

Shooting Starz All Star Competitive Team 2011-2012 Handbook

Email:

shootingstargymnastics@havremt.net

Web Site:

www.shootingstargymnastics.com

Phone: 395-4110

Cell 390-3305

Welcome to Shooting Starz All Star Cheerleading!

Dear Parents,

On behalf of the Shooting Starz Cheer organization we would like to thank you for your interest and continued support in competitive cheerleading! The goal of our program is to help each child reach their highest potential in a positive atmosphere and to be encouraging and supportive in the growth process.

This is an intensive sport that requires dedication from both the children and parents alike. It is imperative that the parents support their kids and coaches in every way. Every spot on the team is important, and together everyone achieves more!

We are happy that you have decided to join us in our quest for greatness. Each athlete's personal dedication to tumbling, cheer and flexibility will help the Shooting Starz rise to the top!

Our mission is to instill values, self-esteem, promote personal achievement, and to teach each athlete to respect the importance of teamwork. We believe in having fun, developing personalities, and forming friendships, in a safe and clean environment.

Sincerely,

Jayce & Lisa O'Neil
Megan Hickman
Michelle Rice

Shooting Star Gymnastics and Cheer

2011-2012

Name		Age as of August 31, 2011
Birth date	School	Grade
Cell #	E-Mail	
List any cheerleading (stunting, tumbling, dance) experience you may have:		
For New Students		
Are you willing to cheer for any Starz team regardless of level? If no, which levels and why?		

Please indicate appropriate sizes including youth or adult. If not sure, round to next size up.

T-Shirt Size	Fitted Tank	Shorts
Shoe	Warm-Up Jacket	Warm-Up Pant

- Commitment to making all scheduled practices (notification of coaches needs to be done to accommodate academic obligations that arise)
- Commitment to being an advocate and supportive parent/team member
- Commitment to being respectful of coaches and other team members
- Commitment to ENTIRE competitive team season – Sept 2011-May 2012
- Commitment to transport my child or make other arrangements to get my child to the meets as I realize if my child does not show – the entire team forfeits the competitive with no monetary reimbursement (Only required travel as a team is to California this season)

A Parent or Guardian of the above athlete must sign below indicating that he/she understands and supports the commitment required of all members of Shooting Starz Cheerleading. Trying out or requesting placement on a Shooting Starz Squad exhibits the athlete's sincerity in competing on the appropriate squad for the *entire* 2010-2011 season.

Parent/Guardian Signature and Date

Family Information

Mother's Name	Father's Name
Cell Phone	Cell phone
Home Phone #	Home Phone # (if different)
Home Address (Physical)	Home Address (if different)
Work Phone #	Work Phone #
Mailing Address	Mailing Address
E-Mail	E-Mail
Preferred Contact	
Athlete Resides with	

Please list any special circumstances that Shooting Star Staff and Coaches should be aware of:
This information will be kept private.

Shooting Star Gymnastics, Inc., attempts to keep its business "in the family" when possible. Does your family know, own or work for a business that could potentially do business with Shooting Stars? If so, please fill out the information below:

Business Name	Contact
Type of Business	Phone #
E-Mail	Website

Business Name	Contact
Type of Business	Phone #
E-Mail	Website

Explanation of Levels and Divisions

*Based on USASF Rules (US ALL STAR FEDERATION OF CHEER AND DANCE TEAMS)

Placement of Team Members

Placement of girls is first by age, then skill....there may be cheerleaders on any given team that tumble/fly/base at a difference level than the rest of their teammates. We try to match up the athletes as best as we can, but please remember that stunting, pyramids, jumps, dance, motions, and age are huge factors as well. It is not simply feasible (or desirable) for every team to have up to 36 exactly matched athletes. Some will be stronger tumblers than others. Some will help us out with stunts more than others. Every cheerleader is on a particular team for a reason...please trust the coaches.

Levels:

	Standing Tumbling	Running Tumbling	Stunting
Level I	<ul style="list-style-type: none"> • Cartwheels • Round-offs • Rolls • Back walkovers • Front walkovers 	<ul style="list-style-type: none"> • Front walkover to round-off 	<ul style="list-style-type: none"> • Below prep level for <i>single</i> legged stunts • No tosses allowed
Level II	<ul style="list-style-type: none"> • Standing BHS 	<ul style="list-style-type: none"> • Round off BHS • Round off BHS series 	<ul style="list-style-type: none"> • Prep level for single legged stunts • Extensions allowed • Straight ride tosses (no tricks)
Level III	<ul style="list-style-type: none"> • Standing BHS series • Toe-touch BHS • Back tucks • Front tucks 	<ul style="list-style-type: none"> • Round off BHS tuck • Round off tuck 	<ul style="list-style-type: none"> • Extended single legged stunts allowed • Tosses with tricks allowed

Divisions

Tiny	4 & 5 yrs
Mini	8 yrs and younger
Youth	11 yrs and younger
Junior	14 yrs and younger
Senior	18 yrs and younger

The age of the competitor as of **August 31, 2011** will be the age used for competition purposes throughout the 2011-2012 season for all divisions.

