



Elite All Stars of Maine
Established June 2001
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Elite All Stars Cheer and Dance 2017-2018 Handbook

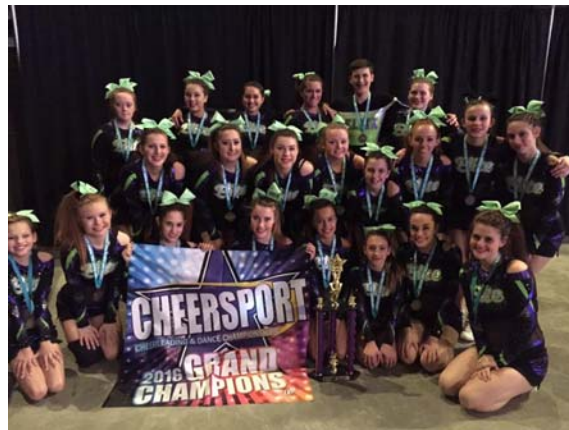
Celebrating 17 Seasons of success
2001 - 2017





We are excited that you have decided to become a part of our Elite family. It is our mission to give every child the skills necessary to succeed and grow in the All Star world as well as in life; by providing lessons in dedication, teamwork, motivation and discipline. We hope to challenge and motivate them to become better athletes -- physically, mentally and emotionally -- in a fun and nurturing environment. Our program is not only dependent on our athletes and coaches, but also our parents. You are the key to our program being successful. We appreciate the sacrifices you make for your children to participate in our program both in time and in money. In fact, we couldn't compete at the All Star level without your support. You are about to embark on a journey like no other sport. There is nothing like it. We are looking forward to an amazing season.

Welcome to Maine's Cheer Sensation.....ELITE ALL STARS OF MAINE!



All-Star Cheerleading Overview

All Star cheerleading is a competitive team sport incorporating skills from several other disciplines such as gymnastics, dance, stunting, and cheer. All Star cheerleading squads do not cheer for other sports teams. They are the team! All Star cheerleading teams differ from other teams by training year-round for competitions. They also differ from most other sports in that every team member is vital to the team and the performance. There are no benchwarmers. Everyone plays an integral role. Each member of the squad is trained in all aspects of the sport in order to maximize their skills to reach their potential. All Star teams typically consist of between 8 and 32 athletes. Squads can be either coed or all female. Teams are carefully constructed to include all the elements needed to perform the complex routines. Every team needs a combination of bases, flyers, tumblers, and dancers. Most of these well rounded athletes are capable of performing all of these skills. Competition routines are typically 2 1/2 minutes in length. They are packed with stunts, dances, cheers, chants and tumbling. Each element is perfectly choreographed to music and most teams have their music custom made for their routines. At competitions, the teams are divided by age and ability level. The routines are judged based on difficulty, execution, creativity and showmanship. All Star cheerleading has allowed the world to see inside the sport in a way never before possible. With competitions being covered on ESPN, no one can deny that cheerleading is indeed, a sport!



All Star Age Bracket

All of the All Star divisions are determined purely by age. What school grade (or even if athletes are still in school) has absolutely no bearing on eligibility. How old a child is on August 31 will determine their "competition age" for that entire season. In other words, if a child is 14 years old on August 31, they will compete as a "14 year old" for that entire season, even if they turn 15 on September 1. The age brackets set by the USASF are as follows:

- *Open: 17 years and Older
- *Senior: Ages: 12 to 18 years old
- *Junior: Ages: 8 – 14 Years Old
- *Youth: Ages: 6 – 11 Years Old
- *Mini: Ages: 5 – 8 years old
- *Tiny: Ages: 5 and 6 years old

Skill Requirements Based by USASF Rules

USASF defines six difficulty levels within each age bracket, which involve the type of stunts, pyramids and tumbling that a team can safely perform (with Level 6 being the most complex). At Elite All Stars of Maine, an athlete's skill level is determined solely by our trained and experienced coaching staff. There has been a steady upward trend in the levels over the past few years. In other words, a team that could have easily won a Level 4 division a couple of years ago could be ranked below average at that level now. The best teams are MUCH stronger now at every level than in years past. There may be athletes on any given team that tumble at a different level than the rest of their teammates. We will try to match up the athletes by level as best we can, but please remember that stunting, pyramids, jumps, dance, motions and age are huge factors as well. It is simply not feasible (or desirable) for every team to have 30 exactly matched athletes. Some members will be stronger tumblers than others. Some will help more with stunts than others. Every athlete is on the team for a reason – please trust the coaches' decisions. This season we will be working to push every athlete to improve their skills with the goal of developing their skills for the next competitive level.

