

# INFORMATION PACKET



**MARYLAND ALLSTARS**

**[www.MDallstars.com](http://www.MDallstars.com)**

# MARYLAND ALLSTARS

## 2018-2019 INFORMATION PACKET

Thank you for your interest in the Maryland Allstars! Entering our tenth season, the program has already earned a strong name for itself in the cheerleading industry. Through practices, performances and competitions, our staff works diligently to develop young cheerleaders- physically, mentally, and emotionally.

While the obvious is true, that the Maryland Allstars coaching staff assists the program's youth in reaching their athletic potential, we believe the higher purpose of our program is to teach our athletes important life lessons- dedication, self-confidence, teamwork, and leadership.

Cheerleaders devote hours, weeks, months, even years improving stunts, tumbling, jumps, motions, and dance. We are determined to not only enhance our athletes' skills, but to offer new friendships and special memories that will last a lifetime.

We look forward to welcoming you and your athlete(s) into this incredible opportunity that you are about to experience. More importantly, we look forward to welcoming you and your athlete(s) into our "family" that continues to grow. We are always available to answer any questions and we hope this packet provides you a quick and easy summary of our program.

### ALLSTAR OVERVIEW

Today, allstar cheerleading has become recognized as a sport in almost every state in the nation, including Maryland! Top athletes in the sport are often eligible to receive full college scholarships. Many allstar competitions are now broadcast on National television. Several magazines such as *The Cheer Leader Magazine* and *Inside Cheerleading* are available to those interested in the hybrid activity.

Allstar teams are typically comprised of about 5-35 athletes with a variety of skills and abilities. Coaches create a competition routine performed by the group that has elements of tumbling, stunting, jumping, dance, and other skills that are set to music. The routines are typically 2- 2.5 minutes in length. At competitions, the teams are divided by age and ability level. The routines are judged by their level of difficulty, precision, creativity, and entertainment value.

While not every program is a perfect fit for every athlete, we believe that we have a solid program that is the right choice for everyone from the brand-new beginner athlete to the ultra-elite veteran. Maryland Allstars has already experienced tremendous success, winning countless National Championships!

### FACILITY

Maryland Allstar Athletics is a facility located in Eldersburg, MD! The gym is 6,000 sq ft designed specifically for allstar cheerleading and tumbling. The training area is equipped with a 54x42 baltic birch spring floor, 30x30 baltic birch spring floor, 40 ft tumble track with resi-pit, rod floor, trampoline, mirrors, high quality Bose stereo systems, and specialized tumbling equipment. Contact us to arrange a private tour!

## MEET OUR STAFF

Our program is unparalleled in its comprehensive knowledge of cheerleading, with over 100 years of cumulative experience in the industry. The high standards of our program require that only qualified, positive, energetic professionals work with our athletes. All cheer coaches are certified by the United States Allstars Federation. In addition, they are CPR/First Aid certified, have had completed background checks, and are part of the PCA (Positive Coaching Alliance.) The Maryland Allstars staff attends monthly "in house training sessions" to maintain a consistent format in the gym. Maryland Allstars staff bios are listed on our website.

## BECOMING A MEMBER

Our member registration process is easy! Interested members can register for try-outs on-line at [www.mdallstars.com](http://www.mdallstars.com)

## TRY-OUTS

Maryland Allstars conducts annual try-outs for both new and returning athletes. There are mandatory clinics where each cheerleader will receive coaching tips to prepare for try-outs. At the actual try-out, candidates will be assigned a number and demonstrate skills in groups of three. Our staff will evaluate athletes according to the USASF guidelines. On our website under "Forms" is a "Code of Points" that lists skills in order of difficulty. Our goal is to have teams for every age and experience level. The vast majority of athletes attending tryouts will be placed on a team. After the final date of tryouts, the staff will meet to assemble rosters for the upcoming season. Try-out results will be posted on our website by try-out number. Please note that the gym will be closed to spectators during the clinic and try-outs. Athletes who are unable to make the mandatory clinic and/or try-out can schedule a private evaluation- email [Sandy@mdallstars.com](mailto:Sandy@mdallstars.com). All returning athletes must have a \$0 balance from the previous season to attend try-outs.

