

# SEASON 21/22



# **CONTENTS**

**1. OUR TEAM**

**2. TIMETABLE**

**3. COMMITMENT**

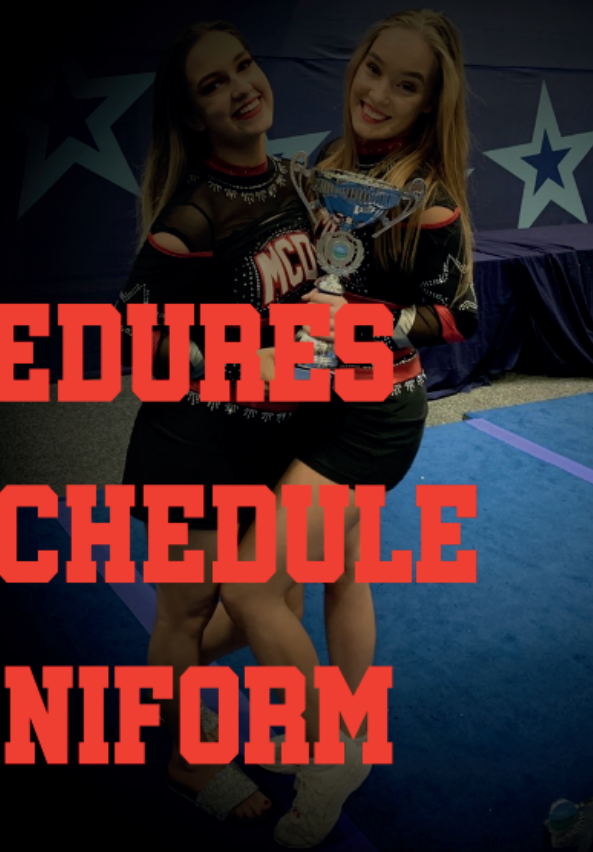
**4. GENERAL PROCEDURES**

**5. COMPETITION SCHEDULE**

**6. COMPETITION UNIFORM**

**7. WELCOME**

**8. SEASON PACK PICTURES**





**AT MCDA ALLSTARS WE HAVE 5 COMPETITIVE TEAMS  
AND OUR GYM IS FULLY EQUIPPED WITH A 9 PANEL  
FLOOR.**

**IT IS OUR GOAL TO TEACH EACH EVERY ATHLETE TO THEIR FULLEST  
POTENTIAL, IN WHICH THEY DEVELOP LASTING FRIENDSHIPS, SELF-  
CONFIDENCE AND A STRONG SENSE OF MCDA FAMILY PRIDE WITH  
MEMORIES THAT WILL LAST FOREVER. THESE LESSONS ARE  
TAUGHT IN A SUPPORTIVE, SAFE AND FUN ATMOSPHERE.**

