



2018-2019 Novice

Team Handbook

*Angels*

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Thank you for your interest in Cheer St. Louis. Cheer St. Louis is the area's newest and largest cheer-only training facility in St. Charles County. Cheer St. Louis will be forming Novice teams for children ages 4-17 years old. No experience is necessary, and we accept athletes of all abilities! Beginner to elite, we have a place for you!

Our Novice program is new and will take the place of our half season teams.

## Novice Team

### Highlights

#### November 19-April 18

Novice Teams will COMPETE at 2 Local competitions per session.

Novice athletes will learn a full routine choreographed to music with jumps, stunts, tumbling, motions and dance!

Athletes will gain social skills, team building skills, self-confidence, exercise and so much more!

**Parent Meeting November**

**12<sup>th</sup> 7pm!**

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## **Registration Instructions:**

### **Tryout Checklist (New Athletes):**

\_\_\_\_\_ Register for Novice Team and create member account\*

\_\_\_\_\_ Copy of Birth Certificate

\_\_\_\_\_ Tryout Application (online only, link on CSTL website)

\_\_\_\_\_ Release Waiver

\*Visit [www.CheerStLouis.com](http://www.CheerStLouis.com), click "Register Now" and create a member account. Once your account is created you can enroll in the appropriate Novice sessions.

### **Tryout Checklist (Returning Athletes):**

\_\_\_\_\_ Tryout Application (online only, link on CSTL website)

\_\_\_\_\_ Register for Novice session via parent portal

# Team Placement

Cheer St. Louis will have several Novice teams for the 2018-2019 season. Team placement is based on age. The level the team will be determined by the coaching staff throughout the first several months of practice.

Cheer St. Louis is a member gym of the United States All Star Federation (USASF) and will follow all age and rule guidelines set by the USASF. The following age levels aligns with that of the USASF and what Cheer St. Louis will offer for 18/19 Novice Teams:

4 - 6 years old – Tiny

5-8 years old – Mini

5-11 years old – Youth

5-14 years old – Junior

10-17 years old Senior level 1-3.2

\*Age is as of August 31, 2018

Ages are subject to change based on the current USASF age guidelines and rules. Some bottom ages are higher for upper levels.

## Parent Meetings

Novice Team parent meetings are for any parent of a Novice team member or anyone interested in Novice team. Novice team meeting will be as follows:

Monday, November 12<sup>th</sup> at 7pm – Winter/Spring Session

The meeting is expected to last about 60 minutes. It is strongly recommended a parent attend this meeting if you plan to pursue the Novice team. This meeting is for parents, there is no need to bring your children.

## Closing Dates and Dates to Remember

June 29<sup>th</sup>-July 8<sup>th</sup> – Gym Closed – Vacation Week and 4<sup>th</sup> of July

August 31<sup>st</sup>-September 3<sup>rd</sup> – Gym Closed - Labor Day

November 21<sup>st</sup> -22<sup>nd</sup> – Gym Closed – Thanksgiving

December 19<sup>th</sup>-26<sup>th</sup> – Gym Closed

December 27<sup>th</sup> -30<sup>th</sup> – No Novice team practice

December 31<sup>st</sup>-January 1<sup>st</sup> – Gym Closed

January 6<sup>th</sup> – Extra practice 12-1:30pm

March 23<sup>rd</sup> – Extra practice 10-11:30am

March 24<sup>th</sup> – 1<sup>st</sup> Competition

April 7<sup>th</sup> – 2<sup>nd</sup> Competition

# Team Practices

All Novice teams will practice 1 time per week. The practice will be 60-90 minutes. Tiny Novice will practice on Wednesdays from 6-7pm. Youth/Junior Novice will practice on Tuesdays from 6-7:30pm

## Tuition and Payments

Each athlete will pay monthly tuition for his or her training at Cheer St. Louis. In addition to tuition, other fees involved with competitive cheerleading at Cheer St. Louis are:

**Competition Fees** – Cheer St. Louis Novice teams will attend 2 competitions per session. Each competition has an entry fee per athlete that is paid to Cheer St. Louis who will then pay the fee to the competition company.

**Coaches Expenses** – This is a fee that is used to cover coaches' expenses for events. This includes travel such as per diem, mileage, flights, hotels, parking, etc.

**USASF Membership** – The United States All Star Federation requires all athletes in the Elite program to be a member of the USASF. Cheer St. Louis will pay this fee to the USASF.

