



CHEER PRIDE ALL STARS

2017-18

Full Year Information Packet

Why Cheer Pride?

- **Learn Important Values and Life Skills!** Confidence, cooperation, sportsmanship, dedication, teamwork, work ethic, leadership, and heart.
- **Something for Everyone!** We offer teams for girls and boys from ages 3-18, each with varying degrees of financial and time commitment. Looking for a full year experience with a little bit of travel? Try an All Star team. Looking for a full year team that doesn't travel? Try Full Year Prep. Or, maybe you're new at this and you want to take the summer off? Try our Half Year teams.
- **Awesome Referral Program!** One Free Month of tuition for every registered referral to our program! (Limit- 2 free months per family)
- **All-Inclusive Training Packages!** One monthly tuition payment covers your team practices, weekly tumbling classes, and flyer training!
- **Great Sibling Discounts!** \$50 off per sibling, per month
- **Dedicated, Passionate, and Experienced Coaches!** We pride ourselves on our ability to train, motivate, and grow our athletes in a positive, but competitive way
- **Family Centered!** You matter, your child matters, and you will never feel like just a number in our program
- **Focus on the Big Picture!** We like to win, but would never jeopardize safety, ethics, or morals to do so. We focus on the big picture, using proper skill progressions to reduce the risk of injury. We also place emphasis on the athlete's future and how to help them reach their individual potential, rather than "leveling down" to produce a short-term win

What is All Star Cheer?

All Star Cheer is a competitive sport, involving both boys and girls performing a 2.5 minute routine comprised of several different elements. These elements include tumbling, stunting, jumping, pyramids, and intricate dance choreography. This routine is then performed and scored against other All Star teams at various competitions.

Being a member of an All Star team takes a great deal of dedication and commitment. The season begins with tryouts and the formation of age-appropriate and skill-appropriate teams. Teams will then practice 2 days a week for 2-3 hours, as well as take 2 additional training classes once a week. Teams typically start competing in November, and end their competitive season in early May. Most teams compete 6-10 times during the season at events that are local to the NJ/NY/PA area. We compete on a local, regional, and national level. Every parent and athlete must understand that All Star cheer is a team sport, requiring commitment to practices, training classes, and competitions. Every day that you spend in our gym is a day that you get stronger!

As an All Star parent, you will need to support your child with every up and down that they will experience in their time as an All Star cheerleader. There may be a skill that your child can master in just a few practices, and then there will be skills that take months or even years to perfect. Your child may have “mental blocks,” where they may suddenly not be able to execute a skill that they have had for a long time. There may also be times in which your child may not make a team that they expected to make or they may see their friends placed on a different level team without them.

Along with these lows, there are also an infinite number of highs. The excitement of seeing your child perform a skill for the first time is incredible! The pride that you will have in your child's ability to command an entire arena of spectators during their performances or their ability to overcome obstacles and fears is truly rewarding. The thrill for all of our athletes to perform for a crowd of thousands is like no other experience. There will be amazing memories and great days, but there will also be frustration and struggle. Your support as a parent is paramount to your athlete's success, growth, and happiness in the sport.

What is All Star Prep?

All Star Prep is short for “All Star Preparation.” It is a modified All Star cheer program designed to introduce athletes to the sport, and to prepare them for a season of All Star Cheer in the future. Our All Star Prep program is competitive, like our All Star program, involving both boys and girls performing a 2 minute routine comprised of several different elements. These elements include tumbling, stunting, jumping, pyramids, and intricate dance choreography. This routine is then performed and scored against other All Star Prep teams at various local competitions. All Star Prep is a great way for children to participate in an All Star program, but with a significantly lower cost and time commitment.

Being a member of an All Star Prep team does take dedication and commitment. The season begins with tryouts and the formation of age-appropriate and skill-appropriate teams. Teams will then practice once a week in the summer for 1 hour, as well as take a 1 hour tumbling class once week. Beginning in September, All Star Prep teams practice twice a week for 1.5 hours. Teams typically start competing in January, and end their competitive season in early May. Most teams compete 4-5 times during the season at events that are local to the NJ area. Every parent and athlete must understand that All Star Prep is a team sport, requiring commitment to practices and competitions. Every day that you spend in our gym is a day that you get stronger!

As an All Star Prep parent, you will need to support your child with every up and down that they will experience in their time as an All Star cheerleader. There may be a skill that your child can master in just a few practices, and then there will be skills that take months or even years to perfect. Your child may have “mental blocks,” where they may suddenly not be able to execute a skill that they have had for a long time. There may also be times in which your child may not make a team that they expected to make or they may see their friends placed on a different level team without them.

