

2019-2020

Class Program Guide



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## M.O.T. *ALL-STARS* CHEER, DANCE & TUMBLING

M.O.T. All-Stars was founded in November 2011 and has progressed quickly into a strong contender in the All-Star world. Our mission is to offer the ultimate competitive cheerleading experience with the best technical training and the most innovative choreography possible while teaching athletes the importance of teamwork, goal-setting, and working hard to overcome current and future obstacles. This type of training requires strict attendance and safe, structured workouts. Focusing on teamwork, athletes learn how to encourage one another while building their own confidence. M.O.T. All-Stars strives to develop its' participants in all aspects of life. We stress the importance of dedication, ambition, and to be able to be self-driven and confident as these are important qualities of a champion.

Competitive cheerleading is one of the fastest growing sports in the country and is now viewed with a high degree of athleticism. With the increasing competitiveness in the cheerleading world, the all-star program is a valuable tool for molding and preparing cheerleaders for future endeavors.

We have prided ourselves on helping our participants develop themselves physically, mentally, emotionally, and morally through athletics. We believe that we are coaching our athletes to be good people as well as great athletes and work to teach the cheerleaders life skills that they will use long after cheerleading is over.

During the 2018-2019 season, we had two level 1 cheerleading squads (mini full year and youth half year), one level 2 cheerleading squad (youth), one level 3 cheerleading squad (junior), one level 4.2 cheerleading squad (senior), one tiny novice cheerleading squad, one exhibition cheerleading squad (5-under) and two dance teams (mini and youth). For the upcoming season, we plan to continue growing our cheerleading program by offering even more teams!

For the upcoming summer months, we will continue to offer our two annual summer camps which will be held in June and July. Registration is now open online on our website. Camp registration is on a first come first serve basis and unfortunately space will be limited. Don't delay!

You and your child are about to start a great year filled with a lifetime of memories...and we cannot wait! Welcome to our M.O.T. All-Stars family!

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## M.O.T. All-Stars Cheerleading 2019-2020 Season Scheduling & Membership Fees



### Our teams may include the following:

Exhibition (pre-team)	Ages 3 to 6*
Tiny	Ages 4 to 6*
Mini	Ages 5 to 8*
Youth	Ages 5 to 11*
Junior	Ages 5 to 14*
Senior	Ages 11 to 18*

- No Experience Necessary
- Skills Assessment fee is \$40.00 for all new athletes and \$25.00 for all returning athletes regardless of team.
- Teams will be announced June 8th.
- The summer practice schedule will be announced June 8th.
- The first tuition fee will be due on June 15<sup>th</sup>.
- The fall/winter practice schedule will not be set until late summer. This schedule will differ from the summer practice schedule.

### Tiny Exhibition Team (Half Year Prep)

**Ages:** 3 to 6\*

**Try-Out Dates:** No tryout needed.

**Summer Tumbling:** Summer tumbling is *strongly* recommended.

**Practice Schedule:** September – March: 1.00 hour per week (1 night per week)

**Commitment Fee:** \$50.00

**Competition Attendance (only local High School events):** 3-4

**Tuition Fees:** \$100.00 x 6 months (tuition includes cheer & tumble instruction, insurance, choreography and regular season competition fees)

**One Time Fees:** \$150.00 Uniform Fee, \$35.00 USASF Fee, Practice Gear fee will vary depending on package chosen (\$195.00-\$295.00)

**Level 1 or 2 Youth, Junior and Senior Teams (Half Year Prep)**

**Ages:** Youth 5 to 11\*; Junior 5 to 14\*; Senior 11 to 18\*

**Try-Out Dates:** Will be held in the month of September

**Practice Schedule:** September – March: 1.5 - 2 hours per week (1 or 2 nights per week)

**Commitment Fee:** \$50.00

**Competition Attendance (only local High School events):** 3-4

**Tuition Fees:** \$150.00 x 6 months (tuition includes cheer & tumble instruction, insurance, choreography, and regular season competition fees).

