

**COVID: Please note all dates are subject to change.**



# 2021-2022

## ALL STAR CHEERLEADING

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### INFORMATION PACKET



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# WELCOME

Thank you for choosing The Midcoast Athletics Center as your premier all-star cheerleading program. We are embarking on our 2nd competitive season, and we are very excited! Our knowledgeable coaching staff is ready to provide a fun, safe environment for your athlete to build confidence on and off the mat. Through hard work, perseverance, positive reinforcement, and the dedication of our staff, The MAC is excited to continue its journey in the world of all-star cheerleading.

Our coaching staff is committed to developing competitive athletes who are not only superb on the competition floor, but also upstanding individuals in everyday life. We create leaders and build confident athletes who have self-discipline and excellent work ethic. We hope that when it comes time for our athletes to graduate and move on to a new phase in life, they take with them the integrity, character, work ethic, and self-confidence they have gained by being a part of The MAC.

In this packet, you will find all the information needed to become a competitive all-star cheerleader for The Midcoast Athletics Center. You will see a section on tryout information, parent and athlete policies, financial obligations, and other important information. If you have questions, feel free to contact us.

Sincerely,

Rachel Coor  
Midcoast Athletics Center, Owner



# PROGRAM OPTIONS

## FAMILY-FRIENDLY

There are many types of programs for cheerleading. Over the years, we've worked hard to find what best suits our gym and our families. We're unlike many other programs in that we love when kids try other sports and have a variety of experiences in life. It's important for our athletes to participate in cheer while also experiencing other sports, school activities, and hobbies. Our programs are family-friendly and flexible. It's important to select a program that best suits what you're looking for when it comes to cheerleading.

## 2021 ALL-STAR TEAMS

**SEASON:** June- May 31, 2022

**PRACTICES:** 2-3 hours, 2 days per week

**TUMBLING CLASS:** One hour of tumbling is incorporated into practice. We encourage all-star athletes to register for an additional tumbling class or private lesson and offer discounts for those extra classes.

**MONTHLY TUITION:** \$95

**COMPETITIONS:** Includes 3 out-of state competitions,

## TUITION AND FEES INCLUDE:

**OPEN GYM:** Access to free open gym throughout the contracted season.

**CHOREOGRAPHY:** Our choreography will take place during our Top Gun Summer Camp, July 9th-11th. Choreography sessions will be 2 hours/day, times TBD. All choreography sessions are mandatory.

**TEAM MUSIC:** Access to this music will be provided for at-home practice, but licensing prohibits it from being used for any other purpose.

**TEAM SHOWCASE:** One of our favorite events of the year, our team will showcase routines for all friends and family.

## 10 % DISCOUNT ON ADDITIONAL CLASSES

## ADDITIONAL EXPENSES

**UNIFORM:** Our uniforms are worn for 2 seasons. To keep prices affordable, If athletes have outgrown their current uniform they may privately sell it to a new team member. New team members may also purchase a new uniform.

**CHEER SHOES:** Athletes may select a white cheer shoe of their choice. We are happy to make recommendations!

**PRIVATE LESSONS:** If your child misses practices or is getting behind with choreography, private lessons may be required. These are not included in monthly tuition.

**SPIRIT GEAR:** MAC Merch is an optional expense that will outfit your family to cheer on your favorite team at competitions!

# TEAM PLACEMENTS

Unlike school tryouts and many dance auditions, our evaluation atmosphere will be relaxed and comfortable. Tryouts are a two-way process to see if our gym is the right fit for your family and for us to establish which team will be the best fit for your child.

Evaluations will be held June 13th and June 27th. During this time, all athletes participate in tumbling, stunting and jumps skills and will be asked to demonstrate their highest level skills without a spotter. There is no individual scoring process and no individual performance. Everyone will be selected for a team!

## FACTORS WE USE TO DETERMINE TEAM PLACEMENTS

Throughout the team placement month, we will get to know our athletes in a variety of areas including:



- AGE/BIRTH YEAR
- PREVIOUS EXPERIENCE
- TEAM NEEDS
- TUMBLING SKILLS
- MATURITY
- MEMORIZATION OF CHOREOGRAPHY
- PERFORMANCE SKILLS
- ATHLETICISM
- VERSATILITY & COACHABILITY
- PERSONAL DRIVE & GOALS
- OVERALL SKILLS LEVEL
- TEAM NEEDS

# FINANCIAL COMMITMENT

Like our recreational classes, tuition and fees will be automatically charged on the 1st and 15th of each month during the selected payment plan. There is no penalty for early payments. On the 5th of each month, a \$10 late fee is assessed. If payment is still not made by the 10 days following the payment date, the athlete will be dropped from the program and may not participate in practices/competition. In the event that this occurs, full payment is required before the athlete may return to practice/competition. If the athlete has missed any practices in this time, he or she is subject to miss the next competition and re-choreography fees may apply.