**Startup Fee** - Each athlete will be required to pay a startup fee. Startup fee is \$100. This fee will cover the current seasons practice attire (top, shorts and practice bow). If an athlete chooses to do both session, this fee is only paid for the first session.

**Uniform** – All athletes will be required to have the current season's Novice uniform. The 18/19 uniform will be the same design as the 17/18 half season team uniform. This uniform will remain the same through the 19/20 season. Approximate cost is \$125.

Cheer St. Louis will not be facilitating a used uniform sale. If you choose to try and find a used uniform it must be checked for fit by our Apparel Director on the communicated sizing date.

**Annual Registration Fee** – Cheer St. Louis members will pay an annual registration fee once yearly. This fee is paid each year on the month you joined the Cheer St. Louis family. 2018-2019 annual registration fees are \$40 per athlete or \$55 per family.

In an effort to provide convenient budgeting for parents, all cheerleaders training fees and additional fees (except startup, uniform and annual registration) will be grouped together into one amount and divided into 6 equal payments. You will see the fees posted separately on your account each month on the 1<sup>st</sup> of the month, added together the total amount listed equals the installments listed below.

Below is a breakdown of program cost: **Youth/Junior Novice Teams**

**Monthly Tuition – \$89**

Includes 1.5 hours team practice weekly

**Additional Fees - \$312 (monthly \$52)**

(Competition fees, coaches' expenses, USASF membership fee)

**Grand Total Monthly Installments - \$141**

## Tiny Novice Teams

### Monthly Tuition – \$69

Includes 1 hours team practice weekly

### Additional Fees - \$312 (monthly \$52)

(Competition fees, coaches' expenses, USASF membership fee)

### Grand Total Monthly Installments - \$121

## Payment Schedule:

Six equal installments will be paid per session. All team athletes will be required to register for auto draft payments through the Jackrabbit Software Program. There will be a double payment one month (August and/or January). This double payment is the program commitment date. While at Cheer St. Louis we understand that our program may not fit your family's needs, we ask you make the commitment to the cheer season by this double payment. This is to ensure the quality and progression of all of our teams. All those whom finish the season with Cheer St. Louis, will in return not pay a November payment or session 1 and/or a April payment for session 2. The auto draft schedule is listed below for your convenience.

<u>Winter/Spring Session</u>
1 <sup>st</sup> Payment – Before 1 <sup>st</sup> Practice
2 <sup>nd</sup> Payment – December 14 <sup>th</sup> , 2018
3 <sup>rd</sup> Payment – January 3 <sup>rd</sup> , 2019
4 <sup>th</sup> Payment – January 15 <sup>th</sup> , 2019
5 <sup>th</sup> Payment – February 15 <sup>th</sup> , 2019
6 <sup>th</sup> Payment – March 15 <sup>th</sup> , 2019

\*All fees are nonrefundable. Insufficient funds fee of \$35 per transaction will be added. Past due accounts will be given 72 hours to be brought into good standings. Athletes with past due accounts beyond 72 hours will not be allowed to participate. Fees, including tuition, are not prorated for non-attendance, non-participation, canceled practices or events of any kind. No refunds. No make-ups. Accounts with excessive insufficient funds transactions (more than 2 times per season) or invalid credit card will incur an additional \$50 fee month. Arrangements for tuition fees must be made in writing 24 hours prior to the auto pay date listed above.

\*\* The first payment will not be auto drafted. Parents must make the first payment themselves prior to the first practice by cash, check or auto pay online or at the front desk.

Should an athlete drop prior to the auto pay date, the current months tuition and fees as well as the quit fee will be drafted from the account. Any athlete that drops the program forfeits any right to unused items such as uniforms, apparel, etc.

# Expectations, Guidelines and Rules

## Attendance Policy

Cheer St. Louis takes pride in being very organized with practices, events and schedules. All practices, events and schedules will be communicated well ahead of time. If an athlete misses more than four practices, they will no longer be allowed to perform with their team.

Anytime a cheerleader misses a practice, or is unable to participate regardless of reason, it is counted as an absence. Please plan accordingly, including family vacations, school concerts, family functions, weddings, long distance driving, recitals, birthdays, dances, etc. In the event your child can attend practice, but not participate, please send them. This will allow them to keep up on the material taught and changes made. If your child is contagious, please keep them home.

