

WELCOME!

Thank you for your interest in the MANDVELLE SPORTS COMPLEX (MSC) CHEERLEADING PROGRAM. We are dedicated to training our athletes to excel in a high level of competitive cheerleading. We will do our best to help each athlete reach their potential.

At MSC, we are striving to be the very best. That is a goal of ours, but we want our athletes to achieve more than just being winners. We expect our athletes to be courteous, truthful, honest, considerate, determined, and respectful and have a high self-esteem. In order for our organization to achieve this, we must set our standards high.

Each athlete will conduct him/herself in such a manner as to credit the MSC organization. Each cheerleader will know and abide by the rules and regulations set before them in this information packet. They will uphold the level of excellence that we want to make for the name, MSC. Please read the following information carefully before signing the forms found at the end of this packet.

Thank you,

Liz Papallatoc  
Diane Sims

## EXPENSES

Competitive cheerleading can be very costly. At MSC we will do our best to make it as affordable as possible. All team members must incur all cost below in order to participate. As a Parent/Participant you understand that financial obligations will include uniforms, program fees, competition fees, and travel/accommodations to local and/or out of town competitions.

- A \$25 fee will be applied to any transaction that is returned.
- All tuition checks are to be made payable to MSC
- All program and competition fees are to be made payable to NSC
- A \$15.00 Late Tuition Fee is applied if not paid by the 10<sup>th</sup> of every month

<b>Expenses</b>	<b>Amount</b>	<b>Due Date</b>
<b>Monthly Tuition(June – March)</b>  Some months have 4 weeks, and some have 5 weeks; thus we do not prorate tuition for holidays or vacations. Time off/vacation time is already factored into tuition and will not be refunded or prorated. Tuition will not be pro-rated for injury, vacation, sickness, or required family visitation.	<b>85.00 - All teams</b>  <b>\$75.00 - Second Child in Family</b>	<b>1<sup>st</sup> month tuition due at Parent Meeting</b>  <b>Monthly tuition = \$85.00 - *MONTHLY TUITION IS DUE BY THE 10<sup>TH</sup> OF EVERY MONTH. THERE WILL BE A \$15.00 LATE FEE IF TUITION IS NOT RECEIVED ON TIME. CHECKS ARE MADE PAYABLE TO MSC</b>
<b>Competition Uniforms and Practice Wear Package includes shell(top) skirt, briefs, Nike shoes (optional), practice shirt. <u>White tennis shoes if purchased on your own.</u></b>  <b>Make – Up(includes adhesive star, lip gloss)</b>  <b>Duffel Bag(optional)</b>  <u><i>There will be no refunds on uniforms, practice wear, make-up or hair bow for any reason. This includes removal or quitting a squad mid-season.</i></u> Approximate figures(includes shipping and handling)	<b>\$270.00- w/o shoes - \$340.00 - w/shoes (non-refundable)</b>   <b>\$25.00</b>   <b>\$10.00</b>	<b>Due July(at time of fitting) Fitting Date – July 12, 2008 – 9:00am – 12:00pm</b> <b>July 19, 2008 – 9:00am – 11:00pm</b>  <b>Due - October 1, 2008</b>
<b>Program Fee(includes training, music and equipment associated with maintaining a successful cheerleading program)</b>	<b>\$125.00</b>	<b>1<sup>st</sup> parent Meeting(June)</b>
<b>Competitions</b> We plan to attend 6 to 7 competitions for the season. These fees do not reflect traveling expenses.	<b>All Teams - \$440.00</b>	<b>Due \$110.00 - August 1, 2008</b> <b>Due \$110.00 - September 1, 2008</b> <b>Due \$110.00 – October 1, 2008</b> <b>Due \$110.00 – November 1, 2008</b>

**Competition Guidelines:**

1. Stay in uniform the entire day while at competition. Flip Flops, fleece pants, sweatshirts are NOT a part of our uniform, please do not change into them! You will be allowed to put warm-ups on over your uniform when the weather is cold, however, when we start competing and start awards, you must be back in full uniform.
2. You must stay with your team throughout the competition day, unless you are released to a parent by your coach. Your coach needs to know where you are at all times.
3. Show good sportsmanship at all times.
4. You are required to remain at all competitions for the award ceremony unless released by your coach.
5. Cheerleaders should not miss any practice within 2 weeks of a competition or exhibition. If missed, their position may be changed. This is to insure fairness to the other team members who rely on each other during the routine