**One Time Fees:** \$220.00 Uniform Fee, \$35.00 USASF Fee, Practice Gear fee will vary depending on package chosen (\$195.00-\$295.00)

**Level 1 Youth, Junior and Senior Teams (Full Year Limited Travel)**

**Ages:** Youth 5 to 11\*; Junior 5 to 14\*; Senior 11 to 18\*

**Try-Out Dates:** May 2019

**Further Assessment:** May/June 2019

**Practice Schedule:**

June – August: TBD

September – May: 3.0 hours per week (2 nights per week)

**Commitment Fee:** \$200.00

**Competition Attendance:** 6-8 (only 1 day events)

**Tuition Fees:** \$160.00 x 11 months (tuition includes cheer & tumble instruction, insurance, choreography and regular season competition fees)

**One Time Fees:** \$220.00 Uniform Fee, \$35.00 USASF Fee, Practice Gear fee will vary depending on package chosen (\$195.00-\$295.00)

**Level 1 Tiny Novice Team (Full Year)**

**Ages:** 4 to 6\*

**Try-Out Dates:** May 2019

**Further Assessment:** May/June 2019

**Practice Schedule:**

June – August: TBD

September – April: 3.0 hours per week (2 nights per week)

**Commitment Fee:** \$150.00

**Competition Attendance:** 5 (one of which will be a 2-day competition)

**Tuition Fees:** \$141.00 x 11 months (tuition includes cheer & tumble instruction, insurance and regular season competition fees)

**One Time Fees:** \$220.00 Uniform Fee, \$35.00 USASF Fee, Practice Gear fee will vary depending on package chosen (\$195.00-\$295.00)

## Level 1 & 2 Mini Teams (Full Year Elite)

**Ages:** 5 to 8\*

**Try-Out Dates:** May 2019

**Further Assessment:** May/June 2019

**Summer Tumbling:** Summer tumbling is *strongly* recommended for the Level 2 team.

**Practice Schedule:**

June – August: TBD

September – May: 4.0 hours per week (2 nights per week)

**Commitment Fee:** \$200.00

**Competition Attendance:** 8+ (will likely attend 1 national event and will require travel)

**Tuition Fees:** \$180.00 x 11 months (tuition includes cheer & tumble instruction, insurance and regular season competition fees).

**One Time Fees:** \$400.00 Uniform Fee, \$35.00 USASF Fee, Practice Gear fee will vary depending on package chosen (\$195.00-\$295.00)

## All Youth, Junior and Senior Teams (Full Year Elite)

**Ages:** Youth 5 to 11\*; Junior 5 to 14\*; Senior 11 to 18\*

**Try-Out Dates:**

May 2019

**Further Assessment:** May/June 2019

**Practice Schedule:**

June – August: TBD

Level 1 and 2 teams: September – May: 4.0/5.0 hours per week (2 nights per week)

Level 3 and up teams: September – May 5.0/6.0 hours per week (3 nights per week)

**Tumbling:** Some teams may require mandatory team tumbling on Sundays.

**Commitment Fee:** \$250.00

**Competition Attendance:** 8+ (will attend 3-4 national events and will require travel)

**Tuition Fees:** \$227.00 x 11 months (tuition includes cheer & tumble instruction, insurance and regular season competition fees).

**One Time Fees:** \$400.00 Uniform Fee, \$35.00 USASF Fee, Practice Gear fee will vary depending on package chosen (\$195.00-\$295.00)

\*Age is determined as of August 31, 2018

**PLEASE NOTE:**

All registered families will be emailed our Team Handbook and Membership Agreement on June 8th. This will contain the M.O.T. All-Stars policies & procedures and a payment authorization form. All families will be required to submit the auto-payment information & signed membership agreement form no later than June 15th. Families are more than welcome to pay tuition by check or cash, however payment must be received prior to the 15<sup>th</sup> of each month or fees will be applied to the auto-payment information submitted.

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**PRACTICE GEAR & WARM UPS**

M.O.T. All-Stars practice gear and shoes are required to be purchased by all athletes. Your athlete will be sized for Practice Gear and shoes during the last 2 weeks of June. Practice Gear cost will vary between \$195.00 - \$295.00 depending on package is chosen. The practice gear cost is being lumped together with the competition uniform and USASF fees and will be due in 4 monthly installments (July, August, September, and October). Practice Gear should be in your hands no later than the end of July. Surcharge on practice gear may apply if minimum order not met. Cash and check only. Credit card payments will be accepted; however, a 3% percent surcharge will be added to the cost. Warm-ups are optional, and orders will not be placed until the fall.

**COMPETITION UNIFORM**

Our cheerleading uniforms were custom designed for our organization. Competition uniform includes the following: bodysuit, skirt, makeup and hair bow. All athletes will be sized for their bodysuit and skirt in the summer.

Below you will find the individual costs of the full competition uniform. With the exception of returning athletes from our full year elite, full year limited travel and half year prep teams, the total competition uniform fee along with the practice gear and USASF fees will be due in 4 monthly installments (July, August, September, and October). Fitting will take place in the summer.

