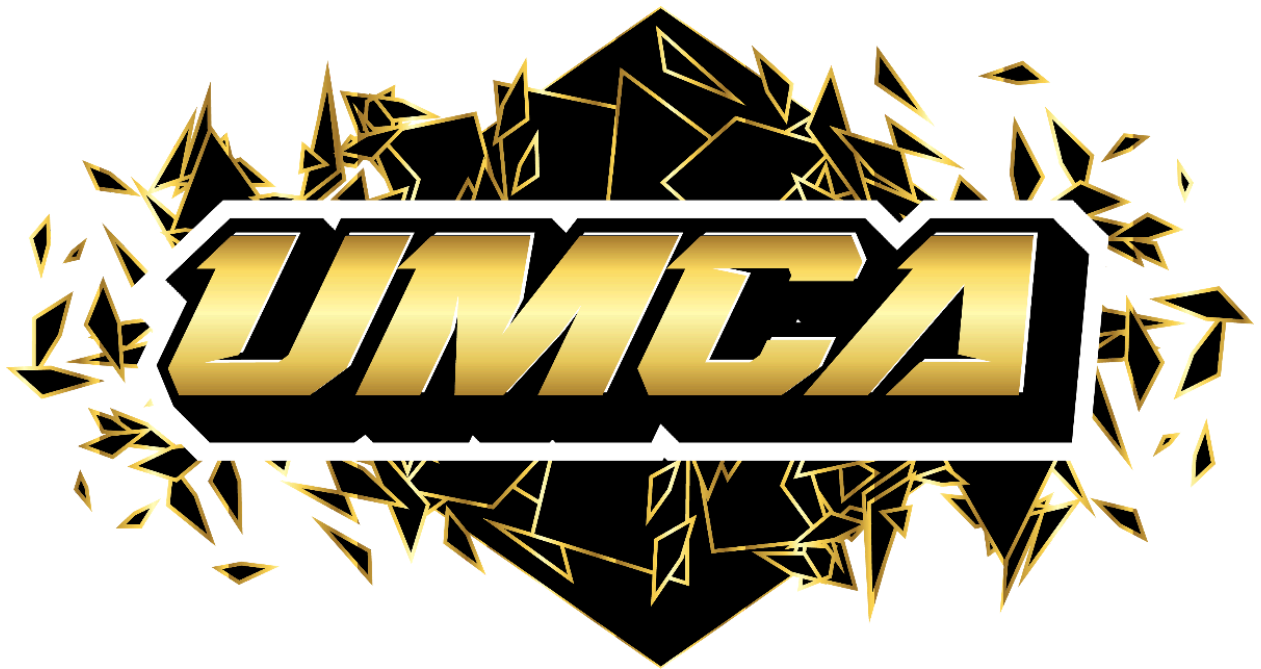


*Upper Moreland Cheerleading Association*

# PROGRAM HANDBOOK

*2024-2025 Season 11*





# UPPER MORELAND NATION

## WELCOME TO UMCA

On behalf of the Upper Moreland Cheerleading Association, we would like to thank you for your interest and continued support of our Program.

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

## ABOUT US

The Upper Moreland Cheerleading Association (UMCA) is a recreational competitive cheerleading program based out of Horsham, Pennsylvania. UMCA was founded in 2014 to create a competitive cheerleading experience comparable to "All Star Cheerleading" at a more affordable and accessible price.

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.

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.



# GENERAL INFORMATION

## CONTACT INFORMATION

Email: [UMCAheerleading@gmail.com](mailto:UMCAheerleading@gmail.com)

Website: [WWW.UMCACHeer.com](http://WWW.UMCACHeer.com)

Address: 328 Maple Ave  
Suite 14  
Horsham, PA 19044

## UMCA BOARD OF DIRECTORS

Jim Hester, President  
Ry Simeti, Vice President  
Caitlin Kohn, Co-Director  
Jacqui Swiski, Co-Director

## PROGRAMS OFFERED

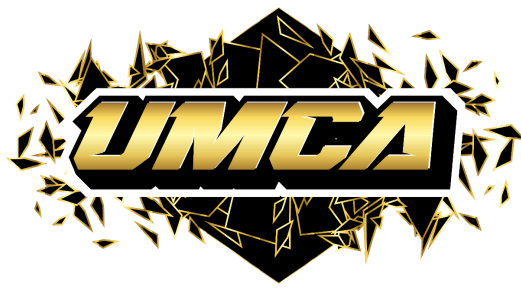
<b>Exhibition Birth years 2019-2021</b>	<b>Tiny Birth years 2017-2019</b>	<b>Elite Birth years 6/1/05-2017</b>
August to February	May to March	May to May/April
2-3 competitions	4-5 competitions	7-9 competitions

