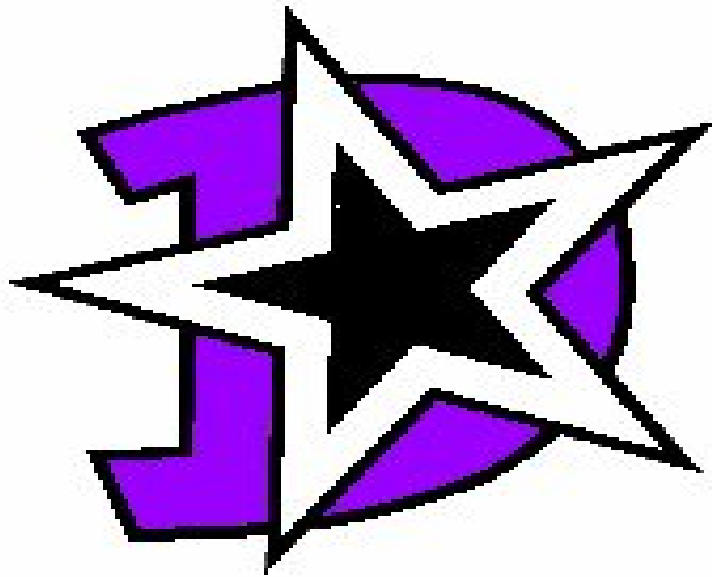


# WELCOME

*To Our  
2010-2011*



# FAMILY!

## Douglasville Cheer Stars...

*"An Unforgettable All Star Experience!"*

Douglasville Gymnastics & Cheerleading Club, Inc.

(770) 489-2582, [erica@douglasvillecheerstars.com](mailto:erica@douglasvillecheerstars.com)

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*From Our Family to Yours...*



## **CHEERS...TO NEW BEGINNINGS!**

With tryouts complete, our 2010-2011 competitive season has begun. We (the Douglasville Cheer Star Staff) are honored that your child (and your family) are now part of the Cheer Star Phenomena. On behalf of Douglasville Gymnastics and Cheerleading Club, Inc., our coaching staff would like to begin this packet by personally welcoming your family to our family. United, we congratulate you as we eagerly anticipate working with your child during our...

*! 1<sup>st</sup> competitive season as the Douglasville Cheer Stars!*



### **OUR PHILOSOPHY**

*...An unforgettable all star experience!*

Douglasville's staff takes pride in introducing and developing a love for competitive cheerleading to the youth in our community. Through constructive criticism and positive reinforcement in a fun (yet disciplined) family environment, we teach the importance of hard work, commitment, and what it truly means to be involved in a TEAM sport. We value helping your children develop leadership and time management skills while also watching their self confidence increase (on and off the cheer floor.) Understanding that "we'll lose some competitions maybe we ought to have won and we'll win some competitions we might should have lost," we teach your children that it is simply not acceptable to sacrifice morals and personal values for the sake of winning a National Title. Quite simply, our main goal is to enrich children's lives, teaching them life long skills and lessons that they will carry with them far beyond their all star years.

# *! After all, there is Life After Cheerleading !*

## OUR PROGRAM HISTORY

*Indeed, this is personal to us!*

Proudly displaying the colors of purple/black/and white, the Douglasville Cheer Stars began with only one coach and a single (senior) squad in the year 2000; *Cheer Stars, The Best of the Best, Purple, Black, & White (xx) That's Right, Go Stars...* was soon memorized by our staff, our athletes, and every other child that happened to walk through the gym doors on the nights of Cheer Star practices during our initiation year, 2000.

The original senior team competed for the final time in March of 2002.

*2000-2002: Our Learning Years...That's what we like to call them anyway!*

For the 2002-2003 competitive season, our vision finally began to unfold! The Cheer Star staff made the decision to rebuild from the bottom up. Three teams (pee-wee/youth/ and juniors) were hand selected for the 2002-2003 competitive season. The Douglasville Cheer Star teams wrapped up their season with five-first place finishes, seven-second place finishes, and their *First Ever National Title!* Douglasville's youth took pride in winning that first title at Spirit Sports' "Battle at the Beach" National Championship (Myrtle Beach, South Carolina.)

The 2003-2004 competitive season was extremely tough (for us, as a smaller program) for we realized that to be respected as a competitive all star program, we should not only strive to become "*The Best of the Best*" within our facility and local area, but we should also compete against "*The Best of the Best*" nationwide. With this mindset, we entered our local STARS (three teams once again, pee-wee/youth/and juniors,) in numerous highly respected competitions. We completed the 2003-2004 competitive season with one-first place finish and three-second place finishes, respectively.

For the 2004-2005 competitive season, we added yet another team to the Douglasville Cheer Star Family (the twinkle team, age 4-second grade.) Attempting to "*hang with the big dogs.*" Douglasville's four teams (twinkle/pee-wee/youth/and juniors) competed in many prestigious competitions once again. With two national titles (from our twinkle and youth team members,) eight-additional first place finishes, eight-second place finishes, loyalty established, and yet another great year of experience under our belts, we held our heads high as we hosted tryouts for yet another competitive season.

After changing our cheer to "*Douglasville Cheer Stars, Remember Our Name, Join the Family, You Won't be the Same (x) Stars...*" designing a new logo (as seen on the front of this packet,) and developing our new slogan "*Building Champions, One Star at a Time...*" the 2005-2006 competitive season was without a doubt our BEST YEAR YET! Our four teams competed in the mini, youth, and junior divisions. Our STARS wrapped up their season with seven national titles (all teams winning at least one national title with the minis winning Douglasville's first ever CHEERSPORT title,) four-additional first place finishes, 11-second place finishes, and ten-third place finishes. ...ABSOLUTELY INCREDIBLE!

During the 2006-2007 competitive season, our Cheer Star family was larger than ever! We competed five teams in the mini, youth, junior, and senior divisions while proudly introducing "*No Time for Losing, We've Come This Far, National Champions (xx) CHEER STARS*" as our new cheer for the 2006-2007 competitive year. Throughout the season, our proud STARS brought home eight national titles, two class champion awards, and two grand champion titles for the first time ever! Our STARS also brought home \$1,500.00 in prize money for their class and grand championship titles. Douglasville's minis also defended their CHEERSPORT national title in February of 2007, soon becoming Back-to-Back CHEERSPORT Champs! Winning aside, Douglasville's STARS also received five-second place finishes and nine-third place finishes, respectively.

