



2024 Season
Interested in Cheer?
General Informational Meeting

CO**M**MITTED S**P**IRITED ★ DIS**C**IPLINED AT**H**LETE L**E**ADER F**E**ARLESS PE**R**FORMER

Overview

- MP Cheer is a not-for-profit organization run completely by volunteers.
 - Board, Senior Coaches, Committee chairs.
 - Open board and committee roles available – interested, email gompcc@yahoo.com.
- Two programs offered, Competition and Sideline.
- MP Cheer is a “walk-on” program, there are no try-outs or minimum tumbling skill requirements.
- MP Cheer values and remains committed to creating a safe, inclusive and respectful environment for our members to learn the sport of cheer, compete and cheer at a high level, and give back to the community.
- Commitment, integrity, teamwork, respect, sportsmanship & community is what we strive to instill in our cheer athletes.



Registration is
NOW OPEN!



www.gompcc.com

MP Cheer Board:

Patty Susmarski

Michelle Lanza

Liz Regan

Chris Stack

Sue Batch

Aleicia Pratt

Programs

Sideline K – 8th grade.

- Cheer for MP Flag Football.

Competition 1st – 8th grade.

- Teams compete through ICA (Illinois Cheerleading Association).
- Team / Grade split is based on registration and will be determined once registration is closed.
- Example grade splits:
 - 1-3
 - 4-5
 - 6-8



Sideline Cheer (K-8th)



- Cheer for MP Football Flag.
- Season is mid-August – early November.
 - Practice 1-hour/week (Tuesday or Wednesday early evening) at a local park (mid-August – October).
 - Weekly games, ~1-hour on Sunday mornings/early afternoon at Melas Park.
- Learn sideline cheers and one extended routine for the MP Cheer Off! Showcase.
- MP Cheer Sideline Uniform:
 - Cheer uniform, as needed, purchase new or rent*.
 - Bows & Poms & Practice Shirt (provided by MP Cheer).
 - All white gym shoes (purchased separately).
 - Navy or black “spanx” or biker short under cheer skirt (purchased separately) .
- Fees: Early registration \$225 through May 1st (*after* \$270), Uniform \$85 (new), Mandatory Lou Malnati's Pizza Coupon Fundraiser – Buyout option of \$25.
- Fees include items such as such as practice shirt, cheer bow, football fees, insurance, Cheer Off! Showcase, team raffle basket, banquet, pool party, coaches’ year-end gifts given at the banquet.
- Additional costs could be related to team gifts, outings/activities, Cheer Off! Coach / athlete gifts, etc.



*Uniform rentals - Limited size and quantities of uniforms are available rent for \$50 (incl. \$15 refundable deposit).



Competition Cheer (1st-8th)



- Comp. teams learn one extended routine for ICA competitions and MP Cheer Off! Showcase.
- Season is August – mid-November with one early team meet-up between May 28-30th.
- Compete at 3 local competitions to win bids to be able to compete at ICA State and MP Cheer Off! is our first event!



• Team Practice:

- Mandatory team practices are 2-days/week, plus an added Friday practice during each comp week.
- All teams practice on Sundays, and the weekday practice could be either Tuesday, Wednesday or Thursdays.
- Practices are held at The Gymnastics Shop (TGS) in Mount Prospect on Sundays, Wednesdays, Thursdays and extra practice Fridays; Buehler YMCA (Palatine) on Tuesdays.
- Early team connects are August 1st–11th, not mandatory.
- Mandatory team practice begins August 18th with the choreography.
- 1.5-2.5-hour practice depending on grade (lower grades=lower hours).
- Team practice day/time provided at the close of registration.



- Choreography will be held over the first 2-weeks of practice (weeks of August 18th & 25th).
 - Sundays will be extended practices (more date/time detail will be provided mid-May).
 - Attendance is mandatory.



Competition Cheer (1st-8th) *continued*

- Uniform:

- Competition uniform, as needed, purchase new or rent*.
- Competition Cheer Shoes required, same across all teams, purchased through MPC (TBD).
- Bows & Practice Shirt (Provided by MP Cheer).
- Black “spanx” or biker shorts for practices (purchase separately).

- Fees:

- Early registration \$255 through May 1st (*after \$300*), Competition \$250, Uniform \$260 (if needed), Shoes ~\$70, Mandatory Lou Malnati's Pizza Coupon Fundraiser – Buyout option of \$50.
- State Comp Fees (if awarded bid) - \$165.
- Additional costs could be related to team gifts, outings/activities, Cheer Off! Coach / athlete gifts, etc.

- Fees include items such as such as choreo sessions, paid jr. coaches, practice shirt, cheer bow, practice space, insurance, Cheer Off! Showcase, team raffle basket, banquet, and pool party, coaches’ year-end family gifts given at the banquet.



