



All-Star Cheer Team

2019-2020
Parent/Cheerleader
Handbook
Applications Attached

WHO ARE WE

BLITZ Athletics represent the All-Star Cheerleading program at Gymnastics For The Future, LLC. (GFTF) (Blitz All-Star Cheerleading). Check us out on the following: (www.blitzcheerleading.com) (www.facebook.com/blitzathletics) (www.twitter.com/gftfblitz) (http://instagram.com/blitz_cheerleading#)

BLITZ Cheerleading squads compete at National level competitions, participate in local parades, and perform exhibitions. These athletes are made up of cheerleaders from many schools, ranging from age 3+.

BLITZ Cheerleading is a current member of USASF (US All Star Federation) and governed by safety standards set up by NCSSE (National Council for Spirit, Safety, and Education).

OUR MISSION

"BLITZ Cheerleading is committed to providing a quality staff and a safe environment for cheerleaders and to excel and become the best that they can be. We expect all staff, cheerleaders and parents to be:

Committed to our teams
Hardworking
Equipped to excel
Experience a standard of excellence
Respect for all

COMPETITIVE SPORT

BLITZ Cheerleading is a year round competitive sport. This means that BLITZ must come first, and all other extra curricular activities may not interfere with practice times or competitions. If we are going to produce top quality teams, BLITZ must be your priority.

SQUAD PLACEMENT

All athletes will be placed on a squad according to his/her ability. Athletes will NOT be placed by age or grade. The BLITZ staff will determine who is on what squad. There may be people asked to participate on multiple squads.

COMMUNICATION

Please be aware that we are dealing with a large number of people. We will communicate best through the website which is: www.blitzcheerleading.com. Everyone is responsible for all information posted on this site. This site is updated with information as soon as it is available. If information is not on the website, we most likely do not have it or determined it yet. In addition please follow us on Instagram for immediate updates (http://instagram.com/blitz_cheerleading#)

PRACTICE

The practice times may vary as far as days and times, but will always be MANDATORY. Please note, there will be no make-ups for missed practices. If you cannot attend practice, you must call and be excused by your coach. Any practice missed that is unexcused may result in sitting out of a competition. Missing practice will be dealt with on an individual basis. Please note that an athlete could be removed from the squad.

We understand that illness and injury will arise, however we ask that athletes still attend practice.

We ask that all cheerleaders come ready to practice. This means dressed appropriately in the right attire. Practice attire will be posted on the CALENDAR from time to time. Athletes must be dressed in correct attire. Each athlete needs to come to practice with a positive attitude ready to learn. We ask that everyone give 100% at all times. Tardiness is NOT accepted.

CODE OF CONDUCT

All team members and parents must behave in a professional and mature manner as a representative of **BLITZ** All-Stars and/or teammates. It is expected that all athletes and parents will act with complete respect to the instructors and other students and parents in the **BLITZ** program, as well as the staff and students of other practice/competition facilities, parents, judges, etc. Any behavior that disrupts the **BLITZ** reputation will not be tolerated and may result in the participant's dismissal from the practice or event, and eventual dismissal from the team. **If necessary, the coaches have the right to terminate (without notice or refund) any individual who does not follow the rules or whose behavior (parents included) interferes with the daily progress and teamwork of the other team members or coaches.**

CHEERLEADER EXPECTATIONS

- Agree to abide by the Expectations, Rules, and Regulations set forth outlining Code of Conduct and 10 Core Habits.
- HAVE A POSITIVE ATTITUDE!!
- Be ON TIME for ALL practices and performances.
- Attend all practices as scheduled on the monthly calendars.
- Attend Competitions, performances, activities, and community events as per the schedule determined by the **BLITZ** Coaches/Director(s).
- Wear the required uniform, hair style, and makeup on practice and event days.
- Attend scheduled Summer Clinics and Choreography Camps.
- Promote friendship between, support, encourage, and RESPECT all other **BLITZ** Team Members.
- Understand fully the commitment of being on the **BLITZ** competition teams *for the entire year* as outlined in this packet, and set forth by your Head Coach.
- Set an example of good behavior at all times (**whether in uniform or not**) in class, school, home, and at all functions, whether performing or not.
- Remain unified as a team during events, performances, exhibitions, competitions, etc., home and away, in order to promote spirit, and positively represent the **BLITZ** Program.
- It is recommended that ALL athletes receive a physical before beginning the BLITZ program.
- In addition to these rules, athletes must abide by all rules & policies for Gymnastics For The Future, LLC.

