



2023-2024 COMPETITION CHEER TEAM HANDBOOK

Welcome! Now that you've made the decision to join the Starstruck Competition Cheer Team Family please be sure to take a look at the following policies and procedures that are involved when your child trains with our staff.

From our first practice in the early winter of 2002 to our current season, 20+ years later, Starstruck has always strived to develop the whole athlete - physically, mentally, and emotionally. The most direct way that we help the youth in our program is by bettering their skills and helping them reach their athletic potential, but we believe our program serves a higher purpose. Throughout their lives, everyone will be put in situations where they must work together with others to achieve common goals. Teamwork is a lifetime lesson more valuable than tumbling skills. The hours, weeks, months, even years of work that go into improving stunts, tumbling, jumps, and motions will improve your fitness, skills, and health. More importantly, Starstruck athletes learn about sportsmanship, working together towards goals, and striving to improve. These life lessons that we have been able to share with the athletes in our gym are what make us the proudest.

SEASON 22 PROGRAMS

Starstruck Season 22 will consist of the following 5 programs:

Full Year Elite Cheer

- Full year program (May 2023-April 2024)
- Available for mini, youth, junior and senior athletes.
- Two practices per week 90-150 minutes each (pending age), plus one weekly tumbling class.
- Attends 6-8 events per season. Usually 1-2 one day and 4-5 two days events.
- Travel required. 1-2 out of state event (air fare required), plus various events throughout the state including but not limited to: San Jose, Anaheim, Bakersfield, Sacramento, Roseville, Las Vegas and more.
- Elite competition uniform + practice uniform required.

Full Year Prep Cheer

- Full year program (May 2023-April 2024)
- Available for tiny to senior age athletes for the 2023-2024 season.
- One to two practices per week for a total of 120 minutes per week.
- Tumbling classes available at a discounted rate.
- Attends 4-6 events per season. All events/performances will be ONE DAY only.
- Minimal travel. Majority in state events will be local (within approximately 150 miles). Schedule may include 1-2 travel events that do not require airfare such as Anaheim, Los Angeles or Las Vegas.
- Prep competition uniform is required + gym t-shirt.

Open Cheer Team

- Full year program (May 2023-April 2024)
- Ages 18 and older. Interested athletes must be 18+ by 12/31/2023.
- Athletes must meet specific age requirements and skill level. Not all interested athletes will be contracted for this year's open team.
- Practice schedule may vary between weekdays and weekends throughout the season. This team will begin practices in the summer months once per week and add practices as the season continues into the Fall and "competition season".
- Tumbling classes available at a discounted rate.



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- Attends 4-6 events per season. Usually 1-2 one day and 4-5 two days events.
- Travel required. 1-2 out of state event (air fare required), plus various events throughout the state including but not limited to: San Jose, Anaheim, Bakersfield, Sacramento, Roseville, Las Vegas and more.
- Elite competition uniform + practice uniform required.

P.A.T.T. Cheer (Premier Athlete Team Training)

- Extended program offered to members of our Elite and Open teams only.
- Specific ages will be determined after teams are created and assigned.
- Additional weekend practices/commitment required.
- Possibility for additional competition costs.
- Expected to begin in September of 2023. Additional details to be posted and determined as Season 22 begins.

Mid Season Cheer

- Half year program (November 2023-March 2024)
- Available for ages 8 and older.
- One to two practices per week for a total of 120 minutes per week.
- Tumbling classes available at a discounted rate.
- Attends 3-4 events per season. All events/performances will be ONE DAY only.
- Minimal travel. Majority in state events will be local (within approximately 150 miles). Schedule may include 1 travel events that do not require airfare such as Anaheim, Los Angeles or Las Vegas.
- Prep competition uniform is required + gym t-shirt.
- Competition level will be PREP or NOVICE.
- Full Year PREP athletes may be eligible to double team onto this program as well.

FINANCIAL INFORMATION

- All payments will be managed via our online management system. Parents have constant access through your personal login and our website, StarstruckCD.com.
- All competition team athletes are REQUIRED to have a valid credit card on file.
- Cash or Venmo payments must be received by the 1st each month.
- Venmo payments should be sent for the full amount, not marked as goods and contain athlete's first and last name and month paying toward.
- Credit Cards (via the online management system) will be processed on the 2nd of each month for any outstanding account balances.
- All expenses are non-refundable.
- Accounts more than 20 days past due may result in the athlete being pulled from practice, choreography, and/or competition until the account is brought current.

MONTHLY TUITION EXPENSES

- Tuition payments cover expenses such as: program insurance, facility fees, staffing fees, summer camp, event registration, event staff, custom music, custom voiceovers, music licensing, gym activities, etc.
- Tuition is due on the 1st of each month beginning Thursday, June 1, 2023 through Monday, April 1, 2024 for our full year teams.
- Tuition will not be prorated based upon holidays or attendance.



