



CELEBRATING 25 YEARS!

Thank you for your interest in the Spirit of Texas All-Star program. Our organization was established in 1995. We have won hundreds of local and national titles over the past 25 years. Our gym was one of the first invited to compete at the Worlds event in Orlando, Florida. We have won 7 Gold, 12 Silver and 3 Bronze titles at this prestigious event. We have also made NCA and ACA history by winning National Championship titles eight years consecutively in the same division.

We currently have teams ranging from Levels 1-6. We have two gyms conveniently located in Arlington and Coppell; with only 30 minutes travel time from gym to gym. The Arlington location is North of I-20 on Mayfield between Matlock/Cooper. The Coppell gym is located on Beltline minutes from 121, 635 and the George Bush Turnpike. *Allstar teams will represent one of the two gyms. Athletes will no longer have regular team practices at both locations. Allstar Tumbling will be available at both locations.*

Our teams are always highly competitive within their respective divisions. The Spirit of Texas staff provides the best, most disciplined training in the All-Star industry. We take pride in our ability to focus specific attention on each individual. We teach our students to excel in all areas of cheerleading. We strongly believe that our success originates from the dedication and commitment of our athletes and parents. Our students are self driven and motivated to achieve their goals. We encourage positive attitudes and respectful behavior among our students. Our goal is to develop the best squads possible, as well as instill qualities and values that last a lifetime.

**Due to Covid-19 All Evaluations will be
Appointment Only**

Pre-Registration is required

Please email StgincJeanann@gmail.com

Or Call

972-670-8905 or 972-304-6888

Small Group Evaluations if registered by May 21st \$65
After May 21st \$75 per athlete.

**Small Group
Evaluations**

Saturday-June 6th

10-11:00 Levels 1 & 2

11:30-1:00 Level 3

1:30-3:00 Level 4

3:30-5:00 Levels 5 & 6

Sunday-June 7th

1-2:00 Levels 1 & 2

2:30-4:00 Level 3

4:30-6:00 Level 4

6:30-8:00 Levels 5 & 6

**Private
Evaluations
\$100 per athlete.**

**Monday-Friday
June 1st – June 5th**

Noon-8:00

All Tryouts are held in Coppell. Please complete all forms 24 hours before evaluation!

___ Copy of Birth Certificate (New Athletes Only)

___ Application Form

___ Program Agreement Initial Form

___ Acknowledgement/Release Contract

___ Credit/Debit Authorization Form

All forms must be completed and returned along with your practice wear and June tuition fees. All athletes will be evaluated on individual skills as well as their basing/flying ability. Our tryouts are not stressful! We evaluate privately or in small social distancing groups and encourage participants to re-do their skills if they are not 100% satisfied with their tryouts. Once we have evaluated all of the applicants, we begin to assemble rosters and teams. The selection of teams is a very tedious and often complicated process. Many key elements are considered in our decisions. We must choose a well-rounded variety of individuals for each team. Tryouts will be closed. Athletes and parents will be notified with the results and MANDATORY team PARENT meeting information within 2 weeks after the last tryout.

**Please make sure you have included a
Legible email contact for tryout results.**

Program Fee

12 Monthly payments which INCLUDE team training, unlimited Allstar tumbling classes, and competition registration fees. Monthly tuition fees will be automatically drafted on the 15th of every month. 1st payment is due at tryouts.