10 CORE HABITS

One of the missions of BLITZ is to have a unique approach to coaching. Again, we believe in positive reinforcement and building strong personal character within each individual athlete. The 10 Core Habits serve as a written tool explaining, in more detail than the Code of Conduct, some of the qualities that we will aim to develop in the young women and men that make up the BLITZ Teams. We are confident that almost every conflict has the potential to be avoided by applying these 10 Habits into our daily lives.

- 1. Show Up:** Your team needs you. Being a part of a cheer/dance team is like being a piece of a well-oiled machine. If any of the parts are missing or not operating at its best... the whole machine stops working efficiently. One of the easiest ways to succeed is to simply show up. Transportation... Think... Do you have it? Each individual is responsible for making sure that they have an efficient, RELIABLE, and punctual means of getting to and from practices and/or events.
- 2. Give 100%, 100% of the time:** Why are you here if it's not to try your best? BLITZ is a competitive cheerleading/dance program and our goal is to obtain the necessary skills to be able to compete at our very best. Any time you give less than 100%, both you and your team lose. Don't complain & don't play a victim. Stay POSITIVE!!! Work hard, and then play hard... Because it's fun to be good!
- 3. Eat Right:** Your body needs to be at its best, too. Giving 100%... 100% of the time is difficult when your body is deficient in nutrients. Do not eat less, eat better. Eat something healthy and high in complex carbohydrates, like oatmeal or rice, before you come to practice. By respecting your body, your body will give back to you 10 fold! If you have questions on what would be good for you to eat, please ask or consult a professional.
- 4. Be Responsible:** Taking responsibility for your actions plays a huge role in developing your character. A teammate that blames others is a teammate who becomes disliked by many. When it comes to school, homework, jobs, or anything else of that nature... you are responsible for you, and that's the bottom line. Practice time is practice time, and each cheerleader/dancer must learn to balance things like school with other things they may have chosen to do in addition, including this program. Balance is the key. Balance is the skill you must possess in order to be a part of our TEAM. Do not use any of these as an excuse to not follow through with your commitments. Organize and prioritize your schedules on a regular basis.
- 5. Be Accountable:** Coaches and teammates are counting on you. Once YOU Start, don't give up! This program is difficult, but anything worth having is worth working for. Please be sure that once you start this program, you intend to finish... until the end. Giving up in the middle or towards the end will not be an option. If you already know that you plan on not following through, then BLITZ is not for you. Please do not waste your time or our time.
- 6. Always Show Respect:** Not just to your coaches... but to everyone. You are no longer just a walking representation of yourself. You are a walking billboard of your coaches, teammates, and fellow cheerleaders/dancers throughout the community. While in the public eye, uphold the professional reputation that BLITZ strives to maintain. Be caring and considerate of other's feelings, be friendly and approachable, and most of all, drop any poor attitudes at the door. Also remember that BLITZ is a safe place for everyone to feel at home. Respect it by picking up trash and keeping things neat. Take pride in yourself and in what you do.
- 7. Communicate:** Not many people can read minds. Communication is key in order to stay clear of confusion, frustration, and assumption. Learn this skill and you will win with people. It is a valuable tool for success. Keep yourself in check...are your comments positive? Do you encourage your teammates & encourage yourself? Be aware of your thoughts, too. Your thoughts will create actions, and your actions speak louder than words.
- 8. Be Coachable:** Trust that your coaches know something or have accomplished something in their lives that you have not. Don't argue, talk back or be negative, and DO NOT show disrespect! Even when you may not agree or understand completely, your coaches care about you & would not ask you to do anything unfair or unreasonable. There is a thought process and real life experience behind everything that you will be taught. Have faith in the system.
- 9. Stay Focused on the Goal:** Goals give us purpose, a reason to push ourselves, and to see progress in our development. Find your focus even when the going gets tough. Tough times never last... but tough people do. Through adversity, overcome. The BLITZ philosophy does not look at a trophy as the goal. Remember your commitment to your own success. Whatever the goal may be... remove distractions, go all out, and never EVER give up or sell your self short.
- 10. Never Quit:** You do have what it takes to be a winner in life! Get pumped up about that. All ten of the CORE Habits are specifically designed to help you realize that! If you follow the first nine Habits, then number 10- - Never Quit – will never be an issue. Quitting won't be an option for you, and that's what PRIDE is all about. Know these habits, practice these habits, and grow.

