



All-Star Cheer Program 2010 – 2011

Building the Spirit and Strength of our Athletes to Develop the Hearts of Champions!

We are so excited to share our National Champion All-Star Competitive Cheerleading program with you. This packet will hopefully answer a lot of questions you might have about Competitive Cheerleading in general and specifically about EC Athletics. This will be the 6th competitive season for EC Athletics.

Our philosophy is that cheerleading offers benefits far beyond the competition floor. We train at a high level of discipline and intensity while also building a strong team spirit and family environment. We attribute our success on the floor to the dedication and attitudes of our parents and athletes! We have truly built a family who not only competes together, but also enjoys each other. Our athletes and parents are building friendships that will last far beyond that last competition.

We believe in instilling skills in teamwork, leadership, and commitment while increasing the physical skills of our athletes. To that end, we have high expectations regarding attendance. Practices and competitions are all mandatory. Practices cannot be fully productive if all athletes are not there. Please understand the level of commitment before you join our program. We are training athletes to understand responsibility to a team and develop the heart of a champion.

What is Competitive Cheerleading?

All-Star Cheerleading is a year-round sport that encompasses tumbling, dance, and stunts with other elements to build very well-rounded athletes. The cheerleaders compete together as a team in a 2 ½ minute routine that incorporates all elements of the sport. Teams compete against other teams of the same age and skill level in local and national competitions. Most competitive programs begin their season with try-outs in April or May, conduct skills training through the summer, then compete from November through April.

Our competitive squads typically have two weekly team cheer practices, while the show team will practice once per week. During the main competition months, there will be extra practices, typically just prior to a competition. Tuition for all squads includes all scheduled cheer practices as well as tumbling classes. All team cheer practices and at least one tumbling class per week are **mandatory**. Competitive cheerleading is a commitment to a team for the **entire year**.

Squads:

We cannot determine the age division or specific skill levels of our teams until we see the results of Try-outs. Cheer squads are categorized in 2 ways: by age and by skill level.

AGE DIVISIONS:

- Tiny: 5 and under
- Junior: 14 and under
- Mini: 8 and under
- Senior: 18 and under
- Youth: 11 and under

SKILL/ABILITY LEVELS:

- Show Team: Open to all ages and ability levels – truly for beginners just starting out to learn about cheerleading in a low intensity, fun environment. This team will learn a routine and attend a few competitions, but will not compete against other teams.
- Level 1: Skills at this level include cartwheels, round-offs, front rolls, front and back walk-overs, athleticism, listening and memory skills
- Level 2: Includes back handspring or round-off back handspring series, sharp motions, and strong jump combinations
- Level 3: Includes round-off back tuck, toe-touch back handspring combination, advanced motions/dance skills, level jumps
- Level 4: Includes standing back tuck, layouts, front tucks

The difficulty of the stunts, pyramids, and dance choreography all also increase with each skill level.

Note: It is possible that cheerleaders can be added to a squad after try-outs if a specific age or skill level is needed to fill a position in a squad. This would be handled through a private try-out. Additionally, it is possible to change teams during the season if it benefits the athlete and the team.

Competition Information:

Competition season runs from November through April. Teams attend 1 to 2 competitions per month. Show teams will attend three or four competitions later in the season.

Our competition schedule will be set by early August, pending any changes by the vendors. Competitions are on the week-ends, but a national competition could start on Friday or include Friday travel. For planning purposes, we expect to attend 4 to 6 competitions within the Metroplex and have up to 2 trips as part of the regular season. Our schedule will be made up of a combination of local one-day regionals, local one-day nationals, and 2 to 3 two-day national competitions for a total of 6 to 8 competitions. Once our competition schedule is set, please block the entire day for the competition. We won't know until the week of the competition what our performance

times are. We also expect our families to cheer on each of the EC Athletics teams. The bigger our block of parents in the stands and the louder we are, the more it encourages and supports our children.

End of season competitions are also a possibility. Through the season we will attend competitions which give "bids" to other elite competitions. These will be evaluated as they are received. These are typically in March and April.

Disney Trip: This year we are strongly evaluating attending a National competition at DisneyWorld, typically held in March and April. We will likely choose UCA, but will consider other options as well. When we receive our bids, deposits will be due very quickly to reserve travel. Because of the need to receive bids to attend, this is an extra competition and opportunity that is not built into any of the primary fees for the year. There will be fundraising options to assist with this trip.