\$350 Youth, Junior and Senior Teams
\$185 Prep Team
\$185 Super Seniors (HS Graduates)

Additional Expenses

5% Discount if paid in FULL

Prep Team Practice Wear	\$100	Due at Tryouts
Prep Team Uniform	\$300	Due July 1 st
USASF/Music/Choreography/Sunshine	\$480	Due August 1 st
Option 3- Payments Aug.1st \$160.00, Sept. 1 st \$160.00 and Oct. 1st \$160.00		
Non Worlds Teams Practice Wear	\$300 Male \$200	Due at Tryouts
USASF/Music/Choreography/Sunshine/Coaches Fee	\$540.00	Due August 1 st
Option 3- Payments Aug.1st \$180.00, Sept. 1 st \$180.00 and Oct. 1st \$180.00		
Worlds Teams Practice Wear	\$350 Male \$250	Due at Tryouts
USASF/Music/Choreography/Sunshine/Coaches Fee	\$590.00	Due August 1 st
Option 3- Payments Aug.1st \$197.00, Sept. 1 st \$197.00 and Oct. 1st \$197.00		
New Athletes Warm-up	\$200	Due July 1 st
New Uniform (If Applicable)	\$550	Due July 1 st
Annual Gym Registration Fee	\$30	Due at Tryouts

Holiday Breaks

Spirit of Texas is a 12-month program. We will begin meeting and practicing in June 2020 and continue through the end of May 2021. Athletes are expected to attend all competitions as a team. We realize many children and young adults are involved in a variety of activities; however, we cannot make exceptions for schedule conflicts. Most teams practice 4 hours during the week and approximately 2.5-3 hours on the weekend. Teams typically practice 3 times a week. We expect top priority and 100% commitment and attendance. We are able to keep extra practices to a minimal because our practices are productive and mandatory. The following dates are available for holidays and vacations throughout the 2020-2021 year.

May 25 (Memorial Day)
June 29-July 5 (Fourth of July)
August 6-9 (Summer break)
September 5-7 (Labor Day Weekend)
November 20-27 (Thanksgiving)
December 21-January 1 (Christmas, Hanukkah and New Year)
March 13-19 (Spring Break)

Blackout (3 Day) Choreography camps are mandatory throughout the summer. Those dates will be confirmed once the teams have been selected. Participation is required!! Substitutes must have equal skill sets and must be approved by your team head coach.

Sick/Injury Policy/Crossovers

Starting immediately we will follow guidelines set by the Centers for Disease Control regarding symptoms that could be related to Covid-19. This policy will continue to update as the season progresses. Our guidelines in regard to Covid-19 are derived from State mandates and the CDC. If an athlete is sick with any of the following they should contact their coach and stay home.

According to the CDC people with the following symptoms or combinations of symptoms may have COVID-19:

- Cough and/or Shortness of breath/Difficulty breathing
- Or at least two of these symptoms:
 - Fever
 - Chills
 - Repeated shaking with chills
 - Muscle pain
 - Headache
 - Sore throat
 - New loss of taste or smell

Covid-19 can also present with other uncommon symptoms such as wide-spread rash, painful red lesions on fingers/toes and abdominal pain/diarrhea. If an athlete has these symptoms contact the coach and stay home.

We will require that any athlete with a known positive contact with Covid-19 notify their coach and stay home/quarantine for 14 days. The athlete may return after 14 days if they remain symptom free AND have a doctor's note. If widespread testing becomes available a negative PCR test greater than 3 days after exposure may also suffice and will decrease the length of time away from the gym. A negative nasal/pharyngeal swab will not take the place of a 14 day quarantine after a known positive exposure.

Nothing is more important than the health and safety of our athletes and staff. While we all navigate the unknowns of Covid-19 If there is a question about an athlete's health and whether or not that athlete should come to practice please contact the coach prior to the athlete arriving at the gym.

We understand that our athletes will also have other illnesses and injuries that prevent them from participating in practice. If an athlete is injured or sick with symptoms that a physician diagnoses as NOT Covid-19 they will be expected at practice.

In the case of injury the athlete must provide a doctor's note with detailed information regarding the injury, treatment plan and length of recovery. Extended injury may jeopardize an athlete's position on his/her team. In the event that a student is injured at home or during other extracurricular activities, we ask that

you please notify us as soon as possible. Please do not leave messages or post on social media prior to contacting our staff. We will make changes with choreography/routines based on the person's injury and length of recovery. Once the individual has fully recovered, he or she may or may NOT be choreographed back into the routine.