BLITZ is committed to promoting a healthy lifestyle for all of its participants. Conduct contrary to this philosophy and/or conduct which poses unacceptable risk and disregard for the health, safety, and welfare of the participants may result in dismissal from the BLITZ program.

PARENT EXPECTATIONS

Being a parent in the BLITZ program can be an amazing experience. Help us make your child's experience just as amazing by supporting both your child, and the BLITZ program, with a positive example for your child to follow. In addition to encouraging our expectations of your child, we also ask that you agree to the following:

- Parents are always welcome and encouraged to attend events, but are expected to attend as spectators and not extra coaches or commentators. If for some reason you disagree or are unhappy with a philosophy or decision of the BLITZ program, judging, etc., please request to set up a time to talk to your child's coach first. Refrain from making unreasonable demands or talking negatively amongst each other as parents or to your child. This can only hurt the children and overall atmosphere of the program.
- Understanding and committing to the information outlined in this packet is essential. As a parent of a BLITZ cheerleader/dancer we ask that you help us teach the importance of commitment, follow through, and dedication to your children. There may be times when practice doesn't go well or someone walks away feeling discouraged. Knowing this to be inevitable, proper conflict management on your part may be necessary. Enabling your cheerleader/dancer to quit, show unsportsmanlike conduct or jeopardize the safety or well being of fellow teammates cannot be tolerated.
- Please remember that no one likes to become second priority. By choosing to accept the invitation to participate with BLITZ, you as a parent assume full responsibility for your child's attendance at all events, practices, and competitions that are scheduled. Parents should not plan family events during BLITZ events. Please do not take your child away from the team atmosphere that is needed during such events. Withholding your child from a practice or event hurts the team and its progression toward success. We need every athlete at every event and gathering. Missed events for any reason can jeopardize your child's standing on a team and may result in dismissal from the team without refunds or reimbursements.
- Please help your child be organized and time efficient. Missed practices due to oversleeping, procrastination on homework, a job or non-cheer/dance related activity, will not be accepted as an excused absences.
- All parents will be expected to conduct themselves in a professional and mature manner whenever they are representing BLITZ. Showing respect for the coaching staff, other teams, hosting organizations & hotel staff is crucial in representing BLITZ and setting the best possible example for our program.
- It is ultimately a parent's responsibility to financially support the activities that they choose to allow their children to participate in. Parents must understand that it is their responsibility to follow through with the financial obligations associated with tuition and other fees during the 2019/2020 competitive season. Please note that all monthly fees are due on the first practice of every month. Please be responsible and prompt on all payments. Should you fall behind or fail to make the necessary payments, please acknowledge and clearly recognize that your child's involvement in the BLITZ cheer/dance program may be jeopardized or even terminated for any reason at the Director or Head Coach's discretion without refunds or reimbursements.
- All transportation and accommodations to events will be the sole responsibility of each family. Any money that parents spend regarding travel for themselves, family members and friends to competitions and other events is done at their own risk. BLITZ will do our best to get information to you in a timely fashion; however, if for any reason a competition is cancelled or rescheduled, BLITZ will not be responsible for any personal reimbursements.
- Parent meetings are held periodically. It is strongly recommended that at least one parent attend the meetings. In addition, BLITZ staff asks that all team members and at least one parent provide the director with an e-mail address. This e-mail account as well as the website should be checked at least every couple days for team updates, reminders, etc.