Personal travel expenses (airfare, hotel, etc.) are not covered by tuition and fees but MAY be reimbursed through fundraising if proper documentation is provided by the family.

All tuition fees must be current before an athlete may compete, practice, or collect any uniform, clothing or other items.

No refunds will be given for any reason other than a military PCS. In the event that this occurs, we will reach out to event producers and make every effort to recover fees.

If an athlete is released from a team, a \$150 re-choreography fee will be processed immediately for each team the athlete is on. This fee is waived for military moves and injuries that require more than 8-week non-participation status.

## DISCOUNTS AVAILABLE FOR THE 2021-2022 SEASON

Discounts on tuition fees and additional classes are available to all team members!

### **PAY IN FULL DISCOUNT:**

Athletes whose season is paid in full by cash or check by August 1st will receive a 10% discount.

### **SIBLING DISCOUNT:**

A 10% sibling discount is offered for any sibling participating in a recreational class within the gym.

### **FUNDRAISING:**

The MAC would love to have a parent booster club to help organize different fundraisers throughout the year. All fundraisers must be approved through the Director. Individually earned money will be directly applied to the athlete's upcoming payment. Any additional money raised will be applied to travel expenses for hotel, airfare, gas etc. after proper documentation is provided.



# TUITION AND FEES

## Limited Travel (Senior Level 2)

Service	Price	Payment Plan			
		12 months	6 months	3 months	Paid in full
Monthly Tuition x8 months	\$405.00				
Competition Fees	\$150.00	Tuition & Fees	\$1,252.40	\$1,191.80	\$1,100.90
Choreography Fees	\$100.00	Monthly payment option	\$104.37	\$198.63	\$366.97
Camp Fees	\$125.00	Payment on 1st and 15th of month	\$52.18	\$99.32	\$183.48
USASF Fees	\$30.00	Uniform (due Jan 1)	\$250	\$250	\$250
Music Fees	\$100.00				
Coaches Fees	\$100.00				
<b>Total</b>	<b>\$1,010.00</b>				

## Full Travel (Junior Level 1)

Service	Price	Payment Plan			
		12 months	6 months	3 months	Paid in full
Monthly Tuition x11 months	\$1,045.00				
Competition Fees	\$600.00	Tuition & Fees	\$2,976.00	\$2,832.00	\$2,616.00
Choreography Fees	\$100.00	Monthly payment option	\$248.00	\$472.00	\$872.00
Camp Fees	\$125.00	Payment on 1st and 15th of month	\$124.00	\$236.00	\$436.00
USASF Fees	\$30.00	Uniform (due Jan 1)	\$250	\$250	\$250
Music Fees	\$100.00				
Coaches Fees	\$400.00				
<b>Total</b>	<b>\$2,400.00</b>				

### \*Please Note\*

\*Summit competition registration fees are NOT included. Additional payments/fundraising will be required should our teams qualify for the event.

\*Returning athletes not required to purchase a new uniform

## Sample Fundraising Plan

### SAMPLE FUNDRAISING OFFSET

Season Total (12 month plan)	\$2,976		
Sample Fundraising per Athlete	\$500	\$1,000	\$1,500
Bi-weekly Payments after fundraising	\$103.17	\$82.33	\$61.50
Season Total (Six month plan)	\$2,832.00		
Sample Fundraising per Athlete	\$500	\$1,000	\$1,500
Bi-weekly Payments after fundraising	\$194.33	\$152.67	\$111.00
Season Total (Three month plan)	\$2,616.00		
Sample Fundraising per Athlete	\$500	\$1,000	\$1,500
Bi-weekly Payments after fundraising	\$352.67	\$269.33	\$186.00

# TIME COMMITMENT

Every teammate has an integral role in the routine, and there are no benchwarmers or alternates. Therefore, it's important that athletes take practice times seriously so as to not delay the progress of the team as a whole. We also believe it's important for athletes to participate in after school activities and other pinnacle moments in their childhood and young adulthood.

When we have adequate notice, we can adjust practice plans to meet the needs of both the individual and the team. For that reason, we ask that absences are kept to a minimum (no more than 2-3 absences) September through May. Absences should be submitted to the coach a minimum of two weeks in advance, and we ask that parents take into consideration the team's ability to practice without every athlete. We've taken vacation times into account as you'll see in the Important Dates section below. Please schedule all other vacations and conflicts outside of this schedule as much as possible.

## Competition Dates

**MID-ATLANTIC CHAMPIONSHIP, WILDWOOD, NJ,  
MARCH 5-6**

**AMERICAN CHEER & DANCE CHAMPIONSHIP,  
OCEAN CITY, MD, MARCH 25-27**

**US FINALS, MYRTLE BEACH, SC, APRIL 10-11**

**THE SUMMIT (QUALIFYING EVENT), ORLANDO, FL,  
MAY 6-8**

Information for these events will be available 3-4 weeks prior to the event.

