



2019-2020 Season

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DG Elite Informational Packet

Welcome to our royalty! We are excited to have you as a part of our family. Our coaches have a combined 15 years of Allstar cheerleading experience. Going into our 2nd season we are excited to welcome boys and girls from ages 3-14. Being Downriver's newest program we are excited to see what we can achieve!

This packet includes the following information:

- Who we are, and what is Allstar cheerleading?
- Time Commitment
- Financial Commitment
- Gym Policies
- Contact Information

What is Allstar Cheerleading?

All Star cheerleading is a competition sport that involves boys and girls performing a 2 minute and 30 second routine composed of tumbling, stunting, pyramids, dance, and cheer segments. This routine is performed and scored against other competitive teams at various local, regional, national, and worldwide competitions.

When we refer to tumbling, we mean gymnastic type skills like cartwheels and back handsprings. Stunting refers to a group of two or more individuals that elevate another cheerleader in the air. This also includes co-ed stunting that may only include one base and one flyer. Pyramids are a form of stunting but are done as a large group and are interconnected. Dance is a portion of a routine that consists of choreographed high energy dance moves.

The main difference between High School cheer and All Star cheer is that a High School sideline cheerleading team's primary purpose is to support a local school's sports team and keep the crowd excited. An All Star team performs purely for the challenge, thrill, and competition of the sport. Other differences include All Star cheerleading seasons can be as much as a year long, All Star cheerleaders are not required to be from the same school or area, and in many cases the skill set required for All Stars is much more difficult.

All athletes will be placed onto a team, at the discretion of our coaches depending on their age as well as skill level and experience.

Our Staff

Our staff are all former Allstar cheerleaders that have competed in and observed some of the most prestigious events in the country. World Competitors, State champions as well as holding many national titles. Our coaches promise to uphold the most realistic expectations, keeping your athletes safe, as well as making them the most successful cheerleaders in the industry. We promise to put your athletes first, making this the most fun and positive experience for your child.

Time Commitment

Tiny teams will only be required to practice 1 time per week. All other levels will be required to practice 2-3 days per week. This will consist of 2 practice days and 1 tumbling day.

We will have a specific class designated to our teams to tumble together. This class is MANDATORY and included in your tuition. If for any unforeseen circumstance you have to miss tumbling, you will get a makeup class and can make it up during open gym, any clinics, or drop in tumbling.

Each athlete is granted **FOUR unexcused absences and FOUR excused absences throughout the competition season(September-May)**. Absences during summer months (June-August) will be excused for vacations and illness only. An excused absence is deemed acceptable for sudden illness (with proper doctor's note), church/school activities, medical emergencies, or funerals. All other absences will be considered unexcused. Any pre-scheduled event requiring you to miss practice must be brought to the coaches attention 2 weeks prior to day being missed. Please note that coaches can request proper documentation at any time in order to accept your absence to be excused. Other extracurricular activities WILL NOT be an excuse to miss practice.

Unexcused absences are NEVER allowed the weekend and week before a competition or performance under any circumstance. Noncompliance may result in the athlete being moved to an alternate position or removed from an upcoming competition, at the discretion of the coach. If an athlete has abused the attendance policy there will be a parent meeting scheduled and probationary precautions will be taken.

Choreography is MANDATORY no exceptions. If your child cannot attend then they cannot be choreographed into the routine. Choreography will take place early August. This will be a 2/3- day camp and will require extensive practice time.

When we get closer to competition season we may add practices when we deem necessary. These practices will be no extra cost to you as we calculate situations like this into your monthly tuition. Always plan to have an extra practice the Friday prior to a competition.

Competitions: approx.. 6-7 competitions will be scheduled, 2-3 travel and up to 4 local competition between November and May.

Please note: Sunday will be a practice day during Fall/Winter months so please take this into consideration. There will not be regularly scheduled practices on Sundays in the Summer.

Financial Commitment

Price breakdowns will be available at parent meeting.

Included in monthly assessments: Tuition, USASF fees, Competition fees, Coaches fees, Choreography, Music, any additional practices.

Not included in monthly tuition but is required will be Uniform (\$250-\$350), Bow, Makeup, Warmups, Shoes, and Practice wear. Be aware there may be non-required expenses throughout the season, backpacks, any additional apparel you may want to purchase, team bonding, competition entry fees (parents), travel expenses, etc.

Payments are all run on an auto-debit system along with Downriver Gymnastics Auto-Debit Policy. Payments will come out the 25th of each month.

Failure to commit to the whole season will forfeit any costs you have paid thus far. NO Refunds will be given. No exceptions.

Not included in your tuition is any fees that may come up in the event that our teams receive a bid to National Competitions, including US Finals, The ONE, or The Summit. Those fees will be assessed when bid is received based upon the type of bid granted. May we receive a bid to one of these elite competitions there will be a meeting on whether we attend or not.

Fundraising

Please do not be scared off by the price of this amazing sport! We will be offering many fundraising options throughout the season to benefit your athletes account and relieve any financial stress.

~ **ONE required fundraiser** will be done that all athletes must participate in and will be the Hungry Howie's fundraiser. All athletes must sell at least \$100 in pizza and if you do not wish to do so you may do \$100 buyout for the pizzas.

General Gym Policies

For the safety and fairness of all, only athletes and coaches are allowed into the gym.

Athletes are not permitted to practice or compete with any other Competitive Cheerleading or Dance Program while enrolled in our program.

Being a part of our program is a choice and a privilege. If any parent or athlete is negative toward our program they may be dismissed at anytime without discussion.

Our expectations from parents:

- Make this the most positive experience for your athlete
- Encourage athletes
- Always encourage yourself and your athlete to treat others with respect, i.e. Coaches, teammates, parents, competitors
- Do not openly express opinions in lobby or on the sidelines.
- Do not listen, engage in, or instigate gossip. It destroys the chemistry of a team.
- Do not use social media outlets to harm the reputation of our program in any way. This will result in immediate dismissal from the team.

Our expectations from athletes:

- Be gracious when you win and graceful when you lose
- Be accountable for your actions
- Show class and good sportsmanship at ALL times.
- Treat all coaches, parents, and teammates with respect.

Dress code policy:

- No jewelry of any kind. This includes any earrings and piercings. If it is a new piercing they must be covered.
- Hair must be pulled out of face into a ponytail with a bow worn in hair at all times.
- Indoor cheer shoes must be worn at every practice. Shoes may not be outside shoes and worn inside only!
- Proper practice attire must be worn. Team t-shirt or proper color top and shorts. No jeans, or pants.
- Females should wear spandex/ sport bras under their attire.

Contact Information

Please contact one of the coaches through the team email before contacting Downriver Gymnastics for any questions comments or concerns. The gym staff doesn't handle any of the logistics of the team as this is a separate program through Downriver Gymnastics. Please contact us through the team email first as this is the best way of communication and you should get a response within 24 hours. If it is an emergency please contact coach Kaytlynn or GiGi directly.

Please use email to contact the coaches **not** social media such as Facebook Messenger.

We will be contacting through social media platforms during the season including Group Me and Facebook- Groups as this is the best way to get information out efficiently.

Team Email

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Program Director

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Downriver Gymnastics

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