



## **Maximum Cheer X-treme All Stars 2011 – 2012 Competitive Cheer Program**

MCX-treme All Stars (MCX) intent is to provide our students with the winning edge in the world of competitive cheerleading. Our program stresses tumbling skills taught by coaches with a very strong gymnastics background. MCX offers traditional values, positive role models, a family atmosphere, incredible training and innovative choreography. Our athletes are able to train in an environment that not only allows them to set their own personal goals, but also afford them the opportunity to see other athletes perform at higher levels enabling them to set long term goals.

I am happy to announce that I will be heading up the MCX All Star Team as Program Director and Coach this year along side with Marci Simmons, Ashlee Keeler, and Jimmy Copenhaver.

This packet is designed to help you understand the level of commitment all parents and athletes make when they decide to become a part of the MCX All Star family. Please read this packet thoroughly and do not hesitate to contact us if you have any questions.

There will be a parents and athletes meeting on **Monday, October 17, 2011 at 7:00pm** for anyone interested in placement on an All Star Team. Evaluations will be held on **Saturday, October 22, 2011. (See page 4, for times)** Students will be asked to come to certain tumbling and stunting times set for this day. Once we have had an opportunity to assess the skills, teams will be selected.

There are several important changes for this year's season. Please read this packet carefully, sign all of the necessary pages and return to my attention along with the \$40 evaluation fee (New MCX Members ONLY) no later than **October 22, 2011**.

I am looking forward to a successful and exciting 2011-2012 Season.

Sincerely,

*Stacey Croston*  
*Program Director*

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## HANDBOOK

### All Star Cheerleading Overview

All Star cheerleading has evolved into one of the most exciting, fast-paced and strenuous sports scored by a panel of judges in the world. The US All Star Federation is currently the main governing presence in our industry. MCX will form our teams based upon the age and ability levels specified by them. Our routines will be choreographed by experienced choreographers. They are dependent upon every team member performing to the best of their ability. Listed below are the age requirements for teams:

Mini	8 years and younger as of August 31, 2011
Youth	11 years and younger as of August 31, 2011
Junior	14 years and younger as of August 31, 2011
Senior	18 years and younger as of August 31, 2011

All Star cheerleading is scored based upon the execution of tumbling, jumps, dance, motion technique, tosses, stunting, performance, presentation and choreography. All are important in putting together a successful team. Athletes will be placed on teams based upon their abilities as well as their mental mindset.

### Team Expectations:

Beginning the week of **October 31, 2011** each team will have one tumbling class and two all star practices every week. While school is out in the summer, all practices will be moved to early timeframes. All team members are required to attend a skill camp and choreography. These dates are tentative.

<u>Skill Camp</u>	<u>Dates</u>	<u>Location</u>
ECDA Commuter Camp	TBD-(July)	Shenandoah Tumblers
Choreography	TBD-(July)	Shenandoah Tumblers

Once choreography and competition season arrives, the coaches of each team may call extra practices as necessary. Any extra practice that is scheduled at least one week in advance must be attended by all team members.

### Crossovers

Crossovers are athletes who have the necessary skills to be competitive on more than one team. The MCX coaches will make the determination based on maturity and skills. If an athlete is on

more than one team, she/he will be required to attend practices for each team, skills camps and choreography but will only need to attend one tumbling class per week.

### Absences

MCX will allow up to 5 valid absences from practice during the school year. If an athlete misses 5 practices, a conference will be called with that athlete and a parent to determine their status on the team. We will try to schedule our practices so they do not conflict with school cheerleading. We realize many of the All Star's will be selected for cheerleading at their schools. Please understand the 5 absence policy is not a ticket to decide when you want to come to practice. You are expected to attend every practice. Exceptions to this policy will be made for physically injured athletes. Remember we are a team and everyone is needed to succeed.

### Practice Wear

Practice wear will be available for purchase once practices start. Each member is required to purchase several practice shirts and shorts and wear the correct outfit to each practice.

1. Shoes must be worn
2. Hair must be out of face
3. Correct all star shirt must be worn
4. No jewelry of any kind
5. No cell phones will be allowed at practice

Calendars for each team are sent out monthly with the practice schedule and shirt to be worn.

### Competition Wear

We will be using the same uniforms as last year. Athletes will be given the opportunity to sell their used uniform if they need a different size or are not returning. We will also be swapping sizes out. Sizing of the uniforms will be held **November 7, 2011**. A parent must be present at the fitting to sign off on the order. A **75% deposit** will be required before uniforms can be ordered. Uniforms will be ordered on **November 11, 2011** and it will take 6 to 8 weeks to receive them, **which at that time any remaining balances will then be due before any uniforms will be distributed**. Bows and Shoes will be ordered at the same time uniforms are.