**COMPETITIONS:** We will compete in 7 competitions.

**COMPETITION SCHEDULE**

<b>DATE</b>	<b>Location</b>	<b>CHEER ASSOCIATION</b>	<b>Squad</b>
November 9, 2008	The Pontchartrain Center New Orleans, LA	Spirit Cheer Bayou Blast Championships	All Squads
December 7, 2008	Baton Rouge River Center	Deep South Cheerleading	All Squads
January 10 & 11, 2009 (we will compete both days (over night stay required))	Mississippi Coliseum Jackson, MS	Deep South Cheerleading	14 year old & below & 18 year old & below
January 25, 2009	The Cajun Jam Baton Rouge Ricer Center	Jamfest Event	All Squads
February 14, 2009	Mandeville, LA Mandeville Sports Complex	MSC	All Squads
March 14 & 15, 2009	WSA New Orleans, LA	WSA	All Squads
March 21, 2009	Mississippi Coast Coliseum & Convention Center Biloxi, MS	Jamfest	All Squads

Expect to pay additional parking fees when attending competitions.

## PRACTICE ATTENDANCE

It is your obligation to attend all practices. When one member is absent, it can keep a whole team from achieving their goals for that practice. We cannot function cooperatively without your attendance and commitment. Please realize this before entering into this agreement.

### Practice Guidelines:

1. Practices are **NOT** optional, they are **MANDATORY!** Sickness, family emergency, or pre-arranged absences are the only reason to miss practice. If you are sick, but not “bed ridden” or contagious, it is suggested that you come to practice and not participate, so that you do not miss out on important information and or changes. Commitment to your team must be a priority.
2. If you are injured, you are required to attend practice and watch.
3. If you are going to miss a practice and did not complete a Request of Absence Form a phone call before the scheduled practice is required to be placed to either Liz or Diane.
4. Pagers and Cell Phones **MUST BE** turned OFF while at practice.
5. Cancelled practices may be rescheduled. Refunds will not be given for a cancelled practice. Generally teams have additional practices throughout the year that will more than make up for a cancelled practice.
6. Additional practices may be called by the coach as necessary during the performance/competition season. No additional charge will be assessed.
7. Tardiness is defined by not being stretched and ready to get on the mat when practice starts or leaving a practice early.
8. Athletes may not have more that 5 excused or unexcused in a season. If this occurs, removal from the program may be necessary. Role will be recorded at every practice. Excessive tardiness and absences can result in **immediate** dismissal from the team.
9. Safety is our first concern. Dangerous or illegal maneuvers will not be tolerated. No stunt or use of equipment can be used without a staff member present and aware.

Please plan vacations or other activities during scheduled gym breaks. In this packet, there is an “Absence Request Form”. Please fill it out as soon as you know your schedule and turn it in to your coach. Please note this form is not to be abused. Additional forms can be obtained from your coach.

## **ABSENCE REQUEST FORM**

Please make additional copies

Cheerleader name: \_\_\_\_\_

Date to be absent: \_\_\_\_\_

Reason for Absence: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

I, \_\_\_\_\_, am requesting to be absent from practice on the date above. I know that missing practice places complications and difficulties on the whole team. I also understand that an unexcused absence or continual excused absences can result in being placed in an alternate position or removal from the squad.

Parent's Signature \_\_\_\_\_ Date \_\_\_\_\_

# MSC RAIDERS

## TEAM PLACEMENT SUMMER PRACTICE SCHEDULE

### TEAM NAME – BRIGHT STARS

Monday 7:00pm – 9:00pm **FIRST PRACTICE JUNE 2, 2008**  
Wednesday 7:00pm – 9:00pm

### TEAM NAME – TWINKLE STARS

Tuesday 5:30pm – 7:00pm **FIRST PRACTICE JUNE 3, 2008**  
Thursday 5:30pm – 7:00pm

### TEAM NAME – SHOOTING STARS

Tuesday 7:00pm – 9:00pm **FIRST PRACTICE JUNE 3, 2008**  
Thursday 7:00pm – 9:00pm

### TEAM NAME – SHINNING STARS

Tuesday 7:00pm – 9:00pm **FIRST PRACTICE JUNE 3, 2008**  
Thursday 7:00pm – 9:00pm

*\*Additional practices maybe added during competition season. All practices are held at Mandeville Sports Complex.*

### Coaching Staff

MSC Gym - 985-727-7277 (Office)

#### Coaches

Diane Sims – 985-727-0060 (Home)  
504 -231-8641 (Cell)  
[perr341@bellsouth.net](mailto:perr341@bellsouth.net)

Liz Papallotoc – 985-893-7399 (Home)  
985 – 789-7701 (Cell)

Shelly Deynoodt

#### Assistants

Jennifer Deus  
Sara Taft  
Allison Ellzy

All questions and concerns are to be directed to Diane Sims. You may contact her after a practice session, phone or email.