We work very hard to push every cheerleader to improve their skills, even if it means working on skills that are above what is allowed in routines at their team's current level.

Flyers

Flyers will be chosen according to skills, flexibility and the discretion of the coaches. Flyers may change during the season and according to skills lost or gained, and/or routine required changes. All flyers must understand this and accept the responsibility along with the position. Absenteeism can result in the losing of your spot

Bases/Spots/Flyers

Please encourage your child if they are placed as a base, spot or flyer. We have kids who are disappointed when they don't get the position that they want. All positions are equally important – and we ask that you support us and trust us and keep your child motivated.

Removal From Team:

The coaching staff reserves the right, at any time, without notice, to change the rosters of the teams by adding, rearranging, or removing cheerleaders to/from teams for a performance, practice or entire program. Cheerleaders may be removed from our program at any time for reasons that include but are not limited to:

- Attitude problems
- Absences and/or tardiness
- Unannounced vacations/absences
- Lack of financial responsibility

- Conflicts between cheerleaders, coaches, parents or anyone else involved in our program

There will be no refunds of tuition or program balance given in the event of a removal from a team. *****Note – if your child cannot attend a practice due to a different sport of commitment that does not necessarily deem it approved nor does it mean their spot on the team will be held.

Shooting Starz Competitive Cheerleading Program Costs

This is a team sport and you are paying for a spot on a team. Aside from your gym fees, parents are expected to pay costs of uniforms, practice gear as needed, choreography fees (if solo's), travel expenses, and competition fees. There will be fundraising opportunities to allow you to defray these aforementioned expenses if you choose to participate.

Shooting Star Gymnastics, Inc. offers a booster club opportunity to offer families the ability to defray their expenses. There will occasional "general" fund – fundraisers that will be held to defray the coach's travel expenses and music. Music can range from \$600-\$1,000 per team. As a parent you may choose to not participate in the individual fund raisers but your help is requested for the general booster club fundraisers.

Please realize that if you do not pay on time, you are affecting the entire team and our ability to pay for competitions on time. This affects our competition performance order and puts us in a bad situation. If you are late and have not made arrangements with the office your child may be asked to sit out of practice until the account is managed and an arrangement has been made.

Attitude

Positive attitude by both the parents and cheerleaders are *essential* to maintaining a healthy learning environment. Full support is requested among all members. Negative comments will not be tolerated pertaining to coaching, athletes, routine, etc. by any parent or cheerleader. We have witnessed how detrimental negativity can be to an all-star cheer program and we want to maintain a healthy and happy with positive self-esteem for each of our cheer members.

Practice/Team Expectations

- If a cheerleader cannot make it to practice for whatever reason, please txt Lisa 390-3305
- Absences for relevant school activities are excused, however we do ask that within 2 weeks prior to any competition – please let us know so if we can re-schedule – we will attempt to capture all the full-practice time we can. However, we need as much notice as possible.
- Absences for family vacations must be relayed as soon as possible. There is the possibility that the team member's position may be affected due to the planned absence.
- Excessive absences and/or unapproved absences and/or short notice absences for any reason do have the potential to affect your position on the team – and even possibly the team you are placed on. We do update our routines as we gain skills and thus missing a practice is never recommended. These absences can indicate a lack of team commitment and does result in less productive practices for your teammates.
- Excessive tardiness to practice is not acceptable. If you anticipate a late arrival please call the gym at 395-4110 to notify them, as missing team members will affect the practice.

Competition Team Expectations

- Arrival on time and to correct destination.
- Arrive with all expected uniform items:
 - Uniform, bow, spankies, shoes, no-show white socks, hair as directed, make-up as directed, water bottle, snacks.
- Once you arrive to a meet you will be required to stay with your team until after awards. Parents/siblings are usually not allowed in team areas.
- Pictures will be taken after awards, if team or professional photography is available – they usually have an assigned time or the teams, and we will work with your child to get their pictures taken.
- Team members are expected to stay through awards and for team pictures unless prior arrangements have been made.
- If there are vendors selling t-shirts, sweatshirts – we will provide an opportunity with the team for them to be able to access these vendors. Please do not pull your child from the team warm-up practice.

Uniform Care

Uniform Care: Please wash your uniform after every competition. Make sure you follow the proper washing instructions. DO NOT PUT YOUR UNIFORM IN THE DRYER. NOT EVEN FOR 2 MINUTES! THIS WILL RUIN THE UNIFORM AND YOU WILL BE REQUIRED TO PURCHASE A NEW UNIFORM!!!!

Shoes should be left at the gym – and never worn outside of the gym environment.