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CHEER PRIDE PHILOSOPHY

We believe that the growing sport of All Star Cheerleading provides infinite possibilities for young people. Our philosophy is that every child, regardless of age or ability, has a place in both the Cheer Pride family, and the world of competitive cheerleading itself.

Cheer Pride is a promise of a better program. We demand a safe, positive, and fulfilling environment for all of our children. We demand that our coaches are the best at what they do, not just by their accomplishments, but by who they are as people and what they bring to the athletes they serve. Our goal is for every athlete to reach their highest potential by providing them with high quality and passionate coaching. We aim to guide each child through following proper progressions and enforcing proper technique. We know that every athlete needs to progress their skills in a way that is comfortable and safe for them, and we PRIDE ourselves on providing a positive learning environment for all of our children.

Our ultimate goal is for each athlete to feel happy, successful, and valued for their individual, unique contribution to their team. We like to win, but winning is not our priority- the athletes and their overall experience are our priorities. We will never jeopardize morals or ethics in order to win. We have high expectations for all of our athletes, while maintaining respect and understanding. We expect that respect to be returned to our staff, fellow teammates, and other teams. Building mentally and physically strong athletes who show PRIDE in all of their accomplishments is our main mission. We firmly believe in teaching our athletes important life lessons, both on and off the mat. At Cheer Pride, we foster each child's self-confidence and competitive spirit, and we encourage teamwork, sportsmanship, leadership, dedication, hard work, enthusiasm, and most importantly, HEART! We know that participation with Cheer Pride in any capacity will have a positive influence on an athlete's overall mental, social, and physical development!

Welcome to Our Family!

Lisa Kretschman, Owner/Program Director



"Coming together is a beginning.
Keeping together is progress.
Working together is success."

-Henry Ford



Tryout Process

Please note, tryouts are closed to all parents and spectators!

Age Divisions

(All ages are as of 8/31/2017)

Pre -Team: Age 3-6

Tiny: Age 5-6

Mini: Age 5-8

Youth: Age 6-11

Junior: Age 8-14

Senior: Ages 11-18

Attitude, focus, work ethic, and the ability to take corrections play a very important role in determining athlete readiness for specific teams. We are not just looking for skill, we are looking at the overall athlete. However, All Star Cheer is a sport that is constantly evolving. In previous years, the focus was first on tumbling skills and then on stunting skills. For this season, BOTH tumbling and stunting are equally important on the scoresheet. **We are now in an age of execution, where perfection of technique reigns. In order to remain competitive, we cannot place athletes on a team unless they exhibit the maximum level-appropriate skills to near perfection.** For example, an athlete who shows a backhandspring with legs apart and bent is not considered to have a technically strong skill. This athlete may not be considered for a Level 2 team, unless there arises a need for them to fill a stunt position.

We do not want to place athletes on a team where they are not challenged, but we also do not want to place athletes on a team where they are not confident. Athletes will be placed on teams that will best suit their needs, as well as teams that will benefit most from each child's unique abilities. Many key elements are considered in our decisions, and we must choose a well-rounded variety of individuals for each team. Some of the things that we consider are:

- Age
- Tumbling Skills
- Maturity Level
- Level of Commitment
- Respect for Coaches and Teammates
- Ability to Learn Choreography
- Athletic Ability
- Flexibility
- Body Control
- Experience
- Ability to Make Corrections
- Strength
- Jump Skills
- Stunting Ability
- Ability to Pay Attention
- Performance Skills (energy level and facial expressions)
- Listening Skills
- Ability to Follow Instructions

Level Skills

<u>LEVEL</u>	<u>Stunting</u>	<u>Standing Tumbling</u>	<u>Running Tumbling</u>
PREP 1	No requirements	No requirements	No requirements
1	Prep One leg stunt at waist level	Front & Back Walkover	Front Walkover Cartwheel Back Walkover
PREP 2	Extension One leg stunt at prep level	Standing Backhandspring	Roundoff Backhandspring
2	Tick Tock at Prep Level Half Up Extension Straight ride basket toss	Backwalkover Backhandspring, Backhandspring Stepout	Front Walkover Roundoff Backhandspring Multiples
3	Extended one leg stunt with body position Single twist basket Full up to prep	Backhandspring Multiples, 3 jumps to backhandspring multiples	Punch Front, Front Walkover Roundoff Handspring Tuck
4	Prep Double Down Kick Full Basket Full up to Extension	Standing Tuck Standing 2 Handsprings Tuck	Roundoff Backhandspring Layout

Flyer Requirements for ALL Levels*

	<u>Front Flexibility</u>	<u>Back Flexibility</u>
Qualified	Left Heelstretch	Left Scorpion Left Scale
Highly Qualified	Right & Left Heelstretch Left Bow & Arrow	Left Scorpion to Scale Left Kick Scorpion Left Spike

*Once you are chosen as a flyer, it is **REQUIRED** that you participate in Flexibility & Conditioning Classes **at least once a week** to increase strength, core stability, flexibility, and confidence in the air. Any flyer who does not adhere to this standard will risk losing their flying spot!