NEW ATHLETE UNIFORM PRICING		RETURNING ATHLETE UNIFORM PRICING	
Full Year Elite	\$400.00	Full Year Elite	\$75.00
Full Year Limited Travel, Half Year Prep	\$220.00	Full Year Limited Travel, Half Year Prep	\$75.00
Tiny Novice	\$220.00	Tiny Novice	\$220.00
Half Year Exhibition	\$150.00	Half Year Exhibition	\$50.00

\* We will assist with resale of uniforms.

## COMPETITIONS FEES

This season our teams will be competing in 3-8+ competitions, depending on the athlete's team. Competitions occur between November and May. A complete competition schedule will be released once the 2019-2020 competition dates are finalized. These competitions typically occur on Saturdays AND/OR Sundays. We do NOT compete every weekend of the competition season. Please note there can be changes to the competition schedules based on team situations, overall satisfaction with competition companies or competition attendance. Competition scheduling is always subject to change! As much advance notice as possible will be provided to the athletes' families by email or updates on the website.

Please note that all regular season competition fees are included in the membership tuition fees. The year-end bid eligible competitions (The D2 Summit and US Finals) are not included and will be an additional fee.

## USASF FEE

The US All Star Federation (USASF) was founded in 2003 with the core principle of making All Star a safer sport by establishing fair and consistent rules and competition standards. The organization credentials coaches, certifies safety judges, sanctions event's and maintains and adjusts (as needed) safety guidelines, all with the goal of providing the safest possible environment for cheer and dance athletes to train and compete. All athletes must be registered and a member of the USASF to compete at all sanctioned events. The fee is \$35 per athlete and will be submitted to M.O.T. All-Stars and M.O.T. All-Stars will register your athlete on your behalf. This fee is due annually.

## MULTI-STUDENT DISCOUNTS

25% off Second Athlete's Tuition Portion of Monthly Fee

50% off Third Athlete's Tuition Portion of Monthly Fee

Please ask a staff member for more details on multi-family discounts. Applies to only cheerleading and dance programs. Discounts do not apply to any summer camp programs.

## MULTI-CLASS DISCOUNTS

Cheerleading & Dance: 40% off lowest Tuition Portion of Monthly Fee

Cheerleader/Dancer wanting to register for a monthly tumbling class: 50% off Tumbling Tuition Fee.

Please ask a staff member for more details on multi-class discounts. Discounts do not apply to any summer camp programs.



## **FLYER CLASSES**

If your child is a flyer, they will be required to attend a weekly class specifically designed for flyers for strength and flexibility. Please note that this is in addition to weekly practices.

## **FUNDRAISING**

Our All-Star program has been offering many fundraisers to make it more affordable for your child to participate. Fundraised money can be used to offset expenses such as uniform costs, competition fees, and tuition. Last year we participated in the following fundraisers: Joe Corbis, Thirty One, Scentsy, and a few others. These fundraisers helped raise hundreds of dollars for the cheerleaders! Participation is completely voluntary in these fundraisers. The complete list of fundraisers that will be offered for the 2019-2020 season will be available to registered families.

We do have one mandatory team fundraiser. This will be held in the month of November or December. This event will be a Bingo, Beef and Beer, or other gathering. Each athlete will be required to sell a preset number of tickets to the event. Families with more than one athlete will be required to sell the original present number of tickets plus one (1) additional event ticket for each additional athlete (2 athletes=preset number +1 ticket, 3 athletes=preset number +2 tickets, etc.).

