

All-Star Academy Cheerleading Parent Handbook

2022-2023

We are so excited to get our competitive cheerleading team started for the 2022-2023 season! In this packet, you will find information all of the information needed for the upcoming cheerleading season.

***All-Star Academy’s Mission***

We are committed to the development and excellence in the sports industry focusing on gymnastics, cheerleading, and tumbling.  We strive to encourage that anyone can participate at both competitive and non-competitive levels so that each athlete receives equal opportunities that support their level of skill and goals.   Through strong leadership, we teach that allowing your faith to become bigger than your fears leads to accomplishing personal goals and dreams!   With Christ as our guide, we aim to provide a safe, educational, fun and dedicated business that provides endless opportunities and encouragement for young athletes.  
  
   
  
**“He counts the stars and calls them all by name”  
  
Psalm 147: 4**

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**Welcome to ASA’s competitive cheerleading program!**

**Our passion at All-Star Academy is teaching cheerleading to all who desire to learn and our first-ever competitive cheerleading team is ready to get started! This program is designed to educate, train, and prepare your cheerleader for more advanced and progressive practice workouts, skills, & routines, scored performances, and ultimately a positive team atmosphere and experience. We hold our competitive cheerleaders to a high standard of commitment, self-motivation, work ethic, kindness towards other members & coaching staff, safety awareness, responsibility, and more. We truly love to see our cheerleaders grow physically, mentally, emotionally, and in maturity by participating in the sport of cheerleading. We’re very glad you’re here!**

**UNDERSTANDING THE COMMITMENT OF COMPETITIVE CHEERLEADING:**

* **Competitive cheerleading is a YEAR-ROUND sport:**

Cheerleading is a year-round commitment. It is critical to the success of your athlete that they are committed to this sport during both school year and summer months. We ask that you understand this obligation when becoming interested in training & performing as a competitive cheerleader, and also being the supportive parent of one. While we do support participation in other activities, typically the participation in too many activities may result in inconsistent successes, increased chance of injury, as well as a display of a lack of commitment to all programs involved. ASA fully recognizes that athletes are young, growing students first and that family, academics, and religion must all be priorities. Ultimately, we expect our athletes and team families to learn to budget their time when other activities arise and make fair, thought-out decisions regarding their time management.

* **Practice Attendance/Make-Up Policy:** 
  + Cheerleaders are expected to attend all practices, however our coaching staff understands that there can be conflicts with practice times (school events, schoolwork, special events, family events, family vacations, and sickness).
  + **For personal practice absences, we do not offer a make-up practices. With our extensive practice schedule and our ever-growing recreational programs, we cannot and do not offer make up times individually.**
  + For unexpected weather closures, holiday closures that are not fifth week days in the month, and competitions that replace practice days, make up practices are up to Coaching Management discretion. You will be notified of these times by coaching staff when they are given confirmation by management.
  + **Cheerleaders are required to attend practices the week of competition.** Please understand that cheerleading is a TEAM sport – we depend on each other and when even one cheerleader is missing, it affects the rest of the team!
  + **We expect all cheerleaders to arrive for practices on time or slightly early to begin practicing at their scheduled time**.
* **Time/Financial Commitment:**
  + **Tuition Payment:** All competitive team members are required to be enrolled in our EFT (Electronic Funds Transfer) program for automatic tuition pay on the 1st of every month.
    - No practice, competition, or team bonding activity can be attended without up-to-date/current tuition paid in full.
  + **Annual Coaching Fee:** Annual fee of $110 per cheerleader to help fund coaching staff travel & time throughout competition season. To be paid on October 1st with monthly tuition.
  + **Competition Entry Fees & Competition Schedule:** Competition fees are to be paid on September 1st, October 1st, and November 1st of $100 for each payment (total of $300). This will automatically be charged along with your monthly tuition for those months. This covers competition registration fees for our team. Each competition has their own fee for spectator entry, usually ranging from $5 to $20. The bigger competition may be a little more.

**Tentative Competition/Event Schedule:**

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| November 6th, 2022 | Showcase | All-star Academy |
| November 19th, 2022 | The Kentucky Crown Classic | Louisville, KY |
| December 11th, 2022 | Christmas Challenge | Charleston, IN |
| January 8th, 2023 | Battle of the bows | Jeffersonville, IN |
| January 28th, 2023 | APEX | Lexington, KY |
| February 18th, 2023 | CheerMax | Louisville, KY |
| April 15-16th, 2023 | CheerMax Nationals | Cincinnati, OH |

* + **USASF Membership Fee:** All ASA competitive cheerleaders must be registered as an USASF Athlete. $50 per athlete for the 2022-2023 season. Info on how to register with USASF to come.
  + **Team Uniform/Apparel:** Each family is responsible for providing practice wear for their cheerleader, comfortable clothing that your athlete can safely tumble, stunt, and practice in. Required team uniforms will be ordered in August. Cheerleaders MUST purchase a uniform, shoes, and a bow. Uniform fees will be due on **August 15th**.
    - Uniform: $275
    - Shoes: $60
    - Bow: $25
  + **Choreography/Music:** Cheerleading routines and choreography are created by ASA coaching staff. Music for the routine is purchased from an outside company. Choreography/music and choreography camp fee is a total of $60 per cheerleader. To be paid on September 1st with monthly tuition.
  + **Annual Team Pictures:** Each year we schedule a picture day for all team members and coaches. Our photographer Allen Ramsey provides access to all our photos in a private online gallery that only ASA parents can access. Date/time TBA for 2022 picture day
  + **Practice Schedule & Tuition Rates for 2022-2023 Season:**

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| --- | --- | --- |
| **MONTHLY TUITION** | **PRACTICE #1** | **PRACTICE #2** |
| $128 | Monday 5-7 | Tuesday 5:45-7:15 |

Cheerleaders must attend both practices each week! Choreography camp is scheduled for Sunday, August 21st from 11 to 3 and August 28th from 11 to 3.

* + **Breakdown of the Year:**
    - **July:** Commit to the ASA Competitive Cheerleading Program for 2022-2023 season
    - **July-August:** Off-season training to acquire the strength and skill required and to determine overall team level – conditioning, tumbling, stunting
    - **August:** Competition routine choreography begins
      * **Sunday, August 21st 11 to 3 and August 28th 11 to 3 at All-Star Academy**
      * **This is a mandatory practice for all cheerleaders!** Cheerleaders will learn most of their competition routine on these days.
      * Please pack a healthy dinner to lunch. We will break up our time at choreography camp with team bonding activities and fun games too!
    - **August-October:** Final preparations for the competitive season
    - **October-April:** Competitive season – practices are still necessary and mandatory! During this time, we are able to perfect our routine, making any changes needed, and improve skills.
    - **May:** Spring training begins – All Star Cheer Prep class before June tryouts

**COMPETITIVE TEAM BEHAVIOR EXPECTATIONS:**

* **Competitive Coaching Expectations (General):**
  + We hold our competitive coaching staff to the highest standard of quality skill coaching. We train & mentor our staff to care deeply for our cheeerleaders and to help them develop life skills in all their athletes. Fostering a positive, encouraging, focused, organized, and safe program is our top priority. Requirements such as background checks, Safesport certifications, and fundamental education courses are monitored and must be kept current to remain on the ASA Coaching Staff. Coaches are held responsible for well-thought out plans for practice and skill progression throughout the entire year and are expected to attend all competitions. Coaches will attend team bonding activities when able. ASA Coaching Staff will also be prepared to relay any/all information to athletes and parents about program/policy details and answer questions about gymnast individual progression. Coaches may not give out personal cell phone numbers to athletes or parents, but can communicate verbally or through brief email conversations, if necessary.
* **Parent Expectations:**
  + **Encouragement:** Your role as a cheerleading parent is an important one! Your willingness to provide unconditional encouragement and support for your cheerleader will allow them to see that you are proud of them - and we expect our team parents to agree with this statement. Your cheerleader should feel supported and loved when they feel victorious and even more so when they feel defeated. Help your child understand that, as long as hard work and dedication is there, improvement will follow.
  + **Punctuality:** Make every attempt to have your gymnast at practice 5-10 minutes early each practice day. Coaches are fully aware and understanding that athletes are students first and a heavy schoolwork load will trump practice attendance at times. Please communicate with ASA office staff by phone or email if this or a similar situation occurs. If you are going to be late picking up your child or another adult will be carpooling or picking up your child, please communicate that with ASA office staff so they can inform your coach.
  + **Nutrition:** Prepare your cheerleader physically for practice and competitions by encouraging a healthy diet, proper hydration, and appropriate sleeping habits. Make sure your cheerleader is provided nutrition before and after workouts and provide only water to drink during practice times.
  + **Trust Coaching Staff:** Refrain from coaching your cheerleader. Technical corrections given by parents can create conflict between cheerleaders and coaches. We ask you to trust our training process and know that we always have the best interest of each child at heart. All cheerleaders progress at their own rate and our responsibility as competitive coaching staff is to monitor and help progression in the gym. Parents can support coaching decisions by clarifying concerns and questions with ASA Coaching Staff, while remaining respectful of the authority of their child’s coach. We take all concerns and suggestions brought to our attention seriously and work to provide the best program we can for our competitive athletes.
  + **No Gossiping/Comparing:** We work to support those who support us! Our team families are expected to be advocates of ASA’s Competitive Program. We expect all team parents to be excellent examples for their growing cheerleaders, as we expect our coaching staff to be as well. Never compare your athlete to another child, whether they are more or less advanced, younger or older, etc. There is no good to come of any comparison of that sort.
  + **Zero Tolerance Agreement:** We do not tolerate bullying, hurtful gossip, or verbal/physical/emotional abuse. Unacceptable behavior from a parent or child to another child, parent, or ASA staff member in any manner will risk your child’s place in our competitive program.
  + **Adhere to our Policies:** Thank you for trusting us with your cheerleader’s competitive pathway! We strive to care and educate your child as a cheerleader and a person. If you respect us enough to play this large role in your child’s life, please respect that we do our best for the progression of your child and always have their best interest at heart. ASA reserves the right to revise policies as ASA Management Staff sees fit to best provide for our students and staff in all programs.
  + **Attend Parent Meetings:** ASA Coaching Staff wishes to communicate regularly and effectively with team parents through multiple resources including email, the Band app (messaging board), and in-person meetings throughout the year. These meetings must be attended to continually get important information regarding updates, changes, revisions, addressing concerns, answering questions, and so on. Please see “Parent Meeting Schedule” further in this guide.

*We are immensely grateful for your support of our competitive program and we hope to foster open, communicative, and friendly relationships with each parent involved. With that being said, it is important to remember that All-Star Academy is a place of business and policies are expected to be respected and complied with.*

**Competitive Cheerleader Expectations:**

* **Be Ready:** Arrive on time to the gym physically ready to train on each scheduled practice day. This means you’ve eaten a healthy meal before practice with enough time to digest properly. You are dressed for practice in athletic clothing and wyour hair secured away from your face. You should be ready to walk into the gym as soon as your coach takes attendance – coats off, sweatpants off, shoes off or on, restroom used if necessary, water bottle in hand, etc.
* **Be Prepared:** Have any/all equipment you need to practice properly. This includes but is not limited to:
  + Water bottle
  + Hair ties/soft head bands
  + Deodorant
  + Braces, ankle/wrist supports, etc
* **Practice Wear:** Comfortable, athletic clothing MUST be worn. This can include t-shirts, tank tops, shorts, leotards, clean shoes. No long pants, jeans, jean shorts, or clothes with buttons.
* **Attitude Check:** Arrive with the right attitude! Walk into ASA with the intent to participate with a positive & appropriately competitive attitude. Coaches help athletes set goals, give them the tools needed, and provide every opportunity possible to reach them – but it is up to the athlete to put in the work. It’s expected to have frustrating practices or moments every once in a while, but we expect each cheerleader to learn how to handle their reactions & turn tough moments in to growth moments. Any frustration that becomes negative behavior toward a coach, team member, or staff member will not be tolerated.
* **Ask Permission:** Ask your coach for permission to use the restroom, get a drink, get a band aid, etc. Safety concerns arise when your coach does not know where you are within the gym.
* **Talk to your Coach:** Communicate with your coach when you don’t feel well, are injured, or are struggling with something emotionally. Coaches can help you with most things you bring to their attention, but they cannot read your mind. Open communication is important to training safely as a competitive cheerleader.
* **Take Criticism:** Cheerleading is not an easy sport. Coaches provide loads of encouragement and corrections with the expectation that you learn how to take the corrections/criticism with a positive, determined attitude toward doing what is asked of you. Corrections are given for the purpose of helping you increase your scores, so the ability to take re-direction and criticism without a negative attitude is important to put into practice.
* **Enjoy Being a Cheerleader:** We are all here for the same reason – We love cheerleading! Though we teach our competitive cheerleaders to conform to higher standards of behavior, focus, and skill progression, we never want cheerleading to feel like a “job”. Cheerleading requires strong-minded, determined attitudes to overcome failures. This means hours upon hours spent in the gym working to perfect the smallest details of our routines. Trust the process of training and put every effort you can into becoming the most coachable cheerleader you can be for ultimate success.

***Parent Meetings***

ASA Team Staff will hold regular meetings to discuss information, news, upcoming events & issues relevant to the team program. **Cheerleading team parents are required to attend each meeting.** This ensures that information is being clearly communicated and questions/clarifications answered can be heard and understood by all.

Team Parent meetings scheduled for the 2021-2022 season are as follows.

* **Intro to our 2021-2022 Cheerleading Season! All the info you need to know!**
  + Monday August 1st @ 7 (directly after our practice)
* **Apparel Sizing**
  + Monday, August 1st @ 7:00

**ALL CHEERLEADERS MUST ATTEND FOR UNIFORM SIZING**

**COACH CONTACT INFORMATION:**

Mackenzie McIntyre: Cheerleading Director and Coach, Contact for questions/concerns

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