***LEVEL 1:** Athleticism, listening skills, coordination, strength, flexibility and memory work. This level is the first step to becoming a great cheerleader! Kids will learn formations, stunts, jumps and the basic building blocks for good tumbling. They will also learn how to work with a team in a structured setting.

***LEVEL 2:** Standing back handspring, round off back handspring and a toe touch pause back handspring. We would like to see a front walkover round off back handspring series. Level jumps, strong motion technique and a good work ethic. Flyers need to show flexibility and be able to pull all body positions. (i.e., heel stretch, scale, scorpion). Flyers also need to be able to hit a straight body position in basket tosses. Each student must demonstrate an average understanding of motion technique (sharpness/arm placement). Bases will need to have a good understanding of grips for the above mentioned stunts and be capable of holding the stunts and dismounting.

***LEVEL 3:** Double toe touch back handspring, round off back handspring-back tuck, round off back tucks, and punch fronts. Flyers must full down from 2 leg stunts and flyers need to show flexibility and be able to pull all of the body positions required for level 2 with even greater flexibility. Basket tosses that need to be mastered toe touch, tuck arch, pike arch. Each student must demonstrate an above average understanding of motion technique and counts. Bases will need to have a good understanding of grips for the above mentioned stunts and be capable of holding the stunts and dismounting.

***LEVEL 4:** Standing back tuck, standing back handspring back tuck, toe touch back handspring back tuck, standing back handsprings layout, tumbling out of whips & front tucks. Flyers must full down from 1 leg extended stunts, and double down from all 2 leg stunts. All body positions need to be mastered as well as kick full basket tosses. Each student must demonstrate an excellent understanding of motion technique and counts. Bases will need to have a good understanding of grips for the above mentioned stunts and be capable of holding the stunts and dismounting.

***LEVEL 5:** Standing Full, standing back handspring full, toe touch standing full. Flyers must double down from 1 leg extended stunts, and double down from all 2 leg stunts. All body positions need to be mastered as well as kick double full basket tosses. Each student must demonstrate an excellent understanding of motion technique and counts. Bases will need to have a good understanding of grips for the above mentioned stunts and be capable of holding the stunts and dismounting.

During Team Evaluations:

Team selection will NOT be based solely on tumbling skills. An athlete must perform a skill with perfect or near perfect form and be able to do it consistently, on a spring floor, under pressure, in nearly any scenario. During tryouts, each athlete will be assessed on his/her abilities in the following areas: jumps, tumbling, motion technique, dance, stunting and cheer. The coaches will be looking for the "total package." The coaching staff will work together to create teams that have the best chance of being competitive and successful. Every athlete is selected for a reason. A variety of skills and abilities are necessary in order for our teams to perform at a high skill level. Please trust our coaching staff with their decisions. Though we try not to move athletes, there may be movement within our program of athletes from one team to another. Our focus is to build the strongest teams possible and to make sure athletes are placed on a team where they can excel and have a positive experience. Please note that no athlete has a right to any particular role or location in a routine. Coaches change formations and stunt groups for a variety of reasons, many of which have nothing to do with the ability of the athletes in question. Many times the flow of the choreography or formations dictate changes be made in which athletes are doing certain skills. Elite All Stars of Maine Coaches will have the final word on team placements.



2018-19 SEASON FEES

PAYMENT POLICIES

Please Note: Beginning June 1, 2017, All credit card payments are subject to a 3% service and handling fee

- Tuition is due on the 1st of each month. Checks and/or cash are also acceptable payment;
- If a check is returned for insufficient funds, Elite All Stars of Maine will no longer be able to accept checks from that family and a \$30 NSF fee will be imposed, no exceptions.
- An athlete's account must be current and in good standing in order to participate in practices, classes, private lessons, competitions and special events
- Elite All Stars of Maine will send parents a courtesy reminder if payments are overdue
- **A \$250 penalty fee will be assessed for any member who voluntarily leaves the program before the end of the season in order to cover all financial commitments**
- Payments that are past due can result in dismissal from the program.

