

**ALL STAR HANDBOOK
(2016-2017)**



Cheerleading Training Center

*25 Years Strong!
A Dynasty Forever!*

Welcome to the Pro Cheer All-Star program. We are so excited that you have chosen to be a part of the Pro Cheer family. Pro Cheer was one of the first competitive cheerleading gyms to open in Georgia and has won hundreds of awards and National titles over the years. We are currently celebrating our 24th anniversary.

What is all-star cheerleading?

All Star cheerleading is an athletic activity that combines elements of gymnastic tumbling, dance, acrobatics and traditional cheerleading skills such as jumps and arm motions.

Teams consist of up to 36 athletes performing exciting, professionally choreographed 2½ minute routines set to music.

All Star teams are purely competitive and do not perform any traditional team support or crowd leading duties for sports teams or schools.

Our teams compete against other All Star teams from across the region and the country at competitions between November and April each year, with most Pro Cheer teams attending between six and eight events.

Team schedules vary. Some teams travel extensively to major competitions, while some primarily compete locally.

Teams are set up by age-group and skill level. Pro Cheer offers options to suit every athlete. The age groups set by the USASF are: Tiny (6 & under), Mini (8&under), Youth (11&under), Junior (14 &under), and Senior (12-18)

Teams also compete at specific difficulty levels ranging from level 1 for beginners, up to level 5 for athletes with advanced skills. Our training program is designed to help athletes develop their skills and move to higher levels as they grow in the sport.

All-Stars is a co-ed activity and is great for boys as well as girls. Some teams compete exclusively in co-ed divisions and some in all-girl divisions.

It is also a great environment for developing confidence and self-esteem as well as developing positive life skills, personal values, sportsmanship and teamwork.

COST

Payments are broken into two categories.

1. Pro Cheer - Monthly Training Fees- \$140.00 for 11 months (June-April) Drafted on the 1st
 - -2 athlete families pay \$220.00 a month
 - -3 or more athletes families \$250.00 a month.

2. Pro Booster Fees - \$185 for 6 months (July-Dec.) Drafted on the 15th

All athletes will be on automated draft for booster account payments, and monthly training fees. The only way to opt out of automated drafted booster fees will be to pay in full the day of tryouts. We do not give refunds. Tryout month of May will be pro-rated for monthly training fees... But athletes joining mid-month for any other reason, even due to injury, you are still responsible for full tuition payments for that month. Any athlete joining mid-month will be responsible for all additional costs for that month and any previous booster fees.

Additional cost *estimations* (subject to change)

Booster fees cover all competition registration and coaching fees for the season. All athletes and families are responsible for additional cost of travel expenses and hotels for out of state competitions as well as any additional non-required apparel items.

Pro Cheer Registration	\$40/\$50 family	May
USASF Membership	\$30	May
PRO Booster Registration	\$80/\$100 family	May
Practice Gear	\$85	June
Shoes	\$85	June
Choreography	\$250	July
New Uniform	\$350	August
Competition Bow	\$15	August

ATHLETE SUBSTITUION POLICY FOR DELINQUENT TRAINING FEES: If an athlete’s account falls more than 10 days late in tuition payments:

1. Your coaches will be notified and arrangements for a substitute for your child’s position will be put into effect until the delinquent account is brought current.
2. If your account is not current at the time of a competition, then your child will NOT be permitted to participate in the competition regardless of whether or not competition fees were paid and the substitute will perform in that position as long as the account remains delinquent.
3. Uniform, practice gear, or any extra apparel items will not be distributed until payment is made in full (regardless if those items have been paid for).

ATHLETE SUBSTITUION POLICY FOR PAST DUE BOOSTER FEES: If payment for competition fees becomes more than 10 days past due:

1. Your coaches will be notified and arrangements for a substitute for your child’s position will be put into effect until the delinquent account is brought current.
2. If your fee is not paid at the time of a competition, then your child will NOT be permitted to participate in the competition and the substitute will perform in that position.

