

HIGH FLY

All-Stars



2011-2012

FLIGHT PLAN

WWW.HIGHFLYCHEER.COM



The Sidelines Sports Academy, High Fly All-Star Program strives to build character and pride in its athletes by focusing on spiritual, academic achievement, and the overall positive representation of the community and facility. We strive to effectively assist our athletes in discovering their abilities God has given them and help mold them to be upstanding men and women through this great sport.

The purpose of this handbook is to provide you with a comprehensive understanding of our all-star program. This handbook will outline all rules, policies and financial responsibilities that must be adhered to during the 2011-2012 season.

We would like to thank you for your interest/participation in High Fly All-stars. We take pride in being one of the nations premier competitive cheerleading programs. We strive to teach our athletes to be excellent in everything they do, on and off the competitive floor. Our staff is comprised of high energy, motivated individuals that love the sport and the kids. They are also highly qualified and all share a common goal to make our program the best in the nation. Join us, and be a part of the most exciting program in the country!

**God had a better plan for us, that their faith and our faith
would come together to make one completed whole.
Their lives of faith not complete apart from ours.
Hebrews 11:40**



All-Star cheerleading carries with it a *high level* of commitment, not only to your teammates, but to your coaches, and program as well. High Fly strives for a level of excellence that can be matched by few.

What you can expect from your High Fly Program

High Fly All-Stars is not only one of the premier programs in the state, but now offers THREE training facilities, Trussville, Moody and Jasper Alabama. All locations are easily accessible to one another and combined, boast over 33,000 square feet of training space. Our teams from our Trussville and Moody locations will alternate practice time in both locations. Our teams from Jasper will practice exclusively in their facility located there. All facilities are heated and air conditioned, and all provide ample space and equipment to allow our athletes to improve and achieve success.

You can be rest assured that when your child comes to our facility that they are surrounded by Godly coaches that take every measure to ensure that they receive not only top notch cheerleading coaching but spiritual coaching as well. *Our staff will lead by example.* Music is monitored in the gym to keep questionable influences at bay. Foul language is never tolerated in the gym, especially from our staff. We will not choreograph suggestive moves in our routines nor will we incorporate any music that is inappropriate. Our coaching staff not only will lead by example spiritually but is highly trained and offers many years of experience in the cheerleading industry. All coaches are USASF certified as well as CPR and First Aid certified. All staff has been trained to handle emergencies in an appropriate and professional manner.

Your staff can be trusted to know what is best for your child in regards to his or her cheerleading needs. Please understand that your opinion and ours will often differ but we will openly communicate with you about decisions made. Your support of your coaches will help ensure that your kids will respect our leadership as well. Please be willing to come to your coaches and discuss any problems or questions that arise and not air your grievances to other parents.

Placement of teams

At the time of tryouts the teams are put together as to make each team as competitive as possible in their respective level. Athletes are placed on the teams where we feel like they can make the most impact as well as one they will be comfortable with, and that will challenge them. First and foremost we will place your child on his or her age appropriate team. We will strive to utilize each child's strengths, and place them on a team where they will have the opportunity to shine the most. Skill level is important when placing team members, but other aspects are considered, such as need for flyers, tumblers, bases, etc. to make the most well rounded squad possible. Team members may be moved to a different squad during the season according to but not limited to, new skills acquired, skills not maintained, injuries, replacement of another team member, or other reasons deemed necessary by the staff. All decisions are always made for the betterment of the team, and/or the entire program. Everyone's interest has to be taken into consideration.

Please refer to our *Squad Placement Guide* for more information.

Training Season

Training season begins immediately after placement of teams. All athletes are expected to maintain self motivation to improve their individual skills that will in turn, improve their squads skill level as well. Additionally, the coaches will insure that the squads are maintaining skill progression to build up to competition. All practices are mandatory in order to accomplish their team goals.



Competition Season

Competition will begin in mid October and will continue through April of 2012. All competitions are mandatory! We compete locally as well as nationally. Some competitions are one day events, and others are two day, requiring an overnight stay, possibly two (non traveling teams compete locally only). In the event that a hotel stay is required, parents are responsible for your own travel arrangements. We will arrange to have blocks of hotel rooms in each city in which we travel to. It is not required to stay in the designated hotel.

