

Welcome to Greensboro All Star Cheerleading!

On behalf of our coaches and staff, we would like to welcome you and your family to the Greensboro All Star Cheerleading program as we celebrate "28 years of excellence". Since its inception in 1989 by Amy Smith Tyler, the purpose of our program has been to provide your children an atmosphere where they are able to develop their full potential as an athlete and individual. While athletic ability and physical strength are important components of tumbling and all-star cheerleading, our GAC staff also recognizes the importance of building personal character, responsibility, integrity and high self-esteem.

Participation in any sport requires total dedication and commitment from both the athlete and their family. All Star Cheerleading is a team sport and requires each team member to be at practice on time, dressed appropriately, and working on personal skills as well as team skills. Learning to prioritize and manage their time to achieve these goals are skills that our coaches strive to teach every child in our gym. Parents must understand the obligation their child has committed to and be supportive in helping to ensure the fulfillment of that commitment.

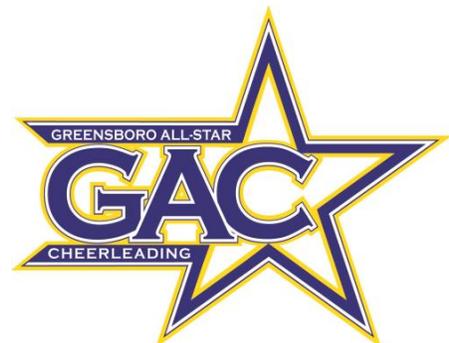
GAC is proud that our teams not only compete but are also active in community involvement. Our teams have supported Breast Cancer research, provided Christmas for several families, participated in Toys for Tots, filled Chic-Fil-A stockings for underprivileged children, participated in area MS walks for a Cure and Down Syndrome Buddy Walk. These are just a few examples of GAC girls giving back to their communities.

In addition to being proud of our cheerleaders, we are also extremely proud of our parents. The GAC parents are champions as well having received BEST CROWD, BEST PARENTS, and BEST FANS awards at several national competitions! Parent support in the gym and at competitions is an integral part of our team's success.

A successful program like GAC does not just happen. It is the result of our hard working, dedicated coaches and staff. Every child's success is a direct result of a coach who has guided, nurtured and supported that child. Our motto says it all, "Show class, have pride and display character. When you do winning takes care of itself." Our children are winners on and off the competition floor.

Thanks you for choosing GAC and being a part of 28 YEARS OF EXCELLENCE! We are honored to play a role in your child's life and promise to offer the best experience we can! We are looking forward to season 28 being our most successful season yet! Welcome to the family!

Cheers,
Anna Love Logan
Owner





2017-2018 GAC REGISTRATION INFORMATION

Early Bird Registration April 24th-May 7th

\$75.00 Individual/\$95.00 Family Registration/Evaluation Fee

Pre-Registration May 8th-May 18th

\$85.00 Individual/\$95.00 Family Registration/Evaluation Fee

Kick Off Day Registration May 19th or after

\$95.00 Individual/\$95.00 Family Registration/Evaluation Fee

****There will be a \$25.00 fee for all private evaluations. Please email Anna@cheergac.com to set up a time.***

All required forms are available online to print out, complete and turn in at front desk. Please turn in all forms and registration fee together.



***Premier All Star Teams- Tuition is \$105.00 per month**

Practice 2 times a week (in both summer and fall)

Weekly team tumbling included

Moderate to significant competition travel

Competition fee range: \$500.00-\$900.00

Full Year All Star Prep Teams- Tuition \$75.00 per month

Practice 1-2 times a week

Weekly team tumbling included

Local 1 day competitions only

Competition fees range: \$200.00-\$350.00

Half Year All Star Prep Teams- Tuition \$65.00 per month

November-April

Practice 1-2 time a week

Local 1 day competitions only

Competition fees range: \$200.00-\$350.00

Sapphires-Exceptional Athletes Team-Free Tuition

August-April

Practice 1 day a week

****If you want to be considered for a level 5 competition team, you must be willing to participate on two teams. This does not mean that you will be needed on two teams.***



Evaluation Information

Evaluation Procedures

1. Print this packet, complete the forms and bring them to GAC along with your registration/evaluation fee and your USASF membership fee.
2. Dress Code for evaluation will consist of shorts, cheer or tennis shoes, hair up in a ponytail and no jewelry. To be evaluated, the registration fee and USASF fee must be paid along with all paperwork returned.
3. Relax....this is a fun process with no stress!