### Competition Dress Code

Teams will be notified the Monday prior to competition as to the times they are expected to arrive:

1. Athletes must be dressed as specified below unless otherwise instructed by their coach.
  - a. Girls: Uniform top, Skirt, Briefs, bow, shoes
2. All jewelry (except approved medical ID tags) and colored nail polish must be removed.
3. All non-uniform items such as sunglasses, cell phones, CD players and iPods must be put away
4. Any braces or tape needed to perform must be supplied by the athlete and put on before going to warm up
5. MCX does not use glitter on hair, face, eyes or any other body part or clothes.

### After Competition

During award ceremonies, athletes must be in full competition uniform and may not wear jackets, sweatshirts, pants or any other items. Athletes are to remain in their full competition uniforms while at the competition. They are not to appear in only their sports bras and briefs. Tops are to remain on in public.

Beginning with the 2011-2012 season, the US All Star Federation will require all athletes to become a member of its organization. Each member is issued an ID card that will verify their date of birth. The organization will provide athletes with catastrophic insurance. The cost to become a member is \$25. The fee for this will be due December 5, 2011 and MCX will register each athlete. All stars will be required to provide MCX with a copy of a proof of age certificate, i.e. Birth certificate, driver's license, learners permit or passport.

### Team Evaluations

Team evaluations will be held **Saturday, October 22, 2011**. The MCX All Star staff will evaluate the athlete's stunting knowledge, standing tumbling skills, running tumbling skills, jumps, dance and/or cheer and floor presence. If we are unable to place a candidate on a team because of their skill level, we hope the student will continue with tumbling classes and prepare for the following year.

### Items Required for Evaluation

In order to be considered for a team, each athlete must...

1. Complete the 2011-2012 information packet
2. Complete the Parent and Athlete Code of Conduct Forms
3. Submit the \$40 Evaluation Fee
4. Complete STG Membership Registration Form or have current one on File

All forms together with the evaluation fee must be turned in by **October 22, 2011**. No students will be permitted to attend the evaluation day until the forms are received and the fee is paid.

### **Evaluation times are as follows:**

<b>Saturday</b>	<b>October 22, 2011</b>	Stunting/Tumble	<b>12:00-1:30</b>	<b>Ages: 6, 7 and 8-11</b>
<b>Saturday</b>	<b>October 22, 2011</b>	Stunting/Tumble	<b>2:00-3:30</b>	<b>Ages: 12 and up</b>

The gym will be closed to all parents who have a child being evaluated during the evaluation process. Please respect our policy and do not stay to watch, this might make your child more nervous. Thank you.

### Evaluation Results

Evaluation results will be posted on our website by **8:00pm** on **Saturday, October 22, 2011**. Our website: [www.mcx-treme.com](http://www.mcx-treme.com)

### Team Placements

All teams will be built based upon placing each team in a position to score as high as possible in competition. Each team must be able to stunt, jump, tumble, dance, etc. at a level that will enable them to maximize the score sheet. This means all athletes on a team may not have the same tumbling ability. Though we try to move athletes as little as possible, there **WILL BE** movement within our program of athletes from one team to another potentially all the way to choreography. In certain cases, moves may still be made after choreography. Our focus is to build the strongest teams possible and to make sure athletes are placed on a team where they can excel and have a positive experience.

### Skills Assessment

We will have a Skills Assessment at the end of each summer. Athletes will be required to pass the assessment test by performing the required skills for their team in order to remain at that competitive level. If the athlete does not pass the Assessment Test, they may be moved to another team where they will be able to participate in the competition routine. All team changes will take place at the discretion of the staff.

### Summer Practices

Summer practice attendance is required. MCX-treme All Stars is a yearlong program. We realize vacations and other events are a much needed break from our rigorous schedule, and appreciate vacations being kept to a reasonable amount of time. Summer is when the MCX All Star Teams will be learning new skills and choreographing routines, so it is extremely important they attend all practices unless they are out of town. **If an athlete is absent from the gym for more than 6 all star practice between June 1 and August 20, the athlete may be dismissed from the team or re-assessed.**

## **Program Rules and Regulations**

### Monthly Payments

**Tuition fees are due the first of each month, after the 7<sup>th</sup> of the month a \$10 late fee will be assessed to your monthly account. Parents will receive a monthly calendar that will state when additional fees are due. (Practice wear, uniform deposits and balances, hair bows, shoes, choreography fees, music fees, camp fees, etc.) Tuition fees may be paid to Shenandoah Tumblers Inc. by check, cash and/or credit/debit card.**

### Refunds

If you leave the program or are removed from the program by the MCX staff, you will not receive a refund of any kind. Once uniforms have been ordered, the order cannot be cancelled. If a uniform has been ordered and you leave the program, you will either forfeit the deposit or pay the balance and take the uniform.