In the case of quarantine/illness/dental issues etc. extended absence from the gym may jeopardize the athlete's position on his/her team. We will make changes with choreography/routines based on each individual situation. Athletes may or may NOT be choreographed back into the routine.

The coaches have complete discretion in replacing athletes for short term team needs or for the remainder of the season. All injured/ill/quarantined athletes must continue to pay their monthly tuition. Anyone selected as a crossover substituting for any athlete for any reason will automatically receive the original athlete's registration for competitions. In addition, the original athlete must provide her/his uniform for the crossover for competition. Although we retain the full right to replace athletes that are sick/quarantined we do understand that we are all facing tremendous uncertainty. Please know that we will do our best to work with you and your athlete in the event that the athlete is quarantined or sick.

Absence Policy

Students are allowed up to 4 absences for family vacations during the months of May-September 7th. These absences may be in conjunction with any of the above listed summer breaks. Please plan accordingly. Alternates must follow all rules, requirements and guidelines. Additional absences will jeopardize an athlete's placement on their respective teams.

After September 7th, the ONLY excused absence is a school function that results in a grade. All other absences are NOT EXCUSED. Excessive school functions that require absences will not be allowed. Part-time jobs, dances, concerts, banquets, long distance driving, family reunions, weddings, recitals, school/church socials, and any other non-related school activities are unexcused. Absences are NOT allowed the weekend and week prior to a National competition. An unexcused absence may result in the athlete being moved to an alternate position or pulled from an upcoming performance at the discretion of the staff. It is the responsibility of the athlete to learn any changes prior to practices. Alternates must follow all requirements and guidelines.

An Absence Request Form must be submitted 2 weeks prior to the absence. DO NOT email or fax absence request forms. These forms are for absences including school cheerleading, gymnastics, choir, band, and all other school sports. Your school activities are planned well in advance. Please submit your request in advance. A completed form does not automatically excuse the absence. Absences must be approved. We will verify with school administration and the teaching staff if we think that someone is being dishonest. Be prepared to show documentation from a teacher or instructor. You will be removed immediately if the request is falsified. Absences are not permitted the week of a National event.

Team Practice Rules

Due to COVID-19 practices will be limited to athletes only. Parent viewing rooms and lobbies are closed at this time. We strongly encourage athletes to wear masks. Practices are CLOSED to athletes from other gyms. There is to be NO JEWELRY worn at practices, which includes all earrings, belly button rings, and necklaces. This is not simply for appearance sake, but for the safety to the one wearing the jewelry and for those either flying or basing who might be injured as a result. Athlete CELL PHONES should be turned OFF and collected during practice times. There is to be NO GUM whatsoever at practices or competitions. There is to be NO excessively long fingernails or sculpts. There is to be NO videotaping of practices. Practice clothing must be worn as scheduled on the monthly calendars. Lost, misplaced or damaged clothing will be replaced at your expense. Anyone late or dressed incorrectly will jump after practice. Most communication is set forth in monthly notes, calendars, emails and group messaging. Each team will have a designated Head coach and a team representative responsible for relaying information to the parents and the Spirit of Texas staff. Any questions or team related problems should first be addressed with the Head coach and Allstar director prior to contacting the owners.

Travel-Flights

All Flights and travel should be booked so that athletes arrive one day before prelims and scheduled to return early morning following the events. Booking flights two days before events and returning late after competitions will NOT be excused. If you choose to book your travel outside of these guidelines, you will be subject to removal and required to change your itinerary. Air travel is mandatory for all out of state events. **Due to COVID-19, we will base all travel and events on the most recent information provided by the CDC before registration. We want to make sure that travel is safe and affordable.**

