



STRIKE FORCE ALL STAR CHEERLEADING

2018-2019 Program Pack

STRIKE FORCE CHEERLEADING
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WELCOME TO STRIKE FORCE

Welcome to the Strike Force Cheerleading program - home of the most decorated teams in Ireland. We are excited to be entering our 11th season and have learned over the years that while all the trophies, banners, and titles are great accolades, nothing compares to the feeling of belonging to the Strike Force family.

All-Star Cheerleading is still growing in Ireland but there are now several cheer outlets around the country. We believe that not all gyms are the same in Ireland. We are one of the largest in the country with the sole focus on cheerleading. We boast some of the best coaches, junior leaders, and admin assistants in the industry. Through all of this, we've stuck to our humble beginnings and kept the focus on developing our youth through this amazing sport.

With Strike Force, you'll gain life lessons that you'll take with you far beyond your years of cheerleading. We see our athletes achieve success through gaining confidence, building lifelong friendships, developing a strong work ethic, and understanding that a team is only successful when hard work towards a common goal is achieved.

Young athletes with big dreams go far in life!

Welcome to the Strike Force Family



WHY CHEERING FOR STRIKE FORCE IS THE BEST

In the world of all-star cheerleading, people have learned the Strike Force leads by example. You may wonder why? We know it's because we've found the perfect balance between success in a competitive sport and fun that comes being a part of our Strike Force army.

The Strike Force experience is second to none. In fact, the second you walk into our gym, you'll notice something special. It's the shared passion for the sport of cheerleading and the pride that comes with being a part of the best gym in Ireland.

Read on to learn more about our sport and why you should join the brotherhood and sisterhood of the Strike Force family.

- Cheer is a perfect combination of dance and gymnastics but with a unique team environment like GAA or soccer. If you or your daughter/son have tried all of these sports and more, give cheerleading a chance, we know it will be just what you're looking for.
- Our athletes love being a valuable member of our teams and they build self-confidence as they accomplish group and individual goals. Our teams at Strike Force become more a brother/sisterhood in which athletes develop friendships that last a lifetime.
- Train with world-class coaches who love and care about each individual athlete and produce the most successful teams in all of Ireland. If you have done cheer before but are looking to take it to the next level, you won't be disappointed with our high calibre coaches that gets results.
- Being part of a large and successful gym give our athletes unique opportunities that they won't get anywhere. Some highlights include traveling to some of the best UK competitions and some awesome destinations such as Orlando and Daytona in Florida, international travel opportunities, access to the top US & Canadian instructors, coach-in training programs and a higher likelihood of competing on the world's stage. We are also proud to have a number of athletes who have competed with Team Ireland, and to top it off...our coaches are the head coaches for Team Ireland

With 10 teams at our Finglas location, we have a team for athletes of ages and skill levels. This ensure athletes feel challenged, safe, and successful on the team that's right for them. We are proud that our teams experience success at all levels from 1-5.

You will love the professionalism of our entire program. From the supportive administration staff to the trained coaches and our volunteer team parents. We pride ourselves in truly valuing the families that are a part of our gym.



Teams/Age/Levels

Strike Force has a team for everyone from the brand-new beginning athlete to the elite veteran. We will be offering numerous teams in Finglas this season. All of our teams are named after a shade of blue or military-associated word, as all our athletes are a part of the Big Blue Army!

Competitive levels are posted tentatively and are based on the majority of the skills demonstrated by the athletes on the team. Athletes will be placed on the teams with other athletes of similar age/skill set. We offer small and large sized teams in level 1-5. Coaches make all decisions on team rosters and levels at [Team Tryouts](#).

Here is the competitive age grid breakdown:

| Age Group | Age as of 31 st August |
|---------------|-----------------------------------|
| Tiny | 4-6 years |
| Mini | 7-8 years |
| Youth | 9-11 years |
| Junior | 12-14 years |
| Senior | 14 years+ |
| Open | 17 years+ |

Athletes can compete up an age group at the coaches' discretion (this will only happen if the skill set can be matched)

The age of the athlete on the 31st August determines their age for the upcoming season. For example: If Suzy turns 9 on September 21st, she will still be eligible to compete on the YOUTH team that season, as she was 8 years old on the 31st Aug.

