

## **Maple Grove Youth Competition Cheer**

Welcome to the Maple Grove Competition Youth Cheer (MGYCC). The competitive cheer program is offered through Park and Rec. Once selected for a team, you are expected to abide by the guidelines and standards set by the coaches and Park and Rec. Being involved with our sport requires a commitment from both cheerleaders and their parents.

### **Goals and Mission**

The purpose of the program is to build strong competitive athletes and cheer teams. We want to offer an experience where your individual athlete can set and achieve goals; develop self-discipline, self-responsibility, communication skills, and a strong work ethic; build self-confidence; show good sportsmanship; and understand the meaning of teamwork.

In addition, the purpose of our youth program is to give younger individuals with a deeper interest in cheer the opportunity to be part of a team that works together to, not only compete against other teams of the same age, but also help them grow socially, mentally, and physically.

MGYCC is for athletes in grades K-9th. There are four teams run through the youth program.

1. Performance (Grades K-5)
  - a. This team is for athletes in grades K-5 and is designed as an intro to competitive cheerleading. This team will perform at one competition, Crimson Cheer Challenge, featured as an exhibition. This will give athletes the opportunity to gain experience of what it is like to compete. No experience necessary.
2. Novice (Grades 2-6)
  - a. This team is for athletes in grades 2-6 with little to no competitive cheerleading experience. This team will compete in the novice division at competitions which are reserved for first year teams. While previous cheer experience isn't required for this team, athletes will still be evaluated on their ability to perform specific cheer skills and their ability to be coached.
3. Elementary/Junior High Prep (Grades 2-6)
  - a. This team is for athletes in grades 2-6 with previous cheerleading experience. This team is also considered a Junior High prep team so the level of skills performed on this team will be at a higher level than the novice team.
4. Junior High (Grades 6-9)
  - a. This team is for athletes in grades 6-9 and is a direct feeder for the high school's competitive cheer program.

\*Placements for ALL Teams will be based on age, observed maturity (socially, emotionally and physically), and level of skill.

## **Mandatory Tryouts (Junior High, Elementary, Novice)**

August 10th 5p-7p

August 11th 6p-8p

## **Team Informational Meeting**

Informational Meeting will be held Monday August 15th 5p-7p at MGMS in the cafeteria

Mandatory Sizing Night Sunday August 21st 5:30p-8p

**Uniforms will be ordered in the second week of September for all MGYCC teams.**

## **What am I being Evaluated on?**

Athletes will be scored in the respective categories.

**Novice/Elementary:** Jumps, Dance, Cheer, Tumbling, Stunting and Coachability

**Junior High:** Jumps, Dance, Cheer, Tumbling, Stunting Execution and Coachability

Athletes will be placed on the team that fits their age and ability most appropriately. Levels are necessary to ensure safety, provide growth, as well as assure Maple Grove is competitive with other programs at **ALL** Levels. Competitive Cheerleading is like any other team sport such as Volleyball, Soccer, Basketball, etc. One will never improve if you do not take the opportunities given to you to make yourself better and learn the basics of the sport.

**All practices will be closed door. Parents will not be permitted in the gym. This is to keep distractions at a minimum.**

## **Costs**

### **Registration Fees:**

\*Covers expenses of facilities, insurance coverage, coaching, competition fees, choreography fees, music, and equipment.

Junior High: \$535

Elementary: \$495

Novice: \$395

Performance: \$130

### Additional Fees:

| Fee                        | Middle School | Elementary | Novice | Performance |
|----------------------------|---------------|------------|--------|-------------|
| Uniform (if needed)        | \$206         | \$206      | \$190  |             |
| Shoes (if needed)          | \$48          | \$48       | \$48   |             |
| Practice Shirts (required) | \$20          | \$20       | \$20   | \$10        |
| *Optional Backpack         | \$90          | \$90       | \$90   |             |
| * Optional Warmup          | \$90          | \$90       | \$90   |             |

\*Prices subject to change slightly

### Communication

Communication will be done through email for important practice and competition information. Pictures, photos and videos will be posted to the team Instagram and Facebook throughout the season for all to see.

### Attendance Policy

Due to the nature of the sport of competitive cheerleading, it is extremely important that **ALL** team members be at practices to prepare for our competitive events. Practices are considered mandatory unless special arrangements are made in advance with the Coaches. It is crucial that all team members attend in order to practice the routine. Teams cannot practice to their full potential if team members are missing. When one person is gone, it holds an entire stunt group or possibly the entire team back from being able to practice their stunts and pyramids. The following policies and guidelines will be strictly enforced for the season.

