



2018-2019

## Cheerleading Program Handbook

**Bill Yeates – Program Director**

Office: 985-345- 4383

Cell: (225) 933-3596

wjyeates@spiritprofessionals.com

**Marcus Lawson – All Star Director**

Office: 985-345- 4383

Cell: (504) 481-9436

marcus@spiritprofessionals.com

### 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.

**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.

The clinic and evaluation will be held on 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).

**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 11-14</i>	4:15-6:00 pm
<i>Ages 15 and older</i>	6:15-7:30 pm

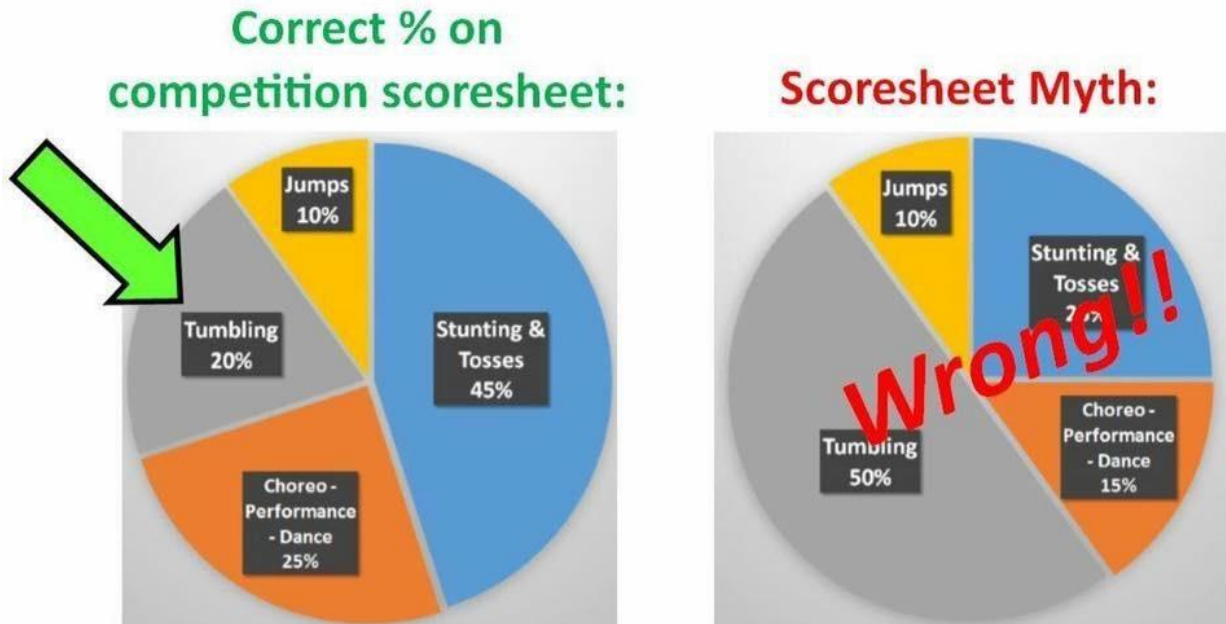
**Age Break Down**(descriptions below)

<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.

c



### 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



**ALL STAR  
Novice**  
Challenge. Explore. Elevate.



**ALL STAR  
Prep**  
Train. Compete. Succeed.



**ALL STAR  
Elite**  
Achieve. Excel. Master.

<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

## The Levels

	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
<i>Level 2</i>	Extended Level → 2 Legs Shoulder Level → 1 Leg Extended Level Straight Cradle	Shoulder Level Cradle ¼ Spin Up Shoulder Level ¼ Spin Down Straight Toss Basket Tosses
<i>Level 3</i>	Extended Level → 1 Leg Full Spin Up - Full Spin Down Extended Level → 1 Leg	Single Trick Basket Tosses Braced Flip
<i>Level 4</i>	Extended Level → 1 Leg Double spin cradles	Double trick baskets

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

Ages 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 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
<i>June 2018-June 2019</i>	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
<i>Not included:</i>	Uniform	Approx \$450-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	

### **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 3<sup>rd</sup> 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.