## Important Dates

**FOURTH OF JULY: CLOSED**

**JULY 9TH-11TH-TOP GUN CAMP (CHOREOGRAPHY)**

**LABOR DAY WEEKEND: CLOSED**

**THANKSGIVING BREAK: CLOSED**

**CHRISTMAS BREAK: CLOSED**

**FEBRUARY BREAK: CLOSED**

# COMMUNICATION

## TEAM PAGES

Our primary means of communication with parents is Facebook. This allows us to reach the entire team at the same time and gives parents the ability to "search" for a particular topic or post. All parents must have a valid Facebook account (even if it is only for this purpose) to obtain information for their child's team.

## EMAIL

Please check your emails on a regular basis for general gym announcements, billing notifications, and competition schedules. We typically get a general time frame for schedules a few weeks in advance, but the final schedule of filming times and performance times can release as late as the day prior to competition.

## PARENT EXPECTATIONS

We know there's nothing more important to you than the physical and emotional safety of your child. From time to time, your child may have a challenging practice. This is common in all sports, but can be extra challenging when they're working to achieve a particular stunt or tumbling skill. Our coaches are here to challenge your children and build their confidence through goals. If you are your child's biggest cheerleader, then we have the perfect recipe for success.

Please keep all communication with your children, other parents, and the staff positive and solution-oriented for the success of the child, team, and gym. Please refrain from adult language at all times at the gym and during gym functions.

## ATHLETES

Athletes will be expected to treat teammates, parents and coaches with respect and courtesy at all times.

## COACHES & PARENTS

We know sometimes you'll have questions for your child's coach or the director. When we're talking about progress, practice feedback, or individualized progression plans - communication is key! Unfortunately, it can be very difficult for our coaches to have those conversations prior to practice. Many times, they're reviewing their practice plan, preparing equipment and greeting athletes. After practice, our coaches are required to complete practice reviews and sanitize equipment. For this reason, we are happy to set up meetings with our director or your child's coach, but these do need to be planned in advance so we can devote our full attention to parents and athletes. You may request a meeting through the front desk who will coordinate times.

Because it's important that we respect our staff's personal time, we ask that any questions are emailed directly to [info@midcoastathleticscenter.com](mailto:info@midcoastathleticscenter.com) or sent to the gym's Facebook page. Our staff is asked to not respond to work inquiries on personal time so we, as an employer, can maintain work/life balance and boundaries for our staff.

# PRACTICE EXPECTATIONS

## TEAM ACTIVITIES

### BONDING EVENTS

Team bonding is about more than just making friends. When athletes stunt and do partner tumbling, they need to have a level of trust in one another. Throughout the season, we will offer a few team bonding events. While these are not mandatory, they are strongly encouraged. When children get to know their teammates and coaches, they can develop a level of trust that is necessary to do their skills with confidence. These events are not included in your tuition and fees, but cost is always taken into account when choosing events.

### CONDITIONING

Conditioning is an integral part of our training process. Proper conditioning will build strength and flexibility, prevent injury, and propel athletes toward achieving their goals. Our conditioning will occur at the start of every practice. Athletes who miss conditioning will be asked to complete their conditioning after practice or at home and provide accountability. Conditioning will always be age and skill-level appropriate.

## ATTIRE

### CLOTHING

While we do not mandate a particular practice outfit, we ask that all athletes wear primarily black clothing without large logos or designs. This helps our coaches see the details in choreography. Our Overall Impression and Routine Composition scores are heavily weighted on small details we can catch at practice when our team has uniformity. Please avoid wearing leggings or baggy clothing as it can be hard to see things like straight knees, straight arms, etc.

### HAIR & JEWELRY

For practices, hair should be firmly secured out of the face. Jewelry, acrylic, and stick-on nails are not permitted for practices or competition.

## NEW ATHLETES

### FLOW OF PRACTICE

If your child is new to cheer, you may be concerned that the length of practices might be overwhelming. We plan our practices carefully to ensure athletes are challenged physically and mentally throughout practice without overexertion. Athletes will be given water and mask breaks throughout practice. We recommend a healthy snack prior to practice and eating dinner afterwards. Heavy meals often make athletes feel sick before an extended workout. Don't ever worry that your child might not be able to keep up for 2+ hours. Over the years we've trained hundreds of athletes who have quickly adapted and excelled.



## LOGO

The Midcoast Athletics Center logo may not be replicated or duplicated for the purposes of apparel, fundraising materials or sponsorship materials unless explicitly authorized by Midcoast Athletics Center.

## APPAREL

MAC Merch is created in-house and available for purchase upon request. Parents wanting spirit wear in different styles or sizes may request it through the director. This is a great way to cheer on your child throughout the season.