

# Welcome to Midwest Movement Athletics Information Meeting



***2018-2019***

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# Midwest Movement Athletics

## 2018-2019 All Star Cheerleading Competition Team

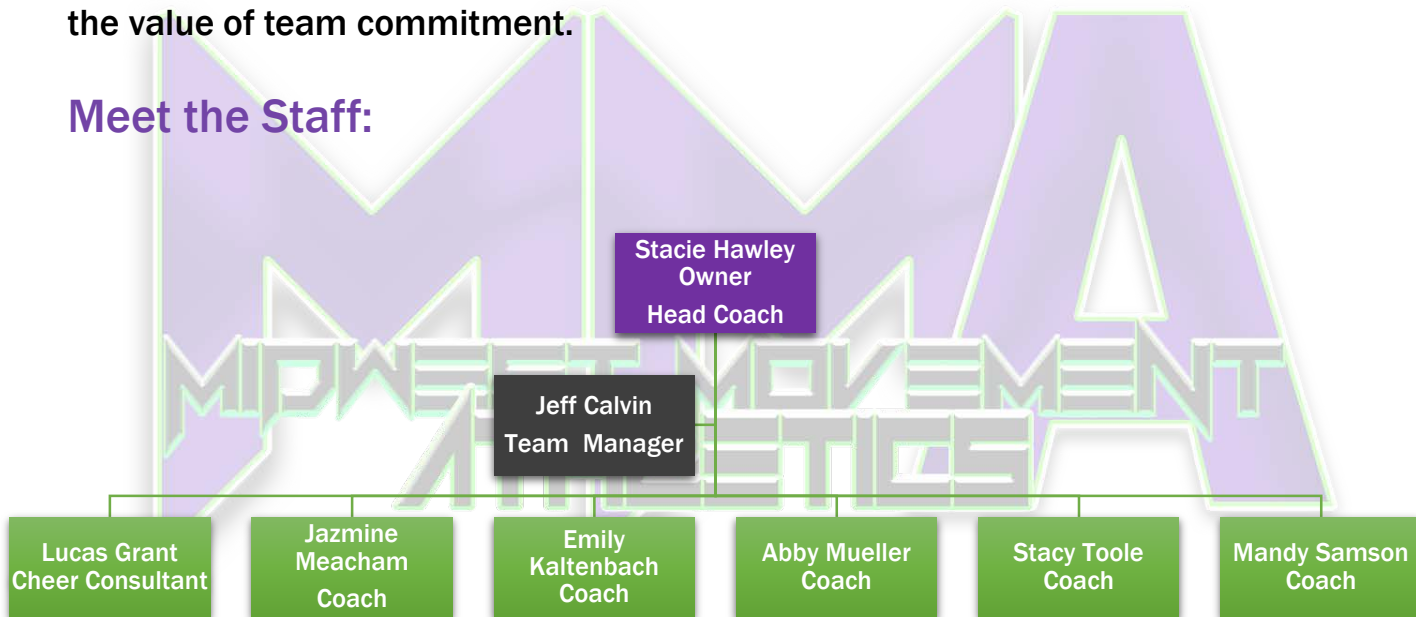


We are excited that you have chosen to become part of our premier All-Star Cheerleading Team.

Midwest Elite Dance Center branched into the Elite world of All-Star Cheerleading in 2017 with tremendous success! At our first competition the squad won first place and a Gold Full Paid Bid to the U.S. Finals. This was a great honor in our first season and first competition!

Our main goal is to teach and lead with team work, dedication, leadership, and the value of team commitment.

### Meet the Staff:



### Included in this packet:

- Try-Out Information
- Rules & Regulations
- Code of Conduct
- Miscellaneous All-Star Information
- Financial & Time Commitments
- Tentative Schedules & Team Communication
- Registration Form & Financial Agreement
- Waiver of Liability and Rules & Regulation Confirmation

# Try-Out Information

## Skill/Stunt Clinics

We will hold three **Skill/Stunt Clinics** designed for the cheerleaders to be placed in stunt groups to work on skills and a dance section to learn for Try-Outs.

Dates for Try-Out Clinics:

- May 23, 2018      8:00-9:15pm
- May 30, 2018      8:00-9:15pm
- June 1, 2018      5:30-7:00pm

The coaching staff will take into consideration who attended all three clinics.

- Cheerleaders can receive UP TO 6pts by attending all three clinics or 5pts. for 90% of the clinics on their Try-Out score.
- A scoresheet will be given out at the clinic.