During the 2007-2008 competitive year, we proudly introduced our new slogan, "*An Unforgettable all star Experience for the Younger Generation,*" shifting our focus back to the youth in our community. ...Proudly exclaiming "*Cheer Stars, Back Again, Ready or Not, We're Here to Win,*" we competed four teams in the tiny, mini, and youth divisions. ...YES, Douglasville's FIRST EVER TINY TEAM (age 5 and below.) Our inaugural tiny team won their FIRST EVER NATIONAL TITLE, helping bring our 07-08 national title count to eight! Douglasville's MINIS defended their back-to-back CHEERSPORT titles in February of 2008, soon becoming 3PEAT CHEERSPORT NATIONAL CHAMPIONS! Throughout the season, our teams proudly claimed eight national titles, one class champion honor, one grand champion honor, \$500 in prize money, five-second place finishes, and four-additional third place finishes, respectively.

2008-2009...THE SEASON TO REMEMBER! "*Purple, Black, and White, The Colors of a STAR, Don't Look Away, CHAMPIONS we are!*" ...And CHAMPIONS they were!! With beautiful new uniforms, our STARS proudly earned 11 National Championships (2/11 CHEERSPORT National Titles from our Mini 2 and Youth 2,) 12-additional first place finishes, 4 SWEEPS, 3-second place finishes, 3-third place finishes, 7 class/grand champion titles, 1 most entertaining title, \$400 in prize money, 1 program spirit award, and 1 (for the first time ever) UNDEFEATED TEAM (congratulations to youth 2!!) The results speak for themselves. Quite frankly, it doesn't get much better than that...!!

10 YEARS STRONG..."10 years of tradition & still shining bright, the stars, are back, the purple/black/& white!" During the 2009-2010 season, we competed four teams in the tiny, youth 1 & 3, and junior 3 divisions (WELCOME BACK, JUNIORS!) ☺ All teams received bids to the prestigious 2<sup>nd</sup> annual All-Level Worlds Competition (TINY'S TOO) with 2/3 of our teams attending taking home the All-Levels TITLE (& GOLD MEDAL!) We also added an additional CHEERSPORT Title to our collection (bringing our CHEERSPORT NATIONAL TITLE count to 6!) Cheer Stars also earned 2 'Best of Level' titles (GO YELLOW,) 3 additional 1<sup>st</sup> place finishes, 5 additional 2<sup>nd</sup> place finishes, & 6 additional 3<sup>rd</sup> place finishes, respectively. We also enjoyed celebrating another EVENT SWEEP in Pensacola, Florida @ WSA's Beach Championship.

For the upcoming season, we are *Back in Black* (well, purple/black/and white we should say!) We will compete four teams in the tiny, mini, and junior divisions for the 2010-2011 competitive season. Our coaching staff is eagerly anticipating another "*Unforgettable All Star Experience!*" We are honored that your child (and family) has chosen to join in our excitement. Soon, we will continue to build champions...*One Star at a Time!* **As of now, this is where we stand. ...And here we go again!**

## LIFE CHANGES TO KEEP IN MIND

### *When Committing to the Douglasville Cheer Star Program...*

Joining the Douglasville Cheer Star program requires a 1-year time and financial commitment from cheerleaders and parents alike. As parents, you are to be congratulated for taking the time to consider the life changes involved with the sport of competitive cheerleading. Often times, parents are simply ecstatic that their child made the team that they fail to consider the life changes they will soon encounter.

### *Please review and consider the following...*

- \* You are required to change your schedule (or arrange a car pool system) to the extent that you (or your car pool partner(s)) are available to drive your child to and from ALL scheduled Cheer Star practices.
- \* Your child is required to be EARLY or ON TIME to all scheduled practices unless prior arrangements have been made with your child's coach. This, too, may require you (as a parent) to rearrange your previous schedule.
- \* During the summer months (June and July,) we are flexible with your family's vacation dates; however, when school starts (in August,) all absences (if any) should be kept to a minimum and cleared with your child's coaches. All team practices are mandatory; therefore, excessive absences (even excused absences) could result in termination from the Cheer Star Program.
- \* Due to the hours your child is required to practice each week, homework must be done more efficiently. This may require you (as a parent) to oversee that your child is using appropriate time management skills when doing homework and/or studying. It has been proven that most student/athletes tend to perform better academically, socially, and demonstrate more effective and appropriate time management skills because they have learned to budget their time more efficiently than their peers.
- \* By having your child in a highly competitive sport such as all star cheerleading, you (as a parent) have volunteered yourself to be an "outlet" for your child outside of the gym. There will be times that your child comes home from practice feeling frustrated, confused, or even angry. At some point during the season, your child WILL vent to you. After all, you are the first person they will see when getting in the car from practice. Please understand that your child may need to vent sometimes; however, MOST circumstances do NOT require that your child's coach be contacted. Please use good judgment when deciding whether or not you should contact your child's coach with concerns.
- \* If your child is lacking in a particular area (tumbling, flexibility, motions, etc.) your child may be asked to participate in an additional cheer/tumbling class and/or private lesson during the week. This class or lesson would be IN ADDITION to their previously scheduled team practice and tumbling time. Failure to participate in an additional class (when asked by the coaching staff,) could result in team suspension and/or termination from the Cheer Star Program.
- \* All star competitions occur on the WEEKENDS. We will compete 7-8 times throughout the 2010-2011 competitive season. Most one day competitions will be Sunday only; however, one day competitions are on Saturday OR Sunday. Two day competitions are on Saturday AND Sunday. Three competitions will be considered travel competitions (out of state, not including Birmingham events.) For travel competitions, your family is required to be in the competition city on Friday night. Keep in mind, your yearly Cheer Star team fund and/or tuition costs do NOT include your family's travel expenses for out of state competitions.

## IMPORTANT CHEER STAR DATES TO SAVE

*All dates listed below are SUBJECT TO CHANGE at coaches' discretion.  
Unless otherwise noted, these dates will remain. Please plan your schedules accordingly.*

