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ROCKSTAR CHEER

PITTSBURGH

2020 - 2021 Prep Athlete Handbook

FIRST & FOREMOST

THANK YOU

FOR JOINING OUR FAMILY!

Rockstar Cheer is proud to welcome you to our 15th season! Our program has travel and non-travel competitive teams for all ages and abilities, including special needs. We have graciously earned many state and national titles and taken several teams to the USASF Cheerleading and Dance Worlds since 2007. We have also earned the privilege of competing in the Varsity All-Star Summit since its start in 2013.

Our mission is to emphasize the importance of safety, conditioning, tumbling, and respect for others while enjoying the sport of all-star cheerleading. Every Rockstar team is important to us! Although our goal is to make each team competitive, we want our athletes to learn the lifelong lessons of friendship, helping others through philanthropy events, teamwork, self-discipline, and time management while creating a family-like atmosphere.

We pride ourselves in promoting the importance of balancing education with the sport. Our senior graduates have become World Champions and National champions with various colleges—University of Louisville, University of Maryland, Georgia Tech University, University of Pittsburgh, Robert Morris University, West Virginia University, Fairmont State University, Duquesne University, Penn State, Purdue, Oklahoma State, Gannon and Hawaii Pacific University—just to name a few.

We at Rockstar Cheer strive to be a close-knit and supportive program that includes parents, athletes and coaches working together towards a common goal. We strive not only to be a very competitive program, but also a program others respect because of our commitment to excellence, ® sportsmanship and championship spirit. Rockstar Cheer will continue to be the program others emulate due to our high standards and competitiveness.

Welcome to the Rockstar Cheer family, it will be a life changing experience!

**Aimee Nicewarner, Owner
Rockstar Cheer Pittsburgh, LLC**

2020-2021

Rockstar Cheer Pittsburgh

"BEST IS STANDARD"

Rockstar Cheer offers athletes of all ages and abilities the opportunity to grow and develop under the supervision of professionally trained coaches. There is no better place to experience the world of competitive cheer than Rockstar Cheer. Our goal is to develop the skills and confidence at every level to prepare athletes to compete at the highest level of competition. From our coaching staff to our facility, Rockstar Cheer is proud to offer the premier All Star program in Pittsburgh.

MEET THE COACHES

Aimee Nicewarner

Jan Kenz

Dana Thomas

Kaylee Kenz

Becky Troppman

Marykate Drury

Damien Williams

Courtney Stack

Kayli Perri

Haley Johnson

Owner, Head Coach

Office Manager

Tumbling Director

Prep Program Director,

Cheer Coach, Media

Cheer Coach, Cheer

Abilities Coach

Cheer Coach

Cheer Coach

Cheer Coach

Cheer Coach

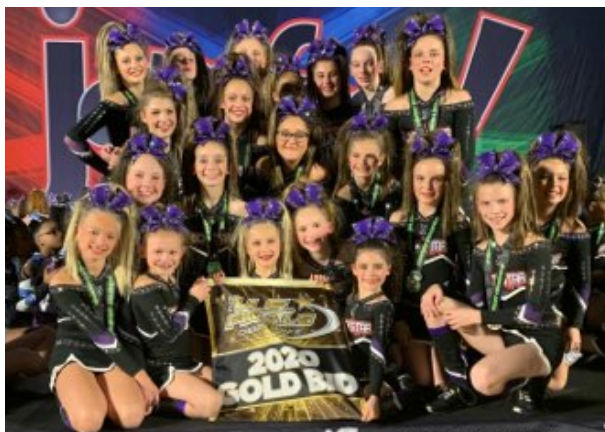
Administrative Assistant

You can find more information on all our coaches under the Staff section of our website, rockstarcheerpittsburgh.com.

Rockstar Cheer Pittsburgh projected prep teams for 2020-2021

Come join our Rockstar Cheer family!

We plan to offer teams at all prep age groups and levels for the 2020 - 2021 season.



