



THE FLIP SHOP

Competitive Cheerleading

2018-19 Try Out Forms and Information



Welcome to The Flip Shop Competitive Cheerleading Program, and the 2018-19 season. This book will provide you with the information regarding our gym and evaluations for this upcoming season.

Mission Statement

At TFS we take great pride in the role we take in developing your child into a competitive athlete as well the role we play in helping them become confident and successful young adults. By joining the t, you are not just joining a "cheer gym" your joining our family. As a member of our program, each athlete will learn teamwork, patience, problem solving skills as well as many other life lessons that will help them become a confident asset in today's society. By joining TFS, you HAVE to be committed to practice anywhere from 1-5 hours per week, and 2-5 competitions. All while being committed to success for yourself, your team, and your gym!

BELIEVE!

Each athlete will be evaluated individually one on one with a coach. This will give our staff the time to talk to your child about themselves, their goals and what they want to accomplish this season. It will be a great time to get to know each other. We will also have them do the cheer, dance, and any tumbling skills he/she may be able to do. (tumbling is not required).

PROGRAM COST

We work very hard to keep cost low for our families. Your monthly tuition is due on the 1st of every month. If not paid by the 10th of the month a \$25 late fee will be charged. We have done a small breakdown of cost at the beginning of this package. All travel fees (hotel etc.) will be paid by individual families.

We break our fees up so it's not a HUGE hit to families to join our sport. We do a payment schedule so everything is scheduled out to make it easy for families to join our family.

Level	Monthly Tuition
Tiny (1.5 hours per week)	\$75.00
Mini (3 hours per week)	\$85.00
Level 1, 2, 3 (Youth, Junior or SR 5 hours per week)	\$95.00
Level 4 or 5 (Junior or SR 7 hours per week)	\$110.00
Prep Team	\$80.00

**** Monthly Tuition only includes team cheer and not classes ****

Cost Continued

Pro Shop items are available for families and friends to purchase.

Shoes Adult/Youth	\$50-\$100
Competition Uniform	TBD (Last season was around \$325) This lasts for 2 seasons
Competition Bow	\$30-\$40
Warm Up Jacket and pants (Mandatory)	\$90-\$150
Make Up Kit	\$25-30
Practice Wear Package (Mandatory) (sport bra, tank top, shorts and program t shirt)	\$100-150
Annual Membership Fee	\$40.00
USASF Membership Fee	\$30.00
Choreography Fee	\$175-250.00
Music Fee	\$150-200
Competition Fee	\$55- 200.00 per competition
Coaches Fee	\$10-100 per competition
Crossover Fee	TBD

Item cost is subject to change

Fee Schedule

This is an estimate of when items will be due to help you plan for the season. Keep in mind things change and come up. Being late on your payments hold everyone up if items are not paid for by due date a late fee will apply.

Please make sure you keep up with payments.

Payment	Estimate Due Date
Monthly Tuition	10 th of every month
Annual Membership Fee	May 16 (unless anniversary date is different)
Practice Wear	May 16 (no orders will be placed after)
Uniform	We will split the cost of the uniform 1 st payment due: June 16 2 nd and final payment due: July 16
Choreography	July 1
Music	August 1
Make Up and Comp Bow	August 22
USASF	August 1
Warm Up Jacket / Pants	September 15
Competition Fees	Dates will be given once comp schedule is finalized (By June 1)
Coaches Fees	Dates will be given once comp schedule is finalized (By June 1)

Fundraising!

Cheerleading is a very expensive sport. We offer many options for fundraising to help offset your personal cost. We encourage everyone to participate. Some families do not pay a cent for the season due to their hard work in fundraising.



Try Out Check-List

You will need to have the following items done before try out

- ✓ Attend Try Out clinics (Mandatory)
- ✓ Register on our online registration system for try out
 - ✓ \$20 Tryout fee
- ✓ Bring a picture attached to your forms
 - ✓ Fill out Tryout Packet



How are



teams placed?

Our tryouts are NOT stressful at all. We will look at each athlete and place them where they are going to succeed. We will give them the opportunity to show us their skills, perform a quick dance and cheer (with visual help) and take a few minutes to get to know each athlete. Our teams will be put together so we have a successful and winning season. Athletes will be placed on a team according to their skill and commitment level. Try outs are mandatory for everyone, but again are not to be stressful!

***** Try outs are closed to everyone except athletes and coaches *****

Teams are built with the following in mind (see table below). Not all skills are required for team level, teams are built with the idea of putting the strongest routine on the floor.

