

EXTREME

Tumble & Cheer



2017 - 2018

ALL STAR CHEER TEAM

Information Packet

TEAM SIGN UP & EVALUATION

*Athlete's should attend the evaluation according to their age as of August 31, 2017.

Monday, MAY 22

- 5:15 – 6:30 Ages 6 to 8

Tuesday, MAY 23

- 4:30 – 5:30 Non-Competitive Team Sign Up Ages & Up
- 6:45 – 8:00 Ages 9 – 11

Wednesday, MAY 24

- 6:45 – 8:00 Ages 12 & Up

***Make Up days can be scheduled through the office.**

Dear Athletes and Family Members,

Thank you for your interest in ETC Competitive Cheer Teams! ETC Staff works hard to ensure that our athletes receive the very BEST instruction in East Texas. To achieve this goal and insure 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, and 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 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 your child is selected to be a part of ETC Competitive Teams, please help encourage them throughout the season and help them 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

INFORMATION TO BE TURNED IN AT EVALUATION

1. Team Sign Up/ Placement Fee - **\$50** New Athletes
2. Copy of **Birth Certificate if you are new to ETC Competitive Teams**
3. Athlete Information Sheet
4. Voided Check for auto-draft or a post dated check for Registration and the first month of Tuition.

CHEER TEAM EVALUATION PROCESS

All athletes will be evaluated according to the United States All Star Federation (USASF) Guidelines. During this process 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.

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**
5. **Stunts**
 - **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

Team 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. Some athletes will be stronger tumblers than others and some athletes will be stronger in stunting. **Stunting accounts for 47% of our scoring while tumbling accounts for 20%. Therefore when deciding placement of athletes, a greater emphasis is put on stunting.** Every athlete is on a team for a reason- *Trust the staff on this matter.* Also note that no athlete has the right to any particular role or location in a routine. Coaches change formations and stunt groups for a variety of reasons, many of which have nothing to do with the relative ability of the athletes in question.

1. **Athletes will be sorted and placed in groups according to Evaluation results & ages.**
 - Group rosters will be posted on our website www.extcheer.com and on our Facebook page at Midnight May 30th.
 - **Team Meetings and Practices will begin the first week of June.**
 - **A schedule of practices for the remainder of June & July will be emailed before the 2nd week of June. Practices will be worked around summer vacation plans.**

FOLLOWING TEAM EVALUATIONS

1. Parents MUST set up and attend a scheduled Financial Contract Meeting.
 - **Things you will need to bring to parent meeting:**
 - Birth Certificate (if you haven't turned it in)
 - \$200 Competition Expense Payment (Checks payable to ETC Competition Fees)
 - ALL Summer Vacation Dates for June, July, and August
2. Plan to attend Practice wear fitting during the first week of June.
3. Teams will begin practicing in June.
4. **Teams will have 3 to 4 scheduled practices June & July.**
5. We will begin a "Fall Practice Schedule" the first week of August, 2017.
6. Choreography days will be in August before school resumes for the fall.

FINANCIAL COMMITMENT

Competitive cheer, while not as costly as some youth activities, 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 Sign Up/Evaluation Fee: \$50 per athlete (due at time of Sign Up)
- Yearly Tumble Registration: \$25 per athlete (due June 1st)
- USASF Yearly Membership \$30 per athlete (due October 1st)

MONTHLY TUITION COMMITMENT JUNE 2017 – MAY 2018

Non-Competitive Cheer Team Practice & 1 Tumble Class Weekly

- \$110 – Cash or Check
- *\$10 discount to families electing auto-draft

All-Star Prep Cheer Practice(s) & 1 Tumble Class Weekly

- \$125 – Cash or Check
- *\$10 discount to families electing auto-draft

All-Star Cheer Practice(s) & 1 Tumble Class Weekly

- \$145 – Cash or Check
- *\$10 discount to families electing auto-draft

COMPETITION EXPENSES:

Competition Expenses for Cheer Teams include practicewear, bow, competition fees, custom music & choreography.

Non-Competitive “Estimated” Cheer Team Fees

- \$900 - \$975

All-Star Prep “Estimated” Cheer Team Fees

- \$1,100 - \$1,300

All-Star Cheer “Estimated” Cheer Team Fees

- \$1,400 - \$1600

MANDATORY ITEMS FOR NEW ATHLETES:

There is a possibility that you will be able to purchase a used uniform or warm up jacket for a cheaper price.