# **OUR TEAMS...**

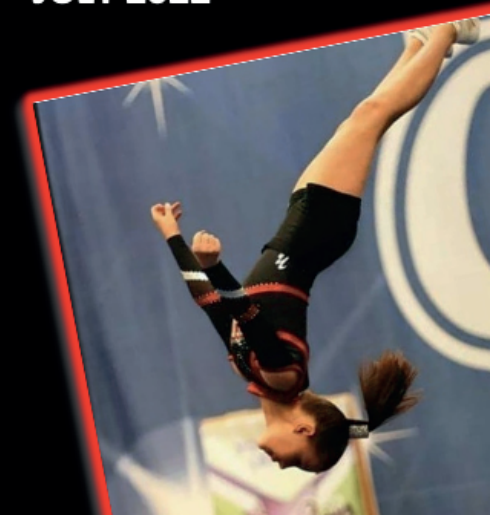
**WE HAVE 5 TEAMS.**

**PREP – A MORE RELAXED ENVIRONMENT FOR LOWER LEVELLED  
ATHLETES.**

**ALLSTAR - AN INTENSE ENVIRONMENT FOR HIGHER LEVELLED  
ATHLETES.**

**YOU WILL BE PLACED ON A TEAM THAT WE BELIEVE SUITS YOUR  
ABILITY BEST.**

**SEASON WILL COMMENCE 1<sup>ST</sup> JULY 2021- 31<sup>ST</sup> JULY 2022**



# TIMETABLE

## TUES

4:45 – 5:45 GOLD TUMBLE

5:45 – 6:45 GOLD TUMBLE

6:45 – 7:45 PLATINUM TUMBLE

## WEDS

4:30 – 6:00 MYSTIFY – YOUTH 1 CHEER ALLSTAR

6:00 – 7:30 ENCHANTED – JUNIOR 1 CHEER ALLSTAR

## THURS

4:30 – 5:30 - STARDUST - MINI NOVICE

5:30 – 7:00 – BLACK MAGIC - JUNIOR 2 CHEER ALLSTAR

7:00 – 8:30 - SPELLBOUND – SENIOR 3 CHEER ALLSTAR

## SAT

9:00 – 10:00 BRONZE TUMBLE

10:00 – 11:00 SILVER TUMBLE

11:00 – 12:00 GOLD TUMBLE

12:00 – 2:00 OPEN TUMBLE OVER 9S (EVERY OTHER WEEK)

TUMBLE IS A GREAT COMBINATION TO RUN ALONGSIDE YOUR CHEER CLASS AS ITS AN IMPORTANT PART OF THE ROUTINE. ITS COMPULSORY FOR JUNIOR 2 AND SENIOR 3 UNLESS DISCUSSED WITH YOUR COACH.

BRONZE = FORWARD/BACKWARD ROLLS, HANDSTANDS AND CARTWHEELS

SILVER = ROUND OFF AND FRONT/BACK WALKOVERS

GOLD = BACK HANDSPRING AND ROUND OFF BACKHANDSPRING

PLATINUM = SERIES BACK HANDSPRING, ROUND OFF BACK TUCK AND ROUND OFF BACK HANDSPRING BACK TUCK.





# COMMITMENT

WHEN DECIDING TO BE A COMPETITIVE CHEERLEADER WITH THE MCDA ALLSTARS YOU MUST BE ABLE TO FULLY COMMIT TO THE SEASON.

CHEERLEADING IS A TEAM SPORT AND AS SUCH, IT IS IMPORTANT THAT ALL ATHLETES UNDERSTAND THE COMMITMENT THAT IS REQUIRED, NOT JUST FOR THE TEAM BUT EVERYONE INVOLVED.

COMPETITION DATES HAVE BEEN GIVEN SO YOU HAVE THE OPPORTUNITY TO PLAN YOUR COMMITMENTS AROUND THE MCDA ALLSTARS SCHEDULE.

PLEASE UNDERSTAND WE DON'T MEAN TO SCARE ANYONE WITH OUR ATHLETE REQUIREMENTS. ALLSTAR CHEERLEADING IS A DEMANDING SPORT THAT TAKES FULL COMMITMENT FROM THE ATHLETES AND THE PARENTS. THE FOLLOWING EXCUSED AND UNEXCUSED POLICY IS NOT FLEXIBLE AND APPLIES TO ALL TEAM MEMBERS. PLEASE REMEMBER THAT ONE PERSON CAN AFFECT THE ENTIRE TEAM. THEREFORE IT'S CRUCIAL THAT ALL TEAM MEMBERS ATTEND ALL SCHEDULED TRAINING SESSIONS AND COMPETITIONS TO ENSURE TEAM CONTINUITY.

## EXCUSED

SERIOUS ILLNESS/INJURY  
FAMILY BEREAVEMENT  
GRADED SCHOOL EVENT

## UNEXCUSED

HOMEWORK/REVISION  
BIRTHDAYS/PARTIES  
GROUNDING/BAD BEHAVIOUR  
FAMILY CELEBRATIONS  
RECREATIONAL SPORTS/OUTSIDE DANCE SHOWS & EXAMS  
POP CONCERTS  
HOLIDAYS IN THE RED ZONE  
(UNLESS COMPULSORY WITH SCHOOL OR IT IS AGREED WITH COACH AND IN THE DIARY)

YOU ARE NOT ALLOWED TO MISS TRAINING DUE TO AN INJURY. YOU ARE EXPECTED (IF POSSIBLE) TO WATCH FROM THE SIDE AND CONTINUE TO LEARN.

1. ATHLETES MAY NOT MISS ANY SESSIONS WITHIN THE 6 WEEKS "RED ZONE" LEADING UP TO COMP FOR ANY REASON
2. ANY EVENTS THAT CONFLICT WITH THE ALLSTARS CALENDAR MUST BE PUT IN WRITING 12 WEEKS PRIOR TO THE EVENT, APPROVAL IS THEN DOWN TO THE COACHES DISCRETION.
3. 4 UNEXCUSED ABSENCES IN A SEASON WILL LEAD TO LOSS OF POSITION ON THE TEAM.

