



**2018-2019**

## **Cheerleading Program Handbook**

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### **Building Champions for Life!**

*“Michelle blossomed to become the confident, self motivated, ambitious, successful, young woman she is today thanks in part to the gym. Words cannot express our appreciation to each coach and staff member that make us feel like we are part of the gym "family".*

*Sincerely, Ms. Terri Laterrade*

***Important note: beginners and all skill levels are encouraged to be evaluated! All Star cheerleading offers five skill levels, prep, and non-competitive Novice teams. For this reason we encourage everyone to be evaluated!***

***No tryouts are required for Novice Non-competitive teams and Prep teams!!! We have something for everybody! Evaluations are only necessary for proper program placement.***

**Evaluation Process** - The evaluation process is used to evaluate the skill level of potential members so they can be placed on teams or in programs that give each team the best chance for a successful season. Potential members that only want to be considered for the non-competitive or prep program will be able to select this option during the evaluation process. Cheerleading is a team sport; therefore, team members are placed based on what is best for the program, team, and then the individual. The more skills you have in a level, the more likely you are to make that level team. Many kids and parents think because members have a certain level of tumbling skills that they will be on a corresponding level team. Unfortunately, this can lead to unnecessary disappointment. Members are placed on teams based on: cheer motions, dance ability, jumps, tumbling, athletic ability, stunt ability, level of commitment, attitude, and their previous year performance and

dedication if they were already in the program. Review our All Star Skill List below for a skills list for each competitive team level.

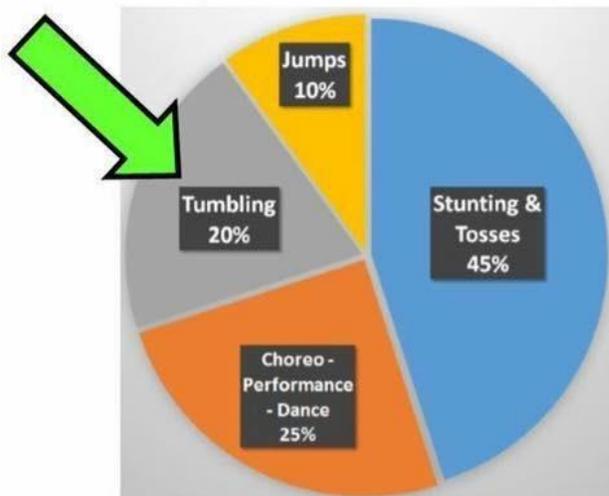
### Age Break Down(descriptions below)

<i>Novice Teams</i>	4 - 12 years old as of August 31, 2018
<i>Prep Teams</i>	5 - 19 years old as of August 31, 2018
<i>Elite Level 1-5</i>	5 - 19 years old as of August 31, 2018
<i>Elite Level All senior teams</i>	11 - 18 years old as of August 31, 2018

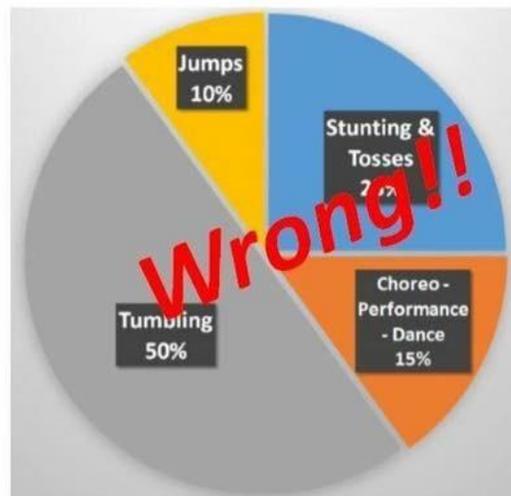
**We would like to encourage everyone to enjoy the team, the sport and program regardless of the level!!!** The pie charts below give a good description of what is required as far as skills. Please also understand that All Star judges are looking for the cleanest skills possible according to each level. If you haven't mastered it, the score will reflect it. Members are placed on a particular level team based on having a vast majority of the skills **mastered** at that level, regardless of having some skills at the next highest level. For example, a strong level 1 team has a chance of winning, whereas a weak level 2 team does not. Age and division restrictions can also be factors. We consider all variables and place members based on having the best chance of having a fun and successful year!

