

## **WELCOME TO MAINE STARS!**

Dear Cheerleaders, Tumblers, and Parents:

It is with pride that we welcome you to our program. Maine Stars offers tumbling classes, cheer FUNdamentals, prep level competitive cheer, and full travel competitive cheer instruction at an elite level. We emphasize that hard work brings out the best in everyone! We love what we do and we look forward to sharing our knowledge with all of our members!

On the following pages you will find our gym policy guide. It is intended to cover commonly asked questions, but it also includes guidelines that are necessary to run an effective all star gym.

As your coaches, we take our jobs very seriously. We love getting to know each member and their family. Throughout the busy season we will work hard to keep you informed. The success of Maine Stars is dependent upon positive communication! Please never hesitate to ask questions. We welcome your input!

Our staff: Coach Lori, Coach Kelsey, Coach Mikaela, Coach Destiny and Coach Ainsley along with our junior assistants, will inspire each member to achieve their cheerleading and tumbling goals! We love to see our "Stars" smile!

Please read the guidelines that follow carefully, and again ask questions if you need further clarification. We have created these guidelines with fairness in mind for all of our members.

Thanks in advance for your support. We are looking forward to another amazing year packed with lots of team and personal successes! Season 21 has begun!

Respectfully submitted,

Coach Lori and the Staff at Maine Stars!

**PLEASE VISIT OUR WEBSITE FOR UPDATES.  
CALENDAR IS IN PRINTABLE FORMAT!!**

[www.mainestarscheer.com](http://www.mainestarscheer.com)

## TEAM POSITIONS

- > Three major positions in cheerleading: basing, spotting, flying
- > Coaches determine each member's position
- > Positions may change from season to season
- > Members may be asked to perform multiple jobs
- > Stunt group success depends on positive attitude of all group members
- > Safety of everyone in the group is the main focus
- > If safety or attainment of skills becomes an issue your position could change
- > Your coaches will work with you to help you achieve stunting success

## CROSSOVERS

- > Crossover members perform on multiple teams
- > Members may be asked or can express an interest in crossing
- > Crossovers must attend all additional practices and performances
- > Crossovers are chosen based upon team needs, skill level, and age
- > Coaches may **require**/recommend a member to cross to a higher age team
- > **Members are first placed based upon age, then skill.**
- > **Once chosen you must remain committed , no "take backs"**
- > If you are asked to cross to a different team that is an added "bonus"
- > Additional crossover fees are divided amongst all gym members **in most cases**
- > All teams in our gym benefit from crossovers

## EXPLANATION OF TEAM LEVELS AND AGE REQUIREMENTS

- > Competitive cheerleading follows the USASF age and skill level guidelines
- > Maine Stars is a USASF gym member
- > Failure to comply to national policies can result in disqualification at events
- > At Maine Stars we FOLLOW the rules!
- > Levels are determined by tumbling and stunting skills
- > Team divisions are determined by age
- > Team members must pay a \$30 fee each new season as required by the USASF
- > Visit [www.usasf.net](http://www.usasf.net) for a more explicit explanation
- > Next is a general breakdown...

**LEVELS 1-6 This is an overview...please be advised that members need to achieve all the tumbling skills in a level before they move on to a new one.**

### **Level 1 tumbling/stunting**

- > Forward/backward rolls, cartwheels, round offs, front/back walkovers
- > Back handsprings are not allowed
- > Most stunts performed below prep level

### **Level 2 tumbling/stunting**

- > Round off back handsprings alone or in a series and all skills from Level 1
- > Connected tumbling of skills in level 1 to back handsprings
- > One legged stunts performed at prep level
- > Extended two footed stunts allowed

### **Level 3 tumbling/stunting**

- > Series back handsprings, round off tucks/back handspring tucks/punch fronts
- > Connected tumbling of level 1 and 2 skills, jump back handsprings
- > Extended one-legged stunts, straight cradle dismounts,
- > Single twist from two footed extended stunts

### **Level 4 tumbling/stunting**

- >All tumbling listed above plus layouts, whip backs, x-outs, standing tucks
- >Advanced combinations of all tumbling skills
- >Jump back handspring tucks and standing back handspring tucks
- >Extended one-legged stunts with single twist dismounts
- >Pyramids with braced flips and release moves

