

## **GREENSBORO ALL STAR CHEERLEADING HALF YEAR ALL STAR PREP FAQ**

### **WHAT IS ALL STAR PREP (ASP)?**

All Star Prep is an entry level program that is offered as an introduction to traditional All-Star Cheer. This program also allows more participants to try and participate in all-star cheer due to a lower financial, travel and practice commitment. The routine will be a 2 minute routine (shorter than the 2.5 minute traditional all star cheer routine). The routine will consist of all the same elements as a traditional all-star routine, other than basket tosses. ASP teams cannot have crossovers from a traditional all-star team. ASP will be offered at both 1 and 2 day competitions however at a 2 day event Prep teams will only compete on 1 day.

### **WHAT AGES ARE INCLUDED IN ASP TEAMS?**

GAC ASP program is open to athletes ages 6-15 for 2021-2022 season.

### **HOW WILL THE TEAMS BE PUT TOGETHER?**

Teams will be put together based on both age and skill level. Teams will be created based on the number of athletes participating in the ASP program.

### **WHAT IS THE COST FOR ASP?**

There is a \$65 registration fee that will be required to be paid prior to the day of evaluations. You will also have to pay a \$49 USASF membership fee directly to the USASF. Monthly tuition for the team will be \$65 (this will be due on the 1st of each month) and the monthly inclusive fee will be \$95 (this will be due on the 15<sup>th</sup> of each month October-March). A detailed cost sheet will be given to you explaining the fees.

### **HOW OFTEN WILL ASP PRACTICE?**

ASP will practice once a week for two hours each practice beginning the first week of October. Practice day will be Thursday, practice time will be determined closer to evaluations.

### **HOW MANY COMPETITIONS WILL ASP ATTEND?**

All Star Prep team(s) will attend 3 local, one day competitions this season.

## **WHAT IS THE COST OF THE UNIFORM?**

The cost for the uniform will be \$175.

## **PRACTICE WEAR**

A tank top and a t shirt will be included in your inclusive fee as practice wear for the season. We will place the order for practice wear after evaluations. You will need to fill out your sizes on the ASP google doc located under registration.

## **NEW SAFTY GUIDELINES AND PRECAUTIONS**

We have implanted new policies and procedures to help ensure the safety of our athletes, staff and GAC families during this time. Each athlete will enter through the front door, have their temperature taken, sanitize upon entry and be directed to the cubbies. No book bags or bags are allowed at this time. Students will sanitize often throughout the course of the practice. Students will be dismissed out the back door. We do reserve the right to enforce new safety protocols for athletes, families and staff at any time.

## **SOCIAL MEDIA**

Along with our website (cheergac.com), GAC is on Facebook, Twitter and Instagram all which are great places to get up to date information and stay connected with GAC at all times, so look us up and like or follow us!

**FACEBOOK:** Greensboro All Star Cheerleading – Gym Page

**FACEBOOK PARENT PAGE:** GAC PARENTS 2021-2022

**TWITTER:** CHEERGAC

**INSTAGRAM:** CHEERGAC1

If you have any additional questions, please email [info@cheergac.com](mailto:info@cheergac.com)

We look forward to meeting everyone and welcoming you to the GAC family for this season! **PROUD TO BE, GAC!**