



ROCKSTAR CHEER & DANCE CLEVELAND

2019-2020 ALL STAR HALF YEAR CHEER & DANCE TEAM INFORMATION

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ABOUT ALL STAR CHEERLEADING

Get ready for excitement - we are here to put on a show of athleticism! All Star Prep Competitive Cheerleading squads put together a one and a half to two minute action packed routine set to upbeat music. The routine consists of tumbling, stunts, motions, jumps, dance, and cheers. They perform for a panel of judges, competing against other squads of similar age and ability levels. These cheerleaders have their own fans!

REGISTRATION CELEBRATION SATURDAY, SEPTEMBER 21, 2019 11:30AM - 1:00PM

For your convenience we have selected a day dedicated to your athlete signing up for team! Rockstar Cheer & Dance is committed to making this a fun and exciting day for you and your athlete. We will have all paperwork ready for you to complete and take measurements for uniforms. Coaches and staff will be on hand to answer any questions or concerns you may have. We will conduct low stress evaluations for those not sure what team to sign up for. We will have raffles and prizes for those in attendance. Parents and athletes interested in our Half Year Team Program are encouraged to attend the Registration Celebration. However if you are unable to attend, that's ok - just review the information in this packet and let someone at our front desk know if you have any questions or concerns and they will be happy to help.



ROCKSTAR CHEER & DANCE TEAM PHILOSOPHY

At Rockstar Cheer & Dance, we build more than just athletes - we build characteristics in our children that will help them succeed in all aspects of their lives. We always put safety first, and take pride in teaching correct technique in everything we do. We believe that in order to succeed and perform skills safely, we need to be mentally and physically strong. We dedicate time every practice to condition our bodies and our minds. We do team building activities and provide guidance on setting and achieving goals, both individually and as a team. Positive reinforcement is key to our coaching staff, and will be consistently applied throughout the competitive season. It is our philosophy that it does not matter if we come in first or last - as long as we are dedicated and working hard to the best of our ability, we have already won without stepping a foot onto the mat. That being said, we are definitely a very competitive program. However, instead of focusing on 1st place, we focus on building the qualities that make a 1st place squad.

LENGTH OF ALL STAR HALF YEAR TEAM SEASON

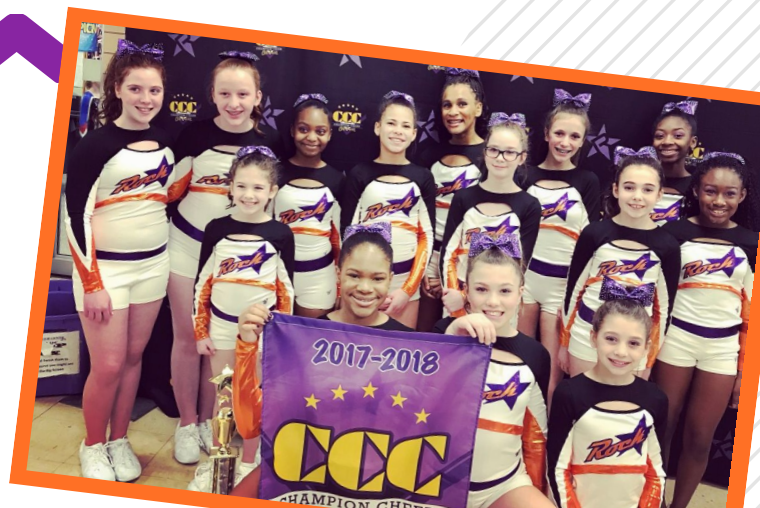
The 2019-2020 Rockstar Cheer & Dance Half Year competitive season is a 7 month commitment. Our team practices start the week of October 7, 2019. We work on building skills during October. In November we begin putting the pieces of our routines together, completing choreography in December. We will begin our competitions in February and our season ends with a Rockstar Showcase in April.



EXPECTATIONS

We only get what we give! Sportsmanship and respect are a top priority for our team members, towards other athletes, Rockstar staff, and Rockstar family and fans. All athletes and Rockstar Staff will give 110% at every practice and performance. Athletes, family, and fans will be expected to support all coaching staff decisions.

Athletes are expected to put their individual needs aside to do what is best for the team and program as a whole. We condition to make sure our athletes are strong enough to safely perform their skills - we fully expect our athletes to give everything they have during conditioning.