-Athletes born in 2019 will be evaluated for the Exhibition and Tiny program

-Athletes born in 2017 will be evaluated for the Tiny and Elite program

-Final Placement will be determined by the UMCA Coaching staff

-Season length and number of competitions is an estimate and may vary



## UNITED SCORING SYSTEM SKILLS

	<u>Level 1</u>	<u>Level 2</u>	<u>Level 3</u>	<u>Level 4</u>
<b>Standing Tumbling</b>	-Forward Roll (FWR) -Backward roll (BWR) -Cartwheel (CW) -Front Walkover (FWO) -Back Walkover (BWO) -Back Extension roll (BER) -BER-BWO* -Back Walkover series* -Backwalkover switch leg* (BWOSL) -Valdez*	-Back Handspring (BHS) -Back Handspring Step Out (BHSSO) -BWO-BHS/BHSSO -BHSSO-BWO -Valdez-BWO-BHS -BWO-BHSSO-BWO* -BWOSL-BHS* -BHSSO-BWO-BHS* -Valdez-BHS/BHSSO* -BER-BHS/BHSSO*	-BHS-BHS -BHSSO-BHSSO -Jump-BHS/BHSSO -BHS-Jump -BWO-BHS Series -Triple BHS -Jump BHS Series -BHS-Jump-BHS* -Jump-BHS-Jump-BHS* -BHSSO-BWO-BHS Series -BHSSO-BHS Series* -BWO-BHS-Jump-BHS*	-Onodi -BWR-Tuck -BHS Series-Tuck -Back Tuck -BWO-Tuck -BER-Tuck -Valdez-Tuck -BHS-Tuck -Jump-BHS/BHS Series-Tuck
<b>Running Tumbling</b>	-Handstand-FWR -Handstand-FWR-CW -Roundoff (RO) -Cartwheel BWO Series - FWO-CW-BWO* - FWO-RO/CW	-CW/RO-BHS -RO-BHSSO -Front Handspring -FWO-FHS -FHS Series* -Boulder/Flyspring* -CW/RO-BHS Series -FWO-RO-BHS -CW-BHSSO-BWO-BHS*	-RO-Tuck -Aerial -Punch Front -RO-BHS Series-Tuck -FWO-Aerial* -Boulder/Flyspring-Aerial* -RO-BHSSO-½ turn-RO to Tuck* -FWO-RO-to Tuck* -FHS- PF*	-CW-Tuck -FWO-CW-Tuck -RO-Layout -RO-Onodi -Front Aerial -FHS-PF -PF-PF -RO-BHS Series-Layout -FWO-RO to Layout* -RO-BHS-Layout* -RO-whip to layout*
<b>Stunting (examples of some but not all elite level appropriate skills)</b>	-¼ up to prep -¼ to BP -Below prep tic toc BP to BP -Below prep ¼ tic toc BP to BP -Cradle	-½ up to extension -½ up to prep BP -½ up inversion to extension -½ up inversion to prep BP -¼ cradle	-Inversion to extended BP -Switch up to prep BP -Full twist transition BP to BP -Full down	-1 ½ up to prep BP -Prep/waist level to extended BP -High to Low -Full up to extended lib -Double down

\*Denotes Elite Level Appropriate tumbling skills

Please refer to the [United Scoring System Glossary](#) for further clarification of skills.



# IMPORTANT DATES

## SAVE THE DATES

**April 1:** Early Bird Registration Opens

**April 13:** Open Gym #1

**April 27:** Open Gym #2

**May 1:** Regular Registration Opens

**May 20-21:** Evaluations

**May 22-23:** Evaluation Call Backs

**June 15:** Team Reveals

**June 18-19:** Summer Practices Begin

**July 7-12:** Choreography Camp

**September 4-5:** Fall Practices Begin

## GYM CLOSURES

**May 27:** Memorial Day

**July 4:** Independence Day

**September 2:** Labor Day

**October 31:** Halloween

**November 27-29:** Thanksgiving Break

**December 23-31:** Holiday Break

**January 1:** New Years Day



# PROGRAM INFORMATION

## OPEN GYMS

Come check us out, meet our coaches and prepare for evaluations!

\$5 for Returning Athletes      \$10 for New Athletes

April 13th & April 27th		
Session 1	10:00am-11:00am	2015-2019
Session 2	11:30am-12:30pm	2011-2013
Session 3	1:00pm-2:00pm	6/1/2005-2014

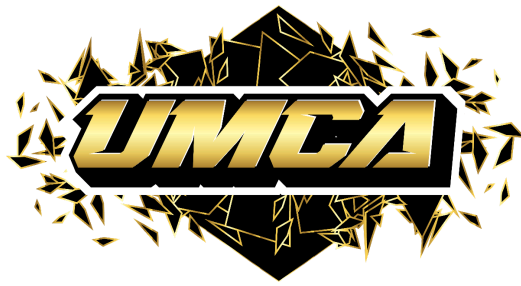
\*Athletes born between 2011-2013 may attend both Session 2 and 3 but will be required to pay the fee for each session\*

## EVALUATIONS

Evaluations will be held May 20th-23rd, 2024. In order to be registered for your evaluation night, the registration fee of \$100.00 (75.00 Early Bird Registration) will be due upon registration. All athletes must be registered in order to attend evaluations. Registration opens April 1st.

Evaluation Schedule (By Birth Year)				
	May 20th	May 21st	May 22nd*	May 23rd*
6-7pm	2018-2019	2011-2013	Callbacks	Callbacks
7-8pm	2014-2017	2005-2010	Callbacks	Callbacks

\*Each athlete will attend their first night of Evaluations based on their birth year. Athletes asked for callbacks will receive the date and time frame via email to the email on registration.