### **Level 4.2 tumbling/stunting**

- >Tumbling skills the same as level 2
- >Stunting skills the same as level 4

### **Level 5 tumbling/stunting**

- >All level 1-4 tumbling skills plus single full twisting layouts
- >Extended one legged stunts may double twist dismount
- >Pyramids may release and flip with only one bracer

### **Level 6 tumbling/stunting**

- >All the above listed skills in levels 1-5 plus double full twisting layouts
- >Standing single and running double full twists
- >Pyramids and stunting same as Level 5 but may twist transitions

### **International 6 tumbling/stunting**

- >Same as Level 5 - ages 14 years and above may participate

**Level 7- See USASF guidelines/students ages 17 and older may participate**

## **AGE LEVEL REQUIREMENTS AS OF AUGUST 31, 2021**

- >Tiny Novice - Ages 3-6 (must be 3 by 6/1/2021)
- >Tiny - Ages 5-6
- >Mini - Ages 5-8
- >Youth- Ages 5-11
- >Junior- Ages 6-15/ Junior 4 Ages 8-15/ Junior 5 - Ages 9-15
- >Senior - Ages 12-18 /Worlds Ages 13-18/ Open 6- 13 years +

## **EXCEPTIONS TO LEVEL RULES**

- >**Maine Star members may be assigned to teams even if missing some skills**
- >Members must be able to contribute to the team's success
- >Strong tumbling skills are an added bonus for crossover opportunities
- >Strong stunting may allow you to perform on higher level teams
- >**Attendance at tumbling is MANDATORY during the on and off season**
- >**Your attendance record at tumbling determines what team to place you on**
- >**New this year/an additional skills practice that every member must attend!**

## **MAINE STARS POLICIES ON AGE**

- > We maximize our teams with kids who are the oldest for the level
- > Kids competing together at same age makes the team stronger for the future
- > **Crossovers compete according to their age first, extra teams may be older**
- > Team placement is the toughest thing we do! We ask for your support.
- > We place kids where they will contribute and benefit most.
- > Attainment of new skills may provide new opportunities
- > If your child loves to cheer they should be proud of the team they are placed on!
- > **TRUST THE PROCESS PLEASE!**

## **PRACTICE GUIDELINES**

- >**CHEER, TUMBLING, and ADDITIONAL practices are MANDATORY!**
- >**Cheer responsibilities to school teams (NOT REC LEAGUES) are the only exceptions for practice adjustments**
- >Maine Stars schedule is available for online viewing and printing
- >No excuses for missing practices
- >**Potential conflicts need to be discussed WELL in advance please**
- >Entire team is impacted when one person is missing
- >**Summer practices FOR CHOREOGRAPHY are mandatory**
- >No exceptions for family trips after Christmas break (unless prior approval)
- >**Members must attend additional practices as we get closer to competition**

- >Practice times may be last minute, members must be available regardless
- >No schedule adjustments due to work, this is too difficult to accommodate
- >Competitive season begins in May and ends in May
- >Competitions begin as early as December and end in May
- >Travel team members will practice during Christmas break 12/28-12/31

### **SPECIAL REQUEST POLICY REGARDING POTENTIAL CONFLICTS**

Please make a request in writing if you have a potential conflict and hand it in to Coach Lori by **September 15th**. Please write or type to describe your conflict and hand it to Coach Lori personally. Last minute adjustments will not be made. I will work with you, but I ask that you keep your personal plans to yourself. This makes dealing with your situation easier. If you discuss it with other families in the gym or post your plans I will not consider/accomodate your request.

Please be advised that I will be unable to make exceptions for last minute "trips" in the middle of the season. Therefore, everyone is needed at practice and team members must attend **ALL COMPETITIONS!** I am also unable to make exceptions for birthdays, proms, concerts, school trips, Driver's Ed or other family conflicts. We need to perform all season as a whole team, not a partial one. Thank you!