- **Cheer Uniform - \$375 (½ Payment due July & other ½ due in August)**
- **Shoes (estimated price) - \$105 (Payment due when you are ready to purchase)**
- **Back-Pack - \$75 (Payment due in September)**
- **Warm Up Jacket - \$150 (Payment due in October)**

RULES & GUIDELINES:

- Unpaid tuition is considered late after the 15th of each month. There will also be a \$25 late fee applied on the 16th of each month for all accounts that are not up to date.
- By electing auto-draft at the beginning you will receive a \$10 discount, however, if you choose to be taken off of automatic draft for any reason, your tuition will automatically be raised an additional \$10 per month for the remainder of the season, no exceptions for anyone!
- A deposit of \$200 will be due on June 1 or at your scheduled team meeting & practice. The remainder of your child's "Team Expenses" can be paid in equal monthly installments.
- Choosing to pay Competition Fees out in more than 6 installments is possible, however, additional fees will apply.

All uniform cost and additional custom made items purchased through ETC are non-refundable.

Choosing to resign or being removed from the program prior to the delivery of items ordered will result in all pieces becoming property of EXTREME Tumble & Cheer.

Parents please understand that it is very uncomfortable for our staff to contact you regarding your unpaid balances. We understand that unfortunate financial situations happen, however, we have deadlines to collect balances for a reason and that is why we have to enforce rules to be fair to everyone involved. Please understand that if your financial obligation gets out of hand we will have to collect your balances before your child may return to practice.

TRAVEL EXPENSES

Hotel and travel accommodations/expenses will be the responsibility of the parent/guardian. Most competition vendors **REQUIRE** you to stay at hotels that they have selected for their competition under the Varsity Connections Housing Requirement. **EXTREME Tumble & Cheer Family Members MUST** follow these instructions. We will provide you with a list of room blocks and you will be expected to reserve at the select hotels.

TIME COMMITMENT

Practices are incredibly important to the success of our teams.

All practices are mandatory.

Non-Competitive Cheer

- Team will practice 1 hour per week
 - We may practice more during the weeks leading up to a competition
- Team Members **MUST** also attend 1 weekly tumble class at Extreme Tumble & Cheer.

All-Star Prep Cheer

- Team will practice 1 ½ hour per week
- Team will have 1 “Extra” practice per month (possibly on a Sunday afternoon)
 - All athletes will be **REQUIRED** to attend additional group/private/stunt lessons as needed
 - We will practice more during the week(s) leading up to a competition
- Team Members **MUST** also attend 1 weekly tumble class at Extreme Tumble & Cheer.

All-Star Cheer

- Team will practice 3 -6 hours per week
- Team will have “Extra” practices per month (possibly on a Sunday afternoon)
 - All athletes will be **REQUIRED** to attend additional group/private/stunt lessons as needed
 - We will practice more during the week(s) leading up to a competition
- Team Members **MUST** also attend 1 weekly tumble class at Extreme Tumble & Cheer.

The practices the week of and week before a competition are mandatory, period.

All Athletes will be required to attend a mandatory “Show Off” at ETC on a Thursday or Friday evening before ALL competitions.

EXCUSED AND UNEXCUSED ABSENCES

“SUMMER MONTHS” JUNE – AUGUST

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 info@extcheer.com by May 30th.

If an athlete is going to absent from practice, 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. If missing practice becomes an issue, 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.

Choreography days are MANDATORY!

Choreography will take place in August prior to the start of school.

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

CHEER TEAM AGE GROUPS

| COMPETITIVE TEAM | AGE of CHILD for Cheer as of August 31, 2016 |
|------------------|---|
| Tinv | 5 to 6 |
| Mini | 7 to 8 |
| Youth | 9 to 11 |
| Junior | 12 to 14 |
| Senior | 15 to 18 |

CHEER TEAM "RECOMENDED" SKILLS PER LEVEL

Level 1

| | | |
|---|--|--|
| Standing Tumbling: <ul style="list-style-type: none"> Forward & Backward rolls Cartwheel Back-Bend Kick-over Front/Back-Walkover | Running Tumbling: <ul style="list-style-type: none"> Round-off Front Roll to Round-off Front Walkover to Cartwheel Back Walkover | Stunts: <ul style="list-style-type: none"> One leg stunt below Prep-level Prep-level Elevator |
|---|--|--|