Athletes get stronger, advance their skills, and begin choreography at the start of the season (usually around September time) Practices are important, but we do want families to enjoy their summer break time, camps, and other summer activities. Summer practices policy is: if you are in town, we need you at practice. As of September, through to the end of June practices become mandatory.

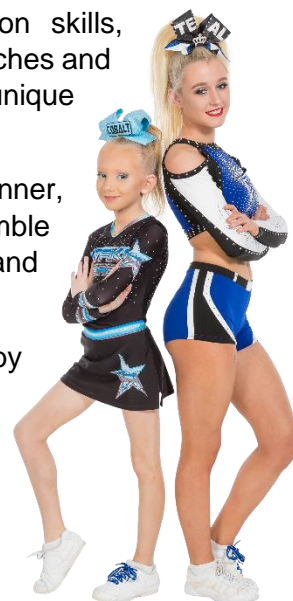
Team Tryouts

Team assignments for the 2018-2019 seasons will be based on skills, performance presentation, and ability to integrate into a team. Our coaches and staff will evaluate each candidate based on her/his technical abilities, unique qualities, level of enthusiasm and, potential contribution to the team.

Since tryouts will be conducted in an objective and considerate manner, team placement decisions are not up for negotiation. We will assemble teams that have the best chance of superior performance in practice and at competitions.

When placement decisions are challenged or undermined by cheerleader/parental pressure, there is a risk for inequities, disruption, or failure within and amongst the teams. Should a cheerleader improve or regress in their skill set and performance presentation, we will consider mid-season placement changes.

However, only the members of the coaching staff may initiate these discussions and facilitate these changes.



ABSENCES

In order to avoid disruption of practices and to optimise preparation for performances and competitions, all cheer athletes MUST attend regularly scheduled practices or risk dismissal from the team.

We have two types of absences: authorised and unauthorised.

The following circumstances are considered excused absences:

- ❖ Contagious Illnesses (a GP's note will be requested).
- ❖ Conflicting school functions that will affect grades (proof in the form of a signed letter from the teacher or principal will be required). Excludes extracurricular activities.
- ❖ Family emergencies (Hospitalisation of immediate family member).
- ❖ Summer Holiday (Until August 31st)

The following circumstances are considered unexcused absences:

- Conflicting social functions and other activities athlete is involved in
- Holidays – That occur out of scheduled breaks and any that affect our Red Zone/Black Out days.
- Need to finish homework
- Lack of transportation or traffic congestion

- “I don’t feel like it” or “I’m tired” excuses
- Excessive tardiness (≥ 20 minutes into the session)
- Improper practice clothing or lack of appropriate shoes
- Anything that is not listed in “excused absences”

If the athlete is injured or sick, she/he is still expected to attend practice to observe the cheer routine and continue to learn alongside of teammates. Of course, there are exceptions to this rule, such as contagious or severe illness, but these decisions will be left up to the discretion of the management. Parents can let us know about any upcoming absences using our pre-set form available under the contact us tab on www.strikeforce.ie

STRIKE FORCE – THE BRAND

Strike Force will establish a line of clothing items that can be purchased in our Pro Shop. The duplication or production of any items containing our trademarked logo, gym name, team names, team logos, sayings, or hashtags, without prior written approval is prohibited.

We have multiple vendors that we use to create our products who have access to our artwork, names, logos etc. If you are, looking to have something done that is out of the ordinary or different from what we have in the pro shop, you will need to use one of our approved vendors and the order must be placed and paid for through Strike Force.

All apparel made with our gym name, team names, logos or, our trademarked logo must be purchased through the gym. Going direct to our vendors is prohibited and making items through any other vendor or at home is prohibited. Should you desire to license our trademarked gym logo, gym name or the logo or likeness of any of our teams and or team names, this can be arranged in advance.



Find Us on Social Media

- Facebook.com/StrikeForceCheer
- Instagram.com/StrikeForceCheer
- Twitter.com/StrikeForceIE

COMMUNICATION

We will communicate with our cheer athletes and parents through Email and/or in our private Facebook groups. The group will be only for cheerleaders and their parents. Each member will be verified prior to entry into the group. Please do not set up separate groups, as this may confuse our communication efforts. We will also communicate via email, and Facebook.

