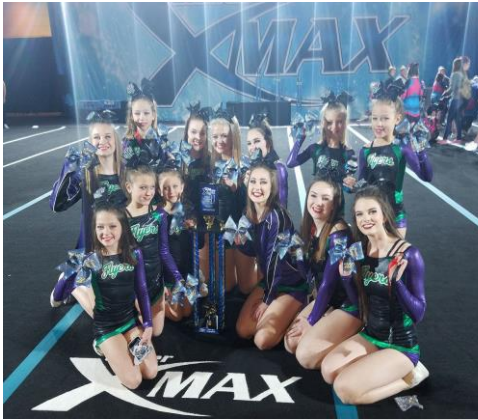


2017 Flyer All-Star Cheerleading Handbook



Get Ready To Soar!



2017 Summer 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 and competitions, unless it is an excused absence
- 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 date or you will not compete

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.

Everyone must have a solid working knowledge of all cheers, chants, stunts, and routines.

While we recognize doctor appointments are necessary, every attempt should be made to schedule these appointments around practices and competitions.

If by chance you are suspended from the competitions, you are required to attend in uniform to support your team.

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, not text or email, of any potential tardy or absences. 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 2nd 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 warmup**. 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 from parents (not texting or email) verifying an illness (mild cramps, headaches, etc. are not considered acceptable illnesses).
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 tennis shoes, shorts, t-shirt, and hair up in a secure ponytail. This must be taken care of before practice time.

Bring all medial 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. If *consistent tardiness* is a problem, it could mean dismissal from team. 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.

Mandatory Routine practice for all groups

Seniors – Mondays from 6-8pm - May 15 & 22

Juniors – Tuesdays from 6-8pm – May 16 & 23

Mini/Youth – Wednesday from 5-7pm – May 17 & 24

These dates are a part of the 1st 5 weeks.

Practice Schedule

May 30th is the first official practice during summer season. When school starts in August practice times will change and will be announced at the beginning of August.

- Seniors will practice on Tuesdays and Wednesdays from 10:15-12:15.**
- Juniors will practice on Tuesdays and Wednesdays from 12:00-2:00.**
- Mini/Youth will practice Tuesdays and Wednesdays from 4:00-5:30.**

The gym is on summer break during the week of July 2-8. Please try to schedule vacations around this break. A vacation/absence form is attached to this packet. **Vacation Form is due May 31.**

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 squared during competitions. Coaches will give you restroom breaks when needed.

Reform 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 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, team t-shirt, practice/warm up gear.

Fundraising may be offer to help with expenses, if enough interest is shown. More information to come.

Any donation made by parent for food supplies/water/etc. during events are welcome and encouraged.

Our season is 15 weeks long from May 15 to September 2. **Below is the tuition payment schedule:**

1st 5 week payment is due by May 17th after the 17 there will be a \$20 late fee.

2nd 5 week payment is due by June 21th after the 21 there will be a \$20 late fee.

3rd 5 week payment is due by August 2nd after the 2nd there will be a \$20 late fee.

Juniors and Seniors

- \$75 for five weeks
- This includes one free open tumbling session per week

Youth

- \$65 for five weeks
- This includes one free open tumbling sessions per week

A new uniform costs \$250

Used costs \$125

Hair bow \$15.00

Gym Registration fee \$25.00

Music and choreography fee \$25.00

Competition fees \$10/competition

Money for uniforms is due May 31

Payment options available

Any white, clean cheer shoes must be worn at every practice.

If paid in full, a 5% discount will be applied to tuition fees.

To compete on an additional squad the cost is \$15 more per 5 weeks.

Group Fundraisers

- Shirley's Popcorn
- Chicken dinner
- Car wash

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.

2017-2018 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) many 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 staff's 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.

Cheerleading Competitions

Possible competitions this year:

- Van Wert County Fair
- Auglaize County Fair
- Henry County Fair
- Defiance County Fair
- Corn City Festival Cheerleading Competition
- Country Cheer Fest
- Lincolnview
- Attica County Fair
- Hancock County Fair

*More competitions and dates to be determined when we get the information

*There is a \$10 competition fee for each member of the team, for each competition. If you are on multiple squads you are only required to pay one fee for each competition. All competition fees are due by June 28.

*All members are required, for insurance purposes, to fill out a gym registration form and pay the annual fee of \$25.00 in order to participate in competitions and practices. Our insurance carrier covers our students when we travel to perform at other venues however, if I do not have your info you may not be covered for the event. Please check at the front desk to see if you are current with this fee.

*With the music rule change last year, we are required to purchase preselected music from certain producers. Which means we have to pay for licensing for each cut of music that we use in our mix. The base price is \$200.00 for each 1 minute and 30 cut of music per squad. We will have 3 squads to get music for and choreograph. We are only charging \$25 for each team member, even if they do multiple squads. Thanks for your understanding.

If you have any questions please call your coaches

Heather Grant – 419-786-9916 (Senior, Juniors)

Monica McKeddie – 419-203-5429 (All Squads and Financial questions)

Brittany Helt – 260-348-8327 (Mini/Youth)

Courtney Stripe -419-771-9921 (Senior, Juniors)



Flip Tuck Gymnastics

9196 Liberty Union Rd.
Van Wert Ohio 45891

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Phone: 419-232-3547

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Email: fliptuck@gmail.com

Vacation/Absence Form

Absence Information

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, two days prior to the first day you will be absent.

Parent Signature *Date*

Cheerleader Signature *Date*

Coach Approval

Approved

Rejected

Comments:

Manager Signature *Date*