



2019-2020 Information Packet

Cheer Intensity
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Mission Statement:

At Cheer Intensity we want to share our knowledge and passion for the sport of All-Star Cheer with those who join our family. We use cheerleading as a tool in which to train the bodies of our athletes, but also to train them to be positive and constructive members of society. Through the dedication of our staff, the attention to teamwork, and the discipline that comes along with being a part of our gym, each and every member will leave our program with new knowledge and a heightened confidence. We work in conjunction with parents and teachers to instill responsibility, motivation, and respect. Cultivating our individual strengths, while maintaining the primary focus of what is best for the gym a whole, allows the athletes and families who are part of our culture to be an integral piece of the larger puzzle. We pledge to use our Core Values of **Discipline** and **Acceptance** to guide our decision-making, coaching strategies, and personal interactions with athletes and families. The memories that are created and the lessons that are learned while being a member of a Cheer Intensity team are something that will stay with the athlete for years to come.

Open House:

Sunday, May 12- 11am-1pm- Come visit our facility, talk to the coaches, meet the kids and parents, watch some of our team members show off their skills, and even tumble around. This is also an open gym for any prospective or existing members to meet and stunt or tumble together. We will answer all of your questions and hopefully allow you to get a feel for the gym and its members! This is completely optional! **Any athletes wishing to tumble or stunt must fill out a Liability release form which is available at our gym or on our website listed above.**

Registration:

Registration begins May 6! If you register your athlete before Sunday, May 26, you will receive a discounted rate. Registration includes the registration/insurance fee, plus June tuition for training. All athletes have to pay the full registration fee regardless of how many leveled practices they can attend. This also includes a T-shirt! Please have forms filled out online, payment made, and a credit card number put on file in order to finalize registration.

Early registration (by May 27)- \$175
On time registration (by June 10)- \$205
Late registration (after June 10)- \$250

Leveled Practices

Our gym philosophy is that we focus on the team prior to the individual. In this respect, we feel that our team placement process must line up with these values. Instead of forming teams based on individual skills, we need to keep like-skilled kids together and see what we can do with the personnel to make them the strongest team possible for the gym. There is so much that goes into an All-Star performance, that the dynamic of a team in respect to stunting, tumbling, dance, jumps, and attitude needs to be just right. We even need to consider the size of the athletes in comparison with each other. By spending the month of June practicing like-skilled athletes together, we will be able to configure the strongest teams possible to represent our gym. Athletes will attend their first leveled practice the week of May 29th. Gold team members and Black Team members of Level 1.1 teams will come to the level of their 2018-2019 team (unless told otherwise by a staff member. This would only apply if their skills declined during the season). Cheetahs and Leopards will be told in their final progress report which leveled practice to attend since 3.2 is a very ambiguous level and we had varied skills on these teams. If there are athletes whose skill set could potentially benefit a different group of athletes, that athlete will receive an email during the month of June to either switch to a different leveled practice day or add a leveled practice day. Leveled practices will allow us to do a number of things:

1. Evaluate how the athletes work together, especially in regard to stunting, over a longer period of time.
2. Teach the gym techniques and standards prior to forming teams.
3. Evaluate consistency, ability to take critique, and stamina over a longer period of time.
4. Take the pressure off of the kids to "level up." It is unrealistic for every athlete to level up each year. Every athlete is different, but generally an athlete spends 2-4 years at a particular level.
5. Allow the athletes to form bonds with like-skilled athletes before teams even begin.
6. Only HAVE to be at gym one day a week in June.

Types of Teams and Commitment

White Teams- Fundamental, Novice, or Exhibition teams (**FALL START**):

Fundamentals- A program created by the USASF for beginner cheerleaders. The idea is to run a program for a set time (we have chosen 12 weeks) to allow kids to try All-Star. Compulsory routines are made by the USASF and can be used as a final performance in the gym at the end of a FUNdamentals session! The fall session begins the first week of **September**!

