



# ALL-STAR CHEERLEADING OVERVIEW



All-Star cheerleading has evolved into one of the most exciting, fast-paces and strenuous activities scored by a panel of judges in the world. Competitive cheerleading is broken down into teams by age and ability. The United States All-Star Federation (USASF) is currently the main governing presence in our industry, and Louisiana Cheer Force (LCF) forms our teams based upon the age and ability levels specified by them. LCF has teams in several LEVELS in each of these AGE groups. Currently, these age groups are as follows:

Tiny (Level 1)	6 years and younger as of August 31, 2017
Mini (Level 1-2)	8 years and younger as of August 31, 2017
Youth (Level 1-5)	11 years and younger as of August 31, 2017
Junior (Level 1-5)	14 years and younger as of August 31, 2017
Senior (Level 1-4)	11-18 years old as of August 31, 2017
Senior restricted (Level 5)	11-18 years old as of August 31, 2017
Senior (Level 5)	12-18 years old as of August 31, 2017
International (Level 5)	14 years and <b>older</b> as of August 31, 2017

These groups are subject to change with USASF updates.

All-Star cheerleading is scored based upon the **execution and difficulty** of tumbling, jumping, dancing, motion technique, tosses, stunting, performance and choreography. All are important in putting together a successful team. Athletes will be placed on teams based upon their abilities in the above-mentioned categories as well as their **mental mindset**. Although tumbling skills are not the **final** determination regarding team placement, LCF has listed tumbling skills preferred at each skill LEVEL for your benefit.

*PLEASE NOTE THAT STANDING TUMBLING SKILLS ARE VERY IMPORTANT*

<u>Level</u>	<u>Standing Tumbling</u>	<u>Running Tumbling</u>
1	Backbend Kick-Over Front/Back Walk-over	Cartwheels & Round-offs followed/ preceded by front/back walk-overs
2	Back Handspring (BHS)	Round-off BHS Series

	Front/Back Walk-over to BHS BHS step-out round-off Back extension roll step out to BHS	Front Walk-Over to BHS Series BHS Round-off BHS step-out to BHS series Round-off BHS to back extension roll step out to BHS
3	Double/triple touch to 2 BHS's Standing 3 BHS series BHS step out to Round-off BHS tuck Punch Front Aerial Cartwheels	Round-off Back Tuck Round-off BHS Tuck  Specialty through to Tuck (front walk-over to tuck, multiple BHS to tuck, RO BHS Step out to tuck)
4	Multiple Jumps BHS Back Tuck 2 BHS to Layout BHS whip BHS Layout	Round off BHS Full Specialty through to Layout including whips to layout and punch front step out to layout
5	Multiple Jumps to Tucks 1-2 BHS to Full BHS's to Double Full Standing Full/Jump to Standing Full Standing BHS to whip Full/Double	Round-off BHS Full/Double Full Specialty (punch front/whip/arabian) through to Full/Double

**\*\*ALLSTAR PREP TEAMS AND ALL ATHLETES INTERESTED IN THESE TEAMS;  
PLEASE EMAIL RACHAEL@LACHEERFORCE.COM. ALLSTAR PREP TEAMS WILL  
BE INTRODUCTORY TEAMS FOR THE SPORT OF COMPETITIVE CHEERLEADING.  
These teams will not travel to out of state competitions (with the exception of  
possibly Biloxi, MS), will have a different uniform than our all-star teams, will practice  
a total of 2 hours per week, but WILL compete against other all-star prep teams at  
competitions. Those interested in the all-star prep teams should come to tryouts on  
Saturday, May 7th and on the form you fill out on tryout day, check interested in prep  
team.**

# ***PROGRAM RULES AND REGULATIONS***

**Monthly Payments:** All athlete's monthly competition team fee will be ACH drafted by LCF on the 15<sup>th</sup> of each month. As a courtesy, Louisiana Cheer Force sends billing statements (only if your account has something that is PAST DUE) via email to our customers. It is the customer's responsibility to make their payments on time whether they receive a statement or not. Accounts that remain unpaid after the 20<sup>th</sup> will incur a \$20.00 late fee and may result in your athlete being held out of activities at Louisiana Cheer Force until the account is brought current. Also, private lessons will not be allowed to participate in if you have an outstanding balance. We accept ACH drafts, cash and checks as forms of payment. Credit cards are accepted with a 3% fee added to your payment.