FULL YEAR PREP TEAMS BEING CONSIDERED
Tryouts in May.

Tiny Novice (3-6yrs)
Tiny Prep 1.1 (5-6yrs)
Youth 1.1 or 2.2 (5-11yrs)
Junior 2.2 or 3.2 (6-15yrs)
Senior 2.2 or 3.2 (10-18yrs)

*Please note all this is subject to change, list is projected only.

HALF YEAR PREP TEAMS BEING CONSIDERED
Tryouts in September.

Tiny Novice (3-6yrs)
Mini Novice (5-8yrs) or Mini 1.1 (5-8yrs)
Youth 1.1 or 2.2 (5-11yrs)
Senior 2.1 or 2.2 (10-18yrs)

*Please note all this is subject to change, list is projected only.

Visit [USASF.net](https://www.usasf.net) to view the age grids for these Divisions.

Tumbling Requirements

Prep teams at Rockstar Cheer Pittsburgh welcome athletes of all skill levels as well as beginner athletes. The prep programs are a great way to test out the world of competitive cheerleading for the first time, no experience necessary! Teams vary on tumbling skills, stunting ability and number of athletes on a team

LEVEL 1	NO SKILLS REQUIRED	
LEVEL 2	STANDING TUMBLING 1. Back Handspring (BHS) 2. BHS stepout Back Walkover BHS 3. BONUS Back walkover switch kick BHS	RUNNING TUMBLING 1. Round Off 2 BHS 2. Front Walkover Round Off 2 BHS 3. BONUS Front Handspring Round

Cost Breakdown Full Year Prep

Regular season tuition covers one weekly practice, one weekly tumbling class and extra practices during regularly scheduled practice weeks. Each family is required to create two Gems Up accounts, one for Rockstar Cheer and One for PSSB. You must provide a credit card for payments that will be withdrawn automatically.

Level	Tuition per month	Uniform & Socks	Choreo	Competition Bow	Warmup Jacket	Male practice wear package	Female practice wear package	USASF FEE	Hair Piece 16'	
NOVICE	\$85	\$495	\$225	\$35	\$130	\$215	\$235	\$30	---	
PREP	\$100	\$495	\$225	\$35	\$130	\$215	\$235	\$30	\$65	
COMPETITION FEES: \$800						BACKPACK: \$80		MAKE UP: TBD		

- ❖ Female practice wear package consists of shoes (\$110), 1 practice outfit (\$70), Program T-shirt (\$25) and a practice bow (\$30). Pieces can be purchased individually. Practice outfit is the same as the 2019 – 2020 season. Payment for this package is to PSSB.
- ❖ Male practice wear package consists of shoes, Program t-shirt and one practice outfit
- ❖ Female Uniform consists of Uniform Top (\$353), Skirt (\$95) and Socks (\$47). Uniforms pieces can be purchased individually.
- ❖ Female athletes will be required to purchase a makeup kit. The price is TBD.
- ❖ Additional costs may be added for skills camp throughout the season
- ❖ Athletes will purchase their own hair pieces. More information will be announced at a later date.
- ❖ USASF Fee is your responsibility, that will not be paid to Rockstar Cheer.
- ❖ All prices are based off last season and SUBJECT to CHANGE for this season. All fees are non-refundable.

Registration Fee	Due at tryouts
Tuition	Due the 1 st of every month
Practice wear package	Due June 10th
USASF Fee	Due August 1 st
Program T-Shirt	Due June 10 th
Choreography fee	Due June 20 th
Uniform & Socks	Due July 15th, 75% Due, 25% due on shipment of uniform.
Competition fee	\$800 total: 3 payment options: #1: \$800 due in full August 1 #2: \$267 due Aug 1 st , Oct 1 st , and Dec 1 st #3: \$160 Aug 1 st , Sept 1 st , Oct 1 st , Nov 1 st , and Dec 1 st
Competition bow & Makeup	Due September 1 st
Warm up jacket & Backpack	Due September 1 st

