

# 2019-2020 Flyer All-Star Cheerleading Handbook



# **2019-2020 Winter Cheerleading Contract and Information**

## **Flip Tuck Gymnastics Center**

These guidelines are provided to inform students and parents of the expectations of participating in the cheerleading program, at FTGC. Cheerleaders selected for the cheerleading teams must be in agreement with these guidelines and must adhere to them during their tenure on the squad. **Team members may not participate in the first official practice until this form is signed and returned to the coaching staff.**

### **Philosophy**

The philosophy of the cheerleading program at FTGC has three major goals: (1) to be a support group for all athletic teams by encouraging team spirit, (2) to strive to be successful competitive program, (3) and to help our cheerleader athletes develop qualities that will enable them to achieve success in all future endeavors.

### **Standards for cheerleaders**

Cheerleaders by the title are role-models. Remember that there are people watching everything you say and do. Because of this, FTGC cheerleaders are expected to set high standards for our gym and to set a good example for our fellow gym members. To achieve these ends, the cheerleader will:

- Sign and abide by the provision of this contract and the FTGC Athletic Code.
- Maintain academic and attendance requirements required by FTGC
- Attend all scheduled practices, unless it is an excused absence
- Attend all competitions
- Set an example of good behavior at all times (whether in uniform or not)
- Cooperate with each other and follow the instruction of cheerleading coaches
- Must have hair put up at each practice
- Wear shoes and required practice attire during practice times
- All competition fees need to be paid on or before deadlines dates. Late fees will apply to unpaid bills.

**Any violation of the rules outlined in this contract will result in one or more of the following consequences administered at the discretion of the cheerleading coach and/or school administration: verbal warning, parent conference, temporary suspension from competition(s), or permanent removal from team.**

### **Points to Remember**

**In this program we plan on competing! Keep in mind that by nature, the time commitment and demands are much greater. All athletes are required to uphold their commitment to the team.**

**While we recognize doctor appointments are necessary, every attempt should be made to schedule these appointments around practices and competitions. Dr. Appointments are not excusable reasons to miss practice.**

### **Behavior**

**Gym and social behavior should be exemplary at all times.**

**In any disciplinary actions set forth by administration the following punishment will be rendered:**

1. Suspension for practice/competitions.
2. May result in an immediate dismissal or long-term suspension from the team.

**Each squad member will treat coaches, judges, and other staff with respect at all times. This attitude should also extend to members of this and other cheerleading squads.**

**Coaches' discretion will be final regarding inappropriate behavior or attitude.**

### **Attendance**

**It is the responsibility of the cheerleader's parent to notify the coaches by phone call or texting of any potential tardy or absences a month before. Unless there is an emergency, significant notification must be provided to allow the coaches to prepare a revised practice schedule.**

**Parents, please be aware that it is crucial that all members are at each practice to have an effective practice. This sport is not like any other sport where we can throw in a 2<sup>nd</sup> string player. Each cheerleader is an important part of the team and we do not have replacements to cover their position.**

If a cheerleader misses a practice, it is their responsibility to learn what they missed at practice.

Conflict with work or other extracurricular activities are **not** valid excuses.

Members must arrive at events/practices on time already **dressed with hair and makeup done, taped, and ready to warm up**. Unless it's an emergency or the coach is contacted, the entire team will run for late members.

Coaches will consider the following acceptable reasons for missed practices, competitions, and appearances:

1. **Injury**- the member must still attend practice (unless physically unable) but will not participate until medical clearance has been provided. Doctor's note must be specific in nature of injury and restrictions.
2. **Illness**- a member may only miss practices with a phone call or text from parents verifying an illness, cramps, headaches, etc. are not considered acceptable illness.
3. **Family emergencies/funerals.**
4. Class requirements that cannot be fulfilled at any other time.

*\*Failure to contact a coach about missing practice for any reason will result in consequence that the coach deems fit.*

**The coach has the discretion to remove a cheerleader from the team for excessive tardiness and poor attendance. If this happens, no refund will be provided.**

### **Practice Expectations**

**Please bring water to each practice, each cheerleader should always remember to bring ample supply of water with them to every practice, regardless of that the practice schedule may be.**

**Practice attire includes cheer shoes, shorts, t-shirt, and hair up in a secure ponytail. This must be taken care of before practice time.**

**Bring all medical needs (inhaler, insulin pumps, epi pins, etc.) to all practices and competitions.**

Remember, practices are **closed** to family and friends. Showcases will be scheduled for friends and family to watch.