2017-18 TEAM HANDBOOK

General Information

Sportsmanship, unity, and respect are key values in our organization. Please always be kind and considerate to all of your fellow teammates, members of the Pride family, and other teams as well.

Due to the physical and competitive nature of our sport, it is important that all of our athletes are living a healthy lifestyle. This means refraining from using alcohol, tobacco, or other harmful substances, and taking proper care of injury or illnesses. It also means making sure to eat a healthy, well-balanced diet (i.e. avoiding fast food, junk food, soda, etc). (*See Nutrition Guide for further information!*)

All athletes are expected to attend **ALL** practices and competitions, as well as other events scheduled by a coach. Athletes will NOT be excused from practices or competitions for homework, work schedules, or other sports/activities (*See ATTENDANCE POLICY for further clarification*).

Athletes **MUST** see a physician upon immediate occurrence of an illness or injury, and a doctor's note must be provided to your coach explaining any limitations related to this. Failure to produce a Doctor's note for a reported illness or injury, may result in your child being removed from their routine due to absence.

Athletes are expected to be in good academic and disciplinary standing at school in order to maintain their position on a team. We have an "A Team" board in the gym where we recognize academic excellence. If your child makes it onto the A Team, their name will be entered to win a FREE Private Lesson with an instructor of their choice.

It is important to understand that TEAM comes first. This means, in the event that an athlete's position is changed, it must be understood that the coach has made the decision to do so based on what is best for the team. Similarly, this is a COMMITMENT. Accepting a position on a team with us means you are agreeing to put in the work required of you to be successful. This means being sure to attend tumbling classes every week, as well as **CONDITIONING AT HOME**. (*See Workout for further information!*)

All athletes are expected to support one another, and to promote athleticism, work ethic, positive attitude, and sportsmanship. Laziness is not an option. Every athlete is expected to give 100% at all times, both in effort and attitude.

Please do not wear outside shoes in the gym. Athletes are to bring their cheer shoes with them into the gym and change their shoes when they come inside. Also, please be sure **NEVER** to wear competition shoes outside.

NO cell phones are allowed inside of the gym, unless they are in our cell phone jail. In a sport where communication and teamwork are quintessential to a team's success, we do not encourage the use of screens during practice time. We would prefer that all of our athletes learn to communicate with each other face-to-face, as well as grow in their ability to listen, focus, and follow verbal instructions.

DO NOT post any videos of our routines, practices, or competitions, music, stunts, tumbling, or choreography on youtube, facebook, or any other social networking site without asking our permission.

Practice Rules

Early is On Time, On Time is Late, Late is Unacceptable!

Athletes are expected to arrive to practice **in the correct practice gear- including cheer sneakers and a bow**. Failure of an individual to abide by these rules may result in added conditioning for the entire team.

No food, drink, or gum chewing is allowed at practice. Athletes are encouraged to bring water from home and a healthy snack if they'd like, both of which must remain in the lobby area and never be brought inside of the gym.

PRACTICE SAFETY- No jewelry or body piercings may be worn AT ALL and NO long fingernails! Nails are considered too long if they are longer than your fingertips. Hair must be pulled back neatly, with an elastic. Bangs must be worn out of the athlete's face.

No foul, abusive, or negative language or behavior will be tolerated. This includes cursing, bullying, or harassment of any kind. This also includes eye rolling, teeth sucking, or any other display of rude or disrespectful behavior toward coaching staff, other athletes, or parents. Individual athletes who choose to break this rule may result in their entire team performing added conditioning.

No talking during practices, and let the coaches do the coaching. Absolutely no tumbling or stunting without a coach present.

No parents, family members, or friends are permitted in the practice area unless they are specifically invited. Practices are open to team members and prospective team members only

FOCUS. Listen closely, follow directions, pay attention to what you're doing, and make the corrections that you are given. Everything a coach tells you is intended to make you better!

Competition Rules

Athletes are expected to be respectful and sportsmanlike at all times.

Athletes are expected to arrive on time to competition, and in full uniform- including hair and makeup!

Athletes must stay with their coaches and team until they are dismissed to their parents.

Athletes must remain in full uniform while at competition. This includes footwear! NOuggs, flip-flops, or anything else that isn't a cheer sneaker. All athletes must be in full uniform for awards, and no bags, phones, or backpacks will be allowed on the stage.