Code of Conduct

A member must at all times be a strong representative of Spirit of Texas and a positive reflection of his/her teammates. Abusive behavior, lying, and or any other form of negative behavior are grounds for removal. We have a Zero tolerance policy for alcohol or drug use. We will not tolerate negative comments about other teams and their programs. Many of you communicate with other cheerleaders at various organizations through e-mail, Facebook, GroupME, Twitter and message boards. Please remember that anything you ever say is a direct reflection on this organization. *NOTE: If you are caught sending rude or inappropriate messages on SOCIAL MEDIA, you will be subject to immediate removal! In addition, you CANNOT use the SPIRIT OF TEXAS name or any variation of our name in your E-mail address. If you currently have our name in any portion of your e-mail address, it must be changed!* Teammates are expected to treat one another with mutual respect. We do not tolerate pettiness, gossiping or cliques; which attempt to exclude or alienate certain members. Back talk, rolling of eyes and any other disrespect for instructors or teammates is unacceptable. A problem between a student and staff member will first be addressed between student and coach/director. If not solved, a parent will be notified of the problem or infraction of the rules and will be expected to assist the instructor in solving the problem. We will handle any disciplinary problems privately and professionally.

MISCELLANEOUS INFORMATION

All routines/choreography including music, cheers, dances, stunts, transitions, and tumbling should be highly protected and shall not be shown or discussed with others. Spirit of Texas choreography should never be videoed or copied without consent from the owners and producers. This also includes any and all portions of music selections and editing. ***NO VIDEOS*** of routines, choreography or tryout material should be uploaded to any online site such as YOUTUBE, Instagram or Facebook! Brad and Brett must approve all designs bearing the Spirit of Texas name and logo. Anything created without our approval will not be acceptable and cannot be worn or sold independently. Our Logos have full protection and Copyright. This includes Sunshine Committee gifts.

We believe in perfection before progression. We will not allow students to learn advanced tumbling skills before perfecting their basics. If parents and students are not patient and have a clear understanding of our teaching methods, they should not be cheering at Spirit of Texas. ***Proper Technique is everything!*** Only perfected skills will be choreographed in a Spirit of Texas routine! Parents are not allowed to spot their children on Spirit of Texas property. Absolutely NO unsupervised tumbling! An instructor must be present at all times.

Private lessons must be prepaid directly to the instructor. You must schedule those with an instructor. The optional weekly gymnastics class will be required for anyone who does not meet the necessary skill requirements.

Athletes selected as flyers must maintain flexibility and skill requirements. Selected flyers unable to meet the level requirements must learn to base or be moved to an alternate position. In addition, mandatory tumbling will be required for athletes who do not maintain the level skill requirements.

Tuition does not pay for the right to perform. Individuals must meet the level skill requirements in order to compete. Mandatory tumbling will be assigned as needed. Students can be moved to an alternate position if they do not maintain the skill requirements.

Spirit of Texas reserves the right to change a teams division and level at any time throughout the year.

Athletes are allowed ONE college visit and limited to graduating seniors ONLY.

School competitive cheer conflicts will not be allowed/excused during any Spirit of Texas All-star events.

No swapping uniforms with other athletes at competitions.

Any parent/guardian going against the judgement/advice of our Varsity rep during sizing of apparel/uniforms will NOT be allowed to exchange poorly fitted garments once received. Replacements will be available at full cost! Additionally, athletes will be required to purchase new garments that do not fit due to weight fluctuation. Exchanges will not be available for any garment or uniform that has been worn.

Levels 1-6 Requirements

Level 1

Tumbling – each student must have a cartwheel, round off and forward roll. Front and back walkovers.

Jumps – each student must demonstrate three different jumps.

Level 2

Tumbling – each student must have a Front and back walkovers, standing back handspring and a round off backhand spring.

Jumps – each student must demonstrate technical mastery of jumps (pointed toes, landing with feet together) including a double (whip) jump combination.

Stunts – each student must demonstrate a level 2 stunt (examples: prep level liberty variations, extension) Tic Tocs....Straight ride basket toss.

Level 3

Tumbling – each student must have a standing back handspring series (2 or more) and a round off back tuck/specialty to back tuck and a punch front.

