



2019 - 2020

ALL-STAR CHEER

PARENT

HANDBOOK



**3406 WILLOW ROAD
JONESBORO, AR 72404
PHONE: 870-932-7979**

VISIT WWW.CHEERSUNLIMITED.NET

COMMUNICATION:

Like all sports communication is very important. All information will be made available on multiple platforms. Our main source of communication will be email/Band App. Please make sure to print legibly on your paperwork. It is important to us to give you the fastest form of communication possible. We ask that you communicate in the following manner:

1. Team Coach
 - a. Regarding Practice or Class.
 - b. Any questions about athlete specific progress and updates.
2. Office Staff
 - a. Any questions regarding billing/financial needs.
 - b. Any team issues.
 - c. Notice of being to practice.
 - d. Any issues with scheduling or details not related to training time in the gym.

Please respect our 24-hour rule for a reply and respect that our coaching staff and management staff have families and lives. Please call or email during business hours and refrain from late night texts.

PRACTICE WEAR:

All CU athletes are expected to be matching at all scheduled team practices. It is the responsibility of the athlete and parent to ensure they wear the correct practice items. There will be extra conditioning/demerit for those who do not match. All athletes should always keep hair pulled back out of their face in a ponytail and wear a bow. If an athlete loses or out grows a piece of practice wear you will need to purchase a new one immediately. Cheerleading shoes are required. No JEWELRY of any kind. Fingernails **MUST** always be clipped and filed.

CHEERS UNLIMITED LOGO:

The CU logo and name are branded and remain property of the gym and are a registered trademark. This includes any shirt that says "CU" "Cheers Unlimited" on it that you intend to wear to a gym event. All CU apparel must be purchased through or approved by gym administration. Reproductions of any items with the gym name or logos are prohibited. Please keep in mind the items you purchase from the pro-shop go towards new equipment for our kids.

INTRODUCTION:

Welcome to Cheers Unlimited All-Star Program. We are delighted that you have chosen to be part of the CU family. For over 25 years Cheers Unlimited has been leading the way for cheerleaders in Northeast Arkansas and Southeast Missouri. Here at CU it is important that we maintain a positive family-friendly environment, while also pushing our athletes to be the best he/she can be. With many Grand Champions and National titles, we are no stranger to the winning formula. We are fortunate enough to have the most knowledgeable staff in Arkansas to create a fun structures atmosphere while remaining safe.

COST:

Payments are broken into two payment options (total tuition is \$3,295):

All finances go through the office. Not the coach or gym owner. (unless it is a private lesson) If athletes account falls 30 days past due, the athlete will be removed from the competition routine and will not be allowed to participate in practices or any other CU activities. There are absolutely no refunds.

Available discounts:

- Refer a new member (save \$120) (\$10 a mo.)
- Family Discount (Save \$605) (\$55.00 a mo.)

General Policies:

There will not be a refund given or have makeup practices for holidays and closings. The tuition is set for the scheduled practice times in the gym. Teams will average 8 practices per month over the 12 months. There will be extra team practices scheduled throughout the year at no extra cost to you. Please note that these can/will be called on short notice one/two weeks prior to any competition. Please make plans accordingly.

If you are consistently delinquent in monthly payments, CU reserves the right to dismiss any athlete from any program/competition.

COMPETITIONS:

You are required to attend all competitions. There is a possibility that a competition may be added or cancelled. Competition emails with specific itineraries will be sent to your listed email address. We ask that you keep your email current in the office. This email will go out the week of the competition. We cannot relay information to you until the Event Producer relays it to us.

When you are watching other CU teams your child must have Cheers Unlimited attire on. (NO EXCEPTIONS)

No parents should approach the warm-up area or coaches at competitions. We ask that instead you use the BAND App if you have immediate concerns or questions. It is important that you keep up with BAND App at competitions for it is our way of communicating about arrival times, compete times, meeting times, etc. Please stay updated.

ABSOLUTELY NO FINGERNAIL POLISH should be worn to a competition. Please use clear coat or French tip. NO COLOR POLISH.

We ask that you refrain from discussing other teams in public. Never approach a judge or competition official on behalf of Cheers Unlimited.

Athletes will be required to watch all teams during the competition day. Some days may be long, as to others be short. We are family and need to support each other.

ATTENDANCE:

All-Star cheerleading is a competitive team sport, which requires attendance by all team members. Attendance is extremely important to the success of our teams. ALL PRACTICES ARE MANDATORY. If your child is sick and/or cannot practice there must be a doctor's note presented and still be at practice, just may/may not participate. There should be no exemptions, unless discussed to the coach. If you are contagious you must have a doctor's note stating it.