**The clinic and evaluation will be held in the same day. If you would like to be evaluated simply arrive at the gym at the designated time listed below that corresponds with your current age. Evaluation attire is: tennis shoes, shorts, t-shirt, bloomers (or some type of biker shorts or boy cut briefs under shorts). Exhibition team members will be announced the following week. \$10 tryout fee.**

### Correct % on competition scoresheet:



### Scoresheet Myth:



**Clinic & team placement evaluation for all teams** (non-competitive Novice, Competitive Prep teams, and competitive Elite teams). Program descriptions are below. If you can't make your location evaluation day, you can come to the other location evaluation day.

**Open House Times-Come visit the facility and get your questions answered.**  
**Northshore location-Tuesday-May 15<sup>th</sup> anytime between 4:30PM-7PM**  
**Hammond Location-Wednesday-May 16<sup>th</sup> anytime between 4:30PM-7PM**

## **Team Placement Evaluations**

**Northshore Location – Saturday, May 19<sup>th</sup> 2018.** (610 Deer Cross Court East, Madisonville, LA 70447)

**Hammond Location - Sunday, May 20<sup>th</sup> 2018.** (210 Hewitt Road, Hammond, LA 70403)

Same times for both locations

<i>Ages 4-6</i>	1:00-2:00 pm
<i>Ages 7-10</i>	2:15-4:00 pm
<i>Ages 11-13</i>	4:15-6:00 pm
<i>Ages 14 and older</i>	6:15-8:00 pm

### **Spirit Xplosion - Mission Statement**

Our mission is to provide a safe and state of the art training environment that enables all members the possibility of reaching their highest potential while never compromising our values. Our focus is to build champions in the sport of cheerleading and in life by fostering the values of teamwork, self-confidence, a competitive spirit, leadership, respect for others, fair play, good sportsmanship, humility, integrity, self-discipline and strong personal character.

**Our training philosophy** is that our greatest potential for success will come by not focusing on the end result of winning, but rather by focusing on the daily process of hard work and dedication to all our values. We measure success not only by victories at competitions but also by the personal character our members build and demonstrate on a daily basis.

## **Spirit Xplosion Cheerleading Programs**

Spirit Professionals has a variety of cheerleading programs to try to give as many kids as possible the opportunity to participate in this fun and exciting sport. We have a place for everybody!

### **FUNdamentals Cheer Class:**

***No evaluation required*** – We offer a Fall and Spring session. We also have cheerleading themed summer camps. Check our website for registration details. This program is for members that are not interested in joining a team. These classes are normally 12 week sessions that teach the basic fundamentals of cheerleading and are good for skill development. Members will be taught a routine for parent review at the end of the session. Approximately \$195 per session (or \$65 per month).

-Includes shorts, t-shirt and bow,

-Practice one hour a week

-Will perform routine for parents at the end of session. No recital fees.

## **Our Team Programs**



<i>Levels</i>	1 & 2	1 & 2	1-4
<i>Ages</i>	4-12	5-17	5-18
<i>Performance Type</i>	Evaluation only	Competitive	Competitive
<i>Routine Length</i>	1:30 minute	2:00 Minutes	2:30 Minutes
<i>Practice Schedule (Approx)</i>	1/week for 1 hr	1/week for 1:45 hrs	2/week for 1:45 hrs each
<i>Things to consider</i>	-3 performances -All Local competitions -No experience necessary	-4 competitions -One day competitions -Few out of state competitions -No experience necessary	-6-8 competitions -Some two-day competitions -More out of state competitions