### Material Agreement

As a member of the MCX All Star Cheer program, any material (cheers, chants, pyramids, partner stunts, transition, dances, music, routines, etc) may not be used or taught for any purpose, to anyone outside of MCX All Star program. All material is owned by Shenandoah Tumblers, Inc. and MCX All Stars. Anyone violating this agreement will be expelled immediately from the MCX All Star Cheer program.

### Uniform Agreement

Any and all parts of the MCX All Star program uniform may only be worn during specific and official MCX All Star activities. The uniform may not be worn for any other activity without prior written consent from the MCX Staff. No part of the uniform may be loaned to any person that is not a current member of the program.

### Property Rights Agreement

No MCX All Star Cheer Program related items may be sold without prior written consent from the MCX Staff.

### MCX Logos

No Shenandoah Tumblers, Inc, and/or MCX logos may be used on any item without consent from Shenandoah Tumblers, Inc. The company name and its entity are solely owned by Shenandoah Tumblers, Inc. Any violation of this agreement may result in legal action.

### Valuables in Gym

It is not possible to monitor valuables brought into the Shenandoah Tumblers, Inc. facility. Please leave valuables at home. Shenandoah Tumblers, Inc. will not be responsible for any lost or stolen items. All cell phones need to be turned on silent. Please make sure all outerwear has the athletes name inside.

### Gym Atmosphere

If the viewing area becomes a negative environment at anytime during the year, the parents of the team(s) involved will be asked to follow a drop off policy. This includes parents talking negatively about the team, the coaches, other parents or other team members. We will also ask parents to follow a drop off policy if parents are interrupting the practices by coming into the gym or by pulling their kids out of the gym. If you have an issue, please schedule an appointment with the coach.

### Late Pickup Fee

Athletes must not be left at the gym after practice time has ended. Athlete's who are left at the gym after closing time, will be assessed \$10 for every 15 minutes the gym is held open for them.

## Estimated Financial Obligations

All star cheerleading requires a substantial financial commitment from each family. We have tried to estimate the cost as accurately as possible. Please remember that these are estimates. Carefully consider the financial commitment you are making.

For families with more than one all star cheerleader, there will be a 10% discount on tuition (ONLY) each month after the first all star cheerleader.

An athlete's account must be current and in good standing to participate in practice/competitions/special events. MCX reserves the right to remove an athlete from any team at any time for failure to maintain their financial obligations.

Any monies received from an athlete/parent will be applied first to any outstanding tuition.

No uniforms, hair bows, or practice wear with an unpaid balance will be distributed.

<u>Expenses (these are estimates)</u>	<u>Amount</u>	<u>Due Date</u>
<b>Evaluation Fee</b>	<b>\$40</b>	<b>October 22, 2011</b>
<b>Practice Wear</b>	<b>\$40-\$50</b>	<b>October 24-26, 2011</b>
<b>Shoes</b>	<b>\$75</b>	<b>November 7-11, 2011</b>
<b>Hair Bows</b>	<b>\$20</b>	<b>November 7-11, 2011</b>
<b>Competition Uniform</b>	<b>\$225?</b>	<b>November 7-11, 2011</b> (Deposit 75% upon ordering)

Used Uniforms will be available for purchase. If you have a uniform that you would like to sell, you will be given a two week time frame where we will help you sell it.

Monthly tuition (This includes 2 all star classes and 1 tumbling class per week)

Individuals (athletes who compete on one team)	\$125.00 per month
Crossovers (athletes who compete on two teams)	\$150.00 per month

<b>USASF Membership Fee</b>	<b>\$25</b>	<b>December 5, 2011</b>
<b>Choreography</b>	<b>TBD</b>	<b>TBD</b>
<b>Music*</b>	<b>\$25</b>	<b>TBD</b>
<b>Competition Fees**</b>	<b>\$500-\$600</b>	<b>TBD</b>
<b>Summer Camp</b>	<b>\$110</b>	<b>June 4, 2012</b>

**\*This fee is paid directly to the music producer who creates the music for each team**

**\*\*Competition fees are due months in advances, before each competitions. Individual competitions generally range in between \$45-\$75 per athlete. A two day competition generally ranges in between \$90-\$130 per athlete. A coaches fee will be added to the competition fees for travel expenses.**



### Candidate Information Form

Please complete and return this form along with your evaluation fee (\$40), the STG Membership Registration Form, the Athlete and Parent Code of Conduct by October 22, 2011.

