

# KEY WEST SPORTS ACADEMY

*Dance - Gymnastics - Cheer - Ninja - Rockclimbing*

[WWW.KEYWESTSPORTSACADEMY.COM](http://WWW.KEYWESTSPORTSACADEMY.COM)

305.896.2458 700 TRUMAN AVE

# ALL STAR PREP

## TEAM HANDBOOK 2016-2017

ACCREDITED FACILITY ★ INCREDIBLE TEAMS ★ AMAZING STAFF  
INNOVATION ★ OPPORTUNITIES FOR COLLEGE ★ VALUE

[www.KeyWestSportsAcademy.com](http://www.KeyWestSportsAcademy.com)

# TWISTARS CHEERLEADING

## WHAT IS ALL STAR CHEERLEADING?

The sport of All-Star Cheerleading has grown immensely from its roots over 20 years ago. In the 80s and early 90s, teams were typically formed of athletes who were interested in improving their skills so that they would stand a better chance of making their high school or college cheerleading teams. As the sport developed and grew, more and more athletes and their parents viewed All-Star Cheerleading as a viable activity in and of itself. As stronger and stronger athletes began to recognize that All-Star provided them a way to focus more on teamwork and athleticism and less on pom poms and decorating lockers, the sport began to separate itself from the traditional stereotypes. Teams and athletes in All-Star now focus on gymnastic and acrobatic moves. The hybrid sport of today is a combination of gymnastics, acrobatics, athletic dance, and many elements unique to All-Star.

All-Star prep teams are typically comprised of 8-20 athletes with a variety of skills and abilities (much like a football or basketball team.) There can be solid, well-rounded athletes and those who have particularly strong abilities in certain areas (ex. - strong dancers or jumpers). The coaches create a competition routine performed by the group that has elements of tumbling, stunting, jumping, dance, and other skills set to music. The routines are typically 2 minutes in length. At competitions, the teams are divided by age and ability level. The routines are judged by their level of difficulty, precision, creativity, and entertainment value.



There are thousands of all-star programs of all types across the country. All-Star cheerleading is a great way for young athletes to learn new skills while building teamwork, goal-setting, sportsmanship, and numerous other social skills while making lifelong friendships.

## AGES

Per the USASF rules: All age divisions are determined by your age on August 31<sup>st</sup> 2016, this will determine your "competition age." Please bring a copy of your birth certificate for Key West Sports Academy to have on file.

Age groups are as follows:

- ◆ Senior: Age 10+
- ◆ Junior: 14 and under
- ◆ Youth: 11 and under
- ◆ Mini: 8 and under
- ◆ Tiny: 6 and under



## LEVELS

There are 5 levels of competition for regular all star teams. The "level" refers to the type of stunts, tumbling, and pyramids that a team can safely perform. The levels are numbered from 1-5 in increasing difficulty. Level 6 is a collegiate level of competition which allows for the performance of more difficult stunts. All star levels are more difficult than recreational levels of competition performed by many school teams and rec leagues. The level of a team is determined solely by the KWSA coaching staff. Each level also has a 'PREP' level designed to prepare athletes to compete in the true level.



# ALLSTAR PREP PROGRAM

**Before you join this program please carefully consider the commitment involved!  
This is an SIX MONTH Commitment (November 2016-April 2017).**



## ALLSTAR PREP TUITION

Tuition is paid by the session per athlete for ALL TEAMS. This includes all practices (1x per week) and any pre-performance extra practices.