### Non-Competitive teams: (Aka, Novice)

	Stunts		Tumbling
<i>Level 1</i>	Shoulder Level → 2 Legs Waist Level → 1 Leg Shoulder Level → 1 Leg Braced	Shoulder Level Cradle ¼ Spin Up	-Front & Back Walkovers -Back Extension Rolls
<i>Level 2</i>	Extended Level → 2 Legs Shoulder Level → 1 Leg Extended Level Straight Cradle	½ Spin Up Shoulder Level ¼ Spin Down Straight Toss Basket Tosses	-Standing Back Handspring -Back Walkover + Back Handspring -Front Walkover + RO + BHS Series
<i>Level 3</i>	Extended Level → 1 Leg Full Spin Up - Full Spin Down Extended Level → 1 Leg	Single Trick Basket Tosses Braced Flip	-Jump + Back Handspring -Standing Series Back Handspring -Round Off Back Handspring Back Tuck -Front Punch
<i>Level 4</i>	Extended Level → 1 Leg Double spin cradles	Double trick baskets	-Standing Back Tuck -Standing Back Handspring to Tuck -Round Off Back Handspring Layout

4 and up. Teams will be separated by age based on turnout. Depending on level of interest, we will have multiple non-competitive (Novice) teams. The Novice team program is a great opportunity for potential members that do not have the time, financial resources, or have not yet developed the skills to be on a competitive team. We will accept all members for these teams as long as we feel they can pay attention and will not have discipline problems. Exhibition teams are also taught routines and skills, but only perform rather than compete at competitions. Routines are about 1:30 minutes long. They will do 4 performances. The competitions will usually be in the general New Orleans/ Baton Rouge/ Biloxi area. Teams practice once a week for an hour and can attend an optional discounted tumbling class. **With the exception of the competitive aspect, team members for all programs are still expected to adhere to our mission statement, training philosophy and attend practices.**

- Practice once a week
- Will perform at 3 competitions
- Optional discounted tumbling class \$40 per month.

**Non- Competitive Novice Financial Obligations**

<b>Season</b>	<b>Fees Included</b>	<b>Payment Options</b>
<i>June 2018- June 2019</i>	Tuition, Practice wear, Bow Registration fee, Competition fees, Coaches fees, USASF fee	12 payments of \$100 (auto draft) -----or----- Pay in full in July- \$1125
<i>Not included</i>	Uniform	Approx \$150-Due in July
	Travel Expenses	
<i>Optional Items</i>	Warm-ups, Pictures, Banquet	

**All Star Prep Teams-**

The All-Star Prep Program is another great introduction for your athlete into the sport of all star competitive cheer. It offers a reduced cost and reduced time commitment from the traditional All-Star Elite Cheer Program. It is a great way for athletes to learn new skills, develop a sense of what it means to work together as a team for a common goal, and to develop a sense of pride and sportsmanship while making life-long friendships. The All Star Prep Cheer teams are taught a competition routine that has elements of tumbling, stunting, jumping, and dance skills set to music. Routines are 2 minutes in length. Athletes will compete at 4 competitions. The competitions will usually be in the general New Orleans/ Baton Rouge/ Biloxi area. The team performs their routine for a panel of judges who score the performance based upon the level of difficulty, precision, creativity, and entertainment value. The team’s placement within their division is based upon the score they receive compared to the scores of the other teams within their division.

- 2 Hours Weekly Training
- June-August: tumbling and skills practice
- September-April: cheer practice

**All Star Prep Financial Obligations**

<b>Season</b>	<b>Fees Included</b>	<b>Payment Options</b>
<i>June 2018- June 2019</i>	Tuition, Practice wear, Bow, Registration fee, Competition fees, Coaches fees, USASF fee	12 payments of \$150(Auto debit only) -----Or----- Pay in full in June= \$1700.00
<i>Not included</i>	Uniform	Approx \$150-Due in July
	Travel Expenses	
	End of Season Bid Events like US Finals, Emerald Coast, The One	Cost depends on bid level and coaches fees.
<i>Optional Items</i>	Warm-ups, Bag, Pictures, Banquet	

