North Texas Tumble and Cheer
All Star Handbook
2017—2018
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Dear North Texas Elite Athlete and Parent,

We are so pleased you have shown an interest in the North Texas Tumble and Cheer All Star program. Our mission is to provide a friendly, supportive, family-based atmosphere that develops our athletes and prepares them for their future. We encourage them through perseverance, boosting their self-confidence, and enabling them to become leaders in their schools, churches, and communities. Our coaches motivate our athletes in a positive and disciplined manner to help them grow athletically, mentally, and spiritually. While many organizations measure success by winning trophies, we emphasize other key measures such as sportsmanship, attitude, teamwork, and how we develop our athletes for life.

All Star Cheer is a unique and challenging competitive sport that combines elements of gymnastics, stunting, and dance into a 2 ½ minute, fast-paced routine. North Texas Tumble and Cheer believes competition can be a healthy and positive experience for athletes. Your cheer athletes will experience individual growth and team unity. They will also learn the importance of dedication to a team, self-confidence, self-motivation, and perseverance. The values learned as a competitive cheerleader are important lessons that last a lifetime.

Please read through the handbook carefully if you are considering trying out for a spot on one of our teams. After reviewing this packet, we will be happy to answer any questions you may have. This season we will be offering All Star Competitive teams that range from ages 5 through High School and a non-competitive Show team.

Good Luck, and we look forward to having you as part of the NTTC Family.

Many Blessings,

Martin and Tiffani Meier  
North Texas Tumble and Cheer Owners

KimBerly Fields  
North Texas Tumble and Cheer All-Star Director
Evaluation Procedure

All athletes interested in North Texas Tumble and Cheer competitive teams will go through an evaluation. We will be evaluating for team placement based on skills, attitude, work ethic and behavior through the 4 days. Attendance is mandatory for all aspects of the evaluations.

**MANDATORY PARENT/ATHLETE MEETING:**
Tuesday, May 9th, 2017 at 7:00 pm.

We will be reviewing the handbook, the evaluation process, as well as answering any questions that you may have.

**EVALUATIONS:**

There are 3 days of mandatory evaluations and open gym. All evaluations are closed to parents.

**Day 1: Dance and Jumps clinic—Wednesday, May 10th from 6—8 pm**

We will be reviewing the dance that was given to everyone at team meeting and will be working on jumps and jump series.

**Day 2: Stunt Evaluations— Thursday, May 11th from 6—8 pm**

We will be splitting groups up based on ability/skill of athlete to work on stunting. We will work on skills from thigh level through single leg.

**Day 3: Open Gym— Friday, May 12th from 6—8 pm**

This is optional for all athletes. Coaches will be available to work on jumps, dance and tumbling skills.

**Day 4: Tumble and Dance Evaluations— Saturday, May 13th**

Athletes will need to sign up for times to perform their dance and standing/running tumbling for coaches. There will be 4 spots available in each time slot. This time sheet will be available after the parent meeting and will be up until 8 pm on Friday, May 12th.
Evaluation Information

1. Evaluation Fee is $40 per athlete. Tryout fee is due before the first clinic on Wednesday, May 10th. Your athlete will not be able to participate in the clinics until this is paid.

2. For all clinics: Athletes need to wear black workout shorts and a white or red workout top. No loose fitting t-shirts are allowed for safety reasons. Their hair must be in a pony tail at all times. There will be NO jewelry allowed.

3. For Evaluations: Athletes must wear black workout shorts and a white workout top. Hair must be up in a clean pony tail with a white bow. No jewelry and no finger nail polish. We want to look clean and give a good first impression.

4. The athletes will be evaluated by all coaching staff and the All Star Director. Each athlete will be evaluated on the cheer/dance, jumps, tumbling, stunting, motion technique and overall attitude. Teams will be determined based on judging and overall readiness of athlete for team.

5. Teams will be announced on Sunday, May 14th at 2 pm and will be posted on the front door of the gym. Please do not call the gym or coaches questioning the results, as many factors are taken into consideration in forming our teams. Evaluations will be made available for viewing on Monday, May 15th, from the All Star Director, by appointment only.