<u>MONTH</u>	<u>DAY/DATE/WEEK OF</u>	<u>EVENT</u>
<b>May 2010</b>	Saturday, May 1	! TRYOUTS !
	Wednesday, May 5	New CS Parent Mtg. 530p, Returning CS Parent Mtg. 630p
	Wednesday, May 6	New CS Parent Mtg. 630
	Week of May 10	May practice begins, TUITION DUE
	BEFORE Saturday, May 15	Team Fund DEPOSIT Due (15 <sup>th</sup> is charge day if not paid)
	Week of May 17	Last week of May practice
	Week of May 24	NO PRACTICE ALL WEEK/DGC Spring Shows
<b>June</b>	Monday, May 25	NO PRACTICE/Memorial Day
	Week of June 1	Summer Practice Schedule Begins
	Week of June 7	Tuition Due
<b>July</b>	Tuesday, June 15	Cheer Star Team Fund Due, Exception-Tinys
	Friday, July 2	Last day of practices before the 4 <sup>th</sup> ...
	Week of July 5	NO PRACTICE (all teams) ! HAPPY 4 <sup>th</sup> !
	Week of July 12	Accounts Due, Tuition/12 <sup>th</sup> , Cheer Stars Team Fund 15 <sup>th</sup> (except. Tiny CSTF)
<b>August</b>	July 25-August 8	Mandatory Choreography, Exact Times/Dates, TBA. Practice times will vary depending on team.
	July 25-August 8	Mandatory Choreography Cont., Times TBA. See note above.
	Sunday, August 8	Uniform Fitting & Swap (Mandatory for all NEW CS,) Time TBA.
	Week of August 9	Fall Practice Schedule Begins, Accounts. Due-Tuition 9 <sup>th</sup> , Cheer Stars Team Fund 15 <sup>th</sup>
	Wednesday, August 25	REGULAR PRACTICE even though Atl. & Cobb. have ½ day
<b>September</b>	Monday, September 6	NO PRACTICE/Labor Day! Friday, Sept 3rd practices may be cancelled for L-day also, TBA.
	Week of September 7	Tuition Due
	Tuesday, September 15	Cheer Star Team Fund Due (exception-Tinys)
	Week of Sept 20	REGULAR PRACTICE even though Cobb & Paulding-Fall Break
<b>October</b>	Week of October 4	Tuition Due
	Week of October 11	REGULAR PRACTICE ALL WEEK even though some schools are out partial week &/or early release
	Thursday, October 15	Cheer Star Team Fund Due, Exception-Tinys
	Weekend of October 15/16 & 17	Expect EXTRA Practice before 1 <sup>st</sup> competition, Exception-Tinys
	Week of October 18	REGULAR PRACTICE even though Cobb has early release
	Weekend of October 22/23 & 24	Expect EXTRA Practice before 1 <sup>st</sup> competition, Exception-Tinys
	Fri. & Sat., October 29 & 30	Expect EXTRA Practice before 1 <sup>st</sup> competition, Exception-Tinys
<b>November</b> <i>Pep Rally &amp; 1<sup>st</sup> competition will be this month. Dates/Times-TBA.</i>	Sunday, October 31	! HAPPY HALLOWEEN !
	Week of November 1	Tuition Due
	Tuesday, November 2	REGULAR practice even though schools are out
	Weekend of November 5/6 & 7	Expect EXTRA Practice before 1 <sup>st</sup> competition OR 1 <sup>st</sup> Competition, Exception-Tinys
	Wknd of November 12/13 & 14	Expect EXTRA Practice before 1 <sup>st</sup> competition OR 1 <sup>st</sup> Competition, Exception-Tinys
	Monday, November 15	Cheer Star Team Fund Due (all teams.) ! Final CSTF payment for this season !
	Wknd of November 19/20 & 21	Expect EXTRA Practice before 1 <sup>st</sup> competition OR 1 <sup>st</sup> Competition, Exception-Tinys
	Mon Nov. 22 & Tues Nov. 23	NO TUMBLING ON MONDAY 22nd, ALL teams will have a 2 hour team practice Mon. OR Tues., TBA
<b>December</b> <i>There will be a competition This month &amp; the Cheer Star Christmas party, TBA.</i>	Wed. Nov. 24-Fri. Nov. 26	NO PRACTICE/Happy Turkey Day!
	Week of November 29	Regular Practice Resumes, Tuition Due
	Mon, Dec 20 & Tues, Dec 21	NO TUMBLING ON MONDAY 20 <sup>th</sup> , All teams will have a 2 hour team practice Mon. OR Tues., TBA
	Wed, Dec 22-Sat, Jan 1	CHRISTMAS BREAK/HAPPY NEW YEAR! Optional tumbling may be offered over the break, TIMES TBA.
<b><u>NOTES</u></b>		

<u>MONTH</u>	<u>DAY/DATE/WEEK OF</u>	<u>EVENT</u>
<b>January 2011</b> <i>There will be competitions this month, stay tuned...</i>	Sunday, January 2	EXPECT EXTRA PRACTICE (all teams,) TIMES TBA. REGULAR PRACTICE RESUMES even though most schools are still out Mon. OR Mon. & Tues. Tuition Due this week.
	Week of January 3	
	Monday, January 17	REGULAR PRACTICE even though schools are out/MLK
	Friday, January 21	TINYS, Expect EXTENDED Practice to Prepare for 1 <sup>st</sup> Comp.
	Weekend of January 22 & 23	TINYS, Expect EXTRA Practice to prepare for 1 <sup>st</sup> Comp.
	Friday, January 28	TINYS, Expect EXTENDED Practice To Prepare for 1 <sup>st</sup> Comp.
	Weekend of January 29 & 30	TINYS, Expect EXTRA Practice to Prepare for 1 <sup>st</sup> Comp. All Other Tms, Expect EXTRA Practice to Prepare for C-SPORT.
	Week of January 31	Tuition Due this week
<b>February</b> <i>There will be competitions this month &amp; TEAL pep rally, stay tuned...</i>	Wednesday, February 2	REGULAR PRACTICE even though Cobb has early release
	Friday, February 4	TINYS, Expect EXTENDED Practice to Prepare for 1 <sup>st</sup> Comp.,
	Sat. Feb. 5 & Sun. Feb. 6	TINYS, Expect EXTRA Practice to prepare for 1 <sup>st</sup> Comp. All other tms, Expect EXTRA practice to prepare for C-SPORT.
	Friday, February 11	TINYS, Expect EXTENDED Practice to Prepare for 1 <sup>st</sup> Comp.
	Weekend of Feb. 12 & 13	TINYS, Expect EXTRA Prac. to Prepare for 1 <sup>st</sup> Comp OR Comp. Other tms, Expect comp. OR EXTRA prac. to prepare/C-SPORT.
	Friday, February 18	All Teams-exception Tinys, Practice in DOWNTOWN ATLANTA (CHEERSPORT Run-Through @ GWCC.)
	Weekend of February 19-20	CHEERSPORT NATIONALS (NO Tinys)
	Week of February 21	REGULAR PRACTICE ALL WEEK even though schools are out.
	Week of February 28	Tuition Due
<b>March</b> <i>There will be competitions this month, stay tuned...</i>	Month March	REGULAR PRACTICE even though schools have early release days throughout the mo.
	<b>Competitions TBA...</b>	
<b>April</b> <i>There MIGHT be competitions this month (tinys &amp; All-Level Worlds,) stay tuned...</i>	Month April	REGULAR PRACTICE until season concludes, TBA (expect practice through mid/late-month)
	Week of April 4	Douglas County School's SPRING BREAK, NO PRACTICE...
	<b>Competitions &amp; more info. TBA...</b>	
	TENTATIVE CS Banquet (all teams,) Time/Location TBA...	
	<b><u>NOTES</u></b>	

*The competition schedule will be distributed Late May.*

*Whew! ...All That, & Now It's Over!*

## **MONEY MATTERS**

### 1.) **TRYOUT FEE (payable to DGC)**

- a. All new and returning members will be responsible for ONE of the following tryout fees.
  - \$50.00, if choosing to register on or before Thursday, April 29-2010.
  - \$75.00, if choosing to register during final registration on Friday, April 30<sup>th</sup>-2010
  - \$100.00, if participating in a private tryout.

