



# AJAA Cheerleading Program Information

Avon Junior Athletic Association (AJAA) has been providing youth sports programs to the community since 1963. Each year, AJAA provides recreational youth programs to over 3,500 athletes making us the largest sports program in Hendricks County. At AJAA, we are proud to offer sports such as baseball, softball, football, basketball, running, volleyball, cheerleading, and hope to continue to expand the horizons in youth sports activities. Youth sports are a great way to benefit our youth by aiding in their physical health, mental wellness, and overall cognitive development. By providing the opportunity for our youth to be physically active, we reduce the risk of many health concerns such as cancer, obesity, diabetes, depression, anxiety, etc.

## **Mission Statement:**

The purpose of the AJAA recreational cheer program is to develop and teach fundamentals of cheerleading to our athletes. As part of AJAA's community focus, each program is developed to prepare our youth athletes for continuing their development through the middle school and high school aged programs.

Our goal is that every athlete will have a positive experience, build confidence, place an emphasis on effort, and practice good sportsmanship. We strive to create a program that focuses on athletic development and teaches future cheerleaders of Avon the fundamentals of the sport.

**Important Dates** (For the most up to date schedule, please visit the Cheer page at [www.ajaaonline.org](http://www.ajaaonline.org)):

- **Coaches Camp:**
  - **June 23, 2023 from 6:00pm – 7:30pm at Cedar Elementary**
- **Cheer Camp Kick-Off:**
  - **June 26, 2023 from 6:00pm – 8:00pm at Cedar Elementary**
- **Practices Begin**
  - **July 10, 2023 at Cedar Elementary**
    - i. **Stunting Clinic**
      - 1. **3<sup>rd</sup> – 6<sup>th</sup> Grade: July 13 and July 21<sup>st</sup>, 2023 at Cedar Elementary from 6:00pm – 7:00pm**
- **Games Begin**
  - **Scheduled for the first week of August.**

## **Please Note:**

- **MAJORS CHEERLEADERS** will take turns cheering on the Junior Orioles Football Home Games. This may mean a cheerleader will have two games in one day. This game is also **MANDATORY**. Please plan accordingly.



# AJAA Cheerleading Program Information

## **Divisions:**

Cheerleaders are assigned teams based on their grade level. Every effort will be made to accommodate special requests such as siblings on a team, cheering for a certain football team, etc.

- Kindergarten- 2<sup>nd</sup> Grade
- 3<sup>rd</sup> Grade – 4<sup>th</sup> Grade
- 5<sup>th</sup> Grade – 6<sup>th</sup> Grade

## **Rules:**

- No jewelry should be worn during practice or on game days. Small stud earring are permitted, but not during stunting.
- Nails must be cut short if stunting (No Fake Nails)
- Attendance: Any cheerleader that will be absent from a game or practice **MUST** notify the coach via email/phone/GameChanger app.
  - Please make every effort for your cheerleader to be present, as it's very important for the entire squad.
- Hair must be out of the face for safety.
- Cheerleaders should arrive to practice dressed properly in athletic shorts (no jean or khaki shorts), tanks/shirts, and tennis shoes. They should also bring a water bottle.
- Cheerleaders should arrive to games in full uniform (uniform, white shoes, and poms).
- Cheerleaders should arrive to games 15 mins. in advance for proper warm-up.
- Cheerleaders must arrive to all events with great sportsmanship and attitude, ready to work/perform.
- All stunting must comply with USA Cheer guidelines. It is important that all cheerleaders attend stunt clinics to build proper strength for safe stunting.
  - Grades KG-2<sup>nd</sup> are not permitted to stunt.
  - Grades 3<sup>rd</sup>-4<sup>th</sup> are not able to stunt above thigh level.
  - Grades 5<sup>th</sup>-6<sup>th</sup> are not able to stunt above shoulder level.
- Cheerleaders must cheer in designated boxes painted on the sidelines of the grass field on game days.
- All cheerleaders should pay attention to the coach when facing the fans, and if facing the field, should pay attention to game play to learn game cheering.
- All cheerleaders, along with their parents/guardians should abide by the Chain of Communication in place at all times. All communication should go through your cheerleader's coach. The next chain is the League Coordinator, with the Commissioner being the next. This includes any complaints, issues, questions, etc.