Level	Tumbling	Jumps	Stunts
Level 1	Cartwheel, Round off, Walkover	Tuck, Pike, Toe Touch	Stunts at shoulder level and below
Level 2	Back handsprings, Round off Back handsprings	Connected 3 jumps Pike, toe touch, herkie / hurdler	Stunts above shoulder level and straight tosses
Level 3	Round off handspring tuck, punch fronts, series standing handsprings	3 jumps connected to back handspring	Extended stunts on 1 leg with twisting and flipping
Level 4	Round off handspring layout, whip passes, standing tuck, series handspring to tuck	3 jumps connected to handspring layout	Extended stunts on 1 leg with release moves and flips. Double twisting dismounts
Level 5	Round off handspring full/double Standing series to full	3 jumps connected to standing tuck	Intricate release moves/flips and double twisting from extended stunts

*There are always exceptions for levels and making teams. This is at the coaching staff discretion. EX. A non-tumbler may make a higher level team because that team needs a strong base.

What is a crossover and do I want to be one?

Crossovers are athletes who cheer on 2 teams for TFS. If you would like to be considered to be a crossover you will indicate that on your try out form.

Our Policies



1. All athletes and family members will represent TFS in a positive and supportive manner.
2. Negative social media, email or any type of negative communication will not be tolerated.
3. ABSOLUTELY NO DRAMA!!
4. When informed of meet times and requirements for competitions and travel, each family is expected to follow those explicitly. If issues do arise a meeting will be set up to discuss. If it continues, dismissal from program will occur. And buy out fee will be applied.
5. All tuition will be paid on due dates. If tuition and fees are not paid, suspension from team(s) could occur.
6. Abusive behavior, lying, bullying and any other form of negative behavior by a parent or athlete is grounds for removal from the program. The buyout fee will be applied
7. You must be committed to your team, practices, and competitions. All athletes are expected to be at every practice. Vacation requests have to be approved by Meggie Etris, Head Coach. Please take family vacations during our closures. Any practices that will be missed due to anything besides sickness need to be pre-approved. Athletes with extensive absents from practices can be removed from team and buyout fee will applied.
8. Members are expected to maintain, and build on their skills during the season.
9. Parents are asked not to approach coaches during practice time unless there is an emergency.
10. Parents and/or athletes will primarily receive team related information and updates via e-mail, Facebook, website, Group Me/Remind me and posting at the gym. Please make sure to check these regularly.
11. All communication will be done through our head coach and program director. Any questions, concerns and or needs are to go to Meggie Etris and NOT our coaching staff.
12. The Flip Shop (TFS) are trademarked logos. The uses of our logo and team names are prohibited. No clothing, bags or other items can be produced without the permission of management. Use of these without permission is grounds for removal from our program and buy out fee will be applied.

Thank you for your cooperation!

I have read and understand our policies for 2018-2019

Athlete Signature: _____ Date: _____

Parent Signature: _____ Date: _____

Try Out Registration Form

Athlete Name: _____

DOB: _____ Age (as of August 31 2018): _____ T Shirt Size: _____

Address: _____

Parent Name: _____

Parent Email: _____

Parent Cell: _____

Athlete Medical Conditions: _____

Parents: Please indicate an area which you would be interested in getting involved:

____ Fundraising ____ Team Mom ____ Special Events ____ Sponsorship

I authorize The Flip Shop (TFS) and its representatives to consent to immediate injury treatment for my child when I cannot be reached to so consent. I also give The Flip Shop and its representatives consent to administer the necessary emergency care of my child to stabilize and/or improve the current injury or condition that my child may have sustained during activities related to instruction, practice, or performances. I am fully aware that any activity involving motion, height, or athletic activities creates the possibility of serious injury, and further agree to hold TFS, its staff and representatives harmless for any injury or resulting expense (s). I release and discharge all rights and claims against TFS and its parties. TFS strives to provide a maximum in safety procedures and guidelines, and cannot assume responsibility for any accidents, injury or illness that may occur. INITIAL: _____

I authorize TFS to use photographers, videos, and/or other likeness of my child for use in its promotional materials or on the website and waive the rights of compensation or ownership thereto. INITIAL: _____

I have read, understand, and fully agree to the TFS Try Out package (INITIAL : _____), policies (INITIALS : _____).

Parent Signature: _____

Printed Name: _____

Date: _____ Athlete Signature: _____

Please attach a current picture of your child to try out form.

We want to know YOU!!!

Athlete Name: _____

How long have you cheered and/or attended a recreational cheerleading class? YES NO

Please Specify _____

What is your highest tumbling skill you can perform without a spot?

What goals and/or skills are you wanting to accomplish? _____

Please tell us some things you would like us to know about you?

Do you participate in other sports or activities that could affect your commitment to your team? YES NO

If yes, please list sports/activities:

If yes, what days are those?

If you are 13 years and older would you like to be considered for a CIT position (coach in training)? _____

Do you want to be considered as a crossover? YES NO

We are looking forward to an amazing season!!! Welcome to our family!