



Competitive Cheer Squad Handbook

Welcome to the All Star Competitive Cheer Squad!! We are so very excited to be forming such an awesome group of cheerleaders!! While this will be a learning experience for everyone involved, we hope to make it FUN and exciting. This world is so full of competition and it isn't always a fun learning environment. We will continue to make this a positive and fun learning environment where your child will gain that "competitive" experience as well as learn many new skills!

Being involved with a competitive cheer squad is not only a commitment for the child, but for the parents as well. With the joint effort of the All Star Staff, cheerleaders, and parents, we will have a successful and exciting year together. We always have an open door policy where you, as parents, and cheerleaders, can always come to your coach with any questions or concerns. We will be working hard and enjoying our season as a competitive cheer squad!!

Practices and Absences:

Competitions:

Because we compete as a team, every single member of the team plays a necessary and important part in its success. Therefore, it is important that every team member attends all competitions the team enters. Please, be prepared to rearrange your schedules to accommodate any changes that may occur during the competitive season. We realize that many of you have other obligations, other children, and life in general to think about, but when ONE child misses, it affects the whole team. Each parent of a team member should take the time to get to know the other team parents not only to form a closer parent relationship, but also if a conflict occurs in your schedules, another parent can assist you.

Almost all competitions are held on Saturdays and Sundays. Anyone with a regularly scheduled Saturday or Sunday activity should make arrangements early to miss. We plan to attend approximately 5-6 competitions each year, beginning in October and running through April. You will receive a list of competitions.

While at competitions you are required to stay the entire day until awards are done and we have officially said you are free to leave. We will all sit together as a gym, however, you are more than welcome to walk around during the day.

Practices:

Just as important as a competition is practice. Without regular practice the squad is only as valuable as its weakest link. We expect ALL squad members to be at practice each day. Because we have a "team" routine, when one person is absent the entire practice is thrown off. Cheerleading is such a "team" sport, that when one person is gone, stunts don't go up, new routines aren't learned, and the entire team suffers. While we do understand that life is unpredictable, please use common courtesy for your coaches and team members.

This team will practice 4 hours a week. The team must use practice time product-

ively if we are to meet our goals for each competition. If there is a need for an extra practice during the year we will inform you as soon as it becomes a need. There will most likely be an extra practice called before any scheduled performance or competition. Practice Times are listed on your calendars which will be given out once you have registered.

An Absence Notice form is included at the end of this handbook for you to submit any known absences at the start of the season so we can plan accordingly. As far as any other absences, other than for medical or family emergencies, please submit in writing as soon as you know about them. This just helps us plan practices accordingly.

Positive Environment:

Each and every team member, coach, and parent is expected to come into the gym with a positive attitude. While we have a lot to learn, it will be very important to keep the gym environment positive and fun!! This has been something that All Stars has prided themselves on. It is one of our most important priorities along with learning. There may be times where practice doesn't always seem like the most fun time and there will be frustration and hard times throughout the season. Please know that we will do our best to work through these times. All cheerleaders must know that if they give 110% all the time, it is SO much easier to be positive and fun.

Each team member should treat all of their teammates as they would want to be treated. While you do not have to be best friends, you will form strong friendships and relationships because of the amount of time spent together. This can only be a positive thing!

If there is ever a problem, the cheerleader should come to their coach and they will do everything they can to help resolve the situation. Parents are also welcome to come to the coach with advice, concerns, etc.

Practice Attire:

Please make sure your cheerleader wears their squad practice shirt/tank and shorts with cheer shoes to each and every practice. It is important to not have big baggy clothing on as it becomes a hazard when stunting. Cheer shoes are always a must as they are most conducive to stunting and jumping.

There will be NO jewelry allowed during any practice. This is to get your child used to not wearing it while in uniform. There is no jewelry allowed during a competition, as it is a deduction. If you wear jewelry to practice you will be asked to take it off.

General Information:

There will be NO gum chewing as it becomes a choking hazard. You can't cheer with gum in your mouth as it is.

All Cheerleaders fingernails should be cut to a short length. This is to ensure no one is hurt when cheering, stunting, etc. While they look nice, they become a hazard during practices as well as competitions.

Hair should be pulled back in a ponytail away from the face during all practices. This will ensure no one gets their hair pulled, but also makes stunting easier as we are in the learning phases of many new stunts.

Calendars:

Calendars will be given out once you are registered. Practices, tuition due dates, competitions, team events, etc will be listed. While these calendars will have as much information on them as possible, not ALL dates are known. You will be notified ASAP when new additions are made.

Injuries:

Should you child experience an injury, we must have a doctors noet explaining what they can and cannot do and for how long. This will allow us to know how far we can push them. If it is a minor injury not requiring a doctor's visit, then know that you will take it easy for a day, but should plan on coming back into practice the following date. We WANT to know when your cheerleader's body hurts so we can practice accordingly, so please encourage them to talk to a coach. Safety and health are very important.

