

2018 RECREATION CENTER



17<sup>th</sup> Season of All-Star  
Cheerleading... And Now  
Offering Super Rec

AllstarsCheer.net 708.532.6506



## SUPER REC CHEERLEADING!

18475 Thompson Crt Tinley Park IL – 708.532.6506  
[usallstarscheer@aol.com](mailto:usallstarscheer@aol.com) [www.AllstarsCheer.net](http://www.AllstarsCheer.net)



## 2018-2019 SEASON FACT SHEET

OPEN HOUSE Meet Coaches Q&A	
Tuesday May 15	6:00-8:00
Clinic May 10th	6:00-8:00

  

REGISTRATION	
May 1 <sup>st</sup> -June 30th	Register on Parent Portal See AllstarsCheer.net

### SUPER REC CHEER TEAMS

- Grades 1-8
- No sideline cheerleading
- No travel
- Indoor Practices for the entire season
- Certified coaches
- July to December Season
- Full season cost \$875 (\$175/month) plus uniform approx \$150
- **IRCA STATE CHAMPIONSHIP – Bid to be earned additional \$160**
- Rules and Competitions sanctioned by IRCA
- Choreography Date TBD
- Practices two days a week

Follow Us for Updates and See Website for Details and Additional Information



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## ALLSTAR ATHLETICS INFORMATION

Your participation in our Rec Program indicates that you are committed to what Allstar Athletics believes in. We, at Allstar Athletics, are dedicated to training our athletes to excel in competitive cheerleading. We value your dedication and commitment to Allstar Athletics.

Our custom designed and built for cheerleading training facility is conveniently located in Tinley Park and is easily accessible from I-80, I-57, I-294 and 355.

*Coming Together is a beginning,  
Keeping together is progress,  
Working together is success!*

### Technique Policy

Tumbling technique needs to be a top priority for every single athlete, parent and coach. Technique scores set apart the top ranking teams from their lesser competitors. Our focus has switched from rapid progression to skill perfection prior to progressing to the next level. Attaining skills through this new approach will enable our athletes to achieve their goals in a healthy and positive manner. Proper technique will help minimize the chance of an athlete sustaining an injury. Reinforcing skill progression even though athletes still need corrections in elementary skills is detrimental to their training. The most common examples of skill imperfections include:

- Arched backs in handstands and back handsprings
- Head out and legs apart or bent in back handsprings
- Dropped shoulders and heads out in back tucks

All of these habits are key points that need to be corrected to successfully perform a tumbling skill that is ready to move onto the next level. Altering technique can be a scary change for some athletes. Often when making these corrections, success does not happen right away. Failure may occur on a skill that an athlete has performed for years, but this should not deter the athlete from making the adjustment. Technique is a large part of each tumbling category, i.e., legs together, legs straight, head positioning, no arch in back. This will be enforced and monitored regularly. The safety and success of your athlete is a priority to the Allstar Athletics staff.

### Financial Obligations

Competitive cheerleading can be very costly. We at Allstar Athletics want to do our best to make it as affordable as possible. Please consider all costs associated with all-star cheerleading when making your decision to participate or comparing prices.

#### **Practice Hours Included in Fees**

Teams Practice	2 days/week	1.5 hours/day	Plus Recommended Tumbling Class Additional
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#### **Total Costs – See Payment Schedule for Monthly Fees**

- Travel to competitions, will require transportation – not included in costs listed.
- Tumbling classes are highly recommended.
- Fees do not include IRCA STATE CHAMPIONSHIP

	Teams
<b>Tuition to Allstar Athletics</b>	<b>\$460</b>
<b>Registration</b>	<b>35</b>
<b>Fees Paid to Others</b>	
<b>Competition Fees</b>	<b>140</b>
<b>Other, including:</b>	<b>225</b>
<b>Clothes, Bow</b>	
<b>Choreography Camp and Music</b>	
<b>TOTAL</b>	<b>875</b>
<b>Plus Uniform Approx</b>	<b>150</b>

### **Payment Schedule**

	Reg. July	Aug 1st	Sep 1st	Oct 1st	Nov 1st
<b>Teams</b>	<b>175</b>	<b>175</b>	<b>175</b>	<b>175</b>	<b>175</b>
<b>Uniform</b>		<b>150</b>			

## Quality and Value

Your child is receiving instruction and coaching from dedicated, passionate, experienced, and USASF certified coaches. Team music is mixed by one of the leading music producers and voice over artists in the industry. Routines are choreographed by our certified coaches. We strongly believe with this platform and your athlete's hard work, dedication, and your support, will result in a fulfilling and life learning experience.

