

Magic Valley Elite All-Star Cheer Team Handbook

As a member of the Magic Valley Elite All-Stars, you're expected to adhere to the following rules and guidelines. These rules are to provide you and your family with an understanding of the expectations of your participation as a MVE competition team member.

1. Goal:

- Build strong competitive teams that have the qualities of champions
- Emphasize good sportsmanship and teamwork
- Be respectful of the coaches and each other

2. General Requirements:

- Eleven month commitment to your team
- Attend all team practices
- Attend all performances and competitions
- Attend all team building activities that go on outside of practice at cheer

3. Citizenship:

All MVE members are expected to serve as role models in and out of practice. Any athlete exhibiting an attitude or behavior that detracts from the team's success may be removed from the program with no refund or tuition and/or fees paid.

4. Practice:

- You must be prepared to start practice on time.
- Practices are closed to all family/friends, except the last week of every month.
- Cell phones need to be turned to vibrate and left in backpacks.
- Any valuables lost or stolen during practice are not the responsibility of MVE or the coaches.

5. Attendance:

- All team practices are mandatory.
- Sniffles, cramps, headaches, coughing, etc. are not reasons to miss practice. If you are unsure if you should come please contact your coach/coaches.
- You will be allowed 5 unexcused practices and 5 excused practices. Any practices exceeding this number will be grounds for our demerit system.

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- Excused practices include school obligations, a death in the family, or serious illness with a doctor's note, and 1 family vacation per cheer season. Unexcused practices are anything not listed as excused.
- If you incur an injury that prevents you from practicing, you will still be obligated to attend practice and sit on the sidelines. This will allow you to keep up on the routine and any changes that may occur. A doctor's clearance note must be given before you are allowed to resume practices.
- If your child chooses to participate in other activities, we require that you make MVE your first priority. This means when a time conflict occurs, MVE takes priority.

6. Probation:

- MVE members can be placed on probation. Any unacceptable behavior will be cause for dismissal from the team or other discipline under the discretion of the owner/coaching staff.

7. Competitions/Travel:

- MVE will participate in 5 competitions and several local performances during the 2018-2019 season.
- MVE requests that every child be accompanied by his/her parents or guardian to all functions. If the parents aren't available, they are responsible for finding a chaperone for their child (and paying for gas/food/etc.).
- Coaches may not transport cheerleaders without written consent from their parents, which will be kept of file.
- Cheerleaders must be on time to given performances/competitions. A coach must be contacted via cell phone if an emergency arises that prevents your child from being on time.
- Parents must notify Sara Weber via text that they have arrived safely to the city in which they compete.

8. Gym Etiquette/Dress Code:

- Absolutely no jewelry. Any new piercings will need to be covered.
- Hair must be pulled away from the face and neck.
- Fingernails must not pass the tips of the fingers.
- Practice uniforms need to be worn to every practice. No exceptions
- During practice time only MVE athletes are allowed on the mats.
- Absolutely no food or drink allowed on the mats. Water is ok, however cheerleaders must keep their water bottles on designated shelf.

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- If you have questions or concerns about your child's participation, please schedule a meeting time with owner/coaches to discuss the problem.
- Fundraising is crucial in keeping the costs down for parents. Our booster club will be in charge of all fundraising. Contact Tierra Martinez for more information 208-329-0510 about fundraising or being a member of the booster club.

9. Media Release:

- MVE photographs and video records students at practices, performances, and competitions. By participating in MVE, you're giving your consent for MVE to use this media.

10. Internet Use:

- Personal web pages must contain family-friendly photos of MVE. Anything deemed inappropriate by MVE staff must be removed immediately upon request.

11. Sportsmanship:

- Students, coaches, and parents are expected to set examples of good sportsmanship and be positive role models for others to follow. This is especially applies when attending events and representing MVE. Any inappropriate behavior or remarks made toward other programs will result in disciplinary actions.

12. Owner's Discretion:

- Situations may arise which parents and students feel were not specifically covered in these guidelines. In those situations, MVE staff will gather information and make a decision in the best interest of the program.