In the event you have a concern or issue with something other than a life-threatening event whether it is at practice or competition, we respectfully request that you take 24 hours before contacting either your athletes' coach or management.

This allows for a cool down period, which in the heat of the moment can be a good thing. We also ask that you understand that coaches and management will also respect this 24-hour rule before responding to any concerns received outside the rule. Because parental input is important to us, we have an open-door policy for parents and for athletes.

If there are any questions or concerns, please come talk with us. If we are not readily available, we can be reached by email message or by message through our website portal. We will follow up with all contacts as soon as possible.

Please refrain from contacting the coaching staff directly, as we are making efforts to be sensitive to their personal time. If we can protect their personal/family time, they will be better able to offer their full attention and energy during practices and performances.

If a parent or a cheer athlete needs to meet with a coach, one can make an appointment with them through the front office.

We ask that our athletes and parents not engage in gossip or rumours about, or involving the gym. We have a zero-tolerance policy regarding this kind of behaviour, which applies to administrative and coaching staff, athletes, and parents alike.

Our open-door policy is in place to open the lines of communication and facilitate positive dialogue. Again, if there is a question, just ask. We also discourage our parents, athletes, coaches, and administrative staff from starting or developing relationships of a private nature, which can lead to undesirable and difficult situations in such a close-knit community.



COMMITMENT

It is imperative that our athletes understand that there is a high commitment to this sport and their team that cannot be put aside for other activities. While we appreciate athletes that have multiple interests in a variety of activities, it must be understood that their team comes before these other activities. Missing practice for other activities, work commitments, other sports games are not excused absences.

TUITION COSTS

Tuition for classes are collected once monthly. The collection date is always the first weekend of the month unless otherwise stated. Tuition costs last for a 4 week period. Allowing us to schedule gym closure time.

12 payments x 4 Weeks = 48 weeks

This allows us to schedule 4 weeks break from training annually. Usually around Christmas/Easter/Summer.

As Strike Force provides many competitive opportunities for our athletes, there are some extra times we must postpone some classes, so coaches can travel with their teams. However closer to most competitions we extend sessions and offer additional sessions for teams. This ensures no one loses out of any training hours.

Strike Force cannot be held liable for any gym closure time due to inclement weather.

| Class/Item | Costs |
|--|-------------------------|
| Mini Cheer 101 – Recreational | €50 every 2 months |
| Cheer 101 – 7 years+ | €40 every month |
| Youth Novice | €65 every month |
| Youth/Junior/Senior All Star | €65 every month |
| Crossover to 2 nd /3 rd Team | €30 |
| Additional Group Tumbling Sessions | €75 for an 8 week block |

Tuition can be paid online through our PayPal link or a direct debit can be set up too.

Payments not made on time will be subject to a late penalty in according with our Late Payment policy. – This policy can be view at www.strikeforce.ie in the downloads section.

Competitions

Strike Force is a competitive cheer program, and all athletes placed on an All Star team have been placed on such a team being made aware of all team training commitments and financial obligations needed.

What costs are involved for All Star Cheerleaders?

- ❖ Monthly Tuition
- ❖ Annual Competition Fees (This is a lump sum paid at the end of September that covers all the events for the season)
- ❖ Choreography Fee – We are looking at bringing choreographers from Canada/USA to work with most of our teams for the upcoming season.
- ❖ Uniform Costs – New athletes will be required to obtain a uniform. All teams with the current sublimated design will be required to purchase the new 2018-2020 designs.
- ❖ Cheer Shoes/Cheer Bow
- ❖ All related competition travel and accommodation expenses.

Athletes will compete at many Irish based events for the 2018-2019 Season, including: 21CC in Gormanstown, ICE Extravaganza Event in Belfast, Celtic Spirit in Mayo and CDFNI in Belfast.

There will be an international event for Junior/Senior teams.

At current we do not have dates/locations for most the of the events, usually this is confirmed in July. Our competitive season generally runs from December through to June.