Do not even consider arriving to competition with long nails, colored nail polish, jewelry, or body piercings. This includes hair ties on your wrist! If you have a piercing that is painful to remove frequently, it should be taken out for the duration of our season.

Keep in mind that competition days can be extremely long and stressful, so please be sure to have adequate food and hydration. Most of the venues that host competitions have little to no healthy concession options. Our best recommendation would be to pack something from home, or seek out local establishments if time permits.

Do not consider eating anything that may stain your uniform, and do not wear your performance sneakers outside.

Remember to have fun, and cheer for all teams competing! Please be friendly, kind, courteous, and classy. You are in your Cheer Pride attire, and you are always viewed as a representative of the program!

Attendance Policy

Athletes are permitted 2 absences from summer practices (June, July, August). Choreography is MANDATORY! Athletes are permitted 2 excused absences and 2 unexcused absences for the regular season (Sept- April). Any absences beyond the 4 which you are allotted, may result in a child being removed from the routine. Please note that repeated tardiness will begin to count toward an athlete's absence numbers.

An **excused absence** is only considered "excused" if an Absence Request Form is filled out and approved by a coach. **An Excused absence would be:**

Contagious illness requiring a doctor's note
Death in the family
Graded academic event
Wedding or other event of similar magnitude

An **Unexcused absence** should be reported to a coach by email, text, or phone call. ***For each unexcused absence beyond your allotted 2 OR with less than 24 hours notice, there will be a \$15 charge to your account.***

An Unexcused absence would be:

Work. Work should be scheduled around cheerleading, as schedules are provided in advance.

Injury or minor illness. Athletes are expected to attend practice as a non----- participant, unless it poses a significant danger to themselves or others.

Doctor's Appointments. Again, we provide schedules in advance to avoid such conflicts.

Other sports or activities. Cheerleading requires full attendance for productive practices. Unlike other sports, there is NO bench to pull from, and when one person is missing, there are other athletes who cannot practice.

Academic work. We believe that time management is an important skill to learn at any age.

Image Clause

Whether at the gym practicing, or out at the local grocery store, athletes and parents must behave in a way that reflects positively on Cheer Pride. Athletes are expected to look and act in a classy and respectful manner, especially when wearing any Cheer Pride attire.

DO NOT wear jewelry in uniform. DO NOT wear pajama pants or any other non-gym clothes while at competition. The only articles of clothing that are acceptable when in uniform are cheer sneakers, warm-ups, and a gym shirt.

DO NOT speak negatively of our program or anyone associated with it. This includes, but is not limited to, coaches, other athletes, parents, owners, or family members of athletes.

DO NOT drink alcohol, smoke cigarettes, or engage in any other illicit activity. If there is any photo, video, or social media evidence of an athlete drinking, smoking, taking drugs, engaging in sexual behavior, abusive language, bullying of any kind, or any other inappropriate activity, the athlete will IMMEDIATELY be asked to leave our program, and will still be held responsible for payments as per your season contract.

Athletes may also be removed or bumped down a level in our program due to any of the following conditions:

1. Threatening to Quit
2. Tumbling at another gym
3. Visiting another gym without permission
4. Attitude Problems
5. Excessive absences/tardies
6. Talent level
7. Lack of improvement
8. Losing a required skill
9. Overdue payments
10. Athlete Fitness Level
11. Conflicts with another athlete, parent, or member of our staff
12. Bullying of Any Kind
13. Failure to comply with any of the policies set forth in this packet

Cheer Pride athletes are privileged to represent Cheer Pride at competitions and other public events. DO set a positive example for others to follow!

Parent Expectations

We strive to create a positive learning environment for all of our athletes, as well as a positive social environment for parents and families. Parents will refrain from gossiping about other children, coaches, parents, or teams. This includes NEGATIVITY, trash talking, questioning a coach's decision, griping about competition placements, complaining about the program, or being disrespectful to anyone in any way. Any parent who cannot follow this rule may be subject to dismissal from our program, and will still be held responsible for payments as per your season contract.

Parents will communicate with coaches IN PRIVATE, not in front of team members or parents. Parents may NOT enter the gym during the middle of a practice session or tumbling class to speak with a coach. Parents are NEVER to enter the practice area or competition warm-up area. Parents are also asked never to distract their child during practices, warm-ups, or competition.

NEVER post any negative comments about any athlete, team, parent, coach, or another program on any websites, chat rooms, social media, or message boards. NO profanity or abusive language will be tolerated.

Parents are expected to support all coaches' decisions on skill progression and team position/placement. Do not use missing practice/competition as a punishment for your child's behavior. There are others who depend on them to be present.

Do not boast about your child to other parents. EVERY athlete progresses at their own rate, everyone has something to contribute to their team, and we believe in celebrating ALL victories- big or small. Parents are encouraged to share in the joy of another parent, as their child masters a new skill.

