

GILA

Cheer Allstars

2017 - 2018 Parent Handbook
Allstar Cheerleading Teams



About Gila Cheer

Gila Cheer is a competitive cheerleading program established in Safford, Arizona in 2016. Our goal is to provide children and young adults with the skills necessary to succeed as athletes. Competitive cheerleading, otherwise known as Allstar Cheer, will provide lessons in teamwork, discipline and motivation. The athletes will be challenged physically, mentally and emotionally. At Gila Cheer, we deeply strive to progress each athlete to their highest potential.

This Handbook contains a great deal of information, including guidelines and expectations for the 2017 - 2018 cheer season.

Allstar Cheerleading

Allstar cheerleading is a competitive team sport incorporating skills from several other disciplines such as gymnastics, dance, acrobatics and cheer.

Allstar cheerleading teams differ from other teams by training year-round for competitions. They also differ from most other sports in that every team member is vital to the team and the performance. There are no benchwarmers. Everyone plays an integral role. Each member of the squad is trained in all aspects of the sport in order to maximize their skills to reach their potential.

Allstar teams typically consist of between 6 and 24 athletes. Squads can be either coed or all female. Teams are carefully constructed to include all the elements needed to perform the complex routines. Every team needs a combination of bases, flyers, tumblers, and dancers. Most of these well rounded athletes are capable of performing all of these skills.

Competition routines are 2 minutes for prep teams, and 2 1/2 minutes in length for non-prep teams. They are packed with stunts, dance, jumps, and tumbling. At competitions, the teams are divided by age and ability level. The routines are judged based on difficulty, execution, creativity and showmanship. Allstar cheerleading has allowed the world to see inside the sport in a way never before possible.

Competition

A competition schedule will be given to all members before August 31st. All competitions are mandatory. Competitions can start as early as January, and all competitions are located in the Phoenix area. Gila Cheer does not provide transportation, and members are responsible for getting athletes to the competition on time. It is recommended to carpool with other members for travel.

Competition Fees

Attending competitions and competing is the soul reason of Allstar cheerleading. It is a very rewarding, yet expensive experience.

If your child makes a prep team, the competition fees are included in the registration price. All non-prep teams have the option to fundraise the competition fees, or simply pay them.

The competition fees for non-prep teams are \$300 per athlete. We offer plenty of fundraising opportunities such as vending at local events and festivals, selling Krispy Kreme donuts, garage sales, etc.

Please contact our Fundraising Coordinator with any questions, comments, or concerns:
Lechelle Apodaca (480) 466-5048



Competition Attendance

Attendance at competitions are mandatory. Do not schedule vacations or family vacations one week prior to any competition. It is the athlete's responsibility to adhere to the competition schedule. Athlete's MUST stay for the entire length of the competition for their respective team including awards.

Competition schedules are usually given to the coaches a few days before the competition. Competitions could start as early as 7am, so please prepare to dedicate the entire day to the competition.

Competition Etiquette

★ As members of a new program, all families should represent our gym pride by wearing Gila Cheer attire, and our colors (navy blue and orange.) Please check the gym pro shop, we will be

adding new items for purchase monthly. Families are encouraged to make signs to excite the athletes. On competition days, YOU are the cheerleader for your child!

★ Please be aware of your surroundings and always act professionally as you are representing our gym and athletes. Please clean up after eating and make sure your athletes are not making messes in the venue.

★ Prior to the athlete competing, athletes may be required to stay with the coaches for hours. Please make sure your athlete is fed before hand. While the athlete is competing, most competitions have a V.I.P area where you can watch the team compete up close. We encourage the parents to move from the seats to the V.I.P area. We want the athletes to be able to hear us cheering loudly.

Choreography

All teams will have mandatory Choreography Days. Choreography days give the athletes a chance to get to know their teammates. Attendance at choreography is mandatory. The costs of these days are built into the payments as described in the fee schedule above. Members **are** allowed to post Gila Cheer music, choreography, routines, and stunts on any websites. This includes but is not limited to Instagram, Facebook and/or YouTube.



Financial Information

Allstar Teams

Here is a breakdown of tuition pricing for Gila Cheer Allstar Teams (Prep team pricing is on the next page):

Signup Fee - Due at Signup

Insurance	\$30
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Registration Fee (Due August 31 or time of signup. One time fee)

Uniform	\$186
Competition Bow	\$10
USASF Membership	\$30
Water Bottle	\$4
Music	\$30
Hair Piece	\$30
Competition Fees (Must fundraise to avoid fee)	(\$300)
Total	\$290

Monthly Tuition (Due the 1st of every month from August 2017 to April 2018)

Facility Use	\$50	This covers rent, utilities and gym software.
Equipment	\$10	Covers financing of gym equipment
Staff	\$25	Covers staff training, travel, and coaching fees.
Total	\$85	Per Month

Sibling Discount - Allstar Teams

For the 2017 - 2018 season, every additional child is only \$35 per month.

Prep Teams

Here is a breakdown of tuition pricing for Gila Cheer Allstar Prep Teams:

Signup Fee - Due at Signup

Insurance	\$30
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Registration Fee (Due August 31 or time of signup. One time fee)

Practice Wear (also used as Uniform)	\$80
Competition Bow	\$10
USASF Membership	\$30
Water Bottle	\$4
Music	\$16
Competition Fees	\$135
Total	\$275

Monthly Tuition (Due the 1st of every month from August 2017 to April 2018)

Facility Use	\$40	This covers rent, utilities and gym software.
Equipment	\$5	Covers financing of gym equipment
Staff	\$20	Covers staff training, travel, and coaching fees.
Total	\$65	Per Month

Sibling Discount - Prep Teams

For the 2017 - 2018 season, every additional child is only \$25 per month.