### **PRACTICE AND ATTENDANCE GUIDELINES PRACTICES: MAY 1, 2021 - DECEMBER 25, 2021**

- \* Two unexcused practices may result in dismissal
- \* Do not misunderstand, you are not being given 2!
- \* All money is NON-REFUNDABLE if you are dismissed or if you quit
- \* Competitions scheduled as early as December and during school vacations
- \*

### **COMPETITIVE SEASON PRACTICES DECEMBER 26, 2021 - MAY 20, 2021**

- \* NO excuses will be accommodated.
- \* All team members must be available for competition during Maine/ NH school vacations. (Both February and April)
- \* All money is NON-REFUNDABLE if you are dismissed or if you quit
- \* Competition may be scheduled as early as DECEMBER or during all school vacations
- \* If parents suspect a conflict during those vacation times please follow the request policy listed above.
- \* Travel team members MUST be available during Christmas vacation

## **ATTENDANCE GUIDELINES**

UNEXCUSED PRACTICES INCLUDE AND ARE NOT LIMITED TO THE FOLLOWING - **THIS INCLUDES TUMBLING!**

\*Work, babysitting, appointments, family vacations/gatherings, concerts, weddings, punishment at home or school, poor grades, failure to obtain a ride, too much homework etc.

We will be happy to always offer support to parents and would be willing to create a plan to promote positive behavior at home and in school...however, they must still attend practice. **Please do not use missing practice as a punishment.**

**EXCUSED PRACTICES INCLUDE: \*Extreme sickness or a family tragedy. UNLESS YOU ARE HIGHLY CONTAGIOUS, BEING AT PRACTICE AND WATCHING IS IMPORTANT AND EXPECTED. CONTACT COACH LORI, NOT THE COACHES, PLEASE. A DOCTOR'S NOTE MAY BE REQUIRED.**

The decision to have your child attend/or not attend practice is always a parental one. If your child's sickness causes them to be out for an extended period of time routines will be adjusted accordingly. We may not be able to save their spot or their position could change.

## **ADDITIONAL PRACTICE/SCHEDULE/ATTENDANCE INFORMATION**

- >Practice schedules will be consistent unless otherwise noted
- >Practice times may change, but you will be notified in advance
- >Check the website/email before you venture out in winter weather
- >We will compromise if we are able to if things do "come up" (privately)
- >**If a team member misses a practice due to a last minute circumstance there will be a charge of \$50 added to your tuition payment for that month. To avoid this, adhere to the conflict guideline procedure listed above.**

**Although these guidelines may seem stringent, they are necessary.  
At Maine Stars we practice one to two days a week.  
Therefore, it is easy to understand why we need everyone at practice!  
TEAM MEANS EVERYONE - EVERY TIME!  
Thanks in advance for your commitment to Maine Stars!**

## **PARENT AND FRIEND OBSERVATION AT PRACTICE**

**>All cheer practices, try outs, clinics, and tumbling practices are closed to family/friends**

- >We want optimal learning which promotes success for every child
- >From time to time we may invite parents in to view the team's progress
- >Coaches will post this via social media

## **CANCELLED PRACTICES DUE TO WEATHER**

- >When the weather is questionable check first before venturing out
- >Cancellations will be posted on each team page, emailed, sent by text and posted on the website [www.mainestarscheer.com](http://www.mainestarscheer.com)
- >If we know a storm is to hit on Sunday we may cancel practice, but we may also practice Saturday instead during the same practice times. (TBD)
- >Cheer practices that are impacted will be made up (TBD)
- >Tumbling classes are not made up, but members can attend a different class during the following week as long as they check with our tumbling coach first**

## **GENERAL TRAVEL COMPETITION INFORMATION**

**>ALL COMPETITIVE TRAVEL TEAM MEMBERS MUST ATTEND ALL OF THE TRIPS AND LOCAL EVENTS PLANNED FOR THEIR TEAM**

- >Local events consist of competitions/exhibitions that can be driven to
- >Major events usually require air travel, although some families do drive
- >A tentative competition schedule will be given out this summer
- >This list is subject to change and most definitely will
- >Please do not make hotel or plane reservations too far in advance, make sure you can cancel without penalty...always!**
- >Competition venue could change at the last minute
- >Teams may or may not attend the same competitions
- >Major event trip may take place during February or April vacation or in May

- >Feb, March, April and the beginning of May are the busiest competition months
- >Plan on attending at least one, maybe two comps a weekend
- >We have exhibitions scheduled each year but we may attend more or less
- >Team members may leave the competition at the conclusion of awards
- >Team members must remain in full uniforms until awards are over**
- >After your team performs, members will sit with their parents until awards
- >Please meet us on the mat at award time
- >At the conclusion of awards a parent should be nearby to pick up their child