These prices are estimates based on existing figures. They are subject to change but are done in good faith and are accurate as possible. Checks for tuition, registration fee, and spirit wear should be made payable to Rockstar Cheer. All other checks should be made payable to PSSB. All fees are NON-REFUNDABLE

Cost Breakdown Half-Year Prep

Regular season tuition covers one weekly practice, one weekly tumbling class and extra practices during regularly scheduled practice weeks. Each family is required to create two Gems Up accounts, one for Rockstar Cheer and One for PSSB. You must provide a credit card for payments that will be withdrawn automatically.

Level	Tuition per month	Uniform	Choreo	Competition Bow	Warmup Jacket	Male practice wear package	Female practice wear package	USASF FEE	Hair Piece 16'	
NOVICE	\$85	\$225	\$200	\$35	\$130	\$215	\$235	\$30	---	
PREP	\$100	\$225	\$200	\$35	\$130	\$215	\$235	\$30	\$65	
COMPETITION FEE ESTIMATE: \$675*						BACKPACK: \$80		MAKE UP: TBD		

- ❖ Female practice wear package consists of shoes (\$110), 1 practice outfit (\$70), Program T-shirt (\$25) and a practice bow (\$30). Pieces can be purchased individually. Practice outfit is the same as the 2019 – 2020 season. Payment for this package is to PSSB.
- ❖ Male practice wear package consists of shoes, Program t-shirt and one practice outfit
- ❖ Male practice wear package consists of shoes and one practice outfit
- ❖ Additional items from the practice wear package can be purchased. Pictures are on page 7.
- ❖ Female athletes will be required to purchase a makeup kit. The price is TBD.
- ❖ Additional costs may be added for skills camp throughout the season
- ❖ Athletes will purchase their own hair pieces. More information will be announced at a later date.
- ❖ USASF Fee is your responsibility, that will not be paid to Rockstar Cheer.

Registration Fee	Due prior to tryouts
Tuition	Due the 1 st of every month
Practice wear package	Due October 1 st
Uniform	Due October 15 th
USASF Fee	Due October 15 th
Choreography fee	Due November 1 st
Hair	Due November 15 th
Competition fee* Subject to change. Based on estimated figures.	\$675 total: 2 payment options: #1:\$675 due in full November 15 th #2: \$225 due Nov 15 th , Dec 15 th , and Jan 15 th
Warmup Jacket & Backpack	Due December 1 st
Competition Bow & Makeup	Due December 15 th

These prices are estimates based on existing figures. They are subject to change but are done in good faith and are accurate as possible. Checks for tuition, registration fee, and spirit wear should be made payable to Rockstar Cheer. All other checks should be made payable to PSSB.

All fees are NON-REFUNDABLE

Apparel



Female Practice outfits \$70



Male Practice outfits \$80



Full Year Uniform

Half Year Uniform

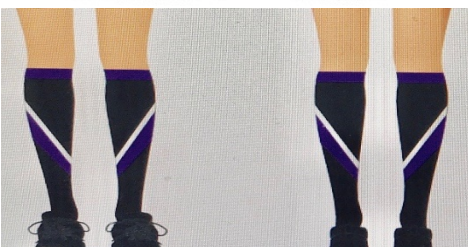


CHEER



Warm Up Jacket \$130

Shoes \$110



Full Year Prep/Novice competition socks \$20



These prices are subject to change.

MANDATORY Dates

"Tentative"

(Dates will be added for clinics and banquet)

June 5 th -7 th	Tryouts
June 21st	Gym Closed (Fathers Day)
July 3 - July 5th	Gym Closed (4 th of July)
July 18- July 31	Routine Choreography
September 5- September 7th	Gym Closed (Labor Day)
October 15- October 17th	Dance Choreography
October 31st	TBD (Halloween)
November 26 & November 27th	Gym Closed (Thanksgiving)
December 24 – December 27th	Gym Closed (Christmas)
December 31- January 1	Gym Closed (New Years)
April 4th	Gym Closed (Easter)

*Our choreographer may be working with teams on additional dates throughout the season. Dates will be announced. Choreography practices are mandatory.