**Refunds:** If you quit or are removed from the program by Louisiana Cheer Force you will not receive a refund of any kind. This includes any prepaid amounts and you are responsible for paying monthly fees from May 2017-April 2018 as this is the entire season.

**Material Agreement:** As a member of Louisiana Cheer Force, any material (cheers, chants, pyramids, partner stunts, transitions, dances, music, routines, etc.) or taught for any purpose, to anyone outside the Louisiana Cheer Force All-star Cheerleading Program. All material is owned by Louisiana Cheer Force and may not be reproduced or taught in any manner without prior written consent from Louisiana Cheer Force.

**Uniform Agreement:** Any and all parts of the Louisiana Cheer Force Program uniform may only be worn during specific and official Louisiana Cheer Force program activities. The uniform may not be worn for any other activity without prior written consent from Louisiana Cheer Force. No part of the uniform may be loaned to any person that is not a current member of the program.

**Property Rights Agreement:** No Louisiana Cheer Force, Inc. related items may be sold without prior written consent from Louisiana Cheer Force. The company name, team names, and its entity are solely owned by Louisiana Cheer Force. This includes no reproduction of our name, Louisiana Cheer Force, Cheer Force, CF, and/or our logo. All items containing this must be produced by Louisiana Cheer Force only. (no printing of our name in any way on items for personal use and/or for sell to others unless it's done by Louisiana Cheer Force).

**Valuables in Gym:** It is not possible to monitor valuables brought into the Louisiana Cheer Force facility and/or parking lot. Please leave valuables at home. LCF will not be responsible for any lost or stolen items and/or money.

# TEAM EXPECTATIONS

All competitive teams at LCF will practice twice a week with the exception of our PREP TEAMS. During June and July we will not have normal weekly practices on Sundays. Beginning the 2<sup>nd</sup> week of August, will switch to our school practice schedule which includes Sundays for some teams (mainly level 3-5 teams but not limited to these teams), and another day Monday through Thursday. All other teams will remain twice during the week. All team members are required to attend every practice. Once choreography and competition season arrives the coaches of each team will call extra practices as necessary. Any extra practice that is scheduled at least one week in advance must be attended by all team members. PLEASE PUT IN YOUR CALENDARS NOW; THAT EXTRA PRACTICES WILL BE CALLED AND EXPECTED FOR EVERY TEAM MEMBER TO ATTEND THE WEEKEND AND WEEK PRIOR TO A COMPETITION. (do not make any plans the weekend and week of a competition; if you have something mandatory already scheduled the weekend before; you must notify your team coaches of this commitment several weeks before so the coaches can plan). THE PRACTICES THE WEEK OF A COMPETITION ARE EXTREMELY IMPORTANT AND MANDATORY FOR EVERY MEMBER TO ATTEND. If an athlete misses a practice the week of a competition, a fill in athlete may be asked to compete for you at the upcoming event. Please understand that monthly tuition for the All-Star program is not based upon a certain number of hours or practices per week as some weeks the teams may have off due to Holidays and some weeks the teams will have extra practices due to upcoming competitions. Louisiana Cheer Force reserves the right to close practice to parental viewing at any time.

**Absences:** For the 2017-2018 season LCF will allow up to 3 valid/excused absences from practices (other than summer absences). If any athlete misses too many practices to where it is becoming a problem and affecting the team; they may be removed from the program and/or a fill in may be asked to compete for them in an upcoming competition. We will try to schedule our practices so they do not conflict with school cheerleading. We ask that our school cheerleaders and their parents request school cheerleading schedules to be given to them as far in advance as possible. **However if your school cheerleading practices/events interfere with your team practices and it becomes a problem; you will be asked to attend your Cheer Force team practice instead; especially during competition season (November-April). You may have to skip a school cheer practice/event if it interferes too much with Cheer Force however this can usually be avoided if you give your coaches your school cheer schedule at the beginning of the year.**

