

# EXTREME

## Tumble & Cheer



**2019 - 2020**  
**ALL STAR CHEER TEAM**  
**Information Packet**

# TEAM SIGN UP & EVALUATION

## Tuesday, May 14, 2019

**4:00 PM – 7:00 PM**

- All Ages Tumble Sign Up
- Age 5 & Under Non Competitive Cheer Sign Up
- Special Needs Cheer Team Sign Up (Team Practices for these teams will begin in August.)

## Wednesday, May 15, 2019

**5:00 PM - 6:00 or 6:30 PM**

- Age 9-11

**7:00 PM – 8:00 or 8:30 PM**

- Age 12 & Up

## Thursday, May 16, 2019

**6:00 PM – 7:00 PM**

- Age 6 - 8

**\*All athletes should plan to wear the following for Team Evaluations:**

- **BLACK SHORTS**
- **BLACK SPORT BRA**
- **BLACK TANK OR T-SHIRT**

## Team Sign Up/ Placement Fee:

**\$50** All Athletes

**\*Receive \$10 off your Sign Up Fee if signing up between April 29th and May 3rd!**

*Team Evaluation Packets will be available for pick up beginning April 22nd.*

*ONLY UP TO DATE ACCOUNTS & CUSTOMERS PAYING BY CASH / CHECK WILL RECEIVE DISCOUNTED PRICE!*

**\*If you are unable to attend either of these sessions, Make Up days can be scheduled through the office of Extreme or by emailing [info@extcheer.com](mailto:info@extcheer.com).**

Dear Athletes and Family Members,

Thank you so much for your interest in ETC Competitive Teams! ETC Staff works hard to ensure that our athletes receive the very BEST instruction in East Texas. To achieve this goal and ensure the safety of all children and young adults entering the gym, our staff attends conferences, workshops & training throughout the year. ETC Coaching Staff are current USASF Members, highly qualified & credentialed USASF Coaches, as well as CheerBandz Credentialed.

The coaching staff at ETC strives to push each athlete to improve their skills and help them reach their top athletic potential. In addition, to working with athletes on their skills, we strive to teach athletes and parents how to work in a cooperative way. Throughout life, everyone will be put in situations where they must work with others to achieve common goals. ***Teamwork is a lifetime lesson that is more valuable than tumble & cheer skills.*** Athletes involved in competitive teams learn sportsmanship, how to work with others toward common goals, and how to strive to win as a team. Although, we have collected numerous trophies, banners, medals, and jackets, I am most proud of the life lessons given to the athletes in our program.

This packet was created to help athletes and family members understand the level of commitment that is expected throughout the Competitive Season. Please take the time to read over the packet with your child and all family members. Commitment **for athletes and both parents will be expected.**

Again, thank you for your interest in our program. If and when your child is selected to be a part of ETC Competitive Teams, please help encourage them throughout the season to stay focused on our goals. We hope you find this packet informative. Feel free to contact our office by phone or email if you have any questions. Good luck to each of you, and we hope to see you soon.

Thank you,

Tammy Holder  
EXTREME  
Tumble & Cheer  
Gym Owner

office #: (903) 947-6363

email: [info@extcheer.com](mailto:info@extcheer.com)

## INFORMATION TO BE TURNED IN BEFORE OR AT EVALUATION

1. Team Sign Up/ Placement Fee:
  - **\$50 All Athletes**
2. Copy of **Birth Certificate (New Athletes)**
3. Athlete Information Sheet
4. Voided Check for auto-draft and a post dated check for your first month of Team Tuition. (June 1, 2019)

## FOLLOWING TEAM EVALUATIONS

1. Parents **MUST sign up for and attend a Financial Commitment Parent Meeting between May 20th and May 29th.**  
**Things you will need to bring to meeting:**
  - Birth Certificate (if you haven't turned it in)
  - \$230 Cash or Check - **Extra Expense Deposit** (This includes your \$30 USASF Membership Fee.)
  - ALL Summer Vacation Dates for June, July, and August
2. Plan to attend Practice Wear fitting June 3rd or June 5th.
3. Be prepared to begin practicing in June. Each team will practice 3 random days during the months of June & July. We will set practices up according to the dates everyone turns in at **Financial Commitment Parent Meetings.**

## CHEER TEAM EVALUATION & PLACEMENT PROCESS

Although this can be a nervous time for some, please know that we will be putting a lot of thought into the team placements, so that our teams will be as competitive as possible. During Team Evaluations, the Coaching Staff will evaluate athletes on the following areas to come up with teams that each have the best possible chance of a successful competitive season.