CROSSOVER POLICIES

- ❖ Athletes are first and foremost a rostered member of their primary team.
- ❖ Athletes must attend all practices of both their primary and secondary team.
- ❖ Athletes are responsible for crossover competition fees. There is no charge for extra team practice.
- ❖ It is at the discretion of coaches/staff to discontinue having an athlete crossover at any time.

ALTERNATES (FILL-INS) AND INJURIES

- ❖ Upon diagnosis of an injury, alert your head coach immediately and an in person meeting must be scheduled with the program director.
- ❖ If an athlete becomes injured, we will find a replacement to hold their spot until the athlete is able to return. The injured athlete is required to dress and attend all practices.
- ❖ Parents of the athlete are responsible for paying the competition/coach's fees for any replacement that fills their spot when they are not able to compete. This includes quitting and program removal. Prepaid competition fees are non-refundable.



BUYOUT FEE

- ❖ If you quit or are removed from the program anytime throughout the season, you will be charged a \$450 buyout fee and the remainder of your tuition payments.
- ❖ No refunds will be given.

Additional Information

ABSENCE REQUESTS

- ❖ An absence request email must be sent to Kaylee at kkenz29@gmail.com.
- ❖ The email must be sent least 2 weeks prior to the date your athlete is missing practice.
- ❖ Anything beyond 3 absences may be grounds for removal from the program.
- ❖ Just submitting a vacation request does not mean it will be approved and excused.
- ❖ Practices are mandatory the week leading up to a competition. Absences will not be approved.
- ❖ **Excused absences:** contagious illness, family emergency, school related event that impacts a grade

BOOSTERS AND FUNDRAISING

- ❖ Our booster account operates as Pittsburgh Superstars (PSSB).
- ❖ Money earned is applied to the athlete's expenses such as uniform, apparel, choreography, tuition, and competition fees. All money earned through fundraising, sponsorship, etc. becomes property of PSSB, our boosters account. If the athlete leaves the gym for whatever reason, no money will be refunded or transferred. There will be no personal checks written for a refund under any circumstances.
- ❖ Fundraising is available throughout the season. A schedule of fundraisers will be posted.
- ❖ Athlete sponsorship is another way to offset costs. The sponsorship letter can be presented to an individual or business. Sponsors are promoted on our website.
- ❖ There will be two program wide fundraisers during the season to offset additional expenses incurred during the season. For example, additional music changes, routine upgrades, gym equipment, etc.

PRACTICE & CLASSES

- ❖ Finger nails must be of sport length.
- ❖ Athletes may not video other athletes or teams in the gym without coaches permission.
- ❖ Athletes may not bring food and drink besides water into the gym. Exceptions include crossovers in the gym for more than 4 hours or medical conditions. ®
- ❖ Please arrive no more than 15 minutes before scheduled practice time.
- ❖ All practices are closed. No parents or spectators allowed in the gym during practice time.
- ❖ Parents of tiny age athletes must come into the gym 5 minutes prior to the end of practice to pick up your child.

MISCELANEOUS

- ❖ Anyone can be added to the program at any time for any reason at coaches discretion.
- ❖ All Competitions are mandatory. Missing a competition could result in removal from the program.

Parent Responsibilities

(This must be signed and turned in prior to your athlete's participation on a Rockstar Cheer Pittsburgh team)
Initial

_____ It is the responsibility of the parent to stay informed. Check your email, our social media outlets and website regularly. If you are not receiving emails, contact the gym right away.

_____ Unless invited inside, parents, friends and relatives must remain outside the gym.

_____ You are NOT permitted to create, sell, or buy any Rockstar Cheer merchandise with the Rockstar Cheer logo or name. Before purchasing any Rockstar Cheer merchandise off of vendor websites, you must email Aimee for approval. Purchasing from another Rockstar Cheer location is acceptable.