- \$85/ses per athlete for **ALLSTAR PREP members**: 5 PAYMENTS
- **OPTIONAL**: Add-on Tumbling +\$45/ses per athlete: 5 PAYMENTS

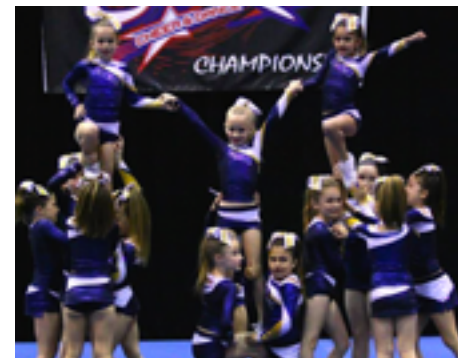
## ALLSTAR PREP OTHER EXPENSES

ALL ALLSTAR PREP TEAM MEMBERS **Due NOV 9<sup>TH</sup>: TOTAL \$170**

- ★ Registration Fee: \$35 (KWSA Membership for new members)
- ★ Competition Fees: \$105 (1 competition)
- ★ USASF Membership: \$30 (required to compete)

**Due DEC 1<sup>ST</sup>: TOTAL \$75 + COST OF SHOES**

- ★ Uniform Fee: \$75: This is the purchase price for a new allstar prep competition uniform (cheer leotard, short, and bow) which you keep.
- ★ Shoes: You must purchase all white light-weight cheerleading shoes on your own to have for practice by NOV 30<sup>TH</sup>: ex. Varsity Last Pass 3.5oz; Nfinity Evolution 6.5oz; Asics Ultralyte 5.9 oz



## TRAVEL EXPENSES

All travel expenses for out of town competitions are the responsibility of each family.

## ALLSTAR PREP IMPORTANT DATES

COMPETITION: April 8th 2016 Cheersport Ft Lauderdale Grand Championships @ the Ft Lauderdale Convention Center

CHOREOGRAPHY: December TBD @KWSA

YEAR END BANQUET: Late April/ May

KWSA CLOSED DATES:

- Thanksgiving Break: November 20-27
- MLK Day: January 16
- Spring Break: March 12-19
- Winter Break: December 18- January 8
- Presidents Day: February 20

# PARENT POLICIES

**Please carefully review the policies below, they are strictly enforced.**

## COMMUNICATION

As a parent, you will receive information in several ways, such as, emails from your coach or Team Rep and handouts sent home with athletes. Check [www.KeyWestSportsAcademy.com](http://www.KeyWestSportsAcademy.com) for new updates as well.

## FEES

- ★ A schedule of payments is listed in this handbook. All monthly session fees are due the first class of the session. Please make all payments at the front desk. Please keep all copies of your receipt in the event of a question or discrepancies. Please make all checks payable to Key West Sports Academy.
- ★ **A late fee of \$15 will be assessed for all payments made after the first practice of the session or seven days past the due date.** You may pay by cash, check, credit card or money order. Parents and responsible adults will be asked to sign a financial contract. Each person signing the contract will be responsible for keeping her/his child's account current, you may request statements and invoices. Statements and invoices WILL NOT be sent out unless requested.
- ★ Monthly tuition will not be prorated for any reason other than when specifically designated by KWSA.
- ★ **All fees and payments are non-refundable.**
- ★ By the second week of each session your account must be up to date. Otherwise, athlete will be moved to an alternate position.

## PRACTICE FLOOR

- ★ There is a viewing area designated for all parents/friends/siblings. Parents/friends/siblings are asked to stay in that designated area and not to come into the training area, even in the event of an injury! We want your child to get the most out of every practice. In order for this to happen, we need their full attention. If there are distractions the whole team is affected and it can become a safety issue.
- ★ The only people allowed on the gym floor are staff members and athletes that are registered current students during their specified class time.
- ★ In the event that an injury does occur please stay off the floor. All of our staff is safety and injury certified and will handle the situation appropriately, there is equipment in the gym that if approached the wrong way can cause further injury.
- ★ No one is allowed to yell onto the floor or make contact with athletes on the floor.
- ★ Withholding your child from practice cannot be used as a form of discipline. This is unfair to the rest of the team.

## TRANSPORTATION

All transportation/ accommodations to competitions/practices are solely the responsibility of each family. We make every effort to provide information in a timely manner. If a competition is cancelled or rescheduled, Key West Sports Academy will not be responsible for reimbursement for any reason.

