



2020-2021

Email:

umcacheerleading@gmail.com

Web Site:

www.umcacheer.com

Created April 16, 2020

Revised April 17, 2020

Welcome to UMCA Cheerleading!

Dear Parents and Cheerleaders,

On behalf of the Upper Moreland Cheerleading Association, we would like to thank you for your interest and continued support in competitive cheerleading! The goal of our program is to help each child reach their highest potential in a positive atmosphere and to be encouraging and supportive in the growth process.

This is an intensive sport that requires dedication from both the children and parents alike. It is imperative that the parents support their kids and coaches in every way. Every spot on the team is important, and together everyone achieves more!

We are happy that you have decided to join us in our quest for greatness. Each athlete's personal dedication to tumbling, cheer and flexibility will help UMCA rise to the top!

Our mission is to instill values, self-esteem, promote personal achievement and community spirit, and to teach each athlete to respect the importance of teamwork. We believe in having fun, developing personalities, and forming friendships, in a safe and clean environment.

Sincerely,

UMCA Board of Directors:

Jim Hester, President

Ry Simeti, Vice President

Caitlin Kohn, Director of Cheerleading

Donna Hester, Treasurer

Jacqui Swiski, Secretary

TEAM EVALUATIONS – VIRTUAL

Due to the health concerns, the 2020-2021 evaluations will take place virtually. Once the registration form is completed, and the \$25.00 registration fee is paid, you will receive instructions on how to submit the virtual tryout video.

The skills listed below are used as a guide regarding levels. Evaluations are not just based on tumble skills. We assess all skills such as basing, flying, jumps, flexibility, attitude and more to form the most successful, well rounded, cohesive teams.

Please note: In order to be considered for a team, you must be able to execute the level appropriate tumbling (level 2 & 3). If you demonstrate tumbling during evaluations, you are expected to maintain that skill throughout the season.

	Level 1	Level 2	Level 3
Tumbling	Forward roll, backward roll, cartwheel, round-off, handstand, front walkover, back walkover	Standing back handspring, round-off back handspring/multiple back handsprings, front and back walkover connected to handsprings	Series of back handsprings, side aerial, round off back handspring tuck, front walkover round-off back handspring tuck, punch front
Stunting	No stunting experience necessary	Basing or flying prep one legs, basket tosses	Basing or flying extended single legs and twisting skills such as tosses and from 2 leg stunts

UMCA Tuition/Financial Polices and Commitments

Each cheerleader is expected to pay \$775.00 in tuition to UMCA. This cost includes the following:

Registration Fee (non-refundable)	\$25.00
Epic Brands Season Pass - Competition Fees	\$400.00
Bows	\$35.00
AAU Insurance	\$20.00
UMSD Pay to Play	\$20.00
Administrative Fees	\$100.00
Choreography & Music	\$175.00 **Tantrum only pays for music \$50.00**

In addition to the above, each cheerleader will be required to purchase a uniform. Once design is finalized, uniform costs will be between \$300.00-\$350.00.**these are new uniforms**

Tuition payment can be made up front with a check made out to UMCA or cash. If you would like to do our payment plan option please see below.

2020-2021 Tuition Plan		
Registration	\$25.00	Due at time of registration
June 1, 2020	\$200.00	Choreography and music, applied to AAU insurance and UMSD Pay to Play
July 1, 2020	\$165.00	Administrative fees and partial Season Pass
August 1, 2020	\$200.00	Partial of Season Pass
September 1, 2020		Uniform payment
October 1, 2020	\$185.00	Final Payment

All monthly payments will be made by either check, made payable to UMCA, cash, or credit/debit card through GoMotion. (Credit/Debit will be subject to a 3% processing fee).

If your payment is not made by the 20th of the month, a \$15.00 late fee will be applied to your invoice. If the payment is not rectified by the last day of the month, your cheerleader will be asked to sit out of practice. NO EXCEPTIONS!

Parents are expected to pay costs of travel expenses, and entrance to competition to watch. There will be team and individual fundraising opportunities to allow you to off-set these aforementioned expenses if you choose to participate. We encourage you to find individual and team sponsors to offset the costs of the season.

Please realize that if you do not pay on time, you are affecting the entire team and our ability to pay for competitions on time. If you are late and have not made arrangements with the board, your child may be asked to sit out of practice until the account is managed and an arrangement has been made.

****ANY FUNDRAISING PROCEEDS RECEIVED AFTER TUITION PAYMENTS ARE OWED, WE WILL REFUND UP TO THE AMOUNT OF FUNDRAISING PROCEEDS RECEIVED BY FEBRUARY, 2021. YOU ARE ONLY ENTITLED TO RECEIVE A REFUND UP TO THE AMOUNT YOU PAID OUT OF POCKET. YOU MAY OPT TO APPLY THESE FUNDRAISING PROCEEDS TO ANY NATIONAL COMPETITION WE MAY ATTEND IN ADDITION TO THE SCHEDULED COMPETITIONS ****

*****There will be NO REFUNDS to anyone who quits a team or is asked to leave the program. All fees and monies paid will be forfeited*****

Choreography/Attendance/Team Expectations/Etc.

Choreography:

Choreography will be held July 14-17 at Calvary Church. We will have a professional choreographer flying in to teach the teams their routines. In order to be placed in the routine, attendance is mandatory. Each team will have 2 days of choreography. Tantrum will not attend choreography camp.

Attendance Policy:

Cheerleading is a team effort, a unique sport in which each athlete's safety is dependent upon teamwork, trust and responsibility. We expect for each cheerleader to dedicate 100% to their team. This means ATTENDANCE IS MANDATORY and when someone is missing the whole team suffers. A practice missed by one cheerleader has a significant impact on the entire team, particularly that cheerleader's stunt group who are unable to practice without every member present.