_____ Anyone threatening to quit will be asked to leave immediately; no refunds will be given.

_____ Do not engage in negative gossip about teams, athletes, coaches or choreography.

_____ Social media will be monitored. Athletes should refrain from negative, profane, sexual or harassing posts, particularly while in Rockstar attire.

_____ Punctuality is a must. Athletes must arrive at least 10 minutes early to practices.

_____ Do not interrupt practices. Request a meeting with your coach or management before or after practice.

_____ Practice schedules can change. We may add or extend practices.

_____ No use of illegal substances (as determined by laws governing age, parental approval does not exclude athletes from this policy) on Rockstar premises, during competitions or in Rockstar attire.

_____ If an injury occurs with your athlete you MUST contact the head coach or Aimee immediately. Please do not post on Social Media for us to find out.

_____ Withholding your child from practice as a form of punishment is considered an unexcused absence and may result in your athlete being replaced.

_____ Rockstar reserves the right to adjust the competition schedule as deemed necessary. Do not reserve hotels that do not allow for cancellations. There are no refunds for changes to the competition schedule.

_____ In cases where athletes lose skills or become inconsistent with skills during the season, they may be moved to a team that is level appropriate for their skills at the time.

_____ All charges must be current in order to buy apparel, take privates or enroll in clinics.

_____ All monies paid are nonrefundable. Rockstar reserves the right to suspend and/or terminate an athlete, without warning, for behavior in violation of our policies by parents, family members and/or athletes.

By signing below, I hereby acknowledge that I have completely read and fully understand the Rockstar Cheer Pittsburgh handbook, policies and guidelines.

Parent Name: _____ Parent Signature: _____

ATHLETE RESPONSIBILITIES

(This must be signed and turned in prior to participation on an All Star team)

Attendance

Attendance is crucial to the success of the team. All missed practices must be documented in writing 2 weeks prior to the absence. Failure to notify the gym of an absence (no call/no show) will result in a disciplinary meeting before the athlete can return to practice.

Practices are mandatory the two weeks prior to a competition. If an athlete misses a practice during this time (injuries are not an exception), coaches reserve the right to take necessary actions to ensure the success of the team including the athlete forfeiting their opportunity to compete and no refunds will be given.

Any injury that causes an athlete to miss two or more practices will require a doctor's note to return.

Team placement

If an athlete demonstrates a skill at tryouts, they are expected to have the skill throughout the season. If an athlete loses a skill that is utilized in the routine, they have 2 weeks to regain it. If after 2 weeks the athlete has not regained the skill they possessed at tryouts, they may be moved to a more appropriate team. All team placements, routine positions and stunt spots are at the discretion of the coaches and can be changed at any time.

Rockstar rules

- ❖ Shoes must be worn at all times while in the gym.
- ❖ Proper clothing must be worn.
- ❖ Athletes should style hair away from the face.
- ❖ Cell phones must remain on silent and stay in your bag.
- ❖ Bags should be left in designated storage locations.
- ❖ Leave your valuables at home; we are not responsible for lost or stolen items.
- ❖ No jewelry; it's a safety issue.
- ❖ Athletes are expected to be respectful to staff, parents and teammates, both in the gym and at competitions. Inappropriate behavior can result in expulsion from practice or immediate dismissal.
- ❖ Social media will be monitored. Athletes should refrain from negative, profane, sexual or harassing posts, particularly while in Rockstar attire.
- ❖ No food allowed in the gym.
- ❖ No use of illegal substances (as determined by laws governing age, parental approval does not exclude athletes from this policy) on Rockstar premises, during competitions or in Rockstar attire.

Excused absences

Contagious illness

Family emergency

School related event that impacts a grade

Please sign below

Athlete Name: _____ Athlete Signature: _____