Payment Policies

New for the 2017 - 2018 season: A valid credit or debit card must be placed on file as a back-up method of payment for tuition and fees.

- ★ Tuition is **due** on the 1st of every month from August to April.
- ★ Payments may be made by cash, check or card. Checks must be made to 'Gila Cheer LLC.'
- ★ Payments not received by the 5th of the month will be automatically billed with the account on file.
- ★ Should your credit card decline, you will be contacted by a staff member and a payment must be received by the 10th in order for your child to remain in the program.

Refund Policy

If an athlete chooses to leave Gila Cheer, is dismissed from the program, or cannot compete due to injuries or illness, absolutely **no** refunds will be given.

New for the 2017 - 2018 season: A \$65 termination fee per athlete will be charged to the account on file if an athlete chooses to leave a team. This fee is to cover the expenses of reworking the routine, replacing the athlete, and scheduling extra practices.

No credits are given due to weather inclement, closures, or holiday breaks. Additional practices may be necessary, in which case no extra payments will be charged.

Gym Policies

The Gila Cheer coaching staff reserves, at any time, without notice, to change the rosters of the teams by adding, rearranging, or removing athletes to/from teams for a performance, practice or entire program. Athlete's may be removed from a team or the program for reasons which may include, but are not limited to, attitude problems, absences, and/or tardiness, lack of financial responsibility, personality conflicts between athletes, coaches, parents or anyone else involved in the Gila Cheer program. There will be no refunds in the event of a removal from a team or program.

Attendance

New conditions for 2017 - 2018:

Two unexcused absences will lead to the athlete's contract being terminated with a refund amount of \$0. A written warning will be issued at the first unexcused absence. A doctors note will be required to count as an excused absence. Athletes struggling from the common cold or injuries are still expected to attend and their participation will be determined on a case by case basis. If an athlete is continuously ill and needs to miss practice, they may be replaced and switched to an alternate.

Missing practices to finish homework, household chores etc does not excuse an athlete from practice. Punishing the athlete by missing practice does not help the athlete, it only hurts the team, coaches, and the athlete as they may be removed from the program. It is most crucial that **every athlete attends all practices.**

If in doubt or uncertain about our attendance policy, contact Tyler Bronzell for a more thorough explanation.

Athletes will be provided a calendar with all important dates during the season by August 31st. All of the dates listed on the calendar are mandatory and will follow our attendance policy. Practices may be added or cancelled at the coaches' discretion. Athletes are expected to attend all practices, and not arrive late or leave early unless the absence is pre-approved by a coach or the absence is the result of an emergency.

Attire

Athletes must arrive at practice in athletic wear including a t-shirt, tank top, sports bra, shorts, briefs, stretch pants, socks and athletic sneakers. Absolutely no jeans, skirts or dresses are to be worn during practice.

Hair must be tied up out of the athlete's view to avoid injury. A hair bow is also recommended for every practice.

All jewelry is prohibited. This includes necklaces, rings, bracelets, piercings, anklets and hard hair accessories. Nails must be properly cut and **not painted** during competitions.

Other Activities

If a member of Gila Cheer participates in other activities, Gila Cheer must remain the priority. Missing practice due to a school activity or any other sports or events will not be excused. Other sports are allowed but may not interfere with any Gila Cheer practices, events, performances and competitions. As stated above, attendance is very important to the success of our teams.

Sportsmanship

A positive attitude is expected from athletes and parents at all practices and Gila Cheer events. Being a member of a competitive Allstar team is about being a team player in whatever capacity is required. An athlete should always exhibit a positive attitude and a willingness to participate respectfully. Sportsmanship and family are very important to our organization. Please be courteous and considerate to all teams and athletes. This includes all other Allstar programs and other Gila Cheer team members. Please do not speak negatively about any person, decision or result. This includes "cheering" or showing excitement for other teams' mistakes, as well as posts on the Internet and message boards. The attitude of the parent has a huge impact on the attitude and performance of a child. Too much parental pressure may cause an athlete to shut down. If a parent acts disrespectful towards a coach, cheerleader, or another parent, a child tends to mirror the behavior. We strive to teach our athletes respect and sportsmanship. Athletes or parents who behave in a manner in or out of the gym that we view as inappropriate may be asked to leave the program. Athletes whose parents are aggressively negative or disrespectful will be removed from the program. We are trying to create a positive, pleasant learning environment for all of our athletes!



U.S Allstar Federation

The U.S Allstar Federation (USASF) is the national governing body for Allstar Cheerleading. The USASF determines appropriate divisions, levels, rules and regulations. Gila Cheer is a USASF Member Gym and complies with the organization's safety training and sportsmanship initiatives. Every athlete participating in Allstar cheerleading must be a member of the USASF. This membership price is included in our registration fee.

More information can be found at USASF's website., www.usasf.net.

Age Brackets 2017 - 2018

Allstar divisions are determined purely by age. How old a child is on August 31st will determine the age they will compete for that entire season. The age brackets set by the USASF are as follows:

Tiny	5 – 6 Years Old
Mini	5 – 8
Youth	5 – 11
Junior	5 – 14
Senior	10 – 18

Skill Levels

The USASF defines six difficulty levels within each age bracket. Level 1 is a beginner level and Level 6 is the most complex level.

At Gila Cheer, we will match up the athletes by level as best as we can. The skills we look for in an athlete are stunting, jumps, tumbling, dance and motions. Athletes that show potential may be moved up a level mid season. Athletes are put on a team for a reason, so please trust the coaches decisions.

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