*Tryout Fees are non-refundable.*

### 2.) **ANNUAL REGISTRATION FEE (payable to DGC)**

- a. Required for all new and returning members, \$30.00

### 3.) **MAY/SUMMER TUITION (payable to DGC)**

- a. 11-week price for May/Summer session
  - i. Tiny tuition for May/Summer sessions, \$250.00
    - 1. Three individual payments to cover May/Summer cost.
  - ii. Mini & Junior tuition for May/Summer sessions, \$275.00
    - 1. Three individual payments to cover May/Summer cost.

### 4.) **FALL TUITION (payable to DGC)**

- a. 32-week price for fall session (no additional charge for April practice I/A.)
- b. Due every four weeks, beginning the week of August 9<sup>th</sup>.
  - i. Tiny Tuition for fall session, \$800.00
    - 1. \$100.00 due every four weeks.
    - 2. Includes 2 hours & 45 minutes practice/week
  - ii. Mini & Junior tuition for Fall session, \$880.00
    - 1. \$110.00 due every four weeks.
    - 2. Includes 4 ½ hours practice/week.
- c. NO sibling discounts
- d. Optional, Additional Tumbling Class: \$55.00
  - i. Additional Tumbling classes are considered tuition payments. The \$55.00 fee should be made payable to DGC and added to your regular tuition payment. This class fee will always be due on the same date as your regular tuition payment.

***See breakdown of all tuition payments on attached tuition payment grid.***

### 5.) **Cheer Star TEAM FUND (payable to CHEER STARS)**

- a. **TEAM FUND IS ALWAYS DUE ON THE 15<sup>th</sup> OF EACH MONTH**
  - i. All Team Fund fees will be paid by November 15<sup>th</sup>. There will be no Team Fund payments due in December, January, February, or March; however, tuition payments will still be due as previously scheduled.
- b. RETURNING TINYS Team Fund/year; \$500.00
  - i. Reduced cost, you do not have to purchase new uniform and/or make-up
    - 1. You must purchase NEW (clean) shoes.
  - ii. If you need to purchase new uniform items, contact Erica for exact price.
    - 1. This price should be added to your first Cheer Star payment of the season (CSTF deposit.)
- c. NEW TINYS Team Fund/year; \$625.00
  - i. Yearly price does NOT include shoes (please PURCHASE ASAP;) however, it includes all competitive fees (practice clothes, uniform, bloomers, hair bow, make-up, choreography & music fees, & competition entry fees.)

- ii. Team Fund Fees do NOT include hotel costs and travel expenses for out/town competitions throughout the competitive season.
  - 1. Competition schedule will be released late May.
  - 2. Tinys will travel out/state one time throughout the competitive year
    - a. Exception-Birmingham, one/day competitions
- d. RETURNING MINI & JUNIOR Team Fund/year; \$1,750.00
  - i. Reduced cost, you do not have to purchase new uniform, warm-up, hoodie, make-up, etc.
  - ii. If you need to purchase new items, contact Erica for exact price.
    - 1. This price should be added to your first Cheer Star payment of the season (CSTF deposit.)
- e. NEW MINI & JUNIOR Team Fund/year; \$2,200.00
  - i. Yearly price includes all competitive fees (including but not limited to; practice clothes, uniform, bloomers, shoes, hair bow, make-up, choreography & music fees, competition entry fees, coaches' expenses, and equipment fees.)
  - ii. Team Fund Fees do NOT include hotel costs and travel expenses for out/town competitions throughout the competitive season.
    - 1. Competition schedule will be released late May.
    - 2. Cheer Stars will not travel out/state more than three times throughout the competitive year
      - a. Exception-Birmingham, one/day competitions
- f. FUNDRAISING
  - i. Fundraising is encouraged to help off set the costs of Team Fund & Tuition payments.
    - 1. Michele Thomas is the 2010-2011 Fundraising Coordinator.
      - a. All fundraising ideas should be presented to Michele at [Michele1920@gmail.com](mailto:Michele1920@gmail.com).
    - 2. In addition to fundraising, individual sponsors may also be acquired to help off set Team Fund costs.

***See breakdown of Cheer Star payments on attached Team Fund payment grid.***

**6.) MANDATORY CREDIT CARD INFORMATION**

- a. ALL TUITION and TEAM FUND ACCOUNTS WILL remain CURRENT throughout the competitive season.
  - i. A major credit card number is required to be kept on file at Douglasville Gymnastics and Cheerleading Club, Inc
  - ii. Without this information, your child will be ineligible to compete as a Douglasville Cheer Star.
  - iii. You are required to inform Douglasville Gymnastics of any credit card changes throughout the competitive year.
- b. All tuition and Team Fund payments that are 10 days past due will automatically be charged to the credit card on file at Douglasville Gymnastics and Cheerleading Club, Inc. All accounts being charged after the 10-day grace period will include a \$25.00 late fee.
  - i. Exception-May Team Fund deposit. If May deposit is not received before Saturday, May-15/2010, the card on file will be charged on the 15<sup>th</sup> (w/ \$25 late fee). There will NOT be a 10-day grace period for your May deposit.
  - ii. If dismissed from a Cheer Star team and/or choosing to quit a team (for any reason,) you will be held responsible for all remaining tuition and Team Fund fees for the 2010-2011 competitive year (May 2010-April 2011.)
  - iii. If dismissed from a Cheer Star team and/or choosing to quit a team (for any reason,) Douglasville Gymnastics reserves the right to charge ALL remaining balances to the card on file on the same day you are released and/or quit a team.

*See attached grids for both yearly tuition and Team Fund breakdowns.*

*The tuition grids below do NOT include the REQUIRED Annual Registration Fee, \$30. The reg. fee is due the week of May 10 (with first tuition payment.)*

*If you are uncertain of what your child is classified as (tiny, mini, junior &/or new or returning,) see Erica for clarification.*

*2009-2010 TINYS moving up to 2010-2011 MINIS are CLASSIFIED as NEW Mini members.*

# ...And 100 Other Things You Need to Know Concerning the Cheer Star Program!

## TEAM GUIDELINES, RULES, & POLICIES

### COMMITMENT

- \* The Cheer Star commitment is a year commitment (May-April.)
- \* Commitment begins with the parents.
- \* The success of ANY team depends greatly on the commitment level of ALL parents and athletes alike.