Mandeville Sports Complex All – Stars

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

- It is expected that all students properly warm up and stretch before participating in an MSC activity.
- It is expected that all students will listen carefully to instructions and not talk during instructional sessions. It is very important that each student understands all instructions so to complete each skill in a safe manner.
- It is expected that all students will arrive on time and be ready for the instructional session.
- It is expected that all students will behave like young adults and have complete respect for the instructional staff and support staff.
- All students are expected to dress properly for class. No jewelry. Overly baggy clothing or overly suggestive clothing is not allowed. The best attire is something that is easy to move in. Cheer shoes are required. Hair must be pulled away from the face. No metal or plastic barrettes are allowed. Nails must be kept short.
- Students will not use profanity while participating in an instructional session.
- Student will not tumble, stunt or do any activity without a qualified MSC employee in the area watching the skill being performed.
- It is expected that if parents are allowed to watch they will not make comments, suggestions or any kind of noise that would disrupt the training session.
- All students must have a Medical Waiver Form.
- The advisor/coach of the hosting organization must remain in the training area during all instructional sessions. They will be the first contact in case of an injury or any other mishap, disruption or disciplinary matter.
- Make checks tuition checks payable to MSC. All other fees are made payable to NSC. Please write students name, payment description & month in memo section of the check.
- A \$25 fee will be charged on all returned checks.
- Spectators of any kind are not allowed on the gym floor, but are welcome to sit in the lobby or viewing areas.
- It is expected that all students and their parents & friends will act with complete respect to the instructors and the other students on a team.
- Please help us keep the gym, lobby and all areas clean. Throw away all garbage and take all belongings with you.
- Safety is our primary concern. Dangerous maneuvers, actions and stunts will not be tolerated. No stunting, jumping or tumbling is allowed without an instructor present.

#### Holidays

(No Practice) -

September 1, 2008

Labor Day

November 24 – 30, 2008

Thanksgiving

December 22 – 31, 2008

Christmas

January 1 – 4, 2009

New Years

**Parent Guidelines:**

1. Parents are always welcome and encouraged to attend events, but are expected to attend as spectators and not extra coaches. If for some reason you disagree or are unhappy with philosophy or decision of MSC coaches, please talk to the coach first. Talking negatively amongst each other as parents, or to your child, can only hurt the program.
2. Withholding your child from a practice as a form of punishment hurts the team and it's progression toward a successful season. We need every athlete at every practice.
3. Please help your child be organized and time efficient. Missed practices due to oversleeping, procrastination of homework/other responsibilities are not excused absences.
4. All parents will be expected to conduct themselves in a professional, mature manner whenever they are representing MSC. Showing respect for the coaching staff, other teams, and hosting organizations is crucial in representing Mandeville Sports Complex Raiders and setting the best possible example for all of the team members. Parents are expected to be courteous to participant's spectators, judges, coaching staff and other MSC members. Failure to do so may result in your child's dismissal from the MSC Raiders All-Star Cheerleading Program.
5. Parent meetings will be held periodically. It is strongly recommended that at least one parent attend each meeting. Important information and asked questions are always a big part of parent meetings.
6. Parents are not allowed on the gym floor and will need to remain in the designated viewing areas of the gym.

Quitting is defined as leaving the team for any reason. Walking out of practice will also be considered quitting. No person who has quit the team may be reinstated on a team without approval from Diane or Liz. Removal from a team may be caused by, but not limited to, excessive absences or tardiness, misconduct that represents MSC poorly in any manner, insubordination, failure to follow rules, or a parent's "negative" interference. Your last month's tuition payment will still be due when quitting or being removed from a team.

## **PARENTAL CONSENT**

- ❖ I do hereby grant permission to the staff of Mandeville Sports Complex (MSC) to care for \_\_\_\_\_ in case of emergency, I give permission to the emergency and hospital staff to administer immediate treatment to my child should he/she be injured or sick.
  
- ❖ I fully understand that any and all expenses resulting from treatment are my responsibility.
  
- ❖ The risk of injury to my child from the activities involved in the program is significant, including the potential for risk of serious injury does exist.
  
- ❖ I knowingly and freely assume all such risks both known and unknown and assume full responsibility for my child's participation.
  
- ❖ I willingly agree to comply with the program's stated and customary terms and conditions for participation and financial responsibilities.
  
- ❖ I agree to hold harmless MSC, its staff and any event facility, for any injury as a result of my child's participation in this program.

Insurance Company Name \_\_\_\_\_

Policy Number \_\_\_\_\_

\_\_\_\_\_  
Parent/Guardian Signature

\_\_\_\_\_  
Date



**MANDEVILLE SPORTS COMPLEX**  
23052 Highway 1088  
Mandeville, LA 70448  
727-7277

***2008-2009***  
***ALL-STAR***  
***CHEERLEADING***  
***HANDBOOK***