## All Star Competition Elite Teams:

The biggest misconception is that most people think placement is based solely on the one skill set of tumbling. In order to remain competitive, we try to build successful teams that score well in all areas of the score sheet. On an ordinary cheerleading score sheet, there are 7 main areas that must be covered: Partner Stunts, Basket Tosses, Pyramids, Running Tumbling, Standing Tumbling, Jumps, and Motions/Dance. The more areas we max out skill difficulty and execution, the higher the score we will receive. The higher the score, the better our chances at placing well. The Club All Star teams are typically comprised of 12-32 athletes with a variety of skill level and abilities. Teams are formed to give each team the best chance of winning based on a combination of skill level and age.

Members are taught fun and exciting routines that have elements of tumbling, stunting, jumping, dance and other skills set to music. Routines are 2:30 minutes in length and are packed with fun and entertaining skills. The teams perform at various competitions against other cheerleading squads based on age and skill level.

-Practice twice a week for approximately 3.5 hours total

-Will compete at 5-7 competitions on average

**Elite Team Financial Obligations- New this season: Due to increased cost in the industry(practice wear, bows, music, competition fees, shoes...), we will be extending from 11 to 12 payments for the season. This will avoid increasing the monthly amount.**

### Competition Teams Financial Obligations

Season	Fees Included	Payment Option
June 2018-June 2019	Tuition, Practice wear, Bow, Make-up, Registration fee, Competition fees, Coaches fees, Shoes, USASF fee	12 payments of \$235(Auto debit only) -----Or----- Pay in full in June= \$2575.00
Not included:	Uniform	Approx \$450-Due in July
	Travel Expences	
	End of Season Bid Events like US Finals, Emerald Coast, The One	Cost depends on bid level and coaches fees.
Optional Items	Warm-ups, Bag, Pictures, Banquet	

## Spirit Xplosion Travel Team Program:

Spirit Xplosion Elite is our Nationals Team(s)! This team(s) will be made up of our programs Elite level athletes and they must be driven to be the best they can be! More info to come.

## Uniforms:

We get new uniforms every 3 years. We will be in our third season so some half-priced uniforms may be available.

## Choreography:

**Mandatory Choreography Camps for competition Prep and Elite teams. TBA – Usually mid-July or Early August. We should have dates by the time of evaluations or soon after.**

See the complete ALL STAR Handbook for more program details. It is located under the downloads tab on the website.

### **Billing:**

Spirit Professionals uses an outside financial services company to handle its monthly billing. All members will sign a 10-12 month membership contract at the first parents meeting. Members will be automatically billed on a monthly basis for fees based on the payment option they choose. No refunds are given for members that are kicked off or quit. Extenuating circumstances will be determined on a case by case basis. Spirit Professionals reserves the right to remove a member from their team at any time for failure to keep up with financial obligations with no refunds on the remaining contract.

- Any monies received from athlete/parent will be applied first to any overdue tuition/fees.
- Spirit Professionals reserves the right to turn over all delinquent accounts to a collections agency and the parent/athlete will be responsible for all additional costs incurred.
- Tuition pays for training. It does not pay for the right to perform.

### **Competitions:**

**Most competitions are scheduled for the weekends, usually just a Saturday or Sunday.** Each member is required to participate in **ALL** competitions or performances for their team. The majority of all competitions are between December and May. We will plan on attending 5 to 7 competitions during the season for competition teams and 3 or 4 for novice and prep teams. Additional appearances may be scheduled.

### **Cost & Practice Time:**

We do all we can to minimize cost but there is no way around the fact that all-star cheerleading is a very time consuming and expensive sport. **Please make sure you are able to commit the time and financial resources required before you join.** Cost can be offset by fundraising opportunities that might be available through the booster club. This is dependent on member parents volunteering to manage the booster club and organize fundraising activities. Exhibition and prep teams practice on average about 2 hours per week competitive teams practice on average 3-4 hour per week