Jumps – each student must demonstrate technical mastery of jumps including a triple (whip) jump combination with at least a level toe touch connected to a back handspring.

Stunts – each student must demonstrate a level 3 stunt (examples: extended liberty variations, awesome full down cradle, inversion to sponge level, full up to prep level) and a full twist basket.

Level 4

Tumbling – each student must have a standing back tuck, a toe back handspring back tuck, and series to tuck. Round off back handspring to layout or a specialty pass through to a layout (example: front handspring, punch front, or whip through to layout)

Jumps – each student must demonstrate technical mastery of jumps including a triple (whip) jump combination with an above level toe touch. Jump combination through to tuck.

Stunts – each student must demonstrate a level 4 stunt (examples: extended liberty variations with a full down cradle, inversion to prep level stunt, full up to extended stunt, double down from 2 legged stunt, and kick single baskets) Kick full and double twist basket.

Level 5

Tumbling – Standing to layouts, Running hand to full or a specialty pass through to a full.

Jumps – each student must demonstrate technical mastery of jumps including a triple (whip) jump combination with a back tuck, variety and an above level toe touch

Stunts – each student must demonstrate a level 5 stunt (examples: extended liberty variations including an overstretch with double down dismounts, full up extended liberty variation, inversions and kick double baskets)

Level 6

Tumbling –standing full, one to full or two to full/double and a specialty pass through to a full or double full. **IMPORTANT**-Students without standing tumbling to full or without specialty pass through to full/double will be eligible for Level 5.

Jumps – each student must demonstrate technical mastery of jumps including a triple (whip) jump combination with a back tuck, variety and an above level toe touch. Jump to twist combinations.

Stunts – each student must demonstrate a level 6 stunt (examples: extended liberty variations including an overstretch with double down dismounts, full up/double up to extended liberty variation, inversions and kick kick/hitch kick double twist baskets)



SPIRIT OF TEXAS
ALLSTAR
TEAM APPLICATION

NAME OF ATHLETE: _____ **AGE:** _____

D.O.B. _____

ADDRESS: _____

CITY: _____ **ZIP CODE:** _____ **PHONE CONTACT:** _____

PARENT EMAIL ADDRESS FOR TEAM RESULTS: _____

GRADE ENTERING 2020-2021: _____ **SCHOOL:** _____

LIST ANY AND ALL PRE-EXISTING INJURIES OR MEDICAL PROBLEMS: _____

LIST STANDING AND ROUND-OFF TUMBLING SKILLS: _____

LIST STUNTING STRENGTHS: _____

WHAT WOULD BE YOUR BEST CONTRIBUTION AS A TEAM MEMBER? _____

WOULD YOU BE INTERESTED IN REPRESENTING MORE THAN ONE TEAM? _____

ARE YOU TRYING OUT FOR ANY SPIRIT OF TEXAS TEAM REGARDLESS OF LEVEL? _____

IF NO, PLEASE CIRCLE THE LEVEL/LEVELS YOU ARE ONLY INTRESTED IN AND WHY? _____

*****See the skill requirements per level*****

	Elite LEVEL 1	Elite LEVEL 2	Elite LEVEL 3	Elite LEVEL 4	Elite LEVEL 5	Elite LEVEL 6
PREP						

NOTE: Listing one specific level will NOT guarantee your chances of making that particular Level, however, it does eliminate you from being considered for other options.

Credit/Debit Authorization Form

Please provide a credit/debit card number for monthly tuition payments. Monthly tuition fees will be automatically drafted on the **15th of every month**. Should your credit information change for any reason, it is YOUR RESPONSIBILITY to update us! **A 3% Transaction fee will be applied to cover credit card fees.**

Athlete's Name: _____

Name as it appears on the card: _____

Type of Card: _____

Credit Card Number: _____ Exp. Date: _____

Signature: _____ Date: _____

Card Holders Address with Zip code: _____

Allstar Monthly Tuition includes unlimited Allstar tumbling classes per week. (This fee remains the same if you choose not to attend your tumbling class) In some cases, tumbling may be mandatory. Any extra classes or outstanding balances will be billed to your accounts on the 15th of each month.