Competitions are the heart of why these athletes work so diligently. They are meant to be fun, exciting and rewarding. Regardless of the outcome, all athletes are encouraged to maintain a positive attitude and required to display proper behavior and exceptional sportsmanship. Although High Fly has many teams, and several locations, we are one family. We encourage everyone, regardless of age, or team, to support and cheer for all High Fly teams., as well as our opponents. Every team in our program works equally hard, and deserves everyones support. All competitions are mandatory due to the fact that every team member is crucial to the performance. Missing a competition for any reason, is grounds for dismissal from the program, and will incur a \$100 penalty and you must give the gym at least 90 day advance notice.

If dismissed from the program for missing a competitoin a \$500 termination of contract fee will be applied as well.

*** HIGH SCHOOL SENIORS (only)**

There are many situations that high school seniors face that are unique to them. Ex. College Tryouts, Prom etc. These absences are excusable as long as the high school senior does the following:

- Inform coach a MINIMUM 60 days in advance
- Provide an APPROVED replacement by 45 days prior
- Pay full competition fees for the replacement athlete

If you are not a high school senior, see above for policy on missing a competition.

Practice Attendance

Practice is extremely important. Competitive Cheerleading is unique in that every team member is needed to make a practice successful. Team skills such as stunts, pyramids and basket tosses cannot be performed without every member present. Absence from practice is not taken lightly. If a practice is going to be missed, the athlete must contact the coach and/or office staff as soon as possible.

Only 6 unexcused absences will be allowed for the entire season. After 6, a child may be dismissed from the team. Absences the weekend or week prior to a competition are not allowed for any reason. An unexcused absence may result in the athlete being pulled from the upcoming competition or moved to another position in the routine.

-- Excused absences may be one of the following, but not limited to:

- school function that results in a grade
- death in the family

-- The following are NOT excused absences:

- Part time jobs
- weddings
- birthday or any other parties
- family reunions
- school functions such as games, dances, banquets, etc
- any other activity of the sorts

-- Ensuring that our athletes maintain good grades is very important to us. However, part of being in our program is learning proper time management. Therefore, missing practice due to homework will never be an excused absence.

-- **Parents are NOT to use withholding a child from practice as a punishment. This not only punishes your own child, but the rest of the team as well.**

-- **(Cheer Only) You must attend at least one tumble class per week in addition to practices unless otherwise approved by all-star coaching staff. (Dance Only) It is required that you attend at least one dance class per week in addition to practices unless otherwise approved by coaching staff.**

-- **Athletes must attend practice even when moderately sick.** He or she will not always have to participate but must be present in order to maintain current with the team and routine. Excessive absence due to moderate illness is not acceptable.

-- Cheerleading is a physically demanding sport, and unfortunately the reality is, athletes occasionally get injured. In the event of an injury which prevents a child from participating, a replacement will need to be found as soon as possible. If an athlete is injured outside of the



gym, he or she needs to notify the coaches as soon as possible so arrangements can be made to either re-choreograph the routine or find a substitute. Depending on the injury, an athlete needs to be 100% before returning to the routine. Injured athletes must continue to pay fees for involvement in the program.

- Parents are allowed to watch the last 15 minutes of every practice. This is to ensure complete focus and attention from the athletes.
- DO NOT BE LATE. Practice begins promptly, All athletes are to be ready for practice with proper clothing, hair tied back, and good attitude in place at least 10 minutes before practice is to begin. Entering the gym right at the practice time is "late."
- Parents, most athletes do not drive themselves, therefore you are responsible for getting your child or any others to practice on time or they may be punished regardless of the reason.

CONDUCT

Upholding Christian values is a high priority and is part of our mission at High Fly All-Stars. We ask that our students, parents and coaches alike set an example not only to each other, and other cheerleading programs, but to everyone by displaying Christlike characteristics in all aspects while involved with High Fly All-stars. We strive as a program to be ambassadors for Christ in everything that we do. The purpose of this contract is to outline the expectations of conduct and sportsmanship that all members of High Fly All-Stars are to exhibit.

Students/Athletes

All athletes are to follow all direction and instruction given by any member of the staff. All students must work hard in practice and conditioning exercises to improve performance, reduce chance of injury and improve the overall team by making himself/herself a better athlete. It is important to maintain a positive, competitive attitude, keep a good attention span, work hard to better the team, and maintain an overall high standard of conduct. All members must agree to work hard to maintain or acquire skills required by the team or coaching staff. All athletes must behave at all times in a manner that reflects positively on themselves, their families, and High Fly All-Stars. In extreme circumstances, should a violation of these principles occur, it could result in disciplinary action or removal from the program. When you wear the High Fly name, you must be respectful at all times, as to not bring disrespect to yourself, your team, or the High Fly name.