6. Specific team emails will be sent on Monday, May 22nd with any additional information needed.
Team Selection
Age Division and Level

Age Divisions

With the tremendous growth of all star cheerleading over the last 2 decades, there arose a need for the industry to adopt standard divisions and levels. The United States All Star Federation (USASF) was created to help standardize the industry. The USASF took ideas from industry leaders, competition companies (NCA, UCA, ACA, Cheer Sport, etc.) and respected all-star gym owners and have come up with a logical system of determining the various divisions and levels. All the all star divisions are now determined purely by age. An athlete’s eligibility and “competition age” is determined by the athlete’s age on August 31, 2016, which will be considered their competitive age for the duration of the season.

- Senior - 11—18 years (Level 5: 12-18 years)
  - Junior - 8—14 years
  - Youth - 6—11 years
  - Mini - 5—8 years
  - Tiny - 5—6 years

Levels

There are currently 6 competition levels. The “level” refers to the type and difficulty of stunts, pyramids, tosses, and tumbling that a team is allowed to perform in their competition routine. They are numbered from 1 to 6, in increasing difficulty. The level of our teams is determined solely by the coaching staff. To achieve high scores, the vast majority of the athletes on a team must be able to do all of the hardest skills allowed at their level with great technique. This means that the standards for determining when an athlete moves up a level are much higher than they have been in the past years, industry wide.

MINIMUM SKILL REQUIREMENT

<table>
<thead>
<tr>
<th>Level 1</th>
<th>Level 2</th>
<th>Level 3</th>
<th>Level 4</th>
<th>Level 5</th>
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Team Selection
Level and Team Placement

Level (cont.)
The chart lists the minimum level of skills necessary for each division. This chart is merely a guideline. If an athlete demonstrates exceptional strength in areas besides tumbling, such as jumps, dancing, basing, back spotting or flying, they may be placed on a squad that is higher than their individual tumbling skills. On the other hand, having the necessary tumbling skills does not mean an athlete will automatically make that level. We must all remember that tumbling is but one category on the score sheet, and our teams must be well rounded.

Team Placement
Our team placements will be decided to give each team an equal chance for success within their division. Much like other sports, a variety of skills, abilities, and even body types are necessary to give teams the best opportunity to place highly at competitions. We try to match up the athletes as best as we can, but please remember that maturity, physical stature, stunting, pyramids, jumps, dance, motions, and age are huge factors as well.

Every athlete is on a team for a reason - Trust the staff. This season we are working harder than ever to push every athlete to improve their skills, even if it means working on skills that are above what is allowed in routines at their team’s current level.

The most common confusion or misconception from parents and athletes relates to tumbling ability. Proper technique is more crucial now than ever to achieve high scores. Simply being able to complete a skill is no longer the standard. Athletes must perform the trick with perfect or near perfect form and be able to do it consistently, on a spring floor, under pressure, in any scenario.

Many athletes and parents greatly overestimate the ability and form of the athlete against this standard. A parent’s version of “my child has a layout” can often be dramatically different from the coaching staffs’, and this can lead to confusion about team placement. The second most common confusion comes from dramatically overestimating the importance of tumbling compared to other factors. As mentioned already, there are many factors that go into determining the best spot for an athlete, not just how well they can tumble.
Financial Information

Financial Policies

1. All candidates must show a $0 balance on their North Texas Tumble and Cheer account from any previous commitments to be eligible to tryout for team for the 2017—2018 All Star season.

2. North Texas Tumble and Cheer accepts only cash, check or money orders for monthly tuition payments. All athletes and parents will be required to sign a 10-month commitment contract. If, at any time, an athlete is dismissed from or chooses to leave a squad all tuition and fees are still due and will not be prorated. (Athlete will be released from financial obligation if injury occurs that causes athlete to be out the remainder of the season)

3. Payment will be due by the 8th of the month. Any payments received after this time will incur a $10 late fee. Athletes will be suspended from practices/classes/private lessons if tuition is not paid in full or payment schedule agreed upon by gym and family by the end of the month.

4. Athletes accounts must be current (zero balance) to participate in practices, camp, competitions, private lessons or additional classes.