If being picked up from practice by someone else please be on time. Coaches are not allowed to leave until all athletes have left campus.

**Cell phones should be turned off during practices. Phones are not permitted in the practice area and may not be checked during water breaks.**

**When coaches are speaking you will show them respect. Please raise your hand if you have something to say. Do not speak over coaches; this is disrespectful and will result in punishment.**

### **Practice Schedule**

#### **Summer session – 8 weeks**

- **Senior, Level 3, will practice Tuesday and Wednesday from 12 pm to 2 pm**
- **Youth will practice wednesday from 6 pm to 8 pm.**

#### **School year session will practice – 32 weeks**

- **Seniors, Level 3, will practice on Monday and wednesday from 7:00-9:00pm**
- **Youth to be determined**

### **Competitions Expectations**

**Arrive early.** Give yourself plenty of driving time. **Members may not leave competitions early without prior approval.**

**Missing a competition is absolutely unacceptable.** The result in missed competition will be up to the coach.

You are responsible for the upkeep of your uniform. Uniforms must be cleaned after each competition, washed in cold water, and hang to dry to keep looking nice. Make sure you do not dry clean these uniforms.

**Cheerleaders are to remain with their squad during competitions.** Coaches will give you restroom breaks when needed.

Perform only the stunts and tumbling that have been perfected and approved by the coach during the competition.

### **Safety**

Stunting/tumbling/strength training must only take place in the presence of a qualified supervisor.

**Please do not go into a practice area unless you have permission from a coach. All students in the practice area must have qualified coach's supervision.**

### **Expenses**

**Cheerleaders will be responsible for their items. This includes shoes, uniform, bows, practice wear & warm up gear.**

### **Coach's Discretion**

All FTGC cheerleading rules will be interpreted and carried out by the FTGC cheer coaches.

These team rules will remain the same throughout the entire year and will be applied equitably to each squad member. No exceptions will be provided to any team member. These are the 2017-2018 FTGC cheerleading rules and regulations.

**Senior level 3 USAFS (ages 10-18)**

- \$65 every 4 weeks, \$130 every 8 weeks. If paying for the entire year you will get a 10% discount.
- Open tumbling class is included in the tuition. **You are required to participate in open tumbling once per week.** You will have a card and you must see front desk before you enter the class.

**Youth Team (ages 10 under)**

- \$50 every 4 weeks, \$100 every 8 weeks. If paying for the entire year you will get a 10% discount.
- Open tumbling class is included in the tuition. **You are required to participate in open tumbling once per week.** You will have a card and you must see front desk before you enter the class.

**\*\* Failure to participate in required open tumblings can and will result in further punishment.**

## **Cheer Competitions 2019-2020**

<u>Team</u>	<u>Date</u>	<u>Competition</u>	<u>Due date</u>	<u>Cost</u>
<b>Seniors</b>	<b>Dec 08, 2019</b>	<b>Indy, Indiana</b>	<b>09-04-19</b>	<b>\$75</b>
<b>Seniors &amp; youth</b>	<b>Jan 25, 2020</b>	<b>Columbus, Ohio</b>	<b>10-23-19</b>	<b>\$75</b>
<b>Seniors &amp; Youth</b>	<b>Feb 02, 2020</b>	<b>FW, Indiana</b>	<b>11-06-19</b>	<b>\$75</b>
<b>Seniors</b>	<b>Feb 8-9, 2020</b>	<b>Mason, Ohio</b>	<b>11-06-19</b>	<b>\$75x2</b>
<b>Seniors &amp; Youth</b>	<b>Feb 15, 2020</b>	<b>BG, Ohio</b>	<b>11-27-19</b>	<b>\$75</b>
<b>Seniors</b>	<b>Feb 22, 2019</b>	<b>L-ville, Kentucky</b>	<b>12-11-19</b>	<b>\$75</b>
<b>Youth</b>	<b>Mar. 8, 2020</b>	<b>Fairborn, Ohio</b>	<b>12-30-19</b>	<b>\$75</b>
<b>Seniors &amp; Youth</b>	<b>Apr. 4-5, 2020</b>	<b>Columbus, Ohio</b>	<b>01-15-20</b>	<b>\$75x2</b>
<b>Seniors</b>	<b>Apr. 18, 2019</b>	<b>Orlando, Florida</b>		<b>Bid</b>

If you have questions contact one of the coaches

### **Coaching Staff**

Courtney Stripe: [REDACTED]

Monica McKeddie [REDACTED]

Heather Grant [REDACTED]

Calista May [REDACTED]

Phone # 419-232-3547

Addresses to competitions will be given to you at a later date. Please check on the Facebook page @Fliptuckflyers. All info will be on there and will be texted to you the week of the competition.