No experience is required and all athletes will be placed on a team. Evaluations are utilized to place athletes where they will be the most successful and well rounded.

The skills listed below are used as a guide regarding leveled skills. We follow the [United Scoring System](#), which requires strategic placement of athletes to hit the number of elite skills required on the scoresheet.

An athlete's placement is determined by all of the athlete's abilities, age, and the needs of each team. This includes tumbling, stunting, jumps, flexibility, attitude, etc.

Please note the following:

-We follow the Varsity age grid that will play a factor in the team in which your cheerleader is assigned. It is based on year of birth, not age at a specific time of the year.

-In order to be considered a level 2,3,4 tumbler, you must be able to properly execute multiple, elite level appropriate tumbling skills for that level. Tumbling skills demonstrated during evaluations are expected to be maintained throughout the season.

-Higher level experience or previous team placements do not guarantee that athletes will be placed on the same team or level.

-Athletes may be asked to crossover to a second team to complete team rosters. Crossovers are the last positions to be filled on a team and are chosen based on the needs of each team. Additional crossover opportunities may be offered throughout the season due to unforeseen circumstances.

-Athletes may be moved, repositioned or replaced at any time at the discretion of UMCA. All changes made are for the betterment of the whole program.



## TEAM PLACEMENTS

Team reveals will be held on June 15th to reveal our 2024-2025 teams to our athletes and families. Each athlete will be given their team placement, which will include the team name, age group and level. Athletes will then have the opportunity to meet their coaches and teammates and take pictures.

It is inevitable that some athletes may not be placed on their desired team. However, every team at UMCA will be equally set up for success and every athlete will have the same experience regardless of their placement. Team placement decisions are not made lightly by our coaching staff and we craft our teams in the best interest of the program as a whole. We ask that you trust the process.

## CHOREOGRAPHY

UMCA Choreography Camp will be held July 7-12, 2024. Each team will have two days of choreography within those dates. Team specific choreography schedules will be provided at Team reveals. In order to be placed in the routine, **attendance is mandatory**.

A professional choreographer is hired to build each team a routine that will meet difficulty requirements and maximize technique scores. Each athlete is strategically placed by the choreographer to craft a routine that seamlessly flows while highlighting the team's strengths.

Additional choreography sessions may be added as necessary.





## PRACTICE

Summer Practice: Each team will practice 1x a week from May-August.  
School year Practice: 2x a week from September-April.  
Each practice is 1-1.5 hours depending on age group.

Practices are primarily scheduled from Monday-Thursday 5-9pm.  
Additional weekend practices may be added as needed to prepare for a competition and will be communicated on Band. Additional practices may be necessary due to athlete attendance, injuries, choreography adjustments or event date changes.

Team specific practice schedules will be provided at team reveals.

## COMPETITION SCHEDULE

The 2024-2025 Competition Schedule has not been determined as we are still pending finalized information from Varsity. Final competition schedule will be provided in the fall.

See below for tentative competitions per month

Note- schedule is an estimate based on previous seasons and is subject to change

### **November**

1-2 Competitions

### **December**

1-2 Competitions

### **January**

3 Competitions

### **February**

3 Competitions

### **March**

The Quest Recreation Championship\*

### **April**

The US Finals\*

Competition Season for Elite Teams- November - March or April

Competition Season for Tiny Team- January - March

Competition Season for Expo Team- January - February

\*Bid required for attendance\*



## END OF SEASON EVENTS

We like to end our season with "End of the Season" competition(s).

### **THE QUEST**

This competition is referred to as "the Worlds" for Recreation cheerleading. We will be attending this competition in March 2025 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 the Varsity bid declaration. The paid bids would pay for the cheerleader's base travel package and competition fees. Any additional hotel nights, park tickets and travel costs would be the responsibility of the cheerleader. Paid bids do not include parents and/or spectators. Attendance to The Quest is NOT MANDATORY but it is recommended that all athletes attend to get the full experience. A Quest survey will be sent prior to Choreography to determine which athletes will not be in attendance, which allows the choreographer to choreograph accordingly.

\*\*To clarify if you choose not to participate in the 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.\*\*

Last season's bids were as follows:

At-Large: Invitation to compete at The Quest

Bronze: 25% paid toward package

Silver: 50% paid toward package

Full Paid: 100% paid toward package

If a bid is awarded, families are given the option to choose the Disney hotel package or the commuter package.

1. Disney hotel package

- a. Athlete and Family will stay at the All Star Resorts

- b. Transportation to the ESPN Center will be provided

- c. Disney hotel packages are NOT GUARANTEED and may sell out.



- i. As soon as a bid is awarded and registration is open, it is imperative that athletes are registered and the deposit is paid as soon as possible to secure the room
2. Commuter package
  - a. Athlete and Family are responsible for their own hotel arrangements
  - b. Transportation to the ESPN is not provided

More detailed Quest information will be provided when/if bids are awarded.

#### **THE US FINALS**

If any of our Elite or tiny teams do not attend the Quest, we will be competing at the US Finals. This competition is normally held at the end of April/beginning of May. Each team has the opportunity to receive "Golden Tickets" which is a Paid Bid to the US Finals. A "Goldent Ticket" covers the competition costs for each team to compete. All travel and hotel accommodations are the responsibility of the cheerleader.