## TRY-OUT DATES

➤ **Ages 3-5 Ages 6 & Up (as of 8/31/18)**

Visit [www.mdallstars.com](http://www.mdallstars.com) to register. There is not a fee to register and there is not a tryout for this age group.

➤ **Levels 1-2 Ages 6 & Up (as of 8/31/18)**

Mandatory Clinic- Thursday, May 17 6:30-8:00pm

Try-out - Friday, May 18 6:30pm

➤ **Levels 3-5 Ages 6 & Up (as of 8/31/18)** Appropriate season registration fee is due at tryouts.

Mandatory Clinic- Saturday, May 19 4-5:30pm

Try-out- Sunday, May 20 1:00pm

\*Level 5 Call Backs- Monday, May 21 7-9pm

➤ **Flyer Try-outs (OPTIONAL)** For those new to MA or new flyers within the program. \$15

Wednesday, May 23 7-8pm

**Try-out Fee:** \$55 prior to 3/31/18, \$65 after 3/31/18 \*Try-out fee is non-refundable. Price includes t-shirt. Register by 3/31/18 for guaranteed sizes.

## TEAMS

Maryland Allstars plans to have 10 full year teams for the 2018-2019 season. The United States Allstar Federation (USASF) is the governing body of allstar cheerleading. They determine ages and skill level guidelines for each team. Age is determined by the athlete's age on August 31, 2018.

1. **Angel Sharks-** Athletes with Special Needs
2. **Pup Sharks-** Ages 3-5
3. **Tiger Sharks-** Ages 6-11
4. **Zebra Sharks-** Ages 6-11
5. **Bull Sharks-** Ages 8-14
6. **Sand Sharks-** Ages 8-14
7. **Leopard Sharks-** Ages 9-14
8. **Hammerhead Sharks-** Ages 11-18
9. **Reef Sharks-** Ages 11-18
10. **Great White Sharks-** Ages 13-18

Maryland Allstars reserves the right to combine, change, or adjust team rosters or team levels at any time during the course of the season to maintain the competitiveness and cohesiveness that is required of allstar squads. The final competition level of each team will be determined during the first few weeks of practice.

## TEAM COMMUNICATION

It is extremely important that our records are kept current. Once you become a member, you will have access to our customer portal where you can access your account and update your information. It is vital that parents check emails on a daily basis to stay informed. All emails are sent from "Maryland Allstar Athletics, LLC". Please be sure to approve this sender so emails do not land in the spam or junk folder. Maryland Allstars uses the "Group Me" app so cheerleaders on Youth-Senior teams can stay connected. "Group Me" is used for team bonding and informative purposes only. Only cheerleaders, coaches, and the Owners have access to the pages. Owners monitor the content regularly to ensure appropriateness of subject matter. Maryland Allstars is also on Facebook, Twitter, and Instagram. Our social media accounts are updated regularly.

## ATHLETE AND PARENTAL EXPECTATIONS

It is a privilege, not a right, to be a part of the Maryland Allstars program. We have high expectations for our members to act with dignity and respect at all times. Below are our athlete and parent policies. Failure to follow these policies will result in removal from the Maryland Allstars program.

1. Show respect for yourself, all coaches, and member of the team both in the gym and at competitions.
2. Demonstrate a positive attitude and good sportsmanship before, during and after cheer-related events. Cheerleading is a team sport and it is never any one person's fault if a practice is less than good or we do not score as well as we would have liked at a competition. It is NEVER acceptable to place blame, criticize or speak negatively about (or to) team members, coaches or our program. This includes verbally and on any social media outlet.

