



ALL-STARS

2017-2018

Program Handbook

Spirals

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Welcome to Spirals All-Stars! We are delighted that you have chosen to become a part of our growing all-star program. Our mission at Spirals Cheer Company is to enrich the lives of the children and their families through the sport of competitive cheerleading. We feel that cheer is more than just a sport. It creates long-lasting friendships and teaches kids valuable lessons in teamwork and sportsmanship. While the banners and trophies are great, our goal at Spirals Cheer Company is to help mold our athletes into amazing members of society as they progress through our program and into their future endeavors. Each day we aim to teach our athletes the value of commitment, hard work, integrity, leadership, self-confidence, positive attitudes and love for the sport.

About Cheerleading

In order to remain competitive, we aim to build successful teams that perform well in all areas of the score sheet. On an ordinary cheerleading score sheet, there are 7 main areas that must be covered: Partner Stunts, Basket Tosses, Pyramids, Running Tumbling, Standing Tumbling, Jumps, and Motions/Dance. The more areas we max out skill difficulty and execution, the higher the score we will receive

Team Placement Details

When selecting our teams, we evaluate stunt positions and tumbling. It is similar to building a football team, with each person filling a particular stunt position. The stunt positions are flyer, main base, secondary base and back spot. We do not consider front spot as a stunt position. Each team has a set number of cheerleaders for each position. This number varies with the size of the team.

Tumbling Guidelines

Level 1 No tumbling skills

Level 2 Standing back handspring, round off back handspring

Level 3 Multiple standing back handsprings, round off back handspring, back tuck

Level 4 Standing back tuck, round off back handspring layout

Level 5 Toe touch back tuck, round off back handspring full

Age Guidelines

Tiny (all levels) 5 years & younger

Mini (all levels) 6-8 years

Youth (all levels) 7-11 years

Junior (all levels) 10-14 years

Senior (levels 1-4) 10-18 years

Senior (level 5) 12-18 years

Program Cost

All-star Cheer is a complex sport. Training and performing in competition involves significant commitment and expense. All fees must be paid on time based on the payment schedule and it is important that you understand the financial commitment before you sign your child up. We have provided a break-down of the typical fees which you will need to expect during the course of your All-Star year(s). These fees consist of the following:

*Tuition; Competition Fees; Coaches Competition Fees; Choreography; Music;
Practice and Competition Uniforms and Apparel; Registration Fees.*

We do offer different fundraising opportunities that can help to offset the cost should you choose to participate in them.

Tuition

- Tuition is paid monthly per athlete for ALL TEAMS Level 1-5. This includes 2 practices/week, and 1 hour of mandatory tumbling.
- \$140/mo. per athlete (Senior Squad), \$120/mo. (Junior/Youth Squad), \$100/mo. (Mini/Tiny Squad)
- Your monthly fees will be billed on the 1st of every month and will incur late fees after the 5th.

Competition/Coaches Fees *

- Cheer competition entry fees are high. Competition Fees including coaches fees are variable but can be expected to total in the region of \$500.00 during the course of the year for 5-7 competitions. They are due in two instalments in August and January. These are the fees for just the athlete competing and do not include spectator costs for parents, friends, and supporters to attend competitions, which can average \$15-\$25 per person.

Choreography/Music Fee *

- These fees are also variable depending on the complexity of the routine. Properly licensed music that is required for all competitive programs by law is purchased for each team. We would expect them to be in the region of \$250 for the year. (Due June 1st).

Registration Fees

- Yearly Registration Fee: \$35.00 (Due start of new season)
- USASF Fee: \$35.00 (Must be completed by Aug. 1st)

Uniform/Apparel Fees *

- Practice Gear: \$75.00
- Full Uniform:\$215.00
- Shoes/Backpack: \$178.50
- Warm-Ups: \$80
- Bow: \$10.00-20.00

** These are good faith estimates only. Actual costs can vary.*

Discounts and Savings

- 20% discount on monthly tuition for siblings
- Pay your annual tuition fees upfront and save 10% on your total
- 25% discount on additional tumbling/cheer classes
- Children grow! It may be possible to purchase used apparel from squad members who have outgrown their existing uniforms.