If any team receives a Golden Ticket, that team will attend the US Finals. US Finals competitions are held in multiple locations. Previous locations we have attended are Ocean City Maryland, Virginia Beach and Providence Rhode Island. The Board will decide the US Finals location, which will be communicated on the competition schedule.



# FINANCIAL INFORMATION

## REGISTRATION COSTS

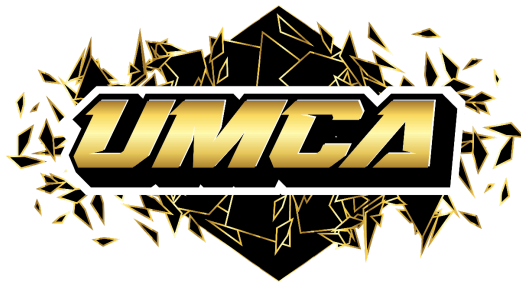
	EXHIBITION TEAM	EARLY BIRD REGISTRATION (APRIL 1 THROUGH APRIL 30)	REGULAR REGISTRATION (MAY 1 AND AFTER)
<b>Registration Fee</b>	SEPARATE REGISTRATION TO BE OPENED IN AUGUST	\$75.00 (Includes practice tank top & team scrunchie) <u>*not included in total tuition &amp; non-refundable*</u>	\$100.00 (Includes practice tank top & team scrunchie) <u>*not included in total tuition &amp; non-refundable*</u>

EXHIBITION TEAM! We are excited to offer an introductory level exhibition team for those little cheerleaders ages 3-5! If a 5 year old wishes to compete on the full-season Tiny team, coaches will evaluate and make recommendations based on same.

## UNIFORM COSTS

*White cheer shoes are required for all athletes and are not included in the uniform costs. Any white cheerleading specific shoes are acceptable*

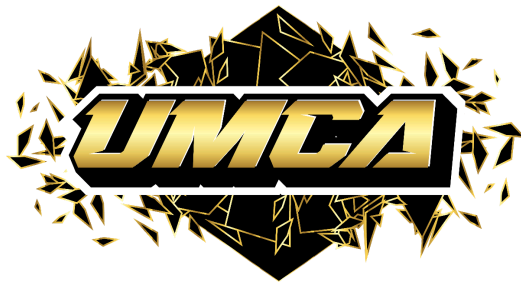
EXHIBITION Birth years 2019-2021	TINY Birth years 2017-2019	ELITE Birth years 06/01/05-2017
\$80.00	\$100.00	\$375.00



## TUITION COST BREAKDOWN

<b>TUITION</b>	<b>EXHIBITION (Birth year 2019-2021)</b>	<b>TINY (Birth year 2017-2019)</b>	<b>ELITE Birth years 06/01/05-2017</b>
<b>Competition Fees</b>	\$150.00 (2-3 competitions)	\$475.00 (4-5 competitions)	\$700.00* (7-9 competitions)
<b>Choreography</b>	-	-	\$175.00
<b>Music</b>	\$10.00	\$40.00	\$40.00
<b>AAU Insurance</b>	\$20.00	\$20.00	\$20.00
<b>Admin/Operating Costs</b>	\$10.00	\$55.00	\$55.00
<b>Practice Space (Inclusive of open gyms, other gym usage, showcases, private lessons, etc.)</b>	\$50.00	\$400.00	\$450.00
<b>Custom Cheer Hair Accessory</b>	\$10.00	\$25.00	\$25.00
<b>Program Practice Shirts</b>	\$15.00	\$35.00	\$35.00
<b>Celebration Costs</b>	\$10.00	\$50.00	\$50.00
<b>Total <u>without uniform</u></b>	<b>\$275.00</b>	<b>\$1,100.00</b>	<b>\$1,550.00</b>

\*Inclusive of 2 National Competitions\*



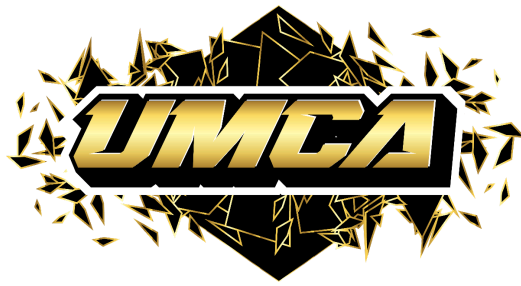
## PAYMENT PLAN OPTIONS

### EXHIBITION TEAM (BIRTH YEAR 2019-2021)

PICK YOUR PAYMENT OPTION	
UPFRONT PAID IN FULL	<b>\$355.00</b> \$225.00 PLUS UNIFORM (\$80.00)
3 PAYMENTS DUE AUGUST - OCTOBER	\$80.00 UNIFORM + \$50.00 - SEPTEMBER \$125.00 - OCTOBER \$100.00 - NOVEMBER

### TINY (BIRTH YEAR 2017-2019)

PICK YOUR PAYMENT OPTION	
UPFRONT PAID IN FULL	<b>\$1,150.00</b> \$1,050.00 PLUS UNIFORM (\$100.00) <i>*\$50.00 DISCOUNT IN PAID IN            FULL*</i>
MONTHLY PAYMENTS	<b>\$1,200.00</b> \$1,100.00 PLUS UNIFORM (\$100.00) \$150.00/EACH JUNE - JANUARY