A few missed practices here and there are all we can excuse. All athletes are expected to attend every Cheer Force practice. Athletes missing any practice without a valid reason may be removed from the program immediately. Valid reasons for missing practice are:

- Contagious illness
- Death in family
- School Cheerleading (required event)
- Summer Activities (see next page)

THERE ARE NO EXCUSED ABSENCES FROM A COMPETITION OR THE FRIDAY NIGHT PRACTICES BEFORE A LARGE NATIONALS. Every team member is expected to attend every competition and arrive on time. Any athlete that misses a competition may be removed from the program. For our National competitions; teams are required to practice on a Friday afternoon/evening (in the city of the National competition); which may require some missed school time. Cheer Force can provide a letter of explanation for the athletic National Event your athlete is attending on CF letterhead that can be turned in to your school. **Please note; the week before a National competition, practice is absolutely MANDATORY for all members; no exceptions. As state above, be prepared that the weekend before and the week of a competition; extra practices will be called and are mandatory. In addition to a Friday night practice at Nationals out of state.**

**Practice Wear:** Practice wear will be available for purchase in mid-June. Each team member is required to purchase practice outfits and wear the correct practice outfit to each practice. Each practice outfit consists of one pair of shorts/bottoms and one shirt/top. If you are dressed incorrectly, you will condition/jump after practice.

- Shoes must be worn.
- Hair must be out of face and in a high ponytail with practice bow.
- No jewelry of any kind
- Shorts and bikers must be appropriate length
- Bikers are required to be worn under shorts.

### **Injury/Illness Policy:**

If you have a doctor's note for an injury or illness that will require you to miss any practices, performances, and/or competitions, you will be required to have a fill in (an athlete that can fulfill your spots on the team in stunting and tumbling). Your spot on the team may or may not be available when you are cleared to return. When/if the coaches feel you are able to safely perform all the tumbling and stunting skills you previously did before your injury/illness in a routine with consistency, then you will be able to return. Until then, your fill in will be practicing, performing, and/or competing for you. If this time frame falls the week before a competition and/or back to back competitions, your fill in most likely will compete for you.

**Competition Wear:** All members will be required to be fitted for competition uniforms which will be around mid-August and a parent or guardian must be present at the uniform fitting to sign off on the order (unless you already have a uniform that still fits, exchanges are possible if sizes allow).

**Competitions:** We expect to attend 5-7 competitions (which may include two out of state) throughout the season. Competitions will most likely begin in November and go through April. We will finalize our 2017-2018 competition schedule before July 31<sup>st</sup>. We will attend some competitions that may require a two night stay in a hotel. All athletes are required to arrive at National competitions the afternoon/night before they compete (as we will have a practice the night before the actual competition). All athletes will be expected to arrive on time and leave when released by the competition schedule set for each team by LCF. Please understand that competitions may take the whole day so do not plan other activities on a competition day.

**Hotel Accommodations:** We ask but will not require our athletes to stay in the "Team Hotel" for out of town competitions. We will select "Team Hotels" when we release our competition schedule so those that wish to stay in the "Team Hotel" can make their reservations. This is a wonderful time for athletes and parents to get to know each other. Room Blocks may or may not be made by LCF however either way, each family will be responsible for securing their own lodging at out of town competitions. Teams may be required to meet at the "Team Hotel" any time though out the weekend of a National Competition at the coach's request. **\*\*Exception--**some competition REQUIRE you to stay at a hotel offered through the competition company in order to compete at their event (all of this information will be sent out to you)--the competition companies that participate in this are usually NCA, Cheersport, and American Coastal and it's referred to as their "stay to play" policy.

**Team Skills camps and Choreography camps:** Skills camps are generally held the last two weeks in JUNE and Choreography camps are held the last two weeks in AUGUST. These camps are mandatory for each team member. All teams will have their choreography between August 10th-August 23rd.. Choreography will be held at the Louisiana Cheer Force facility. Choreography is mandatory for ALL athletes, and usually takes place over a 3-4 day period. We will release the choreography camp and skills camp dates for all teams ASAP.