Parents and members will primarily receive team related information and updates via gym posts, handouts and mainly, the team website: www.blitzcheerleading.com. It is solely your responsibility as a parent to keep up with these regular updates. In addition, please follow us on Instagram for immediate updates (http://instagram.com/blitz_cheerleading#)

ATTENDANCE POLICIES & PROCEDURES

The importance of attendance has been mentioned in both the Code of Conduct and CORE Habits for the BLITZ athletes. You **MUST** notify the coaches if you will not be at practice. Cheerleaders and dancers may not miss the practice directly prior to the performance or competition, or they will sit out that particular performance or competition.

SCHOOL WORK: Cheerleaders **MUST NOT** use school work as an excuse for absences. Everyone has school work. School IS and will continue to be important; however, everyone is in the same boat. If you doubt your ability to get both school and practice in balance then you may want to look further into how to manage your time appropriately. Generally speaking, school work will not be considered reasonable grounds for an excused absence.

OTHER SPORTS or EXTRA CURRICULAR ACTIVITIES or JOBS: At the time of signing up for this program you also sign up with the knowledge that you may have to make sacrifices or changes to your anticipated schedule in order to accommodate various commitments to the team. No one wants to become second or third priority. Please be cautious of additional sports, activities or jobs that you choose to add to your schedule. *Absences due to these types of activities may or may not be excused by your coaches.*

* **ILLNESS:** If mildly ill, and not contagious, all cheerleaders/dancers are encouraged to still attend regular practice, even if they choose only to sit and watch from the sidelines. There is much to be learned by listening through practice as well as physically participating. Showing up during these circumstances also shows dedication, respect, and commitment to both coaches and teammates. We do expect all athletes to attend competitions even if ill.

* **INJURY:** Most injuries still permit team members to attend practices & events. Cheerleaders/dancers should participate to the best of their abilities with consideration to the injury- example: if a wrist or arm injury, the cheerleader may still do things such as stretch, jump, mark through stunts, and formation changes, etc. Showing support by attending, even if unable to participate physically, is expected for all team functions.

* In the case of serious illness or injury we ask to be informed ASAP of an absence, and given the estimated timeline for their recovery and return. Coaches are to receive sufficient communication and/or a doctor's note regarding an athlete's ability or inability to perform specific requirements associated with their normal tasks as a member of BLITZ. Continuous tuition payments will be expected regardless of illness or injury as long as the member is still registered on a competition team. Additionally, recognize that the coach may need to make adjustments to the team's choreography if any cheerleader is unable to follow through with a performance element or competition... perhaps even indefinitely. Although this is never enjoyable, there are some things beyond a coach's control. All team members must be prepared to make changes should a situation arise.

* **FAMILY EMERGENCY:** Please do not use this term lightly i.e.: Returning home late from a family vacation is not an emergency nor will it be considered one. In case of an actual emergency please inform your coaches ASAP. Call your coach at ANY time.

PRACTICE PRIOR TO COMPETITION: Any practice missed prior to the competition or event will result in the athlete sitting out of that event. No exceptions. If you are to sick to come, you are going to be too weak to compete. In addition, BLITZ staff will need to make adjustments in the routine during that practice.

MAKEUPS – There are NO make-ups for the BLITZ program. Since practices are mandatory, we do not anticipate many misses.

SNOW CLOSINGS – The BLITZ program does NOT follow the snow closings for the gym. If weather is an issue, please check the website for closings. In addition, closings will be announced on WHIO TV.

Please notify your coaches of any and all absences in writing (telling us verbally in passing will not work... we may forget).

FINANCIAL POLICIES & PROCEDURES

As with any extra-curricular activity, competitive cheerleading is an added expense financially. Although we attempt to give our best estimates on costs associated with our program, please remember that these are estimates and some changes may occur. All fees are non-refundable. THERE is a zero refund policy for all applicable fees.

In addition to time, commitment and hard work, there is a substantial financial obligation to being a part of the BLITZ program. Please read and carefully review all of the following policies and procedures for the 2019-2020 season.

COMPETITIVE ATHLETES

MONTHLY TUITION - \$115/month. This tuition is due on the first class of each month. Monthly fees are always due no matter if we practice more or less than the regular times and days. There will be a \$25 PAST DUE Fee for accounts that are over a month PAST DUE. **DUE:** Monthly

COACHES FEE (\$150) – This fee is due immediately after tryouts. **DUE:** 1st Practice AFTER Tryouts (May 14, 2019)

CHOREOGRAPHY – \$300 PLUS additional \$100 for any crossover. **DUE:** June 4, 2019.