**ELITE (06/01/05-2017)**

<b>PICK YOUR PAYMENT OPTION</b>	
UPFRONT PAID IN FULL	<b>\$1,500.00</b> *\$50.00 off if paid in full up front*
MONTHLY PAYMENTS	<b>\$1,550.00</b> UNIFORM - JUNE \$375.00/EACH JULY - DECEMBER \$225.00/EACH \$200.00 - JANUARY  <i>TOTAL COSTS WITH TUITION &amp; UNIFORM IS \$1925.00</i>

## **PAYMENT METHODS**

Credit Card through GoMotion

Cash

Check made payable to UMCA Cheer

Venmo @UMCACheer (friends and Family Only) If this is not selected, the fee will be added to your account.

**\*\*\*ALL MONIES PAID ARE 100% NON-REFUNDABLE ONCE REMITTED. UPON REGISTRATION, YOU ARE MAKING A COMMITMENT TO UMCA!**



## FINANCIAL OBLIGATION

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). You are required to keep a debit or credit card on file. If payment is not received by the 15th of the month, the debit or credit card on file will be charged.

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 the costs of travel expenses, and entrance to competition to watch. There will be team and individual fundraising opportunities to allow you to offset 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, 2025. 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 \*\***





## FUNDRAISING OPPORTUNITIES

UMCA offers many individual and club fundraisers throughout the season that can be allocated toward your tuition costs or towards the Quest fees. Club fundraisers are applied to costs of Quest gifts, end of the year gifts, gym upkeep, additional fundraiser costs/rental fees, etc.

### **FUNDRAISER PROFIT EXAMPLES:**

Based on past seasons and the opportunity for fundraisers, below is an example of how much individual cheerleaders could make with our annual fundraisers:

\*Based on actual profits prior accounts\*

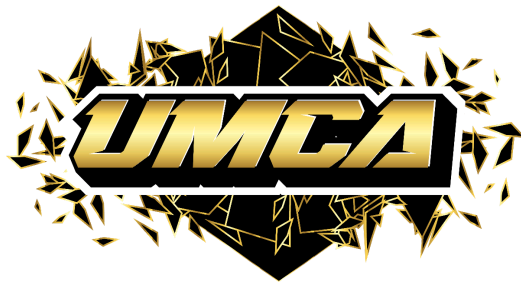
Example 1:

Little Caesars Pizza Kits - July (1st sale)	\$180.00
DoubleGood Popcorn	\$316.50
Mums	\$219.45
Sunday Funday Beef & Beer Tickets	\$40.00
Thanksgiving Pies	\$418.50
Bingo Tickets	\$145.00
Little Caesars Pizza Kits - January (2nd sale)	\$132.00
Super Bowl Block	\$150.00
RaiseRight Gift Cards (season long)	\$120.12
<b>Total Individual Profits</b>	<b>\$1,721.57</b>



Example 2:

Little Caesars Pizza Kits - July (1st sale)	\$48.00
Mums	\$37.60
Thanksgiving Pies	\$13.50
Little Caesars Pizza Kits - January (2nd sale)	\$48.00
Super Bowl Block	\$15.00
RaiseRight Gift Cards (season long)	\$429.68
<b>Total Individual Profits</b>	<b>\$591.78</b>



# GENERAL EXPECTATIONS

## ATHLETE ROLE

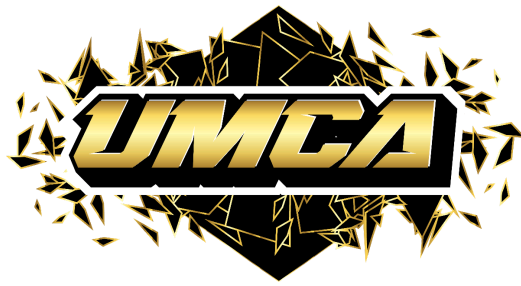
Athletes are expected to be respectful to all coaches, athletes, choreographers, judges, parents, Varsity staff and competitors. Athletes are to exhibit good sportsmanship and uphold UMCA values at all times. UMCA will not tolerate any profanity, rude language or bullying.

## PARENT ROLE

Parents are expected to be supportive of their athlete and the entire UMCA Program. Parents are expected to stay up to date on information by regularly checking the Band app and/or email. Parents should refrain from gossiping and should bring all concerns directly to the Board of Directors. Parents are expected to respect all decisions made by the coaching staff and understand our staff has years of experience and makes decisions that are best for the entire team and/or program. Parents are expected to have good sportsmanship and to refrain from negatively discussing UMCA, Varsity or any other programs.

## ATTENDANCE

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.



Injured or athletes with minor sicknesses are expected to attend practice and observe.

As soon as the Band calendar becomes available, please notify the coaches of any previously scheduled conflicts by adding to the Band Calendar.

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.