All Inclusive* Tuition & Fees:

Fees for competitive cheerleading are broken into two categories: Tuition and Competition fees. This includes all cheer practices, unlimited tumbling classes (one per week for Show Team), choreography camp, competition registration fees for team members, and all coaching fees. To make it easy on our parents, we've combined all these into one monthly payment. When considering cheer gyms, make sure you take all the fees into account. Some gyms may boast a low monthly tuition only to collect higher fees at a later date.

Level 2, 3 or 4 Competitive Team Tuition / Fees: \$209 per month (commitment of May 2010 through April 2011).

Level 1 Competitive Team Tuition / Fees: \$199 per month (commitment of May 2010 through April 2011).

Show Team Tuition / Fees: \$123 per month (commitment of May 2010 through April 2011).

*These monthly fees do not include any attire (uniform, practice clothing, warm-ups, make-up kits or shoes), camp or travel expenses.

Other classes – Team cheer classes and unlimited tumbling classes (one per week for Show Team) are included with the monthly fee. Extra classes (techniques, stunts, jumps, week-end clinics) will be offered periodically throughout the season at a discounted rate. Currently, the Techniques classes are available to cheer team members for \$20 per month.

General Spirit / Booster Club Fund: There will be booster club dues that will cover spirit items, social events, picture CD from a Nationals, cheerleader gifts, coaches gifts, and various other items throughout the year. The booster club sets a budget early in the season and collects dues based on that approved budget. This season's dues will be communicated by the end of May and be due by the end of June. For planning purposes, this amount was \$111 for last season.

Family Discounts: Family discounts apply to the Tuition portion only of the monthly fees. Please see one of the office staff to determine the appropriate discount for your family.

Fees Due Dates: The first tuition payment is due by May 10th. A credit card must be established in our system to automatically pay your balance on the first of the month. If you do not have a credit card, please talk with Lee about alternate payment arrangements. If alternate arrangements are made, the monthly payment must be received by the 5th of the month. After the 5th, we will add a **\$15 late fee** to your account (This will be strictly enforced this season). **If you do not bring your account current by the end of the month, your child will not be allowed to practice until payment is made.**

Refunds: If a cheerleader leaves the program for any reason, any fees or tuition paid to the gym will NOT be refunded. If you leave the program after paying for, but before receiving uniform or clothing of any type, you will not receive a refund and that clothing becomes property of EC Athletics.

Competition Other Fees: Please note that while all fees for your athlete's competition attendance are built into the program pricing, some competitions do charge a spectator or parking fee. This ranges from free to \$10 for local competitions to \$15 to \$25 for a 2-day Nationals. Also note that if you join a team after May, you will be responsible to catch up on missed competition fees.

Attire:

The uniform will be the same as last year.

Uniform – Will not exceed \$300 for girls, \$250 for boys (includes one piece long sleeved top, skirt, bloomers, hair bow)

Shoes – Will not exceed \$75 for Levels 2 – 4 squads, Will not exceed \$50 for Level 1 squads

Practice Clothes – Will not exceed \$90 (will also be worn at camp)

Make-up Kit – Will not exceed \$50

Team warm-up – Will not exceed \$100

Duffle Bag – Will not exceed \$40

Earrings: Earrings are not allowed in cheer practice or at competitions. They are against all cheer organization rules because they are a safety hazard. Because cheerleading is a year-round sport, we are giving the month of May as a "grace period" for earrings. If your child wants ears pierced, please do so now. As of June 1st we will enforce the no earrings rule in practice.

Hair: Hair should be pulled back out of the face, preferably in a pony tail, at every practice. All squads typically wear pony tails at competitions. Please bring your own hair ties or rubber bands to practice.

Camp:

We have found that the benefits to the athletes of going away to Cheer Camp are tremendous. Not only do they progress in their skill, but they bond as a team in a way that is impossible outside the camp environment.

Members of Level 2 or above teams are expected to attend camp. All Level 1 squad members (older than Tiny) are encouraged to attend camp, but it is optional.

Cost – Approximately \$300

Dates – July 7th through 9th

Location – Great Wolf Lodge

Travel:

There are one or two expected trips for this season (not counting bid competitions). Although this is tentative, we wanted to set expectations about the season. In the past we have attended competitions in San Antonio, Shreveport, Belton, and Oklahoma City. If a team receives a bid to another competition or Nationals, that trip will be evaluated. Parent / cheerleader travel expenses are not included in any fees paid to EC Athletics, although we will attempt to assist parents in finding affordable accommodations.