IMPORTANT

Competition running schedules are usually only released 7 days before the event takes place. This means your child could be competing at 7.30am or 7.30pm. No one will know until the event company release the schedule. It is important that if an event is not within reasonable driving distance that athletes DO NOT TRAVEL on the day they are competing. This has historically created many problems. Book Flights/Accommodation way in advance.

Tip: Book accommodation with free last-minute cancellation. Try to avoid paying upfront.

Strike Force is not liable for any costs incurred by cancelled events/flights/accommodation.





CROSSOVERS

Any athlete who opts to crossover to a 2nd/3rd team in Strike Force will incur an additional €30 on their monthly tuition.

DISCIPLINE

If any of the rules for parents and athletes are violated, the following steps will be taken:

1st violation — The cheer athlete and/or parent(s) will be spoken with about the behaviour and issued a warning.

2nd violation — The cheer athlete and/or parent(s) will be suspended from the gym for a specified amount of time, the cheer athlete may be dropped from the next competition, or anything else as determined by the gym administrators.

3rd violation — The family will be asked to leave the gym for the season. In cases of an extreme policy violation, such as any acts of violence, threats of violence, derogatory statements about Strike Force, or any of the owners, coaches or athletes, the gym reserves the right to immediately remove a cheer athlete and/or parent(s) from the gym. If a parent or athlete is asked to leave the gym due to any policy violation, they will not be refunded any fees. The cheer athlete should not be held from practice as a form of discipline. The team depends on all of its members, and failure of a team member to show up for practice causes an undue strain on the team. This type of behaviour will result in unexcused absences and follow the discipline guidelines set.

SOCIAL MEDIA

Both Athletes and Parents agree to: Interaction in person and on the Internet, with integrity. You will not comment negatively about your opponents or teammates on any form of social media: Facebook, YouTube, message boards, etc. You understand that doing so reflects poorly upon the image of the sport, your program and yourself. Failure to abide by this guideline is grounds for dismissal from the program.

Cheerleading is a privilege and not a right. You are an athlete and a leader. Any behaviour, which does not represent Strike Force and its cheerleaders in a positive way, is considered reason for termination from the team. You are your gyms representative when you are out and about in your community. You will be held accountable for your actions at ALL times. Skipping school, profanity, tobacco, drug, or alcohol use, fighting and other major issues will not be tolerated. No bad talk in person, on Facebook, Twitter, Instagram, Snap Chat, Instagram, Text, email, or any type of Social Media, about any other cheerleader on our team and other teams from other gyms!

Minor infractions will also be handled with extreme severity. Consequences include suspension from participation in cheerleading activities. Major infractions will be reason for immediate dismissal from the team.

As a representative of this gym, you are expected to always bring honour to yourself, your parents, your gym, your school, your team, and your coach. All social media pages related to Strike Force, must be administered by Strike Force. Any unauthorised account: will be requested that they are removed. Failure to remove the pages will be met with disciplinary action along with a request to the service for immediate removal.

Failure by a parent of athlete to remove any negative social media posting will result in the removal from the program. Video of any routine may not be posted on social media. There will be times when the gym will post portions or full routines to social media. This does not authorize anyone from doing the same. If the routines are posted to the team page, they are not to be shared or distributed. When in uniform or wearing any clothing that is branded with Strike Force or any of its tag lines or advertising, you/your athlete is representing Strike Force.

As a representative of Strike Force, you should not post or act in a way that would be considered derogatory. Derogatory to Strike Force included but is not limited to: Underage drinking, drug use, foul language posted to social media, fighting, obscene picture or gestures, acting with poor sportsmanship towards other teams or athletes whether from Strike Force or any other gym.



SPIRIT

Good sportsmanship is essential, and we encourage positive reinforcement. Remember that we are all in this together! One's attitude and actions are a reflection of the entire organisation. Taking the high road in every situation is the only way to go. Please do not post negative comments or gossip on social media. Do not post videos of our performances prior to the competition season beginning or our music on any site for the public to see. If parents are posting to YouTube or Facebook, be sure to make the videos private and invite guest viewers to the link. **TEAM REP** At the beginning of the season, we will solicit and select a team rep for each team. The team rep will be the go to person for all questions and answers and serve as the buffer between the parents and the Coaches/ Owners. Team Reps will then work with parents to develop committees with leaders to cover such items as team bonding and team dinners. Team reps do not have any input into financial matters, coaching issues, or gym decisions. These items should be addressed with management through email.