## IMPORTANT DATES

May 20 <sup>th</sup> – 22 <sup>nd</sup>	Skills Assessment
May 25 <sup>th</sup>	Make-Up Skills Assessment
May 26 <sup>th</sup> – 27 <sup>th</sup>	Gym Closed (Memorial Day weekend)
May 28 <sup>th</sup> – 30 <sup>th</sup>	Leveling Practices
May 31 <sup>st</sup>	Parent Meeting (will be FB live in our Parent Group) and Team Handbook Distributed via Email
June 1 <sup>st</sup>	Make-Up Skills Assessment
June 3 <sup>rd</sup> – 6 <sup>th</sup>	Color Practice Week
June 8 <sup>th</sup>	Teams Announced
June 10 <sup>th</sup> – 13 <sup>th</sup>	Team Practices Start
June 15 <sup>th</sup>	Commitment Fee, 1 <sup>st</sup> Tuition Payment, Team Handbook and Membership Agreement Contract Due
June 17 <sup>th</sup> – 20 <sup>th</sup>	Stunt Clinics (MANDATORY)
June 17 <sup>th</sup> – 28 <sup>th</sup>	Fittings for Practice Gear and Shoes
June 30 <sup>th</sup> – July 5 <sup>th</sup>	Gym Closed (tumbling classes still on schedule)
July 15 <sup>th</sup> – 19 <sup>th</sup>	No tumbling classes
July 29 <sup>th</sup> – August 16 <sup>th</sup>	Choreography Weeks (MANDATORY) (schedule will be released with team placements)
August	Competition Schedule Released
August 19 <sup>th</sup> – 23 <sup>rd</sup>	Gym Closed (no tumbling classes)
August 30 <sup>th</sup> – September 3 <sup>rd</sup>	Gym Closed (Labor Day weekend)
September 4 <sup>th</sup>	Mandatory Practices Begin (practices extended by 10 minutes)
September 8 <sup>th</sup>	Team Tumbling, Flyer Classes and Sunday Practices Begins
October 31 <sup>st</sup>	Gym Closed (Halloween)
November 24 <sup>th</sup> – December 1 <sup>st</sup>	Gym Closed (Thanksgiving)
December 23 <sup>rd</sup> – 27 <sup>th</sup>	Gym Closed (Christmas)
December 28 <sup>th</sup> , 29 <sup>th</sup> , & 30 <sup>th</sup>	Practices (schedule will be released with the competition schedule)
December 31 <sup>st</sup> & January 1 <sup>st</sup>	Gym Closed
January 2 <sup>nd</sup>	Practices Resume

\*Please be advised – Saturday/Sunday practices will be added to the Calendar once the final competition schedule has been confirmed. You can anticipate a minimum of 5 mandatory Saturday/Sunday practices. Dates are subject to change.



**M.O.T. All-Stars Tumbling Program:**  
**Fall – September – November**  
**Winter – December – February**  
**Spring – March – May**  
**Summer – June - August**

At M.O.T. All-Stars Tumbling, we are determined to provide every child, regardless of their ability, with quality tumbling & gymnastic instruction. Our goals are to create success, self-esteem, pride and discipline. Take advantage of this exceptional Tumbling program without paying the All-Star price! All sessions run in 3 month increments but are billed monthly.

Monthly Tuition: \$50.00 per month

**Class Schedules change each session.**

**Mini (ages 2.5 to 5 only)**

This class is structured for the introduction of tumbling. Athletes will learn basic body awareness, forward roll, back bend and cartwheel.

**Beginner:**

This class is structured towards level 1 tumblers. Athletes will learn basic body control, forward roll, backward roll, handstand, back walkover, front walkover, cartwheel, round off and various specialty passes.

**Intermediate:**

To register for this class, athletes must master all skills being taught in Beginner tumbling. Athletes will learn standing back handspring, multiple standing back handsprings, round off back handspring, round off multiple back handsprings and various specialty passes.

**Advanced:**

To register for this class athletes must master all skills being taught in Beginner and Intermediate tumbling. Athletes will learn round off back handspring tuck, standing back handspring tuck, punch front, standing tuck, round off back handspring layout, round off back handspring full twisting layout and various specialty passes.

*To register for one of our tumbling classes, please visit our website at [www.motallstars.com](http://www.motallstars.com).*

## **M.O.T. All-Stars 2018 Summer Camps:**

### **Cheer & Tumble Camp:**

June Camp: June 24<sup>th</sup> - June 27<sup>th</sup> from 9:00 a.m. - 3:00 p.m.

July Camp: July 22<sup>nd</sup> - July 25<sup>th</sup> from 9:00 a.m.-3:00 p.m.

**Cost:** \$170.00 per athlete/camp

Come learn how to cheer, stunt, and tumble! Perform a routine at the end of the week. Be sure to pack a lunch and plenty of water to drink. Before and after care is available for an additional fee. Cost includes camp t-shirt and hair bow!

Camp spots are limited and are offered on a first come first serve basis. To secure your spot, you must register your child online on our website.

If interested in before/after care: Before care will begin at 8:00 a.m. and after care ends at 5:00 p.m.

**Cost:** Before care - 8 a.m. – 9 a.m. - \$5/day

After care - 3 p.m. – 4 p.m. - \$5/day

4 p.m. – 5 p.m. - \$5/day

An initial non-refundable deposit of \$25.00 per participant is due upon registration. The remaining \$145.00 per participant will be due on the first day of camp. Before/after care fees will be due on the first day of camp. Acceptable payment methods on the first day of camp are cash or check. Credit card payments can be made online through the Customer Portal prior to the first day of camp.

*To register for one of our Summer Camps, please visit our website at [www.motallstars.com](http://www.motallstars.com).*