REFUND POLICY No tuition refund or partial monthly credits are given if a member quits, is dismissed from the program for any reason, or cannot compete due to injuries or illness. Likewise, there are no credits given for short months, winter breaks or snow days. Elite All Stars of Maine will not charge for additional practices that may be needed.

Competition Fees:

There are no refunds for competition fees, no matter what the reason – as these costs are paid in advance by the gym and not refundable to us. If an athlete is sick or has a last minute emergency, unfortunately we are not able to offer a refund because of this prepayment. If an athlete is unable to fulfill attendance requirements prior to a competition, they will be pulled from the competition without a refund.

Crossover Fees:

If your athlete is asked to compete on a second team (referred as “crossover”) and you accept spots on both teams you are only obligated to pay the fee for the higher level team – not double tuition. You will be required to pay your athlete's portion of the second team's competition fee and Choreography Fee. All crossover fees must be paid at the date set. That Fee will be determined once our Competition and Choreography Schedule are Set

PRACTICE SESSIONS

Team practice a total of 2 1/2 – 4 hours a week for the bulk of the season. The practice schedule for each team is determined by a combination of gym and staff availability. To the best of our ability, we will attempt to create a schedule that accommodates all athletes on each team. The length and number of practices may change as we get ready for a competition.

ATTENDANCE POLICY

Attendance is very important to the success of the teams. Accepting a position on a team means that it is an athlete's obligation to attend ALL practices. When one member of a team is absent, it can keep a whole team from achieving their goals. Competitive cheerleading is the only sport where you get two minutes and thirty seconds to get it right. If you do not get it right at practice; it's unlikely you will get it right at competition. Athletes will be provided a calendar with all important dates during the season. Practices may be added or cancelled at the coaches' discretion. Athletes are expected to attend all practices, and not arrive late or leave early unless the absence is pre-approved by a coach or the absence is the result of an emergency. Missing practices to finish homework, household chores etc does not excuse an athlete from practice. We understand there is life outside of cheerleading. Please communicate with us about anything that may interfere with your athlete's practice. If you are going to be absent, for any reason, you must contact the coach as soon as possible. If you know of a conflict in advance, please do not wait until the day of to inform us. Punctuality is important to us. You are considered tardy if you are not on the practice floor ready to go when practice BEGINS. This means: appropriate practice wear on, shoes on, hair up, snacks and drinks finished and ready to go. If you are late more than 15 minutes to a practice, it will be considered an absence. If attendance or tardiness becomes an issue the athlete may be dismissed from the Team.

ILLNESS/INJURY POLICY

Cheerleading is a highly competitive and dangerous sport. Stunts and tumbling can lead to injuries. The Elite Coaches will take every precaution to limit these injuries but unfortunately, we cannot prevent them all. In the event that your child is injured, we will take every step necessary to ensure your child's well being. All injuries, during and outside practices that require an athlete not to participate require a doctor's note –no exceptions. Athletes with illnesses are still required to attend practices and observe even if they cannot participate. Exceptions include if an athlete is highly contagious or has a high fever. All athletes returning from injury are required to have a doctor's note to release them to practice or competition. There are no refunds or discounts for injured athletes.

MEDICATION POLICY

Any athlete who requires an inhaler or any other medication is responsible for their own medication. If they are too young to do so, it will be the responsibility of the parent who is present. The Elite staff will not provide any medication to its athletes at any time.

COMPETITION ATTENDANCE

Attendance at competitions is mandatory. Please do not schedule vacations or family vacations one week prior to any competition. It is the athlete's responsibility to adhere to the competition schedule. Athlete's MUST stay for the entire length of the competition for their respective team including awards. There are no refunds for competitions for any reason. This includes, but is not limited to, missed competitions, injuries, illnesses, emergencies or dismissal from the program. Competition/Itinerary information will be available prior to each competition.

