

# Magic Valley Elite Performance Team Handbook

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As a member of the Magic Valley Performance Teams, 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 team member.

## 1. Goal:

- Build Strong teams that have the quality of champions
- Emphasize good sportsmanship and teamwork
- Be respectful of the coaches and each other

## 2. General Requirements:

- 10 month commitment to your team. May- February
- Attend all team practices
- Attend all performances
- Attend all team building activities that go on outside of cheer practice.
- Participate in fundraisers (optional but encouraged to)

## 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 left in backpacks and turned to vibrate
- Any valuables lost or stolen during practice are not the responsibility of MVE or the coaches.

## 5. Attendance:

- All practices are mandatory
- Sniffles, head colds, coughing, headaches are not reason to miss practice. If you are unsure if you should come please contact your coach/coaches.
- You will be allowed 5 unexcused practices. If it exceeds this number, demerits can be given.
- 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.
- 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

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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 demerits and possible removal from the team.

## 7. Performances:

- MVE will participate in 5 to 7 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 on file.
- Cheerleaders must be on time to given performances. A coach must be contacted via cell phone if an emergency arises that prevents your child from being on time or unable to attend.

## 8. Gym Etiquette/Dress Code:

- Absolutely no jewelry. Any new piercings need to be covered.
- Hair must be pulled away from 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.
- 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 costs down for parents. Contact Debra Trelles for more information 208-421-7733 about fundraising or being a member of the booster club to help out.

## 9. Media Release:

- MVE photographs and video records students at practices, performances and any fun events outside of cheer practice. By participating in MVE, you're giving your consent for MVE to use this media.

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## 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 especially applies when attending events and representing MVE. Any inappropriate behavior or remarks made toward other programs will result in disciplinary action.

## 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 20% discount for additional siblings.

Hours per month : Mini Grenades (ages 4 to 7) 6 hours = \$85 tuition/\$10 tumbling (optional)

Youth Ignite ( ages 8 to 11) 6 hours = \$85 tuition/\$10 tumbling (optional)

**MAGIC VALLEY**  
ELITE ALL STARS

- A fee of \$25 will be charged on first bill to cover t-shirt for western days parade.
- Performance uniform, bow and shoes will be included in your monthly fees.
- Practice attire will be required. \$50.00 will be collected at Evaluations to cover this charge. We will do fittings that day.
- Additional items to wear are optional through our pro shop online or in the gym for an additional cost.
- Traveling fees and entrance fees into events in which they perform are the parent/guardian responsibility.

## 14. Practice Schedule: May 7<sup>th</sup>, 2018 to end of February

Mini Grenades (ages 4 to 7) Friday 4pm to 5:30pm

Youth Ignite (ages 8 to 11) Friday 5:30pm to 7pm

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**Tumbling Practices:** 1<sup>st</sup> and 3<sup>rd</sup> Saturday of every month

Level 1 (working on Back Walk-Overs) 11am-12:30pm

Level 2 (working on Back Hand-Springs) 12:30pm-2pm

Level 3 (working on Back Tucks) 2pm-3:30pm

Level 4+ (working on Layout/Full) 3:30-5pm

- Open Gym time will be available throughout the season.

## 15. Dates to remember:

- May 5<sup>th</sup> Tumbling Starts
- May 11<sup>th</sup> Practices Start
- No practices on July 4<sup>th</sup>
- Thanksgiving gym is closed Nov. 21<sup>st</sup>- 25<sup>th</sup>
- Christmas gym is closed Dec 24<sup>th</sup>- January 2<sup>nd</sup>
- End of Season Banquet- April 6<sup>th</sup> location TBD at 6pm

## 16. Contact Information:

Owner/Coach Sara Weber 208-293-6282 [mvecheermom@gmail.com](mailto:mvecheermom@gmail.com)

Coach Alexis Guzman 208-749-8894 [chexis2017@yahoo.com](mailto:chexis2017@yahoo.com)

Coach Reylene Abbott 208-490-1542 [reylenemiranda@gmail.com](mailto:reylenemiranda@gmail.com)

Coach Adrian Brito 208-421-6214 [britoadrian17@gmail.com](mailto:britoadrian17@gmail.com)

Coach Kyanna Hoyt 208-595-0643 [kyannahoyt78@gmail.com](mailto:kyannahoyt78@gmail.com)

Coach Tiffany Gerrard 208-421-4372 [gerardti2676@gmail.com](mailto:gerardti2676@gmail.com)

Coach Shae Groves [shaegroves@hotmail.com](mailto:shaegroves@hotmail.com)

Tumbling Coach Jennifer Daniel 208-249-2332 [jenniferanncastillo@gmail.com](mailto:jenniferanncastillo@gmail.com)

## 17. Performances:

- Western Day Parade June 2<sup>nd</sup>, 2018
- October 27<sup>th</sup>, 2018 Parent Performance
- November (TBD)
- December (TBD)
- 2 in January (TBD)
- 2 in February (TBD)
- March- our showcase at Filer High School

**( I would like our performances to be parades, CSI half time, festival of trees and to travel to different High Schools for Half time performances, and our showcase at the end of the season.)**

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## Performance Team Contract

I, \_\_\_\_\_ (cheerleader) 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 the rules and to abide by the consequences if I break such rules.

## Behavior Contract

I, \_\_\_\_\_ (cheerleader) and  
\_\_\_\_\_, (parent) understand that I need to treat MVE staff  
with respect and courtesy. If any issues arise that need to be addressed we agree to allow the  
staff to follow their demerit system policy they have in place. I also agree to represent the Magic  
Valley Elite Program in a positive manner at all public venues.

## Social Media Contract

I, \_\_\_\_\_ (cheerleader) 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 used.

Dated: \_\_\_\_\_

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## Demerit/Merit System Policy

In order to create teams that are responsible, reliable and accountable, your coaches have decided to set forth a demerit/merit system for the 2018-2019 season of the Magic Valley Elite Program.

Demerits can be given for these reasons:

- Unexcused Absence from a performance or practice.
- Being late by more than 30 minutes to a performance or practice.
- Poor behaviors such as disrespecting any staff member, vulgar language, acting in negative manner at any performance.
- Not wearing practice attire to practice.
- Inappropriate social media
- Bullying

As a cheerleader accumulates Demerits, the following will occur:

- 5 Demerits is a written warning to the cheerleader to be signed by Owner/Cheerleader
- 10 Demerits a parent/guardian will be notified and brought in for a meeting and a 2<sup>nd</sup> written warning will be given to the cheerleader and shall be signed by owner and parent/guardian plus cheerleader.
- 15 Demerits is dismissal from the performance team and no refunds will be allowed.

\*\*\*We cannot be successful without rules in place. The reason for performance teams is to get them ready to eventually do All-Star Cheer. The demerit system for the performance teams are much more lenient but allows them to understand why it is so important to follow 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 the end of the quarter. If grades are all A's and B's you will earn a merit.
- Perfect attendance every month for all practices and 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.

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

10 merits = \$ 25.00 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, \_\_\_\_\_ (cheerleader) 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 Program a positive and rewarding atmosphere.

Dated: \_\_\_\_\_

Parent/Guardian: \_\_\_\_\_

Dated: \_\_\_\_\_



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