- Foul language of any kind will not be tolerated at any time while participating with any High Fly sanctioned activity
- All athletes are to treat all staff with respect. You must understand that decisions are final and always made with the entire team and/or program in mind. Please openly discuss any and all problems with a staff member immediately. If a parent, or athlete is caught gossiping or talking negatively about a coach, or staff member, they will be confronted, and under extreme circumstances, asked to leave the program.
- Absolutely no use of tobacco products or alcohol will be tolerated at any time while as a member of High Fly All-Stars.
- Inappropriate touching of any kind or displays of affection will not be tolerated at any time.
- Any type of behavior that may be viewed as inappropriate by the staff of High Fly while at any sanctioned event will not be tolerated.
- All High Fly athletes are to uphold a high standard of sportsmanship while representing High Fly All-Stars at all times. All members must present themselves publicly as the athletes they are.
- Absolutely no clothing supporting any other program other than High Fly will be allowed at any time.

Practice Dress Code

- Practice Clothes must be worn at every practice, even if the athlete is sick, or injured, and is not practicing full out.
- Cheer shoes are a part of your practice outfit, and must be worn to all practices. You may be punished for not having your shoes
- Hair must be pulled back in a ponytail, with either a white ribbon, or no ribbon at all.
- If an athlete does not have the correct practice clothes, they will be given some from the office, and the amount will be charged to the athletes account.
- **No Jewelry of any kind allowed at practice**
- **Cell Phones should be put away at practice and should not be used unless emergencies. NO TEXTING at practice.**
- You must wear bloomers under your shorts, if you are a flyer, and all female athletes must wear a sports bra under your practice top, regardless of age.



Payment Options



Travel Cheer Teams

Season is Figured for May 2011-April 2012

Option 1 **Includes free Warm-up**

Full Amount Paid Up Front

\$1,440- 12 Month's Tuition
 \$45 - Annual Registration fee
 \$25 USASF Membership
 \$700 - Competition Fees
 \$125 Choreography/Music
 \$125 -Practice Clothes/T-shirts
 \$275 - Uniform

Total \$2735 Total without Uniform \$2460

Must be paid during first week

Option 2

Equal Monthly Payments

\$1,440- 12 Months Tuition
 \$45 - Annual Registration fee
 \$25 USASF Membership
 \$700 - Competition Fees
 \$125 Choreography/Music
 \$125 -Practice Clothes/T-shirts
 \$275 - Uniform

Total \$2735 /12 months Total \$2460 /12 months

Monthly Total \$230 Monthly Total \$205

Option 3 for all Teams

Pay Per Month -
 Broken down by due dates
 See Option 3 Payment Page

These options do not include

Shoes - \$80 (must be approved, available to order at the gym)
 Bows - \$3 (available at the gym)
 Make-up - \$45 (available at the gym)
 Tattoos- \$0.25 (available at the gym)
 Warm-up -(optional) - \$125
 Bloomers - \$10 (not included with uniform)

Non-Travel Cheer Teams Options

Option 1 **Includes free Warm-up**

Full Amount Paid Up Front

\$1,440- 12 Months Tuition
 \$45 - Annual Registration fee
 \$25 USASF Membership
 \$450 - Competition Fees
 \$25 - Camp Fee
 \$100 Choreography/Music
 \$125 -Practice Clothes
 \$275 - Uniform

Total \$2485 Without Uniform \$2210

Must be paid during first week

Option 2

Equal Monthly Payments

\$1,440- 12 Months Tuition
 \$45 - Annual Registration fee
 \$25 USASF Membership
 \$450 - Competition Fees
 \$25 - Camp Fee
 \$100 Choreography/Music
 \$125 -Practice Clothes
 \$275 - Uniform

Total \$2485 /12 months Total \$2210/12 Months

Monthly Total \$208 Monthly Total \$185



Payment Options



Tiny Cheer Teams

Season is Figured for May 2010-April 2011

Option 1 **Includes free Warm-up**

Full Amount Paid Up Front

- \$900- 12 Months Tuition (\$75)
- \$45 - Annual Registration fee
- \$25 USASF Membership Fee
- \$450 - Competition Fees
- \$100 Choreography/Music
- \$125 -Practice Clothes
- \$275 - Uniform