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ADDITIONAL COST (Not Covered By Tuition)

- Commitment Deposit must be paid in full on the commitment date in May 2023 in order to be fitted for a uniform.
- Uniform Costs will be totaled and split into 3 payments due June 15th, July 15th and August 15th.
- Competition Shoes and Socks must be purchased individually.
- Elite Guest Choreographer payment will vary by team and level. Payment is split into two payments due September 15th and October 15th.
- USASF Membership in an annual athlete membership required by the United State All Star Federation to confirm athlete age and eligibility. This profile should renew annually and follow your child throughout their all star career.
- Travel, spectator fees, optional bags, warm-ups, winter wear, additional practice wear options, spectator apparel, etc.

EVENT TRAVEL + SPECTATORS

- Athlete hotel and travel costs are NOT included in the competition fees. These expenses are the responsibility of the athlete.
- Spectator costs are NOT included in the competition fees. These expenses are the responsibility of the athlete/attendee.
- Individuals are responsible for booking their own travel arrangements in accordance to when and where the gym is competing that corresponding weekend.
- Some events require a stay to play clause. During these events you will be required to book and stay at a specific hotel (or within a block of hotels) specified by the hosting Event Producer.
- Travel details and information will be provided by Starstruck when the event schedule is finalized.

DISCOUNTS + SAVINGS

- Starstruck offers a sibling discount of \$110.00 toward each additional child who participates on a full season team. Sibling accounts must be paid by one guardian(s) to qualify.
- Pay your entire account (including uniform fees and estimated choreography cost) in full by July 1st and receive a flat rate discount listed below.
 - Elite Team: discount of \$222.00 off your season balance
 - Full Year Prep Team: discount of \$122.00 off your season balance
- Fundraisers will be optional participation and we attempt to host one every few of months.

CONSEQUENTIAL FEES

- A late fee of \$25.00 will be charged to all past due accounts. For tuition this means if your account is not paid and your credit card does not clear when processed, you will be invoiced a late fee for the past due balance.
- All NSF fee of \$25.00 will be invoiced upon occurrence.

MONTHLY TUITION DUES

Full Year Elite Team Athletes	\$340-\$390 / month (includes mini, youth, junior or senior levels)
Full Year Prep Athletes	\$250-\$300 / month (can be tiny, mini, youth, junior or senior levels)
Open Team Athletes	\$325 / month (must meet age requirements & skill level)
Elite Crossover Athletes	+ \$225 / month (must cross to another elite team within Starstruck)
Additional Weekly Skills Class	+ \$50 / month
PATT Tuition	TBD / month
Mid Season Cheer	TBD / month

ADDITIONAL COST

Elite Team Uniforms	\$755 / athlete
Prep Team Uniforms	\$315 / athlete
Elite Team Deposit	\$350 / athlete
Prep Team Deposit	\$250 / athlete
Elite Guest Choreographer	\$100 - \$350 / athlete
USASF Athlete Membership	\$ 49 / athlete



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- The two weeks leading up to a competition event are considered BLACKOUT as well as each one week leading up to our summer camp and our fall choreography clinics. Athletes choosing to miss a BLACKOUT practice will be charged \$50.00 for each missed practice.
- Should your athlete miss a competition, an additional fee of \$100.00 per team may be charged to cover costs such as, but not limited to: an additional competitor/substitute, competition change fee, additional coaching fees for practice time, choreography, music changes, etc.
- Those who pay the deposit and commit to the season, and then choose to withdraw between May 25th - July 25th, will be responsible for all tuition through July AND the entire uniform cost.
- Those who pay the deposit and commit to the season, and then choose to withdraw between July 26th - September 25th will be responsible for all tuition through September, the entire uniform cost AND the full additional choreography cost.
- Those who pay the deposit and commit to the season, and then choose to withdraw on or after September 26th will be responsible for all tuition within 30 days' notice, as well as the entire uniform cost AND all choreography cost.
- Any notice of withdrawal must be submitted in writing.

TEAM PRACTICES + CLASSES

- Season 22 practices and classes will begin on Monday, June 5th.
- All team practices and scheduled tumbling classes should be considered mandatory and attended on a consistent basis by each athlete.
- Starstruck reserves the right to call additional practices beyond a team's normal practice schedule as needed.
- Starstruck reserves the right to require additional classes for students whom appear to perform "behind" the level of their teammates or designated team.
- Failure to attend your skills classes and/or keep up your necessary skills for the level may result in the athlete being removed from choreography or be re-rostered to another Starstruck team.
- Teams practice days and lengths vary by age.

ABSENCE PROTOCOL

- Illnesses should be messaged directly to the team coach via the BAND app.
- All other absences must be submitted via our absence form at least 2 weeks prior to the absence.
- Excessive tardiness or absences may result in an athlete moving or losing their position within a routine or team.
- The two weeks leading up to a competition event and one week leading up to a mandatory date such as camp or choreography clinics are consider BLACKOUT dates. Athletes choosing to miss a BLACKOUT practice will be charged the appropriate fees as stated in the financial section.
- Abuse or disregard of our absence protocol, may jeopardize an athletes position on a team, spot(s) in a routine, removal from an event, and/or temporary/permanent dismissal from the Starstruck program.

