



## CALIFORNIA SPIRIT POLICIES FOR SCHOOL TEAMS

Here at CALIFORNIA SPIRIT we strive to deliver a safe learning environment. Athletes will work with the direction of caring coaches who can assist each athlete in succeeding to the best of their ability. It is our goal to encourage a good sense of self-esteem, discipline, teamwork, leadership, and physical strength.

In order to provide the highest quality experience for the athlete, we ask that you carefully read through and adhere to our policies. Please feel free to contact our office at [calspirit1@sbcglobal.net](mailto:calspirit1@sbcglobal.net) if you have any questions or comments.

### **STAFF**

CALIFORNIA SPIRIT has an accredited, professionally trained staff and is safety certified by USA Gymnastics (USAG), the American Association of Cheerleading Coaches and Advisors (AACCA), and the United States All Star Federation (USASF). The coaching team is made up of nationally recognized coaches in Cheerleading, Tumbling, Gymnastics, and Dance.

### **FACILITY**

CALIFORNIA SPIRIT is proud to call Dublin our home. Our athletes will have access to:

- All Star Competitive Spring Floors
- High School Competitive Cheer Floor
- Tumble Track
- Olympic Size Trampoline

### **GYM RULES**

Athletes must enter and exit the gym through the entrance and may only proceed outside to the parking lot as transportation arrives. For their safety, athletes should not wait outside in the parking lot.

Athletes are to wait in the lobby until their coach calls for their class. At that time, they may enter the gym. Athletes are not allowed on the floor if their class is not in session. Athletes are not permitted on the training equipment without a coach providing direct supervision.

CALIFORNIA SPIRIT classes are closed until the last 10 minutes of class to ensure the safety and focus of the athletes during their class time. We understand that parents/guardians and friends are interested in the proceedings and therefore allow parents/guardians and friends to watch the last 10 minutes of class. Spectators are



## CALIFORNIA SPIRIT POLICIES FOR SCHOOL TEAMS

asked to wait in the lobby and may enter the gym and observe from the bleachers the last 10 minutes of class.

For the safety of all athletes, please do not interrupt the coach, address the athletes or cause a disruption to the class. You will be asked to leave the gym if your presence causes a distraction.

Chewing gum, food, and/or drinks are not allowed on the gym floor at any time. Please bring bottled water with you to class. A coin operated vending machine is available, should the athlete forget to bring water to class.

Cell phones may be brought to class for communication before and after class but must be turned off when inside the gym. Cell phones ringing and causing distraction during class will be held in the front lobby for the duration of class.

Athletes are responsible for their own belongings and are encouraged to take all items with them after each class. At the end of every evening unclaimed items will be placed in the *Lost and Found* box, located in the lobby, and donated to charity at the end of every month. CALIFORNIA SPIRIT or its staff are not responsible for lost or stolen items.

### ATHLETE CONDUCT

Athletes Will:

- Abide by the safety guidelines set forth by the CALIFORNIA SPIRIT staff.
- Report any condition which might inhibit performance and endanger themselves or another athlete to appropriate CALIFORNIA SPIRIT personnel immediately.
- Be supportive of all athletes and display courtesy, maturity and a sportsmanlike and positive attitude toward all other athletes.
- Be respectful of CALIFORNIA SPIRIT personnel, coaches and athletes and present a constructive and supportive outlook.
- Represent CALIFORNIA SPIRIT in a respectful and civil manner and follow the rules and policies set forth by coaches and CALIFORNIA SPIRIT staff.
- Refrain from participating in any illegal activity (i.e. use of drugs or alcohol). **Participating in any illegal activity will result in automatic removal from the program.**
- Strive to attain and maintain healthy habits and drink an appropriate amount of water on a daily basis for the athletes individual needs based on weight.
- Be prepared to participate by being properly attired. Clothing of a provocative or with inappropriate language is not permitted.
- Be on time for class.
- Keep open lines of communication with CALIFORNIA SPIRIT coaches and staff by discussing questions, by telephone, e-mail, or by appointment without disrupting any class time.
- Athletes must place all belongings in the areas provided in the gym.



## CALIFORNIA SPIRIT POLICIES FOR SCHOOL TEAMS

- Athletes are expected to listen carefully to instructions and not talk or be disruptive during instructional sessions.
- Athletes will not use profanity while participating in an instructional session.
- Athletes will not tumble, stunt or do any activity without a qualified CALIFORNIA SPIRIT staff member in the area supervising the skill being performed.

Misconduct will be addressed by a verbal warning for the first offense, a written warning for the second offense and a possible removal from a class for a third offense. A parent/guardian conference will be held before an athlete is removed from a class. All written warnings will be documented and signed by CALIFORNIA SPIRIT staff, athlete and parents/guardians.

### **APPEARANCE**

Proper practice attire should be worn to all classes. The best attire is something that is easy to move in. Cheer or dance shoes are required. Basic light weight tennis shoes are good for tumbling. Jeans, baggy, or loose fitting clothing of any type is prohibited. In addition, clothing of a provocative nature or with inappropriate language at the discretion of CALIFORNIA SPIRIT is prohibited. Hair should be pulled back into a ponytail with bangs clipped back. No jewelry or piercings of any kind are allowed during class. For safety purposes, nails must be kept clipped to the length of the finger. If an athlete is not appropriately dressed or prepared for class the athlete may not be allowed to participate.