GENERAL POLICIES:

1. We do not give refunds or makeup practices for holidays and closings. Tuition is for scheduled practice time in the gym. We will average 8 practices per month over the course of the year. In addition, there will be extra team practices scheduled throughout the year. These will be held at no additional charge to you. Extra practices can and will be called on short notice two weeks prior to any scheduled competition. Please plan accordingly.
2. If you are consistently delinquent in monthly payments, Pro Cheer reserves the right to dismiss any athlete from any program.

Competition dates are currently being finalized and will be announced at a later date. You are required to attend all competitions. It is the discretion of the coaches to choose competitions they see best for each of the teams. There is a possibility that a competition may be added or cancelled during the season. Once teams have registered and paid, it is the discretion of the Event Producer to implement a refund or cancelation fee. If an athlete misses a competition for any reason, he/she may be removed from the team. The All-Star Director will keep you informed of all competition updates, changes, or cancelations.

Competition emails with specific itineraries will be sent via to your listed email address. Please keep that email address current. Itinerary emails usually go out the week of the competition. We cannot relay information to you until the Event Producer relays it to us. Standard protocol is the Wednesday before a competition but may vary with each competition.

It is important to stay in contact with your team mom during a competition. Last minute changes or information will be sent via text message. They will give you arrival times, compete times, meeting times, etc. Please stay updated.

There will be no smoking, drinking, foul language, or general trashy behavior by Pro Cheer team members at competition. Violation of this rule will lead to immediate dismissal from the program.

You may only wear your uniform, team t-shirt of that day, and warm-ups to a competition. Never wear your uniform skirt over your warm-up pants or team shirt over your uniform top. Hair for girls must be pulled back tight in a high ponytail – competition bow in place at all times.

When watching other Pro Cheer teams, you are to be dressed in your warm-ups (jacket zipped), team shirt, cheer shoes, and hair neatly pulled back. Coaches reserve the right to alter the dress code. Boys must have fresh haircuts, and be clean-shaven for all competitions. Cheerleaders have two options of clothing at all competitions. You are either IN uniform or IN warm-ups. No alteration of the dress code should be done.

No parents should approach the warm-up area or coaches at competitions. Instead use your team mom if you have immediate concerns or questions.

No colored fingernail polish should be worn to a competition. Please use clear coat or French tip manicure. Do not use color.

Please govern yourselves accordingly at competitions. Refrain from discussing other teams in public. Never approach a judge or competition official on behalf of Pro Cheer.

Hotel rooms for out of town competitions will be arrange by Pro Cheer. All-stars MUST stay in the hotel designated by Pro Cheer! It is important that parents take full responsibility for their child, and any cheerleaders under their watch. There should be one parent per room. Cheerleaders are not allowed to room alone.

Competitions Cont.> Page 5

Please help the coaches enforce curfew at the hotel when traveling. Do not send your cheerleader to bed and expect them to follow the rules while you are out. Team Bonding Events may be scheduled during competitions. Your child is expected to be in attendance at ALL team events/meetings/dinners.

Athletes will be required to watch all teams during the competition day. Some days may be long, others short. It is up to the discretion of the All-Star Director to determine whether a team or team member may leave a competition early before the last team competes. We are there to compete and support our Pro Cheer Family. Please do not plan family vacation/events during a competition weekend. Each competition venue and timeline varies from date to date.

ATTENDANCE- Competitive Cheerleading is a team sport, which requires regular attendance by all team members. We expect all team members to attend scheduled practices. Attendance is extremely important to the success of our teams. All practices are mandatory. An athlete is allowed a total of **4 absences**, regardless of reason, during the months of September-April. In the unlikely event that you exceed these absences, you will be asked to meet with your coach and management to reach a resolution.

We recognize that there are sometimes legitimate reasons for a team member to miss practice. If a parent feels that is in the best interest for the athlete to miss practice, we ask that the parent contact the coach as far in advance as possible to discuss the situation. If possible the coach will accommodate the request to miss practice. If it is not possible, the coach will explain why not. We believe with adequate lead time and cooperation between coaches and parents, we will be able to resolve most potential conflicts.

Homework is not an excused absence. Studying for a test is not an excused absence. Birthdays, Anniversaries, and Family trips are not excused absences. School trips that are not documented for a grade are not excused absences. Other sport conflicts are not excused absences.