Level 2 – YOU MUST BE ABLE TO PERFORM STUNTS WITH ATHLETES THAT WILL BE ON YOUR TEAM!

| | | |
|--|---|---|
| Standing Tumbling: <ul style="list-style-type: none"> Front Walkover Back-Handspring Back Walkover - Back Handspring | Running Tumbling: <ul style="list-style-type: none"> Round-off Back Handspring Round-off Back Handspring rebound ½ turn to a skill Front Walkover to Round-off BHS(s) | Stunts: <ul style="list-style-type: none"> One-leg stunts at prep-level Basket Tosses w/straight ride ½ twist up to Extension Log Roll |
|--|---|---|

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

| | | |
|--|--|---|
| Standing Tumbling: <ul style="list-style-type: none"> Back-Handspring Series Jump Combination to Back Handspring Series | Running Tumbling: <ul style="list-style-type: none"> Running pass that includes a Back Tuck Punch Front, front roll to pass Ariel to tumble pass | Stunts: <ul style="list-style-type: none"> Extended 1 Leg Stunts Full down from Extension Basket Toss with 1 Trick Full twist up to Prep |
|--|--|---|

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

| | | |
|--|--|---|
| Standing Tumbling: <ul style="list-style-type: none"> Ariel BHS to Back Tuck Jump to BHS Back Tuck Standing Back Tuck | Running Tumbling: <ul style="list-style-type: none"> Round-off BHS to Layout Round-off Whip through to Layout Punch Front Step Out to Level 4 Pass Punch Front step-out through to Layout | Stunts: <ul style="list-style-type: none"> Full up to Extended 1 Leg Stunts Full down from extended 1 Leg stunts Double Down from Prep Level Double down from prep-level |
|--|--|---|

*Team Levels will be determined before August 1st based on the team's overall ability to stunt.
Teams will 1st be sorted by age, then by stunting ability and tumbling skills.*

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

If a back-handspring causes anxiety, then the athlete should compete Level 1, if Back-tucks cause anxiety, then they should compete Level 2 to gain confidence and build endurance and strength!

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 e-mail, 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 E-mail address or Social Media Screen Names. If you currently have our name in any portion of your e-mail address, it must be changed!

Teammates are expected to treat one another with mutual respect. They should treat and talk to one another in a manner in which they want to be spoken to. 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 towards coaches/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 the parent will be expected to assist the coach/instructor in solving the problem. A parent should never reprimand or discipline any child in the presents of teammates. 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.

ADDITIONAL RULES AND EXPECTATIONS

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.



ATHLETE & PARENT INFORMATION SHEET

Bring this page completely filled out along with Birth Certificate & Evaluation Fee.

Athlete Information:

Athlete Name: _____

Athlete Cell: _____

Athlete E-Mail: _____

Date of Birth: _____

Age as of August 31, 2017: _____

Health Insurance Information:

Company: _____ Policy #: _____ Not Insured: _____

Parent Contact Information:

Mom's Name: _____ Cell #: _____ E-Mail: _____

Dad's Name: _____ Cell #: _____ E-Mail: _____

List any days that your family will be out of town during June & July:

I hereby agree to all statements listed below:

*Both parents or legal guardian's MUST agree for athlete to be placed on a team.
Please initial beside each line in agreement to the policies.*