If your athlete is going to be absent, this process should be followed:

- As soon as you are aware of an absence it should be communicated to a coach via E-mail.
- **ALL absences due to illness for practice should be submitted NO LATER THAN 12PM during the school year and 2 hours prior to practice in the summer. This is important for planning purposes.**
- **Excused Absences**
  - Planned Family Vacations - *notice 1 month in advance*
  - Family Emergencies
  - Other Excused Medical
  - Choir or Band concerts - *notice 2 weeks in advance*

- For absence to be ‘excused’ your coach must be contacted PRIOR to the absence occurring.

*\*\*Even with an excused absence, athletes are expected to return to practice at the same ability level as teammates and are responsible for knowing all routine changes that occurred during the absence.*

- **Unexcused Absences**

- Choir or Band concerts - *No notice*
- Orthodontist/Dentist Appointments
- Chiropractor Appointments
- Babysitting
- Concerts
- Dance/Cheerleading lessons or recitals
- Shopping
- Hair Appointments
- Doctor Appointments - *unless excused in advance*
- Illness when present in school day
- Homework/school clubs, lessons, or unapproved help

*\*\*Should the cheerleader be absent, the expectation is to return to practice at the same level as teammates with the responsibility for knowing all routine changes that occurred during your absence.*

**UNEXCUSED ABSENCES are accumulative per season. This includes: practices, competitions, or any other required event indicated by the coaches.**

- **1<sup>st</sup> and 2<sup>nd</sup> Offense:** Discussion with athlete and family about team commitment
- **3rd Offense:** Coaches Discretion could include reduced role in competition.
- **4th Offense:** Reduced role in competition due to routine having to be reworked to accommodate missing athlete and safety concerns.
- **5th Offense:** Stunts will be reworked to remove athlete who has been missing.

**There are certain events that absences WILL NOT be excused:**

- Choreography September 16-18 (Junior High and Elementary)
- Competitions
  - Junior High
    - 12/3
    - 12/17
    - 1/7
    - 1/21
    - 1/22
    - 1/28
  - Elementary
    - 12/3
    - 12/17
    - 1/21

- 1/22
  - 1/28
- Novice
  - 12/17
  - 1/21
  - 1/22
  - 1/28
- Performance Team
  - 1/22

NOTE: Depending on the number of cheerleaders absent or who, teams may cancel or adjust practice times. Too many people gone impacts stunting majorly.

**Junior High/Elementary:** If a cheerleader is gone for **2 or more consecutive practices/events** due to illness, a doctor's note will be required. **If any practice is missed the week of a competition, the athlete will have a reduced role in the competition routine due to safety concerns.**

**Junior High and Elementary:** Cheerleaders should miss **no more than 3** practices during a given competitive season and **no more than 1 week due to summer vacation**. Extended illness with a doctor's note would be an exception.

**Performance/Novice:** Cheerleaders should miss **no more than 3** practices during a given competitive season. Extended illness with a doctor's note would be an exception.

*\*\*For the practices the week of any competition, only extreme emergency situations will be considered for missing practice. At all times, the coaches do reserve the right to keep a squad member from competing if the absence(s) was not approved in advance and/or the athletes' absence(s) has caused them to miss important instruction, which could hinder the teams' performance and safety.*

### **Conflict Resolution Policy—24-HOUR RULE**

Each year 2.5 million people coach kids. These coaches are the vehicles that provide organized youth athletics an existence. As parents, we will not always agree with a coach's decision. However, it is important to recognize the coach's role is to make decisions for the team first and a player second. Often, parents tend to recognize the coaching staff decisions through our athlete first and the team second. Also, understanding that most athletes are not aware of any problem until we, as parents, bring it to their attention.

Many sports throughout the United States have adopted the 24-Hour rule in an effort to address significant concerns, while attempting to remove the emotional concerns, particularly in the presence of the youth athlete.

***MG Cheer subscribes to the 24-Hour Rule.***

Briefly, this means that athletes/parents are not to discuss any “negative” practice/performance situation with the coaching staff until at least 24 hours have passed from the completion of the practice/performance.

If the issue remains a concern, the following steps must be followed:

1. The athlete must approach the coach first.
2. Athlete/Parent will contact the program director and schedule a meeting with the program director. That discussion will be documented by the program director and/or transcription delegate.
3. The program director and athlete’s immediate coach will discuss concern and obtain a documented, consensus recommendation for resolution.
4. The program director will respond to the parent in writing.
5. If the parent feels that the concern remains, and has not been appropriately addressed, the parent may schedule a meeting with the Park and Rec Director and the program director.

***Violation of the 24-Hour Rule will be addressed as Zero Tolerance coaches will not respond before 24hours.***

Please respect the significance of the 24-Hour Rule. If we honor this concept, concerns will be moved away from an audience with our children or a possible ill-timed discussion resulting in a more positive collaborative perspective for all parties involved.