Choreography:

There will be a 2 to 3 day choreography clinic held for Competitive squads sometime during the month of August to learn the routine. There is no additional fee for this clinic as it is covered in the overall monthly fees. The Show Team and Tiny competitive team routines will be taught during the weekly class time as well as in some 2 to 3 hour week-end sessions. Please keep your calendar clear after August 6th for these mandatory clinics. Please remember that our choreography and routines are not to be shared with anyone outside our program.

Booster Club:

A parent-run Booster Club was established in 2006. The Booster Club is involved in fundraising, making spirit signs for competitions, parties or fun activities, working with the coaches on travel arrangements for out-of-town competitions, and any treat bags for the cheerleaders in addition to other activities. You can get involved and offer lots of assistance by joining one of the Booster Club committees: Fundraising, Social, and Spirit. Other committees may be added as needed.

Fundraising:

Fundraising is a great option to offset expenses associated with competitive cheerleading. The Booster Club Fundraising committee will offer several options throughout the season. If you have an interest or knack for fundraising, please consider joining the Fundraising committee. Some examples of fundraising ideas include a "Jump-a-thon", Poinsettia sales just after Thanksgiving, selling cases of sodas, or working a concession stand at the Cowboys Stadium. The fundraising committee will conduct the first fundraiser very soon after try-outs to help offset the cost of uniforms and camp.

Parent Support & Communication:

Communication will occur primarily in three ways.

- 1: Email. Please ensure we always have your valid email address. This is the primary way that information is communicated out to parents. Please check your email regularly.
- 2: Web Site. <http://ecathleticscheer.net>. News and notes for our teams will be placed in the members only section of the web site. Please register on the web site to see that secured area that is reserved for our cheerleaders and parents.
- 3: Team Parent Meetings. Each squad will have occasional parent meetings for all parents of that squad. In these meetings information about upcoming events, fundraising, and other items will be discussed. There will also be at least one "team mom or dad" volunteer per squad. Prior to any team parent meeting, the team mom or dad from each team will meet with the coaches to go over items to be communicated with the teams. The team parent also serves to represent that team's interest with the booster club.
4. Team Parent. Each team will have one or two parents who will serve as team parent and represent the team with the booster club and coaches. This person will be a great resource to you as a parent to assist with questions you may have.

Cost Spreadsheet:

Competition Teams:

Booster Club Fee	Approx.\$100	Due June 30 th
Annual Registration Fee	Included in fees	
Tuition / Fees Monthly Payment	\$199 - 209	Due Monthly by the 5 th – May 2010 to April 2011
Uniform	Approx. \$300	Due July 1 st
Camp (optional for Level1)	Approx. \$300	Deposit of \$50 due May 15 th ; Balance June 11 th
Camp/Practice Clothes (3)	Approx. \$90	Due June 1 st
Shoes	Approx. \$75	Due August 1 st
Make-up	Approx. \$50	Due August 1 st
Warm-ups	Approx. \$100	Due September 1 st
Duffle Bags (optional)	Approx. \$40	Due September 1st

Show Teams:

Booster Club Fee	Approx. \$100	Due June 30 th
Annual Registration Fee	Included in fees	
Tuition / Fees Monthly Payment	\$123	Due Monthly by the 5 th – May 2010 to April 2011
Uniform	Approx. \$300	Due July 1 st
Practice Clothes (2)	Approx. \$60	Due June 1 st
Shoes	Approx. \$40	Due August 1 st
Make-up	Approx. \$50	Due August 1 st
Warm-ups	Approx. \$100	Due September 1 st
Duffle Bags (optional)	Approx. \$40	Due September 1st



Rules of Conduct:

While this is not an exhaustive list, here are general rules of conduct.

Expected Behavior: All coaches, cheerleaders, and parents are representatives of EC Athletics.

Respect for coaches, cheerleaders, and parents is required and mandatory. If anyone shows a lack of respect to anyone, they will be asked to leave the gym immediately.

Attendance: An All-Star cheer routine depends on each and every member. When your child is not at practice it hurts the entire team. Please understand this level of commitment before you sign up.

There can be approved absences for vacation during the summer, but **once school starts in the Fall, all practices are mandatory. Additionally, all competitions are mandatory.** Once the competition schedule is posted, there can be no excused absences from competitions. If your child is ill or has a school conflict (which is for a grade), you can request an excused absence from practice. For the absence to be excused, you must **CALL** the gym and coach **in advance before practice begins.** Once school starts in August, after 3 unexcused absences, there will be disciplinary actions up to suspension from competition or removal from the program.

