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Print Athlete's Name

## **Texas Storm Athletics Competitive Cheer Tryouts 2018-2019 Show Team**

Welcome to the Storm family! We are excited to get the new season started! Here at Texas Storm Athletics it is our goal to develop strong competitive teams with well rounded athletes. It is our goal that at the end of each season your athlete will understand the true meaning of team work. They will have shown compassion and kindness as well as strength and toughness. Above all, they will have learned how to train the best, to be their best, and to beat the best.

The staff of TSA is here to provide the highest quality coaching as well as a positive environment that will encourage athletes to safely push their limits and learn new skills. Through hard work and team effort our athletes will learn life lessons that will help make them positive, well rounded people.

### **What's in this packet?**

**This packet is filled with information regarding tryouts, important dates, and expectations of our competitive teams. Please make sure you read through EVERY page and initial/sign where necessary.**

## **Tryout Information**

Tryouts will be conducted according to skill level. There will be two skill levels: back handsprings and below and tucks and above. The tryout process will be closed to parents so that coaches will be able to do their best to put together the best teams! Our tryout process is designed to be stress free with very little pressure. We want the athletes to put their best out there so everything we do will be in an effort to allow them to be their very best. Please remember as the coaches are creating teams that there are many puzzle pieces they must take into consideration and sometimes this can be a difficult process. Please know that at the end of this process we will create teams that have the best chance to be competitive and successful together. There will be a quick parent meeting on the first day of tryouts during warm ups for each group.

### **Tryout Dates:**

April 23rd 5:00 p.m. - 7:00 p.m.

### **Important Dates**

- **Practice starts week of June 4<sup>th</sup>**
- **Summer Team Camp TBD (1 week during the summer for 3 days)**
- **June 25-30 Choreography Camp (only 2-3 days during this week TBD)**

### **Closure Dates**

- **May 28th**
- **July 4th**
- **September 3rd**
- **November 21st-23rd**
- **December 24th-January 1st**
- **March Spring Break**
- **Easter Day**

## **TSA Attendance Policy**

Attendance is one of the biggest keys to the success of our teams. Your athlete will be required to attend a tumbling class once a week as well as weekly practices. Also if your athlete is part of a stunt group they will be required to attend a stunt group practice once a month for an hour. Any **extra practices** that are called by a coach will also be **mandatory** and adhere to the 3 strikes rule. If our athletes show up to every practice ready to work their hardest extra practices will be minimal. All of these extra times are included in your monthly tuition and the same attendance policies apply. Every athlete is required to show up on time ready to hit the mat at start time dressed and ready to go. If an athlete misses a mandatory extra practice they will receive a strike and they will also be required to take a private lesson from a team coach to make up the time they missed. Private lessons will be charged at the normal rate. Our team's and coaches' time is valuable so not attending a practice at no extra charge to you will result in having to pay for a private lesson. We take roll at every practice and will use a 3 strikes policy (see attached example). A strike will fall off after a 90 day period. If your athlete receives 3 strikes they will be placed on probation. While on probation they will not be able to compete. If they receive another strike while on probation they will be removed from the team. It is not fair to the team members who are in attendance everyday ready to work hard if we don't hold a strict attendance policy. Athletes are required to attend practice even if they are sick. They will not be asked to participate but they need to be there to learn changes and adjustments to the routine. (There are exceptions to this so contact your coach ASAP when your athlete is sick). The same applies to your athlete if they are injured. We believe that family time is very important to our athletes, therefore this attendance policy will take place beginning the end of August once school starts. However, it is **mandatory** that every athlete attend their level **camps** during the summer, this includes their choreography and skill building camps.

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## **Athlete Practice Policies**

All athletes are expected to be at practice ready to warm up at start time. This means dressed from bow to toe and on the mat! All athletes must be wearing the correct practice bow and uniform including white or no show socks, and NO jewelry in order to be considered "bow to toe" ready. Athletes nails must be kept short and smooth for the safety of flyers and bases. There are NO cell phones during practice they can be left in the lockers or with parents. Athletes are not to be chewing gum and there is no food or drink allowed on the mat. There is a designated area for team athletes to store their things and a designated area for water breaks during practice. It is important that the coaches and athletes use as much time as they can being productive and this can only be accomplished with as little interruption as possible. If an athlete forgets any piece of their uniform it can be rented at the office for \$5 per piece. If you must come to the office to borrow a practice uniform, a rental fee will be added to your account. If an athlete is late they will be required to stay after practice to condition. If an athlete is continuously tardy they will receive a strike towards their attendance policy. If an athlete or group of athletes is struggling with a skill or a portion of the routine it may be required that they take some private lessons or attend extra classes. This will be mandatory to comply with in a timely manner of 2 weeks. If this is not adhered to the athlete may be moved to a different spot on their team or a different team all together. Probation from the team will be used if the athlete receives more than 3 strikes or does not meet the requirements asked of them.