If the coach and parent are unable to agree on a resolution, the coach will involve Pro Cheer management. We certainly understand that ultimately, it's the parent's decision. It will be Pro Cheer's responsibility to inform the parents of any possible ramification from that decision. We will handle all situations on a case-by-case basis. We will be fair and consistent but we will have to use discretion.

We ask that parents and team members support our decisions. If you have any question concerning our implementation of this policy, please discuss it with your coach, who will be happy to explain our rationale.

RULES & All-star rules> Page 6

Direct supervision of a coach in the practice/class/private lesson/camp/clinic setting. This is for the safety of your athletes! If your cheerleader wants extra time in the gym, get with your coach to set up a private or attend one of our many open gyms or weekend clinics!


Pro Cheer participants will be held to certain standards as they are role models in the community and ambassadors for their sport. Appropriate behavior and positive representation of the gym are expected at all times. Any violation of team rules may result in dismissal from the team for the remainder of the season without refund.


ALL-STAR RULES-

1. All squad members **MUST** attend all practices, competitions, and special events. Please review the practice attendance policy stated earlier in this document. Failure to do so can result in your removal from the team.
2. Arrive at least 15 minutes prior to scheduled practice start times and stay until your coach dismisses you. Be prepared to start practice before practice is scheduled to begin and stay after scheduled practice time.
3. You are expected to work hard and give your best effort at all times. This is what we ask, and what you should demand of yourself.
4. Arrive at the gym ready to participate with the proper attire, hair pulled back, no jewelry, no gum and properly rested and fed. Please review the practice attire policy stated earlier in this document.
5. Treat other members with respect; be kind and respectful to everyone at all times.
6. Ask permission to leave the gym. This applies to leaving practices early, going to the bathroom, or calling home. If you have to leave early, please notify your coaches at the beginning of practice.
7. Always act 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 do your job to set a positive example for others.
8. Provide your body with proper food and drink that will help you do your best.
9. Show respect for your safety and the safety of others, and the wishes of your coaches by staying off the equipment unless given specific permission and supervision. This specifically applies to trampolines and pits.
10. Always wait inside the facility for your ride. Do not wait outside for pick-up after practices.
11. Support all Pro Cheer teams and programs.
12. Pro Cheer maintains a No Tolerance Policy regarding alcohol, tobacco, and other substance abuse. Anyone under the influence of any illegal or prohibited substance will be dismissed immediately.
13. While Pro Cheer's policy of communication is that of an "open door" nature, we will not tolerate questions regarding coaching decisions or changes that a coach makes. Our cheerleading squad is competitive, and all changes will be made for the betterment of the overall team. Any problems should be directed to the All-Star Director.
14. Any cheerleader or parent representing Pro Cheer in any negative manner, including but not limited to, emails, on-line social media networks, etc. will be immediately removed from the program.
15. The Gym Director, All-Star Director and Ownership reserve the right to change, delete, or add rules at any time at their discretion.
16. In the event that an All-Star is removed from the program for any reason there are no refunds on any monies paid

Pro Cheer's Mission is to "Build better all-stars" by providing a fun, safe, and encouraging environment while teaching the skills to develop strong character, positive attitudes, responsibility while instilling dreams and values. Our purpose is to first glorify God and second to keep with our motto, "Building a legacy...One cheerleader at a time!"

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General Rules and Guidelines

I have read and understand all rules and guidelines outlined in the Program and Parent Handbooks.

I agree to uphold my obligations and abide by the rules set by Pro Cheer and described in the above documents. Any failure to uphold these commitments/obligations can result in removal from the program and forfeiture of all monies paid.

X_____ (Initial Here)

Payment Policies and Procedures

I have read and understand my financial obligations. I understand the payment policies set forth and agree to uphold my financial commitment to the program.

X_____ (Initial Here)

Attendance Policy

I have read and understand the Pro Cheer Attendance Policy.

X_____ (Initial Here)

Competition Rules and Guidelines

I have read and understand the Competition Rules and Guidelines.

X_____ (Initial Here)

I have read and understand all the rules in the handbook and understand that ownership and management have the right to add or subtract from any and all rules stated above throughout the season.

NAME: _____

SIGNATURE: _____ DATE: _____

Please turn in with paperwork