Competition cost have not been posted at this time however, these prices gives you an idea of what to expect to pay per competition. All competition cost must be paid by the due date.

We will only do the Florida competition if we get a partial or full paid bid. Meaning we must win grand champions at one of the qualifying competitions.

### **Senior Combat Queens Cost sheet**

**Everything is to be paid on or before the due date. Late payment will result in a \$20 additional fee minimum.**

1. Tuition and registration fees **\$65** and **\$25** due **June 10, 2019**
2. Tuition fees **\$65** due **July 15, 2019**
3. New Uniform cost **\$250.00** due **July 30, 2019**
4. USASF registration **\$30** due **July 30, 2019**
5. Choreographer cost **\$100.00** due **August 07, 2019**
6. Hair bow cost **\$25.00** due **September 25, 2019**

**\*\*WE WILL BE DOING A TEAM SHOE: varsity ascend cheer shoe in black \$115 MUST HAVE BEFORE THE FIRST COMPETITION**

### **Youth Cost Sheet**

**Everything is to be paid on or before the due date. Late payment will result in a \$20 additional fee minimum.**

1. Tuition and registration fees **\$50** and **\$25** due **June 10, 2019**
2. Tuition **\$50** due **June 15, 2019**
3. USASF registration **\$30** due **July 15, 2019**
4. New uniform cost
5. Hair bow cost **\$25** due **September 25, 2019**

## 2019-2020 FTGC All-Star Cheerleading Contract

We understand that the activity of cheerleading involves risk to participate. We further acknowledge and understand that, due to the nature of this activity, there is a possibility that

\_\_\_\_\_ (cheerleader's name) may sustain physical illness or injury in connection with his/her participation. We hereby accept this risk and we further release **Flip Tuck Gymnastics Center** and its representatives from any claims for personal illness or injury that \_\_\_\_\_ (cheerleader name) might sustain during participation in this activity. We also understand that **Flip Tuck Gymnastics Center** has established rules and regulations pertaining to conduct, behavior, and activities of all participants including parents and Flip Tuck spectators by which we must abide during participation in this activity and that we will be responsible for our own failures to abide by these rules and regulations. We have been provided with a copy of the cheerleading guidelines for 2017-2018 and agree to participate in accordance with these expectations. By signing this form, we have read and agreed with the **FTGC coaching staffs rules and regulations as they pertain to my daughter/son as a member of the FTGC cheer family.**

Name of cheerleader: \_\_\_\_\_ Date: \_\_\_\_\_

Cheerleader Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Parent/Guardian Signature: \_\_\_\_\_ Date: \_\_\_\_\_

**As a parent, I know I am responsible for all fees during the competition season. Please pay all fees by assigned due dates to avoid late fees.**

**By signing your name below you agree to all of the competition dates and by NO circumstance will your child miss a competition**

Cheerleader Name:

\_\_\_\_\_

Cheerleader signature:

Date:

\_\_\_\_\_

Parent signature:

Date:

\_\_\_\_\_

## Vacation/Absence Form

Cheerleader Name: \_\_\_\_\_  
Phone Number: \_\_\_\_\_  
Team member of: \_\_\_\_\_  
Email address: \_\_\_\_\_

Type of Absence Requested:

☐ School function      ☐ Vacation      ☐ Bereavement      ☐ Work

Dates of Absence: From: \_\_\_\_\_ To: \_\_\_\_\_

Reason for Absence:

*You must submit requests for absences, other than sick leave, on month prior to the first day you will be absent.*

\_\_\_\_\_  
*Parent Signature*

\_\_\_\_\_  
*Date*

\_\_\_\_\_  
*Cheerleader Signature*

\_\_\_\_\_  
*Date*

### Coach Approval

☐ Approved  
☐ Rejected

Comments:

\_\_\_\_\_  
*Manager Signature*

\_\_\_\_\_  
*Date*

**One of these will need to be filed out for EVERY absence**