



CHEER PRIDE ALL STARS

2017-18

Half 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 4-18, 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
- **All-Inclusive Training Packages!** One monthly tuition payment covers your team practices, weekly tumbling classes, competition fees, and coaches fees
- **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 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 the formation of age-appropriate and skill-appropriate teams. Teams will then practice once a week for 1-2 hours, as well as take a 1 hour tumbling class once week. Teams typically start competing in late February or March, and end their competitive season in late April or early May. Most teams compete 3 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. 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.

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



Age Divisions

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

Tiny Exhibition: Ages 3-6

Mini: Ages 5-8

Youth: Ages 5-11

Junior: Ages 5-14

Senior: Ages 10-18

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. 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
PREP 2	Extension One leg stunt at prep level	Standing Backhandspring	Roundoff Backhandspring

2016-17 TEAM HANDBOOK

General Rules

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).

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.

Athletes are expected to be in good academic and disciplinary standing at school in order to maintain their position on a team.

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.

All athletes are expected to support one another, and to promote athleticism, work ethic, positive attitude, and sportsmanship.

Please do not wear outside shoes in the gym. Also, please be sure **NEVER** to wear competition shoes outside.

NO cell phones are allowed inside of the gym.

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!

Arrive to practice in the correct practice gear- including cheer sneakers and a bow.

No food, drink, or gum chewing is allowed at practice.

No jewelry or body piercings may be worn AT ALL.

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.

Cell phones must either be turned off or left outside of practice.

No foul or abusive language will be tolerated.

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

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 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. 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. Choreography is MANDATORY! For the regular season (Sept-April), you 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, Facebook page, and 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 APRIL IF YOU CHOOSE TO LEAVE ANYTIME AFTER JULY 20.**

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 check.



Program Costs

We offer sibling discounts of \$50 OFF per month, per additional athlete.
Tuition is due on the 5th of every month (Nov-May).

\$125/month

ALL-INCLUSIVE TUITION includes:

- **All team practices (once a week, plus extras around competition time)**
- **1 Additional Tumbling Class per week**
- **All Competition Entry Fees**
- **All Coaches Fees**

RETURNING ATHLETE FEES	NEW ATHLETE FEES
3 payments of \$50	3 payments of \$200
Due Nov 15, Dec 15, Jan 15	Due Nov 15, Dec 15, Jan 15
Choreography Music	Choreography Music Practice Uniform Competition Uniform Bow



Athlete Name: _____

Optional Add-ons

- Unlimited Tumbling..... \$25/month
- Unlimited Flexibility..... \$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**

I am interested in being a crossover (more than one team): ____ Yes ____ No

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

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 5th of the month. Tuition payments are charged on the 1st of every month. Fees payments are charged on the 15th of every month. All returned check fees or declined charges will be the responsibility of the account holder, and will incur a \$20 fee.

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

Choose one:

_____ Automatically charge my payments every month

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

Name on the card: _____ Type of Card: _____

Card Number: _____

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

I am the authorized credit/debit card user on the account identified above, and I authorize all of the above with my signature below.

Signature: _____ Date: _____

_____ I will pay the entire season (tuition and fees) in full by Nov 15 to receive 5% OFF my tuition costs only (full fees payments still required)

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 Dec 1** that I will be responsible for **all tuition payments** through May.

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 7-month 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 7-month commitment to Cheer Pride, and that there are financial repercussions if I choose to quit after the date listed.

Parent/Guardian Signature: _____ Date: _____

Registration Checklist:

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