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**COME BE A PART OF THE POSITIVE LIFE EXPERIENCES THAT ALL STAR CHEERLEADING EMBRACES!**

All Star Elite Cheer is a competitive cheer program located in El Dorado County that is open to all ages and all abilities. The Mission of All Star Elite is to provide quality instruction from knowledgeable and nurturing teachers in a safe and exciting environment so that every student can realize his or her full potential. At All Star Elite, we take the training of our coaches to the highest level. Because safety is our number one priority we have gone the extra mile to insure that all our athletes feel not only physically safe but emotionally safeguarded as well. All Star Elite Cheer was the first gym in the country to achieve the USASF Gym Certification.

*The United States All Star Federation is a not-for-profit 501(c) (3) and is the national governing body for sport cheering. The USASF created gym certification criteria to further their mission of enhanced safety. Some of the criteria for certification include background checks on all employees, finger-printing, and Emergency Action Plans that are not only written but practiced on a regular basis.*

In addition to the above, all of the coaches with All Star Elite are credentialed to the highest level possible and the cheer director maintains the AACCA certification. The AACCA, American Association of Cheerleading and Administrators is the defining source for all cheerleading safety.

All Star Elite takes it to even higher level by having their athletes safety credentialed so they are aware of the proper progressions of stunting and tumbling believing that education and awareness will minimize the risk of injury.

The All Star Elite coaching staff is guided by 11 teaching principles that they have developed through their 16 years of coaching athletes of all ages and abilities.

1. Keep The kids safe
2. Unconditional Respect
3. Clearly Communicate Expectations
4. Catch Kids doing things right
5. Discipline with Natural Consequences
6. Be Enthusiastic
7. Set Daily Challenges
8. Recognize Daily Successes
9. Keep the practices moving with perpetual motion
10. Set up structured practices that embrace creativity, Variety and FUN!
11. Teach with Love, Empathy and Compassion

All Star cheerleading is defined as a team or program who practice in a concentrated environment for the sole purpose of competition and do not represent a school, All Star cheerleaders come together from different school districts to refine their skills and compete. All Star Elite Cheer has an amazing facility in El Dorado County providing a spring floor and the proper equipment to train with.

The USASF also defines skill levels to insure that kids are not attempting skills that they have not properly prepared or trained for. All Star Elite is a Nationally and Internationally ranked program now entering into their 10<sup>th</sup> competitive season. The athletes that join the All Star Cheer Family are able to learn valuable life lessons throughout their journey as a competitive cheerleader.

Some of the values are:

- Building Confidence and self-esteem that comes from accomplishing specific goals
- Integrity is developed by coaches and leaders who promote sportsmanship ideals
- Character and Leadership skills that is nurtured by being involved for a significant period of time where relationships can develop to their fullest potential.
- Physical Fitness is a requirement in order to safeguard the body from injury, at All Star Elite we focus on proper nutrition and conditioning in order to maximize ones fitness and to educate athletes about the benefits of a life time of physical activity.
- Friendships develop when you share common goals and experiences. The athletes at All Star Elite Cheer have developed life long friendships and memories that include traveling together and activities outside of the gym.
- Service to the community as All Star Elite cheer is dedicating to giving back to the community by organizing charitable events throughout the season.
  1. In 2007-2008 All Star Elite Cheer families provided an entire platoon in Iraq with over 200 care packages for Christmas
  2. In 2008-2009 All Star Elite Cheer donated thousands of dollars worth of supplies for the M.O.R.E. Rehabilitation Center located in Placerville.
  3. In 2009-2010 All Star Elite Cheer worked with CASA to provide over 100 filled stockings For boys and girls of El Dorado County who were spending the holidays without their Families.

All Star Elite Cheer's Director, Karen Wilson, is one of the founders of the Northern California All-Star Alliance. Karen has served on the Executive Board and has been the Chairman of the Scholarship Committee for 3 years. The Northern California All Star Alliance has raised over \$30,000 in scholarships to provide All Star cheerleaders with an opportunity to further their education beyond high school. All Star Elite Cheer has been recognized as the El Dorado County Community Service Business of the year for 2009. All Star Elite Cheer is dedicated to providing a fun and safe place where all children of all ages and abilities can reach their highest potential.

FOR MORE INFORMATION YOU CAN CALL US AT 530-622-7684. Or E-Mail Karen Wilson  
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