## Payment Information

- Monthly installments are due on the first day of the month, beginning at registration and ending in November. If you are unable to practice due to illness or injury, monthly installment is still due.
- You must be current in the above monthly payments to participate in choreography camp, competitions, or receive your uniform. There are no refunds or credits of any kind.
- **Methods of monthly Installment Payment**
  - **Option A** - Automatic **credit or debit card** charge on the 1<sup>st</sup>. Card information to be entered on **Parent Portal**. If your credit card payment is returned a \$30 fee will be charged in addition to any bank fees.
  - **Option B** – Monthly installments may be **paid by ACH** (automatic checking or savings debit on the 1<sup>st</sup> or 16<sup>th</sup> of the month). Should your ACH be returned NSF or invalid, a \$30 bank service fee will be charged.
- Allstar Athletics bases fees on a full season basis, therefore there are **NO REFUNDS of any kind or PARTIAL MONTHLY CREDITS** of cheerleading or tumbling fees if you choose not to continue (unable) to participate or are removed from a team. Your monthly payments are installments for your full season commitment, not payments for monthly services. **If you leave a team during the season, remaining balance on your annual fee is payable immediately.**
- Please realize we register for competitions in advance. If you are unable to compete due to injury, sickness, or are no longer on a team the **competition fee is not refundable.**

As an Allstar Athletics team member you are obligated to attend ALL competitions. There are no exceptions, attendance is mandatory. It is the team member's responsibility to adhere to the competition schedule. Information will be given to each athlete. It is imperative that all directives are followed and respected.

If one or more team members are unable to attend a competition, the competition may be forfeited **based on coach's decision**. There are no competition fee refunds. Please do not schedule vacations or family functions 2 weeks prior to any national competitions as **attendance at extra practice is mandatory**. You will be given a schedule of all competitions as soon as possible and with plenty of time to make future plans. Please make referring to the competition schedule a priority when scheduling other functions.

## Practice

It is **your obligation to attend ALL practices**. **When one member is absent, it can keep a whole team from achieving their goals for that practice.**

*The achievements of an organization  
are the results of the combined effort  
of each individual.  
- Vince Lombardi*

PLEASE KNOW PRACTICE TIME IS FOR TEAM RELATED ACTIVITIES SUCH AS PERFECTING THE ROUTINE, LEARNING THE PYRAMID, STUNTING, CHOREOGRAPHY, AND ROUTINE RELATED TUMBLING. LIMITED TIME IS SPENT WITH INDIVIDUAL TEAM MEMBERS. ALLSTAR ATHLETICS RECOMMENDS PARTICIPATION IN ADDITIONAL TUMBLING CLASSES, OR TUMBLING PRIVATES TO ENHANCE INDIVIDUAL SKILLS AND PROGRESSION.

You are obligated to be at EVERY practice, including extra practices. Contagious illnesses must be called in at least 2 hours prior to practice. Vacation absences must be notified to the office, in writing one month in advance.

Please note that **full attendance** is important and excessive tardiness will not be tolerated. Team members that arrive late or have to leave early disrupt and distract practice. Thank you for your support with practice attendance. During competition season, Allstar Athletics reserves the right to schedule extra practices, which are mandatory, if necessary. There is no additional cost.

### **ALLSTAR ATHLETICS COMMUNICATIONS**

We, at Allstar Athletics, feel that communication between the coaches, parents and athletes is very important in maintaining a great relationship. Allstar Athletics will do our best to keep you informed in a timely manner. Information that is important to your athlete will be distributed at practices and a copy may be found in the office or on our website [www.usallstarscheer.com](http://www.usallstarscheer.com).

We understand that it is not always easy to contact your team coach before, during or after practice. In order to maintain an open line of communication, we will give you many avenues to contact us with your concerns and suggestions and we will strive to continuously improve communication channels. Please speak to us directly or e-mail to [usallstarscheer@aol.com](mailto:usallstarscheer@aol.com). This gives you an opportunity to voice your opinion, positively, express concerns for your athlete, give us new information that we may need to know, etc. You may indicate if you would like for someone to call you back or if you would like to make an appointment. We will try to get back to you in a timely manner. If your specific question or issue was not handled by one of the owners or staff, then it has not. **Please do not enter the gym area for any reason unless you are invited.**

Our office staff or Patrice Stec can assist you with general Allstar Athletics information. **They are not always informed of specifics for each team.** It is your responsibility to keep up with any specific team information.

**Stay Informed** Visit our **website:** <http://AllstarsCheer.net>  
“Like” our **facebook:** <https://www.facebook.com/AllstarAthleticsIL> **Twitter** @asa\_athletics