Name: \_\_\_\_\_ Birth Date: \_\_\_\_\_ Age on 8/31/2011 \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ State/Zip: \_\_\_\_\_

Grade for 2011-2012 School Year: \_\_\_\_\_ School: \_\_\_\_\_

Mother's Name: \_\_\_\_\_ Cell Phone # \_\_\_\_\_

Father's Name: \_\_\_\_\_ Cell Phone # \_\_\_\_\_

Home Phone #: \_\_\_\_\_ Athlete's Cell # \_\_\_\_\_

Parent's E-mail: \_\_\_\_\_

Athlete's E-mail: \_\_\_\_\_

Please initial if you would like to sign up for the auto pay plan: \_\_\_\_\_

Please circle one:            Current Student            Returning Student            New Student

**New Students Only:** please check the following skills that the athlete can successfully complete without a coaches spot:

- |  |  |  |
|--|--|--|
| <input type="checkbox"/> Cartwheel                 | <input type="checkbox"/> Round-Off                 | <input type="checkbox"/> Back Walkover               |
| <input type="checkbox"/> Standing Back Handspring  | <input type="checkbox"/> Toe Touch Back Handspring | <input type="checkbox"/> Standing 2 Back Handsprings |
| <input type="checkbox"/> Round Off Back Handspring | <input type="checkbox"/> R- Off 2 Back Handsprings | <input type="checkbox"/> R- Off 3 Back Handsprings   |
| <input type="checkbox"/> Stand Back Tuck           | <input type="checkbox"/> Back Handspring Back Tuck | <input type="checkbox"/> Triple Toe Back Tuck        |
| <input type="checkbox"/> Layout                    | <input type="checkbox"/> Full                      |  |

If you have competed all stars with a team other than MCX, please check what stunting position you have held:

Flyer     Base     Back Spot     Front Spot

\_\_\_\_\_  
**Parents Signature**

**For Office Use Only:**

- |   |  |   |
|---|--|---|
| <input type="checkbox"/> : Information Form Rcvd      | <input type="checkbox"/> : Evaluation Fee (\$40) Rcvd      | <input type="checkbox"/> : Birth Certificate Rcvd<br>(to be provided by 12/05/11) |
| <input type="checkbox"/> : Birth Certificate on File  | <input type="checkbox"/> : Athlete Code of Conduct Rcvd    | <input type="checkbox"/> : Parent Code of Conduct Rcvd                            |
| <input type="checkbox"/> : USASF Membership Form Rcvd | <input type="checkbox"/> : STG Membership Reg. Form. Rcvd. |   |



## Parent Code of Conduct

Parents are vital in helping their children maintain high moral character, fulfill their commitment and keep a positive attitude. MCX wants to serve as a partner to the parents helping each achieve these goals, but the primary job must lie with the parents. Please read this carefully and understand that you are making a commitment of time and financial resources. You are also committing to support our program's philosophies and goals. Please initial each obligation and return with Information Form.

1. I understand that my actions in the viewing room and at competitions are a reflection of MCX and should be of strong moral CHARACTER. I will be a positive role model for my child and will encourage sportsmanship by showing respect and courtesy, and demonstrating positive support for all athletes, coaches and spectators at every practice and competition. \_\_\_\_\_ Parents Initials
2. I am aware that this is a twelve month COMMITMENT and will do everything in my ability to enable my child to participate in all practices, camps and competitions throughout the season. I understand that a team is dependent on my child to fulfill his/her responsibilities as a team member. I will do all that is necessary to get my child to practice on time and assure that she does not need to leave practice early. I will pick my child up from practice on time. \_\_\_\_\_ Parents Initials
3. I will maintain a positive ATTITUDE by remembering that children participate in cheerleading to have fun and that the sport is for children, not adults. \_\_\_\_\_ Parents Initials
4. I will teach my child that by doing one's best is more important than winning, so that my child will not feel defeated by the outcome of a competition of his/her performance. I will encourage my child to be a humble winner and a gracious loser. \_\_\_\_\_ Parents Initials
5. I will respect the coaches and their authority during practices and competitions and will not question, discuss or confront the coaches during a practice or competition, nor will I pull my child out of practice without communication with the coach. I will take the time to speak with the coaches at an agreed upon time and place. \_\_\_\_\_ Parents Initials
6. If my child is involved in any matter of disrespect towards any MCX staff member or student, I will resolve this problem with my child immediately. \_\_\_\_\_ Parents Initials
7. I understand that my child must wear the proper practice outfit that is scheduled for any specific day and will support this requirement with my child. If my child loses any part of their practice clothes, I understand that I must purchase a replacement immediately. \_\_\_\_\_ Parents Initials
8. I fully understand that the coaches reserve the right to suspend my child's participation indefinitely in practice or competition (which may include losing positions) as a disciplinary action if any of the rules, policies, codes or conduct are not adhered to. \_\_\_\_\_ Parents Initials
9. I will attend parent meetings, read e-mails and check the website to retrieve information that MCX has provided. \_\_\_\_\_ Parents Initials
10. I understand it may be necessary to move my child to different team at any time during the year and agree that should this become necessary I will abide by the coaches decision. \_\_\_\_\_ Parents Initials
11. I understand my child must be picked up on time and that I can be assessed \$10 for every 15 minutes the gym is held open for my child. \_\_\_\_\_ Parents Initials
12. I understand I will not be allowed to remain in the gym during the evaluation process. \_\_\_\_\_ Parents Initials