Total \$1920

Total without uniform \$1645

Must be paid during first week

Option 2

Equal Monthly Payments

- \$900- 12 Months Tuition (\$75)
- \$45 - Annual Registration fee
- \$25 USASF Membership Fee
- \$450 - Competition Fees
- \$100 Choreography/Music
- \$125 -Practice Clothes
- \$275 - Uniform

Total \$1920 divided by 12 months

Monthly Total \$160

Without Uniform	Total \$1645 divided by 12 months
	Monthly Total \$137

Option 3 for all Teams

Pay Per Month -
Broken down by due dates
See Option 3 Payment Page

These options do not included

- Shoes - \$80 (must be approved, available to order at the gym)
- Bows - \$3 (available at the gym)
- Make-up - \$45 (available at the gym)
- Tattoos- \$0.25 (available at the gym)
- Warm-up -(optional) - \$125
- Bloomers - \$10 (not included with uniform)

Dance Teams

Option 1 **Includes free Warm-up**

Full Amount Paid Up Front

- \$ 1080 Months Tuition (\$90)
- \$ 45 - Annual Registration fee
- \$ 300 - Competition Fees
- \$25 USASF Fee
- \$ 25 - Camp Fee
- \$ 50 - Choreography/Music
- \$ 125 -Practice Clothes
- \$ 120 - Uniform

Total \$1770

Must be paid during first week

Option 2

Equal Monthly Payments

- \$ 1080 Months Tuition (\$90)
- \$ 45 - Annual Registration fee
- \$ 300 - Competition Fees
- \$25 USASF Fee
- \$ 25 - Camp Fee
- \$ 50 - Choreography/Music
- \$ 50 -Practice Clothes
- \$ 120 - Uniform

Total \$1770 divided by 12 months

Monthly Total \$148



Payment Option 3



Travel Cheer Teams	Non-Travel Cheer	Tiny Cheer	Dance
May 1 - \$270 * \$120 Tuition \$125 Practice Clothes \$25 USASF Membership June 1 - \$245 \$120 Tuition \$25 Camp Fee \$ 100 Choreography/Music July 1 - \$260 or \$220 ** \$120 Tuition \$140 - 1/2 Uniform August 1 \$395 or \$260 ** \$120 Tuition \$135 Uniform \$140 Competition Fee September 1 \$260 \$120 Tuition \$140 Competition Fee October 1 \$260 \$120 Tuition \$140 Competition Fee November 1 \$260 \$120 Tuition \$140 Competition Fee December 1 \$260 \$120 Tuition \$140 Competition Fee January 1, 2011 \$165 \$120 Tuition \$45 Annual Registration February 1 - \$120 \$120 Tuition March 1 \$120 \$120 Tuition April 1, 2011 \$120 \$120 Tuition	May 1 - \$270 * \$120 Tuition \$125 Practice Clothes \$25 USASF Membership June 1 \$245 \$120 Tuition \$25 Camp Fee \$ 100 Choreography/Music July 1 \$260 or \$120 ** \$120 Tuition \$140 - 1/2 Uniform August 1 \$345 or \$210 ** \$120 Tuition \$135 Uniform \$ 90 Competition Fee September 1 \$205 \$120 Tuition \$90 Competition Fee October 1 \$205 \$120 Tuition \$90 Competition Fee November 1 \$205 \$120 Tuition \$90 Competition Fee December 1 \$205 \$120 Tuition \$90 Competition Fee January 1, 2011 \$160 \$120 Tuition \$45 Annual Registration February 1 \$115 \$120 Tuition March 1 \$115 \$120 Tuition April 1, 2011 \$115 \$120 Tuition	May 1 - \$225 * \$75 Tuition \$125 Practice Clothes \$25 USASF Membership June 1 \$100 \$75 Tuition \$25 Camp Fee \$ 100 Choreography/Music July 1 \$215 or \$75 ** \$75 Tuition \$140 - 1/2 Uniform August 1 \$300 or \$165 ** \$75 Tuition \$135 Uniform \$90 Competition Fee September 1 \$165 \$75 Tuition \$90 Competition Fee October 1 \$165 \$75 Tuition \$90 Competition Fee November 1 \$165 \$75 Tuition \$90 Competition Fee December 1 \$165 \$75 Tuition \$90 Competition Fee January 1, 2011 \$120 \$75 Tuition \$45 Annual Registration February 1 \$75 \$75 Tuition March 1 \$75 \$75 Tuition April 1, 2011 \$75 \$75 Tuition	May 1 - \$165 * \$90 Tuition \$50 Practice Clothes \$25 USASF Membership June 1 \$165 \$90 Tuition \$25 Camp Fee \$ 50 Choreography/Music July 1 \$150 \$90 Tuition \$60 - 1/2 Uniform August 1 \$210 \$90 Tuition \$60 Uniform \$60 Competition Fee September 1 \$150 \$90 Tuition \$60 Competition Fee October 1 \$150 \$90 Tuition \$60 Competition Fee November 1 \$150 \$90 Tuition \$60 Competition Fee December 1 \$150 \$90 Tuition \$60 Competition Fee January 1, 2011 \$135 \$90 Tuition \$45 Annual Registration February 1 \$90 \$90 Tuition March 1 \$90 \$90 Tuition April 1, 2011 \$90 \$90 Tuition