Parents are expected to check their email DAILY, as this is how we will be communicating with you most often. Staying informed is your responsibility, so be sure to check your GroupMe, Team Snap, Facebook page, Cheer Pride website, Facebook, Twitter, and Instagram accounts regularly to stay in-the-know. There is NO EXCUSE for being uninformed or irresponsible when all necessary information has been provided to you through all available channels.

Please schedule vacations and family events around our practices and competitions. Parents are also expected to follow all travel plans, as laid out by the organization.

Parents are expected to disclose any information with coaches regarding their child's specific medical, physical, social, or emotional needs, and to keep us advised of any serious family situation, such as an ill parent or a custody issue.

Parents are encouraged to contact us with any questions, comments, or concerns. Please do not spread rumors without coming directly to us for confirmation, and please don't pass along any information to other parents unless we have made it specifically clear that it is okay to do so.

What can you expect from us?

You can expect that we will have open lines of communication, and we will handle any issues or concerns expeditiously.

We will keep all personal conversations private, and will only share information with other members of the coaching staff, as we see fit.

We will respond promptly to all emails, phone calls, and text messages.

You can expect that we will treat all athletes and parents equally, especially in enforcing the rules.

We will provide your child with a positive and safe learning environment.

You can expect all coaches to be experienced at the level that they coach, and to remain current with USASF rules and industry standards.

We will follow proper progressions when teaching your child new skills.

You can expect us to work with your child's individual needs, and to be available for "extra help" if it is needed. It is your responsibility to schedule private lessons or additional tumbling classes if your child needs it.

We will only be competing in divisions that we can be competitive in. We will not take a team to a competition if they are not ready to compete.

You can expect us to "do our homework" when it comes to competing. This means we make sure that we know who we're competing against, and how the scoring system works for every competition. As a result of this, you will know too, because we believe that communication is important. We believe that it is our job to educate parents and team members through reviewing and explaining scoresheets after each competition.

Financial Information

Payments must be made on time. If you are unable to make a payment on time, please contact us as soon as possible to make other arrangements.

There will be NO refunds if an athlete chooses to leave our gym, if they sustain an injury that causes them to miss practices/competitions, or if they are removed from the team due to a rules violation. **YOU WILL BE RESPONSIBLE FOR TUITION THROUGH MAY 2018 IF YOU CHOOSE TO LEAVE ANYTIME AFTER JULY 23, 2017.**

Please note that there will be opportunities to fundraise, but it is ultimately your responsibility to take full advantage of them.

Athletes will not be given equipment/gear or be permitted to compete unless their account is current.

Parents are responsible for all fees associated with insufficient funds or bounced checks.



Workout Plan

Why Workout at Home on Your Own?

- Improves aerobic conditioning & endurance (i.e. it makes your routine easier to perform!)
- Improves strength & power (i.e. it helps you maintain good technique and form when performing skills in your routine!)
- Improves neuromuscular coordination (i.e. it makes it easier for you to learn and perfect skills!)
- Strengthens foot & ankle stabilizers (i.e. it helps in your execution of stunting, tumbling, and jumps while reducing risk of injury!)

Weekly Workouts:

1. CARDIO- 3 days a week
2. CORE- 3 days a week (days you don't do CARDIO)
3. CONDITIONING- 3 days a week (days you don't do CORE)
4. FLEXIBILITY- after every workout
5. TAKE ONE DAY OFF A WEEK!

Please note that the number of minutes or reps given for each exercise is intended for athletes 12+. For athletes younger than 12, please cut the number of minutes or reps for each exercise in half.

CARDIO

Cardio can consist of *either*:
30-45 minutes on a bike
20-30 minutes of running
or **15 minutes of jumping rope.**

Running is the BEST way to supplement your cheer training, as long as you can commit to doing it 3 days a week. Be sure to purchase a decent running shoe, as cheer shoes are not designed for this type of workout and we want to minimize the risk of injury.

ALWAYS start your run with a quick stretch and 2 minutes of walking before you increase to a run. Also, be sure to walk and stretch the last 2 minutes of your run, as well.

It doesn't have to be all work and no play- make a workout playlist that is fun to run to! When you are able to comfortably run for 20-30 minutes, try to challenge yourself by singing along to your playlist while running!

If you have a treadmill at home, use that! If not, consider going to your local high school track or gym. If you are planning to run on your neighborhood streets, be sure to have a partner go with you!