3. Maryland Allstars has a zero tolerance policy for bullying and bullying behaviors. Athletes who exhibit such behavior will be removed from the program immediately.
4. Maintain a healthy lifestyle and good physical condition. This includes but is not limited to abstaining from using drugs, tobacco, alcohol & abusive language.
5. Maryland Allstars will not be a program that allows athletes to miss practices without accountability or regard for the ones that do show up. Athletes are expected to arrive on-time and ready to practice. Attendance and tardiness is strictly monitored. If a cheerleader cannot make practice, will be late, or must leave early please email [attendance@mdallstars.com](mailto:attendance@mdallstars.com) with as much notice as possible. **Only 6 unexcused absences are permitted May 2018-August 2018. Only 3 unexcused absences are permitted September 2018-May 2019.** Excessive tardiness will count as unexcused absences.
6. **Practices the week prior to special team camps/clinics/choreography are MANDATORY and unexcused absences will not be acceptable.** In the event that there could be an excused absence, we ask for as much notice as possible. Attendance issues during this time may result in the removal from the routine for the remainder of the season. In this instance, the cheerleader may remain on the team as an alternate, but will not be able to compete unless another spot becomes available.
7. **Attendance at special team camps/clinics/choreography is MANDATORY and unexcused absences will not be acceptable.** In the event that there could be an excused absence, we ask for as much notice as possible. Attendance issues during this time may result in the removal from the routine for the remainder of the season. In this instance, the cheerleader may remain on the team as an alternate, but will not be able to compete unless another spot becomes available.
8. **Practices within 2 weeks of a performance are MANDATORY and unexcused absences will not be acceptable.** In the event that there could be an excused absence, we ask for as much notice as possible. Attendance issues during this time may result in the removal from the routine for the remainder of the season. In this instance, the cheerleader may remain on the team as an alternate, but will not be able to compete unless another spot becomes available.
9. **Attendance at all performances is MANDATORY.** Even if you are ill, you must compete. No exceptions. If you are running 10 or more minutes late to a competition you must text Coach Lindsay (410)818-9549 or Sandy (443)955-1184. Attendance issues during this time may result in the removal from the routine for the remainder of the season. In this instance, the cheerleader may remain on the team as an alternate, but will not be able to compete unless another spot becomes available.
10. Practice attire will be assigned and must be worn on designated days.
11. **Cheerleaders in the Maryland Allstars program are NOT permitted to receive outside tumbling, stunt, or cheerleading instruction with the exception of high school cheerleading practice (fall only.)** This includes but is not limited to classes, private lessons, open gyms, etc. *We strongly believe in the consistency of training techniques.*
12. Athletes are not allowed to tumble unsupervised in the gym or use gym equipment unless they have direct supervision from a coach or tumbling instructor. This is for safety reasons and there are no exceptions.
13. Our athletes are welcome to participate in other sports or activities, however, the other sport CANNOT interfere with mandatory practices or competition schedules. Allstar teams must be the first priority. If the second sport interferes with mandatory practices or competition schedules, cheerleaders will remain on the team as an alternate, but will not be able to compete unless another spot becomes available. **Please note that we do not allow athletes to participate in winter high school cheerleading.**
14. Threats by a parent or athlete to quit a team or the program, will result in immediate program dismissal.
15. Athletes and parents are NOT coaches. All decisions regarding the team, choreography, changes to the routine, practices, etc will be made by coaches and owners only. Parents should never yell corrections or comments, etc to their cheerleader during practice.

16. Absolutely no texting should occur between coaches and athletes and/or parents- please email [Sandy@mdallstars.com](mailto:Sandy@mdallstars.com) and/or [Lindsay@mdallstars.com](mailto:Lindsay@mdallstars.com) with any concerns.
17. The name "Maryland Allstars" and the logo are the property of Maryland Allstars and are federally registered trademarks that are protected under law. Any and all use of the name and/or logo is strictly prohibited without written consent from an owner.

## **PRACTICES AND TRAINING**

Regularly scheduled team practices will range from 1-6 hours weekly, divided into either one, two or three days a week depending on the team. Full year team practices will start mid-May and continue to mid- May. **Only 6 unexcused absences are permitted May 2018-August 2018. Only 3 unexcused absences are permitted September 2018-May 2019.** If an athlete is gone for a long duration of time, they will still need to pay the regular monthly tuition to have their spot held on the team.

Dedication to the Maryland Allstars program begins as soon as the paperwork is submitted. When cheerleaders are late or must leave early it disrupts practice. Both time and attendance will be strictly monitored and enforced. Any cheerleader not in compliance will be subject to removal from the program. With the precious few hours the teams are together; we need to optimize every moment.