## PARENTAL SUPPORT

- ★ Your dedication and support is just as important to us as it is to your child!
- ★ We encourage all parents to sit together and support all KWSA teams. Parents are encouraged to show support by wearing KWSA clothing and colors to competition.
- ★ Showing respect for the coaching staff, other teams and hosting organizations is expected as you are there representing KWSA and your child. Please act with discretion as you represent the whole KWSA team.

## GENERAL

- ★ If you need assistance, answers to anything, or to set up a meeting, please contact us via email at [Suzanne@KeyWestSportsAcademy.com](mailto:Suzanne@KeyWestSportsAcademy.com) Do not make assumptions about anything. Always ask. If you have concerns please use the following chain of command: Front Desk> Head Coach> Owner
- ★ We are committed to you and we will provide the best possible customer service to our KWSA clients. We expect the same commitment and courtesy in return.
- ★ Attitude is everything. If an athlete has a bad attitude, we will place him/her to a non-competitive program, such as a class, until improvements are made. Until then, a replacement will be put in position.
- ★ Anyone threatening to quit will be asked to leave immediately. No refund will be given.

# TEAM/ATHLETE POLICIES

Please carefully review the policies below, they are strictly enforced.

## GENERAL Continued

- ★ Do not gossip about anyone or anything, especially pertaining to KWSA.
- ★ It is the parents responsibility to stay informed. Check your email and the website regularly. If you aren't receiving emails, contact the gym director ASAP.
- ★ Do not post negative comments, routines, or music on Youtube, message boards, or any website.
- ★ Always example good sportsmanship, positive conduct and professionalism at all competitions and practices.
- ★ Feel free to talk to your coach about anything. We want to make sure the line of communication is open.
- ★ However, there is an appropriate time. Email or call the gym to make an appointment. Do not call or text staff unless it is an emergency.

## ATTENDANCE

**Attendance is crucial to team success, our attendance policy is STRICTLY ENFORCED.** Withholding your child from practice cannot be used as a form of discipline. This is unfair to the rest of the team.

- ★ **No absences are allowed two weeks prior to any competition,** absences which occur within the two weeks prior to any competition will be grounds for removal from the routine/ dismissal from the team.
- ★ **Allstar prep athletes who exceed three excused absences during a season may be subject to removal from the team with no refunds.**
- ★ All absence excuses must be emailed to [Suzanne@KeyWestSportsAcademy.com](mailto:Suzanne@KeyWestSportsAcademy.com) a minimum of 2 WEEKS ahead of the planned absence.
- ★ Practice schedules can change, we will add practices before a competition as needed.
- ★ DO NOT be late, please! **Please arrive 15 minutes early for your scheduled practice time.** Tardy= after practice conditioning.

## VACATIONS

Vacations are not permitted during the competition season, unless the gym is closed and the athlete has already cleared it with their coaches. Please see your coaches with any vacation plans.

## PRACTICE

- ★ All cellphones must be turned off once practice starts.
- ★ All clothing and belongings must be stored in cubbies, not thrown on the floor.
- ★ Do not bring items of value to the gym. KWSA is not responsible for lost or stolen items.
- ★ Siblings of athletes cannot come inside the gym and watch practice unattended. An adult must be in the viewing area to supervise them.
- ★ No one is allowed to yell onto the floor or make contact with athletes on the floor.
- ★ A dress code is enforced all season.
- ★ Shoes must be worn at practice. A 100 push-ups fine will be issued if you come to practice without shoes.
- ★ No food or drinks other than bottled water are allowed during or before practice.
- ★ Remove all piercings, this is a non-negotiable safety issue.
- ★ No profanity or rude language.

## INJURIES

If an injury should occur, it is the responsibility of the parent to seek professional medical help. Each athlete must have her/his own medical insurance. **After seeing a physician, please provide KWSA with a doctors evaluation of the athletes injury and status.** A release from a doctor is required is a serious injury occurred before the athlete can resume participation. A release is also required to excuse the athlete from practicing certain skills, injury is not a reason to miss practice! Serious injuries may occur, if an athlete wishes to stay on the team they must attend practice to watch as soon as they are able. There are no refunds for injury or illness, you are expected to support the team for the season.