We will follow a "3 strikes and you are out" policy. Attendance will be reported each night. If your cheerleader has 3 unexcused absences, he/she will be eligible for dismissal from the program.

Examples:

Excused Absences:

- Death in the family
- Religious obligations
- Mandatory school functions
- Contagious illness

Unexcused Absences:

- Family vacations that are not reported to coaches prior to 4 weeks before vacation
- Dances/Parties
- Other sports games
- Homework
- No ride to practice

~Arriving more than 15 minutes late to practice will be documented by the coach. If a cheerleader is late or departs early 3 times, it will count as 1 unexcused absence.

Attitude

Positive attitude by both the parents and cheerleaders are *essential* to maintaining a healthy learning environment. Full support is requested among all members. Negative comments will not be tolerated pertaining to coaching, athletes, routine, etc. by any parent or cheerleader. We have witnessed how detrimental negativity

can be to a cheer program and we want to maintain a healthy and happy with positive self-esteem for each of our cheer members.

Practice/Team Expectations

- ~ All practices will be closed to parents and relatives.
- ~ When the school calendar becomes available, please notify the coaches of any future conflicts.
- ~No unaccompanied siblings are allowed to stay during practice. We are not responsible for any additional children left without a parent's supervision.

Competition Expectations

- ~Arrival on time and to correct destination.
- ~Arrive with all expected uniform items including: Uniform, bow, shoes, no-show white socks, hair as directed, make-up as directed, water bottle, snacks.
- ~Once you arrive to a meet you will be required to stay with your team until after competition time.
- ~Parents/siblings are not allowed in team areas.
- ~ Team members are expected to stay through awards and for team pictures unless prior arrangements have been made.

Competition Rules and Regulations

- ~ALL COMPETITIONS ARE MANDATORY!!!! If you cannot attend a competition, please be aware that the cheerleaders' spot will be in jeopardy.
- ~ If you must miss a competition due to injury or hospitalization (the morning of the competition), contact a coach immediately. It is a good possibility that your team will be unable to compete. *There is no reimbursement given to any team members in this situation!*
- ~We choreograph your routine for the exact number of girls on the team and all it takes is one member who does not show up or show up on time that could lead to the entire team being unable to compete.
- ~ Parents are responsible for getting their children to the competition on time. DO NOT BE LATE! Please allow extra time for travel, parking, and inclement weather.
- ~Cheerleaders must remain in their full uniforms at all competitions.
- ~ Cheerleaders are not permitted to wear nail polish or jewelry to any competition; it will cost the team deductions!
- ~ALL WAIVERS for competitions will need to be turned in – in a timely manner as well as meet feeds. These waivers will be posted on the web site.
- ~ Overnight competitions are a possibility with our organization. We will let you know what time you are to arrive at the destination. It is imperative you are there by that time. Please keep the coaches' cell phone number on hand, in case you have any questions.
- ~Travel and hotel information will be provided. Unless we are receiving a group

discount rate for our rooms, individuals will be responsible for booking their own rooms by the deadline given.

Sportsmanship

~Sportsmanship and team unity are very important to our organization. Please be courteous and considerate to all other teams and athletes. Please don't speak negatively about any person, decision, or result.
~ We expect to win or lose with dignity. We expect all cheerleaders and parents to be respectful to other teams at competitions. We thank all the parents in advance for helping to enforce these rules. We are excited for the opportunity to work with your children.

Safety/Liability

Cheerleading involves a variety of gymnastics, motions, partner stunts, rotations and heights; therefore, participation in cheerleading involves some amount of potential danger or personal injury. Each cheerleader will completely assume, in totality, all risks involved with participating in Upper Moreland Cheerleading Association. Upper Moreland Cheerleading Association will be insured through the Amateur Athletic Union (AAU).

Text Distribution:

In order to receive texts from UMCA, it is encouraged to be included in our text chain. This allows for easier communication, especially in regards to cancelled practices, reminders, etc. It is also encouraged that all cheerleaders and parents use this feature.

Please text @umcacheer to 81010

End of Season Competitions



We like to end our season with an “End of the Season” competition. During the 2019-2020 season, we received “At-large” bids to The Quest in Walt Disney World! This is an opportunity we wish to experience again.

THE QUEST:

This competition is referred to as “the Worlds” for Recreation cheerleading. We will be attending this competition in March 2021 if a team receives an At-Large or Paid Bid. At-Large Bids are invitations to compete and Paid Bids are given to teams at competitions based on scores and judges’ choice. The paid bids would pay for the cheerleader’s base travel package and competition fees. Any additional hotel nights and park tickets would be responsibility of the cheerleader. Paid bids do not include parents and/or spectators.

If you don’t wish to participate in the Quest, with either an at-large or paid bid, please indicate on your registration form. This decision can only be changed if a team receives a paid bid. Please note: If you wish not to participate, this will affect your position in the routine for the entire season and is a case-by-case basis. **To clarify if you choose not to participate in quest this will not impact your spot in a negative way. Instead, it will be placed and choreographed so that we can make easy changes and switches as it gets closer to Quest.**

THE US FINALS:

If any of our teams do not attend the Quest, we will be competing at the US Finals in Virginia Beach. This competition is normally held at the beginning of May. Each team has the opportunity to receive “Gold Bids” which is also a Paid Bid to the US Finals.

UMCA

UNAVAILABILITY FORM

Name: _____

Please list any pre-scheduled vacations, appointments, weddings, school functions, etc., in which your cheerleader will be unable to attend practice.

Dates Unavailable & Reason:
