



ALL-STAR CHEERLEADING TRYOUT PACKET 2016-2017

**STACEY'S GYMNASTICS 916 Main Plaza Dr.
Wentzville, MO 63368**

All cheerleaders must submit the following documents to the Stacey's Gymnastics office and all outstanding balances on your account must be paid before permission to participate in any SG STARZ activity is granted.

Thank you in advance for your cooperation!

RULES & REGULATIONS CONTRACT

(Must be turned in by May 13, 2016)

TRYOUT APPLICATION

(Must be turned in by May 13, 2016)



RULES AND REGULATIONS CONTRACT

OUR PHILOSOPHY:

The SG STARZ All-Star Cheer program prides itself on athleticism and professionalism. We strive to improve individual and squad skills as well as focus on teamwork, commitment and character. We endeavor to help each cheerleader reach her/his potential physically, mentally, emotionally, and morally through athletics.

COMPETITION:

Competition is one of the main priorities of the SG STARZ All-Star Cheer program. Each cheerleader is expected to put forth dedication and a positive hard-working attitude. All members are required to attend practices and competitions scheduled by their coach. Attendance is mandatory in order to learn routines and compete in competitions. *Cheerleader's initials* _____

PARENT PARTICIPATION:

Parent participation and commitment to the team is critical! We need parents to make sure their cheerleader is at practice on time and properly dressed for practice, as well as competitions, camps, etc. *Parent/Guardian Initials* _____

PRACTICES:

Cheerleaders are expected to attend all practices. If a cheerleader is going to miss practice, it is her/his responsibility to inform the coaches at least 1 week before-hand in order to allow coaches ample time to re-adjust the practice itinerary. This will still be considered an unexcused absence unless approved by a coach. We do understand there will be times when the cheerleader is ill. We ask for a doctor's note for the absence to be excused, or a phone call from the legal guardian to discuss the situation before missing practice.

****Otherwise, the expectation is for the athlete to at least come to practice to watch and walk through formations.* *Cheerleader's initials* _____

ALL PRACTICES THE WEEK PRIOR TO COMPETITION ARE MANDATORY.

Please remember when a cheerleader misses practice it sets the entire team back! Cheerleading is a TEAM sport, therefore attendance is mandatory! If the coaches see attendance becoming an issue, the problem will be addressed with the cheerleader & parents. Removal from competition or the team is up to the discretion of the coaches.

Cheerleader's initials _____ *Parent/Guardian Initials* _____

VIEWING PRACTICE:

We have an open practice atmosphere and invite you to watch your cheerleader's practice and development. We ask all parents to sit in the designated seating area. Parents are asked not to disrupt or distract their cheerleader. Parents are asked to not "coach" their child/children from the viewing area. This is highly disruptive to the coaching staff and cheerleaders. Parents are NOT allowed in the practice area unless approved by a coach.

Parent/Guardian Initials _____

ANNUAL GYM REGISTRATION: \$40/cheerleader \$60/family

MONTHLY TUITION: Level 1 - TBA

Level 2 - TBA (Cheer practice and additional tumbling class)

Level 3 TBA (Cheer practice and additional tumbling class)

CHEER BOOSTER CLUB REGISTRATION:

A \$25.00 non-refundable Registration fee is due to the Stargazers Club to activate your account. This goes in to the general fund which allows us to pay for equipment, "Cheer Gear" competition gifts and things associated to the cheerleading program. This can only be made by cash or check. Checks need to be made out to "Stargazers Club."

GENERAL

1. Only registered cheerleaders are allowed in the practice areas.
2. Siblings, family members, friends, etc. are not allowed in the practice areas.
3. All spectators must remain in the designated area and keep the noise level down.
4. Any person that disrupts a practice will be asked to leave the gym immediately.
5. All trash must be disposed in the appropriate trash receptacles.
6. Cell phones must be put on silent mode and left outside of the practice area.
7. Stacey's Gymnastics is not responsible for any personal items lost or stolen.
8. STARZ e-mails and other correspondence must be checked daily for any and all updates. There is no excuse for being uninformed when the information has been provided.
9. All completed forms or information needed by STARZ must be turned in to the Stacey's Gymnastics office as requested.
10. All choreography including cheers, dances, stunts, transitions, tumbling, music, etc. should be highly protected & shall not be shown or discussed with others, **or posted on any social networking websites - Exception: SG STARZ Facebook Page**

SQUADS

STARZ Coaches retain the right to:

1. Place cheerleaders on the team(s) deemed appropriate to best suit them and the program.
2. Move, add, suspend, or dismiss a cheerleader for a period of time or indefinitely from a team or the entire program based on criteria including but not limited to attendance, conduct, skills, finances, etc.
3. Decide if a cheerleader may participate on more than one team.
4. Decide the roles and/or positions a cheerleader will have/play on their team(s), (i.e. base, flyer, back spot, tumbler, dancer, etc.)
5. Request that a cheerleader or team take additional classes to improve skills.
6. Request that a cheerleader or team practice longer than their regularly scheduled time or add additional practices or competitions if deemed necessary. This includes removing competitions if the coaches feel participation is not ideal.

Cheerleader's initials _____ *Parent/Guardian initials* _____

Cheerleaders chosen to participate on more than one SG STARZ squad must:

1. Be in good financial standing.
2. Be willing and able to fulfill all responsibilities required by each team.
3. Be responsible for any additional entry fees they incur beyond their first team.

HEALTH

All cheerleaders must:

1. Provide Stacey's Gymnastics with current health insurance and emergency contact information.
2. Inform Stacey's Gymnastics of all medical conditions that may limit or prevent their ability to participate in any SG STARZ activities.
3. Notify Stacey's Gymnastics of any injuries sustained as a result of their participation in any sanctioned SG STARZ activities.
4. Provide valid written documentation from a doctor explaining the reason(s) and the duration for which they may be limited or unable to participate in a SG STARZ activity.
5. Provide Stacey's Gymnastics with a list of any medications that the participant is currently taking.
6. Refrain from the illegal use of drugs, alcohol, tobacco or any other substances.

Cheerleader's initials _____ *Parent/Guardian initials* _____

TRAVEL / COMPETITIONS:

All cheerleaders and their families must:

1. Make travel arrangements individually & have hotels booked for away competitions.
2. Arrive to competition or location by the designated check-in time and will check-in with the coaches/staff accordingly.
3. Refrain from using competitions as family vacations and will therefore follow the designated schedules and abide by all rules set forth by Stacey's Gymnastics.

Cheerleader's initials _____ Parent/Guardian Initials _____

FINANCIAL OBLIGATIONS

All cheerleaders and parents understand that:

1. They assume full responsibility for all costs incurred as a member of SG STARZ Cheerleading Program including but not limited to: gym registration, booster club registration, monthly tuition, practice uniforms, competition uniforms, competition and travel expenses, choreography fee, music fee, etc.
2. Monthly tuition payments must be kept up-to-date.
3. Tuition does not fluctuate based on the number or duration of practices per month. ***This includes competitions that fall on scheduled practice days.***
4. Tuition pays for training. It does not pay for the right to perform.
5. Vacations or time off will not be prorated. Please make note that all Stacey's Gymnastics gym closings have already been prorated into the monthly gym fee.
6. All payment due dates must be met for tuition as well as booster club payments.
7. A cheerleader's account must be current to participate in practice/competitions/camps.
8. Stacey's Gymnastics reserves the right to remove a cheerleader from their team at any time for failure to keep up with financial obligations, attendance or misconduct.
9. All tuition/fees must be current before a cheerleader may collect any clothing/uniform or other retail items.
10. If a cheerleader chooses to leave or if asked to leave Stacey's Gymnastics for any reason before the season is over, any and all funds, including booster funds, are completely non-refundable. (Booster funds, however, may be donated to another cheerleader.)
11. Stacey's Gymnastics reserves the right to turn over all delinquent accounts to a collections agency and the parent/cheerleader will be responsible for all additional costs incurred.

Parent/Guardian initials _____

ANTICIPATED TEAMS & MANDATORY CHOREOGRAPHY TRAINING DATES: TBD

PLEASE REMEMBER THAT CHOREOGRAPHY TRAINING DATES ARE MANDATORY!

This is when you will be learning your competition routine so you MUST be there!

Please do not schedule any vacations during this time!