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## Parent/Spectator Practice Policies

At TSA we want to be able to keep practices open for parents to watch because we know the joy in being able to watch your athlete as they grow in their craft and learn new skills. However, in order to do this we need all parents to keep to a few simple policies. Do not talk to or "coach" your athlete while they are at practice. Allow your athlete to keep anything they need access to in their locker and their water in the designated area. Do not call your athlete over to the viewing area during practice times unless it is an emergency. Just like the athletes, coaches also will not have their phones during practice so they won't receive your texts during practice times. If you need to discuss something regarding your athlete please wait until after practice or before, or during a water break if it is urgent. If your athlete is going to need special provisions during practice please make sure the coach knows in advance the DETAILS of their needs. We know that sometimes during practice minor injuries can happen that do not require an athlete to stop practicing but to maybe modify what they can or should do. It is VERY important that your athlete understands the importance of voicing how their bodies feel in this situation. The coaches will allow your athlete to safely push through any discomfort they may have so communication between the athlete and coach is key. Safety will ALWAYS come first and coaches will be cautious. It is important to us that as a "life lesson" they learn to use their voice to speak on their own behalf. Again, every second of time during practice is important and needs to be used productively in order for our teams to be as successful as they can. Therefore, we need as few interruptions as possible. If these policies are not followed we will be close practices. The same with our teams; our parents are also a team, so if practice is closed for one it will be closed for all!

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### Injury/sick policy

As stated in the above, if you are absent due to an injury or illness, the 3 strikes policy WILL apply. The only exception to this is if your athlete is sent home or to the Dr. during practice. If your athlete is extremely ill and will run the risk of getting the rest of their team sick, they will be asked not to come to practice. However, this must be decided by the parent and coach PRIOR to practice and there MUST be a DR's note turned into the office when your athlete returns for a strike to not be given. Remember you DO have 3 strikes so you as the parent have the right to use these as you see fit. Again, I understand the extreme nature of this policy, but it is the only way to be fair to all athletes and ensure EVERYONE is following the same expectations! Also, as stated above, if your athlete does come to practice injured or ill they will not be expected to participate past their abilities but it is important that they are there in case there are changes and as a support to their team.

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### Communication

Your first line to contact with questions will be your assigned team mom. After tryouts the team moms will be assigned and everyone given their contact information. Any questions regarding practices times, competition times, attire, makeup, and general issues should be directed to the team mom. Any questions regarding your athletes progress or individual issues need to go to their team coach directly. Questions and concerns regarding finances need to go to the owner, Alanna. We use the GroupMe app for quick updates and reminders ONLY. We use the TEAM app for events, schedules, and communication between parents. It is up to you to make sure you are receiving the appropriate information and schedules. Please feel comfortable to be able to ask questions, but please make sure all questions are directed to the appropriate person.

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## TSA code of conduct

Whether at home, school, the gym or a competition, we are always representatives of TSA: athletes, parents, coaches and owners! We are all individually part of a large team, and our success will be determined by the strength of that team and our willingness to support one another and hold each other accountable. That being said, it is the expectation of TSA that all members of the TSA family treat everyone with respect and positivity. There is to be no negative commentary about other athletes or their families in our gym at any time; this includes social media! Please understand that this is a zero tolerance policy and is grounds for immediate removal if not adhered to. Our team athletes are an example to everyone else in the gym at all times, they are expected to show what it looks like to be part of our team. This includes treating each other with respect and team spirit. They will talk kindly and respectfully to one another without attitudes, no eye rolling and absolutely NO BLAMING one another! They are also expected to treat their coaches and any other personnel brought in to work with them with the utmost respect at ALL times! Good discipline is important to a team working well together which translate to success on the floor and in life! If there is an issue with an athlete or a coach please bring it to the attention of the owner ASAP. As the owner, I do not want these issues to take away from valuable practice time or create tensions on the team. No matter the size of the issue it will not go away until resolved between all parties involved, so please don't let things weigh on your shoulders or take the point of view that you don't want to "waste" anyone's time. Most of the time these issues are quickly and easily resolved if addressed right away! If for any reason these policies are not adhered to during practice your athlete will be required to stay after practice for conditioning.