Novice- Teams that perform a routine but are not judged against other teams. Instead they are judged against a scoresheet and rated based on their score (multiple novice teams could receive the same rating).

Novice will begin in **November**!

1 week notice will be required on all absences. No substitutes are needed for missing practices. The athlete must be at the practice prior to a performance in order to perform. Athletes may not miss a performance unless it has been cleared by the gym owner prior to the season beginning. White teams will be very cost effective in regards to uniform and extra fees!

Black Teams- Prep Teams. Practice 3.5 hours per week (2 days). Attend regional competitions. Only competes one day at all competitions. Leveling is different than traditional all-star. Some levels offer a higher level stunting than tumbling. Levels include: 1.1, 2.1, 2.2, 3.1, and 3.2. The first number is the level stunting the athletes are allowed to perform and the second number is the tumbling level. We are more lenient with black team members as far as absences. 2 weeks notice is still necessary on all absences but they may miss for other sports/activities as long as it is not excessive and is discussed with the coaches/gym owners. Each athlete has 6 hours of personal time to use, but will be closely monitored after using 4 hours.. Personal time includes anything not school/sport related. Examples are family parties, tickets to a concert, homework, work, tardy time. Members are required to be at the last practice prior to a competition. The only exception is if they are contagious or have something for school that is for a grade. In that case, please give coaches notice as soon as the calendar is sent out so that we may rework practice times to accommodate full team. They can only miss a competition if cleared by the gym owner at the START of the season. Getting a substitute is not mandatory for when black team members are absent from practices. Teams will be accepting US Finals Bids.

Types of Teams and Commitment (cont.)

Gold teams- Practices 6 hours a week. Levels 1-2 will have a 2 hour, a 2.5 hour, and an OPTIONAL 1.5 skill practice. Levels 3-4 will have 2 3-hour practices. Level 6 (Worlds) will have 3 2-hour practices. In the fall, the Optional level 1/2 practice becomes mandatory and we add 2 hours a week for all levels 3-5 teams. Will attend 3-5 2-day nationals (only 1-2 are over 6 hours away). Level 1 Gold teams MAY not do as much extensive travel. Gold team members will need to use personal time if they miss practice for other sports and activities. Athletes on Gold teams must be in attendance at the 2 practices immediately preceding all competitions. The only exception is if they are contagious or have something for school that is for a grade. In that case, please give coaches notice as soon as the calendar is sent out so that we may rework practice times to accommodate full team. They can only miss a competition if cleared by the gym owner at the START of the season. Gold team members must get a substitute for any missed practices. Teams will be accepting Summit Bids. These teams will be comprised of cheerleaders who have chosen cheerleading as “their sport”. They are looking to invest their time and efforts into this one sport. To be considered for these teams, athletes must be hardworking, dedicated, a self-motivator, and have a positive attitude about themselves and others. Gold team members cannot miss practices for high school cheer, other after school activities/sports, work, or homework. It is the responsibility of the cheerleader to organize his/her time properly. Any absences due to these will be unexcused and the athlete will be utilizing his/her personal time. You are allowed up to 9 hours of personal time. After 6 hours has been used, you will be closely monitored. Please know that minutes tardy also go towards personal time. We urge that you save this time for when it may really be needed and don’t use it all up in the summer.

Cheer Intensity 2019-2020 Fees

(estimated until team formatons and final comp schedule is made)

Monthly tuition/fees are due at the 1st of every month (July-April) and are late after the 5th. **A \$10 late fee will be applied on the 5th and 20th of each month if balance is not paid.** Sibling discount- 35% off tuition-only for second child, 50% off tuition-only for 3rd child. Super Seniors 50% off of tuition-only.