GYM COMMUNICATION POLICY:

Our Gym Facebook and Team Facebook page is the single most informative source that we have. Please make a habit of visiting these sites daily as this is where each team will find practice schedules, competition itineraries, gym holidays and closings, fundraising opportunities, exciting news, awards and other important information. We will also post information on gym closings due to inclement weather. Communication is key to a successful season! Please do not ask to speak to the coaching staff during scheduled practice times or during competitions. During this practice/competition time the coaches' attention must be given to the athletes. Please schedule an appointment to speak with a staff member before or after scheduled practice/competition times if the need arises during the season.

PRACTICE/GYM RULES TEAM RULES

- Practice wear **MUST** be worn at all practices
- Cheerleading shoes should never be worn outside and should be kept neat and clean
- Absolutely no jewelry. This includes necklaces, rings, earrings, and any other piercings. Coaches will not be responsible for jewelry handed to them or left in the gym
- Nails must be properly cut. No fake nails of any kind
- No cell phones allowed during practices. All cell phones must left in the lobby and silenced while in the gym
- Insubordination in the gym is unacceptable. This includes, but is not limited to, temper tantrums, outbursts, poor attitude, profanity, disrespect for others and excessive talking. Any disrespectful or inappropriate behavior may result in the expulsion from practice and potential dismissal from the program.
- Only athletes and the coaches are allowed in the gym. All parents and visitors who choose stay for practices must remain in the lobby during practices due to insurance regulations. This is also for your safety and the safety of all of our athletes. All parents should remain in the viewing area unless otherwise invited into the practice area.
- It is the parents and athletes responsibility to know what is going on with their team at all times. Please check the Facebook page daily
- Personal issues are to be left at the door when you enter the gym
- Concentration is required at all times for the safety of the athletes
- Gossiping about other team members is not allowed
- Gum chewing, eating and drinks (other than water) are not allowed in the practice area
- Any athlete dismissed from a team due to behavior or attendance will not receive a refund of any kind.

COMPETITION ETIQUETTE

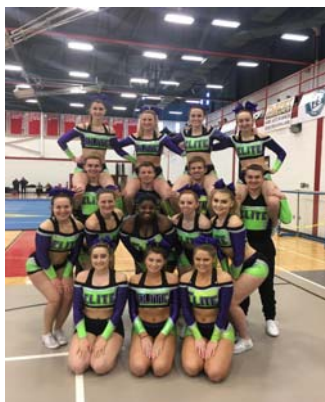
Athletes will need to arrive at all competitions on time. Each athlete is required to have a suitable chaperone at all competitions and appearances. No parents will be allowed in the prewarm up room or warm up room at any time. All athletes are expected to be in competition warm-up jackets, competition warm-up pants, competition shoes, hair in a high pony tail or ready to be done by their coaches, and no nail polish, jewelry, or fake nails of ANY kind whenever at a competition or cheerleading event. Any braces or tape needed to perform must be supplied by the athlete and put on prior to warm ups. During award ceremonies athletes must be in full competition uniform and may not wear jackets, sweatshirts, pants or any other items. Athletes are to remain in their full competition uniforms while at a competition. Athletes may not appear in a sports bra and briefs. When we accept an award we expect all of our teams to clap and be gracious regardless if it is first place or last place. No tears allowed. Under no circumstance should anyone other than the coaching staff contact the hosting competition companies with questions or requests for information. Elite All Stars of Maine will provide you with all of the information needed for each competition. If you have any questions before, during or after a competition please ask the coaching staff or owners.

COMMUNITY SERVICE

We believe in teaching our athletes that it is important to give back to the community and help out those in need of assistance. Each athlete giving 25 hours in community service will receive a \$25 credit towards their gym fees.

