

## TO THE PARENTS OF AN ALLSTAR ATHLETE

All-star Prep cheerleading is not an easy sport and takes much mental toughness; remember this when your athlete struggles with an irrational fear. It is a coach's job to coach.

The Starlitz Xpress coaching staff has experience dealing with different situations and dilemmas and 9 times out of 10 will know how to motivate your child in the gym.

Feel free to suggest, in an appropriate manner, to the director to help them better help your child. Our coaching staff spends many hours a week with your athlete and knows if your athlete does better with pressure, praise, or if they need assurance. Cheerleading is a huge time and monetary commitment. Understand that your child is participating in this sport because they love it. Be careful if you get upset with your athlete or yourself with a poor performance at competition, and/or pushing them too hard at home. Although every parent wants their child to be their best and to be successful, if we take the fun out of the sport the athlete will not stay the course. Every athlete will progress at their own pace. Some athletes may advance to new skills every year, others may take a bit more time to gain new skills. Please do your best not to compare your athlete to other team members, as this will not help your athlete to succeed. Starlitz Xpress prides our athletes and parents to be of the best. Please make sure that your athlete gets appropriate amounts of sleep, nutritional foods, and takes care of their health. Reward your athlete for accomplishing goals, getting over fears or getting new skills. It is just as important to motivate and encourage them when they are feeling down. If you take this advice to heart, your athlete will have a successful and stress-free career in all-star cheer. Although you have made the commitment to the program, competing on an all-star team is a privilege not a right. Athletes are expected to be on their best behavior at all times. Athletes are not only representing Starlitz, but themselves as young athletes. Rudeness and any unsportsmanlike behavior will not be tolerated. These rules apply to parents as well.

