



ATHLETE STANDARDS





Modern American Cheer All-Star Competitive Team Standards

2026-2027

"EVERYONE ENVIES A DIAMOND"

CONGRATULATIONS on becoming a DIAMOND for the 2026-2027 competitive cheerleading season. We thank you for joining our program. MAC will be dedicated ensuring you and your athlete have a wonderful athletic experience. Modern American Cheer looks forward to becoming a TEAM with the parents to help raise tough young competitors. Our #1 goal is the safety and athletic development of a child.

Modern American Cheer was established in January 2014 and is the largest cheerleading program in the Coastal Bend. Our goal is to develop athletes of all ages and to ensure our athletes are taught the virtue of sports which include Diligence, Discipline, Sacrifice, Focus, and Courage. Some may choose not to join our program because it is too hard and our expectations of higher standards are very demanding but we truly believe with resilience comes individual growth. Remember.....DIAMONDS are made under pressure!

THE VICTORY OF CHEERLEADING

A sporting contest that is won or lost gives an individual athlete a concrete experience for victory in life. A cheerleader's firm resolve to incorporate these five virtues into their core will give them the platform for success on and off the mat for the rest of their life.

I. DILIGENCE

Players quickly learn that if they just go through the motions of practice, they will be unprepared for the match. Not only will the competition be lost, it will also not be enjoyable. To put in the effort to work harder than the opposition, to strive for seemingly out of reach goals, will greatly increase the chance of success at the end of the day. Concentrated effort is essential regardless of any God given talent.

II. DISCIPLINE

Athletes should strive for nothing less than perfection. When they perform a skill, it is not good enough to just be able to do a back handspring, but rather do it efficiently and as accurately as possible. Athletes should never be satisfied with mediocrity, but only the best.....and the same can be said for every aspect of life. No one can be a great player or teammate when they allow other aspects of life to be in disarray. Without discipline, the perfection that our sport demands is impossible.

III. SACRIFICE

A team must have trust binding its individual members together in order to succeed. Trust is won through self-sacrifice. The sacrifices of a truly great athlete do not make their teammates small, but great, because they put them in place to be successful. Each individual that makes up a team must make the necessary sacrifices for their teammates not to gain personal victory, but to give victory to every individual on the team. Athletes must do this on a daily basis. "What can I do to help others succeed?"

IV. FOCUS

Athletes need to be focused on their specific role on the team, despite what others say. By focusing on his/her responsibilities and doing them to the best of their ability, a true athlete is performing for the good of the team as a whole. Every athlete needs to focus on doing the right thing. Everyone has control over themselves, and therefore responsible for their own actions. If you focus on the negative, you will find it every time. FOCUS on the good and make good choices!

V. COURAGE

Athletes must always be ready to play above their weight with unwavering tenacity, undaunted by size and capabilities. The true competitor never backs down on any stage. The true competitor is courageous. Nothing should wear an athlete down and make them surrender. The true perspective - and one that a real sports experience can foster - is to see every obstacle and every trial as a challenge to overcome.

ATTENDANCE POLICY:

Athletes are expected to attend all practices and competitions as a team. MAC realizes many children and young adults are involved in a variety of activities; however, we cannot make exceptions for schedule conflicts. **There will be no such thing as excused or unexcused absences. Any absence for whatever reason will be considered an absence. Your athlete will be red flagged once they reach 4 absences. A consultation will occur to determine how the team will move forward with or without the athlete.**

Suitable candidates or alternates will fill in if your athlete is not at practice. An athlete's position will always be in jeopardy if they are absent. The teams can only get out what they put in and attendance will determine the success of the team.

Practices range from 1- 2 hours a day often 2-3 times a week. MAC expects all athlete's to put their team as a priority over other extracurricular activities and demonstrate 100% commitment to being present at all practices. All extra practices, choreography clinics, jump clinics, etc. that are scheduled 2 weeks in advanced will be mandatory.