Competition Rules and Regulations

- **ALL COMPETITIONS ARE MANDATORY!!!!**
- If you must miss a competition due to injury or hospitalization (the morning of the competition), contact a coach immediately. It is a good possibility that your team will be unable to compete. *There is no compensation given to any team members in this situation!*
- We choreograph your routine for the exact number of girls on the team and all it takes is one member who does not show up or show up on time that could lead to the entire team being unable to compete. It is extremely selfish to put your team in this kind of predicament!
- Parents are responsible for getting their children to the competition on time. DO NOT BE LATE! Please allow extra time for travel, parking, and inclement weather.
- Cheerleaders must remain in their full uniforms at all competitions! They are to remain together with their squad and cheer for fellow team members. Team members are not allowed to be running around at anytime unsupervised!
- Cheerleaders are not permitted to wear nail polish or jewelry to any competition; it will cost the team deductions!

- ALL WAIVERS for competitions will need to be turned in – in a timely manner as well as meet feeds. These waivers will be posted on the web site as well as available at the gym.
- Overnight competitions are a reality for our teams – as Havre is a distance from all the sites. We will let you know what time you are to arrive at the destination. It is imperative you are there by that time. Please keep the coaches' cell phone number on hand, in case you have any questions.
- Travel and hotel information will be provided on the website. Unless we are receiving a group discount rate for our rooms, individuals will be responsible for booking their own rooms by the deadline given.

Sportsmanship

- Sportsmanship and team unity are very important to our organization. Please be courteous and considerate to all other teams and athletes. Please don't speak negatively about any person, decision, or result.
- Parents and cheerleaders are to never call any competition company for any reasons, if there is a problem with a venue, please let us know and we will take care of it.
- We expect to win or lose with dignity. We expect all cheerleaders and parents to be respectful to other teams at competitions. We thank all the parents in advance for helping to enforce these rules. We are excited for the opportunity to work with your children.

Financial Commitment Agreement Form

Concerning Team Accounts:

Shooting Star Gymnastics, Inc., Booster Club (SSGBC) will order and pay for items listed in the Team Budget for all members of the Shooting Starz Cheerleading Teams. Due to the nature of such large orders SSGBC will often pay ahead, or above and beyond what each family has already contributed to their team account.

Unless you prefer to pay your team account in full at the time items are ordered, and the booster club account for your family has a zero balance – payments will need to be arranged.

Concerning Monthly Training Fees:

In an effort to avoid families carrying large balances on their SSG account please all us to be responsible to our creditors and make our payments on time, by paying on your account in a timely manner.

If at any point of the season your child leaves or is dismissed from the squad you will only be responsible for payments/fees due on or before the date of departure. An injured or suspended athlete will still be responsible for all team account payments whether they participate in said activities, camps, competitions, etc. Sickness, vacation or other absences do not constitute a proration of fees, training or otherwise.

You may access Shooting Star Gymnastics, Inc. website and access your personal account 24 hours a day. www.shootingstargymnastics.com or email us at: shootingstargymnastics@havremt.net

Team Budget and Cost Breakdown

Each cheerleader has a team account with SSGBC that the family is responsible for according to the due dates set forth in this agreement. The table below shows the costs that are associated with a travelling competitive team. Although there is a substantial cumulative expense for the year, there is a great portion that can be covered by the Shooting Star Gymnastics, Inc. Booster Club (SSGBC). There are a couple of options for raising funds for this account. HAC will provide several fundraising opportunities (raffle and candle sale, pizza kits, bake sales, etc.) whose profits will go directly into each individual cheerleader's account. We will also provide a sponsorship letter for you to revise and send out at your discretion. Often, there are families who completely pay off their accounts prior to the start of the season through sponsorships from family, friends and local businesses.

In State Meet Fees	Approximately \$55 per meet	
Out of State Meet Fees	Approximately \$75-100 per meet	
Shoes	\$85.00	
Uniform, Spankies, Bow	Approximately \$275-300	
Warm Up	\$95	(Can order just jacket or pants for cheaper)
Ancillary	\$30-50	Bag, Make-up, mascara, eyeliner

Training Fees/Monthly Tuition

Level III @ 5-6 hours per week = \$85.00 monthly

Level II @ 3-4 hours per week = \$60.00 monthly

Level I Team @ 3-4 hours per week = \$60.00 monthly

Training fees are due in 4 week sessions. Please refer to website or Shooting Star Gymnastics, Inc. schedule
All additional classes at Shooting Star Gymnastics, Inc. are reduced by \$10.00 for Starz Cheerleaders.

Fundraising Opportunities

Raffles, Little Caesars Pizza, Gold Canyon Candles, Scentsy, Cheer Camp, Bake Sales, TGIFs, open to new and additional fund-raisers

Competitive Solo's

Available to all cheer team members. You will need to make arrangements through office. \$100.00 payment will include choreography and 4 hours instruction time. Instruction will begin after Thanksgiving weekend

Meet Schedule for Winter 2012

- Jan 15 MSU –Bozeman
- Jan 29 Glam Jam – Missoula
- Feb 12 Mt Helena Open- Helena
- Feb 17-19 Flip Factory – Courdelane
- Mar 17 Cheer Fest Lewistown, Mt
- Apr 13-15 – Disneyland – Anaheim, CA (Level III Only)