TERMINATION

If your athlete chooses to leave the gym or, you/your child is asked to leave the gym after August 1st, 2018, you agree to and accept that your account will be charged €100 termination fee if the athlete leaves within 6 weeks of any upcoming event/competition. This fee is to cover the costs of reworking the routine as well as choreographing the routine by our choreographer, re-registering the teams for competitions, and the added 2018-2019 SEASON 15 expense of the coaches having to have additional practices due to the athlete quitting.

PLACEMENT AND POSITION

Your athlete's placement or position on a team is never guaranteed. Placement on a team or in a position on a team is earned and it is assigned by who is the best fit for the team and setting the team up for a winning season. These roles may and can develop throughout the season as athletes gain or lose skills. The coaches along with management make all positions and placement decision with regard to overall team effectiveness. If you have a specific level or team that you athlete must be on in order to cheer, we may not be the right choice for you.

At Strike Force, we build teams based on presented skills and where athletes will most benefit the team while expanding and honing their skills.

PRACTICE

On scheduled practice days, all athletes need to arrive 10 minutes prior to the practice start time. They are expected to come dressed in appropriate practice wear with hair up and away from the face. We will not allow long/sharp nails, jewellery, and piercings of any kind are not to be worn during this time. Appropriate shoes must be worn at all practices. All personal items are to be kept in the bag area. Please no mobile phones in the practice area. They need to be stored in the athlete's bag for the duration of practice.

Strike Force will not be held responsible for the theft or loss of any personal items.

Unless invited by a staff member for a specific reason, parents or visitors are not allowed in the practice area. Once opened, parents and visitors are allowed to watch the teams practice from the viewing area. Parents cannot and should not attempt to interrupt or make contact with the athlete while practice is in session. If a parent needs to speak with their child, please notify a coach or junior leader, and they will arrange to have this happen.

Athletes should bring water and healthy snacks to practice. Certain foods/fizzy drinks can cause nausea and fatigue during training.

REFUNDS

Regardless, there are no refunds of any kind including but not limited to tuition fees, competition fees, choreography fees, uniform, and apparel fees, should you cancel an order, choose to leave the gym or, the gym removes the athlete from the program.



POLICIES

On our website www.strikeforce.ie in the downloads section, we have an extensive list of policies including:

- ❖ Absence Policy
- ❖ Late Payment Policy
- ❖ Grievance Procedure
- ❖ Red Zone Policy
- ❖ Parents/Coach Protocol

Please note, that policies will be enforced as written. By committing to the 2018-2019 season you are agreeing to abide by all the rules, regulations and policies as set by Strike Force Cheer & Dance Ltd.

Parents Portal/Communication

As a registered member, parents who provide an email (which is essential for communication) You will have access to the Parents Portal, which gives you the opportunity to view/amend your athletes information, attendance records, charges, and the ability to print your receipts.

If you are not receiving information via email or the Parents Page on Facebook, please make this known to staff as soon as possible. It will not be an acceptable reason that information wasn't received due to not connecting with our Parents Page or checking/receiving emails. Please go out your way to make sure you stay informed.

WORKSHOPS AND CAMPS

Because our coaching staff consists of professionals who collectively have expertise in dance, tumbling, stunting, conditioning, stretching, and strengthening, and most of our coaches are cross-trained in all the above areas, we will be able to offer our cheer athletes high-calibre training through workshops and specialty camps. Additionally, in order to give all of our athletes an incredible, comprehensive learning experience, we will also bring in outside experts who are well known in the world of cheer. More information on workshops, camps and prices will be provided later. All staff are qualified, vetted and insured to work with your children



A PAGE FOR YOUR NOTES:

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Registered members of the

- Irish Cheer Sport Association
- International Cheer Union
- International All-Star Federation

Insured by

- ODON
- JLT



“At Strike Force we don’t coach for wins. We coach for the teaching, growing, relationships, happiness, sadness, the ah-ha moments, togetherness, teamwork, goals and ultimately the smiles on your kids face when we are coaching them what they love”