Program Policies

PAYMENTS

All athletes are required to have a credit card on file. Failure to meet the deadline of payments and lack of reasonable & fair communication regarding payment will result in loss of services (sitting out of practice) and/or dismissal from the program. Account is considered delinquent by the third practice of the month. Please note coaches reserve the right to replace the athlete if this happens. Also, if your account is delinquent, Spirals reserves the rights to withhold private lessons, classes, uniforms, practice wear, prizes, awards, and any other services or materials.

There will be no refunds made to anyone who is asked to leave the program or that quits a team. Spirals is not responsible for reimbursing travel expenses in the unforeseen cancelling of events. If an event is cancelled, alternative arrangements will be made.

ABSENCES

Cheerleading is truly a TEAM sport and when someone is missing the whole team suffers. Full attendance is CRITICAL to team success. Attendance is therefore mandatory for all scheduled competitions, practices, and choreography and will be STRONGLY ENFORCED. Every cheerleader will be given 4 absences to use June 1st through Labor Day-any days not taken during that time frame will be forfeited. From Labor Day to the end of the season, every cheerleader will be given another 4 absences. You may not be absent through mandatory competitions, camps and events. Practice the week of competition is also MANDATORY. All Star cheerleading is a sport that requires 100% dedication to your team. An “absence request form” must be filled out prior to any missed practice. These forms can be found on our website under “Forms”. All scheduled vacations must be submitted to the Head Coach in writing by June 1st. Please plan ahead and schedule engagements so they don’t interfere with your child’s and your child’s team’s practices and competitions.

EXCUSED ABSENCES

- Death in family
- Infectious illness with a doctor’s note
- Planned vacations submitted by June 1st

UNEXCUSED ABSENCES include, but not limited to

- Social Events (dances, birthday parties, concerts, banquets, family reunions, weddings, etc)
- School Projects, homework, or tests
- Transportation or traffic
- High School sports practices or events
- Jobs

INJURIES

All Star cheerleading has become extremely competitive and unfortunately injuries do occur. If an injury should occur, it is the responsibility of the parent to seek professional help. Each athlete must have his/her own medical insurance. After seeing a physician, please provide Spirals with an evaluation of the athlete’s injury/status. A release from a doctor is required if a serious injury should occur. If an athlete is replaced in a routine because of injury, it is solely the decision of the Head Coach when an athlete will be put back into the routine.

COMPETITIONS

All competitions that are scheduled are mandatory. **The success of the program depends on everyone attending each event.** If you cannot work your schedule around competitions, we cannot allow you to participate with the Spirals All Star teams. The competition schedule will be out by September 2016. No second chances to compete are given if you are late for competitions, so please plan for travel mishaps. Please note you should not make any travel arrangements until we have given you the exact meeting point and competition times. These are sometimes announced only a few days before the event. Once at the venue, the competitor is not allowed to leave until the entire team is dismissed. If a competition is cancelled or rescheduled, Spirals will not be responsible for reimbursement for any reason. We will work with the competition company and look for alternatives if needed. During competitions, all team members will wear required Spirals All Star apparel to each function. Uniform instructions will be given prior to each competition. Any travel required to competitions outside of the DFW area will be discussed prior to those arrangements being made. Families are responsible for their own travel accommodations, airfare, and any other travel expenses if needed.

CROSSOVERS

Athletes are first and foremost a rostered member of their primary team. Athletes must attend all practices of their primary team, and are still expected to attend their team tumbling class. It is at the discretion of the coaches/staff to discontinue having an athlete crossover at any time. There is a \$50/monthly tuition charge for the athlete's second team, plus all additional crossover fees.

DISCIPLINE

If any rules are compromised, the following actions will occur:

- 1st Violation: A meeting with the athlete to define and discuss the problem.
- 2nd Violation: A meeting with the athlete and the parent(s).
- 3rd Violation: The athlete may be removed from the team or entire program

It is at the coaches/staff discretion to examine any disciplinary problems and give appropriate action.

IMPORTANT EVENTS & GYM CLOSINGS

Please be on the lookout of dates for Team Photos and Showcase. Team Choreography is also a mandatory event for all team members, and will take place between July and September. Regularly scheduled practices will not occur during choreography week. Exact dates and times will be emailed to all families once the team rosters are complete, and will be given in a timely manner.

Spirals Gym & Cheer is closed the following holidays:

- Memorial Day Weekend, Independence Day Break, Labor Day Weekend, Halloween, Thanksgiving Break, and Christmas Holiday Break.