I have read over the Athlete's Code of conduct with my child, understand what is expected of my child and will help to ensure my child's adherence to these matters.

\_\_\_\_\_  
Date: \_\_\_\_\_

**Parents Signature**



## Athlete Code of Conduct

MCX athletes are held to a high standard of moral character. Our goal is to surround ourselves with positive athletes who strive to reach both the team's goal's and their own personal goals. Parents, please read through the following obligations with your athlete explaining each one. Both a parent and the athlete need to initial each requirement.

1. I will not use inappropriate language or participate in inappropriate, immoral behavior. I will not participate in the illegal consumption of tobacco, alcohol or drugs. I understand that all of my actions both inside and outside of the gym are a reflection of MCX and should demonstrate strong CHARACTER.  
\_\_\_\_\_ Athlete's Initials \_\_\_\_\_ Parents Initials
2. I understand that this is a twelve month COMMITMENT and that a team is dependent on me to fulfill my responsibilities as a team member. I will be committed to my coaches, my teammates and myself striving to reach both the team's goals and my personal goals. \_\_\_\_\_ Athlete's Initials \_\_\_\_\_ Parents Initials
3. I will come to practice with a positive ATTITUDE, and I will work hard to achieve the goals set by my coaches. I realize that a positive attitude is contagious, and I will do my best to influence my teammates in a positive manner. \_\_\_\_\_ Athlete's Initials \_\_\_\_\_ Parents Initials
4. I will not disrespect any team member, coach, parent or competitor from MCX or any other gym for any reason at any time. \_\_\_\_\_ Athlete's Initials \_\_\_\_\_ Parents Initials
5. I will demonstrate good sportsmanship striving to be a humble winner and a gracious loser.  
\_\_\_\_\_ Athlete's Initials \_\_\_\_\_ Parents Initials
6. I will learn and obey the rules and regulations of MCX. \_\_\_\_\_ Athlete's Initials \_\_\_\_\_ Parents Initials
7. I will wear the scheduled practice clothes to each practice. I understand that it is my responsibility to help my parents keep up with the schedule and the outfits. \_\_\_\_\_ Athlete's Initials \_\_\_\_\_ Parents Initials
8. I will arrive at all competitions on time with my uniform, hair and makeup completed to MCX standards.  
\_\_\_\_\_ Athlete's Initials \_\_\_\_\_ Parents Initials
9. I understand that all material, music and routines are the property of MCX and are not be used for any other purpose including school squads and talent shows. I understand I may not lend my uniform to anyone not on the MCX team. \_\_\_\_\_ Athlete's Initials \_\_\_\_\_ Parents Initials
10. I understand that breaking any of the codes of conduct above may result in suspension or dismissal from MCX. \_\_\_\_\_ Athlete's Initials \_\_\_\_\_ Parents Initials
11. I understand it may be necessary for the coaches to move me to another team during the year. I agree that I will accept this decision with grace and will abide by the coach's decision.  
\_\_\_\_\_ Athlete's Initials \_\_\_\_\_ Parents Initials
12. If I have a problem with the coach or the team, I will agree to a conference with the coach and one of my parents. \_\_\_\_\_ Athlete's Initials \_\_\_\_\_ Parents Initials

**Athlete Signature** \_\_\_\_\_ **Date:** \_\_\_\_\_

**Parent Signature** \_\_\_\_\_ **Date:** \_\_\_\_\_  
**(IF ATHLETE IS A MINOR)**

**Student Name:** \_\_\_\_\_