13. Financial Obligations:

- Class fees are listed below, along with the hours of training per month. There is a 25% discount for additional siblings.

Summer and School Year hours

Youth L1 -16 hours \$110 tuition/\$10 tumbling

Youth L2- 16 hours \$110 tuition/\$10 tumbling

Junior L2- 16 hours \$110 tuition/\$10 tumbling

Senior L3- 16 hours \$110 tuition/\$10 tumbling

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- Summer fees will be the same as school year fees because we have made summer practices twice a week instead of once a week.
- A USASF registration fee of \$30 will be charged at the parent meeting 1 to 2 weeks after tryouts plus the first month tuition.
- Uniforms will be around \$500.00 including shoes and bows. (I have a special fundraiser set up for this)
- Practice attire will required. Your options are a sports bra \$39, tank \$44, Nike pro black shorts \$30, black capris \$25, plus a t-shirt you will get for western days parade.
- We are not doing warmups this year we will be doing sweatshirts and sweatpants instead \$80 and a baseball jersey to wear over uniforms after we compete \$45.
- There will be a make-up fee of around \$20
- Competition fees will be around \$460 per participant. You are responsible for your traveling costs as well.
- Choreography fees are per participant, regardless of when you join the team. This price is determinate on the number of MVE participants and is subject to change.
- Tryout fee will be \$50 and includes a T-Shirt!

14. Practice Schedule:

Starting May 7th 2018 thru end of March 2019

Youth 1 Fuse Mon/Wed 430pm-630pm

Youth 2 Dynamite Tues/Thurs 430pm-630pm

Junior 2 Bombshells Mon/Wed 630pm-830pm

Senior 3 Xplosion Tues/Thurs 630pm-830pm

Open level 4- Air Strike Mon/Thurs 830pm-1030pm

Tumbling Practices:

1st and 3rd Saturday of every month

Level 1 (working on Back walk-overs) 11am-1230pm

Level 2 (working on Back Hand-Springs) 1230pm-2pm

Level 3 (working on Back Tucks) 2pm-330pm

Level 4+ (working on Layout/full) 330pm-5pm

Open Gym time will be available throughout the season.

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15. Dates to remember:

- May 5th Tumbling Starts
- May 7th Summer Practices Start
- No practice on July 4th
- Summer camp with Jamz Staff July 13th and 14th- will be a camp out at gym
- All Choreography will start for all teams the week of July 23rd during their regular practice times and flyers will be chosen.
- Thanksgiving gym is closed Nov 21st-25th
- Christmas gym is closed Dec 24th-January 2nd
- Spring Break gym is closed depending on when comp is this month (TBD)

16. Contact Information:

Owner/Coach Sara Weber 208-293-6282 mvecheermom@gmail.com
Coach Alexis Guzman 208-749-88994 chexis2017@yahoo.com
Coach Reylene Abbott 208-490-1542 reylenemiranda@gmail.com
Coach Shae Groves shaegroves@hotmail.com
Coach Adrian Brito 208-421-6214 britoadrian17@gmail.com
Coach Kyanna Hoyt 208-595-0643 kyannahoyt78@gmail.com
Coach Tiffany Gerrard 208-421-4372 gerardti2676@gmail.com
Tumbling Coach Jennifer Daniel 208-249-2332 jenniferanncastillo7@gmail.com

17. Competitions/Performances:

- Western Day Parade June 2nd, 2018
- Summer Event- possibly a team color run!
- November 10th Parent Performance at gym
- November 17th, 2018 Jamz Twin Peaks Championships in SLC, UT at Salt Palace
- December 15th, 2018 Jamz Idaho Diamond State Championships in Nampa at Ford Idaho Center
- January 19th, 2019 Varsity USA Cottonwood Regional in Murray, UT at Cottonwood High School
- February 15th and 16th Jamz Nationals in Las Vegas, NV at Orleans Hotel
- March 9th and 10th Varsity PacWest Nationals in Portland, OR at Convention Center
- I would like to perform at CSI and several other school half times.
- End of the year banquet- April 6th place TBD at 6pm

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All-Star Contract

I, _____, (all-star) and

_____, (parent) understand what I have read in this handbook and understand what is expected to be a part of the Magic Valley Elite Program. By signing above, I agree to follow all of the rules and to abide by the consequences if I break such rules.