**Summer Practices:** Summer practice attendance is required; however we do allow for summer vacations. We ask that absence requests for vacations must be turned in one week in advance or at registration; if you already know which dates you will be gone for vacations. Please email ALL requests to [rachael@lacheerforce.com](mailto:rachael@lacheerforce.com). We do request that you attend practice if you are in town. It is highly beneficial to attend ALL Summer practices to secure your positions on the teams. The Summer practices is when we will be deciding which stunt positions everyone will be in in addition to working on tumbling and jumps and perfecting all skills.

# ***TEAM PLACEMENTS***

**Team Placements:** All teams at LCF are built based upon placing each team in a position to score as high as possible in competition. Each team must be able to stunt, jump, tumble, dance, etc. at a level that will enable them to maximize the score sheet in difficulty AND execution. This means all athletes on a team may not have the same tumbling ability. Please trust the LCF staff to build teams that will be successful in the competition arena. After tryouts, kids are placed on teams and/or workout groups in order to finalize teams by choreography. Though we try to move athletes as little as possible, there **WILL BE** movement within our program of athletes from one team to another potentially all the way until choreography arrives. In certain cases, moves may still be made after choreography. Our focus is to build the strongest teams possible and to make sure each athlete is placed on a team where they can excel and have a positive experience. The position an athlete can fill on a team (flyer, base, backspot) is highly evaluated when picking teams. As you know, we have to have the appropriate number of each athlete in order to stunt and maximize the score sheet. There will be times when a member is normally a flyer and may have to base as well; depending on the team. Also, typically an athlete is placed within their appropriate age team. The only time athletes are moved up out of their age category is if a particular team does not have enough flyers, bases, etc, and a move up would benefit the team, otherwise, athletes will be placed with their appropriate age group.

\*\*\*Non-Competitive (Show team) interested athletes DO NOT have to Try-Out (see non-competitive financial obligation form)

# ***TRY-OUT INFORMATION***

Tryout fee due the day of tryouts-  
\$20 returning COMPETITIVE team members  
\$30 NEW members

**Try-Outs:** Try-Outs for Louisiana Cheer Force will be held at the Baton Rouge facility located at 14050 Tiger Bend Road, Baton Rouge, LA 70817. Try-outs for the Baton Rouge location will be held on May 20th as noted below. Each athlete should attend the try-out session according to their age. Each athlete should attend try-outs with their hair pulled back in a pony tail, and wear shorts, bikers, “no show” socks and tennis shoes. They may either wear a fitted t-shirt, sports bra or tank. LCF staff will evaluate the athlete’s standing tumbling skills, running tumbling skills, jumps, mental mind-set, and floor presence. The staff may also ask athletes to stunt and/or show flexibility.

**\*\*ALLSTAR PREP TEAMS AND ALL ATHLETES INTERESTED IN THESE TEAMS; PLEASE EMAIL RACHAEL@LACHEERFORCE.COM. ALLSTAR PREP TEAMS WILL BE INTRODUCTORY TEAMS FOR THE SPORT OF COMPETITIVE CHEERLEADING.** These teams will not travel to out of state competitions (with the exception of possibly Biloxi, MS), will have a different uniform than our all-star teams, will practice a total of 2 hours per week, but WILL compete against other all-star prep teams at competitions. Those interested in the all-star prep teams should come to tryouts on Saturday, May 7th and on the form you fill out on tryout day, check interested in prep team.

## **TRY-OUTS – SATURDAY MAY 20<sup>th</sup> 2017**

Ages 6 and under: 9:00am-10:00am  
Ages 7-11: 10:30am-12:30pm  
Ages 12 & up: 2:30-4:30pm

If you are unable to try out on May 20<sup>th</sup> you may contact Rachael Pearson at RACHAEL@LACHEERFORCE.COM to schedule an individual try-out. Please only utilize an individual try-out in the case of a schedule conflict on the 20th.



Try-Out Atmosphere: LCF maintains a relaxed environment at try-outs. The parent viewing area will be closed. Remember, LCF will have a team for all ages and most ability levels.