The following information is required at the 1<sup>st</sup> day of the clinics:

- \$40.00 Try-Out Fee
- Waiver of Liability and Rules & Regulation Confirmation (Page 11)
- Registration Form & Financial Agreement (Page 12)

## Try-Outs

Try-Out will be held on **Saturday, June 2nd @ 9:00am**

Items due at Try-Outs for those that do not attend clinic:

- \$40 Try-Out Fee
- Waiver of Liability and Rules & Regulations Confirmation
- Registration Form & Financial Agreement

Cheerleaders should arrive 10 minutes early with the following:

- Black Shorts
- Black Sports Bra or Plain White T-Shirt
- High Pony Tail with Cheer Bow
- White Gym Shoes with White No-Show Socks

Announcements of squad placements will be available at a later date.

Parents are not permitted to watch during Try-Outs in person or via the televisions in the lobby.

# Midwest Movement Athletics – Rules & Regulations

- ❖ Parents agree to provide support, care, and encouragement of children while participating in the All Star Cheer Program
- ❖ Parents encourage good sportsmanship by demonstrating respect and positive support of all cheerleaders, coaches, and parents at practices or competitions or any other event.
- ❖ Parents will carefully review the rules and regulations with their child and adhere to the rules.
- ❖ Parents understand that a violation of these rules may result in the suspension or termination of their child's participation in Midwest Movement Athletics.
- ❖ Cheerleaders will treat team members and coaches with kindness and respect, regardless of race, gender, creed, or ability by refraining from rude or abusive language, actions or gestures. Parents should help encourage this behavior throughout participation in the program.
- ❖ Cheerleaders agree to have a positive attitude among the team, teammates, and coaches. Demonstrates the positive aspects of cheerleading while participating in Midwest Movement Athletics.
- ❖ Cheerleaders will pay attention to coaches and follow their directions.
- ❖ Cheerleaders may be asked to leave at any time if coaches feel they are being disrespectful or uncooperative. If this scenario happens, they are given an unexcused absence.

## Spirit/Sportsmanship

Midwest Movement Athletics encourages team spirit and sportsmanship throughout the season. Spirit means:

- ❖ Following the rules
- ❖ Respecting yourself, your coach, your team, and your community
- ❖ Optimizing your cheer experience by meeting other team cheerleaders in the area and sharing cheer experiences
- ❖ Learning the sport of cheerleading and pursuing better skills and not just saying, "I am a Cheerleader."
- ❖ Always have integrity when communicating with your connection and make interactions positive and uplifting for others
- ❖ Looking beyond yourself and putting your team first

## Code of Conduct

- ❖ There will be no arguing or questioning of the coaching staff's decision at competitions or practices.
- ❖ Parents, relatives, friends and cheerleaders are never allowed to speak with competition officials for any reason,
- ❖ All squad and routine decisions are left to the discretion of the coaches.
- ❖ Please feel free to talk to your coach about anything; remember to do it at the appropriate time. For example, approaching a coach in the middle of practice would not be an appropriate time.
- ❖ No profanity or abusive language.
- ❖ Never post any negative comments or videos of the routine on social media. #justdontdoit
- ❖ Practices may be changed or added at any time during the season,
- ❖ Anyone threatening to quit or pull their child from the team will be dismissed from the program immediately.
- ❖ Anonymous emails, letters, texts, tweets, etc. will be ignored.

## Practices and Competitions

- ❖ Practice attendance is **CRITICAL!!!**
- ❖ Practices are designed to teach cheerleaders tumbling, dance technique, stunts, cleaning of a routine and other important information they will be using for competition. Therefore, it is imperative that your cheerleader attends **ALL** practices.
- ❖ Parents must have the cheerleader arrive **10 minutes** early and be ready to start practice on time. Parents must return for pick-up **10 minutes** before practice completion for announcements or in case of early dismissal.
- ❖ Cheerleaders are to participate in all aspects of practice. Practices include but are not limited to routine/stunt review, running, stretching, strength training, stunting, tumbling, jumping, conditioning, and flexibility.
- ❖ Cheer/Gym shoes are to be worn throughout the entire practice.
- ❖ Cheerleaders are to wear their practice wear (assigned) and hair should be pulled back into a pony tail with practice bow.