### **Tumbling Classes:**

All team members are given a discount if they take an additional tumbling class. Members are highly encouraged to take an additional tumbling class if they would like additional progress in their tumbling skills. Team practice time is mainly spent on perfecting the tumbling skills members already have, other cheerleading skills and choreography. The team member tumbling class fee is \$40 per class. (The normal fee is \$65)

### **Entry fees:**

The tuition fee does not cover competition fees and coaches' fees while at competitions. Each competition company sets the entry fee for each event (\$55.00 - \$175.00). The monthly competition fee is an estimate. Competition fees also include coaching and travel expenses for coaches. Additional competition fees may be added before the end of the year. These fees do not include hotel stays for out of town competitions. Please understand that monthly tuition is not dependent upon a certain number of practices or hours in the gym. The tuition part of fees pays for training. It does not pay for the right to perform if members have not followed our rules and standards. Extra practices may be called or cancelled at the coach's discretion.

### **Training and Attendance Promptness:**

Being on time to practice enables the member to take full advantage of warm-up and practice time. An occasional tardiness may be unavoidable, but being late should not be habitual. If a member arrives late, she must complete her entire warm-up before joining her group practice. Parents, it is equally important that you be on time to pick up your member at the end of practice. It is unfair to ask any coach to stay beyond closing time and provide childcare until you arrive! It is also unfair to ask the office staff to conduct business after closing time. Come in a few minutes early to buy clothes, pay tuition, ask questions, etc.

## **Absences:**

1. Summer practices: 3 absences. Missed time during summer training hurts your progression and possibly your final team selection. Refunds will not be given for missed time.
2. Members will be allowed five absences from the time teams are formed (around June) to the end of the year, **excluding 7 days prior to a competition.**
3. Being late twice will count as one absence.
4. If you know a member will miss in advance, an Absence Request Form must be given to the head coach a week in advance. Absences must be excused two weeks prior to competition.
5. Unexcused will count as two absences. If it is a last-minute health issue, you must call and notify the coach or office before practice. If the coach is not made aware of the absence prior it will count as two absences.
6. A parents meeting will be called after 3 absences
7. Members that miss practice the week prior to a competition and are unexcused will not perform and may be dismissed from the program.
8. Members that miss a competition and are unexcused will be dismissed from the program.
9. Members that are late for their team check-in time at a competition will be fined \$25.00 first time, \$50.00 second time, 3rd time \$75.00.
10. Members that do not stay for awards after a competition will be fined \$25.00

Lack of practice retards progress in skill development, which leads to lack of success in competitions. If a cheerleader misses practice, the **WHOLE TEAM SUFFERS**. If a member is absent or late and part of a routine is taught, then that member may not be involved in that part of the routine. **IF YOU ARE NOT HERE THEN WE CAN'T TEACH YOU.**

### **Examples of excused absence:**

- Death in immediate family.
- Serious illness with doctor's excuse.

## **Uniforms & practice gear:**

Each member of every team is expected to purchase a team uniform. It may be possible to sell your old uniform to new members at the end of the year. The same uniforms will be used for approximately three years at a time. Members must wear the proper assigned practice wear to practice. This is important so coaches can focus on the visuals of the performance. Members that are out of uniform are a distraction and hurt the effectiveness of practice. Members that do not wear the proper attire will be given a replacement piece and have the cost charged on their ABC Financial account.

## **FAQ**

### **What if a member cannot participate in a scheduled competition or camp?**

**Competitions are mandatory-** Extenuating circumstances will be determined on a case by case basis. If you notify the head coach at least two months prior to the competition and your child is excused, your child will not be entered in the competition. You will still be charged a competition fee and a re-chorography fee of \$150. No-refunds will be given for a member that is kicked off. The

entire contract will still be due. It is YOUR responsibility to notify the head coach with a written notice. Members are still expected to attend practice and will be charged tuition.

**Due to the lack of practice time, other practices may be called just prior to the competition. These will not be mandatory unless the member or parent is given at least a week's notice.\***

**Make-ups:**

There are no make-ups!