### EXCLUSIVE GYMNASTICS/CHEERLEADING TRAINING

- \* During your commitment period to Douglasville Cheer Stars, Cheer Stars are not allowed to take private lessons, tumbling classes, and/or any other type of gymnastics/cheerleading instruction from any other gymnastics/cheerleading facilities. ...Exception, middle/high SCHOOL competitive teams that are REQUIRED to work out at another all star facility.

### CHOREOGRAPHY

- \* All teams will attend two choreography camps this season: 1.) stunt/pyramid and 2.) routine.
- \* Choreography is tentatively scheduled for July 25-August 8
  - Will NOT be *before* the dates listed above, could be *after*
- \* ALL choreography will be held at the gym and is MANDATORY.
- \* Final dates will be distributed ASAP so you can rearrange your schedules accordingly.
- \* We are in the process of planning both choreography camps. Please understand that high quality choreographers are hard to come by and their schedules tend to be chaotic. If our preferred choreographers cannot work during the weeks stated above, we may have to schedule choreography at the spur of the moment or simply do it whenever the choreographers are available. Please be patient with us when considering this matter.

### UNIFORM FITTING & SWAP

- \* MANDATORY, Sunday-August 8 (@ gym,) times & info TBA
- \* Failure to attend fitting may result in a uniform that does not fit.
- \* Uniform companies are not perfect. You will be responsible for all minor alterations and costs.
- \* Returning Cheer Stars are NOT required to attend uniform fitting IF no new items are needed for the upcoming season.

### CHAIN OF COMMAND & OPEN DOOR POLICY

- \* Customer service is our number one priority. If you ever have a problem, with anything, please do not hesitate to contact your coach, the All Star Director or the owner. After all, we are here for YOU!
- \* We will ALWAYS encourage direct communication at the appropriate times. While at practices or competitions, coaches are focused on the team. Time is extremely limited; therefore, we ask that you discuss team concerns (with your coaching staff, Erica, or Paige) by appointment only.
- \* If you have any questions or concerns that need immediate attention, please use the appropriate chain of command;

1.) Team Mom, 2.) Your Child's Coach, 3.) All-Star Director, 4.) Owner

## TEAM MOMS

\* "Team Mom" is a volunteer position. Treat team moms respectfully, understanding that they work closely with the coaching staff. If you encounter a problem, talk to Erica in a prompt fashion.

- TEAL; Jenny Power, (770) 355-8336
- PINK; Kim Kruseman, (760) 429-3532
- SAPPHIRE; Trina Odom, (678) 464-4511
- BLACK; Joy Washington, (770) 344-7156

\*\* Additional contact information to be released

## COACHES' CELL PHONE POLICY

\* While we will always strive to make ourselves available to your questions, comments, and/or concerns at a time that is convenient for you and your family, our coaching staff does have a *life outside of cheerleading*. As much as your child's coaches love their job, they also love/value their private time at home.

\* Coaches' cell phone numbers should only be used in emergency situations and/or when out of state with the team. Under no circumstance should your child's coach be contacted before OR after regular business hours (Monday-Thursday NOON-9pm,) on weekends (when there are no scheduled practices/competitions,) and/or holidays.

\* An alternative way to communicate with your child's coach is via e-mail. If you need a coaches' e-mail, contact Erica.

\* Please be courteous of your coaches' lives outside of Douglasville Gymnastics and Cheerleading Club, Inc.

## STAYING IN TOUCH (E-MAIL, CALLING POST, & WEBSITE)

\* General Cheer Star e-mail, [erica@douglasvillecheerstars.com](mailto:erica@douglasvillecheerstars.com). Add this e-mail to your address book. All Cheer Star updates will be sent from this e-mail address.

\* It is the parent's responsibility to check e-mail on a regular basis (if not DAILY) for Cheer Star updates.

\* If you do not have a current e-mail address, contact Erica immediately.

\* Please, no general "forwards" to Erica's e-mail account. All e-mails sent to Erica should be "business only."

\* E-mails should NEVER be sent to a team and/or the entire Cheer Star program without Erica's permission.

\* CALLING POST (1-405-308-4474,) Add this phone number to your cell phone address book.

\* Calling Post allows Erica to send voice messages to an entire team and/or program at one time. Calling Post is used FREQUENTLY throughout the season to update everyone in emergency situations, notify parents of practice/competition changes, and/or remind parents of deadlines. If you fail to receive calling posts, it is your responsibility to notify Erica.

**\* If any of your contact information (e-mail addresses and/or phone numbers) changes throughout the competitive year, it is your responsibility to notify Erica. Any phone numbers or e-mail addresses you would like added or deleted throughout the competitive year can only be updated through Erica to ensure you still receive Cheer Star e-mails and Calling Posts.**

\* Cheer Star website, [www.douglasvillecheerstars.com](http://www.douglasvillecheerstars.com)

## MYSFACE, FACEBOOK, & YOU TUBE

\* Personal web pages on websites such as MySpace and Facebook still represent the Cheer Star program.

\* No negative comments on pages or chat rooms

\* Never post videos of Cheer Star performances on any website listed above without permission from Erica.

## OUR LOGO



- \* Our logo is a registered trademark.
- \* You must have receive permission from Erica or Paige to use the Cheer Star logo on ANY items
  - Including but not limited to the following; magnets, clipboards, picture frames, hair bows, shirts, etc.
- \* All Douglasville apparel must be ordered through the gym.

## PROFICIENCY IN SKILLS, INJURIES & CONDITIONING

- \* Teams are selected (and maintained) based on individual attitudes, age, skill ability, personal drive, physical condition, and ability to take constructive criticism. Coaches reserve the right to switch a team's level (level 3 to level 2,) OR move a child to a different team if any of the above does not mirror that of her/his peers on the team.
- \* As parents, you should remain realistic about your child's attitude, athleticism, skill ability, & work ethic.
- \* Throughout the season, cheerleaders must ALWAYS demonstrate proficiency in all skills appropriate to their competitive level. Cheerleaders are required to maintain the best physical condition possible. Lack of flexibility, strength, tumbling skills, etc. will be considered when deciding if your child will (or will not) compete in the next scheduled competition. If your child is not ready to compete physically and/or mentally, your child's coaches have the right to withhold your child from competition until they have proven themselves ready to compete.
- \* If needed, your child may be required to take an additional tumbling class, jumps/motions class, and/or an additional stretch class or private lesson. All additional classes/lessons will be billed to your DGC account.
- \* Parents and cheerleaders must understand that competitive cheerleading is a highly competitive and dangerous sport. Both stunts and tumbling could lead to injuries. These injuries include but are not limited to bruises, pulled and/or strained muscles, torn and/or strained ligaments, broken bones, dislocations, paralysis, or even death.
- \* All injuries (no matter how small) must be promptly reported to the coach.
- \* All team members are expected to take care of their own bodies. This means NO DRUGS, NO ALCOHOL, and NO TOBACCO. If anyone is caught drinking, smoking or using drugs, or if there is an eating disorder, athletes will be expected to take the necessary steps to quit and/or receive help. We will, of course, help in any way we can.