Special Needs

Monthly fees are \$45
 Uniform cost TBA

* \$45 SSA Registration fee will be applied if you are not currently registered in class, or all-stars at High Fly or Sidelines

** Without uniform



Financial Policies

1. Monthly fees are due on the first of every month. The 2011-2012 season will run May 2011- April 2012. Monthly fees may not be prorated for any reason during the season.
2. Competition fees are non-refundable once payment has been made to the company. Your fee pays for a spot in the routine. In the event your child cannot compete (ie. injury or otherwise) that spot must be filled by another competitor and fee cannot be refunded.
4. If any fees are not paid by due dates, your child may be moved to inactive status until fees are paid in full.
5. If a child joins the season late, he or she is responsible for paying the full 12 month's tuition, unless new to the High Fly program.
6. A valid credit card will be required to be on file for each athlete. In the event that an athlete must quit, is dismissed from the team or misses a competition, the credit card will be used at that time to cover the fees associated with that action.

Bounced Check policy

High Fly will charge team member's account a fee of \$45 per occurrence of any check returned for insufficient funds or any other reason. If this occurs more than once, checks will no longer be accepted by that party, and all other payments for the remainder of the season must be made in cash. If any credit or debit card payment is declined, similar fee may incur as well.

Termination of Membership

Please understand that we will require you to sign a contract committing you to take a place in the High Fly All-Star Program for the 2011-2012 competitive season which continues through April of 2012. This contract will outline the details of the significant time and financial commitment accompanied with your membership. You will be committing to continuing your membership through the conclusion of the 2011-2012 season. If you should terminate your contract at any point during the season before the last competition, you will be obligated to pay a termination fee of \$500, as well as the remaining balance of the season. The parent/athlete will be responsible for all collection fee. A 7 day grace period will be given prior to turning account over to a third party collection agency. Sidelines Sports Academy-HF/ Jasper Elite reserves the right to remove athletes from the High Fly All-Star program for reasons detrimental to the program, at the discretion of the High Fly staff. This fee is due to the fact that the athlete is an asset to the program, and losing an athlete for whatever reason results in a change in the number of the team in the routine that affects all other team member and leads to additional practice time, choreography changes and added expenses for the program. Collection for this fee will be handled by a third-party collection agency if not handled by credit card on file.

Contract is effective when signed and an athlete assumes a position on a High Fly all-star team.

Please understand that any violation of rules resulting in your dismissal from the program will not be excused and fee will be applied.

Exceptions for early termination include but are not limited to:

- Season ending injury that prevents an athlete from competing in any way
- Unexpected relocation

Other reasons may be imminent, however, reasons will be assessed and validity and acceptability will be at the discretion of Sidelines Sports Academy Management.

Refund Policy

It is not the policy of SSA or JE to issue refunds for High Fly All-Stars at any time. If a student is removed from the team due to disciplinary action or quits the team, the student forfeits his/her right to the money paid into his/her account. This money will be used to cover the \$500 fee associated with early termination from the program. If a student leaves in good standing from the program, money paid into his/her account can be used for future class/all-star fees.