



Director\Coach Missie Liss

Learn to Twirl

Performing & Competition Teams

Ages 4 to 18

<https://www.mnmsweeties.com>

<https://instagram.com/mnm.sweeties>

<https://facebook.com/mnmsweetiespsl>

Developing, growing self-confidence and coordination with your baton skills in a positive environment. Instructed by Missie Liss, who has been teaching in St. Lucie County for over 30 years. M & M Sweeties practice safety precautions to keep all twirlers safe.

Join in the fun of learning to twirl and be in parades while developing self-confidence and coordination. instructed by Missie Liss, who has been teaching in St. Lucie County for over 30 years. M & M Sweeties practice safety precautions to keep all twirlers safe.

History

The M&M Sweeties are under the instruction of Missie Liss. Missie has won 2500 awards in 15 years of competitive twirling. Missie captured one of the most prestigious awards in 1981, "Jr. Miss Majorette of America".

Born in Michigan

1975 - 1981 - Miss Majorette of Michigan

1981 Jr. World Solo Champion

1982 - 1984 - Moved and Miss Majorette of Florida

1981 - Chosen to represent the US in Baton Twirling in Peru, South America

1982 - 1984 - Florida State Strut and Solo Champ

1981 - World 2-Baton Champion

1981 - First Place Talent awarded in the Miss Teen Pageant

1980 - 1982 - Sixth in the Nation in Solo Baton

In 1984, Missie graduated from John Carroll High School and was offered two fully paid baton twirling scholarships from Boston & Iowa College.

Missie chose to stay here in Port St Lucie and begin her teaching career. She has been teaching baton twirling locally for over 35 years as a licensed teacher and judge in the NTBA twirling field.

Team Selections/Commitment

Student – Selects desired teams.

Director/Coach Missie - Asses the skill level and team availability for placement and positions.

- These teams will practice weekly at their scheduled times and require full commitment to practices, performances, and competitions. Please do not put your child or their teammates in any uncomfortable position as they work hard all year as a group/team and rely and count on one another.
- If practice, event, or competition will be missed, please contact Director/Coach Missie as soon as possible.
- For competitions, an absence could cause the team to not be able to compete.

- All teams will have five parades, approx. five events, and five competitions.
 - Dates and times are announced as they are finalized by the organization.

Sessions

The season is broken down into three sessions from 1 to 6 classes. The performing and beginning competition teams will be on Saturdays at the Port St Lucie Police Athletic League (PAL), 2101 SE Tiffany Ave, Port St. Lucie, FL 34952.

Session	Start Month	End Month
1	June 2025	August 2025
2	September 2025	December 2025
3	January 2026	May 2026

*Dates are provided via handouts and are subject to change.

Performing Teams

FAME Practices on Saturday from 12:00 – 12:45

This is a performing team and will perform at events that occur during the county including parades.

- Octoberfest
- PSL Night Out
- Fall Festival
- PSL Christmas Event and Parade
- Stuart Christmas Parade
- Fort Pierce Christmas Parade
- Martin Luther King Walk
- St Lucie County Fair
- St Patrick's Day

Universal Studio Practices on Saturday from 2:15 – 3:00 (June-December)

This is a performing team and will perform in December at Universal Studios City Walk.

* Theme Park Tickets are now required for performing team. Discounted tickets are purchased from Director/Coach Missie to Universal Studios for children and family members attending. Money for tickets is due in full in October to Coach Missie.

* The family members will attend Universal Studios together and not a group M&M Sweeties event.

Competitive Teams

*Students are only to be in PAL during scheduled team times.

Under the Sea	Practices on Saturday from 11:15 – 12:00
You've Got a Friend	Practices on Saturday from 12:45 – 1:30
Ease on Down the Road	Practices on Saturday from 1:30 – 2:15
Champion	Practices on Saturday from 3:00 – 3:45
Grease	Practices on Saturday from 3:45– 4:30

These are competition teams and can perform at events that occur throughout the county. The main goal of these teams is to compete at NBTA Twirling competitions around the state of Florida.

*Travel is a MUST and provided by the parents. Overnight stays are optional by parents as most events' arrival time will be around 7 am.

National Advanced Competitive Teams

Dream Girls & Beach Boys Practices on Wednesday from 4:30 – 6:30

These are competition teams and can perform at events throughout St. Lucie County. The main goal of these teams is to compete at NBTA Twirling competitions around the state of Florida, as well as Nationals in Indiana at Notre Dame University.

*These classes require a monthly payment to the Mid-Event Center on the first of every month.

*Travel is a MUST and provided by the parents. Overnight stays are optional by parents as most events' arrival time will be around 7 am.

*NBTA Twirling competition has additional fees due in May.

**Travel to NBTA Nationals in July at Notre Dame University, Indiana is a MUST to be on this team.

** Travel expenses (Hotels, travel, ...) are provided by the parents.

Team Competition Examples

Sunday 7:00 am – Meet (Doors Open)
 8:00 am- Competition Starts for teams.
 3:00 pm – Competition Ends

Individuals (Optional) – These can vary and are managed by the parent.