What to Expect at our Evaluations

Everyone at evaluations will have an opportunity to demonstrate their best running and standing tumbling skill along with jumps, flexibility and conditioning. These skills will be evaluated without a spot on the spring floor. We will allow one standing and running tumbling skill with a spot. We will not evaluate skills on the trampoline or tumble track.

Does everyone make a team?

YES! We have teams for every skill level and ages 3-18 so everyone makes a team based on skill and age.

Want to be considered as a flyer?

In order to be considered as a flyer you must be willing to take on extra time and financial commitments throughout the season as the coach sees fit (example: flexibility classes, flyer clinics, flying privates etc)

Team Placement and Divisions

Age Brackets

In order to avoid eligibility changing throughout the year, there is a cutoff date as well. Your child's age on **August 31, 2017** will determine their "competition age" for the entire season. In other words, if they are 14 on August 31st, they compete as a "14 year old" for that entire season, even if they turn 15 on Sept. 1st.

Hot Tots (non-compete)	3-4 years old
Tiny	5-6 years old
Mini	5-8 years old
Youth	6-11 years old
Junior	8-14 years old
Senior	11-18 years old
Senior Level 5	12-18 years old



Team Placement and Divisions Continued

Levels

There are 6 different (USASF) levels for all-star cheerleading. This season at GAC we will offer levels 1-5. The "level" refers to the type of stunts, pyramids, and tumbling that a team can safely perform. The level each team will compete at is determined solely by the coaching staff. This year GAC is working to "max out" every competition score sheet. This means that 85% of the team must have the hardest skill required in each level. For example, 85% of the team would have to have a strong back hand spring in order for the team to compete in a Level 2 division. If only 50% have a strong back hand spring they would compete in the Level 1 division. Cheerleaders may be working on new skills, but we will not place a cheerleader on a team that does not have the skill at tryouts. If cheerleaders learn skills and improve there would possibly be an opportunity for them to move up to the next level. If a cheerleader performs required skills at evaluations but later loses skills due to lack of attendance, attitude, or mental blocks they may be reassigned to another team. To be competitive, our teams must have clean, well-developed skills at each level.

Team Placement

There may be cheerleaders on any given team that tumble at a different level than the rest of their teammates. We try to match up the athletes by level as best as we can, but please remember that stunts, jumps, dance, motions, and age are factors as well. Some will be stronger tumblers than others. Some will contribute in stunting more than others. Every cheerleader has a purpose on the team-**please trust the staff**. This season we will continue to push each cheerleader to improve their skills, even if it means working on skills that are above what is allowed in routines at their team's current level.

Please note that no cheerleader has an absolute guarantee of a roster spot on a particular team. The coaching staff reserves the right, at any time, without notice, to change the rosters of the teams by adding, rearranging, or removing cheerleaders to/from teams for a performance or practice. We attempt to make roster changes as infrequent as possible and with as much warning as possible.

Cheerleaders may be removed from our program at any time for reasons which may include but are not limited to: failure to fulfill financial commitments, absences and/or tardies, failure to attend a competition, use of illegal substances, attitude problems, and inappropriate social media posts and personal conflicts. There will be no refunds given in the event of removal from a team.



Tumbling guideline by level

In the table below is a **general** listing of skills divided out by level. Each level includes, but is not limited to, all of the skills outlined. In creating teams, we will use this as a general guideline for the appropriate placement of each athlete based on their tumbling skills.

Level 1	Level 2	Level 3	Level 4	Level 5
-Forward Roll -Handstand -Cartwheel -Roundoff -Back Walkover -Front Walkover -4 Jump combo -L1 Specialty Pass (both standing and running)	-Standing BHS -BWO-BHS -RO BHS -FWO-BHS Series -4 Jump Combo -L2 Specialty Pass (both standing and running)	-RO Tuck -RO-BHS Tuck -Standing BHS-Series -Punch Front -Jump-BHS -4 Jump Combo -L3 Specialty Pass (both standing and running)	-Standing Tuck -Standing BHS-Tuck -Jumps BHS-Tuck -RO-BHS Layout -Standing series-Layout -Whip to Layout -4 Jump Combo -L4 Specialty Pass	-RO-BHS Full -RO-BHS Double -Standing BHS-Full -Standing BHS-Double -Standing Full -4 Jump Combo-Tuck -L5 Specialty Pass

In evaluating each athlete, we will be looking for **technically correct skills** preformed to the **highest degree of perfection**. For example having straight legs, pointed toes, feet together etc. While you will be given credit for skills that you successfully attempt, we want to remind everyone that the quality of the skill and the safety of the athlete are the highest priority.