Practices / Gym Closures: Please refer to the EC Athletics policies for scheduled gym closures during holidays. Note that we do not reimburse tuition for gym closures, nor do we require extra tuition when extra practices are scheduled during competition season.

Disciplinary Actions: We will use disciplinary action as a last resort. We will attempt to handle issues through discussion and positive reinforcement. If an issue arises, we will first address it with the athlete. If the issue continues, we will address it with the parent(s). If the issue continues beyond the discussion with the parent or the issue involves a missed competition, the result will be suspension or dismissal from the program. All tuition and fees will continue to be paid during a suspension. There will be no refunds if someone is dismissed from the program.

Practice Rules:

1. Be kind. There is no room for personal conflicts. Do not bring them to practice.
2. Warming up is not optional – you must participate in order to cheer.
3. Cheer shoes with socks will be worn at all times during practice. Cheer shoes will not be worn outside.
4. Never build a stunt without a coach present.
5. No talking between cheers (meaning when the coach stops you for training or explanation, it is not a time to start talking and/or playing).
6. Hair must be worn away from the face (pony tail, dog ears, etc.)
7. No jewelry (earrings must be out at practice by June 1st).
8. Wear approved practice attire only.
9. Parents are not allowed in the gym during practice unless invited by the coaches to watch.
10. Conditioning is part of cheerleading. It is a mandatory part of the program. Please exercise and condition outside practice as well as in the gym.
11. All behavior at competitions will be exemplary. There will be only positive comments about other teams or your teammates. We will show respect, kindness, and spirit to all other teams we encounter.
12. At no time will any team member speak unkindly about any other team member or coach. All disputes or conflicts should be brought to a coach for resolution immediately.
13. Parents will not speak unkindly about any athlete, coach or parent. Any disputes or conflicts should be brought to a coach for resolution immediately. Gossip or continued negative behavior will not be tolerated and could result in suspension or dismissal from the program.



Parent Code of Conduct

Please initial each item and sign and date at the bottom of the page.

_____ I understand that all decisions made by the coaches and owners of EC Athletics are made for the good of the entire program. I will support the decisions made even if I do not agree with them. I will take any disputes up with the coaches or owners and refrain from discussing them with other parents.

_____ I am aware that this is a one year commitment to this cheer program. I will do everything within my ability to ensure my child is at all practices and competitions for the entire season. I am also aware that if my child leaves the program for any reason during the season, I am not entitled to any refunds.

_____ I understand that once practice clothing is purchased, there will be a specific schedule for wearing practice clothing. I will ensure my child is in the appropriate clothing on the appropriate day and attempt to replace any lost articles.

_____ I will immediately work with coaches to resolve any incident of poor attitude or disrespect shown by my child to any team member, coach or person involved with EC Athletics.

_____ I understand that it is important for every child to be at every practice and practice time as a team is critical to the success of the program. I will do everything within my power to have my child at practice on time and there for the entire practice. If my child is sick or has a mandatory school function that requires my child to miss practice, I will notify the gym in advance. I am aware that if my child has more than 3 unexcused absences from practice, he or she can be suspended or removed from the program.

_____ I am fully aware that inappropriate behavior from parents can damage this program and my child. I understand that inappropriate behavior from me or any other family member can result in my child's suspension or removal from the program. I and all family members will refrain from negative behavior, gossip, or speaking ill of anyone associated with EC Athletics.

_____ I accept the coach's right to suspend or dismiss any child from the program as a disciplinary action if policies or rules are not followed. I will respect and honor the decisions made by coaches.

I have read this code of conduct and understand my role as an EC Athletics cheer parent.

Parent Signature

Date



Cheerleader Code of Conduct

Cheerleaders and parents please initial each item and sign and date at the bottom. Parents, please ensure your child understands each item.

_____ I will be kind to all team members, coaches, and everyone associated with EC Athletics. I will not bring any personal conflicts into the gym. I will not say mean or unkind things about any other cheerleader, coach or parent.

_____ I will have a positive attitude in all practices and at all competitions. I will always give my best effort when representing EC Athletics.

_____ I will always warm-up at practice. I understand that it is not optional and it is required to keep me safe and healthy.

_____ I will not take part in building any stunts without a coach present.

_____ I will show respect to coaches and team members in each practice. I will listen when a coach is instructing me or anyone on the team.