## COACHING TECHNIQUE & DISCIPLINE

- \* Children generally accept "tough love" much better than parents do. We WILL push your child beyond comfortable for we expect more from your child than they expect from themselves.
- \* "There's no 'I' in team." Competitive cheerleading is NOT an individual sport. ALL team decisions will be based on what is best for the entire TEAM, not necessarily your child individually.
- \* Remember, you have volunteered yourself as an "outlet" for your child outside the gym. Your child may cry because they got their feelings hurt, were yelled at, or because they are on the back row; however, MOST circumstances do NOT require that your child's coach be contacted. Please use good judgment when deciding whether or not you should contact your child's coach with concerns.

\* Each year we go through losses and additions to each team. The dismissal or addition of any other athlete is at the sole discretion of the coaching staff. Coaching technique and discipline are not subject to compromise with parents and/or cheerleaders.

### ALTERNATES

- \* Each year, athletes quit or become injured and unable to perform. In this case, we may (or may not) need to use an alternate.
- \* If you are an alternate, you are expected to attend all practices and follow the same rules as every other team member.
- \* Alternates' Team Fund accounts will be discussed on an individual basis.
- \* Team members may be bumped to an alternate position for the following reasons; not having the required skills for their level, excessive tardiness or absences, bad attitude, mental block, or any other situation that the coaching staff deems necessary.
- \* If you quit after being placed as an alternate, you will not receive a refund of any kind. You will also forfeit all jackets, sweatshirts, t-shirts, etc. that the team has won or will win during the remainder of the season.

### PRACTICE REQUIREMENTS & EXPECTATIONS

- \* How a team competes is a DIRECT reflection of how they practice.
- \* Attending each practice is essential to your personal success and your team's success as well. If each girl/boy missed "only one" practice, we would go approximately FIVE MONTHS without having the entire team present.
- \* Competitive cheerleading has no "second-string" and/or "bench." Each and every team member depends on one another for complete success. With just one team member absent, an entire stunt group cannot practice and TEAM pyramid cannot be done.
- \* While your child is required to attend all practices, we understand that special circumstances call for emergency absences; however, even excessive (*excused*) absences could result in termination from our program if they hinder your child's and/or their teammate's performance ability and/or safety. If your child must miss a previously scheduled practice, you must notify your child's coach in advance, NOT the office staff.
- \* Excused absences are limited to the following: 1.) summer vacations (June & July,) 2.) CONTAGIOUS<sub>1</sub> sickness (running a fever,) 3.) death in the family, and/or 4.) a school function that results in a GRADE for the class. Homework, school projects, athlete or parent birthdays, parties, punishment<sub>2</sub>, and traffic are NOT excused absences. *1If your child is 'self-diagnosed' sick (cramps, headache, sore throat, upset stomach, etc..) at the very least, your child is still required to come observe practice on that particular day. At times, your child may still be required to practice on those days (coaches' discretion.) 2Withholding a child from a practice or competition should never be used as a form of punishment. By doing this, you are not only punishing your child, but every other child and parent on that team as well.*
- \* Only cheerleaders and coaches are allowed in the gym. All team practices are closed to parent, team mom, and friend observation. We will schedule times that relatives and friends may come observe; however, we will notify you of these times.
- \* Team practice is not an appropriate time to approach/call your child's coach with any team concerns.
- \* While at practice, cheerleaders may not leave the practice floor (for any reason) without permission from the coaching staff.
- \* You will find that we do encourage cheering for your school as well as other extracurricular activities; however, if your extra curricular coach/coordinator refuses to work with our mandatory practices and competitions, you will then be asked to choose the activity you wish to continue.
- \* Practice times may be changed, added, extended, and/or cancelled throughout the season. There are no additional costs for extra/extended practices just as there will be no discounts and/or refunds for cancelled practices.
- \* To prepare yourself for extended/additional/cancelled practices, pay close attention to the "Important Dates to Save" grid for special practice updates. (*NOT always noted; when any school has early release (1/2 day,) Cheer Stars will still practice at regular time.*)

### TUMBLING (CLASS) PRACTICE

- \* NEW THIS YEAR; In addition to your team practice time, all team members (exception-Tinys) are also required to attend an additional one hour tumbling class each Monday (individual times, TBA.)
- \* Tumbling classes are treated as regular practice times; however, we understand that *things come up*. All tumbling absences will be excused as long as individual routine tumbling requirements are being met by the individual child.
- \* Based on individual expectations and team requirements, coaches will determine the skills individual athletes will work on during tumbling classes.

### STRETCH (CLASS) PRACTICE

- \* If your child is selected as a flyer for the 2010-2011 competitive season, your child will be required to attend a 30 minute stretch class (once/week) in addition to their scheduled team practice and tumbling class (TIMES TBA.)
- \* Do not assume that your child will be a flyer. Your child's coach will notify you if your child needs to attend stretch class.
- \* If selected as a fly, flying privileges may be added or deleted throughout the season (coaches' discretion.)

### PRACTICE NO's

- \* Please, do NOT take valuables into the gym; we are not responsible for unattended items.
  - NO Cell Phones, NO iPods, NO Nintendo DS...
- \* NO FOOD. Water &/or other CLEAR sports drinks are allowed.
- \* NO mental blocks. Mental blocks are contagious. If your child has a mental block, they may be asked to leave practice for the day. If a cheerleader's mental block is keeping their team from its full potential, the athlete may be asked to cheer for a lower level team and/or dismissed from the Cheer Star Program.
- \* NO bad attitudes
- \* NO profanity or abusive language
- \* NO Tardies, PUNCTUALITY is a MUST. If you are going to be late for ANY reason, you must notify your child's coach (not the office staff) in advance. Tardiness is defined as not being on the practice floor (clothes on, hair up, snack eaten, ready to practice) when practice begins. Valued team practice time is wasted if your child's coach has to leave the practice floor to call you (or your child) because you are late. Remember, being EARLY is ALWAYS BETTER than being LATE!
- \* NO, "NO-SHOWS!" If there is ever an EMERGENCY whereby the athlete cannot make it to practice (death/family or hospitalization,) a phone call/text message/e-mail must be sent to your child's coach (or Erica) ASAP. "NO-SHOWS" may be dismissed from the team immediately. Again, valued practice time is wasted if your child's coach has to track you down...