**All practices and team tumbling sessions are closed to spectators.** Parents are welcome to watch the first and last fifteen minutes of every practice.

Excused Absences from practice include:

- A school function that affects a grade
- A death in the family
- A contagious sickness

Unexcused Absences include, but are not exclusive to:

- A job/other sport/activity
- A school dance, birthday party, sleepover, concert, banquet, family reunion, family vacations, wedding, etc.
- A school project, homework, test, etc.
- A traffic jam or long distance driving

Maryland Allstars reserves the right to cancel, add and/or change practice schedules and inter-change team tumbling and practice time as deemed necessary.

In the case of inclement weather, gym closings will be posted on our website and program Facebook page at least 1 hour prior to the class or practice. Please note that Maryland Allstars does NOT follow the closings of the public school system.

## **TENTATIVE PRACTICE SCHEDULE (Includes Team Tumbling)**

1. **Angel Sharks-** Athletes with Special Needs **Saturday 9-10am**
2. **Pup Sharks-** Ages 3-5 **Wednesday 5-6pm**
3. **Tiger Sharks-** Ages 6-11 **Tuesday 5:30-7:30pm & Sunday 12-2pm**
4. **Zebra Sharks-** Ages 6-11 **Monday 6-8pm & Saturday 1-3pm**
5. **Bull Sharks-** Ages 8-14 **Wednesday 5:30-7:30pm & Sunday 6-8pm**
6. **Sand Sharks-** Ages 8-14 **Sunday 1-3pm & Tuesday 6:30-8:30pm**
7. **Leopard Sharks-** Ages 8-14 **Sunday 3-6pm & Wednesday 6-9pm**
8. **Hammerhead Sharks-** Ages 11-18 **Monday 6-9pm & Sunday 12-3pm**
9. **Reef Sharks-** Ages 11-18 **Thursday 6-9pm & Sunday 3-6pm**
10. **Great White Sharks-** Ages 13-18 **Tuesday 7:30-9:30pm, Thursday 7-8pm (Tumbling Only) & Sunday 6-9pm**

## **TEAM TUMBLING**

Team Tumbling is a large part of the score at competitions. Therefore, the purpose of team tumbling is to practice and master the skills required in the competition routine. If, and only if, cheerleaders master these skills with proper technique during the season, then they may begin learning new skills during team tumbling. Team Tumbling is included in tuition and attendance is mandatory. Make-up classes will not be permitted. The amount of Team Tumbling each week is dependent on the level of the team.

- Exhibition- 30 minutes
- Level 1 & 2- 1 hour
- Level 3-5- 2 hours

Certain tumbling skills may be required to advance to the next level team within Maryland Allstars. Maryland Allstars provides classes for every tumbling level at a discounted rate. Additional classes or private lessons are NOT required. Class information is available on the website. We also offer private and semi-private instruction with nearly all of our instructors.

We believe in perfection before progression. We will not allow athletes to learn advanced skills before perfecting their basics. If parents and athletes are not patient and have a clear understanding of our coaching methods, they should not be cheering at Maryland Allstars. No one other than the coaching staff may spot their athletes in the gym and should not do so outside of the gym. Even if the person is able to safely spot the skill, the athlete can develop bad habits without a trained professional to make technical corrections.

## CHOREOGRAPHY

Choreography will be completed over the summer. Please keep in mind that this program does not allow any postings of Maryland Allstars videos on social networking sites. The coaching staff puts great effort into creating original material for our teams, and we do not want them to be shared publically.

- 6/2- Great Whites Stunt Tech Clinic
- 6/15-6/16 Stunt Choreography All Levels- *exception Angel Sharks, Pup Sharks, & Tiger Sharks*
- 8/4-8/5 Level 3-5 Routine Choreography
- 8/9-8/11 Level 1-2 Routine Choreography- *exception Angel Sharks, Pup Sharks, & Tiger Sharks*
- 8/20-8/21 Pyramid Choreography All Levels- *exception Angel Sharks, Pup Sharks, & Tiger Sharks*

Maryland Allstars reserves the right to add MANDATORY choreography and/or skills clinics during the season at the expense to the cheerleader. As these would be additions to the season, the fees are not accounted for in the financial packet.