Withholding your child from practice as a form of discipline will not be considered an excused absence. MAC will do everything we can to help you with any issues pertaining to your child if you give us the opportunity to work together. Please do not use our classroom called "practice" to discipline athletes. There has to be a better way to motivate or change behavior whether it is at school or home. It is not fair to the team and all said above will be put into effect.

All **ATHLETES** that are on a senior team will be required to notify the head coach if they will be late or absent. Parents that notify coaches for their athlete will not be accepted. NO CALL or NO SHOW will result in immediate dismissal from the team. Please ensure athletes are including their parents in the message while texting a coach.

We highly encourage for you to schedule your vacations within the gym closures. Please take a look at the available dates below to schedule any vacations within this time period.

ABSENCE POLICY:

Absences are NOT allowed one week prior to a competition to ensure full team readiness and cohesion. An absence during this critical period may result in the athlete being moved to an alternate position or pulled entirely from an upcoming performance, based on the staff's discretion to maintain performance quality. It is the responsibility of the athlete to stay informed and learn any changes to routines or roles prior to practices. Alternates are held to the same standards and must adhere to all requirements and guidelines without exception.

Since most school activities are planned well in advance, all absence requests should be submitted ahead of time to allow for proper scheduling adjustments. Please understand that submitting a completed form does not guarantee the absence will be excused; all absences require formal approval. In cases where staff suspects dishonesty from an athlete or parent regarding an absence, appropriate documentation must be provided. Any falsified absence requests will result in immediate removal of the athlete from the team. Absences are strictly prohibited during the week of a National event to ensure maximum participation and team unity. Ultimately, all absences—whether excused or unexcused—are cumulative. Accumulating a total of 6 absences will lead to dismissal from the team. Athletes are encouraged to reserve their absences for situations of genuine need.

Initial: _____

SICK POLICY:


MAC will manage illnesses and sicknesses on a case to case basis. It is very difficult to require a doctor's excuse every time your athlete is sick. We understand that sometimes your child may need rest due to a slight fever or stomach ache. MAC will always go by the honor system. Athletes are subject to replacement and removal any time an athlete is missing. Please save the really sick days for when your athlete really needs them. Athletes are often removed from our program for failing to follow/abusing these standards. We highly recommend athletes coming to practice if the illness is not contagious so they are able to observe any changes being made to the routine. An athlete will jeopardize his/her position if this standard is not followed.

However, an athlete with an extended sickness/injury that requires them to miss more than one practice must provide a doctor's note with detailed information regarding the illness/injury, treatment and length of recovery. This includes dental, medical and any other health related issue that would prohibit a student from participating. Modern American Cheer will utilize substitutes for any athletes that cannot participate due to an illness/injury. These substitutes will have the opportunity to replace sick/injured athletes.

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Gym Closure Dates:

July 3rd – 6th, 2026

Friday CLOSED 3	Saturday CLOSED 4 	Sunday CLOSED 5	Monday CLOSED 6
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September 3rd – September 7th, 2026

Thursday CLOSED 29	Friday CLOSED 30	Saturday CLOSED 31	Sunday CLOSED 1
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October 31st, 2026

Saturday CLOSED 31 
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November 22th – 28th, 2026

Sunday CLOSED 22	Monday CLOSED 23	Tuesday CLOSED 24	Wednesday CLOSED 25	Thursday CLOSED 26 	Friday CLOSED 27	Saturday CLOSED 28
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December 24th – January 1st, 2027

Thursday CLOSED 24	Friday CLOSED 25 	Saturday CLOSED 26	Sunday CLOSED 27	Monday CLOSED 28	Tuesday CLOSED 29	Wednesday CLOSED 30	Thursday CLOSED 31	Friday CLOSED 1
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ROUTINE CHOREOGRAPHY / CHOREOGRAPHY CLINICS POLICY:

Routine choreography is conducted in mid-June, and ALL athletes are required to be present to retain their position on the team. Securing a place on the team does not guarantee continuation if choreography is missed.

Middle school and high school cheer camps will not be excused. We will make every effort to schedule teams around school cheer camp clinics; however, we cannot ensure this will be advantageous for you. Arrangements must be made to allow your athlete to attend. Any athletes who do not attend choreography will be dismissed from the team.

All additional choreography clinics held throughout the 2026-2027 season are mandatory. Any athlete who misses a choreography camp or clinic will not be taught new material. It will be at the discretion of the coaches/owners whether the athlete may continue with their current team or be reassigned to a different team.

Below are the projected choreography dates. Please do not schedule any activities during these dates. Your child's team will not have choreography for the entire seven days; typically, choreography lasts three to four consecutive days. Multiple teams will be participating in choreography simultaneously.

June 9th - June 19th, 2026

Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Monday	Tuesday
9	10	11	12	13	14	15	16

Wednesday	Thursday	Friday
17	18	19

CHOREOGRAPHY CLEANUP

TBD

Monday	Tuesday	Wednesday	Thursday	Friday
15	16	17	18	19

HIGH SCHOOL CHEER POLICY:

While MAC is committed to doing our very best to accommodate scheduling conflicts with high school cheer sponsors, such accommodations will be made only within reasonable limits to maintain the integrity of our program. Additionally, athletes must submit a detailed schedule of all events they are required to participate in, including specific dates and times. These events typically include football games, pep rallies, fundraisers, basketball games, baseball games, volleyball games, and other related activities. Providing this information in advance allows MAC to plan accordingly and minimize conflicts.

Initial: _____

CHILD CUSTODY/COURT ORDERS

MAC requires that both parents/guardians concur on all obligations prior to committing to our program. Both parents/guardians must collaborate to ensure all standards are fulfilled. Modern American Cheer will not act as an intermediary in enforcing our standards. Financial arrangements must be established in advance between the custodial and non-custodial parents. The parent/guardian who signs this contract shall be responsible for all financial agreements and standards.

Initial: _____

COMMUNICATION:

All communication with parents will be done via Stack Team App, Facebook Messenger, emails, handouts, and calendars. Parents are required to read and acknowledge the “Coach-Parent Partnership” to help establish good communication with the coaches. Modern American Cheer has zero tolerance for complaints or issues that are brought up during an open practice or at a competition. All concerns or complaints will only be discussed through a scheduled appointment. Appointments can schedule at the front office or via email to cstorres@maccheer.com.

Again, Modern American Cheer has zero tolerance for any staff member being approached by a parent voicing complaints during or after a practice/performance. Actions such as this will cause for the immediate removal from the program. The only acceptable concern during a competition or practice is for a medical condition, safety concern, or an injury to your athlete.

Initial: _____

TEAM PRACTICE STANDARDS:

There is to be **NO JEWELRY** worn at practices, which includes all earrings, belly button rings, nose rings, eyebrow jewelry, and necklaces. This is not simply for appearance sake, but for the safety of the athlete wearing the jewelry and for athletes either flying or basing who might be injured as a result. MAC will not be responsible for lost jewelry or items that are left behind.

All CELL PHONES will be collected and turned into the front office and will be returned after practice. There is to be **NO GUM** whatsoever at practices or competitions. **STICKERS** used during tanning sessions should be worn in an area not visible. There is to be **NO** excessively long fingernails or sculpts.

There is to be **NO** videotaping of practices. Practice wear will not be required. All athletes will be required to be on time and on the floor ready for practice at the scheduled practice time. The coaching staff will ensure all items mentioned here are enforced.

Our program is designed to teach athletes discipline, responsibility, and accountability along with their development as a cheerleader.

Initial: _____

INJURIES/MEDICAL TREATMENT:

In the event that a student is injured at home or during other extra-curricular activities we ask that you please notify us as soon as possible. All injuries are treated on a case by case basis. If an athlete has a minor injury or uncomfortable feeling on any part of the body they must report to medical personnel 15 minutes before practice so that their injury can be attended to. Please do not have athletes show up right at practice time asking to get wrapped when they are responsible for being on the floor on time.