### PRACTICE DRESS CODE

- \* All team members must dress in accordance to the Cheer Star dress code.
- \* Practice clothes are included in your yearly team fund costs. Practice outfits will be distributed as we receive them during the summer months. At that time, an exact practice dress code will be assigned for both practice days during the week.
- \* If your child loses one or both of their mandatory practice outfits, the coaching staff will order you an additional outfit(s.) The cost for an additional outfit(s) will automatically be charged to the credit card on file at DGC.
- \* No *sports bras only*. Sports bras should always be worn under practice tees.
- \* Hair must be pulled all the way up. Bangs should be pulled back.
- \* Cheerleading shoes should always be worn. *If your child is a first time cheerleader and does not currently own a pair of cheer shoes, she/he may wear tennis shoes until our new shoes arrive.* NEW cheer shoes will arrive during the summer months.

- \* No jewelry. This includes ear, nose, and/or belly button rings.
- \* All flyers should wear bloomers or tight fitting shorts under a regular pair of shorts while at team and stretch practices.

### COMPETITION DAY

- \* Without your child, their team is incomplete and unable to execute their routine to their best ability.
- \* Missing ANY competition is not an option. The 2010-2011 competition schedule will be distributed late May. Plan accordingly.
- \* If your child misses a competition for ANY reason that the Cheer Star staff does NOT agree with (doesn't feel well (throwing up,) slight fever, sore throat, family reunion or family trip) your child will IMMEDIATELY be released from their 2010-2011 Douglasville Cheer Star team. ...NO SECOND CHANCES.
- \* Acceptable reasons to be absent from a competition are death in the IMMEDIATE family, broken bone(s,) and over night hospitalization.

### COMPETITON DRESS CODE

- \* All clothing items should represent the Douglasville Cheer Star program. No other team and/or gym apparel should be worn while at competition.
- \* When entering the competition arena, you may arrive in your warm up pants, uniform top, and cheer shoes OR in complete Cheer Star uniform (top, skirt, & shoes.) At no time should you wear your cheer skirt OVER the top of your warm-up pants or pajama pants. Pajama pants are not to be worn.
- \* Appropriate socks (solid WHITE, no-show, ankle socks) and cheer shoes at all times. ...No sandals, flip-flops, crocs, Uggs, etc.
- \* No jewelry while in uniform. This could result in injury to your child and/or teammate.
- \* All hair and make-up should be done according to the program's individual hair and make-up standards. If hair and make-up is not up to standard, your child's hair/make-up will be redone.
- \* Fingernails should be kept short and colorless.
- \* Never wear previous "National Championship" attire to any competition. You come to compete, you haven't already won...
- \* Never mix "company attire" while at competitions. For example: you should never wear a "CHEERSPORT" sweatshirt and/or t-shirt to a "Jamfest competition."
- \* It is important for each cheerleader to represent themselves and the DCS program in the best way possible (at all times.) This includes before, during, and after competitions. There will be no arguing about the dress code. If you have a problem removing jewelry or adhering to this dress code, the Douglasville Cheer Star program may not be the one for you.
- \* If you are not competing or have been dismissed from your team's obligations at a competition, you may wear your warm-up pants, Douglasville Cheer Star t-shirt & jacket, and cheer shoes. You are still representing Douglasville Cheer Stars and should represent yourself accordingly.

### COMPETITION ETIQUETTE

- \* Parents, relatives, friends, and cheerleaders are NEVER to approach/speak to a competition official or judge for any reason.
- \* Under no circumstance should any form of disrespect be shown to any other present athlete, coach, official, and/or judge.

*"You win some competitions maybe you ought to have lost,  
and lose some competitions maybe you ought to have won..."*

\* Remember, JUDGING IS SUBJECTIVE. Believing the quote above to be 100% accurate, the DCS program prides itself on setting a high standard of behavior. Good sportsmanship, polite manners, and a kind disposition are mandatory for all coaches, cheerleaders, and parents alike. Please help us to continue in this endeavor by participating in the following...

#### COMPETITION ETIQUETTE FOR COACHES...

*"Creating good spirited teams and fans has to begin with the coach. In a competition setting, it is the job of a coach to prepare his/her teams and fans for whatever the outcome. This makes perfect sense because, as we all know, judging is not a perfect science---it is subjective and based on judge's opinions. By adequately preparing team members to win as well as lose, coaches teach their kids lessons that will serve them well in life. As adults, we all know that events in our lives don't often turn out exactly as we expect. When coaches allow their students to disrespect their fellow competitors (by pouting/crying about results for instance,) they are forgetting the big picture. As opposed to taking a golden opportunity to teach life lessons, many teams and coaches search for any reason for the outcome other than the obvious: the judges thought the other team was better."*

\* Any legitimate team concerns/complaints will be addressed by Erica ONLY.

#### COMPETITION ETIQUETTE FOR CHEERLEADERS

*"For a large percentage of today's competitors, understanding what classy behavior is and choosing to practice it are definitely two different things. The right choice is often the one that is most difficult to make or the one that involves the most personal sacrifice. Peer pressure to look "cool" or to follow the crowd is in many cases stronger than the core value of "do unto others" and simply being polite---this often leads to mean-spirited behavior. If all team members made more of an effort to sincerely wish others "good luck" and cheer for the other competing teams, the positive effect would be contagious."*

\* Once a cheerleader enters the warm up area with their coaches, they are not allowed to have contact with any parent, relative, and/or friend until their team's performance is complete. This has less to do with control than it does with focus. Any distraction (no matter how mild,) could disturb the focus necessary for a flawless performance and/or increase your child's chance for injury.

\* At award ceremonies, Cheer Stars are required to clap for ALL teams. When DCS' final placement is announced, athletes are required to show genuine (not obnoxious) excitement. If winning, athletes are NOT to show ANY excitement until their name is announced. Any action other than this is disrespectful to the 2<sup>nd</sup> place team, parents, and coaches.

\* At times, cheerleaders do not agree and/or like their final team placement; however, under no circumstance should athletes pout/cry on stage or refuse to wear their medal and/or collect their trophy. After all, a score for any routine is an evaluation of one single performance in your cheerleading career, not a label you must live up to for the rest of your life.

\* Competition day is not complete until all Cheer Star teams have performed AND your child's award's ceremony is complete.

#### COMPETITION ETIQUETTE FOR PARENTS...

\* Do not coach your child. Coaches should coach. Everyone else should encourage!