Excused Absences:

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

Unexcused Absences:

- Family vacations that are not reported to coaches
- Dances/Parties
- Other sports games
- Homework
- No ride to practice

## PRACTICE EXPECTATIONS

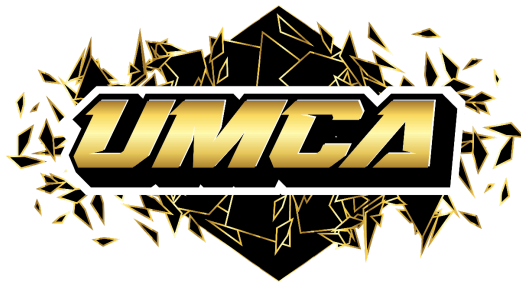
~All practices will be closed to parents and relatives.

~No unaccompanied siblings are allowed to stay during practice. We are not responsible for any additional children left without a parent's supervision.

~Athletes should arrive 5 minutes early and enter the gym through the office door to minimize distractions to the teams practicing (if applicable).

~Athletes are to store their things neatly in the cubbies by the gym door.

- Phones are to be silenced and away for the duration of practice.

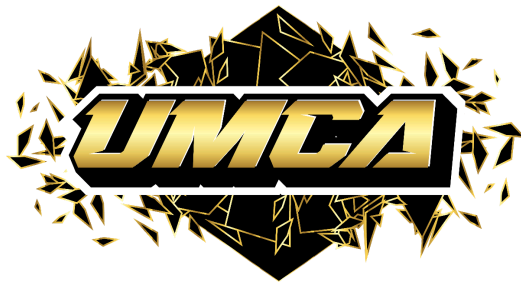


~Athletes are expected to clean up after themselves by discarding any trash and keeping track of their personal belongings. Any unclaimed articles of clothing left at the gym for a prolonged period of time will be donated to our clothing drive.

~Athletes are expected to be in the gym practice ready by their allotted practice time.

#### Practice Ready Expectations:

- Hair is pulled back in an athletic style
- Athletic attire
  - Such as shorts, spandex shorts, leggings, tennis skirts, t-shirts, tank tops, sports bras
    - We recommend all female athletes wear a sports bra with loose fitting tops as shirts may ride up during tumbling and stunts
  - Athletes may wear pajama pants, sweatpants, sweatshirts and hoodies to the gym but must take these items off prior to practicing
  - Athletes may be required to wear specific attire to certain practices, which will be discussed on Band ahead of time
- Cheer shoes on and tied
- Athlete has their own water
  - Water bottles and gatorade are available for purchase
- Athletes are responsible for bringing any necessary medical items
  - Inhalers, Athletic tape and/or braces, Eyeglasses strap, medications, etc.
  - Please ensure these items are clearly labeled



## COMPETITION EXPECTATIONS

~Competition information will be posted on Band as soon as it is available specifying the times, hairstyle and makeup and other important information for each event

- Event information is provided by Varsity. Final schedules may not be received until as late as the week of the event, which may result in minor time changes that will be communicated on Band.
- Competition schedules are entirely out of UMCA's control. We occasionally have long competition days. We will do our best to accommodate any conflicts.

**~All competitions are mandatory.**

Routines are choreographed for the exact number of athletes on the team. It only takes one member to not show up or show up on time that could lead to the entire team being unable to compete at that event.

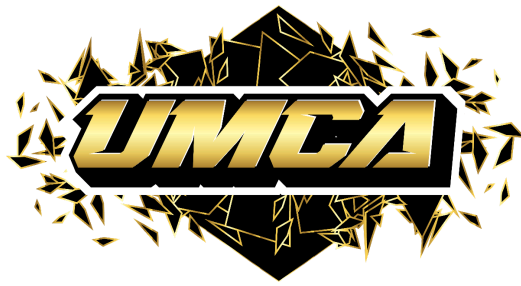
~Parents are responsible for getting their children to the competition on time. DO NOT BE LATE! Please allow extra time for travel, parking, and inclement weather.

~Cheerleaders must remain in their full uniforms at all competitions.

~Cheerleaders are not permitted to wear crazy nail polish, have excessively long nails 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.

## DAY OF COMPETITION EXPECTATIONS

~Arrival on time and to the correct locations

~Arrive with all expected uniform items including: Uniform, bow, shoes, no-show white socks, hair as directed, make-up as directed, water bottle, snacks.

~Athletes are expected to be competition ready by their scheduled meet time. Once the athlete is at their meet time, they are required to stay with the team until after their competition time.

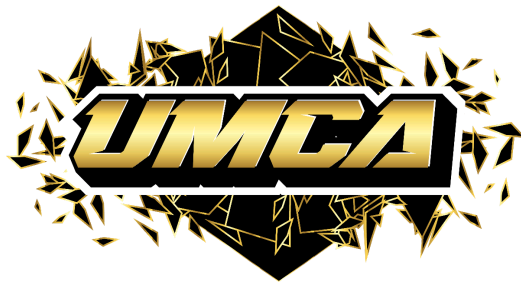
### Competition Ready:

- Full uniform
- All jewelry removed
  - Jewelry cannot be covered with bandaids, this can result in a deduction.
  - Coaches are unable to hold athletes jewelry
- Makeup and hair done as directed
- Athlete has all necessary, labeled medical items
- Backpacks, sweatshirts, sweatpants, are removed and with parents
- Cell phones are not permitted in warmups

~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. Athletes are expected to remain competition ready until after their awards ceremony is complete.