**Grades:**

Grades must not be affected by training time. We will not monitor report cards on a regular basis but expect parents to inform us if students drop below a 2.5 GPA. If grades begin to fall, practice time will be adjusted or time off will be allocated until grades rise.

**Injuries:**

As soon as an injury is stabilized, the injured member should return to practice to avoid loss of strength, flexibility and skill. A modified workout will be planned for the injured member that will keep him/her both physically and mentally fit and ready to return to full practice when the doctor allows.

**Taping:**

Each member must keep a roll of tape in his/her bag for emergency use. We do not believe in taping or bracing anything for a prolonged period unless it is prescribed by an orthopedist. A member who needs taping on doctor's order must come in before practice starts to be taped if a coach needs to do the taping. Generally: if it needs help, it needs rest.

**Medicine:**

If your child is prone to headaches or needs specific medication, please make sure he/she has it in their gym bag.

**Discipline:**

**Poor attitudes or being disrespectful by members or parents to anyone will not be accepted. Members that do not follow gym rules, team rules, or are not motivated to train will first be counseled by the coaches. If problems persist the member will be counseled by a director. If the problems continue a parent meeting will be called. If the problems still continues, the membership will be terminated with no refunds.** When the rules are broken, the member (and her parents) must accept the consequences. **Running laps, doing sit-ups or push-ups, gym chores etc.... are acceptable forms of discipline method of getting the member to focus on what is being asked of him/her, while the exercise will only increase strength and/or endurance.** A child that loses control will be asked to leave the floor until he/she can work respectfully and responsibly. Only when the member cannot regain control of themselves will they be asked to leave practice. If a member is upset about something it is her/his responsibility to tell a member of the staff. They should expect that his/her problem be dealt with quickly and fairly. Everyone has bad days but it is not an excuse to be disrespectful to anyone! Part of maturing means learning to handle those inevitable days.

*"Humanity's great accomplishments come about when individuals make an intense commitment to something." -James Coleman*

**Diet:**

A balanced diet high in complex carbohydrates and calcium is essential for continued progress. An athlete should be aware of what and how much is eaten. Water, fruit, and foods high in calcium are required to prevent injuries. Increasing the amount of complex carbohydrates 24 hours prior to competition may give the member more energy. **LIMIT junk food!** Every member should eat a good breakfast and a healthy snack before practice. If the staff feels that a member is not following a healthy diet to one extreme or another, a parent meeting will be called to address the problem.

Unfortunately, eating disorders have been linked to our sport. If Spirit Professionals addresses a problem and no changes are made, the Program Director will terminate the member from the team to eliminate any feelings for the need to diet. The member's health is the most important thing.

**Rest/Sleep:**

Cheerleading is an extremely strenuous activity. A growing child needs plenty of rest, so time management becomes a priority for those athletes with late practice and/or early competition times. Eight hours of sleep is normally required, but your child may need more to perform at peak levels. Athletes should not spend the night with friends the night before competition.

**Aches & Pains:**

Every member will experience sore muscles, strained ligaments and tendons and various growing pains. The beginning warm-up period and the ending stretch period go a long way to prevent and minimize nagging injuries. Every member should take a hot bath or shower after practice to loosen and relax muscles. ANY ache or pain should be iced for 15 minutes after practice to decrease circulation and decrease pain. Please notify the coaching staff when this occurs so that practice can be modified to prevent further injury. Ibuprofen has been recommended by orthopedist to relieve pain and reduce swelling.

**During workouts, competitions, clinics and camps:**

1. Show RESPECT for all coaches, judges, teammates, and opponents AT ALL TIMES! Extend common courtesy to anyone involved in our sport. Be amiable and cooperative with everyone. Absolutely NO profane language or actions are allowed.
2. Consumption of alcoholic beverages, smoking or any use of drugs will result in dismissal from the team.
3. Fingernails must be kept short. NO fake nails. Team members set an example to younger children and other students in the gym and community.
4. Appropriate apparel must be worn at all times.
5. NO GUM!! NO JEWELRY!! NO GOSSIP!! NO CELL PHONES!!