PLEASE CONTACT US FOR MORE INFORMATION, QUESTIONS, COMMENTS OR CONCERNS

ATTENDANCE

Every athlete is an important part of our routine, therefore attendance is absolutely mandatory at practices, choreography sessions, and competitions. If you are going to miss a practice for any reason, the coaching staff must be notified as soon as possible through the availabilities section of our team app so that we can plan around your absence. We understand that you will miss practices from time to time, but if it begins to affect the team we will need to discuss a resolution, which may include dismissal from the squad without refund. By joining an All Star Team, an athlete is making a big commitment not only to themselves, but to several other athletes and families as well. Please be sure your family is ready to make that commitment before joining our program.

COMMUNICATION

There are several ways that Rockstar Staff will communicate with athletes, family, and fans. Printed material is sent home, emails are sent out, text message reminders are used, and we have a team app to share information as well. Our coaching staff is available before and after practice for anything you need to chat about. We are always happy to address any questions, concerns, or comments you may have!

WHAT TO WEAR

Athletes should wear form fitting shorts, tanks, and tees to practice with hair pulled back from face in a ponytail. Shoes worn for practice must be clean and carried into the gym (not be worn outside).

TEAM PLACEMENTS

This season all Half Year Team athletes will be placed by age. Tumbling skill will be taken into consideration on cheer teams and athletes may be asked to move up to the next age group based on skill level. Simply register and come to the practice that meets your age or schedule an evaluation with an instructor if you are unsure of your team.

CHEER & DANCE TEAM PRACTICE SCHEDULE

Each team will have practice once day per week from Monday October 7, 2019 thru Monday April 27, 2020.

AGE	TEAM	WEEKLY PRACTICE TIME
AGES 3-5	IMAGINE DRAGONS - TINY EXHIBITION CHEER LEVEL 1	TUESDAY, 6:00-7:00PM
AGES 5-8	CHUMBAWUMBA - MINI NOVICE CHEER LEVEL 1	TUESDAY, 6:00-7:00PM
AGES 7-11	ELECTRIC MAYHEM - COMPETITIVE YOUTH PREP CHEER LEVEL 1.1	MONDAY, 6:00-7:45PM
AGES 12-14	OASIS - COMPETITIVE JUNIOR PREP CHEER LEVEL 2.1	MONDAY, 6:00-7:45PM
AGES 4-6	FANTASIA - TINY EXHIBITION POM DANCE TEAM	SUNDAY, 1:00-2:00PM
AGES 5-9	JOJO - MINI PREP POM DANCE TEAM	SUNDAY, 6:30-7:30PM
AGES 10-15	SHAKIRA - JUNIOR PREP POM DANCE TEAM	TUESDAY, 7:00-8:30PM

CHOREOGRAPHY SCHEDULE - NOVEMBER 22-25 & JANUARY 10-13

Athletes will be choreographed in house by our staff. It is mandatory for athletes to attend ALL choreography sessions. If there is any conflict please notify the front desk immediately so we can schedule a substitute for your athlete.

TEAM	FRI NOVEMBER 22 JANUARY 10	SAT NOVEMBER 23 JANUARY 11	SUN NOVEMBER 24 JANUARY 12	MON NOVEMBER 25 JANUARY 13
IMAGINE DRAGONS	-	9:30-10:30 AM	9:30-10:30 AM	-
CHUMBAWUMBA	-	11:00 AM-12:30 PM	11:00 AM-12:30 PM	-
ELECTRIC MAYHEM	6:30-8:30 PM	12:30-2:30 PM	-	6:00-7:45 PM
OASIS	-	9:30 AM-12:00 PM	9:30 AM-12:00 PM	6:00-7:45 PM
FANTASIA	5:30-6:30 PM	-	-	-
JOJO	-	12:30-2:00 PM	-	-
SHAKIRA	-	-	12:30-2:30PM	-

COMPETITION SCHEDULE

DATE	COMPETITION
TBD	SEASON KICK OFF SHOWCASE
SUNDAY, FEBRUARY 16, 2020	WILLOUGHBY SOUTH HIGH SCHOOL, WILLOUGHBY, OHIO
SATURDAY, MARCH 21, 2020	KALAHARI INDOOR WATERPARK, SANDUSKY, OHIO
SATURDAY, APRIL 4, 2020	CALIFORNIA UNIVERSITY OF PA, CALIFORNIA, PA
SUNDAY, APRIL 26, 2020	WEST GEAUGA HIGH SCHOOL, CHESTERLAND, OHIO
	CHAMPION CHEER CENTRAL - REGIONALS
	MIDWEST CHEER & DANCE NATIONALS
	GREAT LAKES CHEER & DANCE - NATIONALS
	ROCKSTAR CHEER SHOWCASE

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GYM REGISTRATION FEES DUE UPON ENROLLMENT

Gym registration is required of all of our team members, is due annually, and is prorated by calendar year covering insurance & documentation fees. During the fall, the gym registration fee is prorated to \$30/family.