## TRAVEL/ COMPETITIONS

Transportation to competitions is the responsibility of each team member and his/her family. All team members will wear warm-ups or KWSA clothing to each function over the competition uniform. All team members will stay together with coaches.

## UNIFORMS AND ATTIRE

Please keep all KWSA clothing, warm-ups and uniforms in good condition, when you are wearing KWSA attire you are representing the entire gym! Please report any lost or damaged uniform items to your coach. The cost of replacement will be the responsibility of the cheerleader's family. Please wear assigned gear to practice. NO jewelry should be worn to practice. KWSA is not responsible for lost or stolen jewelry or valuables.

## TEAM PLACEMENT

All athletes are placed on a team at the discretion of the coaches. Age, experience and ability all factor into placement. Please understand that athletes may be repositioned, moved or replaced at any time at the discretion of the coaches. Any changes are made to benefit the team as a whole.

## DISCIPLINE

If any of the KWSA rules are compromised, the following actions will occur:

- ★ 1<sup>st</sup> Violation: a meeting with the athlete defining the problem.
- ★ 2<sup>nd</sup> Violation: a meeting with the athlete and the parent(s).
- ★ 3<sup>rd</sup> Violation: the athlete may be removed or made an alternate.

# MEMBER INFORMATION

Communication is important to us at Key West Sports Academy. To help us keep in touch with you on a regular basis, with date changes and also in the event of an emergency, please fill out the form below.



ATHLETES FIRST NAME \_\_\_\_\_ LAST NAME \_\_\_\_\_

STREET ADDRESS \_\_\_\_\_ CITY, STATE, ZIP \_\_\_\_\_ BIRTHDATE \_\_\_\_\_

GRADE IN SCHOOL \_\_\_\_\_ PHONE \_\_\_\_\_ EMAIL \_\_\_\_\_

MOTHERS NAME \_\_\_\_\_ PHONE \_\_\_\_\_ EMAIL \_\_\_\_\_

FATHERS NAME \_\_\_\_\_ PHONE \_\_\_\_\_ EMAIL \_\_\_\_\_

## CIRCLE YOUR SKILL LEVEL

STANDING TUMBLING    None    Forward Roll    Cartwheel    Back Walkover    Back Handspring

RUNNING TUMBLING    None    Cartwheel    Cartwheel-Backwalkover    Front-Walkover

STUNTS    Base    Backspot    Flyer

                  Thigh Stand    Prep    Prep Lib

Are there any scheduling conflicts that you are expecting? \_\_\_\_\_  
 (Other sports, church, etc) We do our best to work around scheduling conflicts for the good of the team!

## DESCRIBE ANY MEDICAL PROBLEMS OR INJURIES

Please list who the participant may be released to in case of an emergency and the parents cannot be reached:

NAME \_\_\_\_\_ RELATION \_\_\_\_\_ CELL # \_\_\_\_\_

MEDICAL INSURANCE COMPANY \_\_\_\_\_ POLICY # \_\_\_\_\_

## TREATMENT / PUBLICITY / LIABILITY RELEASE WAIVER

I have read the information contained in the Competitive Cheerleading 2014-2015 packet, in which this application can be found, in its entirety and agree to abide by all rules/standards/agreements stated therein. I authorize any licensed physician to render necessary emergency treatment for injury or serious illness when neither parent can be reached and will assume all financial responsibility for treatment. I acknowledge that the above participant must have his/her own medical insurance. I understand that cheerleading camps, competitions, practices, clinics, and gymnastics equipment have an inherent danger in participation and that in spite of all precautions and accident preventatives, injuries do occur. I further acknowledge that each participant has elected to participate in Key West Sports Academy LLC at their own risk and will not hold Key West Sports Academy LLC employees and/or instructors liable for any and all injuries that may occur while participating in the cheerleading. The undersigned does hereby grant Key West Sports Academy and its successors, the unrestricted right to use the undersigned's name, likeness, or appearance on any Key West Sports Academy publications and in any form, content or medium to promote or market key West Sports Academy LLC. The undersigned does hereby expressly release and waive any demand, action, claim, license, royalty, or other form of payment the undersigned, and his or her agents, representatives or assigns, may have based on the claims of the undersigned as to rights of privacy, publicity, notoriety or any other rights arising out of or relating to any use by Key West Sports Academy LLC of the undersigned's name, likeness, or appearance.