### Team Evaluation – Step 1

**Athletes will be evaluated in the following areas:**

1. **Attitude** (and ability to work well with others)
2. **Jumps**
3. **Standing Tumbling**
4. **Running Tumbling**

**Athletes will then be sorted and placed in groups according to Age and Evaluation results.**

Round 1 of Team Rosters and June practice days will be emailed & posted on our Band Page.

### Stunt Evaluation – Step 2

**Athletes will be evaluated on stunts and maturity level throughout the month(s) of June and July.**

During this time your child may need to practice with different age groups and different skill levels. This process is to help prevent our staff from placing your child on a team that is too easy or a team that is too hard. Stunting is worth the majority of the score sheet, therefore it is important your child is on a team best suited for their stunting ability.

**Stunt Skills that will be evaluated:**

#### ***Ability to Base***

- Demonstrate strength & willingness to base
- Ability to work with other bases in a productive way

#### ***Ability to Fly***

- Flexibility & Balance
- Liberty, Heel Stretch, Arabesque, Scorpion, Scale
  - I MAY NOT ALLOW AN UN-FLEXIBLE FLYER IN THE AIR! IF YOU WANT TO FLY BE FLEXIBLE & PRACTICE BALANCING AND HOLDING BODY POSITIONS DAILY FOR EXTENDED PERIODS OF TIME.

#### **Final Team Placement & Team Levels will be announced the last week of July.**

Team levels will be determined by the teams ability to perform advanced level stunts.

***Some athletes will be stronger tumblers than others and some athletes will be stronger in stunting.  
Every athlete is on a team for a reason - Trust the staff on this matter.***

***No athlete has the right to any particular role or location in a routine.***

# CHEER TEAM AGE POSSIBILITIES

All Star Elite	AGE as of 8/31/19	All Star Prep	AGE as of 8/31/19
Exhibition	*3 & Up	Mini	up to 8
Tiny	5 to 6	Youth	5 to 11
Mini	5 to 8	Junior	5 to 14
Youth	5 to 11	All Star International	AGE as of 12/31/19
Junior	8 to 14	Junior	8 to 14
Senior	12 to 18	Senior	12 to 18

## CHEER TEAM SKILL REQUIREMENTS PER LEVEL

### Level 1

<b>Standing Tumbling:</b> <i>(2 or more of the following)</i> <ul style="list-style-type: none"> <li>Forward &amp; Backward rolls</li> <li>Hand-Stand</li> <li>Cartwheel</li> <li>Back-Extension Roll</li> <li>Front/Back-Walkover</li> </ul>	<b>Running Tumbling:</b> <i>(2 or more of the following)</i> <ul style="list-style-type: none"> <li>Round-off</li> <li>Front Roll to Round-off</li> <li>Front Walkover to Cartwheel</li> <li>Cartwheel Back Walkover</li> </ul>	<b>Stunts:</b> <i>(All of the following required as a Base or Flyer)</i> <ul style="list-style-type: none"> <li>One leg stunt below Prep-level</li> <li>Prep-level Elevator</li> <li>Extension with a brace on two sides</li> <li>Cradle</li> </ul>
--	--	--

### Level 2 – YOU MUST BE ABLE TO PE.

<b>Standing Tumbling:</b> <i>(2 or more of the following recommended)</i> <ul style="list-style-type: none"> <li>Front Walkover</li> <li>Back-Handspring</li> <li>Back Walkover - Back Handspring</li> </ul>	<b>Running Tumbling:</b> <i>(2 or more of the following recommended)</i> <ul style="list-style-type: none"> <li>Round-off Back Handspring</li> <li>Round-off Back Handspring rebound ½ turn to a 2 skill</li> <li>Front Walkover to Round-off BHS(s)</li> </ul>	<b>Stunts:</b> <i>(All of the following are required as a Base or Flyer)</i> <ul style="list-style-type: none"> <li>One-leg stunts at prep-level</li> <li>Basket Tosses w/straight ride</li> <li>½ twist up to Extension</li> <li>Straight Cradle from Extension</li> <li>Log Roll</li> </ul>
---	--	--