Other skills that will be evaluated during team placement include but are not limited to:

- ☆ Jumps
- ☆ Dance
- ☆ Motion technique
- ☆ Flexibility
- ☆ Strength and endurance
- ☆ Stunting (when applicable)

Team evaluations are low stress and open to everyone of all skill levels.

There is no experience required.



Rules and Guidelines

Attendance

We expect all team members to attend all scheduled practices. Attendance is very important to the success of our teams. All GAC practices are mandatory. Practices will only be excused for illness (if you have a fever or are throwing up) and school cheerleading. While we excuse school cheer we ask that you make all efforts to attend practices for the full time. **In addition the practice prior to competition is mandatory and is not excused for school cheerleading.**

It is mandatory that the coach be notified as soon as possible if an athlete must miss practice. You will be responsible for finding an **adequate** substitute for practice if you miss. The coaching staff will provide information to assist you. All subs must be approved by your coach.

We recognize that there are sometimes other legitimate reasons that a team member may need to miss a practice. If a parent feels that is in the best interest of the athlete to miss a practice, we ask that the parent contact the coach as far in advance as possible to discuss the situation with the coach. If possible, the coach will accommodate the request to miss practice. If it is not possible, the coach will explain why. We believe that with the adequate time and cooperation between the coach and parents, we will be able to resolve most potential conflicts. If the coach and parent are unable to agree on a resolution, the coach will involve the management team of GAC. We understand that ultimately it is the parent's decision. It will be GAC's responsibility to inform the parents of any possible ramifications of that decision.

All competitions are mandatory for GAC athletes. We ask that all athletes follow the day of competition schedule and are in attendance for all designated teams and arrive to the event as the schedule mandates. Tardiness to competitions may result in being replaced for that event. Failure to come to a competition may result in dismissal from the team/gym. If there is a conflict with a competition date you will need to notify the coach/management of GAC as soon as possible to avoid any conflict.

Practices two weeks prior to a competition are extremely important to the safety, perfection and execution of a routine. Absences during this time frame may be met with position changes and/or removal of the cheerleader from the event. Prior to

competitions, teams may schedule an extra practice which is also mandatory.



Rules and Guidelines Continued

Sportsmanship-Athletes and parents

Sportsmanship and team unity are very important to our organization. We strive to create a positive, pleasant learning environment for our athletes and parents. Please be courteous and considerate to all teams and athletes both inside and outside of the gym. This includes other all-star programs and other GAC teams. Please do not speak negatively about any person, decision, or result involving GAC. This includes the internet, message boards and all social media. We strive to teach our cheerleaders respect and sportsmanship. Anyone who behaves in a manner, in or out of the gym, that we view as inappropriate may be asked to leave our program. Cheerleaders whose parents are excessively negative or disrespectful will be removed from the program. This includes interactions between parents regarding other children in the gym, coaches or GAC as a whole during practice times.

Viewing Area Policies

The viewing area is open to friends and family during team practices and tumbling. The viewing area is a privilege that will be protected at all times. GAC reserves the right to close practice for viewing at any time. The following rules will be in place for the viewing area. If at any time these rules are violated, you may be asked to leave. Actions may also result in a probationary period.

1. No yelling over the balcony at any time for any reason.
2. Please sit at all times.
3. No running allowed in the viewing area. We ask that all siblings remain seated during practices.
4. Please keep noise to a minimum; it can be distracting to the coaches and athletes.
5. Please keep the area clean! Do not leave food or trash on the floor, tables or in the viewing area.
6. Do not gossip about other children, coaching staff, or other teams at any time. If this becomes a problem it may result in closed practices

- or individual probation from the viewing area.
7. Let us be the coaches! You stick to being the encouraging parent.

Clothing/Apparel/Promotional Items

There is to be absolutely no creation of clothing, apparel or promotional items that has GAC, Greensboro All Star Cheerleading, team names or any version of the GAC logo. We reserve the right to dismiss your athlete from the program if you are caught making, selling or distributing any clothing or items of any kind with the GAC logo, brand or team names. Please speak to Anna Love regarding team gifts etc for permission on what can and cannot be done!

Communication with Coaches

When communicating with coaches regarding your child (questions regarding your child, notification of absence or tardy, etc) you are to contact the coach directly by phone call, email, text or private group me message. You are NOT to post on the team group me page that your child will be absent or late. The team group text is for communication between coaches/team mom to parents, not to be used as a notification tool for individuals.

