



Maryland Adrenaline Xtreme

2018-2019

Parent/Athlete Handbook



Handbook Overview

The purpose of the 2018-2019 Athlete and Parent Handbook is to outline the expectations and requirements for all members of MAX Cheer. Please read through our handbook in its entirety and let us know if you have any questions.

MAX All Star Cheer Philosophy

Our philosophy is to provide a competitive program, emphasizing the importance of appropriate training and safety in our sport. This is to include: conditioning, technique, and gradual skill progression all at an affordable cost.

We focus on sportsmanship, respect for yourself as well as others. We have our athletes learn lessons in friendship, teamwork, time management and community service. We also promote the importance of balancing education with the athlete's commitment to our sport!

Choreography

Choreography dates will be set for September for each team. We will provide you with dates and times via email by the end of July. Choreography is mandatory and every athlete is expected to be present to learn important components for their team's routine. Choreography usually takes place over a course of 3-4 days. These will not fall on practice nights and typically last about 4 hours. Please let us know if you have any questions or concerns about this.

Uniform and Practice Wear

Athletes will be given practice wear when their fee is paid. Please make sure that your child is wearing the correct practice wear for the correct night. A schedule and calendar will be sent out at the beginning of the season with this information. This year, ALL athletes will be buying their uniform from the vendor. We will schedule an evening where your child will be measured by a representative. You may also purchase shoes from the vendor if your child need a new pair. A bow will be included in the accessory kit too.

Attendance Policies and Procedure

Summer Practice Schedule

We will continue to have practice in July and August. We will meet one week a night and also be offering additional camps for both cheer and tumble. More information will be sent out soon. Please let us know when your child will be on vacation. We will have a calendar available for you to fill in the days/weeks that you are out of town!

Everyone will receive their practice/tumble schedule in August for the 2018-2019 Cheer Season!

Team Practice Attendance

Practice attendance is mandatory and compliance with the attendance policy will be strictly enforced. An athlete's team position could be in jeopardy for noncompliance with all the attendance policies.

Competition Season Practice

Practices will be scheduled from Monday-Thursday and one weekend practice.

Tumble class will be scheduled according to your level skill of tumble. If an athlete is absent from practice for any reason, whether excused or unexcused, he/she is responsible for learning all routine changes made prior to the next practice.

Practices may be changes or added at any time throughout the year!

Team Absence Allowance

~ Any planned absences should be reported to Christy and Traci when you know about them.

~ Athletes are only allowed 3 excused absences during competition season.

~ Absences are NEVER allowed the week of competition. If an athletes is absent from practice the week of competition, they may be removed from the routine.

~ **If an athlete chooses to withdraw from the program for any reason, you will be charged a \$500 withdraw fee that must be paid to MAX.**

~ Missing a competition without prior approval may result in dismissal from the program.

Excused Absences

Absences that fit the following and have been approved:

School functions that result in a grade

Hospitalization

Serious illness or injury to an athlete or family member

Death in the family

Unexcused Absences

Absences that do not meet the above allowances. Please see us for further explanation.

Illness, Injury and Unexpected Family Emergency

MAX Cheer understands that an unexpected absence may occur due to an illness, injury or family emergency. Please see guidelines below:

Illness: Athletes are expected to be at practice unless they have a fever or are vomiting. Please come to practice if you can tolerate sitting and watching. A doctors note will be required if you miss more than two practices in a week due to illness.

Injury: In the event that an athlete is injured, you should notify your coach immediately. Please provide a doctor's note listing the injury, treatment and length of time that you will not be able to participate. We will also need a note clearing you to come back to practice with your team. Injured athletes are still expected to make payments onto their cheer accounts and attend all scheduled practices/competitions. Please be very careful during cheer season when you are not in the gym!



Code of Conduct

Athlete

As a member of MAX All Star Cheer, athletes are expected to adhere to all the rules and policies listed throughout the HANDBOOK at all times! They are expected to remain positive, treat fellow teammates, coaches, staff and parents with respect, avoid gossip and drama, practice good sportsmanship, accept both constructive criticisms and praise for a job well done! Do not participate in any bullying, refrain from use of profanity and/or abusive language, act with integrity and class. No illegal drugs or alcohol will be tolerated. Please refrain from using any social media networking, messaging services or electronic media to distribute negative or inappropriate information that could be detrimental to yourself, family or our program. Please note that any violation will result in immediate dismissal from the program.

Parent

MAX All Star Cheer parents are expected to encourage their athletes to treat fellow teammates, staff and other parents with respect at all times and ensure that their athlete understands what is expected from them. In regards to the attendance policies, dress codes and rules outlined in this handbook, remain respectful, drama and gossip free and defer to the coaches discretion regarding team decisions, refrain from using any social media networking, messaging services or electronic media to distribute negative or inappropriate information that could be detrimental to yourself, family and our program.. You are also asked to refrain from threatening to pull your athlete or have them quit a team because you are not happy with a situation. Please note: You are also agreeing not to start another competitive all-star program within a 30 mile radius from MAX Cheer. Please note that violations may result in immediate dismissal from the program.



Fundraising

All MAX Athletes will be required to participate in 2 mandatory fundraisers for the program. If you elect not to participate, you will be billed a \$250 opt out fee for each event. There will be other fundraisers which will be credited to athletes individual accounts if they chose to participate.

Crossovers

Sometimes athletes are asked to crossover between two teams if they are age eligible. In the past, MAX Cheer has covered these costs. For the 2018-2019 Cheer Season, any athlete that wishes to crossover between two teams will be responsible for an extra \$15 per month for fees. You will also be responsible for any added uniform pieces. Please note: Your “primary” team will be your team that you are first selected to compete with. All t shirts and apparel should be purchased for your primary team first.

Coaches

MAX Cheer has a great coaching staff! We have some returning faces along with some new faces! Our coaches are trained and accredited with many years of coaching in both the all-star, rec and school cheer world. Coaches will be assigned to teams in the late summer and introduced to the athletes during practices.

If you or your athlete has any questions, concerns or issues with a coach’s decision or instruction, please speak with the coach and owners to try and resolve the issue.

Financial Information

All monthly fees are due by the 1st of the month. You have a grace period until the 10th of the month to make your payment. If you wish to pay by check, you can drop it off in the box in the gym, please hand cash to the owners/cheer coordinators.

A late fee of \$25 will be added to your account if you make your payment after the 10th of the month.

All fees are non-refundable. If you decide to leave the program for any reason, you will be assessed a \$500 inconvenience fee after September 1, 2018. Uniform and Uniform Accessory fees need to be paid before your athlete receives their order.

Competition Fees need to be received to our office by October 30, 2018 at the latest! Please let us know if you have any questions or concerns. We are taking payments and fees due much more serious this year than in the past. Your fees need to be paid on time.

Terms and Conditions

All parents are required to sign off on our terms and conditions when registering their athletes. These terms and conditions are an extension of this handbook. If you would like a copy emailed for your records please let us know.

MAX ALL Star Cheer reserves the rights to change/implement addendums to any or all of these rules and regulations throughout the season. We are striving to give our athletes the best and dedicated All Star Cheer training while having the most affordable pricing in the area. We hope that you will be as dedicated to our program as we are to your children!