### Level 3 – YOU MUST BE ABLE TO PERFORM STUNTS WITH ATHLETES THAT WILL BE ON YOUR TEAM!

<b>Standing Tumbling:</b> <i>(2 or more of the following)</i> <ul style="list-style-type: none"> <li>Back-Handspring Series</li> <li>Jump Combination to Back Handspring series</li> </ul>	<b>Running Tumbling:</b> <i>(2 or more of the following)</i> <ul style="list-style-type: none"> <li>Running pass that includes a Back Tuck</li> <li>Punch Front power hurdle to pass</li> <li>Ariel to tumble pass</li> </ul>	<b>Stunts:</b> <i>(All of the following are required as a Base or Flyer)</i> <ul style="list-style-type: none"> <li>Extended 1 Leg Stunts</li> <li>Full down from Extension</li> <li>Basket Toss with 1 Trick</li> <li>Full twist up to Prep</li> </ul>
---	--	--

### Level 4 – YOU MUST BE ABLE TO PERFORM STUNTS WITH ATHLETES THAT WILL BE ON YOUR TEAM!

<b>Standing Tumbling:</b> <i>(2 or more of the following)</i> <ul style="list-style-type: none"> <li>Ariel</li> <li>Back Handspring Back Tuck</li> <li>Jump Combination to BHS Back Tuck</li> <li>Standing Back Tuck</li> </ul>	<b>Running Tumbling:</b> <i>(2 or more of the following)</i> <ul style="list-style-type: none"> <li>Round-off BHS to Layout</li> <li>Round-off Whip through to Layout</li> <li>Punch Front Step Out to Level 4 Pass.</li> </ul>	<b>Stunts:</b> <i>(All of the following are required as a Base or Flyer)</i> <ul style="list-style-type: none"> <li>Full up to Extended 1 Leg Stunt</li> <li>Full down from extended 1 Leg stunt.</li> <li>Double Down from Prep Level</li> <li>Basket Tosses with two skills</li> </ul>
--	--	---

ETC will ONLY consider a Level 5 team when at least 12 athletes can demonstrate Level 5 tumble skills.

**Athletes should compete on a team that will be fun, not stressful.**

If a back-handspring causes the athlete anxiety, then the athlete should compete Level 1,

If Back-tucks cause the athlete anxiety, then the athlete should compete Level 2.

All athletes should be placed on a team that will allow them to compete with confidence in the skills choreographed.

Team practices are used to build endurance and strength, NOT skills!

# FINANCIAL COMMITMENT

Competitive cheer can still be a very expensive sport. **Before signing up for this, please carefully read and understand the financial commitment involved. Fund-raising is available to help with expenses.**

## Sign Up & Registration Fees

Team Placement Fee: \$50 per athlete / \$40 Returning Athletes (April ONLY) \$50 per athlete (Beginning in May)  
 • \$10 discount for all athletes attending April Evaluation!  
 Yearly Tumble Registration: \$25 per athlete (due June 1st)

## 1. Monthly Tuition:

(Tuition includes mandatory 1-2 extra practices per month during competition months.)

<b>TEAM</b>	<b>PAYING VIA AUTO-DRAFT</b>	<b>PAYING CASH / CHECK</b>
All Team Athletes (June & July)	\$100.00	\$110.00
Non-Competitive Team (Aug. - April 2019)	\$100.00	\$115.00
Cheer Prep Team (Aug. - April 2019)	\$115.00	\$130.00
All Star Cheer Team (Aug. - April 2019)	\$135.00	\$150.00

**\*If for some reason your account is declined, you will lose the Auto-Draft discount for the remainder of the season.**

## Monthly Extras

All athletes will be required to attend private lessons. These lessons are \$5 per child per lesson.

Athletes missing a team practice or a private lesson will be required to and pay for a \$25-\$50 Private Lesson..

## 2. Competitive Team Fees for ALL ATHLETES:

\*Team Fees will be within the estimated prices listed below. These fees may be paid in full upfront or you will be allowed to split the total amount up monthly installments. Electing to pay the "Team Fees" out in 7, 8, 9 or 10 installments will cost you a bit more. EVERYONE must begin paying team fees in June.