## 4 STRIKE POSTER

WE WILL HAVE A 4 STRIKE POSTER ON THE WALL. YOU/YOUR CHILDS NAME WILL BE ADDED TO THIS FOR ANY UNEXCUSED ABSENCE. UPON STRIKE 4 YOU/YOUR CHILD WILL BE REMOVED FROM THEIR TEAM.

ONCE YOU HAVE CHOSEN TO JOIN US FOR THE SEASON, IF YOU CHOSE TO LEAVE PART WAY THROUGH THE SEASON NO MONIES WILL BE REFUNDED AND YOU WILL BE CHARGED A £100 TERMINATION FEE. THIS IS TO RE-CHOREOGRAPH DISRUPTED ROUTINES.

YOU ARE REQUIRED TO GIVE ONE MONTHS NOTICE IF YOU DECIDE TO LEAVE

# GENERAL PROCEDURES

## COMP DAYS.

WE ARE ONE TEAM AT MCDA AND WE ENCOURAGE OUR ATHLETES AND FAMILIES TO SUPPORT ALL TEAMS IN THE CLUB ON COMP DAYS FROM EARLY IN THE MORNING UNTIL LATE IN THE EVENING. YOU WILL BE EXPECTED TO ARRANGE YOUR OWN HOTEL AND TRAVEL ARRANGEMENTS.

## HOME CONDITIONING.

ALL ATHLETES WILL BE GIVEN A HOME CONDITIONING PROGRAM TO FOLLOW AT LEAST TWICE A WEEK.

## FINANCIAL OBLIGATIONS

FEES ARE CALCULATED OVER 46 WEEKS AND SPREAD OVER A 12 MONTH PERIOD (EVERY MONTH IN THE YEAR IS A FIXED PRICE INCLUDING DEC AND AUG). WE HAVE A 2 WEEK BREAK AT CHRISTMAS AND A 4 WEEK BREAK IN THE SUMMER. FEES WILL BE TAKEN ON THE 27<sup>TH</sup> OF EACH MONTH VIA LOVEADMIN OUR MANAGEMENT PAYMENT SYSTEM.

1 HOUR TUMBLE £27

1 HOUR CHEER £27

1 ½ HOUR CHEER £42

OPEN TUMBLE £7 (CASH ON THE DAY)

★ Annual membership fee of £50 per athlete

★ Due in cash on first week of September or upon joining.





# COMPETITION SCHEDULE

**Comp**

**Date**

**Where?**

**Team?**

**FUTURE CHEER**

4<sup>TH</sup>/5<sup>TH</sup> DEC

FIVE LAKES MOLDEN

BLACK MAGIC & SPELL BOUND

**ANNUAL SHOWCASE**

FEB DATE TBC

MEDWAY

WHOLE CLUB

**CHEER CITY**

5<sup>TH</sup>/6<sup>TH</sup> MARCH

LEICESTER

WHOLE CLUB

**BCA**

14<sup>TH</sup>/15<sup>H</sup> MAY

TELFORD

BLACK MAGIC & SPELL BOUND

**CHEER CITY**

25<sup>TH</sup>/26<sup>TH</sup> JUNE

LEICESTER

WHOLE CLUB

**FUTURE CHEER**

1-3RD JULY

BOURNEMOUTH

BLACK MAGIC & SPELL BOUND

**Comp**

**Entry**

**CHEERCITY**

**£21**

**BCA**

**TBC**

**FC**

**£32**

**FC BOURNEMOUTH**

**£42**



# COMPETITION UNIFORM

**MYSTIFY/ENCHANTED/STARDUST**

**= £75**

**SPELL BOUND/BLACK MAGIC**

**=£155**

**THESE COSTS ARE APPROXIMATE AS WE ARE STILL AWAITING  
CONFIRMATION FROM OUR SUPPLIER**

**(WHITE CHEER TRAINERS APPROX £55- ONLY ELITE TEAMS NEED)**





**CHEERLEADING IS A GREAT SPORT THAT WILL HELP  
YOU STAY FIT, MAKE NEW FRIENDS, IMPROVE YOUR  
PHYSICAL WELL BEING, AND EXPERIENCE THAT  
WONDERFUL FEELING THAT IS "TEAM SPIRIT".  
WE ARE PROUD OF OUR "MCDA FAMILY", SO IF YOUR  
JOINING US FOR THE NEW SEASON ON BEHALF OF ALL  
OUR ATHLETES, PARENTS, HELPERS AND COACHES.....**

**WELCOME TO  
OUR CLUB ☺**