- I understand that the Team Sign Up Fee must be paid before any athlete will be placed on a team.
- I understand that a Tumble Registration Fee of \$25 is due June 1 in addition to my first months tuition.
- I understand that all teams require **Monthly Tuition** and it is due on the 1st of every month.
 - **Team Tuition Commitment is June 2017 – May 2018.**
- I understand that a **\$25 LATE FEE** will be applied to tuition invoices on the **10th of each month.**
- I will attend a parent meeting in June to go over rules and Team Expenses.
- I understand that there will be **"Team Expenses"** in addition to tuition. **Payments for this will be due on the 15 of each month.**
- I understand that a **\$25 Late Fee** will be applied to unpaid **"Team Expense"** invoices on the **25th of each month.**
- I understand that there will be a **\$200 deposit** for my child's **"Team Expenses"** due **June 1st.**
- I will make arrangements to attend choreography camp. I understand that it is **MANDATORY!**
 - **Cheer Team Choreography Days will be during the month of August and possibly September.**
- I understand that ETC will take 3 full weeks off for Summer Break. There will be NO discounts for tuition on those months. We make the three weeks up throughout the year.
- I understand that ETC will have 3-4 practices on random days that will be worked around athlete's schedules and I will turn in vacation dates that my child will be unavailable before May 31st.
- I understand that in the event my athlete is removed from the program prior to the delivery of any items ordered, **ALL items will become property of EXTREME Tumble & Cheer.**
- All Students must pay a **non-refundable \$30.00 USASF Fee** to attend competitions. This fee is due in October 1st.
- **I understand & agree to pay a Drop Team Fee of \$250 for dropping a team. This fee will be charged in addition to all other fees listed above if my child has to relinquish her spot on a team for any reason.**

Parent/Guardian's Signature: _____

Date: _____

Parent/Guardian's Signature: _____

Date: _____

EXTREME Tumble & Cheer Liability Release

I, the parent and/or legal guardian of _____, understand that by the nature of this activity, cheerleading and gymnastics carry a risk of physical injury. I believe that my child is qualified to safely participate in such activity. I realize that no matter how careful the participant and coaches are, how many spotters are used, or what landing surface is used, the risk cannot be eliminated. The risk of injury includes minor injuries such as muscle pulls, dislocation and broken bones. The risk also includes catastrophic injuries such as permanent paralysis or even death from landing or falls on the back, neck or head. I hereby Release, discharge, covenant not to sue and agree to indemnify and save hold harmless each of the Releases (EXTREME Tumble & Cheer, ETC Coaching Staff, other participants, sponsors, advertisers, choreographers, directors, owners, officers and lessors of the premises on which the activity takes place) from all liability, claims, demands, losses or damages on the minor's account caused or alleged to have been caused in whole or in part by the negligence of the Releases or otherwise, including negligent rescue operations, and further agree that if, despite this release. I, the minor, or anyone on the minor's behalf makes a claim against any of the releases, I will indemnify, save and hold harmless each of the Releases from any litigation expenses, attorney fees, loss liability, damage, cost any Release may incur as the result of any such claim.

*Initial _____

Tryout / Participation Release

I, the parent and/or legal guardian, understand that my child will go through a clinic/tryout evaluation and selection process and that my child's participation in the EXTREME Tumble & Cheer Team Program will rely on her/his skills, abilities, attitude, attention span, history in the program if applicable, etc. I understand that my child will be evaluated by qualified judges/coaches approved by EXTREME Tumble & Cheer management. We the parent and/or guardian and the tryout participant, agree to abide by all decision made by the judges, coaches, EXTREME Tumble & Cheer staff and management without argument. Upon making a Cheer or Hip Hop Team, my child has permission to participate in the ETC Team, Program and I understand that by their participation in this program my child and I, the parent, must abide by all rules and regulations set forth by the advisers, coaches, staff and management of ETC. I, and my child/athlete/participant understand that evaluation is not only marked by the tryout dates but is a continuous process throughout the season. We agree to support the coach's professional opinions and the decisions they make.

*Initial _____

Team Commitment Agreement

I am aware that by allowing my child's participation in The EXTREME Tumble & Cheer Team Program that we collectively are making a commitment to her/his teammates and her/his coaches for the duration of the season. In honor of that commitment, my child will be at all practices and competitions (unless it is approved in the absentee policy and/or by the All-Star director) and will be ready to support all team decisions set forth by it's coaches and directors. This commitment is for the duration of the competition year (Tryouts through the final scheduled competition) and my child and I as her/his parent will honor this commitment. I understand if our commitment is not honored, my child (or other siblings) will not be eligible for the next season Team Program Tryout/Evaluation and that all money spent are nonrefundable.

*Initial _____

Photo/Video Release:

I hereby give permission for images of my child captured during regular and special activities through video, photo and digital camera, to be used solely for the purposes of EXTREME Tumble & Cheer promotional material and publications, and waive any rights of compensation or ownership thereto.

*Initial _____

Parent Signature

Date

Team Placement / Sign UP

\$50 fee

Tryout Payment Amount: _____

Birth Certificate Turned In: _____