PARENT VIEWING AREA:

Parents and siblings are under no circumstances allowed in the training area. All squad practice will be **CLOSED**, to help keep our athletes and coaches focused. This will allow you as parent to see the growth of each team from week to week. However, you may come the last 30 min before the end of practice to observe what they are working on. The parent viewing area is a privilege and we ask all parents always remain respectful to others. Any parent who is not acting respectful or who has continued complaints about negativity will be asked to leave and will not be allowed to watch practices, continued problem parents will be removed from the program and all monies forfeited. Any questions, comments, or concerns about your child's practice should be taken to the Gym Director NOT other parents. If you need a private meeting, please so in the office.

ALL-STAR RULES:

There will be a demerit system enforced. If any of the rules from this handbook are not met it could lead to a demerit. Each demerit results into extra conditioning, after every 3 demerits there will be a fine of \$25 applied to your account and there will be a scheduled meeting. If this continues multiple times, your child will be set out of the following competition. (No fees will be refunded)

- No giving advice or question a coach's decision when it comes to CU cheerleaders and our CU teams.
- There will be no inappropriate language or behavior.
- We maintain a zero-tolerance policy regarding alcohol, tobacco, or drugs. Anyone under the influence of any illegal or prohibited substance will be dismissed immediately.
- All squad members MUST attend all practices, competitions, and special events. Failure to do so can result in a demerit.
- Arrive at least 5 minutes prior to scheduled practice start time. Be prepared to stay after for extra conditioning. Must be completely dressed and ready. (scheduled practice attire, bow, cheer shoes)
- If you are going to be late please notify your coach ASAP (NOT, THE PARENTS)
- Treat other members with respect; be kind and respectful to everyone at all times. NO BULYING!! We are FAMILY.
- Come to practice with a positive attitude.
- Arrive to the gym ready to participate with the proper attire, hair pulled back, no jewelry, no gum, and properly rested and fed.
- No cellphone uses during practice times.
- Ask for permission to leave the gym. This includes leaving practices early, going to the bathroom, calling home, etc...
- Support all Cheers Unlimited teams and programs.
- Always present yourself in a way that shows respect for you and to the program. We want our experiences to be happy, uplifting, and motivating. There is no place in our program for rude or belittling comments, displays of anger or disgust, or talking back to coaches or other adults. This rule applies to all participants as well as parents. Please set a positive example for others.
- Any cheerleader or parent representing Cheers Unlimited in any negative manner, including but not limited to, emails, on-line social media networks, etc. will be immediately removed from the program.
- We will not tolerate threats of quitting; this will lead to immediate dismissal.
- Must be competition ready (makeup, uniform, bow, and hair) (**Black socks**)
- Must participate/be present at practice even with a doctor's note unless you are contagious.

(The Gym Director reserve the right to change, delete, or add rules at any time.)

Financial Guidelines

- 1.) All athletes must show a \$0 balance on their account before being eligible to try out for the 2019-2020 season
- 2.) Cheers Unlimited All-Star program is a twelve-month program that runs from June 2019 through May 2020. By agreeing to take a spot on a team, you are agreeing to the eleven-month financial commitment and will owe tuition for all eleven months. The month of May, may be an off-season training month depending on the finalized competition schedule.
- 3.) If you are placed on a squad and choose not to take the spot, any and all money paid will not be refundable. Refusing a spot based on your team prevents someone else from making that team and can leave the team without the proper number of bases, flyers, etc. If there is a major reason why you would not be able to cheer on a particular squad or if there are particular days/times that you cannot practice, please attach a note to your candidate information sheet so that we will not consider you for that team.
- 4.) June 10th is the deadline to determine if you will cheer for CU or not. After June 10th, all contracts are **FINAL**. Anyone who quits after the deadline will be obligated to pay the monthly tuition for the remainder of the season.
- 5.) *If an athlete's financial account falls 30 days past due, the athlete will be removed from the competition routine and will not be allowed to participate in practices or any other CUC activities.* There will be a \$35 fee for declined ACH, credit card transactions or returned checks, as well as a \$15 late fee if not paid by the 15th of each month. This will be Strictly Enforced this year.
- 6.) If an Athlete is unable to finish the year due to injury, we will balance the account determining the fees and tuition that has been spent. Any excess funds will be applied as a credit and can be used towards a class, all-stars the following year, etc.
- 7.) If for any reason an athlete quits or is removed from any team, they will be liable for paying out the tuition IN FULL for the remainder of the year.