**Workout wear:**

Designated shirt & shorts, cheering shoes w/socks, and hair pulled back with bow. Two sets or matching workout tees and shorts will be required for each cheerleader. (One for exhibition and prep teams)

**Competition wear:**

Team uniform-Shorts, top, bloomers, socks, bow, makeup, and hair specified by head coach.

**Team members must:**

1. **Make Spirit Xplosion activities priority over any other extracurricular activities.**
2. Notify Spirit your coach immediately when an injury occurs so changes to routine choreography can be made prior to practice.
3. Set both long and short term goals and work consistently toward them.
4. Must always perform to the best of their abilities and utilize training time for maximum learning.
5. Remain consistent in school work (cheerleader training and/or competition must not affect grades).
6. Participate in all required competitions and exhibitions.
7. Shall be at the workout/competition/clinic site 10 minutes before assigned time.
8. Must stay with the team once they arrive and not leave until they have been released by the coach. The coach will give an individual permission to leave the group for water, bathroom, ect
9. Cheerleader may not go out of gym during practice time unless given permission by the coach.

10. No food or drink is allowed on the competition floor. Fruit or sport drinks may be brought into the area only in plastic, sealable containers (no carbonated drinks!) Any container left in the gym will be thrown away daily!
11. Should accept scores and/or correction without criticism or emotional outbursts.
12. Shall exhibit self-control and calmness in the face of a fall or injury.
13. Must not bring or leave anything personal lying around the gym or competition site. While we expect students to respect other people's property, Spirit Professionals or host facility is not responsible for clothing or valuables.
14. MUST stay for awards, whether he/she expect to receive an award or not.
15. Will appear in full team competitive uniform during awards ceremony.
16. Act in a well-mannered, well-disciplined way while in public, remembering that you Represent Spirit Professionals, your parents, and YOURSELF!

### **Parents Must:**

1. Encourage and praise your cheerleader for any and all improvement!
2. COMMUNICATE with the coaches. Problems cannot be "fixed" if we do not know about them
3. Get cheerleader to the gym and competitions on time and respect the workout schedule. You should not ask to arrive late or leave early except under rare, pre-approved circumstances.
4. Pay all fees in a timely manner.
5. **Check required competition schedule before planning other family activities. Cheerleaders are required to participate in scheduled competitions and exhibitions.**
6. Be aware of the dietary needs of your cheerleader. Three balanced meals a day that are high in complex carbohydrates and healthy snacks will provide the necessary energy for long, hard workouts.
7. Cheerleaders need at least eight hours of sleep per night; some may need more.
8. Try not to compare your cheerleader's progress with others. Each child is an individual and will progress at his/her own rate. Each cheerleader has different strengths and weaknesses; praise the strengths!
9. Check the lobby bulletin board, cheerleader boxes, and website for competition schedule and directions so that you know when and where your child will be competing.
10. Attend each competition or make arrangements with another adult for emergency care of your child in case of injury or illness. A coach cannot leave the competition site to stay with your child. Hospital emergency rooms will only give assistance to minors with a signed release from the parents.
11. Do not panic if your child falls and/or is injured. You will be sent for if and when you are needed. If the accident is severe, you will be expected to take the child to the hospital immediately.
12. Do not talk negatively or be disrespectful to/about members, members parents or siblings, coaches, or competitors.
13. No Gossip! If you have a problem with something or someone, please address them personally. The staff does not need to know that Susie's mom said ... If you tell us you have a problem the first thing that will be said is did you talk to Susie's mom?
14. **Understand if one's attitude or actions are deemed disruptive or harmful by Spirit Professionals staff that person may be asked to leave the program. If you are upset do not approach coaches on the gym floor. Request a meeting.**

### **Conduct While Traveling with Spirit Professionals**

1. Proper conduct by members, coaches and parents is required. Team members have a curfew of 10:00. Excessive horseplay or loudness in restaurants or hotels, misuse of hotel or restaurant property is unacceptable.
2. Spirit Professionals' coaches are responsible for the members during warm-up and performance times only while at the competition site. Parents should not plan to leave members in the coaches' care at the hotel or in a restaurant unless previously arranged.
3. Any activities other than the competition or clinic must be pre-approved by the head coach. We work hard to prepare the members for competition and feel the reason for the trip should remain the first priority. We do not wish to have a member's focus distracted by a "family vacation." The coach is responsible for decisions concerning agenda while traveling.