	Black Teams	Gold Teams lvl 1-2	Gold Teams lvl 3-5	Lions
Monthly Tuition- 1st of each month July-April	\$118	\$150	\$150	\$150
July 15- Start Up Costs (coaches travel, choreo, music, makeup, bow, shoes, practicewear and fall practice if applicable)	\$355	\$590	\$675	\$695
Comp Fees- 15th of each month Aug-Dec	\$85	\$180	\$180	\$200

*If you are interested in a breakout of what these fees go towards, please email Jess Forte for the Fee Breakout chart.

Competition fees are estimated. At the end of the season, we will send out a chart of actual fees per competition versus total paid. Money will then either be refunded or owed

This year there will not be a discount for paying tuition up front unless it is paid with check or cash. The discount for that is 5% and is nonrefundable

Additional costs:

USASF Athlete Membership Fee- \$30- Must register and pay online for 2019-2020 season. Penny will provide you with instructions on doing so.

Possible Summer Stunt Clinic- \$75 See details under Summer Dates. This will be due at the start of the clinic.

Uniform- cost is dependent on team: Black Prep Teams (\$185), Gold Teams (\$398), Level 5 (\$404) Due upon placement of the order.

Worlds- This is usually the end-of-the season competition for our level 6 & 7 teams. If your team receives a bid to Worlds in Orlando, FL, you are required to attend. Cost varies based on rooming arrangements and if the bid is At-Large or Paid.

The Summit- This is Varsity's All-Levels Championship in Orlando, FL. Any Youth, Junior, or Senior team Levels 1 to Level 5 teams can obtain a bid. If your team receives an At-Large or Wild Card Summit Bid, you are not required to send your child, but please let us know immediately after receiving the bid that you will not be able to attend the Summit so that we can replace him or her for that competition. If the team receives a Paid bid, it is mandatory to attend. Cost for the Summit varies based on rooming arrangements and if the bid is At-Large or Paid.

Worlds/Summit Coaches Travel Fee- If your team receives a bid to The Cheerleading Worlds or The Summit there will be an additional \$70 coaches fee if the team has received a Full Paid bid or \$115 coaches fee if the team has receive an At Large Bid. This is to go towards the cost of sending at least 2 coaches to the competition. **This will be due one month prior to the event.**

Tumbling- Optional (unless a coach requires that you attend due to subpar skills) Cost is: 8 week session-\$80 sign up for a session online!

Drop in Classes- will be offered at \$13 a class (must still sign up online)

CIA Practicewear (sports bras & spandex)- \$78 Optional for Black Teams (already included for Gold)

Extra T-shirts, Tank Tops, and Practicewear- Extra tanks, t-shirts, etc are all optional.

Floor Rental Fees- If the CI staff decides that it would be beneficial for the team to practice at a travel competition, we will divide the cost of the floor rental with the entire team.

Additional Program Info:

Summer Dates

July 4-7- Gym Closed for Staff Training

Aug 17-25- Gym Closed for Vacation Week

Summer Camps-

-July 15-19- MAGIC CAMP

-Aug 12-16- UNDER THE SEA CAMP

-Aug 26-30- SCIENCE CAMP

More camps and clinics to come!

Practice

The practice season will begin Monday July 1, 2019. The practices for the teams are as follows:

-Level 1-2 Gold teams- 2 hour practice, 2.5 hour practice, and a 1.5 hour optional practice weekly. Sept-Nov the 3rd practice becomes mandatory (or time will be added to the original 2 practices to total 6 hours a week).

-Level 3-5 Gold teams- two 3 hour practices per week + an extra 2-hour practice September-November

--Level 6 Gold teams- three 2 hour practices per week (must come ½ hour early to warm-up) + an extra 2-hours added to practices in the fall

-Black teams- Total 3.5-4 hours of practice a week July-April.

-White teams- Depends on the team, but most likely 2.5-3 hours a week.

If holidays, competitions, etc. conflict with regular practice days, we may make adjustments. We will always try to make sure there are a total of 24 hours a month for Gold teams, 14 hours for black, and 10 hours for white. If there is not, there has been, or will be, excess hours another month. Competitions count as 2 hours per day of practice time.