### **ATTENDANCE**

All athletes should be at the gym 5 minutes prior to the scheduled start of their class. Besides causing distraction by arriving late, tardiness does not provide the athlete with sufficient time to complete the warm-up and conditioning period that is very important to the safety of the athlete.

### **INJURIES**

If an athlete is injured, CALIFORNIA SPIRIT may require a doctor or parent/guardian release prior to the athlete rejoining the class.



## CALIFORNIA SPIRIT POLICIES FOR SCHOOL TEAMS

### RECREATIONAL CLASSES

If you are interested in improving your tumbling skills for cheerleading, CALIFORNIA SPIRIT offers recreational classes for all ages and ability levels. Our recreational classes run in sessions and change every winter, spring, summer and fall. The months covered during a session are:

Winter Session:	January, February and March
Spring Session:	April, May and June
Summer Session:	July, August and September
Fall Session:	October, November and December

Athletes can join a recreational class at any time as long as space is available. Classes can fill up quickly and sometimes the status can change daily so turning in your enrollment forms quickly will help ensure your placement in a class. A class with 1 coach is allowed a maximum of 8 athletes per class and a class with 2 coaches is allowed 16 athletes per class.

### RECREATIONAL CLASS DESCRIPTIONS

Classes are 1 hour long and consist of 15 minutes of warm-up and 45 minutes of instructional training.

- Tumbling 1: Learn and perfect basic bridge, bridge kick over, cartwheel, round off and basic motor skills.
- Tumbling 2: Learn and perfect standing and round off back handsprings.
- Tumbling 3: Must have perfected standing and running round off back handspring. Learn and perfect standing back handspring series and running tuck.
- Tumbling 4: Must have perfected running tuck and standing back handspring series. Learn and perfect standing series to tucks/layouts and running layouts/fulls.
- Stretching: This class is designed to increase flexibility. Different techniques are used each week. The stretching class will help all athletes specifically flyers and dancers.
- 50/50 Cheer: Learn the basics of cheer for fun or preparation for youth cheerleading, school, or All Star Cheer Try-outs. This class is designed for the beginning cheerleader focusing on flexibility, strength, jumps, and motion technique. Athletes will also be introduced to beginning



## CALIFORNIA SPIRIT POLICIES FOR SCHOOL TEAMS

tumbling, instruction (including forward rolls, handstands, cartwheels, round-offs, and back handsprings).

### **ENROLLMENT OR RE-ENROLLMENT**

To join or re-enroll in a class at CALIFORNIA SPIRIT you must notify CALIFORNIA SPIRIT in advance of the class you wish to join. We will then confirm the availability of the desired class and notify the coach that you will be joining the class. The forms listed below must be completed in full and submitted or brought to the first class prior to the athletes participation.

**Enrollment Agreement/Recreational Class Contract**  
**Release Form (*signed by parent/guardian and athlete*)**  
**Emergency Medical Form**  
**Credit Card Authorization Form**

If the 4 forms are not completed, prior to the beginning of the class, the athlete will not be allowed to participate until all forms are completed in full.

### **REGISTRATION FEE – \$50.00**

If your athlete is on a school team the registration fee will be paid through the school fees. If your athlete should continue in a tumbling class once they are no longer on a school team, the registration fee is a recurring fee due in March and every year thereafter. The registration is a fee that is charged to the gym for each athlete regardless of when they join and is due March 1<sup>st</sup> every year thereafter so long as the athlete remains a member of the gym. The registration fee cannot be pro-rated. The registration fee will be charged to the credit/debit card on file.

### **MONTHLY TUITION –\$50.00**

Monthly tuition is due when you join CALIFORNIA SPIRIT and on the 1<sup>st</sup> of every month thereafter. This amount will be charged to your credit/debit card on file. If you join after the 1<sup>st</sup> of the month we will pro-rate your tuition for the first month, however; we do not pro-rate for holidays. Athletes that participate on a school team receive a \$5 discount per month. If your athlete should decide to continue in their class after the school season has completed the tumbling class fee would revert to the normal rate of \$55 per month.



## CALIFORNIA SPIRIT POLICIES FOR SCHOOL TEAMS

### PRIVATE LESSONS – \$30 PER HALF HOUR

*Offered to current members only.*

To allow an athlete at CALIFORNIA SPIRIT to excel, we offer private one-on-one lessons with our experienced coaches to improve athlete's skills. From tumbling and stunt technique to rhythm and dance, private lessons are customized to suit your athlete's individual needs. All private lessons must be scheduled, in advance, through the office at [calspirit1@sbcglobal.net](mailto:calspirit1@sbcglobal.net). Space is limited. Athlete's must have a *Credit Card Authorization* form on file. The fee for a private lesson will be charged to your credit/debit card. We do not accept cash or check payment. You must be an active member of CALIFORNIA SPIRIT to participate in private lessons and your account must be current to participate in a private lesson.

We look forward to working with your athlete and hope to make their time at CALIFORNIA SPIRIT a rewarding experience. Please keep a copy of the *CALIFORNIA SPIRIT POLICIES FOR SCHOOL TEAMS* for your reference. All forms and tumbling schedules can be found our website at [www.csecheer.com](http://www.csecheer.com) or forms are also located at the gym. Please free to contact us at [calspirit1@sbcglobal.net](mailto:calspirit1@sbcglobal.net) if you should have any questions.