\* Parents, relatives, and/or friends are NOT allowed in the warm up room and/or onto the competition floor at any given time.

\* In case of an injury during warm up or actual competition, parents must remain in the spectator area until your child's coach summons you to the warm up area and/or competition official waves you onto the floor.

\* Team spirit is a huge help, and believe it or not, does reflect in the team's overall score. Please, wear our team colors and prepare to GET LOUD!

\* Because we are a smaller program and need a LOUD crowd, team parents are required to watch all other Cheer Star teams.

\* Be cautious about critiquing children's performances (even your own child's...) After all, it is the coach's job to critique. Allow your child's coaches to do their job...

- \* Any score a team receives is NO reflection of you as a parent or any other team parent. If your child has a bad competition, there is no reason for you to feel embarrassed. Every athlete (even Olympic athletes) has good days and bad days. For your child, it is how they learn to react to those days that show her/his development as a competitor. As coaches, we remain very strict with the teams concerning their attitudes. We expect all parents to help maintain that positive spirit during competitions as well.
- \* At award's ceremonies, your child is expected to applaud all teams in their division. Parents are expected to do this as well.
- \* Cheerleaders are also taught NOT to celebrate until "*Douglasville Cheer Stars*" is announced. While national championships are wonderful so are top-five finishes for some. Do not take another team's glory...
- \* Never approach coaches with negative feedback concerning coaching styles and/or team's final score(s) while at competition. While you may mean well with your comments, they may not be appropriate for the long term training of your cheerleader.
- \* If you have questions or concerns from a particular competition; give yourself 24 hours to reflect. Then (if needed,) set up an appointment with your child's coach, the All Star Director (Erica,) and/or gym owner (Paige.)

### COMPETITION TRAVEL & ARRANGEMENTS

- \* Travel costs are not included in your yearly team fund costs.
- \* NEW THIS YEAR; we will NOT be blocking off a group of Cheer Star rooms for out/state events. It is your responsibility to select a hotel of choice. Book your room and pay the hotel directly for your room.
  - Keep in mind; MOST competition venues have hotels connected to them for easier event access.
- \* Approximately a week prior to the event, Erica will send a hotel confirmation e-mail to all Cheer Star parents. It is your responsibility to inform Erica where your family will be staying for the weekend.
- \* At ALL out/state competitions, you are required to text/call your child's team mom BEFORE 11pm the night prior to competition. This policy allows us to make sure all team members have arrived or are close to arriving in the competition city the night prior. After all, a routine is impossible without ALL team members. This policy has more to do with competition preparation than control.
- \* If money or scheduling is an issue, a parent may choose to send their child with another Cheer Star family for out/state competitions; however, no child should ever stay in a hotel room unsupervised (overnight.) It is the parent's responsibility to make sure your child is set to travel with an alternate Cheer Star family. It is NOT the coaches or team mom's responsibility to make alternate travel plans for your child. If you know this will be an option for your family/child, be proactive.

### CONTACTING CHEERLEADING COMPANIES

- \* Cheerleading companies do not have time to answer personal parent calls. They have enough gyms contacting them for information daily. Under no circumstance should you contact a cheerleading company via phone and/or e-mail. If you feel there is a reason to contact the company, contact Erica first. If she feels your concern is ligament, she will contact the cheerleading company herself and notify you accordingly.

### GOSSIP VS. HONESTY (KNOWING WHAT TO BELIEVE)

- \* "*Rumor, innuendo, and just plain backstabbing tend to occur when there is a vacuum created by a lack of information OR jealousy.*"
- \* Why do some parents bad mouth the coaches, kids, or other teams? WE HAVE NO IDEA!
- \* NO GOSSIP about any teams, NO GOSSIP about ANY child, NO GOSSIP about coaches and staff. It is ALWAYS better to address a problem than to listen to idle gossip. Keep in mind, people brave enough to tell LIES to another Cheer Star family would never be brave enough to tell the same LIE to their child's coach, Erica, and/or Paige. Why? ...Because it's a LIE!
- \* If you need clarification on GOSSIP related topics, please contact your child's coach, and/or Erica (except during practice time.) We believe lying/cheating is the ugliest form of disrespect. You WILL get an HONEST answer from us.

### QUITTING

- \* There will be no refund (tuition and/or team fund fees) to any parent and/or child that quit or is asked to leave the program.
- \* If you quit, you will be held responsible for any remaining team fund and tuition fees for the 2010-2011 competitive year.
- \* After quitting a Cheer Star team, you are not allowed to return to the Cheer Star Program.

### THREATENING TO QUIT

- \* Being a Cheer Star is a privilege, not a right. Anyone threatening to quit and/or pull his or her daughter/son from the team will be dismissed from the program immediately.

### TERMINATION FROM THE PROGRAM

- \* The Cheer Star Staff has the right to suspend and/or terminate enrollment due to continuous disciplinary problems that impair the safety and progress of the other program participants. Cheerleaders and parents alike signed a code of conduct agreement at the beginning of the season, both agreeing to uphold certain standards that will not be compromised. As coaches, it is rather disheartening when we are left with no other option than to dismiss a fellow Cheer Star, a decision based solely upon the parent's refusal to uphold the Cheer Star code of conduct and/or other Cheer Star rules, policies, and procedures.
- \* While you may not understand or agree with some of the rules and policies stated above, ALL rules must be followed. Chances are, the rules you may classify as "stupid" are only there because a former parent/family performed an action "stupid" enough for us to develop/enforce a new rule. 😊 ...It's not personal, it's business.
- \* Failure to uphold and adhere to ANY of the rules and policies listed above are reason for immediate termination from the Cheer Star program.

### RULE AND/OR POLICY CHANGES

- \* The All Star Director may omit, change, and/or add any rule at any time.

## May, Summer & Fall Practice Schedules

# May, May, May

Teal	wks. May 10 & 17	Frí 5-6
Pink	wks. May 10 & 17	Tues 630-8
		Wed 5-630
Sapphire	wks. May 10 & 17	Tues/Thurs 5-630
Black	wks. May 10 & 17	Wed/Thurs 630-8

\* No Practice Week of May 24

# Summer & Fall

Teal	Summer & Fall Summer ONLY Fall ONLY	Tues 415-530 Thurs 330-5 Frí 5-630
Pink	Summer & Fall	Thurs 5-830
Sapphire	Summer & Fall	Tues 530-9
Black	Summer & Fall	Wed 530-9

\* Summer practice begins Tues, June 1.

\* Fall practice begins Mon, August 9.

## **MONDAY TUMBLING TIME**

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*From our family to yours...*



*Looking forward to our 11<sup>th</sup> year!*

*Name:* \_\_\_\_\_