Squad Guidelines

- 1) During the summer, we follow a revised practice schedule, so that all our athletes will be able to spend their weekends with their families. During the time between June 1st and August 12th and May 1st-31st. All weekend practices will be moved to a weekday usually between 3:30 and 7:30 PM. All Tiny, Mini, Youth, Junior and Senior teams will have one 2-hour weekly practice Monday–Thursday. During this time, we will be mostly working stunts and squad unity, and some tumbling. We will do more tumbling endurance and not learning new tumbling skills during this time. Your second practice time during the summer will consist of FREE tumbling or flyers class. You will have to talk to the Office for class times. If you want to do both, the extra class is \$25 per month. From August 19nd thru April 30th, practices will be every Sunday for 2-hours and one day during the week. This allows our dedicated cheerleaders to cheer for CU without any conflicts with school cheer. However, we will increase practice time in January when the All-Star cheer competition season kicks off.
 - 2) All squad members are required to keep up their previous skills and to improve skills throughout the year. In the fall and spring, we will allow you to take an additional tumbling, stunt or jump classes for a VERY low cost. Our additional class are all \$25 extra per month. All Members enrolled in an extra skill class will be automatically re-enrolled in that class for the remainder of the year unless you email a writing “drop” letter to remove him or her from the class. We also have reduced private lessons for those that are interested.
 - 3) We will have one reward-based Skills Test in August to help with goal setting and to encourage progression. All athletes are expected to maintain the minimum skills (as listed Evaluations Procedures page) for their level throughout the year and may be moved to another team if they lose those skills.
 - 4) **All flyers are required to** It is a privilege to fly at Cheers Unlimited. Regardless of age or level, great flexibility, beautiful body positions, sharp motions and incredible performance are a necessity as a flyer. A qualified coach will be available to stunt with athletes who are struggling with particular stunts.
 - 5) All squad practice will be **CLOSED** this year to help keep our athletes and coaches focused. This will allow you as parent to see the growth of each team from week to week. However, you may come the last 30 min before the end of practice to observe what they are working on. If the viewing area becomes a negative environment at any time in the year, the parents of the squad(s) involved will be asked to follow a “drop off” policy. This includes parents talking negatively about the team, the coaches, other parents or team members.
- (5. Continued) We will also ask parents to follow a drop off policy if parents are interrupting the practices by coming into the gym or by pulling their kids out of the gym. **Anyone threatening to quit or to pull their child from a squad will be dismissed from the program immediately and will be responsible for their balance for the remaining of the year.**
 - 6) Although we strive to keep practice times consistent, they may change over the course of the year. Times may also be temporarily adjusted to extenuating circumstances such as football playoffs. Extra practices will be added around competition times mainly on Fridays, Saturdays and Sundays. Occasionally, a last-minute practice will be called.
 - 7) If at any time an athlete and/or parent threatens to quit a team, he/she will be dismissed from the team indefinitely and expected to pay out tuition in **FULL**. *If an athlete quits a team during the season for reasons other than injury or relocation, they will not be allowed to try out the following year.* Anyone resigning due to injury will need to turn in a doctor’s note to the front desk.

Important Events and Closing Dates

May 24th-May 27th: Closed for Memorial Day

June 17th-19th: 1st Session Skills Camp

June 28th – July 7th: Closed 4th of July and Summer Break

July 13th: ELITE Stunt Camp

July 22nd – 24th: 2nd Session Skills Camp

July 25th – 27th: Tiny & Mini Team Choreography

July 29th-31st: Youth Team Choreography

August 1st-3rd: Junior Team Choreography

August 10th-17th: Back to School break. 1st week of school Closed

August 30th-September 2nd Closed for Labor Day Weekend

October 31st: Closed for Halloween

Nov. 23rd-31st: Closed for Thanksgiving (squad practice 31st)

December 21st- January 5th:

*** We will have schedule All Star Practices for Christmas Holidays**

January 20th: Closed for Martin Luther King Day

March 20th-28thth: Closed for Spring Break (squad practice 29nd)

FUNDRAISERS:

July –HiJinx Cards

August – Car Wash

September – Strawberry Cake Sale

October – Cookies

November – Sonic Cards

January – Krispy Kreme

February – Little Ceasers

March – Popcorn Parlor

April – Domino’s Pizza

You may participate if you chose to. Any monies that is earned will go to CU and will be added to your account. If you quit or removed, all monies will be applied to you remaining balance.

COMPETITION SCHEDULE

Competition Brand	City/State	Date(s)	Teams Competing	Duration
Jamfest	Hot Springs, AR	12/14/19	Summit Bid Event	1 Day Event
Cheersport	Little Rock, AR	1/12/20	Summit Bid Event	1 Day Event
WSA	Southaven, MS	1/26/20	Individuals Comp Available	1 Day Event
WSA	Branson, MI	2-15/2-16	Individuals Comp Available	2 Day Event
Jamfest	Southaven, MS	2-23-20	Summit Bid Event	1 Day Event
DSC	Memphis, TN	3-7-20	Individuals Comp Available	1 Day Event
American Cheer Power	Branson	3-14	Summit Bid Event	1 Day Event
DSC	Orange Beach, AL	4-4/4-5	Individuals Comp Available	2 Day Event
Summit	Orlando, FL	5-8/5-10	Team/s with Bids	4-day event