~Athletes may be required to arrive earlier or stay after their awards are completed to watch other teams in our program. Depending on the competition schedule, each team may be required



to watch all UMCA teams or sister teams may be assigned for that event. This will be decided on an event by event basis and will be communicated on Band prior to the event.

## 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 program, person, decision, or result. We expect to win or lose with dignity. We have built relationships with programs who are our biggest competitors and we pride ourselves in our reputation of being a program of strong competitors with great sportsmanship. 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.

## ATTITUDE

Positive attitudes 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 program.

## VOLUNTEER COACHING

Please make note, all of our staff members are a part of our program under a volunteer status. These positions are unpaid and coaches have the opportunity to fundraise for their travel costs and other season related costs. In addition, coaches are required to maintain a positive, uplifting and supportive mindset. If any cheerleader or parent feels this is not the experience they are receiving, please forward your concerns to the Board members.





## JUNIOR COACHING

Our program utilizes Junior Coaches, which are current athletes on a Senior aged team at UMCA. Junior coaches are a resource to head coaches to help out whenever and wherever necessary. These athletes are considered "coaches in training" and are not credential with USA Cheer. Senior aged athletes may apply to be Junior Coach and will be chosen by the coaches based on the skillset of the athlete, leadership experience, and the needs of each team.

Junior coaches may spot tumbling and stunts, teach grips and/or new skills, fill in for missing athletes, etc. only under the supervision of a Head Coach. Junior coaches are assistants and should not be making routine decisions, running practices, handling accuscore, running team Bands, responding to parents, etc. Junior Coaches are expected to uphold all of UMCA's values and serve as a good model to younger athletes.

Junior Coaching is a privilege and is not guaranteed to any athlete. Junior Coaches may be removed or repositioned at the discretion of the Head Coach and the UMCA Board of Directors. Parents should speak directly to the Head coach or the Board of directors with any questions, comments or concerns.

## 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).

Cheerleading is a contact sport and injuries do occur. We as coaches do and teach the proper technique to avoid injuries; however, they do happen. If the same athlete consistently sustains injuries throughout the season, their spot in the routine may be moved to avoid further injuries.



Each coach is certified through USA Cheer to promote athlete safety. Each coach is required to complete Child Abuse Clearances and an athlete safety course as a part of this certification. This certification is renewed annually.

## COMMUNICATION

We will be communicating all important information through the Band App and email. It is MANDATORY to be on the Band APP and to have a current email on your account.

### **1. BAND APP: INFORMATION PURPOSES ONLY**

- a. Upper Moreland Nation Band- Program Band which will have all program wide information
- b. Team Specific Band- Each team will have their own Band, which will be run by each team's respective coaches. All team specific information will be discussed on the team Band.
  - i. Team bands are used for quick communications directly from the coaches of that team
  - ii. Absences should be reported on the team band

### **2. Emails from [UMCACheerleading@gmail.com](mailto:UMCACheerleading@gmail.com)**

- a. All program wide communications
- b. All questions comments or concerns should be emailed

### **3. Upper Moreland Nation Facebook Group**

- a. Performance videos and/or live streams will be posted here

### **4. Social Media**

- a. Upper Moreland Cheerleading Association page on Facebook
- b. @UMCACheer on Instagram

### **5. GoMotion**

- a. Make payments
- b. See all fundraising credited to account



## UMCA LOGOS

We understand that many people have “at-home” presses and can make their own UMCA attire. However, the use of our name and logo is limited to our use and permission from our Board, and any athlete or parent who uses our logos without permission will face appropriate repercussions deemed by the Board.

## SOCIAL MEDIA

Social Media is a great tool that we use to showcase the talents of our teams and entire program. Please tag @UMCACheer on Instagram and Upper Moreland Cheerleading Association on Facebook on any social media posts.

We strive to spread positivity and our love for recreation cheerleading through our social media presence. Any negativity on social media, whether about UMCA or other programs, will not be tolerated.

Please do not create any UMCA social media accounts or post any UMCA team videos on social media without prior permission.



# FREQUENTLY ASKED QUESTIONS

## **1. How are teams placed?**

Teams are placed by age, skill and the needs of each team. We strive for each cheerleader to be able to execute elite level appropriate skills. Cheerleaders will be moved to level and age appropriate teams based on coaches' recommendations. The coaches place each cheerleader where they will be successful, and the choices are what is best for the individual cheerleader, team and program.

\*Age is based on birth year.

## **2. How much of a commitment is UMCA?**

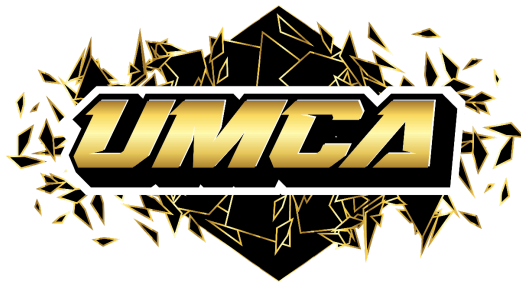
As competition cheerleading becomes more competitive each and every season, we want to ensure each cheerleader and family knows the level of commitment we expect at UMCA. UMCA should be a priority. We understand that cheerleaders are involved with many other activities. We will be flexible as long as the flexibility is reciprocated and that the flexibility is fair for all programs involved. Each practice and competition is mandatory!