Please do not leave messages of this nature on our message service. Parents should call the gym or head coach to get the necessary information relayed. MAC will make changes to choreography prior to practicing. MAC will choreograph routines based on the athlete's injury and length of recovery. Once the athlete has fully recovered there is a possibility he or she may or may NOT be choreographed back into the routine. The coaches have complete discretion in replacing such individuals for the rest of the season. All injured athletes must continue to pay their monthly tuition unless they are out for the rest of the season.

All doctors/dentist appointments requiring an athlete to sit out will require a doctor's excuse. Due to the nature of our sport we will allow other athletes to fill in and it will be at the owners/coaches discretion to allow an alternate athlete/fill in to permanently take that position.

Initial: _____

MEDICAL CONDITIONS:

Modern American Cheer provides a full time medical person at all practices, events, and competitions. It is very important that you disclose any previous pertinent medical conditions or requirements on the athlete's medical questionnaire. If your child requires certain medication due to a chronic illness (asthma, allergic reactions, etc.) we require that all medications be provided before practice or any event that we attend.

Initial: _____

PARENT CODE OF CONDUCT:

A member must be a strong representative of Modern American Cheer and a positive reflection of his/her teammates at all times. Abusive behavior, lying, and/or any other form of negative behavior are grounds for removal from our program. MAC will not tolerate comments about other teams and their programs. Modern American Cheer will decide if comments were merely "friendly rivalry."

MAC will not allow negative comments or bad reviews on any event producer's social media page. Parents shall not approach any members from an Event Producer for any reason unless to report an emergency. Parents shall not contact any event producer/vendors that MAC is affiliated with. The process will be to contact the gym first for any concerns. Athlete dismissal will be considered if this standard is not followed. Any threats in regards to pulling your athlete from the team or quitting will not be tolerated. Severe consequences including up to removal of your athlete will be enforced. You will be responsible for any early termination fee.

Initial: _____

SOCIAL MEDIA POLICY:

Playing and competing for Modern American Cheer is a privilege. Athletes at MAC are held in the highest regard and are seen as role models in the cheer community. As leader's, athletes have the responsibility to portray their team, their gym and themselves in a positive manner at all times. Sometimes this means doing things that may be an inconvenience to the athlete, but benefit the whole team.

Facebook, Twitter/X and other social media sites have increased in popularity globally, and are used by the majority of athletes here at MAC in one form or another. Athletes should be aware that third parties - including the media, school faculty, future college recruiting coaches, and future employers - could easily access your profiles and view all personal information. This includes all pictures, videos, comments and posters. Inappropriate material found by third parties affects the perception of the athlete and the Modern American Cheer gym. This can also be detrimental to an athlete's future college options, or in other industries.

Examples of inappropriate and offensive behaviors concerning participation in online communities may include depictions or presentations of the following:

- Photos, videos, comments or posters showing the personal use of alcohol, drugs and tobacco e.g., no holding cups, cans, shot glasses etc.

- Photos, videos, and comments that are of a sexual nature. This includes links to websites of a pornographic nature and other inappropriate material.
- Pictures, videos, comments or posters that condone drug-related activity. This includes but is not limited to images that portray the personal use of marijuana and drug paraphernalia.
- Content online that is unsportsmanlike, derogatory, demeaning or threatening toward any other individual or entity (examples: derogatory comments regarding another cheer gym; taunting comments aimed at a athlete, coach or team at another cheer gym and derogatory comments against race and/or gender). No posts should depict or encourage unacceptable, violent or illegal activities (examples: hazing, sexual harassment/assault, gambling, discrimination, fighting, vandalism, academic dishonesty, underage drinking, illegal drug use).
- Information that is sensitive or personal in nature or is proprietary to Modern American Cheer, which is not public information (examples: student-athlete injuries and eligibility status, travel plans/itineraries or information).