<b>Team</b>	<b>Price</b>	<b>This price includes the following:</b>
Non-Competitive	\$900 - \$1000	Practice Wear, Bow, Choreography, Music & Competition Fees *All Athletes must purchase black spandex shorts for Team Practices.  <b>A deposit of \$230 is due on or before May 29<sup>th</sup>.</b>
Cheer Prep Team	\$1000 - \$1300	
All Star Cheer Team	\$1400 - \$1650	

## 3. Competitive Team "Mandatory Items":

The following items are MANDATORY! These items are NOT included in the fees listed above.

<b>Item</b>	<b>Price</b>	<b>Balance Due Date &amp; Notes</b>
Shoes	\$100-\$125	Order with Credit Card via ETC Varsity Online Store link to order: <a href="https://proshop.varsityallstar.com/ExtremeTumbleandCheer/home">https://proshop.varsityallstar.com/ExtremeTumbleandCheer/home</a>
Uniform	\$400	Cheer uniform may be paid in 2 installments. Installment 1 Due July 15th in addition to your Competition Installment Installment 2 due September 15th in addition to your Competition Installment
Back Pack (Optional item)	\$75-\$100	Installment due August 15th in addition to your Competition Installment
Team Jacket	\$150.00	Payment due October 15th in addition to your Competition Installment
Team T-Shirt	\$25.00	Payment due November 15th in addition to your Competition Installment All Athletes and parents should order team shirt

**All uniform cost and additional items purchased through the office of ETC will result in the ordered pieces becoming property of EXTREME Tumble & Cheer if your child resigns their position on the team.**

The majority of our competitions will be close to home and NOT require an overnight stay.

Some competitions will require an overnight stay and all athlete families MUST stay at the hotel assigned by Tammy Holder.

**NCA Nationals is a Stay to Play Event. You will be required to book your room through Connections Housing.**

\*If our teams receive a paid bid to an event we will accept it.

When this happens you will be responsible for hotel stay, food & transportation to and from the event.



# TIME COMMITMENT

**Practices are incredibly important to the success of our teams. All practices are mandatory.**

- **Non-Competitive Teams** typically practice one time each week.
- **All-Star Prep Teams** typically practice one time each week and one extra day each month. (Example - 3<sup>rd</sup> Thursday of each month.)
- **All-Star Teams** will practice **two** times each week. **Junior & Senior Level Teams** will practice on Sundays.
- All Team Athletes **MUST** attend at least 1 tumble class weekly.

**As competition season nears, we will call extra practices beyond a team's normal schedule.**

**All practices two weeks prior to a competition are mandatory, period.**

**We reserve the right to not allow an athlete to compete if they are absent for any reason during this time frame.**

# EXCUSED AND UNEXCUSED ABSENCES

## **"SUMMER MONTHS" JUNE – JULY**

Any planned vacations, church camps, sports camps, or extra curricular activities that will cause the athlete to miss a practice **MUST** be turned into the office of E.T.C. or emailed to Tammy Holder at your child's Team Evaluation.

The parent of the athlete **MUST** contact the office of ETC 48 hours prior to the team's practice. We understand that emergencies happen at the last minute, but notice still needs to be given prior to your child's practice time. With cheerleading being a team sport, missing practice negatively affects the whole team drastically. If missing practice becomes an issue, then the athlete will either be made an alternate (with no promise of when or if they will be put back in the routine) or will be removed from the program.

**Stunt Choreography days are MANDATORY and will take place on:**

August 3<sup>rd</sup> - STUNT CAMP

August 4<sup>th</sup> - STUNT CAMP

**Routine Choreography will take place in September. (We will work around High School Volleyball Tournaments.)**

***BEING UNAVAILABLE FOR CHOREOGRAPHY CAMP WILL RESULT IN THE ATHLETE BEING REMOVED FROM THE TEAM, BECOMING AN ALTERNATE OF THE TEAM, OR THE ATHLETE BEING MOVED TO A DIFFERENT TEAM.***

# PARENT & ATHLETE CODE OF CONDUCT

A member must at all times be a strong representative of EXTREME Tumble & Cheer and a positive reflection of his/her teammates. Abusive behavior, lying, and or any other form of negative behavior are grounds for removal from a team. We will not tolerate comments about other teams and their programs. Members should respect other teams and programs. Many of you communicate with other cheerleaders at various organizations through email, Facebook, GroupME, Twitter, Snapchat and message boards. Please remember that anything posted is a direct reflection on this organization. NOTE: If you are caught sending rude or inappropriate messages on any type of SOCIAL MEDIA, you will be subject to immediate removal! In addition, you **CANNOT** use the EXTREME Tumble & Cheer name or any variation of our name in your email address or Social Media Screen Names. If you currently have our name in any portion of your email address, it must be changed!