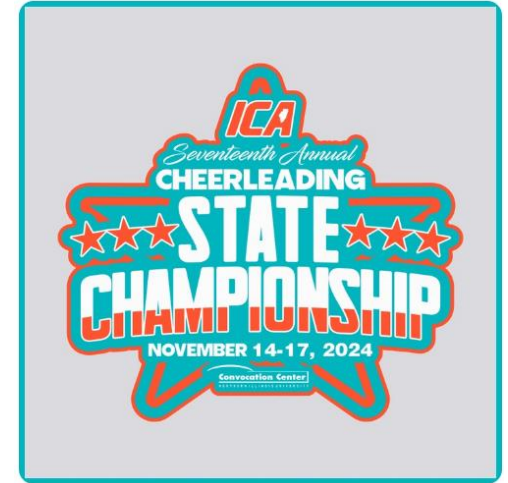
Rented
Total: \$125.00
Shell: \$75.00
Skirt: \$50.00
*incl. \$25 refundable deposit



*Uniform rentals - Limited size and quantities of uniforms are available to rent for \$125 (incl. \$25 refundable deposit)

Competition Cheer (1st-8th) *continued*

- ICA Competitions – MPC will compete in three, could be in any of the six.
- MPC hopes to compete at the three ★ for the wins to earn our bids to ICA STATE!
- Save the weekend dates and extra Friday team practice dates (Aug. 23, Sep. 6 & 20, Oct. 4 & 18, Nov. 1).



- Exact competition dates will be available early May; ICA State is a 2-day event (either Thu/Sat or Fri/Sun).
- Day of event times & details will be available from ICA the week leading up to the competitions.

Rules and Regulations



ONE FAMILY, ONE GOAL, WE FIGHT AS ONE!

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- Respect is mandatory to fellow Athletes, Coaches, Team Managers, and the MPC Board.
- Bullying or exclusion will not be tolerated.
- Absences and tardiness is discouraged.
- At the start of each practice the entire team will warm-up.
- Cell phone use is prohibited during practice.
- Practice is closed to parents (*there could be a sneak-peak of a practice or two*).
- All Members/Guardians must sign our Rules and Regulations contract.
- Social Media/Anti-bullying contract to be signed.
- Competitive Cheer - Attendance policy contract to be signed.



Competition Cheer Attendance Policy

- Competition cheer is a team sport, it is crucial for the continued growth of the team and routine that each athlete attend every team practice.
- Absences and tardiness is discouraged and will be tracked.
- Attendance policy contract to be signed by parent/guardian and cheer athlete.
- Three (3) total excused absences for the season starting August 18th, during non-competition and non-choreo weeks only.



- Attendance is still required if injury or medical reason prohibits participation in practice (if possible); any contagious sickness advise MPC Board and stay home.
- When returning after an injury, a doctor's note must be provided to rejoin practice.
- Excessive tardiness or absences will result in a meeting with the MPC Board, coaches and families to discuss next steps and what is best for all involved.
- Practice is mandatory, especially during a competition week, every athlete must be at each of the three (3) practices leading up to a competition (Sunday, weekday, Friday).
- Things happen, special consideration at the discretion of the MPC Board for items such as weddings, sickness, injury, family death, or other extenuating circumstance.
 - Attendance exception request input form will be sent mid-summer.



More details will be provided at the parent kick-off team meeting prior to the season start.

Organization-wide Events



- *Sideline and Competition Teams – EXACT DATES COMING SOON!*



MP Cheer Pool Party
July / August



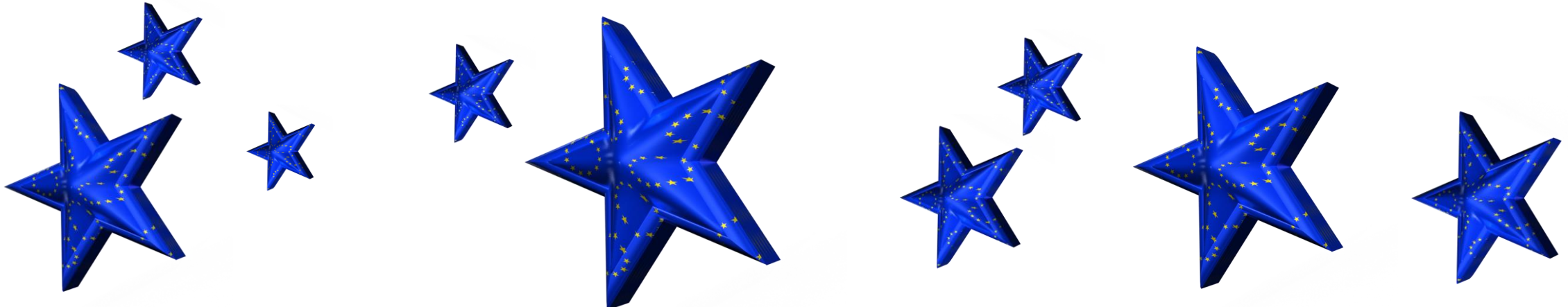
MP Cheer Off! Showcase
September / October
(morning-early afternoon)



Picture Day
September 14
Rain date September 21



End-of-Year Banquet
Families welcome for dinner,
dancing and fun!
Early December



MP Cheer Off! Showcase (September/October)

- Sideline and Competition teams will perform a routine for Family and Friends
- No Cost to attend
- Everyone is welcome
- Morning – early afternoon
- Held at Prospect High School – Field House
- Weekend morning (~Saturday)
- Themed Raffle Baskets
- 50/50 Split the Pot, \$\$ to win!



