late registrations will be allowed after the cut-off date. The registration fee and spirit fee is NON-REFUNDABLE. We ask parents to make sure they are aware of the money and time commitment before registering for basketball cheerleading because AAA has a no refund policy and will not refund any fees paid at the time of registration. As mandated by Gwinnett County Parks and Recreation Department, and additional \$90.00 will be assessed for families that live outside Gwinnett County. The following items are included in the registration fee: AAA fees, camp clothes, camp fees, and operational costs. There is a separate fee for uniforms. The uniforms will remain the same for three years. Once the order of uniforms is placed with the vendor, no uniform fees will be refunded and parents are responsible for the order they write on the invoice form. AAA does not take any responsibility for sizes and orders exactly what is written on the form.

# Insurance

Included in the registration fee is a supplemental insurance policy provided through AAA. Please note that this insurance is supplemental - your insurance is the primary insurance for any injury. The supplemental insurance may help with some cost that your primary coverage may not address. AAA offers no guarantees of coverage, as those decisions are made by the actual carrier. Complete details are available. If you have any questions regarding this policy, please contact the AAA Treasurer.

# Physicals

AAA basketball cheerleading does not require physicals at this time.

# Evaluations

Evaluations are only performed if there is a split in basketball teams. Coaches must freeze his/her own child. Each squad is allowed a maximum of three freezes for coaches/staff members. The freezes must still be evaluated. Kindergarten, First and Second grade cheerleaders do not go thru the evaluation process. All returning cheerleaders will be rated as "1" and new girls as a "2". Third thru seventh grade squads will perform a taught chant/cheer and a jump of his /her choice during the evaluation process. The director of basketball cheerleading will tabulate the scores and divide the girls into 4 categories (A, B, C, D) which will be used during the draft. Any girl absent from evaluation will have her name placed in the hat pick pile. Under no circumstances will "stacking of the teams" be permitted. Eighth grade cheerleaders will cheer as one large squad at all eighth grade games - possibly two games a week - unless the cheer board decides differently. Girls are divided evenly based on performance during evaluations. No girls, except for the three freezes per squad (2 coaches and 1 team mom) can be guaranteed a specific team. We do not honor ride shares. AAA Basketball Cheerleading divides teams' solely on ability and does not discriminate based on color, race, sex, or religion. None of these elements are noted on the forms during the draft performance. Only names of individuals and ability scores are on the draft cards.

# Stunts and Tumbling

No stunting will be allowed during games or practice.

# Uniforms

AAA Basketball Cheerleading changes cheer uniforms approximately every three years. Prices are set by a contract with the vender and will remain the same for three years. They may be found on the website. Optional items are subject to change each year. Football and basketball cheerleading have two separate uniforms. Registration does not cover the cost of the mandatory uniform. It is a separate fee that is paid by cash, check, credit card or money order and is subject to tax. Parents pick out the size they desire for their child and payment is expected before ordering. No refunds are available on uniforms because AAA Basketball Cheerleading purchases them from an outside vendor and orders them upon receipt of payment from parents. There is only one uniform fitting date available and all uniforms must be ordered on this date - no exceptions can be made in order to allow for a December delivery date. Parents are completely responsible for the sizes they order. No order can be changed once it is submitted. No uniform can be refunded once it is ordered. Mandatory items include:

shell, skirt, body liner, briefs, poms, shoes, and bow. Optional items include: sweat suit, hoodie, and bag. All items are subject to tax.

## Practice

Once your child has been selected to a team, the coach will contact you to let you know which team she has been selected to, what time practice will begin and where practice will be. The head coach sets the practice dates and times. Parents are asked to make sure their cheerleader is not involved in any additional extra-curricular activities that will conflict with AAA Basketball Cheerleading. All girls are required to attend practice in order to participate. School activities, sickness, family emergencies, and religious holidays are the only excused absences. Failure to attend practices will result in sitting with their parent during the game. In the event of inclement weather your coach or team mom will contact you to inform you if practice has been cancelled, delayed or rescheduled will follow all Gwinnett County School Closings. Practices are NOT optional. Timely and regular attendance at practice is crucial to the success of the squad. Cheerleading practices begin at our mandatory camp at Cooper Elementary School. This camp is mandatory and squads will learn their half-time performance for the season. Teams will begin scheduled practices the following week. No team shall practice more than two days per week such practice is limited to 1 hour per session for kindergarten thru 7<sup>th</sup> grade. 8<sup>th</sup> grade practice is limited to 2 hours per session. Per AAA Basketball Cheerleading Board, there are no Saturday or Sunday practices. Cheerleaders should drink plenty of water on practice days. It is recommended that each cheerleader bring water to practice. Cheerleaders should use the restroom before practice. Cheerleaders are expected to be in attendance from the beginning to the end of practice. Breaks are up to the discretion of the coach.

## Additional Expenses

AAA Basketball Cheerleading wants to provide each person with an idea of the additional expenses that may be incurred during the basketball season. The information is estimates only:

Team and individual pictures are available for purchase ranging from \$20.00 - \$ 55.00 depending on the package you select.

Banquet Meal - while each cheerleader's meal is covered, additional family members must purchase their meal. Tickets usually range from \$6.00 - \$12.00 per person.

Teams may participate in fundraisers during the season and sell Archer related items to support the squad and pay for additional item need for the team any left over money will

go towards the cheerleaders' gift.