Breakdown of Estimated Costs:

All Star Tuition (monthly):

\$145/mo for 4 hrs each week

**Payments NOT made by the 8th will incur a \$10 late fee.

Fees:

**Competition: Range from \$50 to \$115 per cheerleader.

To be paid by parents as soon as it's announced

**Uniform: Each Cheerleader must purchase their uniform and practice uniform. Price TBD.

We will be using the same uniform from year to year as that is our ASU gym uniform. So if you already have one that fits there is no need to purchase a new one. And if you want to sell one to a new teammate that is fine too. All uniform details will be worked out at fittings.

All Star Medical & Privacy Information

First and Last Name of Child: _____

First and Last Name of Parent or Guardian: _____

Address: _____

Child's Date of Birth: _____ Age: _____

Phone Number: H: _____ W: _____ C: _____

E-mail: _____

Emergency Name and Contact Information:

Doctor and Contact Phone Number:

Please list all of your child's allergies or medical Conditions:

I DO/DO NOT (CIRCLE ONE) authorize photographs depicting my child or my likeness during participation in All Stars Unlimited Gymnastics activities which may appear in announcements, advertisements, and the All Stars Unlimited web site.

I hereby give my consent to All Stars Unlimited to provide, through medical services of its choice, customary medical/athletic training attention, transportation, and emergency medical services as warranted in the course of my child's participation.

Parent or Guardian Signature: _____ Date: _____

I hereby verify that I have correctly filled out all of the information and agree to the terms and conditions listed in the All Stars Unlimited Parent Handbook. All information is correct and complete to the best of my knowledge.

Parent or Guardian

Signature: _____ Date _____

All Star Waiver/Release Form

In consideration of participating in any activity at All Stars Unlimited II, I represent that my child is in proper physical condition to participate. I acknowledge that if I feel that any conditions are unsafe, I will immediately discontinue participation in the activity. I fully understand that this activity involves risks of serious bodily injury, including permanent disability, paralysis and possibly death, of which may be caused by my own actions, or inactions, those of others participating in the activity, the conditions in which the event takes place, or the negligence of the "releasees" named below. There may also be other risks either not known to me or readily foreseeable at this time and I accept and assume all such risks and responsibility for losses, cost, and damages I incur as a result of participating in these activities.

I hereby release, discharge, and covenant not to sue All Stars Unlimited II, its respective administrators, directors, agents, officers, volunteers, and employees, other participants, any sponsors, advertisers, and if applicable, owners and lessors of premises on which the activity takes place from all liability, claims, demands, losses, or damages, on my account caused or alleged to be caused in whole or in part by the negligence of the "releasees" or otherwise, including negligent rescue operations and future agree that if, despite this release, waiver of liability, and assumption of risk I , or anyone on my behalf, makes a claim against any of the relasees, I will indemnify, save, and hold harmless each of the relasees from any loss, liability, damage, or cost which any may incur as a result of such claim.

I have read the WAIVER/RELEASE, and understand that I have given up substantial rights by signing it and have signed it freely and without any inducement or assurance of any nature and intend it to be a complete and unconditional release of all liability to the greatest extent allowed by law and agree that if any portion of this agreement is held to be invalid the balance, notwithstanding, shall continue in full force and effect.

We, at All Stars Unlimited, recognize that there is a risk of injury when participating in the sports of gymnastics, dance, and cheerleading. While we do our very best to insure that these things do not happen, there is always a risk. We always take safety precautions as well as teach (and remind) the children of what those safety rules are. Parents are asked to remind their children of the risk of injury, and therefore, the importance of following the rules in class at all times.

With the above in mind, I fully understand the policies set in place at All Stars Unlimited, and release all rights and claims to the greatest extent allowed by the law for damages that my child may have against All Stars Unlimited.

Parent/Guardian Signature: _____

Date: _____

Absense Notification

Please use this form to submit any known absences as SOON as you know about them. We will use this to put on our calendars and plan practices accordingly. Thank you.

DATE: _____

REASON: _____

Date Submitted: _____

Parent Signature: _____

DATE: _____

REASON: _____

Date Submitted: _____

Parent Signature: _____

DATE: _____

REASON: _____

Date Submitted: _____

Parent Signature: _____

Required Items:

		n/a or price
Uniform Package*	\$265	_____
(shell, skirt, briefs, bow)		
Team T-Shirt	\$12	_____
Practice Uniform	\$25	_____
(2 tanks and 2 Shorts)		
Warm Up (name/logo)*	\$55	_____
Shoes	\$37 Youth	_____
	\$55 Adult	_____
Bag (name/logo)*	\$25	_____
Make Up Kit	\$25	_____
 Total	 \$444Y/\$462A	 \$ _____

Optional Items:

Parent T-Shirt	\$TBD	x _____	= _____
Car Decal (name and squad)	\$10	x _____	= _____
 Total			 \$ _____

Total Payment Due \$ _____

*Returning team members do not have to repurchase * items unless needed. Please indicate above with a n/a or qty you need.