*Sometimes teams and individuals can be on the same day,

Tuition & Fees for Performing/Competition Teams

One-time membership fee due to PAL due every June.		
\$100.00		
# of Classes	Amount per Session	Amount per Year
1	\$150.00	\$450.00
2	\$175.00	\$525.00
3 or more	\$200.00	\$600.00

*National Advanced Teams will have an additional monthly fee for Mid Event Center.

**Contact Missie for sibling discounts.

If any account is NOT PAID UP TO DATE by the end of each session, your child may not be able to participate in the team's events/competitions.

Competition Fee's

Competition *Subject to Change	Location *Subject to Change	Competition Event Fee: \$12.00 per team per competition
Twirl Fest	Titusville	
Palm Beach Classic	Wellington	
All Star Competition	Orange Park	
State Contest	Winterhaven	
Miss Majorette....	Apopka	

*NEW – Missie will begin collecting competition event entry fee's starting Nov. 1st and MUST be paid in full by January 3.

All the competition fees are paid in advance. If any account is NOT PAID UP TO DATE by the end of the second session (December) your child may not be able to take part in competitions.

Attendance

- If a student must miss a class/performance/competition, please notify the Director/Coach Missie at 772-370-7787.
- Attendance is crucial for the teams to ensure successful practice, performance, and competition.
- Arrive at least 15 minutes ahead of time for class, events, and competitions.

Dress Code for Practice

- Dress code for practice is comfortable clothes.
- Wear Socks (Bring sneakers for days when mat is up)
- Hair needs to be up (Ponytail, Braids, Bun.)
- Bring a drink, snack, and a towel to sit on

Uniforms for Performances

- Purple/Red M & M Sweeties Tank Top with Black Spandex Shorts with Cougar shoes
 - These are for performances and parades.
 - Purchased additionally through Director/Coach Missie.
 - At the beginning of season try on for fit in case a new one needs to be ordered.

Costumes for Performances

- Each Competition Teams have a different costume.
 - These are for competitions ONLY.
 - Purchased additionally through Director/Coach Missie.
 - At the beginning of season try on for fit in case a new one needs to be ordered.

Observation Policy for Practice

For performing and competition teams are closed to all unless an invitation from Director/Coach Missie.

Conduct when representing M&M Sweeties

At all practice/contest/events students need to have respect for coaches and teammates along with a cheerful outlook.

While attending a competition all athletes, parents, spectators, and coaches are expected to conduct themselves as a gentleman or lady.

Good sportsmanship needs to be shown to both teammates and other participants.

The conduct that is seen at practice/contest/event is a direct representation of M&M Sweeties and anyone who disrupts a practice/contest/event may be asked to leave.

Photography and Videotaping

- Each year a photo release for must be completed and turned into M&M Sweeties.
- Only take photos/videotapes of your child.
- Performing & Competition Teams will have team pictures taken and posted on the website.
- All M&M Sweeties will have pictures taken and posted to social media throughout the year.
- Videos of the performances from events and competitions SHOULD NOT be posted on social media.

- If your family would like to see your child, please send privately, as we do not want the routines posted publicly. We need to respect other teammates whose parents do not want them on social media, as well as having others copy the routine.

Communication

- Occasionally parent/guardian meetings are scheduled with Director/Coach Missie Liss to cover upcoming events, competition, or other important topics.
 - Each child will need to have a parent/guardian in attendance.
- Band App is used for communication, calendar, video sharing...
 - Must accept invite from M&M Sweeties Admin within 24 hours.
- Follow Social Media Platforms, (Facebook & Instagram) as well as M & M Sweeties Website for pertinent information.

RETURN TO DIRECTOR/COACH MISSIE

Information/Photo Release –

I have thoroughly read the information contained in this handbook. I understand that failure to follow the rules, regulations, and policies stated in this handbook will result in reprimand and/or dismissal from the performing/competition team. I agree to attend all required practices, performances, and competitions and to all other terms in this handbook. I understand and will adhere to all the payment guidelines in this handbook.

- I understand that I am signing a Contractual Agreement for my student to be a member of M&M Sweeties performing/competition team(s) for the entire 2025-2026.
- I hereby grant permission to M & M Sweeties to use photographs and/or video of my child taken during M & M Sweeties practices, performances, events and competition in publications, news releases, online, and in other communications related to the mission of M & M Sweeties and Director/Coach Miss Liss.
- For myself & heirs, I hereby expressly waive all claims for liability against the City of Port St. Lucie, Director/Coach Missie Liss and any representatives of Director/Coach Missie Liss and the M&M Sweeties Baton Group.

Child Name: _____

Child social media: _____

Child Birthday: _____

Child Phone: _____ Child Email: _____

Primary Parent/Guardian: _____

Parent Phone (Primary): _____ (Alternate): _____

Parent Email Address (Primary): _____

Signature of Child: _____

Signature of Parent/Guardian: _____

Date: _____