Items Required at Mandatory Parents Meeting (first parent meeting after tryouts--you will attend your new team specific meeting):

- Turn in the Annual Registration Form along with \$55.00 Registration Fee
- Turn in the Bank Auto Draft
- Turn in the Code of Conduct Acknowledgement
- Turn in the signed 2<sup>nd</sup> page of Financial Obligation Form
- 1st monthly competition team fee due \$213.18

Try-Out Results: LCF will post the try-out results on our website by Tuesday, May 23<sup>rd</sup> 8:00pm. Summer practices will begin the first week in June.

# ***NON-COMPETITIVE FINANCIAL OBLIGATIONS***

## **SHOW TEAMS**

The Show team does not require tryouts and is open to ages 3-11. Please email Rachael at [Rachael@lacheerforce.com](mailto:Rachael@lacheerforce.com) if you are interested in registering for the 2017-2018 season. The following cost expectations have been carefully put together based upon previous years and is an **estimate** of costs.

EXPENSE	AMOUNT	DUE DATE
Registration Fee	\$55	Due June 1 <sup>st</sup> , 2017
Practice Wear	\$85	Due June 1 <sup>st</sup> , 2017
Monthly tuition*	\$85	Monthly (Starting June 1 <sup>st</sup> , 2017)
Cheer uniform (to be worn to performances)	\$200	Due August 1 <sup>st</sup> , 2017
Hair bow	\$40	Due August 1 <sup>st</sup> , 2017
Choreography & Music	\$75	Due August 1 <sup>st</sup> , 2017
Performance Fees (includes 3-4 performances)	\$250	Due in two payments--make payable to LA Cheer Force (Due September and October)
Shoes (white cheer shoes)	Can be purchased through the office	

If you have any questions regarding your account, please email Charmon Breaux at [Charmon@lacheerforce.com](mailto:Charmon@lacheerforce.com) or contact her by telephone (225) 337-0063.

Show Teams will not travel out of the Baton Rouge/New Orleans area and will attend approximately 3-4 competitions a season.

Please note that the above expenses do not include travel and lodging to out of town competitions.

Please understand that the monthly tuition is not dependent upon a certain number of practices or hours in the gym. Extra practices may be called or certain practices may be cancelled at the coach's discretion.

I have read and understand the financial commitment I am making for the 2017-2018 season.

Athlete Name: \_\_\_\_\_

Team: \_\_\_\_\_

Parent Signature: \_\_\_\_\_

Date: \_\_\_\_\_

# FINANCIAL OBLIGATIONS

## Competition Teams – Level 1 TINY AND ALLSTAR PREP TEAMS

The following cost expectations have been carefully put together based upon years of previous experience and is an **estimate** of costs for the 2017-2018 season.

EXPENSE	AMOUNT	DUE DATE
Registration Fee	\$55	At Parents Meeting (Prior to 1 <sup>st</sup> team practice)
USASF Registration Fee	\$30	June 1, 2017
Practice Wear	\$85	Practice clothes will be ordered first week of June and payment is due at the time of fitting.
Monthly tuition*	\$90—competition team	Monthly (beginning June 1 <sup>st</sup> 2017 and ending with payment for April 2018)
Competition uniform	\$200	Due in 2 payments; ½ at the time of the order; ½ when the uniform comes in ( <b>select used uniforms are available for ½ price if size allows</b> )
Hair bow	\$40	August 1 <sup>st</sup> 2017
Make-up	\$40 (New members only)	August 1 <sup>st</sup> 2017
Choreography & Music	\$100	\$100 due at Parents meeting (prior to 1 <sup>st</sup> team practice)

Competition Fees**	\$325 (includes all entry fees and coaches' fees for the 2017-2018 season; <b>excluding any World Championship/U.S. Finals/or end of the year type event</b> )	See below (due in two payments of \$150; between the months of June-November); total must be paid by Nov 2017
Shoes	Can be purchased in the office	

\*Monthly tuition for families with multiple athletes will be discounted as follows: A \$15.00/month sibling discount will be awarded for the second child of a family participating with CF (show team excluded). Third child will be tuition free. All other fees will apply per athlete.

If you have any questions regarding your account, please email Charmon at charmon@lacheeforce.com or contact her by telephone (225) 337-0063.