CORE: Baker's Dozen

1. Prone hold- 60 seconds regular, then with R leg up, then with L leg up
2. Side planks- 30 seconds on each side
3. Superman- 10 for 10 seconds
4. On hands and knees, alternate arm to side and leg straight out- 3 on each side for 30 seconds
5. Crunches- 2 sets of 25
6. V-ups- 20 pike, 20 straddle
7. Boxer Sit-ups- 3 sets each of 7 clockwise, 7 counter-clockwise, 7 pulses to the ceiling
8. Obliques- 2 sets 10 on each side (cross leg over knee, sit-ups with opposite elbow touching knee)
9. Hollow Hold- 5 sets for 10 seconds
10. Reverse sit ups- 2 sets of 15
11. Hip raises- 15 for 10 seconds each, 5 with one leg up for 10 seconds each side
12. Lemon Squeezes- 3 sets of 15
13. Bicycles- 3 sets of 25

CONDITIONING: Baker's Dozen

1. High Kicks (both sides)- 20 to the front, 20 to the side, 20 to the back
2. 50 T- jumps
3. Toe Touch Snap Downs- 20
4. Crab Walks- 1 minute
5. Frog Jumps- 1 minute
6. Burpees- 10
7. Bear Crawls- 1 minute
8. Arabesque lifts- 3 sets of 5 each side (leg back on chair, straight leg arabesque pulses)
9. Calf Raises- 2 sets of 100- the first 100 is with 2 legs, the second is 50 on each side
10. Squat Jumps- 3 sets of 20
11. Candlestick Jumps- 10 center, 10 on each leg
12. Push Ups- 3 sets of 20
13. Arm Circles- forward and backward

FLEXIBILITY: Baker's Dozen

1. Right Split- 3 sets for 30 seconds, hands on hips
2. Left Split- 3 sets for 30 seconds, hands on hips
3. Center Split- 3 sets for 30 seconds
4. Right Split- 1 minute, arms out to sides with chest forward
5. Left Split- 1 minute, arms out to sides with chest forward
6. Center Split- 1 minute, against wall on back
7. Bridge- 3 sets for 20 seconds, legs straight and together, chin to ceiling
8. Bridge with leg up- 20 seconds each side
9. Bridge walk feet to hands- 20 seconds
10. Bridge walk hands to feet- 20 seconds
11. Bridge with knees and elbows down- 3 sets 15 seconds
12. Shoulder stretch behind back- 3 sets 15 seconds
13. Hip rolls- 20 each side

Nutrition Guide

Focusing on your nutrition can give you an advantage over your competitors- *without having to put in extra hours training.*

Proper nutrition can mean the difference between winning & losing, and just a little bit of knowledge about nutrients goes a long way:

Carbohydrates provide ENERGY! Every athlete needs carbohydrates for great performance. Carbs are quickly digested, easily absorbed, and **provide fuel** for working muscles. Your muscles are working very hard for you, so be nice to them & FEED them! Most (55-65%) of your calories per day should come from carbs.

Fats provide satiety (make you feel full), and are needed for the absorption of many vitamins. However, you need GOOD FATS in your diet (nuts, nut butters, olive oil, avocados). “Bad fats” are things like french fries, fried chicken, hot dogs, pizza, potato chips, & many snack foods. Does this mean you cannot have these things? Absolutely not. Does it mean you shouldn’t eat them BEFORE training or competing? Absolutely! Fats are NOT a good choice right before training or competing. They take much longer to digest & absorb, and they make you feel sluggish or can cause stomach upset during activity. Limit fat intake before any strenuous training or activity. 15-25% of your calories per day should come from fats. Get into the habit of reading nutrition labels, because many things have fat in them that you wouldn’t expect. An easy way to keep track of fat intake is to limit your total fat intake to 60-80 grams/daily. (NOTE: this is for healthy, active, teen athletes; adults on a weight loss program would need less, and a young athlete who loses weight easily, would need more).

Proteins rebuild muscle tissue that has been broken down by vigorous training & activity. You do not get “quick energy” from proteins, but you should be taking in some source of protein after a workout and throughout the day. 15-30% of your calories should come from proteins. After a hard workout, you should take in something with protein & also carbohydrate, to rebuild broken down muscle tissue. Good protein sources include egg whites, chicken, turkey, lean meats, fish, beans, cottage cheese, lowfat milk & nut butters.

The most popular recovery drink these days- believe it or not- is lowfat CHOCOLATE MILK! (Greek yogurt is another great recovery food)

You need to eat like a winner, to be one! After training/competition, you can of course treat yourself to your favorite foods, within reason.

Before competitions, make sure you have a good breakfast (oatmeal, whole wheat toast & fruit spread, or honey-lots of carbs).

During competitions, opt for foods like pretzels (carbs & sodium-to replace salt lost in sweat during vigorous activity), fruits, dried fruits, raisins, & lowfat granola bars, (carbs, quick energy, easily digested).