The final schedule will be posted ASAP after tryouts and teams are finalized and posted.

Cheerleading Camp Dates TBD

RULES AND REGULATIONS CONTRACT 2016-2017

I understand the responsibility my child is undertaking by becoming a SG STARZ member.

I agree to fully support my child and will encourage her/him to fulfill their commitment.

I also understand that by signing this contract I am bound to not use my child's participation in this program as a form of punishment as I realize it also punishes their team and the entire SG STARZ program.

I understand that it is not permissible to post any STARZ cheerleading material, (i.e., choreography, tumbling, stunts/pyramids), on any social networking sites, (i.e., Facebook, Instagram, Vine, etc.)

I understand that SG STARZ cheerleaders are expected to always conduct themselves in a polite, respectful, responsible, moral, and ethical manner. I agree to uphold the values associated with this program. ***This expectation also holds true on social media.***

Furthermore, I understand being an SG STARZ member is a commitment on the part of the parent as well. I realize that when representing the SG STARZ cheerleading program, I must always conduct myself with dignity and respect.

I understand that any athlete or parent that does not abide by the rules and regulations contained in this contract, is consistently negative, or acts in a manner that jeopardizes the name and reputation of the SG STARZ, will be subject to removal with no refund.

In addition, I agree to give Stacey's Gymnastics and its coaches full permission to seek medical attention and/or take any actions deemed necessary to ensure the safety and well being of my child and those around them.

I have read the SG STARZ Rules and Regulations Contract in its entirety and understand its contents.

Cheerleader's Name

Parent/Guardian Name

Cheerleader's Signature

Parent/Guardian Signature

Date

Date

REGISTRATION FORM 2016-2017

CHEERLEADER'S NAME: _____

AGE: _____ **D.O.B.** _____

ADDRESS: _____

CITY: _____ **STATE:** _____ **ZIP:** _____

GENDER: _____ **# of years in program:** _____

Cheerleader's Cell #:

Cheerleader's Home #:

Cheerleader's E-mail:

MEDICAL INFORMATION

Please list any physical/psychological limitations, injuries, or weaknesses that may affect the cheerleader's participation:

MEDICATION: _____

INSURANCE CARRIER: _____

POLICY NUMBER: _____

ALLERGIES: _____

DOCTOR'S NAME & NUMBER:

_____ #: _____

EMERGENCY CONTACT NAME & NUMBER:

_____ #: _____

I am fully aware of and appreciate the risks, including the risk of catastrophic injury, paralysis and even death, as well as other damages and losses associated with the participation in cheerleading and tumbling.

I further agree that Stacey's Gymnastics along with employees, agents, officers, and directors of these organizations shall not be liable of any losses or damages occurring as a result of my child's participation in cheerleading and tumbling, except where such loss or damage is the result of intentional or reckless conduct of one of the organizations or individuals identified above, and I hereby waive and release all claims which may be made against Stacey's Gymnastics. As a legal parent or guardian of the cheerleader, I hereby verify by my signature below that I fully understand and accept each of the above conditions for permitting my child's participation in cheerleading and tumbling.

Cheerleader's Name Printed

Parent/Guardian Name Printed

Cheerleader's Signature

Parent/Guardian Signature

Date

Date

ESTIMATED CHEERLEADING EXPENSES

Monthly Tuition:

Level 1 _____ per month

Level 2 _____ for cheer practice _____ for additional tumbling practice

Level 3 _____ for cheer practice _____ for additional tumbling practice

Uniform:

Level 1 – approximately \$170

Level 2 and 3 – \$320

Shoes:

\$70 - \$90

Bow:

\$20 - \$25

Camp/Practice wear:

TBD

Cheer Camp:

(Levels 2 and 3): \$320

Competitions:

Approximately \$75 - \$115

Level 1 is expected to compete in 2-4 competitions (mainly local)

Level 2 is expected to compete in 4-6 competitions

Level 3 is expected to compete in 6-8 competitions

***** Levels 2 and 3 will compete both locally and regionally**

Additional expenses can include, but are not limited to, choreography, music and coaches expenses.

OUR GROUP WILL BE FUNDRAISING TO OFFSET THE EXPECTED COSTS. PARENT PARTICIPATION IS ESSENTIAL.