#### **Conduct During Competitions**

1. Have the member at the required site on time so that he/she and their coaches do not begin the competition "stressed out." Members that are late may be taken out of the competition.
2. Stay in the area designated for the public. Parents are not allowed on the competition floor or in the warm-up area.
3. Spectators should not disturb the order of the competition, the competitors, or officials.
4. May use video cameras from any position approved by the competition directors.
5. Accept received scores for your child and her teammates without criticism or complaint
6. Give positive and appropriate support during the competition for all teammates and competitors through applause and cheers.
7. When making comments during the competition, be aware that the people around you have children in the competition. You represent Spirit Professionals and help determine how liked and respected our program is throughout the area.
8. Plan to stay through the entire session's award ceremony, even if your child does not receive an award (sportsmanship).

**Please remember that your attitude about everything, whether positive or negative, will directly affect your child!**

#### **Spirit Professionals retains the rights to:**

1. Place its athletes on team(s) it feels will best suit them and the program.
2. Move replace, add, suspend, or even dismiss an athlete for a period of time or indefinitely (without a refund) from a team or the entire program based on criteria including but not limited to attendance, conduct, skills, finances, parent conflicts, attitude.
3. Decide if an athlete may participate on more than one team
4. To close practice to spectators and parents.
5. Decide the roles and/or positions an athlete will have/play on their team. (e.g. base, flyer, back spot, tumbler, dancer, alternate etc.
6. Remove any person from the program if one's attitude or actions are deemed disruptive or harmful to the program by Spirit Professionals staff.

#### **WHO'S THE COACH???**

**This is probably the most important question each parent must ask themselves. Please decide now. If you trust the coaching staff at Spirit Professionals, then please follow the policies below.**

1. When practice begins, your child is in our care until practice is over, unless we ask for your help.
2. We demand your child's complete concentration and attention to our instruction during the entire class time.
3. All members will be taught to WORK ON THEIR OWN at times. The member is not being ignored, she/he is LEARNING! Independent work time is not a cue for parental intervention.
4. Our staff is by no means perfect, but each staff member is trained to coach. It's what we practice every day, go to clinics to learn, read about and what you pay us to do. We would not allow a

coach to teach for Spirit Professionals if the only training he/she had was sitting in the observation area. AND IT WILL NOT BE ALLOWED! Parents, if you stay in the gym, day in and day out, you probably FEEL like an expert, but it is totally unacceptable for you to coach your child while he/she is in our care. It is inappropriate for you to motion, signal, draw attention to, or distract attention from your child during practice time, even if you think you are being helpful.

5. **Parents, friends, or siblings are not allowed in the gym or practice area or on equipment during any kind of practice, gym activity or at competition. Any person that disrupts a practice will be asked to leave the gym. You may be invited into the practice area on special occasions, but you may not sit in the practice area or come onto the gym floor unless specifically invited.**
6. If you need to speak to a coach, please go through the office staff. If you have a problem with an action that a coach has taken with your child, please speak to that coach AFTER practice. If that communication does not resolve the problem, make an appointment to see the program director (Bill Yeates or Marcus Lawson).

-Please come to watch your child workout periodically. Your interest can give your child a boost. Look for progress: little things that will obviously lead to greater successes. Praise your child after practice and give encouragement when he/she is down or had a tough day.

-Try not to watch practice every day (kind of like watching grass grow). Give your child some space. Trust that he/she and coaches can do a good job without you overseeing them.

**Isn't a parent's job to learn to let go of our children and allow them the freedom to learn on their own? We should support them when they are down, encourage them to try again, and praise them when they show progress!**