Choreography for Angel Sharks and Pup Sharks will be completed during practices. Tiger Sharks choreography dates TBD.

## COMPETITIONS

Teams will compete in 4-6 competitions depending on the team. Most competitions will be local- within an hour's drive from the gym. Upper level teams will attend 1-3 out of state competitions which may require travel by car, air, and hotel accommodations. When teams travel, hotel, food, entertainment and flight accommodations are the sole responsibility of parents. Maryland Allstars will coordinate blocks of rooms, but will not reserve them. We block hotel rooms as a courtesy and we suggest reservations be made immediately. All cheerleaders must have a parent/guardian staying in their hotel room. We ask that each athlete arrives early mid-day Thursday/Friday (depending on the event) as teams may have a designated practice time at the competition venue. Some events may require time off from work or school.

Specific hotel block info/rates/booking codes will be emailed after teams are selected. We highly suggest booking all travel arrangements as refundable. Maryland Allstars is NOT responsible for refunding any fees paid relating to competitions and travel under any circumstance.

Some events are "Stay To Play" events. This means that teams are required to stay in a hotel selected by the event producer. Failure to follow the Stay To Play policy will result in teams being disqualified for the associated event. We will notify you in advance when an event is deemed "Stay To Play".

During the course of the season, teams may win bids to end of the season events such as US Finals, The Finale, Summit, D2 Summit, Worlds, etc. It is Maryland's Allstar policy that any bid to D2 Summit, Summit and Worlds will be automatically accepted. Any team being awarded a bid to these competitions will automatically attend the bid competition. For any other bids that may be awarded, the parents will vote whether not to attend and the majority vote will determine if the team attends the bid competition. All expenses related to bid competitions (including but not limited to travel, hotel accommodations, food,

competition fees, etc) are add-on expenses to the season and not included in the season's fees outlined in the financial packet. All fees related to bid competitions are the sole responsibility of each cheerleader/family.

**The 2018-2019 competition schedule will be finalized by August, 2018, and will be distributed to all members. Cheerleaders will have one week from the time the schedule is released to report any conflicts for the absence to be excused.**

Please note that competitions are all-day events, so keep the day free. Details about competitions will be **emailed Thursday** prior to a competition. Under no circumstances should parents contact event producers with questions or requests for information.

## **UNIFORMS AND PRACTICE WEAR**

Practice wear will be purchased by all cheerleaders and will be required to be worn on designated practice days. Practice wear will consist of one or two practice outfits and a practice bow. Lost or damaged practice wear and accessories will need to be replaced at the cheerleader's expense.

For Tiny and Prep teams, Maryland Allstars will loan a uniform to athletes. Uniforms come in standard sizes and may not fit perfectly. Absolutely no alterations can be made to these uniforms. All athletes will be responsible for the uniform loan fee as outlined in the financial packet. Athletes will need to purchase the competition bow and make up as stated in the financial packet. Maryland Allstars expects the uniforms to be returned at the end of the season in the same condition as when they were initially distributed. In the event of any type of damage to or loss of uniform, the purchase price will be charged to the cheerleader's account.

For Mini, Youth, Junior and Senior teams, the uniform fee covers the purchase of the allstar uniform which has been custom designed specifically for Maryland Allstars. Please note sales tax is added to these items. There will be a uniform fitting scheduled in August. Maryland Allstars will not be responsible for uniforms that do not fit upon arrival. However, we will do our best to resolve any problems with the uniform company. Approval must be given by owners for alterations and must be done at the member's expense.

## **INJURY PREVENTION**

Please note that allstar cheerleading is a highly competitive and dangerous sport. If an athlete is injured, our staff will immediately take the steps necessary to ensure their well-being. If an injury gets worse after leaving the gym or an injury happened elsewhere, please email [Sandy@mdallstars.com](mailto:Sandy@mdallstars.com) and/or [Lindsay@mdallstars.com](mailto:Lindsay@mdallstars.com).

An athlete that is injured may limit activity or sit out for one practice. After that a doctor's note is required. Depending on the severity of the injury a doctor's note may be required to return to practice. If a fill-in is needed to temporarily fill-in at a competition the athlete will return when they are cleared and it is the best for the team. If it is too much pressure or the time constraints are too small, Maryland Allstars has the right to delay the return of the athlete. This decision will be made by the team coaches and owners. All fees are still due during the period of injury and athletes are required to attend practice.