Registration

Registration is open and online at www.gompcc.com.

- Early Bird Registration closes May 17th, early bird May 1st.
- Sibling discount available.
- Friend and team (sideline) requests accepted; **we will try to honor but cannot guarantee it.**



Uniforms

All athletes must attend one in-person fitting date and complete a profile in Fitting Pass on the Varsity website.

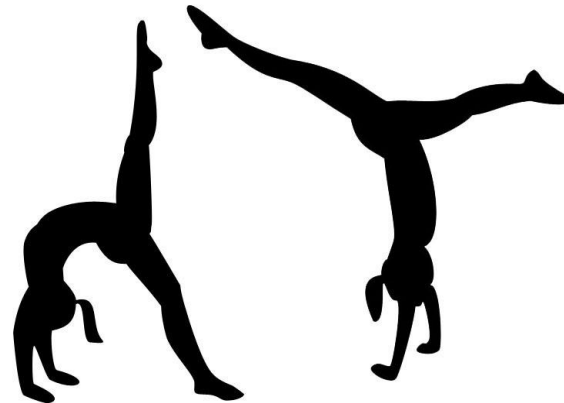
- Fitting Dates:
 - May 28th – May 30th (time TBD).
 - Location is The Gymnastics Shop (MP) .
 - Uniform distribution day (TBD).



Tumbling



- Tumbling Classes not required to join MP Cheer.
- If your child wishes to continue in cheer tumbling classes are strongly recommended so that your athlete continues to grow and develop their skills and gets ready for high school cheer.
- Various gyms in the area offer tumbling classes, we currently have members tumbling at The Gymnastics Shop (TGS) www.thegymnasticsshop.com.
- TGS will be offering two Cheer camp sessions this summer, registration will open May 1st online and you will be seeing some of your favorite MPC Junior Coaches there 😊 www.thegymnasticsshop.com.



Fundraising

MP Cheer is a not-for-profit 501(c)(3) organization and is always trying to find ways to raise money to keep costs low.

- Sponsorship – we ask businesses for Sponsorship; \$100 we'll put their logo on our practice shirt, \$500 they get logo on the shirt + link to their business on our website.
 - **If you know of anyone who would be willing to sponsor MPC for the 2024 season, please let us know! Email gompcc@yahoo.com.**
- Lou Malnati's Pizza Coupon Fundraiser (mandatory).
- Spirit Wear.
- 50/50 Split the Pot Raffle at MP Cheer Off! Showcase.
- Themed Raffle Baskets at the MP Cheer Off! Showcase.
- Kendra Scott Shop & Sip event (Nov/Dec).



MP Cheer Costs

Costs include, but are not limited to:

- Team Sideline Website/Registration
- Insurance
- Practice Space
- ICA Membership
- ICA Competition Fees
- Football Field Fees
- Music for Routines
- Bows
- Practice Wear
- Poms
- Choreography
- Paid Jr. Coaches
- Awards
- MP Cheer Off! Showcase
- Banquet (athletes, coaches, team manager costs)
- First Aid Kits
- Themed Raffle Baskets
- Coach Year-end Family Gifts (at banquet)





Spirit Wear

MPC Spirit Wear will be available for purchase on-line during the season. Ordering will open around May/June and September. With each online store there will be options such as:

- T-shirts
- Hoodies
- Sweatpants
- Leggings
- Winter Hats
- Drawstring Bags
- And much more!!!

American
OUTFITTERS LTD

ORDER DEADLINE
APRIL 11TH

NO ORDERS WILL BE ACCEPTED AFTER DEADLINE. ALL SALES FINAL - NO RETURNS OR EXCHANGES.
ALL ORDERS WILL BE AVAILABLE AT THE SCHOOL THE WEEK OF *****

ORDER ONLINE
mountprospectcheer2022.itemorder.com

Volunteers

- MPC Board roles positions available.
- Team Managers - 2 TMs per Cheer Team:
 - Attend practices, games, competitions.
- Event Committee Chairs.
- MP Cheer Off! Showcase Volunteers.
- Banquet Volunteers (Centerpieces, etc.).



We welcome and appreciate all the volunteer help we receive.

This organization cannot be run without it!!

Thank you very much for your contributions!



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BREAKING NEWS!

Registration
Update



**Registration for the 6th-8th Grade Comp
Team has reached capacity and is
officially closed!**

Registration will remain open through May
17th for 1st-5th Grade Comp and K-8th
Grade Sideline but spots are filling up fast,
so don't delay!

WWW.GOMPCC.COM



Questions



Join us

**OPEN GYM AT THE
GYMNASTICS
SHOP!**



Email any questions you may have to gompcc@yahoo.com

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Thank
you!

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