This page must be submitted along with all other forms necessary for tryouts.

Pain Reliever/ Medical Consent

Spirit of Texas Cheer and Gymnastics will not provide Tylenol, Ibuprofen or Aleve to any athlete without written permission and consent from a parent or guardian. Please indicate your preference by checking the appropriate option along with your signature.

_____ NO, I do not want medication provided to my child.
_____ YES, my child may be provided any of the medication listed above.
_____ YES, my child may be provided and administered medicine only from the following list:

1. _____
2. _____
3. _____

SPIRIT OF TEXAS EMERGENCY MEDICAL TREATMENT STATEMENT

I, the parent/guardian of _____, give permission to Spirit of Texas staff and any medical team to seek emergency medical attention for my child or to transport my child for emergency medical treatment if my emergency contact or I cannot be reached.

Telephone Numbers:

Day: (____) _____ - _____ Evening: (____) _____ - _____

Emergency: (____) _____ - _____

Parent/Guardian Signature: _____

Date: ____/____/____

Athletes Name: _____

Team: _____

Agreement/Acknowledgment

Spirit of Texas is a well-respected organization with guidelines and policies which benefit everyone. Please indicate your acknowledgement and understanding of each of the following polices that govern our organization by initialing each line.

SPIRIT OF TEXAS ACKNOWLEDGMENT OF INFORMATION PACKET

I, the parent/guardian of _____, acknowledge I received a copy of the 2020-2021 Information Packet. I understand and agree to abide by the rules, regulations and policies set forth in the Information Packet. ____ (initial)

I further acknowledge, understand and agree, that if at any time during the season, my child decides to quit, is injured, or is removed from the team, there will be **NO REFUNDS** for any amounts paid including tuition, uniform, coaches' fees, competition fees, or registration fees. _____ (initial)

I acknowledge, understand and agree that the payment of tuition, expenses and other fees does not guarantee the right for my child to perform and that my child must meet the skill requirements. _____ (initial)

I have read and understand the tryout information.

Parent Initial _____ Athlete Initial _____

I have read and understand the program fee and expenses.

Parent Initial _____ Athlete Initial _____

I have read and understand the scheduled holidays, injury and attendance policy.

Parent Initial _____ Athlete Initial _____

I have read and understand the team practice rules, travel and code of conduct.

Parent Initial _____ Athlete Initial _____

Parent/Guardian Signature _____

Date ____/____/____

**SPIRIT OF TEXAS
RELEASE AND WAIVER OF LIABILITY, ASSUMPTION OF RISK, AND
INDEMNITY AGREEMENT (“AGREEMENT”)**

In consideration of participating in SPIRIT OF TEXAS All-Star program, I represent that I (we) understand that injury can occur in the sport of cheer and by participating in this sport I (we) accept responsibility for this and hereby release and discharge any and all possible claims and causes of action for personal injuries and/or medical expenses, pain and suffering, and all other claims against Spirit of Texas, its instructors, employees, officers, directors or any other individuals employed by or acting on behalf of Spirit of Texas. I fully accept and assume all such risks and all responsibility for losses, cost, and damages I incur as a result of my participation in the All-Star program.

I have read the RELEASE AND WAIVER OF LIABILITY, ASSUMPTION OF RISK, AND INDEMNITY AGREEMENT, and understand that I have given up substantial rights by signing it and have signed it freely and without any inducement or assurance of any nature and intend it to be a complete and unconditional release of all liability to the greatest extent allowed by law and agree that if any portion of this agreement is held to be invalid the balance, notwithstanding, shall continue in full force and effect.

Name of Athlete: _____ Date: _____

Parent/Guardian

Spirit of Texas Representative