Dated: _____



Behavior Contract

I, _____, (all-star) and

_____, (parent) understand that I need to treat MVE staff with respect and courtesy. If we have any issues that need to be addressed one on one a demerit will be given. If the problems continue a parent/guardian will be brought in for a meeting. If problem still continues, athlete can be dismissed from the team. Please refer to our demerit system listed below.

I also agree to represent the Magic Valley Elite Program in a positive manner at all public venues.

Dated: _____

Drug Policy (Juniors/Seniors only)

I, _____, (all-star) agree that there will be zero tolerance for being under the influence of any illegal substances or prescription narcotics at any practices, performances, or competitions. I understand that if I choose to break this contract the demerit system will be used and could be cause for dismissal from the team. Please refer to our demerit system listed below.

Dated: _____

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Social Media Policy

I, _____, (all-star) agree that I will not participate in negative gossip, social media or communications that adversely affect MVE. This includes, but is not limited to Facebook, Twitter, Instagram, Snapchat, GROUPME, chat rooms, or any other websites, etc. Social Media will be monitored, and if anything comes up in a negative manner, the demerit system will be followed and could be cause for dismissal from the team. Please refer to our demerit system listed below.

Dated: _____



Demerit/Merit System Policy

In order to create teams that are responsible, reliable, and accountable, your coaches have decided to set forth a demerit system for the upcoming 2018-2019 season for Magic Valley Elite All-Star Cheer.

Demerits can be given for these reasons:

- Unexcused Absence from a performance, competition or practice.
- Being late more than 30 minutes to a competition, performance or practice.
- Very poor behaviors such as disrespecting any staff member, vulgar language, acting in a negative manner outside of cheer in which it could make MVE look bad.
- Not wearing practice attire to practice.
- Any conduct resulting in an arrest by law officials.
- Possession or consumption of alcohol, tobacco, drugs, etc.
- Inappropriate Social media
- Bullying

As a cheerleader accumulates Demerits, the following will occur:

- 3 Demerits is a written warning to the cheerleader to be signed by Owner/Cheerleader
- 6 Demerits a parent/guardian will be notified and brought in for a meeting and a 2nd written warning will be given to the cheerleader and shall be signed by owner/parent or guardian/ and cheerleader.
- 9th Demerit is a 2 week suspension from the team and signed by owner/parent or guardian/ and cheerleader
- 10th Final Demerit and removed from the team and no refunds will be allowed.

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***We cannot be successful without rules in place. Everywhere and everything in life has rules and policies that must be followed. The Demerit System for our teams is to get them to understand why it is so important to follow those rules and to be accountable for their actions. ***

Merits can be given, however merits cannot cancel out demerits.

How to earn Merits:

- Bring in your report card for end of quarter, semester, and trimester. If grades are all A's and B's you will earn a merit.
- Perfect attendance every month for all practices, tumbling and activities a merit will be given.
- Athlete of the week earns you a merit.
- Most items sold on fundraisers will earn you a merit.
- Earning a new skill with tumbling will earn you a merit.
- Going above and beyond to do something nice for a teammate or coach will earn you a merit. (one a month)

5 merits= \$10.00 toward a pro shop item/ or a gift certificate to favorite place

10 merits= \$25 toward a pro shop item/ or a gift certificate to favorite place

15 merits= \$50.00 toward a pro shop item/ or a gift certificate to favorite place

I always want to praise good work and hard work. Those who have good work ethic both in school and outside of school should be rewarded to understand that hard work pays off.

I, _____, (all-star) agree that the Demerit/Merit System is in place to hold me accountable for my actions and I will do my best to keep the Magic Valley Elite Cheer Program a positive and rewarding atmosphere.

Dated: _____

Parent or Guardian: _____

Dated: _____

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