SPORTSMANSHIP

A positive attitude is expected from athletes and parents at all practices and Competitions. Being a member of a competitive All Star team is about being a team player in whatever capacity is required. An athlete should always exhibit a positive attitude and a willingness to participate respectfully. Sportsmanship and family are very important to our organization. Please be courteous and considerate to all teams and athletes. This includes all other All Star programs and other Elite All Stars team members. Please do not speak negatively about any person, decision or result. This includes “cheering” or showing excitement for other teams’ mistakes, as well as posts on the Internet and message boards. The attitude of the parent has a huge impact on the attitude and performance of a child. Too much parental pressure may cause an athlete to shut down. If a parent acts disrespectful towards a coach, cheerleader, or another parent, a child tends to mirror the behavior. We strive to teach our athletes respect and sportsmanship. Athletes or parents who behave in a manner in or out of the gym that we view as inappropriate may be asked to leave the program. Athletes whose parents are aggressively negative or disrespectful will be removed from the program. We are trying to create a positive, pleasant learning environment for all of our athletes. Profanity, abusive language and inappropriate photos are not allowed. This includes the Internet, emails, Facebook pages, etc. Parents, relatives, friends and athletes are never allowed to speak with competition officials for any reason. If you have an issue or concern you wish to address about a competition, please contact either the Elite All Stars Coach or Gym Owner, at the appropriate times, who will address your concern to the appropriate individual.



**** Full Travel All Star Cheer Teams– June 2017 thru April of 2018****

This is a High level teams Open for all Athletes Ages 6 through 18 Years Old. Serious Athletes only!

****ABSOLUTELY NO REFUNDS WILL BE GIVEN OUT REGARDLESS OF REASON****

You will be placed on teams where you are at the TOP of your Level in All Cheer Categories

*International Level 5

*Senior Level 4

*Senior or Junior Level 3

*Youth Or Junior Level 1 or 2

*Mini Level 1 or 2

****First Practice Begins: Date TBA in June once teams are finalized**

Cost: \$2700.00. Cost includes: Gym Fees, Free Tumbling from July to May 1st 2018, Competition Fees, Coaches fees as well as Coaches travel fees, Choreography fees which includes Choreographer Travel Fees, Licensed Music, USASF Dues, and Participation T-shirt.

Please Note: If we receive a Bid to US Finals or D2 Summit, Extra fees will be required to attend those events.

Payment Plan: *1st Payment of \$700 Due July 1st *2nd Payment of \$500 Due August 1st *3rd Payment of \$500 Due September 1st

*4th Payment of \$500 Due October 1st *5th Payment of \$500 Due November 1st

Please Note: Uniform and Practice Wear will be the same for the 2017-2018 seasons.

Uniform and Practice Wear: \$520.00 Due August 15th

Uniform: \$410.00

Practice Wear: \$110

Discounts:

*Siblings will receive a 10% Discount

* **Paid in Full Discount by July 1st will receive 10%**

Competitions Attending:

*Northeast Knockout in Worcester Mass:

December 9th and 10th

*City of Seven Hills in Worcester Mass:

January 7th

*Cheersport in Atlanta GA:

February 17th and 18th

*Spiritfest in Hartford CT:

March 10th and 11th

*Jamfest Nationals in Lowell Mass:

March 24th and 25th

*All Star Challenge in Myrtle Beach South Carolina:

April 7th and April 8th

**** All Star Team– August 1st 2017 thru April 2018****

****ABSOLUTELY NO REFUNDS WILL BE GIVEN OUT REGARDLESS OF REASON****

These Teams only Attend Competitions in the New England area

You will be placed on teams where you are at the TOP of your Level in All Cheer Categories

*Senior 4.2

*Junior or Senior Level 3

*Youth Level 1 or 2

*Tiny or Mini Level 1

Teams: These Teams are for Serious Athletes who want to compete at the All Stars level only in the New England Area

Fees include: Gym Fees, Tumbling from July to April 2018, Competition Fees, Coaches fees as well as Coaches travel fees, Choreography fees as well as Choreographer Travel Fees, Licensed Music, USASF Dues, Performance Cheer Bow and Participation t-shirt.

Cost: \$1600.00 .

Uniform Fees and Practice Wear: Est: \$520.00. Due September 1st

Uniform will be the same for the 2017-2018 season.

