

# **MMS CHEER TEAM**

## **2025 Fall Basketball Season**

**Boys Basketball Cheer Team at Mead Middle School begins the week of September 29th. Below is an overview of the season.**

**Cost: \*Registration Fee is \$55 - *Registration Closes Friday, Sept. 26th***

**\*Briefs (spankies) to wear underneath cheer skirts are also \$10. These are required and we will order if the student is a new member.**

**\*Cheer shoes are purchased independently by students. Shoes must be white and clean. Please see below for specifics.**

- Practices are from 3:00 to 4:30pm after school on Mondays, Tuesdays, Wednesdays, and Thursdays. Please make sure a ride is arranged and picked up from the school *no later than 4:35pm*. After 4:45 pm there will be no supervision. On game days, the team is released after the basketball games are over. This is typically around **5:30pm**.
- The Cheer Team will participate in sideline cheers and floor cheers during halftime. There will be stunting that adheres to the CHSAA guidelines.
- Cheer members *must* be present for the practice before the game in order to participate in the floor cheer. If absent, the member can join the club on the sidelines only. *Please send a written note or email if your student is going to miss practice.*
- Members must be dressed appropriately for practice: athletic type clothes and specifically **cheer shoes**. This allows for stretching, flexing & pointing of feet, jumping and moving. Cheer shoes **MUST** be worn to practice and to games.
  - **No jeans or jewelry should be worn.** All students have lockers and can leave a bag of clothes to change. *Not being dressed appropriately will result in not being able to participate in practice and asked to go home.*
- Cheer shoes are an essential part of our cheerleading uniform for several important reasons:
  - *Enhanced Performance:* Cheer shoes are designed with lightweight materials that greatly benefit cheerleaders when performing jumps and dance routines. They offer the necessary support and flexibility required for these high-energy movements and allow for proper pointing of the foot.
  - *Improved Stunting:* Modern cheer shoes are equipped with finger grips, which are a significant aid for cheerleaders involved in stunting. These grips make it much easier to secure a flyer's foot during stunts. They also serve as a guide for proper finger placement, ensuring the safety of our athletes.
  - *Reduced Friction:* The smooth rubber soles of cheer shoes reduce uncomfortable friction while holding a flyer in the air. This feature enhances the comfort and control for our cheerleaders while executing stunts.
  - *Comfort and Support:* Inside the shoe, you'll find padding that offers additional comfort for our cheerleaders. This is especially important as our athletes are constantly jumping and moving during practices and performances.
  - Here are a few *suggested* cheer shoe styles:



- Members should have a water bottle available for quick water breaks.
- Cell phones are **not** allowed at cheer practice or the games. Please know your child will not be able to contact you while they are cheering during the games. Please make arrangements before practice/games begin as the girls will only be checking phones at the end.
- The cheer club will cheer at our home games. They cheer for both A team and B team games. The games begin at 3:30pm and end around 5:30pm. Please plan for your student to stay for **both** of the games.
- MMS will provide pom poms and a uniform. These do not go home. We will wash and store uniforms and poms at the school.
- ***All Grades are welcome to participate on the Cheer Team. Our registration will close Sept. 26th, 2025.***

Please contact the coaches if you have any questions. Go Bulldogs!!

Coach Evans and Coach McIntire 🐾🐾