Right after competitions, chocolate milk, Greek yogurt, any good protein & carbohydrate source to rebuild muscle tissue. And later on, after your competitions, enjoy your favorite things! (Again, within reason!) Pizza, burgers, fries, chips.

Follow the 90% rule: Eat healthy 90% of the time, allow yourself to splurge 10% of the time, and you will come out a winner EVERY TIME!
Good Luck!!

FAST FOOD SURVIVAL TIPS

Learn to make good choices if you must eat at a fast food place. It's hard to find healthy fast food, but you can actually find some good substitutions.

Instead of:

Burger & fries
Cobb salad
Fettuccini Alfredo
Nachos
Steak & mashed potatoes

Choose:

Turkey sandwich & side salad or baked potato
Garden salad w/ grilled chicken or shrimp
Pasta w/tomato sauce or olive oil, veggies, or chicken
Beef, chicken or veggie fajitas
Pork tenderloin or grilled chicken & rice

If you MUST:

McDonalds

Best choices:

Grilled chicken sandwich or salads
Snack wraps, fruit & yogurt parfaits
Oatmeal

Burger King

Tendergrill chicken sandwich
Garden salad
Chicken tender 4-pc & side salad

Chick-Fil-A

Chargrilled chicken sandwich
Fruit salad
Southwest chargrilled salad



Program Costs

We offer sibling discounts of \$50 OFF per month, per additional athlete.
Tuition is due on the 1st of every month (June 2017-May 2018).

ALL STAR TEAMS

\$275/month ALL-INCLUSIVE TUITION includes:

- All team practices (twice a week, plus extras around competition time)
- 2 Additional Classes per week (Tumbling or Flexibility)
- All Competition Entry Fees (Except BID events)
- All Coaches Fees (Except BID events)
- Team Holiday Gifts

RETURNING ATHLETE FEES	NEW ATHLETE FEES
4 payments of \$125	4 payments of \$250
Due June 1, July 1, Aug 1, Sept 1	Due June 1, July 1, Aug 1, Sept 1
Stunt Clinic Choreography Camp Music USASF Membership	Stunt Clinic Choreography Camp Music USASF Membership 2 Practice Uniforms Competition Uniform Bow Warmup Jacket Bag

ALL STAR PREP TEAMS

\$175/month ALL-INCLUSIVE TUITION includes:

- All team practices (once a week in the summer, twice a week Sept-April, plus extras around competition time)
- 1 Additional Class per week (Tumbling or Flexibility)
- All Competition Entry Fees (Except BID events)
- All Coaches Fees (Except BID events)
- Team Holiday Gifts

RETURNING ATHLETE FEES	NEW ATHLETE FEES
4 payments of \$75	4 payments of \$125
Due June 1, July 1, Aug 1, Sept 1	Due June 1, July 1, Aug 1, Sept 1
Choreography Camp Music USASF Membership	Choreography Camp Music USASF Membership 2 Practice Uniforms Competition Uniform Bow Team Sweatshirt



Athlete Name: _____

CHOOSE A TUITION PLAN:

(Remember that all tuition includes 2 Classes per week- either Flexibility or Tumbling)

ALL STAR..... \$275/month

ALL STAR PREP..... \$175/month

Optional Add-ons

Unlimited Classes..... \$25/month

Crossover to a 2nd Team..... \$50/month



Cheer Pride Registration Form
(PLEASE PRINT)

NAME _____ DATE OF BIRTH ____/____/____

ADDRESS _____ CITY _____

STATE _____ ZIP CODE _____ HOME PHONE (____) _____ - _____

ATHLETE EMAIL ADDRESS: _____

PARENT/GUARDIAN NAME: _____

PARENT/GUARDIAN CELL: _____

PARENT EMAIL ADDRESS: _____

MEDICAL CONDITIONS, ALLERGIES, or SPECIAL NEEDS:

PARENT INSURANCE CO: _____ POLICY #: _____

EMERGENCY CONTACT IF PARENTS CANNOT BE REACHED:
NAME: _____ PHONE: _____ RELATIONSHIP: _____

How did you hear about us?

- Friend:** _____
- Website**
- Social Media**
- Received a Flyer**
- Advertisement**
- Other**

T-shirt Size (circle one): YXS YS YM YL YXL/AXS AS AM AL AXL

Shorts Size (circle one): YXS YS YM YL YXL/AXS AS AM AL AXL

Shoe Size (Y10-2 or W4-14): _____ **Name for personalization:** _____

USASF AGE: _____
(Age on August 31, 2017)



Financial Commitment Form

Please complete the information below and sign the form. All requested information is required! Your charges will appear on your monthly credit card or bank statement. It is your responsibility to notify Cheer Pride of any changes to the card or account information in writing, NO LESS THAN 10 DAYS PRIOR to the 1st of the month. Tuition and Fees payments are charged on the 1st of every month. All returned check fees or declined charges will be the responsibility of the account holder, and will incur a \$35 fee.