### **TRANSPORTATION TO COMPETITION**

- >Maine Star members are responsible for their own transportation to and from the events we attend
- >Parents obtain their own directions.. host companies provide these via a link
- >Members will be given instructions when and where to report to competition
- >We will be happy to assist any family in obtaining a ride from another member
- >Everyone is needed on comp day so please make sure you can get there
- >Major event trip travel plans are the responsibility of the member's parent
- >This includes airfare, lodging, transfers etc.
- >A check in practice at the coaches' hotel or at the competition venue the day before the comp will take place...more to follow before the event

**PRACTICE PRIOR TO ANY MAJOR EVENT TAKES PLACE ON MONDAY OR TUESDAY BEFORE WE ALL DEPART! PLEASE DO NOT MAKE PLANS TO TRAVEL ON MONDAY OR TUESDAY BEFORE ANY EVENT.**  
**PLEASE REFER TO THE NEW GUIDELINES THAT FOLLOW FOR MAJOR EVENT TRIPS/THE REQUIREMENTS HAVE CHANGED**

### **PREP LEVEL/SEMI TRAVEL CHEER OPPORTUNITIES**

- >Maine Stars is pleased to offer 1/2 year cheer teams
- >Prep level teams perform at local events only and may attend one travel trip
- >These teams may exhibition or compete (3-5 competitions)
- >Practice commitment is shorter and begins at the end of the summer
- >Uniforms including sneakers are purchased at a lower cost
- >Teams are chosen based upon age and skill level
- >Prep level teams compete against other prep level teams



- >Crossovers allowed from prep to prep level, not travel team to prep!
- >Monthly tuition includes tumbling instruction
- >Awards are usually the same as full competitive teams
- >Season will begin in the late summer or early fall
- >Tumbling encouraged throughout the summer to prepare
- >Stunting clinics offered prior to the season
- >Season runs from early fall through May
- >Practice occurs once a week with tumbling sometimes the same day
- >Entire youth, junior high or high school teams that want to stay together after their school season is over can compete in the prep level division!**
- >Prep level teams offer a great opportunity for girls/boys who want to compete but desire less of a commitment!

## **TUMBLING ONLY OPPORTUNITIES**

- >Maine Stars offers tumbling classes for everyone!
  - >You do not have to cheer to take a class
  - >Classes are offered based upon skill level not age
  - >If we have older girls among younger girls we may split the class
  - >Tumbling is paid by session. A session is 12 classes
  - >We have 2 to 3 instructors at every class
  - >Our instructors teach skill perfection before progression
  - >Flexibility and strength training are part of our tumbling program
  - >Tumbling class takes place for 45 min. To one hour once a week**
  - >Members may attend more than one class a week for an extra \$10**
  - >If tumbling is cancelled you may take two classes the following week
  - >Private lessons are offered only if you are enrolled in a class.
- See Coach Lori for details!

## **GENERAL FINANCIAL OBLIGATIONS FOR TRAVEL TEAM COMPETITORS**

- >Maine Star competitive members are responsible for these general fees...
- >Amounts are overestimated, you will be charged less in most cases
- >All members pay a \$60 registration fee regardless of when you join**
- >Additional stunt/tumble clinics incur fees..could be \$5, \$10 and up
- >Refer a friend and you receive \$25 off your registration/\$10 for a tumbler