SHOES -DUE: Immediately AFTER Tryouts. Each cheerleader will be responsible to purchase NFINITY VENGEANCE cheer shoes on their own. (approx. \$100). <http://www.nfinity.com/Nfinity-Shoes/Nfinity-Cheerleading-Shoes/Nfinity-vengeance-shoes>

UNIFORM (\$400) - This is an estimate of a new cheer uniform. **DUE:** JULY. We will be scheduling a date/time for uniform fittings.

PRACTICE UNIFORM- Estimated fee (\$60). This fee will be due on May 30th.

COMPETITION DUES – ESTIMATE (\$750), last season, the competition fees were \$700 Total and broken into 3 installments, due September, October and November.

USASF Membership Fee - \$30.00 **DUE:** August 6, 2019

WARMUPS (\$85) – This is an estimate of warm-up cost. **NOT REQUIRED**

BOWS (\$15) – This is an estimate of bow cost.

TRAVEL EXPENSES – These are expenses related to travel for competitions (i.e. hotel, gas, etc.)

IN HOUSE ATHLETES

MONTHLY TUITION - \$75/month. Due first class of each month. This fee remains the same regardless of weeks we are open.

PRACTICE UNIFORM – Estimated fee is \$60 and will be due on May 30th.

BOWS (\$15) – This is an estimate of bow cost.

*****In house teams will participate in parade and preform at Blitz Review in April.

TRYOUTS – WHAT TO EXPECT

BLITZ is proud and excited to have your athlete consider our competitive cheer and dance program! Please read through this Handbook and complete the Application(s) & Signature Pages. Athletes that have cheered in our competitive program before will fill out RETURNERS APPLICATION. Everyone else will fill out NEW TO PROGRAM APPLICATION. THESE APPLICATIONS NEED TO BE TURNED INTO OFFICE ALONG WITH YOUR APPLICATION FEE AND SIGNATURE PAGE.

EARLY ENTRY- \$10 BY APRIL 11TH

ON TIME ENTRY - \$20 BY APRIL 18TH

LATE ENTRY - \$ 30 ANYTIME AFTER THE 18TH

TRYOUTS WILL BE HELD ON Saturday MAY 4TH. WE MUST HAVE ALL PAPERWORK PRIOR TO TRYOUTS. BLITZ staff will be running and judging tryouts. ANYONE WHO CANNOT ATTEND TRYOUT WILL NEED TO SCHEDULE A PRIVATE TRYOUT FOR AN ADDITIONAL FEE OF \$20. ANYONE WANTING TO TRYOUT FOR **BLITZ ALLEGEANCE WILL HAVE AN INTERVIEW AS PART OF TRYOUTS!**

CHEERLEADING

The athletes will be judged on the following:

Motions (we will be doing motion drills)

Jumps (all)

Standing Tumbling

Running Tumbling

Stunting (includes all flying positions & base skills)

Flexibility (splits and straddles)

** The athletes will NOT be learning cheers, dances, etc. so RELAX!

RESULTS

All squads will be posted on the website at: www.blitzcheerleading.com by 9:00pm on Sunday May 5, 2019.

In order to view the results, you must enter the **MEMBERS** area of the website. Note, if you already have access to the **MEMBERS** area, then your login will remain the same. If you need access, you must **REGISTER**. This can be located in the **MEMBERS AREA**, under **OPTIONS**. Select **NOT REGISTERED**. You will need the registration password. It is: **cheer4blitz**. You will then be asked to complete your member registration by filling out a form. Once you have completed the form, click **COMPLETE REGISTRATION**. The webmaster will need to approve your registration, and this may take a day, so be patient. Once approved, you will be notified by email, and you will have complete access to the **MEMBERS AREA!**

The **MEMBERS AREA** is the best way to communicate to everyone! Please take your time to become familiar with this area. There are **TEAM ANNOUNCEMENT** and **CALENDER** areas for you to stay current with.

FIRST PRACTICE will begin the week of May 13th. Practice times will be listed along with results.