## **Equipment Needed:**

AJAA will provide players with uniforms, bows, and poms, as ordered. Cheerleaders are required to purchase white tennis shoes, plain white socks, black briefs, and an optional long sleeve black shirt.



# AJAA Cheerleading Program Information

## **Practice/Game Overview:**

Practices will begin July 10, 2023, pending enough coach volunteers. Practices will generally be held once per week. Times are at the commissioner/coaches discretion.

**All practices will be held at Cedar Elementary; unless otherwise specified.**

**MAJORS CHEERLEADING:** Squads will rotate turns and cheer for the Jr Orioles home football games. This may result in two games in one Saturday. Please plan your schedule accordingly.

**All coaches, including assistant coaches, must pass a background check to be cleared by AJAA to volunteer. You must register yourself in the software as a volunteer to be eligible as an assistant or head coach. This is also how credits are awarded, so it is important to register and roster accordingly.**

## **Program Fees:**

This expense, built into the registration fee, include, but not limited to: general expenses such as grounds materials, repairs on equipment or fields, AED rental expenses, rental space from Avon Community School Facilities, liability insurance for each player and facility, depreciation of equipment purchases, etc. Many fees go into keeping our youth players healthy and safe. Some examples that may help explain the program fees are listed below:

Example of AJAA Costs:	
Liability Insurance	\$37,454
ACSC Rental Space	\$33,150
Grounds Materials	\$20,334
Facility Mowing/Repairs	\$23,739
AED Lease	\$4,028
Equipment Refurbish	\$8,358
Legal/Professional	\$17,603
Software/Subscriptions	\$2,016
Background Checks	\$9,999
Credit Card Fees	\$5,980

## **Coach Commitment:**

- Each coach will commit to the following:
  - Be responsible for words and actions throughout the season, on and off the field, to ensure that the Code of Conduct policy is followed.
  - Encourage good sportsmanship with any player, coach, parent, participant, official, or any other attendee.
  - Remember that each child is participating to have fun and develop on a personal basis for a sport they enjoy playing.
  - Refrain from vulgarity, tone, harassment, or violence and focus on a positive coaching style.



## AJAA Cheerleading Program Information

- Be a positive role model for the player and show respect and courtesy to all players, coaches, spectators, and officials.
- Focus on the development of the player and teach that doing their best outweighs any individual win.
- Promote the enjoyment of sports to the greatest extent possible for the development of the player.
- Deal with conflict in a positive and respectful manner.

### **Parent Commitment:**

- Each parent will commit to the following:
  - Be responsible for words and actions throughout the season, on and off the field, to ensure that the Code of Conduct policy is followed. There is zero tolerance as of June 2022.
  - Encourage good sportsmanship with any player, coach, parent, participant, official, or any other attendee to represent.
  - Remember that each child is participating to have fun and develop on a personal basis for a sport they enjoy playing.
  - Participate and be responsible to get player to practice, events, games, etc., on time or early, to ensure good team behavior.
  - Be a positive role model for the player and show respect and courtesy to all players, coaches, spectators, and officials.
  - Focus on the development of the player and teach that doing their best outweighs any individual win.
  - Respect the coaches and refrain from coaching from the sidelines.
  - Follow chain of communication and attempt to resolve any issues at the lowest level out of respect for everyone's time.

### **Player Commitment:**

- Each Player will commit to the following:
  - Be responsible for words and actions throughout the season, on and off the field, to ensure that the Code of Conduct policy is followed.
  - Encourage good sportsmanship with any player, coach, parent, participants, officials, or any other attendee to represent the organizational program in a positive manner.
  - Be a positive role model, putting yourself second to team success.
  - Practice and play at your full level of effort, at all times.