- >Gym specific insurance/choreography, music,coaches fees paid during summer
- >**All fees must be paid no matter when a member joins**
- >**Summer instructional tuition paid in July and August in lump sums**
- >**NEW THIS SUMMER..CHOREOGRAPHY FEES PAID SEPARATELY ON CHOREOGRAPHY DAYS OR MEMBER WILL NOT PARTICIPATE**
- >Starting in September through May members pay monthly
- >Monthly membership includes cheer practice and tumbling practice one/two days a week/ four or five times a month.
- >You will receive a fee schedule to keep track
- >We do have alternative payment plans, please ask
- >A \$10-\$25 late charged will be assessed monthly if no attempt is made to communicate the reason for tardiness regarding payment
- >A payment is late 30 days past the beginning of month that it is due
- >If you are delinquent with your payments, cash or a bank check is required
- >Returned checks or insufficient funds will be assessed a \$25 charge
- >**Competition fees will be paid in 4 installments, June/Oct./Jan./Feb**
- >**We do not itemize our comp fees**
- >Additional practices are free of charge and will count toward classes cancelled due to weather or other circumstances.
- >Specific dollar amounts for all of our classes will be available once you join our program. These amounts will be emailed to you in printable form.
- > **NEW THIS SEASON FOR TRAVEL TEAM MEMBERS: ALL MEMBERS WILL BE REQUIRED TO PAY THEIR LAST COMPETITION FEE AS A SECURITY DEPOSIT THIS SUMMER. FEE TBD..WILL BE AT LEAST \$300. COMMITMENT TO ALL STAR CHEER NEEDS TO BE 100% FROM THE START. QUITTING MID SEASON IS NOT FAIR TO ALL INVOLVED. THANKS IN ADVANCE FOR UNDERSTANDING.**
- >**Fees for prep level teams and tumbling only will be emailed**

### **UNIFORM OBLIGATIONS**

- >We will be ordering new uniforms this season 2021-2022.
- >Uniforms for prep level students will be the same style as last season (2021)
- >All uniform money is non-refundable once the order has been placed
- >Uniforms are sized prior to ordering and can not be returned
- >New bows/scrunchies will be made to match our new uniforms (\$20-\$30)

## **SNEAKER OBLIGATIONS**

- >New WHITE sneakers must be purchased before our first comp!
- >Old dirty ones will not be allowed.
- >We will be discussing team sneaker options for the 21/22 season
- >Lower sneaker costs for Tiny Little Cheer and Prep level teams
- >Members must have their sneakers by December

## **Practice Wear**

- >Maine Stars clothing is available for purchase at our gym.
- >No new practice wear for the 21/22 season, however new practice wear before Summit and Worlds in the spring.
- >New practice wear/t-shirt or tank and bow or scrunchies are also ordered for the D2 Summit and Worlds. Please budget for this! This new practice wear becomes the practice wear for the following season!
- >All NEW members will be required to purchase new practice wear and also practice wear for our season ending events.

## **REFUNDS**

- >Refunds may be granted if there is a long term health issue
- >Parent's must provide a doctor's note explaining the issue
- >Money will only be refunded from the time of diagnosis, prior fees will not
- >Failure to communicate in a timely way with Coach Lori results in no refund
- >See Coach Lori please if there is an issue
- >Upon receipt of a doctor's note, fees are prorated or refunded accordingly
- >Tumbling fees are not split out and refunded if a member can not tumble, but is still able to participate in cheer practice and compete
- >**Monthly tumbling fees are not refunded once a class has been taken, however they may be prorated depending on the circumstance. Please see Coach Lori**

## **FUNDRAISING OPTIONS**

- >Maine Stars is proud to announce P.O.M.S ( Parents of Maine Stars)
- >This extremely successful fundraising group is up and running
- >Get involved, many events are already planned to help defer costs!
- > The staff is unable to organize fundraising events, but we will assist P.O.M.S IN ANY AND ALL WAYS!
- > If your child participates in fundraising activities they will benefit
- > You can elect to participate in some or all of the events planned.
- > Check out the Parents of Maine Stars FB page for more details on how to join

## **EMAIL AND MAINE STARS WEBSITE**

- >Please supply us with an email address that you check regularly
- >Our team email list works well, lots of info. will come to you this way
- >If you don't have email or would rather not be included, please let us know the best method to reach you
- >We do have team pages on FB, so be sure to join them!
- >Cell numbers are helpful and will be required to be given out by all Senior members
- >Please visit the website often for updates.
- >**Website is [www.mainestarscheer.com](http://www.mainestarscheer.com)**
- >**You can also phone Coach Lori anytime at 603-498-1684**

## **MAJOR EVENT TRIP GUIDELINES AND D2 SUMMIT REQUIREMENTS FOR TRAVEL TEAM MEMBERS New for the 2021/2022 Season No exceptions!**

- > Wednesday is team travel day for any fly trip - you may not go any earlier unless granted permission by Coach Lori..Send off is Monday or Tuesday, so never on those days.
- > Members are required back by EARLY Tuesday after a major trip unless it is the season ending event like D2. If your child has practice for a cross team, you may be asked to come home earlier. You will know this in advance.