5. The tuition portion of your fees covers regular practices and a tumble class. Tuition will not be prorated for holidays, gym closings and weeks without practices.

6. The team building activity and camp payment will be made on the last day of evaluations (May 13th) to North Texas Tumble and Cheer. This will be $240 per athlete.

7. The All-star competitive season, both for practices and financially, is 10 months and runs from June 2017—March 2018. By agreeing to be part of a team and signing the contract/commitment, you are agreeing to a 10 month financial commitment and will owe tuition for all 10 months.

8. Tuition is non-refundable and non-transferrable.

9. If an athlete quits, they will be responsible for paying any uncovered expenses, and a $500 penalty fee. If the athlete resigns prior to receiving any part of their uniform, accessories or practice clothes, the items will become property of North Texas Tumble and Cheer, and the athlete will not receive a refund. All resignations must be received in writing. The balance remaining for tuition (through the 10 month commitment) will be due to the gym with the resignation.
Financial Information

Along with the time involved, there is a substantial financial obligation to being a part of the North Texas Tumble and Cheer All Star program. Please carefully consider the financial commitment involved and read this form in its entirety. By signing below, you agree to comply and be responsible for all financial obligations for your athlete. Once athletes are placed on teams, the following fees are collected:

**Monthly Tuition:**

**Level 1—3 teams:** 4.5 hours of team practices + 1 tumble class $205 per month

Level 1—3 teams will practice twice a week: one practice is a 2 hour team practice and the other practice is 2.5 hours. They will also need to be enrolled in a separate tumble class.

**Level 4 and 5 teams:** 5 hours of team practices + 1 tumble class $215 per month

Level 4—5 teams will practice twice a week: one practice is 2.5 hours of team practice and the other practice is 3 hours. They will also need to be enrolled in a separate tumble class.

**Additional Fees**

**Competition Fees:** These fees include the athlete’s entry into the competition, coaching fees, extra practice fees and travel expenses for coach staff. Estimated between $900 and $1000 total, depending on competition venues.

**Choreography Fees:** Due July 24th. These include fees for choreography and music. This ranges from $250—$450, depending on the number on team and level of routine choreographed.

**Workout wear:** This season we will have 2 workout outfits (shorts and tops), shoes, bow, jacket, competition bra and yoga pants. This will total around $475—$525 (without shipping estimated). Makeup will be purchased at a later date.

**Uniforms:** Due July 1st. The cost for our uniform is approx. $330. The date for uniform fitting will be Tuesday, June 13th. We will be offering a used uniform sale for those that would like to sell their used uniform tops. The price will be 1/2 the cost of a new top. We will be getting new skirts.

**USASF Membership Fee:** The fee is $35 and is required for all athletes to be members.

**Misc. Supplies Fee:** This is a $125 fee that helps cover snacks, gift and supplies for competition and other fees occurred over the season.

**Bid only Competitions:** If the teams get a bid to a competition, there will be extra fees expected; to including additional tuition, competition fees for the venue and additional coaching fees. These prices will be set as information for the competition becomes available.
Financial Information

Payment Schedule

**May:** Evaluation Fee $40—due May 10th, Camp Fee $240—due May 13th

**June:** Tuition $205—due June 1st, Workout Wear and Uniform fee—due June 13th

**July:** Tuition $205—due July 1st, Choreography fee—due July 24th

**August—March:** All Star Fee of $305 due at 1st of each month. This includes tuition, competition fees, USASF fees and Misc. supplies together and divided over the 8 months. This fee may be adjusted depending on final competition venues pricing.

Tuition Scholarships

We understand that this is a large financial commitment and don’t want finances to be the sole reason for your athlete not participating. Tuition Scholarships will be available based on a case by case basis. To apply, please contact our owners. Any athlete qualifying for a tuition scholarship will be required to participate in **ALL** fundraisers and will have to do up to 3 hours of service work a week at the gym (depending on scholarship amount).
General Information

All Star Camp and Team Building Activity

This season we will be going to Camp Copass for our All Star Camp. The date for this is Friday, June 9th—Saturday, June 10th. We will meet at the gym the morning of June 9th and return to the gym on the evening of June 10th.