Annual Gym Registration will be due again in January for 2019 (\$40/family)

SHOES, BOW, UNIFORM RENTAL & DEPOSIT DUE NOVEMBER 1

Our Half Year Team athletes wear full length uniform tops, shorts, matching bows and cheer or dance shoes.

Uniforms are new this year, but we are moving to a rental system to make things less expensive and easier for all of our customers! The rental fee for the year is \$50. In addition, you will pay a \$50 deposit. The \$50 deposit will be returned to you when you return your uniform at the end of the season party.

We are requiring all athletes to purchase new shoes and a bow this season.

Uniform Rental Fee - \$50 Uniform Deposit - \$50

Bow - \$20 Shoes - Cheer or Dance - \$30

The uniform is the same for both cheer and dance teams, if your athlete is on both you only need one uniform and bow. The shoes, however, are different for each team and you will need to purchase one pair of cheer and one pair of dance shoes.

Makeup is optional and will be available in November. Makeup kits will be \$25-30.

Other optional Rockstar gear will be available to order throughout the season (duffle bags, warm-ups, fan tees, etc).

TEAM FEES DUE FIRST OF EACH MONTH OCTOBER 2019-APRIL 2020

Monthly team fees are due the 1st of each month

For 7 months, October through April.

The monthly team fees for the upcoming season are:

Imagine Dragons & Fantasia - \$90.00

Chumbawumba & JoJo - \$110.00, Shakira - \$130.00

The Electric Mayhem & Oasis - \$140

You can save 5% by paying in full by October 15.

(\$600 Dragons & Fantasia, \$730 Chumbawumba & JoJo,

\$865 Shakira, \$930 Electric Mayhem & Oasis).

In addition, we offer sibling discounts of 25% off second sibling and 50% 3rd, 4th, etc siblings.

Each athlete is required to have a credit or debit card on file.

This card will be charged on the 1st of each month if tuition has not been received by an alternate method of payment. A late fee of 10% will be charged if tuition is not paid by the 7th of the month and at that time, the athlete will sit out from practice.

On the 15th of the month, if fees have not been paid, the athlete will no longer be permitted to participate in our program.

USASF MEMBERSHIP DUE JAN 15

All athletes are required to be members of the United States All Star Federation (USASF) in order to compete. In past years, the gym has handled this membership for you. This year the USASF would like parents to take over their athlete's accounts. The fee is \$30. Instructions will be provided in January on how to register and pay for USASF Membership.

WHAT DO TEAM FEES COVER?

- **Team Practice:** Weekly team practice/gym fees to cover use of gym, coaches, supplies, etc.
- **Choreography:** All choreography and music will be done in house by our fabulous staff.
- **Competitions:** We will have 5 performances in the upcoming season. Your fees paid will cover your athlete's entry fee as well as the coaches fees for the events. Your team fees DO NOT COVER family/fan spectator admission to the events (Usually between \$5-\$25 per person), transportation to/from the event, meals or snacks, etc.
- **Additional Items:** Throughout the year we have team parties, rewards, and other fun things for our Rockstars

DOUBLE TEAMING

You can join an additional Rockstar team for only \$25/month, or \$150 paid in full on October 15!

Your athlete can rock on 2 dance teams or a dance and cheer team for a small fee that covers their additional competition expenses. It's a great way to get more gym time or try out cheer or dance for a low cost!

WHAT ELSE DOES ROCKSTAR OFFER?



We offer tumbling, cheer, and dance classes for athletes who want to improve their skills without making a commitment to a team.

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We have a full year competitive cheer program for athletes who are ready to take their cheer career to the next level. Please visit our front desk or our website for details.

READY TO ROCK?

Registering for our Half Year Program is easy!

Rock out at our Registration Celebration on
Saturday, September 21st from 11:30-1:00!

Complete your registration, get fitted for your uniform and shoes, and of course have fun!

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Can't Make It? No Worries!

You can register at our front desk during our business hours or visit our website at any time! Feel free to email or call as well - our staff can help you register or answer any questions you may have!

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