POLICIES & CONDUCT

- Athletes should arrive on time, fully dressed in proper practice attire and ready to work.
- On designated practice wear days, elite team athletes must wear their proper practice attire which should include: designated top, designated bottoms, bow/scrunchie and cheer shoes.
- Jewelry should always be kept to a minimum.
- During practices, athletes are asked to display positive attitudes, full effort, and teamwork.
- Cell phones must be turned to silent when practice starts and will be turned into the phone bin.
- Athletes who are being excessively negative, display disruptive behavior, and/or do not comply to any of the practice standards stated above, may be removed from a position, team, event, or the program.



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CROSS COMPETITORS

- A cross competitor refers to someone who participates on two cheer teams within Starstruck during any given season.
- Those on an elite team may cross to up to 2 more elite teams within the season.
- Those on full year prep may cross onto another full year prep as well as a mid season cheer team.
- Additional restrictions/limitations may occur when crossing between levels.
- Athletes may not cross between prep and elite status within any given event.

GENERAL

Our mission is to provide a positive and fun learning environment for ALL of our athletes/students. In order to help us achieve this, please adhere to the following rules:

- Always be kind, courteous and considerate to all of our athletes/students and their families, as well as our Starstruck staff.
- GOSSIP will not be tolerated and may result in immediate dismissal. This includes any negative and demeaning posts on social media.
- Parents who are excessively negative or disrespectful may be removed from the gym.
- Profanity, abusive or inappropriate language of any kind are prohibited.
- Please refrain from “coaching” or otherwise distracting athletes and coaches during practices.
- Physical altercations will not be tolerated and will result in immediate dismissal from the program.
- Bottom line – THINK BEFORE YOU SPEAK, ACT...OR POST!

FACILITY USE

- Take pride in our facility and please clean up after yourselves. All trash should be placed in receptacles provided. Personal belongings should be accounted for and taken home.
- All food and/or drink must remain in viewing areas, lobby, or athlete room.
- Do not bring any valuables to the facility. Starstruck is not responsible for any theft or damage to personal property or unattended items.
- Any additional clothing items (sweats, long pants, etc.), cell phones, school bags, or gym bags should be stored in the cubbies provided.
- Athletes should never use the facility/equipment unless an instructor is present and has granted permission.
- All spectators and siblings should remain in the designated lobby area.
- Athletes/Students in the facility outside of their instructional time should remain in the lobby or athlete room.

MISCELLANEOUS

- The name “Starstruck Cheer and Dance”, “Starstruck” and any of our logos may not be used by any person(s) unless granted permission. Permission is required from Mike or Tera DeGuzman before anyone may duplicate, copy, advertise, sell or barter any product or service that involves, uses, or displays our name and/or logo. We have spent over TWO decades developing our program and are very particular about how it is represented.
- Starstruck will use BAND as our main means to communicate and share information to our current athletes and their families.
- Season ending events (including The D2 Summit, US Finals, The Pinnacle, etc) that requires a special invite may be added. Should we choose to attend these events, we will discuss things with the parents of each team, once the schedule has been finalized.



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MARK YOUR CALENDARS FOR THE 2023-2024 SEASON

with these important dates

(all dates are tentative and subject to change)

May 15-20, 2023	Evaluation Workshops
May 21-24, 2023	Skills Evaluations
May 30, 2023	Commitment Date + Fittings (deposit due)
June 1, 2023	1 st Tuition Payment Due (see prior for future dates)
June 5, 2023	1 st Day of Team Practices + Classes
June 15, 2023	1 st Uniform Payment Due (see prior for future dates)
July 3-5, 2023	GYM CLOSED – Holiday
July 6-8, 2023	MANDATORY Competition Skills Camp
July TBA 2023	Starstruck Fun Day
July 15-29, 2023	GYM CLOSED – Summer Break
September 4-5, 2023	GYM CLOSED – Labor Day
September 11-12, 2023	Blackout Dates
September 13-17, 2023	MANDATORY Choreography Clinic (1 of 2)
October 2-5, 2023	Blackout Dates
October 6-7, 2023	MANDATORY Choreography Clinic (2 of 2)
October 28/29, 2023	Program Showcase (pending comp schdl)
October 30, 2023	Picture Day (pending comp schdl)
October 31, 2023	GYM CLOSED – Halloween
November 22-24, 2023	GYM CLOSED – Thanksgiving
December 22, 2023 - January 2, 2024	GYM CLOSED – Christmas/New Year
January 15, 2024	OPEN for classes and team practices
February 12, 2024	OPEN for classes and team practices
February 19, 2024	OPEN for classes and team practices
March 31, 2024	GYM CLOSED - Easter

****Additional Dates subject to the release of our S22 Competition Schedule is August 2022 ****



Welcome to the Starstruck family. Tera and I are honored to be starting our 22nd season and couldn't be happier you and your family have chosen to share in the fun with us. This season will be full of new experiences and opportunities, but don't worry, we're still holding tightly to the foundation and traditions that have made Starstruck your choice for all-star cheerleading. Cheers to the new cheer season and new adventures ahead.

Cheerfully,
Mike and Tera DeGuzman
Starstruck Owners



(pictured left to right)
Tera, Mike, Hope & Lyla
DeGuzman