Our second team activity will be a team specific lock in with the focus on team building. This will be planned after the teams are announced and will happen at some time during the month of June.

The total cost for these activities is $240, which includes all meals, activities and a NTX camp t-shirt and bow. A detailed email with instructions for both activities will be sent at least two weeks prior to the date of the activity.

Fundraisers

North Texas Tumble and Cheer will offer many opportunities for fundraising starting after tryouts and continuing throughout the entire season. This is designed to help provide families the opportunity to reduce the financial obligations that are incurred with competitive cheer. These fundraisers will be applied to the additional fees that are required. All fundraisers are open to all athletes that are a part of the competitive All Star program.

Used Uniform Sale

We will be holding a Used Uniform Sale the week of May 29th—June 1st. The uniform top and the 2016-2017 workout wear tops, as well as other NTX gear, will be available. The price of the uniform tops will be 1/2 the cost of each piece. We will be sending out information for this with new team emails.
Attendance Policy

All Star Cheer is cheerleading's version of a “select” league. It takes a full commitment from both the athlete and the family. North Texas Tumble and Cheer believes that it is in the best interest of the team and the individual to have everyone on the same commitment level. Practices are the times for the teams to be able to learn new skills and the competitive routines.

Team practices will start on the week of June 5th, 2017. From June 5th through July 31st will be considered the skills portion of our competitive season. The coaches will be taking this time to teach new skills, skills within the level as well as evaluate for positions in the routine (such as bases, flyers, point jumpers, and highlight tumbling passes) as we prepare for choreography clinics. We expect everyone to be at all practices so that our teams can be best prepared for competition season.

Choreography clinics will be set up to run sometime either August 5 and 6th or August 11th—13th, depending on teams. You will receive which choreography date when you get specific team emails. You need to plan on being in town for these dates. Choreography clinics are MANDATORY. No exceptions.

Mandatory Practices for all teams will begin the week of Monday, August 14th, 2017, through March 31st, 2018, and will be considered our competitive season. Your athlete will be allowed 3 excused absences throughout the competitive season. Examples of excused absences are: family emergency, graded school events, mandatory school cheer events, and illness with over 100 deg. fever. If sick, (unless contagious) athletes are expected to come to practice to watch. After you have missed three absences, your account will be charged $75 per practice missed.

Unexcused absences are unacceptable. Examples of unexcused absences are: family celebrations, charity functions, birthday parties, non-graded school events, homework/studying, work, and vacations during the school year. Athletes will be allowed ZERO unexcused absences throughout the competitive season. One unexcused absence will be cause for probation and a second unexcused absence will result in dismissal from the program.
Communication for Missing a Practice

Parents must email the All Star Director regarding all absences at coachkim.fields@gmail.com, as well as the team's head coach. The email needs to be sent at least a week before the absence. For June and July, you need to email vacation schedules prior to first practice. Keep in mind when planning vacation schedules, that we will have practices Mon—Thurs in June and July so try to plan around the practices. Attendance is vital for a successful start to our season.

Tumble Classes

Tumble classes are considered part of team class work. Athletes are expected to be at their tumble class every week. If for some reason an athlete has to miss, the athlete is responsible for doing a makeup tumble class. **Athletes are allowed 2 weeks from day of absence to make it up.** If not, the athlete will be expected to set up a private lesson (coaches to be paid separately) in addition to doing the makeup for missed time.

Competitions

Our competition season will start in late October/early November 2017 and will run through the month of March 2018. We will be attending 7—8 competitions. Some competitions may be either qualifying competition (The One, The Summit, NSGP Summit, etc) or by coaches’ decision on readiness for the competition (NCA Nationals), in which it is possible that not all teams will attend. Competitions that require qualifying bids will not be paid for until after the team has qualified and decided to attend competition.

A tentative schedule will be given out by mid summer, with a finalized schedule by the first practice in September. **Please note that competitions are sometimes cancelled and substitute competitions could be added after the calendar goes out. We will try to give you any updates as soon as we are given the change.**

Practices the week of competition and practices two weeks before NCA Nationals are **MANDATORY.** There will be no absences allowed the week of a competition. Missing a practice during these weeks will incur a $100 fine, athletes will be expected to come in for extra conditioning, as well as a possible result in the immediate dismissal from a team.