Dress Code

Gym Dress Code

1. GAC t-shirts/practice wear may be worn at GAC practices.
2. Spandex or cotton (running or soffe shorts) should be worn.
3. Cheerleading shoes should always be worn.
4. Sports bras are to be worn by all cheerleaders at practice and tumbling classes.
5. NO jewelry including ear, nose, tongue, eye brow or belly button rings. Wearing these could result in serious injury to your child, another child or a coach.
6. Fingernails should be kept short (this is for everyone's safety).
7. Hair should always be pulled up in a pony tail.

Competition Dress Code

1. Cheerleaders will be given what to wear at competitions according to time of arrival.
2. At no time will your uniform top be worn with shorts, jeans, pj pants, etc.
3. Cheer shoes are the only acceptable shoes during the entire competition—no ugs, flip flops, sandals, etc.
4. Hair is to be up in a ponytail anytime you are in uniform.
5. Complete uniforms must be worn at award ceremonies. No Exceptions
6. Only approved GAC tee shirts may be worn at competition.
7. No bright color nail polish for competitions at any time.
8. No bright colored hair (dyes or extensions) for competitions at any time.

9. Athletes are required to follow the assigned hair styles for competitions at all time.

Financial Guidelines

___ All cheerleaders must show a zero balance on the previous season before being placed on a roster for the 2017-2018 season.

___ All accounts MUST have a credit/debit card on Jackrabbit that will be used for tuition payments and automatically drafted on the 1st of the month. A late fee of \$10.00 will be assessed on the 5th of the month. The team all inclusive fee will be run on the 15th of each month.

___ GAC reserves the right to charge your card on file for any fees that become 30 days past due (such as tuition, competition fees, choreography, camp, music, etc).

___ If you are placed on a roster and choose not to take the spot, your registration fee and tryout fee will not be refunded. Refusing a spot based on which team you make prevents someone else from making that team and can leave the team without the proper amount of bases, flyers, etc.

___ Each team member will need specific apparel (practice wear, uniform, warm up, shoes, etc). These fees are paid separately and are due at the time of ordering.

___ Each athlete is required to purchase a uniform. The uniform must be paid for at the time of ordering and will not be given to the athlete if there is any outstanding balance on their account or has not been paid in full.

___ Tuition covers practices, extra practices and staff assistance at extra events/competitions. Tuition will not be prorated for holidays, gym closings and weeks without practice.

___ If a customer's account falls past due, the following will occur; all discounts will be forfeited, athlete may be removed from the competition routine and will not be allowed to participate in practices or other GAC activities (including private lessons, extra tumble classes, clinics , etc.) until the account is made current.

___ There will be a \$35.00 fee for returned checks.

___ If you pay the year in full upfront, there are **no refunds**. If your family relocates, any fees not yet paid out may be reimbursed.

___ Competition entry fees cannot be refunded for any reason (including injury) once they are paid out. If someone has to fill in for you it is not fair to have them pay the competition fees.

___ **All resignations must be received in writing. There will be an early termination fee of \$125.00. This fee may be charged to the credit card on file.**

___ **No refunds will be given at any time.**

Any questions or concerns regarding financial issues should be directed to Tricia Fodel at Tricia@cheergac.com

Please initial on each line and return with your completed registration forms!



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General Rules

1. ____ All GAC members must follow the GAC dress code at all GAC events/practices.
2. ____ All cell phones must be turned off and placed in the designated area during practice time.
3. ____ No food gum allowed during practice or tumbling.
4. ____ No smoking, drinking of alcoholic beverages or use of illegal drugs is allowed. This may warrant immediate dismissal from the team.
5. ____ Challenging the authority of the coach (or any GAC staff member), by student or parent, may mean dismissal from the program.
6. ____ Any profiles created on the internet that includes GAC, either in name or pictured in uniform, need to adhere to the following guidelines: No profanity, no vulgar/inappropriate pictures, good sportsmanship and appropriateness for all ages.

Attendance

1. ____ All practice sessions are mandatory.
2. ____ Cheerleaders must be on time to practice and stay for the entire session.
3. ____ If you are sick or injured, you must still attend practice. You will not be required to participate but you will watch any changes that directly affect you.
4. ____ With your coaches help, you will be asked to find a substitute if you are going to be absent.

Competitions

1. ____ Members are required to attend all competitions. This means through the awards ceremony. If parents are unable to stay for the whole competition, other arrangements must be made so that the cheerleader can stay.
2. ____ All behavior, comments, and actions should be appropriate and reflect good sportsmanship. Remember, the way you conduct yourself is a direct reflection of GAC.
3. ____ If you miss a competition, you may be asked to sit out for the following

competition or dismissed from the team.