\*\*Competition fees are estimated. \*\*Tiny level 1 team and All-star prep teams will only attend approximately 3-4 competitions and will not travel outside of 2 hours from Baton Rouge (mainly will compete in Baton Rouge, New Orleans, and/or Biloxi).

Please note that the above expenses do not include travel and lodging to out of town competitions.

Please understand that the monthly tuition is not dependent upon a certain number of practices or hours in the gym. Extra practices may be called or certain practices may be cancelled at the coach's discretion.

**Refunds:** If you quit or are removed from the program by Louisiana Cheer Force you will not receive a refund of any kind. This includes any prepaid amounts.

**COMMITMENT:** I understand this is an 11 MONTH (May 2017 to April 2018) commitment I am making. I will honor my commitment.

I have read and understand the financial commitment I am making for the 2017-2018 season.

Athlete's Name: \_\_\_\_\_ Team: \_\_\_\_\_

Parent Signature: \_\_\_\_\_ Date: \_\_\_\_\_

# Financial Obligations

## Competition Teams – Level 1-5

The following cost expectations have been carefully put together based upon years of previous experience and is an estimate of costs for the 2017-2018 season.

EXPENSE	AMOUNT	DUE DATE
Registration Fee	\$55	At Parents Meeting (Prior to 1 <sup>st</sup> team practice)
Practice Wear	\$85	Practice clothes will be ordered first week of June and payment is due at the time of fitting.
USASF Registration Fee	\$30	June 1, 2017
Competition Team Monthly Fee	<p>\$213.18 – competition team</p> <p><b>Includes:</b></p> <ul style="list-style-type: none"> <li>• Monthly tuition \$120</li> <li>• Competition fees \$650 – (includes all entry fees and coaches' fees for the 2017-2018 season; <b>excluding any World Championship/U.S. Finals/Summit/ and/or any end of the season final events</b>)</li> <li>• Choreography \$125</li> <li>• Music \$250</li> </ul>	<p><u>11 Total Payments:</u> First Payment Due at Parent's Meeting; following Payments will be drafted on the 15<sup>th</sup> of each month ending with final payment on March 1, 2018</p> <p><b>This year it will be required for all monthly fees to be drafted by ACH, unless paid in full.</b></p>
Competition Uniform	\$350 (estimate)	Due in 2 payments; ½ at time of the order; ½ when the uniform comes in ( <b>select used uniforms are available for ½ price if size allows</b> )

Hair Bow	\$40	August 1, 2017
Make-Up	\$40	August 1, 2017
Nfinity Vengeance	\$90 includes tax and shipping – all shoes to be ordered through CF to obtain this price.	Can be purchased in the office at any time
Nationals team specific practice wear and gym t-shirt	\$65	TBA
Worlds/Summit gym tshirt	\$25	TBA
Coaches fee – Worlds/Summit	\$50	TBA

## Financial Obligations

Monthly tuition for families with multiple athletes will be discounted as follows: A \$15.00/month sibling discount will be awarded for the second child of a family participating with CF (show team excluded). Third child will be tuition free. All other fees will apply per athlete. A \$15.00/month discount will be awarded to 4<sup>th</sup> year CF members. If you are in college, you are not required to pay monthly tuition fees.

If you have any questions regarding your account, please email Charmon at [charmon@lacheerforce.com](mailto:charmon@lacheerforce.com) or contact her via telephone (225) 337-0063.

Please note the above expenses do not include travel and lodging to out of town competitions.

Please understand that the monthly tuition is not dependent on a certain number of practices or hours in the gym. Extra practices may be called or certain practices may be cancelled at the coach's discretion.

Refunds: If you quit or are removed from the program by Louisiana Cheer Force, you will not receive a refund of any kind. This includes any prepaid amounts.

COMMITMENT: I understand this is an 11 MONTH commitment I am making (May 2017-April 2018). I will honor any commitment and I understand that quitting mid-season does not relieve me of any of this financial commitment.

I have read and understand the financial commitment I am making for the 2017-2018 season.

Athlete Name: \_\_\_\_\_ Team: \_\_\_\_\_

Parent Signature: \_\_\_\_\_ Date: \_\_\_\_\_