

Mustang Cheer



2026

EXPECTATIONS AND GUIDELINES

The Brazos Valley Mustang Cheer Squad is a Christian based cheer program for Junior High and High School aged girls homeschooled or enrolled in a private school without a cheer/football program. The ministry of "Cheer" is to encourage and support the Brazos Valley 6-man football team. Our goal is to promote unity, camaraderie and overall team spirit. Our key focal points are based on the two scriptures: Ephesians 4:29 and I Thessalonians 5:11.

SPRING TRAINING: Monday April 27- Friday May 1

- **Veterans Park unless otherwise notified**
- Spring Training is essential to building our squad for the 2026 season.
- Tryouts will be on May 1st at Veteran's Park. Girls will demonstrate the learned cheer, chant, and dance in front of a judge.
- Registration fees are due by **May 1st**. Fees cover uniforms, camp fees, rental space, insurance, awards ceremony, and gear. Sponsorships are available through our website at all times. An organized fundraiser will most likely be conducted to raise support.

IMPORTANT DATES

- **Spring Training: April 27-May 1 4:30-6:30pm**
 - **Try-Outs: Friday May 1st, 4:30-6:30 pm**
 - **Summer Camp dates and locations TBA**

COACHES' EXPECTATIONS

Participating in Brazos Valley Mustang Cheer means a commitment to excellence – on the field and off. We will strive to be the very best squad that we can be, and with that comes the expectation to be the best we can be individually. We will only have that opportunity through hard work and preparation. More importantly, however, our goal will be to show the love of Christ through our words and actions. As a member of the Brazos Valley Mustang Cheer, you will be expected to represent your team, your family, and the Brazos Valley Mustangs in a manner that reflects the values of a Christian life.

PRACTICE

Attendance at practices is required. Your commitment to being at practices is part of our commitment to excellence. Realistically, there may be circumstances beyond your control that could cause you to miss practice. If that happens, the head coach should be notified prior to that practice and as soon as possible. Please be aware that because we are committed to being the best team we can be, missed practice(s) may be reflected in demerits.

CONDUCT

Your conduct on and off the field is expected to demonstrate maturity and unity. You are expected to demonstrate kindness and encouragement to your squad.

- * You must have a coachable attitude. The expectation is that you do not talk back or show any signs of disrespect towards your coaches or teammates.
- * You are expected to be in proper team attire at practices and games. Proper undergarments must be worn at all times. Bra straps will be safety-pinned if necessary, as to not show during practice or games. Midriffs and bottoms are to be covered at all times.
- * Changing from everyday clothing to cheer apparel will be done in a private area – such as a dressing room or restroom. Changing on the field or out in public view is not allowed.
- * We have a very limited amount of time each day in which to practice. Please be ready and in proper attire when it is time for practice to begin. Socializing will be done before or after practice, NOT during so we can dedicate our time wisely.

GAME CONDUCT

- * **Be on time to games.** As a general rule, you should be at the field one hour prior to game time. Warm-ups will begin 1 hour before game time, and you are expected to be a part of that.
- * Demonstrate good sportsmanship at all times. Strong character goes a long way and will be remembered about you by others long after you have completed your sports activities.
- * Respect the officials. Never question a call or respond in a disrespectful way.
- * Respect your opponents. Taunting of opponents will never be allowed.

- * Keep a positive, never-stop-trying attitude at all times. Even if we are not winning.
- * Proper uniform is required for games.
- * All cheerleaders are expected to know all cheers, chants, and dances otherwise they will be asked to sit out for the unknown material during games.

EQUIPMENT

Uniforms will be issued and yours to keep. Girls will need to provide **black** volley shorts, undergarments, white no show socks, poms, and white cheer shoes. At the conclusion of the season, any equipment issued by Brazos Valley Mustangs must be returned.

DISCIPLINE

The following circumstances may cause your cheering time at the game to be limited or lost. This is not a comprehensive list. Disciplinary measures such as additional physical exercise may be given because of the below choices or other unlisted actions. Discipline and consequences will be at the discretion of the coaches but always keeping the health of the athlete and her best interest as priority.