Teammates are expected to treat one another with mutual respect. They should treat one another in the manner in which they want to be treated. We do not tolerate pettiness, gossiping or cliques; which attempt to exclude or alienate certain members. Back talk, rolling of eyes and any other disrespect for instructors or teammates is unacceptable. After a warning, the team member will sit out of practice until the problem is solved. A problem between a student and staff member will first be addressed between the owner, coach & student involved. If not solved, a parent will be notified of the problem or infraction of the rules and will be expected to assist the instructor in solving the problem. A parent should never reprimand or discipline someone else's child. We will handle any disciplinary problems privately and professionally.

# SPORTSMANSHIP COMMITMENT

Teaching the value and principles of good sportsmanship to our athletes is incredibly important to our program. We expect ALL members of the ETC family to exhibit positive sportsmanship at all times. If for some reason you feel that an issue needs to be addressed you should contact Tammy Holder via email immediately. Please keep in mind that E.T.C. can only fix or try to fix an issue that we are aware of.

**Parents and/or Athletes who are excessively negative, disrespectful, or fail to demonstrate GOOD Sportsmanship, WILL result in REMOVAL from our Team Program.**

## TEAM PRACTICE RULES

All practices are **CLOSED**. Practicing and showing our routines to BOYFRIENDS/GIRLFRIENDS and athletes from other gyms is prohibited. There is to be NO JEWELRY worn at practices, which includes all earrings, belly button rings, and necklaces. This is not simply for appearance sake, but for the safety to the one wearing the jewelry and for those either flying or basing who might be injured as a result. All CELL PHONES should be turned OFF and collected during practice times. There is to be NO GUM whatsoever at practices or competitions. There is to be NO excessively long fingernails or sculpts. Practice clothing must be worn as scheduled on the monthly calendars. **Lost, misplaced or damaged clothing will be replaced at your expense.** Anyone late or dressed incorrectly will jump after practice. The EXTREME Tumble & Cheer Program is about building champions and teaching responsibility to our athletes.

## COMPETITION RULES & GUIDELINES

- Athletes MUST arrive at time designated by ETC Staff
- Athletes will arrange for hair to be styled like the teams. No Hairpieces!
- Athletes should wear makeup as directed ( eyeshadow and lipstick color should be the same for everyone and should not be deviated from.
- Athletes will sit as a team following performances and watch other teams
- Athletes will NOT be allowed to leave before their Team's Award Ceremony
- Parents SHOULD wear a Team T-Shirt or Team Colors to show support
- Parents and Athletes represent ETC at competitions and must show good sportsmanship

## NCA NATIONALS & SUMMIT

### **N.C.A. NATIONALS COMPETITION INFORMATION**

All Star Cheer Teams will compete at N.C.A. Nationals

**~ February 28 - March 1, 2020 in Dallas, TX ~**

***Your child MAY have to miss school to attend this event!***

### **SUMMIT**

**We will ONLY attend this event "if we as a team agree to accept a bid."**

## ADDITIONAL RULES AND EXPECTATIONS

### **CHOREOGRAPHY:**

All routines/choreography including music, cheers, dances, stunts, transitions, and tumbling should be highly protected and shall not be shown or discussed with others. EXTREME Tumble & Cheer choreography should never be copied or taught to anyone without consent from Tammy Holder. This also includes any and all portions of music selections and editing.

NO VIDEOS of routines, choreography or tryout material should be uploaded to any online sites such as Facebook, YOUTUBE or Instagram!

### **LOGO & APPAREL**

Tammy Holder must approve all designs bearing the EXTREME Tumble & Cheer name and logo.

Anything created without our approval will not be acceptable and cannot be worn or sold independently.

### **Philosophy / Teaching Style**

We believe in perfection before progression. We will not allow students to learn advanced tumbling skills before perfecting their basics. If parents and students are not patient and have a clear understanding of our teaching methods, they should not be cheering at EXTREME Tumble & Cheer. Proper Technique is MOST important in learning and performing tumbling skills! Only perfected skills will be choreographed in our routines!

**Thank you for considering ETC as your Gym of Choice.**