If a student-athlete's profile and its contents are found to be inappropriate in accordance with the above behaviors, he/she will be subject to the following penalties:

1. Written warning
2. A meeting with Owners/Operators and Head Coach
3. Penalties as determined by Modern American Cheer, including but not limited to possible removal from his/her athletic team.

For your own safety, please keep the following recommendations in mind as you participate in social media websites:

- Set your security settings so that only your friends can view your profile.
- You should not post your email, home address, local address, telephone number(s), or other personal information as it could lead to unwanted attention, stalking, identity theft, etc.
- Be aware of who you add as a friend to your site – many people are looking to take advantage of athletes or to seek connection with athletes.
- Consider how the above behaviors can be reflected in all Facebook applications. If you are ever in doubt of the appropriateness of your online public material, consider whether it upholds and positively reflects your own values and ethics as well as Modern American Cheer.

Remember, always present a positive image and don't do anything to embarrass yourself, the team, your family or Modern American Cheer.

By signing below you affirm that you understand the Modern American Cheer Social Media Policy and Guidelines for athletes and the requirements that you must adhere to as a MAC athlete. Also, you affirm that failure to adhere to this policy standards and guidelines may result in consequences that include suspension or removal from your athletic team.

Initial: _____

MAC COPYRIGHTED LOGO/NAME:

Please respect the name and logo of Modern American Cheer by not duplicating it on any merchandise, including but not limited to sports bras, spankies, bows, t-shirts, warm-ups, socks, caps, jackets, and similar items. Any merchandise created without prior authorization will be considered unacceptable and is strictly prohibited from being worn or sold independently. Additionally, all team gifts must receive explicit approval from MAC before distribution or use. Team names are also protected and must not be duplicated or placed on any merchandise intended for sale, ensuring the integrity and exclusivity of our branding and team identity.

Initial: _____

COMPETITION PRIZE MONEY:

All monies won at or after an event will go towards the gym for equipment or gym improvements.

Initial: _____

CONFLICT OF INTEREST:

MAC athletes will not be allowed to participate in tumbling or cheer outside of our program without prior approval. Please contact the office in regard to this scenario.

EARLY TERMINATION OF CONTRACT:

Parent's will be financially responsible for 2 months' worth of tuition if your athlete quits, is pulled from the team for whatever reason, or is removed for disciplinary reasons. Athletes that quit will not be eligible for tryouts the following year.

Initial: _____

ATHLETES JOINING MID SEASON:

Athletes that join a team at any time during the season will be responsible for all previous season installment fees and choreography fees. A uniform must be purchased if we are not able to obtain one.

Initial: _____

PAYMENT POLICY:

ALL payments are due by the due date posted on the cost sheet and monthly calendars. These dates are determined well in advance to avoid late fees from event producers. A late fee will be assessed for payments made after the due dates.

Tuition will either be paid in full on the 1st or split up on the 1st and 15th. Payments made after the 5th and 20th will be charged a \$15.00 late fee. The front office must have a current/unexpired credit card on file for all athletes' accounts. All accounts that have a balance at the end of the year (December 31st) will be charged an additional \$50.00 as an "end of the year fiscal fee" on top of the \$15.00 late fee previously added.

The parent signing this contract will be responsible for all court fees in the event your account is taken to court due to unpaid fees/balances.

Initial: _____

NO PAY NO PLAY

If a payment is not paid on the due date your athlete will not be able to participate in unlimited tumbling or any extra classes MAC offers. After 3 practices of no payment your athlete will be removed from the team and you will be responsible for the early termination fee. All balances must be current in order for your athlete to take advantage of unlimited tumbling. Tumbling will be suspended for your athlete if you carry a balance.

Initial: _____

Any and all questions I have regarding the contract have been answered to my satisfaction and I fully understand the contract I am reading.

Athletes Name(s): _____

Parent Signature: _____ Date: _____