



2019-2020 All-Star Prep Information

Thank you for your interest in the Spirit of Texas All-Star Prep program. Our organization was established in 1995. We have won hundreds of local, national and World titles over the past 23 years. Our teams are 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.

Spirit of Texas Prep Teams offer athletes an opportunity to experience the excitement of All-Star cheer with fewer practice times and less financial obligation while still focusing on skill progression and team bonding. It is also a great start at building a solid foundation for those interested in becoming a full year All-Star athlete.

Spirit of Texas offers Prep teams for athletes 5-17 years of age (as of August 31, 2019) Mini-Senior teams will have two 1.5 hour practices weekly with one possibly being on a Saturday or Sunday. Teams will learn a 2-minute cheer routine which will include tumbling, jumping, stunting and dance. Teams will compete at 3 local events between the months of January and April. We will be fielding athletes for teams at BOTH locations which include Coppell and Arlington.

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.

The USASF (the governing board of All-Star cheer) has made recent changes to the Prep divisions that will affect the upcoming season. Most focus is now on stunting rather than tumbling. The highest level of tumbling in Prep division is Level 2. In order to Tumble Level 2 you must Stunt Level 3 (2.2). The other divisions will Stunt Level 2 and Tumble Level 1 (2.1) or Stunt at Level 1 and Tumble Level 1 (1.1) Teams will be based off of the majority Level Tumbling at evaluations.

Sign Up/Registration/Class Information

We are offering “PREP” team/class during the months of June-August. These practices are for anyone considering the All-Star prep program. Classes cost \$75 per month and will be from 6:30-8 at both locations. Coppell Prep will practice on Tuesdays and Arlington Prep will practice on Thursdays. Students will begin learning proper technique in motions, jumps, tumbling, stunts and dance. Attendance is not mandatory. Please contact either gym if you are interested in joining the “INTRO to PREP” classes. There is no previous cheerleading experience or tumbling requirements needed to sign up for our All-Star Prep teams. We will have an evaluation in August to determine the best placement for athletes for the upcoming season. To register for our prep team program, please fill out the forms located in the All-Star section labeled “PREP”. Please return all information and any applicable payments prior to August 17th.

Evaluations/Practice Wear/Uniform Fittings

Coppell- August 13th 6:30-8:30
Arlington-August 15th 6:30-8:30
Parent Meeting –August 24th 10:00am (Coppell)

Coaches will evaluate athlete skills and assemble teams accordingly. After evaluations, athletes will be fitted for practice clothing. The cost for practice wear is \$225 and due on that day. Practice wear includes 3 sports bra and coordinating short. Solid white shoes must be worn at competitions and practices. You may purchase shoes from our Varsity rep for an additional charge. Athletes should wear a sports bra and spandex shorts to evaluations. Please no bows as it will slow down the fitting process. The cost for a new uniform is \$260 and due at the time of fittings. Solid white shoes with white no show socks are required for competition. The uniform price does not include a competition hair bow.

Team Practices and Competitions

Team practices will begin August 17th. Teams will practice twice a week for 2 hours. We will do our best to minimize additional practices. It is very important that we have 100% commitment and attendance to prepare for our first event. We will have a choreography camp which will include a longer practice time in order to learn our routines. It is also not uncommon for us to schedule extra practices two weeks prior to an event. We plan to attend 3 local events starting in January and ending in April. Note that we will most likely not be attending the NCA Prep Nationals in March. Although the Prep program has less practice time than our full year All-Star program, the commitment level is the same. Attendance is mandatory. The only excused absences from practices are school functions that result in a grade and family emergencies. If your athlete is sick, they must attend practice. They will not be made to participate; however they still need to be present. All competitions require mandatory attendance.

Prep Program Fee

The monthly tuition is \$185. Pricing includes regular and extra practices, competition entry fees, choreography and music. Spirit of Texas Prep program is an 8-month commitment. Beginning mid August 2019 and ending in April 2020. Cost not covered by tuition include: \$30 Annual Registration Fee/\$225 Practice Wear/\$260 Uniform/Bow \$25 /\$40 USASF Fee

Initial Calendar Overview

June, July & August	Intro to Prep Classes
August 13 th & 15 th	Evaluations & Practice Wear
August 24 th	Mandatory Parent Meeting
August 17 th	Practices Begin
TBA	Uniform Fittings
October/November	Choreography Camp
November 22 nd -29 th	Thanksgiving Break
December 20 th –January 3 rd	Christmas Break
March 9 th -15 th	Spring Break

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 for the following month. Should your credit information change for any reason, it is YOUR RESPONSIBILITY to update us! A 3% fee will be applied to all charges.

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: _____

Any extra classes or outstanding balances will be billed to your accounts after the 15th of each month.

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

Family Contact Information

List ALL phone contacts where you can be reached at ANY TIME!

NAME OF ATHLETE:

D.O.B.

ADDRESS:

CITY & ZIP CODE:

NAMES OF PARENTS OR LEGAL GUARDIAN:

PARENT'S HOME PHONE:

ATHLETE'S HOME PHONE:

MOM'S CELL PHONE

MOM'S WORK PHONE

DAD'S CELL PHONE

DAD'S WORK PHONE

ATHLETE'S CELL PHONE

ATHLETE'S EMAIL

EMERGENCY CONTACT NAME & PHONE

MOM'S EMAIL

DAD'S EMAIL

Pain Reliever 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. _____

Parents 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.

Parent Name: _____

Athlete Name: _____

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 _____

I have read and understand the miscellaneous information and team requirements.

Parent Initial _____ Athlete Initial _____