_____ I will not wear jewelry to practice or competitions. I will not wear my cheer shoes outside the gym except at competitions. I will wear cheer shoes and socks at every cheer practice.

_____ I will show good sportsmanship to all teams and at all times at competitions. I will respect the decisions of the judges and show a good attitude.

_____ I understand that this is a one-year commitment to this program. My team mates are counting on me to take this seriously and be part of the team for the entire season.

_____ I will follow all rules and policies of the program. I understand that if I break any rules or miss competitions or practices I can be suspended or removed from the team.

_____ I will work with my parents to make sure I am on time for practice and competitions and I will be in the correct practice or competition attire.

_____ I will notify my coaches in advance if I have to miss practice due to a mandatory school function (including school cheer, choir, sports or any other school function). I understand that if I have more than 3 unexcused absences, I may be suspended or removed from the program).

_____ I understand that if I do not keep the skills of my team's level I can be moved to the team that has the right skill level for me.

_____ I will have enthusiasm about this team and HAVE FUN!

I have read this code of conduct and understand my role as an EC Athletics cheerleader.

Athlete Signature

Date

Parent Signature

Date



All-Star Cheerleader INFORMATION SHEET
(Due by Friday, April 30th)

	Date	Initials
Try-Out Fee		
Cheerleader Code of Conduct		
Parent Code of Conduct		

Name: _____

Birth Date (include year): _____ Age _____

Parent(s) Names: _____

Home Phone Number: _____

Cell Phone Number(s): Mom _____

Dad _____ Athlete _____

Email Address(es): Mom _____

Dad _____ Athlete _____

Address: _____

City: _____ Zip: _____

School: _____ Grade: _____

Insurance Company: _____ Policy or Group #: _____

Any Medications or Medical Concerns: _____

Level of Squad you want to try-out for _____

Practices will be 4:30 PM or later on week-days or on week-ends. Please list ALL conflicts that you cannot change. Include church, school practices, etc. If you do not list the conflicts here, they will not be taken into account when placing cheerleaders on teams.

Please list any known summer conflicts (such as vacations already scheduled).



Try-Outs:

Registration for try-outs is due by April 26th.

Try-out Fee: Before April 9th (current team members – waived, new members - \$35)

After April 9th (current team members - \$25, new members - \$50)

This fee includes two clinics and the try-out. We believe there is a place for everyone at ECA, but if for some reason your child is not placed on a team, this fee will be applied as a credit towards classes.

With registration fee, turn in the All-Star Cheerleader Information Sheet.

Parent Information Sessions (attend one)

Wednesday, April 21st – 6 pm

Saturday, April 24th – 1 pm

Monday, April 26th – 6:30 pm

Clinics (attend both dates for your level)

If you have a question about what level clinic/try-out your child should attend, please see a coach.

If you are trying out for Level 3 or 4 teams (requires a back tuck) attend clinics on:

Monday, April 26th - 6:00 pm to 7:30 pm

Thursday, April 29th - 6:00 pm to 7:30 pm

If you are trying out for a Level 1 or Level 2 team attend clinics on:

Thursday, April 22nd - 6:00 pm to 7:30 pm

Tuesday, April 27th – 6:00 pm to 7:30 pm

Try-out Date:

Saturday, May 1st

2:45 to 3:45 pm – Ages 3 to 6 – Levels 1 or 2

3:45 to 5:00 pm – Ages 7 and up – Levels 1 or 2

5:00 to 7:00 pm – Levels 3 or 4

Skills evaluated include tumbling, dance/motions (learned during the clinic), sharpness, jumps, showmanship, listening & memory skills, and attitude. The coaches will consider the overall level of the athlete when placing him or her on a team. **If you cannot make the try-out date posted above, please contact a coach to set a private try-out time.**

Team rosters will be posted on the web site no later than **Monday, May 3rd**. We will set practice schedules as soon as possible after try-outs based on the number and types of teams we have. Our expectation is that show teams will meet once per week for an hour and 15 minutes while competitive teams will practice twice per week for one to two hours based on age and level.

All team members should attend tumbling classes during the week of May 3rd.

Team practices will begin the week of May 10th.

Note: The preliminary formation of teams will first consider skill level and then consider age. These initial teams will work together through camp. It is possible that final team placement will vary slightly. We must see the teams work together and evaluate how the skill of each team and individual progresses through the summer. Final team formations will occur before Choreography is taught in August.