There will always be at least one mandatory extra practice scheduled the week of a competition. For teams attending NCA Nationals, be prepared to have **at least 3 extra practices.** Make sure your calendar is set up for these practices, as they will be mandatory. Missing these practices will incur a $100 fine, and the athlete will be expected to come in for extra conditioning.

Please note that some of our out of town competitions will requires us to book rooms through a housing company. For those competitions, the teams will have to stay in a room booked through the housing company and submit a confirmation number for verification in order to be eligible to compete. We will make sure to let you know in advanced when this will occur.
Team Practice Info

The goal of team practice is to work hard, learn and develop the team for overall success. This can only be accomplished when athletes maintain a positive attitude, show respect to their coaches and fellow teammates, pay attention, refrain from talking and always put the team before self. Attendance is very important to the success of the team.

Maintaining the skills of the level that your athlete is on and advancing in the skills needed for the level are very important as the season progresses. If at any point a team coach feels your athlete needs extra classes to maintain or learn the skills needed for their level, the athlete will be expected to register for the extra classes (this includes jumps and tumbling as well as stunt private lessons).

Month of May

During the month of May (following tryouts), all athletes are expected to be enrolled and attend at least 1 tumble class. A jumps class will also be required if jumps do not meet standard expectations by coaches at tryouts. It is vital that your athlete maintains the jumps and tumble skills performed at tryouts. Taking a tumbling class will help ensure skills are maintained, as well as increased. We will also be offering several stunting drop in clinics. If your athlete loses any of the skills (tumbling, jumps and flexibility) that are performed at tryouts, this will be taken into consideration before choreography in late July/early August.
Fall/Spring Practices (Aug—March)

During the Fall/Spring practices, we will still have two practices a week, with the total time being decided by the level of the team. Both practices will focus on all elements of their routine.

As a reminder, we expect that All Star team practices take priority, as it is a select sport that your athlete has chosen to be a part of. We do try our best to schedule when is best for the team, as well as the gym. However, individual athletes’ other extracurricular activities will not be taken into consideration.

The fall practice schedule will be given to teams by mid/late July. We will have to wait for any coaches’ school schedules before we are able to schedule fall practices. Be prepared for at least one of the team practices to be on Sunday, starting August 20th throughout the season.

Flyer Expectation

All flyers will be expected to arrive to all practices 30 minutes early for flyer stretch and strengthening, starting in August. In the June/July months, all interested in flying will be expected to come 30 minutes early for stretch and strengthening work. Attendance will be taken into consideration when coaches are making final flyer decisions, as well as throughout the season, if flyer changes need to be made.

Flyers/flyer parents are expected to communicate with group if there is need for extra stunt lessons, as requested by coach. This will incur a stunt private lesson fee, as well, to be paid to the coach.
<table>
<thead>
<tr>
<th>Event</th>
<th>Dates</th>
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<tbody>
<tr>
<td>Used Uniform Sale</td>
<td>May 29th—June 1st</td>
</tr>
<tr>
<td>Summer Practices</td>
<td>Start week of June 5th</td>
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<tr>
<td>Uniform/Workout Wear Fitting</td>
<td>June 13th</td>
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<tr>
<td>All Star Team Building Camp</td>
<td>June 9th—10th</td>
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<tr>
<td>Choreography Date to Block</td>
<td>August 5th-6th or 11th-13th</td>
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<tr>
<td>All Star Team Practice Break</td>
<td>August 1st—August 13th</td>
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<tr>
<td>Team Practices Start</td>
<td>Week of August 14th</td>
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<tr>
<td>Closed for Labor Day</td>
<td>September 4th</td>
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<tr>
<td>Closed for Thanksgiving</td>
<td>November 20th—24th</td>
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<tr>
<td>Team Practices</td>
<td>Week of Dec 18th—21st</td>
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<tr>
<td>All Star off for Christmas Break</td>
<td>December 22nd—January 2nd</td>
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<tr>
<td>Team Practices start back</td>
<td>Wednesday, January 3rd</td>
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<tr>
<td>Spring Break</td>
<td>Sunday, March 11th—Saturday, March 17th</td>
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| Practices Resume                          | Sunday, March 18th—This practice is mandatory! There will be a $100 fine for missing.
Parent Commitment

The North Texas Tumble and Cheer parents are vital in helping their children maintain high sportsmanship, fulfill their commitment and keeping a positive attitude. Please read carefully and understand you are making a commitment of time and financial resources. You are also committing to support our program. Please sign below stating you understand and agree to uphold all obligations.