## Attendance

- ❖ Cheerleaders are required to attend all practices, competitions, and performances.
- ❖ A cheerleader is allowed **4 Unexcused absences** and **2 Excused absences** throughout the season.
- ❖ Excused absences include death, family illness, illness with doctor's note, pre-planned vacation.
- ❖ Advance notice of an absence should be given **1 week** prior with an absentee for filled out at the front desk.
- ❖ Contact Jeff Calvin if your cheerleader will be late for practice.
- ❖ Cheerleaders attendance is critical the week of competition. Any excused or unexcused absence will result in a \$25.00 fee.
- ❖ If a cheerleader misses **50%** of the practice it is considered an absence.
- ❖ Tumbling Classes are considered practice and the same rules apply.
- ❖ A cheerleader is allowed to have one week of vacation between June-August.
- ❖ Choreography camp is **100 percent mandatory!!!**

## Cheer Skills

The skills taught are consistent with universal cheerleading skills and include the following techniques:

- Stunt Building
- Motions
- Jumps
- Cheer Dance
- Cheer Tumbling

Cheer stunt skills that are above the shoulder level should not be practiced or performed without the presence of a coach and/or two spotters. This pattern of safety is crucial to the safety of your cheerleader and it is her responsibility to not participate in any activity that does not have a coach and/or spotter.

## Competitions

Cheerleaders will be required to arrive **TWO HOURS** prior to competition, unless otherwise told by the coaching staff. Cheerleaders competition schedule will have an arrival time, warm-up time and performance time. Cheerleader must arrive by the arrival time. If a cheerleader arrives more than **10** minute late they will be charged a \$25.00 fee.

Upon arrival, they should be ready to begin warm-up and stretching with the coaching staff. Cheerleaders should always arrive at competition in proper uniform, accessories, and cheer shoes. Warm-Ups should be warn to the competitions. If a cheerleader is not in the appropriate uniform, she will not be allowed to participate. Cheerleaders are not permitted to wear leggings or tights under their spanks and skirts, as they can be a safety hazard while stunting. If you have concerns, speak with a member of the coaching staff.

During competitions, cheerleaders are to stay together. Cheerleaders must always be focused on competition and coach in order to be prepared for the day.

## Disciplinary Action

It is the policy of Midwest Movement Athletics that disciplinary action will only be taken as a last resort and that every attempt will be made to avoid situations likely to lead to such action through positive encouragement to correct negative behavior.

A Cheerleader may be suspended from competitions/events for excessive absence without approval or notice, excessive tardiness without approval or notice and excessive insubordination to the coach.

A Cheerleader may be dismissed from the program for causing irresponsible discord among team members, causing negative influence among team members and conduct that negatively impacts the team.

Any violation of rules that are deemed necessary may constitute a phone call to parent/guardian by the coach. If Cheerleader requires a second call to parent, the cheerleader will be dismissed from the program.

## Monthly Fee Schedule:

This fee schedule below is meant to give you and your family the financial commitment that will be required to participate in Midwest Movement Athletics. We will work with families with this commitment, contact Jeff Calvin with questions and options.

Tuition Payments are paid at the Front Desk and are due by the **10<sup>TH</sup> OF EACH MONTH**. A late fee of \$10.00 will be charged to your account on the 11th day. If payments fall behind 30 days, your cheerleader may not be eligible to participate in practice, performances, or competitions.

Tuition will be spread out over 10 months beginning July and ending April.

**\*\*Competition Fees are subject to change**

Monthly Studio Fees	Monthly Competition Fees**	Total Monthly Tuition Payment
\$120.00*	\$90.00	\$210.00

### Studio Fees Include

- Team Practices
- 2 x 1hr. Advanced Tumbling Classes
- \$25 Annual Registration Fee

### Competition Fees Include

- Registration Fees for 1 x Two Day Competitions ~\$150
- Registration Fees for 3 x One Day Competitions ~\$220
- 2 x Practice Sets (Custom Sports Bra and Shorts) ~\$150
- Practice Bow ~\$15
- Coaches Fee ~\$115
- Comp Bow ~\$25
- Warm Up Jacket ~\$65
- Make-Up ~\$30
- Music Fee ~\$55
- USASF Membership Fee \$25
- Choreographer Accomodation- \$50.00

A Choreography Fee of \$200.00 will be due in June and is not included in the total monthly tuition.

\*\*Expenses and fees will be charged separately if we receive a bid for US Finals or Summit.

Multiple Children: The second child will receive a 20% Discount toward Monthly Studio Fees only.

\*\*\*If your athlete is a dancer as well please see Stacie or Jeff\*\*\* Explanation of accounts

## Uniform and Accessories

Uniform fittings will be scheduled in June or July. The uniform and comp shoes are not included in the Total Monthly Tuition.