Athlete Expectations

ATTITUDE

1. Athletes will behave in a manner that appropriately and positively represents Spirals and the sport of cheerleading at all times.
 - a. You are expected to exhibit good sportsmanship, positive conduct, and professionalism at practices and competitions.
 - b. Show respect for your coaches, staff, fellow teammates, other athletes, parents, judges, officials, and spectators.
 - c. No profanity or rude language.
2. Athletes will work hard towards goals set for yourselves and the team and deal with challenges in a positive manner
3. Athletes will honor their commitment to the team,

ATTIRE

1. Athletes must dress accordingly for practices, competitions, and events as set out by the coaches, appropriate cheer shoes should be worn.
2. NO JEWELRY OR PIERCINGS. These can be dangerous and must be removed prior to practice or events.
3. Athletes must keep all Spirals apparel in good condition

ELECTRONICS & SOCIAL MEDIA

1. Cell phones and other electronic devices must be turned off once practice starts.
2. Athletes will not post any comments, inappropriate pictures or material which could bring their team and/or Spirals into disrepute. This includes any message boards, YouTube, SnapChat or any other website or social media and also includes Spirals routines and music.

Lastly, please know that you can always talk to your coaches about anything! We are here to help, YOU.

Parent Expectations

As a Spirals parent, you are also a representative of our program, and we encourage our parents to maintain a positive partnership with Spirals staff.

1. Parents will encourage good sportsmanship by demonstrating positive support and respect for all coaches, staff, athletes, other parents, and event officials.
2. Maintain open and positive communication with Spirals coaches and staff. Please email or call to the gym to make an appointment to speak with a coach at any time.
3. Spirals Cheer schedules may change; however all practices, competitions, and events are mandatory unless your child's absence has been pre-approved by your head coach.
4. Parents must accept full responsibility for providing accurate and timely transportation arrangements for your child. Punctuality is a MUST. Arrive 10 min early to all practices, competitions, and events.
5. DO NOT withhold your child from practice as a form of discipline. Please find an alternative. Cheer is a "team" sport that requires all participants; one person absent effects the entire team.
6. Anyone threatening to quit will be dismissed from the program immediately. No refund will be given.
7. Please keep all Spirals apparel in good condition and report any lost or damaged items to your coach. The cost of replacement will be the responsibility of the family.
8. Parents are encouraged to sit together and support all Spirals teams and encouraged to show support by wearing Spirals All Star apparel to competitions.
9. HAVE FUN! Cheerleading is a raucous, adrenaline-filled environment. Come ready to enjoy it!

Spirals is committed to you and we take customer service very seriously. At Spirals, we want to promote a positive atmosphere for your child to grow as an athlete and an individual. You can do your part by staying informed, check your email and our website regularly. If you aren't receiving emails, contact the Gym Director ASAP.

Financial Agreement

Please read and initial each of the terms followed by your signature and date.

_____ Monthly tuition fees will be charged to the credit card on file if not paid by the 1st of each month. If you wish to pay by a means other than the credit card on file, such as cash or check, please make arrangements before the 1st each month. You will incur late fees if tuition is not paid on time.

_____ Athletes will not be allowed to participate in practices or competitions until balance is current on delinquent accounts. Account are considered delinquent as of the 3rd practice of the month.

_____ Returned checks will incur a \$25 fee to your account

_____ Additional fees not included in your monthly tuition installment include competition, coaches, uniform, registration, choreography and music fees.

_____ There will be no refunds or prorating for team practices or classes missed through the season.

_____ All payments for additional expenses must be met at given deadlines

_____ All teams may have additional competition and coaches fees for extended travel competitions including but not limited to UCA, Cheersport, NCA, Worlds and Summit.

I understand and agree to the above financial policy agreement

Parents/guardian signature _____ Date _____

CREDIT CARD AUTHORIZATION (REQUIRED):

I hereby authorize Spirals Gym/Spirals Cheer Company to charge my credit card for monthly tuition, competition fees and any other expenses previously disclosed to me for the purpose of my child's all-star cheerleading.

Signature of Card Holder _____ Date _____

Name on Card: _____

Card Number: _____

Visa

Mastercard

Discover

Expiration Date: _____ Security Code: _____

Billing Address: _____