1. I have read through the handbook, cost breakdown, descriptions of practices, competitions, absences policy and all materials regarding competitive All Star at North Texas Tumble and Cheer.

2. I understand this is a ten month commitment, and I will do everything in my ability to enable my child to participate in all practices, camps, and competitions throughout the season.

3. I understand this team is depending on my child to fulfill his/her responsibilities as a team member and will do all that is necessary to make sure my child is at practice on time and assure he/she does not need to leave practice early.

4. I will respect the coaches’ authority in practices and competitions and will NOT question, discuss or confront the coaches during a practice or a competition. I will take the time to speak with the coaches at an agreed upon time and place.

5. I agree to let the coaches do all of the coaching and to be a “spectator only” at practices and competitions.

6. I understand that all competitions and the practices one week before (or two weeks if attending NCA) are mandatory and that no absences are allowed for any reason other than illness or emergency. I agree to provide a doctor’s note if requested by coaches. I understand that there will be $75 fee incurred for any absences during this time period.

7. I understand that if my athlete does not finish the cheer season for any reason I will be responsible for: (1) the tuition for the remainder of the season (2) any fees that haven’t been paid up to the date of resignation and (3) resignation must be in writing.

8. I will be a positive role model for my child and will encourage sportsmanship by showing respect, courtesy and demonstrating positive support for all athletes, coaches, and spectators at every practice and competition.

9. I will be the #1 fan of North Texas Tumble and Cheer.

Parent Signature: ____________________________ Date: ________________
Athlete Commitment

Sportsmanship, attitude and teamwork are very important to the success of our teams. Please read carefully with your athlete to help them understand the commitment expected by their teammates. Please both parent and athlete sign below stating you have reviewed and understand this commitment.

1. I have read through the handbook, descriptions of practices, competitions, absences policy and all materials regarding competitive All Star cheer at North Texas Tumble and Cheer and understand the commitment to my team.

2. I understand this is a ten month commitment, and I will do everything in my ability to attend all practices, camps, and competitions throughout the season.

3. I will come to practice with a positive attitude, and I will work hard to achieve the goals set by my coaches. I realize a positive attitude is contagious, and I will do my best to influence my team-mates in a positive manner.

4. I will respect my coaches’ authority in practices and competitions and will NOT question, discuss or confront my coaches during a practice or a competition.

5. I will wear the scheduled practice clothes to each practice. I understand it is my responsibility to help my parents keep up with the schedule and the outfits.

6. I will arrive at all competitions on time with my uniform, hair and makeup completed to North Texas Tumble and Cheer standards.

7. I will push and prepare as a group and individual to perform and present our program, our team, and myself in the best possible light.

8. I understand breaking any of the rules above may result in suspension or dismissal from North Texas Tumble and Cheer.

9. I will be the #1 fan of North Texas Tumble and Cheer for my team and for any other team from our gym.

Athlete Signature: ________________________________ Date: ________________

Parent Signature: ________________________________ Date: ________________
Tryout Form Checklist

Athlete Name:__________________________________________

○ New Athlete to North Texas Tumble and Cheer  ○ Returning Athlete

○ Tryout and Clinic Fee
  Amount: $____  Payment Method:_______

○ All Star Team Building Camp Fee
  Amount: $____  Payment Method:_______

○ Tuition Payment Option
  Option A:____  Option B:_______

○ Gym Registration Page (for new Athletes only, separate document)
○ Gym Release Form (for new Athletes only, separate document)
○ Parent and Athlete Commitment

If new to North Texas Tumble and Cheer, who referred you?
______________________________________________________