Uniform: ~\$300.00(Maximum)

Comp Shoes: ~\$100.00 (NFINITY Vengeance)

Nfinity Bag TBD - Optional

Posh-Pony TBD

# Midwest Movement Athletics

## Registration Form & Financial Agreement

**This form must be turned in on the first day of Clinics**

### Athlete Information

<u>Athlete Name:</u>		<u>DOB:</u>	
<u>Age as of August 31, 2018</u>		<u>School:</u>	
<u>T-Shirt Size:</u>	<u>Short Size:</u>	<u>Height::</u>	<u>Weight:</u>

### Parent/Guardian Information

<u>Parent/Guardian #1 Name:</u>		<u>Parent Guardian #2 Name:</u>	
<u>Address of Parent/Guardian #1:</u>		<u>Address of Parent/Guardian #2 (if applicable)</u>	
<u>Home Phone:</u>	<u>Cell Phone:</u>	<u>Home Phone: (if applicable)</u>	<u>Cell Phone:</u>
<u>Email Address:</u>		<u>Email Address:</u>	
<u>Emergency Contact:</u>		<u>Emergency Contact Phone Number:</u>	

### Insurance Information

<u>Insurance Provider:</u>	<u>Policy #:</u>
<u>Insurance Provider Phone Number:</u>	<u>Group #:</u>

I, \_\_\_\_\_, have read over all **FEES** and **FINANCIAL** expenses for the Midwest Movement Athletics team and agree to make my monthly payments and stay current throughout the entire cheer season. I also understand there will be a **\$300 quit FEE** if I decide to pull or leave the cheer squad after making the squad and our first practice has started.

X \_\_\_\_\_  
Parent/Guardian Signature

X \_\_\_\_\_  
Parent/Guardian Printed Name

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**\$40.00 Try-Out Fee Collected**       Yes     No       Cash     Check # \_\_\_\_\_



# Midwest Movement Athletics

## Waiver of Liability – Rules & Regulations

**This form must be turned in on the first day of Clinics**

### Waiver of Liability:

I, \_\_\_\_\_, (parent or legal guardian), hereby agree to give permission for my cheerleader to participate in any and all classes, competitions, and events offered by Midwest Elite Dance Center, LLC competing under Midwest Movement Athletics. I, parent or legal guardian, hereby release Midwest Elite Dance Center, LLC, as well as its coaches and employees, from any liability, claim, injury, harm, damage, loss or action which may result from my cheerleaders participation in dancing, cheerleading, stunting, or tumbling instructions.

Cheerleaders and parents are responsible for following all the policies and procedures of Midwest Elite Dance Center, LLC competing as Midwest Movement Athletics. Be it known that within the limits of your cheerleader training and experience the necessary precautions are taken to protect the cheerleader from physical injury resulting from such participation, including in the lobby areas and parking lot, will not be the responsibility of Stacie Hawley, Midwest Elite Dance Center LLC, competing under Midwest Movement Athletics, and any of its' coaching staff.

Please understand that we do not provide supervision in the lobby area or parking lot, if injury should occur while waiting, this is not the responsibility of Stacie Hawley, Midwest Elite Dance Center LLC, competing as Midwest Movement Athletics, and its coaches or staff.

### Rules and Regulations:

I have read the Midwest Movement Athletics rules and regulations Contract provided in this packet. I have read it in its entirety and understand its contents. I understand the responsibility my child is undertaking by becoming a Midwest Movement Athletics cheerleader.

I agree to fully support my child and will encourage them to fulfill their commitment. I also understand that by signing this contract I am bound to not use my child's participation in this program a form of punishment as I realize that it also punishes their team and entire Midwest Movement Athletics program.

I also understand that being an Athletics member is a commitment on the parent as well. I realize I am representing Midwest Elite Dance Center competing as Midwest Movement Athletics and always conduct with class and responsibility. I understand that any athlete or parent that does not abide by the rules and regulations contained in the contract, that is consistently, negative, or acts in a manner that jeopardizes that name and reputation of Midwest Movement Athletics program, will be subject to removal with no refund.

In addition, I agree to give Midwest Movement Athletics full permission to seek medical attention and/or take any actions deemed necessary including but not limited to drug testing to ensure the safety and wellbeing of my child and those around them.

X \_\_\_\_\_  
Parent/Guardian Printed Name

X \_\_\_\_\_  
Parent/Guardian Signature

X \_\_\_\_\_  
Cheerleader Printed Name

X \_\_\_\_\_  
Cheerleader Signature