All families MUST have credit card, debit card, or bank account information on file:

Name on the card: _____ Type of Card: _____

Card Number: _____

Exp. Date: _____ Security Code: _____ Billing Zip: _____

Choose one:

_____ Automatically charge my payments every month (5% Convenience Fee Will Apply)

_____ Keep this card on file for delinquent payments, I agree to pay by check, cash, debit, or credit at the gym.

_____ I will pay the entire season (tuition and fees) in full by June 1 to receive 10% OFF my tuition costs only (full fees payments still required)

I am the authorized credit/debit card user on the account identified above, INCLUDING A 5% CONVENIENCE CHARGE, and I authorize all of the above with my signature below.

Signature: _____ Date: _____

Commitment Agreement:

Athlete Name: _____

I understand that I am responsible for purchasing a specific brand of cheerleading sneakers for my child, as specified by Cheer Pride.

Initial: _____

I understand that my child will not receive any Pride gear until I have paid all fees.

Initial: _____

I understand that if my child quits or is removed from the team **after July 23** that I will be responsible for **all tuition payments** through April, 2018.

Initial: _____

I understand that if I am unable to make a payment, it is my responsibility to contact Cheer Pride directly to discuss an arrangement.

Initial: _____

I understand that if my account becomes past due by over 30 days, my child will be sitting out until a payment is received.

Initial: _____

I understand that the monthly tuition rate is the same, whether or not my child can attend all practices and classes.

Initial: _____

I understand that, though I may be on a monthly billing program, this is a year-long contract. I understand that there are no refunds on tuition or fees if I choose to break this contract.

Initial: _____

Signature: _____ Date: _____



Cheer Pride Release Form

Media Release:

I hereby grant permission to the rights of my image, likeness and sound of my voice as recorded on audio or video tape without payment or any other consideration. I understand that my image may be edited, copied, exhibited, published or distributed and waive the right to inspect or approve the finished product wherein my likeness appears. Additionally, I waive any right to royalties or other compensation arising or related to the use of my image or recording. By signing this release I understand this permission signifies that photographic or video recordings of me may be electronically displayed via the Internet. There is no time limit on the validity of this release nor is there any geographic limitation on where these materials may be distributed. By signing this form I acknowledge that I have completely read and fully understand the above release and agree to be bound thereby. I hereby release any and all claims against any person or organization utilizing this material. INITIALED: _____

Liability Release:

I/WE DO HEREBY PERMIT _____ TO PARTICIPATE IN TUMBLING, STUNTING, OR OTHER PHYSICAL ACTIVITIES WHILE ATTENDING CHEER PRIDE ALL-STARS CHEERLEADING (HEREAFTER REFERRED TO AS CHEER PRIDE). BY GRANTING PERMISSION FOR SAID STUDENT TO PARTICIPATE IN PROGRAMS AT CHEER PRIDE, I/WE RELEASE CHEER PRIDE, ITS SUPERVISION AND EMPLOYEES, WHETHER PAID OR VOLUNTEER, FROM ANY AND ALL LIABILITIES THAT MAY ARISE DUE TO PARTICIPATION IN ANY ACTIVITY AT CHEER PRIDE OR IN WHICH CHEER PRIDE IS PARTICIPATING IN ELSEWHERE. I/WE UNDERSTAND THAT THERE IS PERSONAL RISK INVOLVED IN ANY ACTIVITY THAT INVOLVES MOTION, HEIGHT OR ROTATION AND THAT THESE ACTIVITIES CAN RESULT IN SERIOUS INJURY, DISABILITY, OR DEATH. I/WE DECLARE THAT THIS STUDENT HAS BEEN SEEN BY A REGISTERED PHYSICIAN WITHIN THE PAST 6 MONTHS TO A YEAR AND HAS BEEN CLEARED TO PARTICIPATE IN PHYSICAL ACTIVITY INCLUDING GYMNASTICS, TUMBLING, OR CHEERLEADING. INITIALED: _____

I, _____, have read all of the information included in this packet. I have read all rules and responsibilities in the Cheer Pride Handbook, and I will commit to all competitions listed within. I also understand that I am making a year-long commitment to Cheer Pride, and that there are financial repercussions if I choose to quit after the date listed.

Parent/Guardian Signature: _____ Date: _____

Tryout Checklist:

- Tuition Plan & Add-Ons
 - Registration Form
- Financial Commitment Form
 - Commitment Form
 - Release Form
 - Registration Fee \$50
- Copy of Birth Certificate (New Members Only)