Adhering to these guidelines significantly reduces the risk of injuries:

- Always practice in the presence of a qualified coach.
- Always warm up appropriately.
- Absolutely no tumbling in the gym unless under the direct supervision of coaching staff.
- Absolutely no using gym equipment or mats unless under the direct supervision of coaching staff.
- Never talk, laugh, or play around while stunting, tumbling or practicing skills.
- Report all injuries to the coach as soon as they occur.
- Follow all trainer and physician recommendations.
- Condition properly to increase strength.
- Always wear shoes and appropriate clothing.
- Never wear jewelry of any kind.
- Never chew gum in the gym.
- Always wear hair pulled back.
- Eat nutritious meals.
- Drink plenty of water.
- Get lots of rest.

## **MEMBERSHIP CANCELLATIONS**

We ask that our athletes make their best effort to stay with the team for the entire season (May 2017-May 2018.) Leaving the program mid-season ultimately affects the entire team and the athlete's chance of making the team again, should they decide to try-out at a later date. Refunds will not be issued for any monies paid at the time the member leaves the program, even if the athlete has been removed from the program.

All fees incurred up to the time of the member's departure must be paid to avoid collection activities. If you quit a team AFTER team choreography is completed, there will be a \$250 membership cancellation fee assessed to your account and due immediately.

## **FUNDRAISING**

There will be several fundraisers to support the Maryland Allstars program and its cheerleaders. In order for fundraising efforts to be successful, assistance and participation is needed from all program members and families.

Expenses supported by the fundraising efforts include, but are not limited to: the purchase of equipment, camps, team events and any other items/events that contribute to the growth, development, and socialization of the cheerleaders in the Maryland Allstars program.

We are very excited to have an active fundraising coordinator who is already working hard planning Fundraising events to assist individual cheerleaders and teams with expenses associated with cheer. When you participate in an individual fundraiser, your proceeds (less a small administrative fee) will be added to your account to cover cheer related expenses. If you are interested in assisting with fundraising or have questions, please email [fundraising@mdallstars.com](mailto:fundraising@mdallstars.com).

## **IMPORTANT DATES**

Maryland Allstars will hold several get-togethers throughout the year. We feel it is important to connect the members of our program. Dates for these events are TBD. Please note below other important dates throughout the season:

### **Tentative Dates:**

- First week of practice starts-Tuesday, 5/24
- Great Whites Stunt Tech Clinic- 6/2
- Stunt Choreography All Levels- *exception Angel Sharks, Pup Sharks, & Tiger Sharks* 6/15-6/16
- Gym Closed 4 of July 7/4
- Level 3-5 Routine Choreography- 8/4-8/5
- Level 1-2 Routine Choreography- *exception Angel Sharks, Pup Sharks, & Tiger Sharks* 8/9-8/11
- Pyramid Choreography All Levels- *exception Angel Sharks, Pup Sharks, & Tiger Sharks* 8/20-8/21
- Gym Closed Labor Day weekend- 8/31-9/3
- MA Showcase- DATE TBD
- Gym Closed Thanksgiving- 11/22-11/25
- Gym Closed Christmas and New Years- 12/24-1/1
- Team/Individual Photos- February TBD
- Gym Closed Presidents Day Weekend-2/16-2/18 \*depending on competition schedule
- Easter Holiday- 4/19-4/21/18
- Awards Banquet- TBD

## PRO SHOP

We have tons of spirit wear for sale including- duffel bags, car decals, t-shirts, shorts, bows, hats, water bottles, cheer shoes and more! Check out our pro shop in the gym to view some of our products. We will also offer new items throughout the year on a pre- order basis.

## QUICK FACTS

Allstar Program	Maryland Allstars
Team Colors	Black, Yellow, Blue
Mascot	Shark
Website	<a href="http://www.mdallstars.com">www.mdallstars.com</a>

Owners: Sandy Fusee  
Lindsay Balent

## MARYLAND ALLSTAR ATHLETICS, LLC

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