Athletes must have their hair up and shoes on by the specified time. If an athlete needs to be excused from practice, it is his/her responsibility to inform the coaches at least **2 weeks prior** in order to give the coaches enough time to re-adjust the practice schedule if necessary. (Keep in mind that not all absences will be excused. It is solely up to the coaches to determine the necessity of the absence.) You will receive the practice schedule at least 2 months in advance and **during competition season the coaches reserve the right to schedule additional practices as they see fit for their team. ALL TEAM MEMBERS ARE REQUIRED TO ATTEND ALL PRACTICES, COMPETITIONS, ETC.** or risk being replaced for competition or being removed from the team. If you choose to vacation along with competition, you must stay **later** rather than go early. If you stay later, it cannot interfere with another competition or preparation for another competition and 2 weeks notice must be given. Do not book flights before knowing itinerary. If you are unsure about anything, please ask Adam or Jess!

Absences

The staff is responsible for determining if an absence is excused. If it is not an approved reason, the athlete may use personal time (6 hours for black teams, 9 hours for gold). If you miss the practice right before a competition you can expect to not be participating in that particular competition, unless you receive prior approval for your absence. Repercussion for missing a competition is at best 3 hours unexcused absence per day, and at worst dismissal from the program. This will be on a case by case basis. For all absences, you must have a valid excuse submitted to admin@cheerintensity.com two weeks prior to your absence. If you are to miss a practice due to **serious** illness, you are required to **call** your coach to notify him/her that you will not be able to attend. Not calling will cause your personal time to be used. If you are capable of coming to practice, and are not contagious, it is expected that you attend and watch the practice. Gold team members must get a substitute to fill in for that practice. We do not have to know who that athlete is until 24 hours before the practice, but the absence needs to be in 2 weeks prior. We have a facebook page solely dedicated to subs and the coaches help to give recommendations as to who might be a good fit. Many athletes and parents see substituting as free training and an opportunity to improve themselves, so you shouldn't have trouble finding replacements. Black team members may substitute on gold teams.

Competition:

We participate in local, regional, and national competitions throughout the year. Competition provides our program with the opportunity to showcase our talent and compete with other programs. We encourage family and friends of the participants of our program to attend these competitions to show support for all of our teams. Each member of each team must be present at all of the performances made by our program, unless given prior permission to miss a performance. We will be participating in the **NY State Showcase on Nov 10**. This gives us a chance to show off all of our teams in front of a large audience before kicking off the competition season. The competition season begins with the first competition for our regular season teams which will most likely be in December. **The subsequent competitions will be listed on the 19-20 competition schedule which will be available at the end of May.** Though we hope that the schedule is permanent, it may be altered before the end of the summer. You will receive a final competition schedule in September. We have chosen a number of regional competitions for convenience and affordability. Gold teams have the potential to receive Summit Bids. If a Gold team obtains a Paid Bid, the Summit will be mandatory. The Summit will be optional if the team receives an At-Large Bid. **If there is an opportunity to add a competition to the schedule after the schedule has been finalized, it**

will go to a team vote. 75% positive responses will be required in order to go ahead with the additional competition. If there is a 75% approval rate, all participants will be required to attend and pay the additional fees.

Divisions:

Divisions are partially based on age. To avoid the problem of eligibility changing during competition season, a date has been selected by the USASF to serve as a cut-off. This date is August 31st. This means that your eligibility for each team is marked by how old you are as of August 31st, 2019. For all International Divisions, the eligible age for the athletes will be determined by the “calendar year of the competition” for its age cutoff date. Example: An athlete that is 13 but turns 14, within the same calendar year (on or before Dec 31) of the event, is eligible to compete in that event on an International Open 5 (all girl or co-ed). The Age Grid is broken up like this:

Tiny- Ages 6 & Under
Mini- Ages 5-8
Youth- Ages 7-11
Junior- Ages 8-14
Senior- Ages 11-18 (will be 13-18 in 2020-2021)
Senior (Worlds)- Ages 13-18
Senior Open (Worlds)- Ages 14 +
International Junior- Ages 10-16
International Senior- Ages 14-18
International Open- Ages 14 +

Levels:

According to the USASF guidelines, there are 7 levels for regular all star teams this season. The “level” refers to the type of tumbling, stunts, and pyramids that a team is able to safely perform. The levels are numbered 1 to 7 in increasing order of difficulty. The level of a team is determined by the coaching staff. There has been a rapid increase in the difficulty of each of the levels over the past couple of years.

There may be an athlete on a team that can tumble or stunt at a different level than others. We try to match up the levels of the athletes the best that we can. Please remember that stunting, pyramids, jumps, dance, motions, and age are huge factors as well. It is nearly impossible to have a full team of equally matched athletes. Some will be better in tumbling, some better in stunting, etc. Every athlete is on the team for a reason. Please trust the staff. **Please remember that just because you have the required tumbling for a level does not automatically place you on a team of that level. You may also need to be able to stunt at that level!** Also know that we will be working hard to push every athlete to improve his or her skills, even if it means working on skills that are above that team’s “level”.

At any time we may implement team-shifts. This could be due to an individual’s loss of, or increase in, skills. Or it could be based on the progress a team may or may not be making. For example, if the team cannot successfully execute the maximum amount of stunts possible for the amount of kids on the team, we may rearrange the teams (take one or two athletes off and move them to a different team.) We reserve the right to do this as not maxing out our numbers in stunts could affect scoring. For example, if we take 20 kids on a small senior team and we are not able to successfully execute 5 stunts, it would be in our best interest to move our team number down to 18 or 19 so that we are only able to put up 4 stunts. The choice of who to team-shift will be up to the coaches and gym owners and will be based on the needs of the team.

Crossovers:

Athletes may choose to cheer for more than one team within the season. Preference for crossovers will be given to experienced, well rounded athletes. Teams that will utilize crossovers will be determined by the staff at Cheer Intensity. Please indicate on your member profile if you have an interest in being a crossover. The only additional cost is the crossover fees for competition which will be charged about 2 weeks prior to each competition. Another additional cost would be the practicewear and uniform if it is different from your primary team. Please be aware that your commitment to your 2nd team should be just as important as your commitment to your 1st one. That means you must attend all practice and competitions for your crossover team! If this commitment causes an athlete to digress on his or her primary team, we reserve the the right to decide that 2 teams is too much for that athlete and remove her from her crossover team.

Sportsmanship:

Sportsmanship and team unity are extremely important parts of our organization. We ask that our members be courteous and friendly to all teams and athletes. Do not speak negatively about any team, program, score, decision, or placement. This includes both verbally and on the internet; both inside and outside of the gym. We wish to promote a healthy learning environment and would like for our program to display the values we hold high. We strive to teach our athletes sportsmanship and respect. Anyone who behaves or speaks in an inappropriate manner in regards to these rules, immediately subjects him/herself to the possibility of dismissal from the program.

Fundraising/Parent Participation:

We understand that All-Star Cheerleading can be fairly expensive. Thus, we do not want to exclude anyone who might be interested in being a part of our program because of any financial shortcomings. The Booster Club was designed to receive parental input and to support our athletes in every way possible. One of the main foci of the Booster Club is fundraising to cover some of the costs of All-Star Cheerleading. The Booster Club plans to offer an abundance of fundraising opportunities year-round so that all children interested in our program are given the chance to participate. This year there was at least two fundraisers every month. If your child's team earns a Worlds or Summit Bid, Cheer Intensity MAY offer special team-specific fundraisers to help with the added cost of these additional competitions. There will be NO outside fundraising separate from the Booster Club or Cheer Intensity.