- > D2 is the season ending event...feel free to extend your stay after we are finished competing
- > Practices for a major event trip, Worlds or D2 could take place on Thursday, Friday, Saturday, or Sunday if necessary once we arrive at our destination.
- > You should keep your schedule open for practice every day once you arrive to avoid conflict.
- > Additional practices beyond what we have scheduled could occur according to team needs! If we need them to practice they must be available.
- > Unless otherwise informed by Coach Lori...parents should drop their kids off and we will let you know where we will meet you with them after practice
- > D2 will continue to be at Disney...we need to get our job done first and then all of you can enjoy your time in Florida...thank you!
- > D2 comp fees and Worlds fees are not included in your season comp fees. These comp fees have a set due date and crossovers pay the crossover price as well.

### **GENERAL SAFETY RULES**

- > **FAKE NAILS/TIPS ARE NOT ALLOWED FOR PRACTICES OR COMPS.**
- > **NAILS SHOULD NOT BE VISIBLE ABOVE THE TOP OF THE FINGER**
- > **ONLY CLEAR NAIL POLISH IS ALLOWED**
- > **TEAM MEMBERS SHOULD STAY WITH COACHES AT ALL TIMES**
- > **CHEWING GUM AT PRACTICE IS NOT ALLOWED**
- > **STUNTING ON HARD SERVICES AT HOME ETC. IS NOT ALLOWED**
- > **TUMBLING ON GRASS AT SCHOOL IS NOT ALLOWED.**
- > **BOTTOM LINE: KEEP YOURSELF AND YOUR TEAMMATES SAFE!**

### **NEW THIS SEASON**

#### **CONFLICTS OF INTEREST**

#### **FOR ALL TEAM MEMBERS AND FAMILIES**

**THE FOLLOWING IS A LIST OF CONFLICTS OF INTEREST FOR THE 2021/2022 SEASON...THESE WILL BE STRICTLY ENFORCED**

**You have chosen to be a dedicated/loyal member of Maine Stars... so..**

- > **Mentioning that you are going to quit or join another gym to any member/parent could be grounds for immediate dismissal from the gym. As the rule states...Please keep your private business to yourself.**
- > **Tumbling at another CHEER GYM or taking special tumbling classes or clinics may be grounds for dismissal as well. If you enroll in a "gymnastic" class at a "gymnastic" facility please discuss this first. We support your child working hard to get skills...but doing so at another cheer gym is not acceptable.**

- >Any social media posts by parents or team members that are negative in nature about any subject will warrant a meeting with Coach Lori and may be grounds for dismissal from the program.
- >This includes but is not limited to team Facebook posts, private Facebook posts/ text messages/instagram/ snap chat/ group chats etc. etc.
- >Negative or slanderous comments against Maine Stars, your teammates, coaches etc. that you choose to share or vocalize with anyone could result in dismissal...this applies to parental comments too.
- >Remember, the art of the screen shot has become increasingly popular and effective. If a screenshot is shared with anyone and is negative in nature... 1st offense/ warning...2nd offense /possible dismissal and all money paid is nonrefundable - this applies to all of the information listed above.
- >Parents/team members should not text coaches accept for practice information only. All concerns/questions go through Coach Lori. The staff has been instructed to refer you to me
- > Bottom line...we want you to be happy, and if you are not, you are always welcome to discuss your concerns with Coach Lori. If you are feeling upset sleep on it...and then reach out to discuss the other side of the story.

**PLEASE SIGN AND RETURN THE PAGE THAT FOLLOWS!  
THANK YOU!**

**PLEASE RETURN THIS PAPER WITH YOUR SIGNATURE AT  
TRY OUTS!**

My signature indicates that I have read the policy guide in its entirety and agree to abide by the policies set forth by Maine Stars for the 2021/2022 season.

Parent/guardian signature: \_\_\_\_\_

Use the space below if you know in advance of a potential conflict. Please understand that I will try hard to compromise, however if it impacts a competition date I will not be able to accommodate the request.