Parent's Signature: \_\_\_\_\_ Date: \_\_\_\_\_

## CLOTHING SIZE [CXS - CS - CM - CL - AXS - AS - AM - AL - AXL]

Our athlete's wear professional, consistent clothing and uniforms to practices and competitions. Choose sizes carefully as they are custom made and not exchangeable. All uniform pieces must fit SNUG, loose clothing is an extreme hazard!  
 GK SHORTS \_\_\_\_\_ GK UNIFORM TOP/ LEOTARD \_\_\_\_\_

Office REG 11/9 \$35 PD	____/____	\$	_____	#	_____	USASF 11/9 \$30 PD	____/____	\$	_____	#	_____
COMP FEE 11/9 \$105 PD	____/____	\$	_____	#	_____	UNIFORM 12/1 \$75 PD	____/____	\$	_____	#	_____
S4 \$	____/____	S5 \$	____/____	S6 \$	____/____	S7 \$	____/____	S8 \$	____/____		

# FINANCIAL AGREEMENT

THIS FORM IS DUE AT TRY OUTS

I, \_\_\_\_\_ of \_\_\_\_\_  
(Print name of parent/legal guardian) member (Print name of team member)

understand that in exchange for participation in the Key West Sports Academy cheerleading program:

- I understand and agree that tuition payments are due the first practice of each session.
- I understand the Choreography fee, Camp Fee, Registration fee, Practice Clothes, Uniform, Shoes, Warm-ups and Bag, Competition fees and registration fees are all additional costs that are due on their exact due dates.
- I understand that a payment schedule for all fees has been provided in the Team Handbook.
- I understand that there are no refunds for illness or injury or team dismissal. I am obligated to pay for the entire season per the fees outlined in the KEY WEST SPORTS ACADEMY TWISTARS ALLSTAR PREP CHEERLEADING 2016-2017 PACKET.
- I understand that I am subject to a late fee charge of \$15.00 for every payment not made on the exact due date. Excessive tardiness in payments will be grounds for my child not competing, possible dismissal and my being sent to a professional collection agency.
- I also understand and agree that as a parent/guardian signing the contract; I am solely responsible for the Tuition, Registration Fees, Travel Fees, Uniform/Warm-ups/Practice Clothes, Choreography/Music, Competition Fees, and Camp Fees. **All Fees are non-refundable.**
- **I understand and agree to allow Key West Sports Academy LLC to charge the card and / or bank check card (with major credit card symbol) that I have provided below in the case that I do not get my payments in on the designated due dates. Key West Sports Academy will allow a 15 day grace period after the due date before charging the card. I guarantee that the card and number provided are valid and accurate. I understand that my try-out fee will be charged to the card provided below at try-outs.**

Parent's Signature: \_\_\_\_\_ Date: \_\_\_\_\_

CREDIT CARD / BANK CHECK CARD      VISA    MASTERCARD      AMERICAN EXPRESS    DISCOVER

\_\_\_\_\_  
CARD NUMBER      NAME ON CARD

\_\_\_\_\_  
EXP DATE MM/YY      CVV CODE      ZIP CODE

## BILLING ADDRESS

- Please charge my card listed above TUITION ONLY according to the payment schedule.  
 Please charge for all fees and tuition according to the payment schedule.

SIGNATURE of the person on card \_\_\_\_\_

Parent/Legal Guardian of \_\_\_\_\_ (Print name of team member)

PRINT Name of Parent/Legal Guardian \_\_\_\_\_

SIGNATURE of Parent/Legal Guardian \_\_\_\_\_

Effective October 1st 2016

**\*You may still pay monthly with cash or check; however a credit or bank check card is still required to be on file and will be charged accordingly for any late payments.**