Initial \_\_\_\_\_

Athlete \_\_\_\_\_

## More Important Info

**Spirit Gear:** Any spirit gear that is purchased beyond what is provided MUST be purchased through the gym pro shop. It is important that we look like a team as well as act like a team, and the pro shop has plenty of great options!

**Routines:** Any videos of our routines/choreography may not be posted on any social media! Being that we are in a competitive sport we don't want there to be a way for other gyms to see what we're doing throughout the season! You may video for private use and we encourage you to use video as a learning tool for your athlete.

**Gym time:** Any tumbling and/or stunting done in the gym must be done so with supervision by a COACH! All athletes will only be allowed on the floor during their class/practice times or during a private lesson. They may be on the floor if they are stretching prior to practice.

**Team Levels:** Coaches may change a team and/or athlete's level as they see fit to the benefit of the team as a whole.

**Nationals Season:** Be aware that Nationals season, the month of February, is high intensity. We will more than likely call extra practices and be working extremely hard. In order to insure that our team practices run as smoothly as possible we will close practices to parents for the two weeks leading up to our first Nationals competition. You may still come watch their tumble and skill classes but not team practice.

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## Financial Obligation

Try out fee: \$50 due before try outs begin on April 28<sup>th</sup>  
\$10 discount to anyone turning in their completed packet and paying the tryout fee by April 6<sup>th</sup>

Show team monthly payment breakdown

- Down-payment of **\$500** due by June 4<sup>th</sup>
- monthly payment of **\$148**/month due July-February
- monthly tuition payment of **\$150**/month (for practice once a week, 1 tumble class & any extra practices that are required. This fee is for the entire season.

All monthly payments are due by the first of each month with a grace period until the 5<sup>th</sup>. After the 5<sup>th</sup> there will be a late fee of \$1/per day. If your account is not paid by the 10<sup>th</sup> your account will be frozen and your athlete will not be able to participate until your account is caught up. If your account is frozen more than twice you will be asked to pay the remainder of the season in full in order for your athlete to continue on team. Arrangements can always be made so please contact the office if you need to make special payment arrangements. Refunds will NOT be given as costs are paid for ahead of time. If you choose to leave your team all monies paid will be forfeited.

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### What do my fees pay for?

- Competition uniform including bow, team jersey and competition make-up
- Practice uniform including bow
- Competition registration fees
- Summer Camp fees
- Choreography fees for routines
- Music fee
- Training and Certification for the coaches

### Coaches Fees

The fees for the coaches to travel to competitions are not included in the above pricing. Since these fees are split up among all the athletes on teams attending competitions, we don't want to over or under charge families. These fees will be figured up once we know how many team members we have and we will notify you of that amount. We will have it figured out by our parent meeting during the first week of practice. This fee covers the cost for all of our team coaches to travel to all competitions including hotel, meals, and fuel. This will be added to your account and can be paid in monthly payments between July-February.

## What's left?

All travel fees for athletes and families are the parent's responsibility and not included in your team fee. Making your hotel reservations in a timely manner is of the utmost importance. We will notify you of blocked rooms and dates. These always fill up quickly. It is important to have the team stay together. This makes everything so much simpler when it comes to meeting times, practicing, and heading to competitions.

Parents are responsible for providing cheer shoes. These must be all white standard cheer shoes, varsity & Nfinity are the most popular choices. When picking shoes please keep in mind if your athlete is a flyer there are lighter more flexible options that are preferable. If you have any questions about what you should purchase please ask a coach!

Parents are responsible for registering their athlete on USASF. All athletes must be registered in order to compete. There is a \$30 charge for this and is done online at USASF.net. You will need to upload a picture of your athlete's birth certificate to verify their age. **DO NOT register before August 1st!** The season starts August 1st and you don't want to waste your money. Once registered we will add your athlete to our program online. Anyone who does not register with USASF will NOT be able to compete.

There will be a pre-team option for those with younger siblings or new athletes who feel like they need some more work on skills before joining a competitive team. We also offer classes like Cheer 101, Allstar Prep competitive teams, and jump, tumble, and fly classes. TSA reserves the right to add athletes to a team after tryouts as we see fit.

## Competition Schedule

San Antonio NCA/NDA  
(November)  
Houston Encore  
(December)  
San Antonio Cheer Power  
Nationals  
(January)  
San Antonio Cheer Star  
(March)  
Austin Cheer Sport  
(April)

The exact competition name dates and location will go out on a calendar by the end of summer, this is just for preliminary information.

Make sure to add these dates to your calendar. Attending all competitions is mandatory.

By signing below I acknowledge that I have read and agree to all the information presented to me in this informational packet.

Date: \_\_\_\_\_

Parent's signature: \_\_\_\_\_

Contact Information

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