All-Star Cheerleading Application – 2019/2020

RETURNERS

Only for athletes who have been on our competitive teams before

Cheerleader Name _____ Age _____ Birthdate _____

Parent Name _____ Email _____

BELOW PLEASE MARK THE TEAMS YOU ARE INTERESTED IN TRYING OUT FOR.

In House Team _____ Competitive Team _____ Coaches Pick _____

Would you be willing to crossover if opportunity arises? YES _____ NO _____

What does it mean to be a committed, loyal and dependable teammate? _____

What are your strengths? _____

What are your weaknesses? _____

What can you do to improve on those weaknesses? _____

How can staff better assist you? _____

What team(s) are you hoping to make? _____



All-Star Cheerleading Application – 2019/2020

NEW TO PROGRAM

Cheerleader Name _____ Age _____ Birthdate _____

Parent Name _____ Email _____

BELOW PLEASE MARK THE TEAMS YOU ARE INTERESTED IN TRYING OUT FOR.

In House Team _____ Competitive Team _____ Coaches Pick _____

Would you be willing to crossover if opportunity arises? YES _____ NO _____

Please list previous CHEER related experience below. Be specific. _____

Describe what characteristics will make you a valuable asset to our team:

List the skills you can perform without assistance

How did you hear about BLITZ?

What is your learning style and how can our staff best assist you? _____



SIGNATURE PAGE

Cheerleader Name _____

Parent Name _____

CODE OF CONDUCT, 10 CORE HABITS, & EXPECTATIONS

As a cheerleader/dancer, I am willing and able to abide by and follow the expectations outlined in the Code of Conduct, 10 Core Habits, and Expectations. As a parent, I recognize the importance of fulfilling these obligations and abiding by these expectations, and will fully support my child in their efforts to excel in these areas.

Cheerleader Signature _____ Parent/Guardian Signature _____

Cheerleader Email _____ Parent/Guardian Email _____

Cheerleader Cell Phone _____ Parent/Guardian Cell Phone _____

ATTENDANCE POLICIES & PROCEDURES

I understand the procedures and policies set forth above. I willingly agree to allow GFTF, LLC. by means of photography and videography, to publish photographs and/or video of our child for advertising purposes in all forms of media.

FINANCIAL POLICIES & PROCEDURES

I have read and understand the Financial Policies & Procedures. I understand that it is my responsibility as a parent to follow through with my child's financial obligations associated with tuition and other fees during the 2019/2020 competition season. Should I fall behind or fail to make the necessary payments, I clearly recognize that my child's involvement in the BLITZ program may be jeopardized or even terminated for any reason at the coach's discretion without refunds or reimbursements. I acknowledge that I also forfeit any pre-paid monies including my commitment fee should I choose to withdraw from the BLITZ program at any time. I hereby indemnify and hold harmless Blitz Cheerleading and GFTF, LLC. From any and all liabilities incident to my involvement or participation in the Blitz program either on premises or at an outside activity such as parades, competitions, camps, etc.

In order for a returning member to participate in the 2019/2020 competitive season, an individual's account must be in good standing (zero balance).

REFUND POLICY – PLEASE READ CAREFULLY

In order to best assure the most comprehensive competition schedule possible for our athletes, BLITZ must register and make binding financial obligations well in advance of the actual competitions. In order to do so, BLITZ must carefully budget anticipated revenues over the course of the year. Given that coupled with the disruption to the competition schedule for the remaining BLITZ team members in the event of refunds, BLITZ has established a policy that no refunds will be offered for any pre-paid monies. This is a zero refund policy on all fees associated with being a member of the Blitz competitive cheer and dance squads.

PARENT/CHEERLEADER/DANCER HANDBOOK ACKNOWLEDGEMENT

Finally, I acknowledge that both Parent (guardian) and Cheerleader/Dancer have read the Parent/Cheerleader/Dancer Handbook and the Signature Page for the 2019/2020 BLITZ season. I understand that BLITZ reserves the right to change, amend or assess the stated policies and procedures as deemed necessary on a case-by-case basis. I understand that our position on this team may be terminated at any point in time for any reason, determined by the coach and that there is a zero refund policy.

Parent/Guardian Name: _____ Signature: _____ Date: _____