## **3. Are there fundraising opportunities available?**

Yes! We have multiple individual fundraisers available throughout the year as well as many team fundraisers. We urge everyone to use these as opportunities to offset the costs of the season. These fundraising profits can also be applied to The Quest!

## **4. What happens if I pay my tuition in full then have fundraising profits?**

We will reimburse any fundraising amounts up to the amount paid out of pocket. You can also choose to apply this to any of End of Year



competitions or carry over to next season. Any over-fundraising money will be donated to the club.

Example: If tuition was \$100.00 and you paid us \$100.00 on the 1<sup>st</sup> day of practice, then you sold pies and made a \$200.00 profit, you would only be entitled to the \$100.00 refund of your out-of-pocket money.

#### **5. What is The Quest and will we be required to attend Quest?**

The Quest Recreational Championship is the most competitive and prestigious end-of-season event for Rec & Youth Cheer. Teams will earn Paid Bids and At-Large Bids to The Quest during the season at several Varsity Spirit events. This exclusive event will be held at the ESPN Wide World of Sports Complex at the Walt Disney World Resort®, Florida. The Quest will feature the nation's top Rec teams from across the country.

*At Large Bids* - Invitation to compete at The Quest. All expenses are the responsibility of the cheerleader.

*Paid Bids* - Invitation to compete at The Quest. Base package paid for by Varsity - cheerleader only.

You are not required to attend The Quest. You will indicate on your registration form if you wish to attend. Please note, if you choose not to attend, this may affect your placement in the routine. This is not punishment or a negative reflection; however, the choreographer will need to place you where it will be easily moved or removed. You may also be splitting a spot with another cheerleader for ease of change.

#### **6. What is a crossover and how do I become one?**

A crossover is a cheerleader who competes on two teams. Crossover spots are given to cheerleaders that are able to commit to the extra nights of practice as well as provide each team beneficial skills. Crossover spots are the last spots to be filled. \*If you have



previously been a crossover, you are not guaranteed to become one again\*

**7. Can I attend my cheerleader's practice?**

We will be enforcing closed practices this season for all teams. We are more productive with less distractions.

**8. Do you offer tumbling classes or privates?**

While we do not offer specific tumbling classes, we set aside time during our practices to focus on new skills and perfecting skills. We also hold private and semi-private lessons with our coaches.

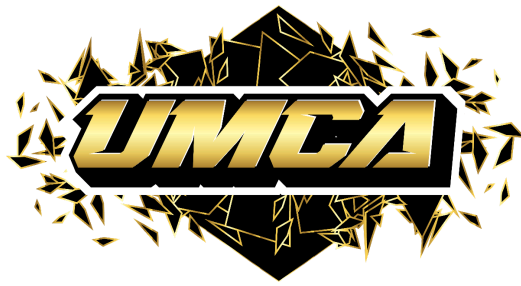
**9. What is the Recreational Summit? Will you be attending?**

The Recreational Summit (Rec Summit) is an end of season event for Rec & Youth Cheer. Rec Summit, hosted in Tampa, was launched by Varsity for the 2023-2024 season as an option for programs looking for an alternative end of season event to the Quest Recreational Championship. Programs may choose to attend Quest, Rec Summit or both.

UMCA has been attending Quest since the inaugural Quest in 2020 and loves the experience of competing at the ESPN Center and spending time in Disney with our UMCA Family. UMCA plans to continue attending the Quest and will not be attending the Rec Summit for the foreseeable future.

**10. How are bids awarded?**

Bids to the Quest, Rec Summit and US Finals are awarded at each Varsity event. The number and type of bids awarded varies by the event. The highest bid (Paid, Silver, Bronze, At- Large) will be awarded to the highest scoring team of the competition that does not have a bid of that type. The second highest score receives the next bid and so on until all bids are exhausted.



\*Note- Quest Bids are awarded to only the number of athletes on the team who competed at the event the bid was awarded. If an athlete misses a competition for any reason and is not on the mat, they will not be awarded the bid.\*

**11. Are you able to upgrade bids to the Quest?**

YES! Our teams often earn at large bids and later upgrade to a "money bid" (bronze, silver, paid). Teams are able to upgrade their bid until they have a paid bid.



# RESOURCES

## UNITED SCORING SYSTEM

- ~United Master Score Sheet
  - Level 1
  - Level 2-4
- ~United Scoring System [Glossary of Terms](#)
- ~United Scoring [Glossary of Terms](#)
- ~United Scoring [Rubric](#)
- ~United Scoring Level Appropriate Documents
  - [Level 1](#)
  - [Level 2](#)
  - [Level 3](#)
  - [Level 4](#)
- ~United Scoring [Deduction System](#)

## VARSITY YOUTH / REC

- ~Performance & Traditional Rec Age grid
- ~Performance & Tradition Rec Rules & Regulations
- ~[Participant Release Waiver](#)

## USASF

- ~[Cheer Rules](#)

## VARSITY TV

- ~Competition Livestream\*
- ~Routine Videos\*
- ~Event Schedules
- ~Event Results

\*Features require Varsity TV subscription. Varsity TV may not stream all competitions