DEMERIT SYSTEM

All demerits will be issued by the coach and will be in effect from the day a new squad is announced until a new squad is elected the following year. Demerits will be issued for improper conduct and may affect the active status of any member of any squad. "Never be lazy in your work, but serve the Lord enthusiastically" Romans 12:11

1 Demerit:

- More than ten minutes tardy to any game, practice or other cheer function
- Display of anger to fellow team members, game officials, or opponent during any game or practice
- Bra straps showing when in uniform. Failure to wear proper undergarments
- Failure to be attentive during any game or practice

- Refusing to participate in any cheer performance unless excused by the coaches
- Failure to return to a game following half time
- Wearing accessories that are not coach approved
- Failure to wear proper uniform when required
- Not projecting a happy, cheerful attitude and appearance while cheering
- Laughing or mimicking mistakes made during any cheer performance
- Failure to wear hair properly when a squad is practicing or performing stunts
- Not cleaning up after yourself while at practice, games, or other cheerleading activities
- Failure to fulfill instructions of the coach
- Leaving a game or cheerleader activity without receiving permission from Coach

3 Demerits:

-Unexcused absence from game, practice, or other cheer function (**Absences need to be approved with staff before the season begins. 1 excused absence is allowed.**)

- Lying to any coach.
- Insubordination or disrespect to coach or fellow team members
- Public display of affection while in cheerleading uniform.
- Any display of undesirable language or gestures.
- Any action or deed that harms the reputation of any cheerleading squad. This includes unsportsmanlike conduct.

Demerits may result in the following actions:

- 1 demerit – Physical exercise**
- 3 demerits- One benching (duration dependent on severity of offense(s))**
- 10 demerits - Removal from the squad**

***Any inappropriate images on social media (including but not limited to sexual poses, nudity, alcohol, etc.) will result in immediate removal from the squad.**

Brazos Valley Mustang Cheer Squad Dress Code

Practices:

- No bra straps may be showing.
- Volley shorts may not be worn by themselves. They need to have shorts over them.
- Shorts need to be long enough to cover your rear. Please wear shorts with liners or volley shorts underneath out of respect for stunting partners.
- Wind shorts and leggings are acceptable. You need to wear proper attire so that you can work out and do jumps.
- No crop tops, tops with large arm holes, or transparent/see-through shirts may be worn.
- Tops need to cover your belly.
- Please bring tennis shoes or cheer shoes to practice in. No bare feet, crocs, converse, sandals, potato shoes, or other shoes are permitted.
- Proper undergarments need to be worn at all times
- Hair must be pulled back and secured. No claw clips.

Game Days:

- Uniform shell
- Uniform skirt
- Bow
- Black bra that does not show
- Black spandex (volley shorts that do not extend below the cheer skirt)

- White no-show socks
 - White cheer shoes
 - Rhinestone / clear stud earrings
 - Poms and Megaphone
- PLEASE bring a water bottler and snack

Cold Weather Gear:

- Black long sleeve shirt (for under uniform)
- Black ankle length leggings / tights
- Jacket, either black or BVCHEA letter jacket
- No bracelets, necklaces, watches, or other piercings are allowed. Hair dyed in non-natural colors (orange, purple, blue, etc.) is not allowed during the football season.
- Nails need to be cut short for stunting safety with no color restrictions.
- Hair needs to be pulled back properly when at practice and games.

Cheerleaders are expected to wear their uniform at all times when on the track and while cheering. Under no circumstance will you be able to cheer without your uniform unless approved by all coaches in advance. You may not have access to the field during or after a game unless you are properly dressed in your uniform. For Junior High Cheerleaders that stay for Varsity games, we prefer you stay in your cheer uniform. If you do decide to change, you must still abide by our dress code while on the grounds. No bra straps showing, shorts need to cover your rear, no crop tops, etc. You are representing our organization on and off the field.

***Failure to abide by these guidelines will result in penalties. The demerit system can be found above.**

Requirements to Cheer

The cheer squad **requires** positive character traits from each of their cheerleaders in the areas of **Faithfulness, Dependability, Willingness, Commitment, Attitude, Respect, Cooperation, Unity, Cheerfulness, Discipline, Diligence, Honor, Integrity and Service.**

AVAILABILITY, ATTITUDE, AND ABILITY. Every cheerleader needs to have the *availability* in her schedule to attend all practices and games; the *attitude* of Godly character that desires to encourage and a heart to learn and be teachable; and the *ability* to perform the physical requirements and skills for this sport.

The Brazos Valley Mustang Cheer Squad has a sign-up process for all squads as well as a “Try-Out” to allow the girls to experience what that process is like just like other school cheer programs. The goal of this is to also encourage each athlete to strive to work toward mastering the skills needed to be an excellent cheerleader.

ALL cheerleaders will ***present** themselves in a way that will glorify God and represent the Brazos Valley Mustangs and the squad in a Godly manner. (*present- this is the overall attitude and action of the cheerleader; it includes dress and behavior).

ALL cheerleaders will respect and honor their parents as God tells us in His Word. Ephesians 6:1-2 "Children, obey your parents in the Lord, for this is right. Honor your father and your mother" (Failure to do so could result in disciplinary action. In other words, your parents can request you be benched- this includes schoolwork too.)

ALL cheerleaders must have a willing heart to work at practice and the games.

ALL cheerleaders will respect their fellow teammates and only speak in public and private what is edifying and encouraging to lift each other up.

ALL cheerleaders will respect and honor ALL the adults that are in authority over them. (Failure to do so will result in disciplinary action.). This includes cheer staff.

ALL cheerleaders will respect and honor the facilities that we practice and play in.

ALL cheerleaders and parents will be required to sign a commitment and medical form at the beginning of the season.

Violation of any of these requirements may result in dismissal/ termination from the cheer squad.

Cheer Captain & Co-Captain:

These positions would only be available to young ladies who have at least one year of experience on the given squad, JH, JV, or Varsity. Scores will be made up of 75% coaches' panel and 25% peer review and will be available to the participant for full transparency. The scoring process will be an opportunity to build up and encourage one another.

Age requirements to become a Brazos Valley Mustang Cheerleader (Cheer staff has the right to modify grade specifications for Junior Varsity/Varsity squads based on registrations):

Junior High Squad: 6th-8th Grade (11 years old by May 31, 2025)

Junior Varsity: 9th-11th Grade (14 years old by May 31, 2025)

Varsity: 10th-12th Grade (14 years old by May 31, 2025)

By signing I agree to the requirements of a Brazos Valley Mustang Cheerleader, and that I have received a copy of the Brazos Valley Mustang Cheer Handbook

PARENT AND STUDENT AGREEMENT (PLEASE INITIAL AND/OR SIGN)

We, _____, the parent(s) of _____ have read the guidelines and terms set out in the Brazos Valley Mustang Cheer Coach's Expectations above and agree and commit to abide by the guidelines and terms set out above and to encourage our daughter to do the same.

I, _____ (student signature), have read the guidelines and terms set out in the Brazos Valley Mustang Cheer Coach's Expectations above and agree and commit to abide by the guidelines and terms set out above.

We, _____, the parent(s) of _____ are committed to getting our daughter to practices and games for the 2026 Brazos Valley Mustang Cheer Season. We are committed to participating and being involved in the 2026 Brazos Valley Mustang Cheer Season. We are committed to helping our daughter strive for excellence.

I, _____ (student signature), am committed to cheering for the 2026 Brazos Valley Mustang Cheer Season. I am committed to doing my best to be at all practices and games on time. I am also committed to strive for excellence in all areas of my life, including cheer.

***Violation of any of these requirements may result in dismissal/ termination from the cheer squad.**

What to Do to Get Ready for the Season

Cheerleader Warm-ups/Stretching

Warming up:

Before you do anything else, you should start your practice with an active warm up. Warmups will get your blood flowing and help loosen up your muscles, preparing them for an effective stretch.

Ideas for warming up:

- Running
- Skipping
- Jumping rope
- Jogging backwards

Your entire warm up should take about eight to 10 minutes to perform, and should make you feel a little tired, but loosened up.

Stretching:

Hold each stretch for 20 to 30 seconds before moving on to the next exercise. All-in-all, a stretching routine may take between five and 15 minutes.

Stretches may include:

- Standing Hamstring Stretch: Spread your legs wide. Reach to one side and grasp your ankle with one or both hands
- Inner Thigh Stretch: From the straddle position bend one leg until you are sitting on the back of your bent foot.
- Runner's Stretch: Step one leg backward into a low lunge, bending the front leg so that the knee and shin are at a 90-degree angle. Lower the hands to the floor,
- Hamstring Straddle Stretch: Sit on the ground and spread your legs wide. Reach to one side and grasp your ankle with one or both hands.
- Hurdler Stretch: Sit on the ground in a Herkie position. Reach to your extended leg and grasp your ankle with one or both hands.

- Work your abs and hip flexors by lifting straight leg up in counts of 10.
- Right/Left/Center Splits: Using your hands to support your weight, slowly lower your body into each split.
- Triceps Stretch: Stretch the back of your arm by reaching one hand up and behind your head to touch the center of your back while you grasp that elbow with your opposite hand. Pull downward to feel the stretch.
- Back and Shoulder Stretch: Reach one arm in front of your body and across your chest; grasp that arm above the elbow with your opposite hand and pull toward your body.
- Quad Stretch: Bend one knee backward and grab that ankle with the hand on the same side; balance yourself and pull your ankle toward your body.

Strength Exercises

Exercises:

Get your endurance up. Cheerleaders are required to cheer in front of crowds for an entire game - sometimes up to two hours. Try to do an endurance activity for up to 30 minutes a day to strengthen your heart!

Endurance exercises include:

- Running
- Jumping rope
- Running bleachers at a football field (bonus because it also works on leg strength)
- Speed Walking
- Biking
- Swimming laps

Start core exercises. Your core (low back and abdominal regions) is one of the most important areas to work for a cheerleader. Your core helps you to have good posture as well as increase your jump height.

Core exercises include:

- Crunches
- V-ups
- Bicycle crunches
- Planks
- Burpees
- Superman

Work on leg strength. Your legs will be important for stunting, jumps and basic cheer/dance moves.

Leg exercises include:

- Lunges
- Squats
- Plie Squats
- Rockets

Don't forget your arm exercises: Your arms are very important whenever doing sharp motions, tumbling, or stunts.

Arm exercises include:

- Weighted Military Press, Clings, Triceps Extensions, Biceps Curl, Lateral "T" Raises
- Triceps Dips
- Push Ups – Ground & Wall
- Reverse Plank
- Arm Circles

Cheerleading Jumps

(These will be evaluated at try-outs)

Increasing your strength:

- **Leg Explosions:** This exercise helps with height and leg strength. Start with your feet together. Take a slow dip so until your knees reach a ninety-degree angle. Explode into the air without using your arms. As you land, absorb gently absorb back into your starting position. Start with three sets of five controlled jumps and work up to executing fifteen in a row.
- **Sitting Toe Touches:** This exercise isolates the hip flexor and abdominal muscles that lift legs into the jump position. Start by sitting on the floor in a tuck position. Balanced with your feet slightly off the floor and your arms in "daggers". Quickly lift your legs and arms to all the way to the toe touch position. Once you've hit it, snap back to your starting position as quickly as possible. It may take a few tries to find your balance. Once you get the hang of it, focus on keeping your toes pointed, your legs straight, and your back upright. Again, start with three sets of five and work up to fifteen reps in a row.
- **Straddle Lifts:** This exercise also isolates the hip flexors. Start on the floor in a straddle position. Place your hands on the floor in between your knees. Lift one leg a two inches off of the floor for a count of two and then set it back down. Keep your leg straight and your toe pointed. Repeat with the other leg. Do these five times (approximately 10 seconds on each leg). Work up to holding each leg twice for a count of five, and then once for a count of ten. Eventually, you may lift both legs at once.
- **Fire Hydrant:** From a standing position, extend your bent Herkie leg flat out beside your hip.

How to perform the Jumps:

- **The Preparation** - After you count 5, 6, 7, 8, on the first 1, 2 bring your hands into a "clasp" right under your chin and hold them there for those two counts. On 3, 4, proceed to a "High-V" and hold that motion for those two counts. **The Lift-Off** - The jump is executed on counts 5 and 6. Swing your arms from the "High-V" motion around in front of your head, crossing over and then pulling straight out or up into the designated motion, depending whether the motion that goes with the jump is a "T", "daggers", or "touchdown". Use the swinging motion to get height, and push off with your legs. Your arm motions and the actual jump need to be synchronized. **The Landing**- On the 7 count, your feet should hit the floor. To make sure you land smoothly and cleanly, make sure both of your knees are bent after the jump when you hit the floor. This also helps prevent injuries and makes for more successful jumps. Once you successfully land your jump, hit the "clean" motion on the 8 count.

JUMPS:

- **Toe-Touch**
In a toe-touch jump, make sure your hips are turned out, and your knees and the laces of your

shoes are facing up towards the sky. Remember, proper technique is more important than height. You never want to develop bad habits that you may not be able to fix. Also, don't bring your chest forward when doing a toe-touch jump. Just because it's called a toe-touch jump doesn't mean you actually touch your toes - your arms should be in a T position for this jump. You want to bring your legs to your arms or above, not your arms to your legs.

- **Herkie**

Depending on which leg you choose, one leg should be extended out to the side just as you would in a toe-touch jump with your knee and the laces of your sneaker facing upwards. Your other leg should be bent to the side with your heel facing to the back. Your arms should be in a "T" motion.

- **Hurdler**

A hurdler is almost like a herkie, except your lead leg is in front of you and parallel to your upper body. Your knee is bent to the backside similar to the herkie. Your arms go in a "Touch Down" motion. This is a more advanced cheerleading jump.