Payment Plan: 1st Payment of \$600 due August 1st 2nd Payment of \$500 due September 1st 3rd payment of \$500 due October 1st

Discounts:

*Siblings will receive a 10% Discount

* **Paid in Full Discount by August 1st will receive 10% Discounts**

Competitions Attending:

* Competition in Mass:

TBA

*City of Seven Hills in Worcester Mass:

January 7th

*Boston Grand Nationals in Lowell, Mass

March 18th

*Jamfest Nationals in Lowell Mass:

March 24th and 25th

****Minimal Travel All Stars Cheer Teams – September 24th thru End of March 2018****

****ABSOLUTELY NO REFUNDS WILL BE GIVEN OUT REGARDLESS OF REASON****

These Teams are for athletes looking for less travel and less out of pocket cost. We will offer a Senior, Junior and Youth Level Team. These Teams will compete at events in New Hampshire or Mass. Fees include: Gym Fees, Free Tumbling from September through April 1st, Competition Fees, Coaches fees as well as Coaches travel fees, Choreography fees as well as Choreographer Travel Fees, Licensed Music, USASF Dues, Performance Cheer Bow and Participation t-shirt.

You will be placed on teams where you are at the TOP of your Level in All Cheer Categories

*Junior or Senior Level 3

*Youth Level 1 or 2

*Tiny or Mini Level 1

Cost: \$800.00 .

Uniform Fees: Est: \$300.00 . Due October 1st

Payment Plan: 1st Payment of \$400 due September 15th 2nd payment of \$400 Due October 15th

Discounts:

*Siblings will receive a 10% Discount

* Paid in Full Discount by September 1st will receive 10% Discounts

Competitions Attending: Dates and Locations TBA

****Recreation Cheer Teams – October 24th thru March 2018****

****ABSOLUTELY NO REFUNDS WILL BE GIVEN OUT REGARDLESS OF REASON****

Teams: These Teams are for athletes competing just in Maine. Sign ups will begin August 1st

Superstars: 6th through 8th Grade: \$275

Shining Stars: 4th and 5th Grade: \$275

Shooting Stars: 2nd and 3rd Grade: \$225

Rising Stars: Pre-K through 1st Grade: \$175

Toddler Stars: Ages 2 1/2 through 4: \$125

Cost includes Registration Fee.

Discounts:

*Siblings will receive a 10% Discount

* Paid in Full Discount by October 24th 1st will receive 10% Discounts

****Spring Half Year Team – January through March 2018****

****ABSOLUTELY NO REFUNDS WILL BE GIVEN OUT REGARDLESS OF REASON****

This is a Great Team for those wanting to continue Cheering after their High School/Middle School Team season is over.

Cost: \$275.00 includes Gym Fees, Choreography and Competition Fees .

Payment Plan: 1st Payment of \$175 due First Practice 2nd payment of \$100 Due March 1st

Discounts:

*Siblings will receive a 10% Discount

* Paid in Full Discount at First practice will receive 10% Discounts



Acknowledgement of Rules, Regulations and Financial Commitments

Each Parent must initial each section and sign at the bottom:
This form MUST be completed in order for your child to participate..

Eligibility: I have read a copy of the Elite Packet (Policies and Expectations of Elite All-Stars). I agree to comply with and inform my child of all rules& regulations. _____

Financial: I have read the Tuition/Fee Information included in the Packet and fully understand my financial commitment to Elite All-Stars cheer gym, including the following:

I understand and agree to fully commit my Child to the 2017-2018 Elite competitive seasons. _____

I understand and agree that I will remain financially responsible for all tuition fees, mandatory team t-shirt fee, and uniform fee (if ordered) even if my athlete is injured. _____

I understand that if there is an unforeseen reason we are unable to complete the season, there will be no refunds, Regardless of reason. _____

Media Release: I give my consent for the use of photographs of my child on social media (such as Facebook, Instagram, etc.) and the www.eliteallstarsofmaine.com website or on any other promotional materials. _____

Parent Guidelines: I agree to have an appropriate relationship with my athlete's coach. I will trust their decisions when it comes to team placement, routine placement, and the way practice is conducted. I understand that the coach does not mind speaking with me, but it must be at an appropriate time. Lastly, I understand not to speak poorly of the owners, coaches, or the other athletes to others or through social media. If I have an issue I will set up a meeting with the owners. _____

Expectations: I understand that I am entering my child into this program of my own free will. I understand what is expected of me as a parent. I will conduct myself in a sportsman like manner and uphold to the standards that are expected of me as an Elite All Stars of Maine parent. _____

Parent/GuardianSignature: _____ Date: _____