

# All Star Cheer Team Handbook 2021-2022



CHEER TECH

[www.ndcheertech.com](http://www.ndcheertech.com)

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# Welcome to Cheer Tech!

## Talons Out!

### Our Mission

Cheer Tech's mission is to provide the resources for All Star Cheer athlete talent development for the greater Grand Forks, ND community.

### Our Goals

Cheer Tech's goal is the individual growth of each athlete as members of a committed and welcoming team competing in the challenging and team-focused sport of All Star Cheer.

### Our Ethos

We are the Cheer Tech Eagles, soaring to new heights in athleticism, leadership, team building and confidence. Eagles possess a "Fight for the Yes" mentality. Eagles always have their talons out, ready to grab the next opportunity to grow. Eagles recognize talent development requires commitment. Eagles know success starts with these three words: "I will try."

We want to make a positive difference in our athlete's lives! We like to win, and we work hard in this pursuit, but more importantly we desire to be a positive influence in our athlete's lives off the mat and outside the gym as well. We get to know our athletes, who they are as individuals, their likes and dislikes, so we can build upon their talents and interests while pushing them to develop physically and mentally. We are firm, fair, and focused on athlete improvement, team success, and safety.

### General

Anyone can join the Cheer Tech family! We offer an environment of inclusivity and have All Star Cheer programs for ages 4-18 years of age. Please feel free to call for any information about our programs at 605-360-7162. If you need to register for a class or have questions, email [office@ndcheertech.com](mailto:office@ndcheertech.com) or visit our website at [www.ndcheertech.com](http://www.ndcheertech.com).

### Team Placements

Cheer Tech team placements are held once per calendar year, typically in late spring or early summer. Every athlete that attends placements and submits all required paperwork will be placed on a team that aligns with his/her age or skill level. Athletes will be placed on a team in accordance with the divisional and level guidelines created by the U. S. All Star Federation (USASF).

For the 2021-2022 season, Cheer Tech team placements will be held May 17th-20th, 2021. 11 yrs & younger will meet 4:00-5:25p.m. 12 yrs & older will meet 5:30-6:45p.m. Make-up placements will be considered on a case-by-case basis. Team placement results will be announced on May 21, 2021.

The following information must be submitted no later than May 17th. Forms are available on the Cheer Tech website and at the gym.

\_\_\_\_ Copy of Birth Certificate

\_\_\_\_ Signed Financial Agreement

\_\_\_\_ Signed Parent Handbook

\_\_\_\_ Signed Waiver of Liability Form (required every year)

## General Rules

Cheer Tech All Star Cheer practices are closed events. Family and friends may not wait in the gym during practice. The athletes need a quiet and distraction-free environment in which to train and grow.

Jewelry will NOT be worn during practice or at competitions, per USASF guidelines, to include watches, earrings, necklaces, bracelets, wristbands, or rings.

Fingernails must be trimmed to a safe length. Long nails are a safety issue and can cause significant injury. Coaches will trim nails immediately, as needed, if the nail length is deemed a safety concern.

Mobile phone use during practices and competition warmups is NOT permitted. This restriction includes breaks during practices and the competition warmups.

Bullying, use of derogatory or foul language, displays of poor attitude, or any type of verbal or physical abuse is NOT permitted. Back-talking, eye-rolling, or any form of disrespect is NOT acceptable.

Athletes will always display the highest levels of sportsmanship, regardless of situation or circumstance.

## Uniforms and Equipment

The Performance Uniform is mandatory wear at all competitions. Uniform costs are NOT covered in monthly tuition. Uniform rental fee is \$100.00.

The Practice Uniform is mandatory wear at all practices and will be made available for purchase for those who do not already have approved practice wear for their athlete. This is an absolute safety issue as clothes with hoods, pockets, zippers are a danger to our athletes during stunting and tumbling. Street shoes will NOT be worn during practice. Street clothing will NOT be worn during practice.

All-white cheer shoes are required for practice and competitions. There are several brands available (e.g. Nfinity, Varsity, Chasse) and Cheer Tech staff can help find the right pair for the athlete. Cheer Tech does NOT require a specific brand of shoe be worn by the athlete.

## Practice Focus

All Star Cheer team practices focus on choreography, stunting, tumbling and technical skill development. Athletes are expected to complete cardio-vascular, strength, and flexibility training exercises outside of team practices. Cheer Tech coaches can assist the athlete to design a personal exercise program.

## Absences

All Star Cheer requires complete commitment from the athlete, and parent/guardian, to attend all practices and competitions. Practice and competition attendance are mandatory. Without the entire team present, it is impossible to meaningfully practice the routine, especially stunts and formations. Absences from practices and competitions adversely affect the entire team. As such, the athlete and the parent/guardian must agree to the following:

- Absence notifications and coordination requests will be sent via email ([office@ndcheertech.com](mailto:office@ndcheertech.com)) by the parent/guardian. It is the responsibility of the parent/guardian to include all information pertaining to the absence in this email. Written, verbal, text, instant message, Facebook, etc notification will not be accepted. It is the responsibility of the parent/guardian to ensure the absence notification or coordination email was received by Cheer Tech staff. Cheer Tech staff will respond via email to acknowledge receipt.
- Upon receipt of the absence notification, Cheer Tech staff will evaluate the circumstance surrounding the absence. All absences will be classified as EXCUSED or NOT-EXCUSED by Cheer Tech staff after consideration of all the details related to the absence. As it is impossible to address every scenario that might result in an athlete missing a practice or competition, every situation will be considered on a case-by-case basis. Determination of an absence as EXCUSED or NOT-EXCUSED will be sent to the parent/guardian via email. The determination decision will not be shared with anyone other than the parent/guardian.
- Cheer Tech reserves the right to re-consider the athlete's placement on the assigned team if the athlete receives four (4) NOT-EXCUSED absences from practices.
- Cheer Tech reserves the right to re-consider the athlete's placement on the assigned team if the athlete receives one (1) NOT-EXCUSED absence from competitions.
- Cheer Tech reserves the right to restructure the athlete's role on the team based on absences.
- Absences will NOT be used as punitive measures by the parent/guardian.
- Being dismissed from the team due to exceeding not-excused absences will not void the financial contract signed by the parent/guardian.

## Tardiness

Athletes must be fully prepared for all practices and competitions at the scheduled start or show time. If the athlete is not fully prepared at the scheduled start or show time, s/he will be considered tardy. Two instances of tardiness equal a NOT-EXCUSED absence.

## Social Media

Cheer Tech uses social media to communicate to the Cheer Tech family, increase awareness of All Star Cheer throughout the Grand Forks community, and promote a positive image of the sport and the gym. Cheer Tech must ensure there is no confusion about official Cheer Tech communication and personal gym-member communication. As such, use of the Cheer Tech name or logo, or any combination or variation of the name or logo, on personal social media accounts is NOT permitted. Inclusion of the Cheer Tech name in personal account bios or status updates IS permitted.

All Cheer Tech-related personal social media postings will be favorable, done in the spirit of good sportsmanship, and must respect the privacy of all individuals. Out of the utmost concern for our athlete's privacy, Cheer Tech gym families will NOT live-stream any performance and will review all recordings prior to sharing.

## Injuries

The parent/guardian will notify Cheer Tech via email ([office@ndcheertech.com](mailto:office@ndcheertech.com)) immediately if the athlete becomes injured outside of practice. The athlete must attend all practices and continue to pay tuition while injured. If the athlete has specific restrictions other than fully abstaining from practice, Cheer Tech requires a doctor's note with specific restrictions and alternate conditioning/rehab instructions. After the athlete is FULLY recovered and cleared by a medical professional, Cheer Tech staff will determine the best way to reintegrate the athlete into the team's routine.

## Quitting Policy

Due to the immense work that goes into the choreography and stunting of the team, and the great disruption an athlete choosing to leave the team will cause, if an athlete chooses to drop-out, the parent/guardian will be required to sign a form and a final payment for the remainder tuition, competition fees, and additional expenses will be due immediately, per signed financial agreement. Any bills not paid within 30 days, will be sent to collections.

## Competitions

The parent/guardian is responsible for transporting the athlete to all competitions. The competition season is during winter months and competitions are not cancelled due to weather. If the parent/guardian is unable to attend or transport the athlete, the parent/guardian must make alternate arrangements for the athlete's transportation and supervision.

If a competition is more than three (3) hours travel from Grand Forks, ND, the athlete **MUST** arrive at the competition location the **night prior** to the competition to allow for a full-night's rest.

Parents/guardians must plan for full-day competitions and performances. Events can run from 7:00 am to 10:00 pm. Official competition schedules will be distributed to parents/guardians after the final version is received and reviewed by Cheer Tech staff.

All members of the Cheer Tech family will support all Cheer Tech teams, regardless of performance time, at competitions. Competition performances are the time for our athletes to shine and they deserve support and encouragement from all athletes and their families.

Swimming is NOT permitted the night prior to a performance.

Mobile phone use by the athletes during awards ceremonies is NOT permitted.

Athletes MUST attend the awards session for their team and must be in uniform.

Coaches will NOT hold or be responsible for athlete personal items during warmups or performances.

## D2 Summit

Cheer Tech Youth, Junior, and Senior teams that receive a bid to D2 Summit will attend the D2 Summit. The athlete and parent/guardian must consider the schedule, travel, and cost commitments of attending the D2 Summit and must plan for this trip from the beginning of the season. If an athlete misses a bid-winning performance due to an EXCUSED absence, Cheer Tech staff will determine if that athlete will perform during the D2 Summit. Cheer Tech reserves the right to pursue, accept, or reject D2 Summit bids, based on a variety of factors.

## Tuition and Fees

Cheer Tech now uses a “monthly constant” method for collecting tuition and fees. From June through April, Cheer Tech will bill each athlete one constant fee per month.

The monthly fee covers tuition for practices, Annual USASF Registration, annual gym insurance, choreography camp, music licensing fee, competition registration fee, and coaches’ fees.

The monthly payment is due on the 1<sup>st</sup> of the month, to be paid by credit card or paypal, and will be assessed a \$25.00 late fee after the 7<sup>th</sup> of the month. An athlete will NOT be allowed to practice or compete if her/his account is greater than 30 days overdue. Overdue monthly fees and late fees will be sent to collections after 60 days. Failure to pay on-time may result in the dismissal of the athlete from the Cheer Tech All Star Cheer program. Dismissal does NOT negate the remaining contracted months of tuition.

I, \_\_\_\_\_ have read the handbook and have agreed to the standards and information within it.

\_\_\_\_\_

Parent or Legal Guardians Name

\_\_\_\_\_

Date

\_\_\_\_\_

All Star Cheer Athlete

\_\_\_\_\_

Date