Sportsmanship-Athletes and Parents

____I have read, understand and agree to all rules and regulations under sportsmanship.

Viewing Area Policies

____I have read, understand and agree to all rules and regulations under viewing area policies.

Clothing/Apparel/Promotional Items

____I have read, understand and agree to all rules and regulations under clothing, apparel and promotional items.

Communication with Coaches

____I have read, understand and agree to all rules and regulations under communication with coaches.

Gym Dress Code

____I have read, understand and agree to all rules and regulations under dress code.

Competition Dress Code

____I have read, understand and agree to all rules and regulations under competition dress code.

Please initial on each line and return with your completed registration forms!

Participant Agreement and Assumption of Risk 2017-2018

In consideration of the services of ACTA-GAC Inc., its owners, agents, officers, coaches, employees and all other persons or entities acting in any capacity on their behalf (here in after collectively referred to as GAC) I hereby agree to release, discharge and hold harmless GAC, on behalf of myself, my children, my parents, my heirs, assigns, personal representative and estate as follows:

- I understand and acknowledge that the activities that I or my child engage in while on the premises on under the auspices of GAC pose known and unknown risks which could result in injury, paralysis, death, emotional distress, or damage to me, my child, to property or to third parties. The following describes some but not all of those risks: Cheerleading and gymnastics, including performances of stunts and use of trampolines, entail certain risks that simply cannot be eliminated without jeopardizing the essential qualities of the activity. Without a certain degree of risk, cheerleading students would not improve their skills and the enjoyment of the sport be diminished. Cheerleading and gymnastics expose participants to the usual risk of cuts and bruises and other more serious risks as well. Participants often fall, sprain or break wrist and ankles, and can suffer more serious injuries. Traveling to and from show, competitions, camps and exhibitions, etc. raises possibilities of any manner of transportation accidents. In any event, if you and your child are injured medical assistance may be required which you must pay for yourself.
- I expressly agree and promise to accept and assume all of the risks known and unknown connected with GAC related activities, including but not limited to performance of stunts, tumbling, jumps, and use of trampolines. My participation and that of my child is purely voluntary. No one has forced or coerced me or my child to participate. I elect, for myself and my children to participate in such activities in spite of the risks.
- I hereby voluntarily release, forever discharge and agree to hold harmless and indemnify GAC from any and all liability, claims, demands, actions, or rights of action, which are related to, arise out of, or are in any way connected with my child's participation in GAC related activities.
- Should GAC be required to incur attorney's fees and costs to enforce this agreement, I agree to indemnify and reimburse them for such fees and costs.
- I certify that my child has health, accident and liability insurance to cover bodily injury or property damage that may be caused or suffered while participating in this event or activity, or else I agree to bear the costs of such injury or damage to my child. I further certify that I am willing to assume and bear the costs of all risks that may arise or be created, directly or indirectly through or by any such condition.
- In the event that I file a lawsuit against GAC, I agree to do so solely in the State of North Carolina and I further agree that the substantive and procedural laws of that state shall apply in any such action without regard to the conflict of laws rules thereof. I agree that if any portion of this agreement is found void or unenforceable; the remaining portions shall remain in full force and effect.
- By signing this document, I acknowledge that if anyone is hurt or property is damaged during my participation or the participation of any of my children in this activity, I may be found by court of law to have waived my right to maintain a lawsuit against GAC on the basis of any claim from which I have released GAC by signing this agreement.

I have had sufficient opportunity to read this entire document. I have read it and understand it. I agree to be bound by its terms.

Parent or Guardian's additional Indemnification (Must be completed for participants under the age of 18)

In consideration of _____ (print minor's name) being permitted by GAC to participate in its activities including but not limited to inside and outside events held at 8029 National Service Rd Colfax, NC as well as all areas of travel our participants attend (i.e. camps, competitions, unity weekend travel, exhibitions, etc.) and to use its equipment and facility. I further agree to indemnify and hold GAC from any and all claims which are brought by or on behalf of "minor's name" and which are in any way connected with such use or participation by Minor.

Parent/Guardian Signature: _____

Print Name: _____

Date: _____

Please fill out each line and return with your completed registration forms!



**Greensboro All Star Cheerleading
8029 National Service Rd
Colfax, NC 27235**

Phone: 336-664-0233

Fax: 336-812-8098

Website: www.cheergac.com

SOCIAL MEDIA LINKS

Please be sure to "follow" or "like" us on all our social media outlets. This will be a great way to keep up with things happening at GAC!

Facebook: Greensboro All Star Cheerleading-Gym Page

Twitter: @CHEERGAC

Instagram: CHEERGAC1

IMPORTANT CONTACTS

Anna Love Logan-Anna@cheergac.com

Tricia Fodel- Tricia@cheergac.com