In the event your athlete does not participate in a performance or event, regardless of reason, all fees are nonrefundable. Athlete accounts are expected to be up to date regardless of participation.

**Required practices** are those 1-week (7 days) prior to a performance/event. Coaches may adjust required practices as needed for team success. 100% attendance by all team members is required for performance week. Athletes not in attendance at required practice will not be allowed to participate in the performance regardless of reason.

In the event that an athlete is injured outside of Cheer St. Louis, please communicate with the coach ASAP. Please understand that coaches need notice to adjust routines if athletes cannot participate. Please understand that when an athlete is removed from a routine regardless of reason (i.e. injury, absences, behavior, etc.) and if they are expected to go back into the routine at some point, they will be placed in the routine per the coach's discretion. They will be placed in a position that is safe and best for all team members.

Performance attendance is mandatory by all team members.

At Cheer St. Louis we understand unexpected things happen and some conflicts with schedules are unavoidable. Please understand communication is key! If you have a conflict with any practice date, required practice, performance or event, please communicate with the coaching staff early! We will do our best to work with you on schedules for unforeseen and rare circumstances. With that, no cheerleader will be allowed to participate in performance if they missed that weeks' required practice.

## Inclement Weather

In the event the gym is closed due to inclement weather this information will be communicated via social media and [www.cheerstlouis.com](http://www.cheerstlouis.com)

## Practice

Athletes are expected to have appropriate practice attire for every practice.

In order to protect each athlete, and ensure his or her safety, no jewelry is allowed. No jewelry or piercings may be covered with tape, bandages or any other covering. No excessively long fingernails.

Parents are welcome to view practices from the parent viewing areas. No one other than athletes and staff members are allowed inside the gym workout area, for everyone's safety, unless invited into the gym. Parents are expected to keep a positive atmosphere in the parent viewing areas.

No parent coaching is allowed.

Cell phones must be turned off or silent during practice to minimize distractions.

**I HAVE CAREFULLY READ THIS AGREEMENT AND UNDERSTAND ITS CONTENTS. I AM AWARE THIS IS AN ASSUMPTION OF RISK, A RELEASE, A WAIVER OF LIABILITY, AND AN INDEMNITY, AND I SIGN IT VOLUNTARILY. I UNDERSTAND THAT I GIVE UP SUBSTANTIAL LEGAL RIGHTS BY SIGNING IT, I AM AWARE OF ITS LEGAL CONSEQUENCES, AND I SIGN IT FREELY AND VOLUNTARILY WITHOUT ANY INDUCEMENT, ASSURANCE, OR GUARANTEE BEING MADE TO ME. I INTEND MY SIGNATURE TO BE A COMPLETE AND UNCONDITIONAL RELEASE OF ALL LIABILITY TO THE GREATEST EXTENT ALLOWED BY LAW.**

I have had sufficient opportunity to read this entire document. I have read it and understand it. I agree to be bound by its terms.

\_\_\_\_ Initial – I agree to keep a valid credit card on file at Cheer St. Louis as outlined in this handbook. I authorize Cheer St. Louis to charge my credit card on file for fees outlined in this handbook.

\_\_\_\_ Initial – I agree, as an adult, to keep a positive attitude at all times when present at Cheer St. Louis or representing Cheer St. Louis at an event. I understand that should I not be positive in the parent viewing areas, I will no longer be allowed to stay and watch.

Signature of Participant: \_\_\_\_\_

Print Name: \_\_\_\_\_ Date: \_\_\_\_\_

PARENTS' OR GUARDIAN'S SIGNATURE: (Must be signed by ALL parents and/or guardians for participants under the age of 18.) In consideration of the above-named Participant, who is a minor, being permitted by Cheer St. Louis to participate in Cheer St. Louis activities and to use Cheer St. Louis equipment and facilities, I acknowledge that I understand the risks as stated above and knowingly agree to all the foregoing terms of this agreement for myself and on behalf of minor.

I have had sufficient opportunity to read this entire document. I have read it and understand it. I agree to be bound by its terms.

Signature of Primary Contact Parent/Guardian: \_\_\_\_\_

Print Name: \_\_\_\_\_ Date: \_\_\_\_\_

Signature of Financially Responsible Parent/Guardian: \_\_\_\_\_

Print Name: \_\_\_\_\_ Date: \_\_\_\_\_

Office Use Only:

ACCEPTED: Cheer St. Louis, LLC:

By: \_\_\_\_\_ Date: \_\_\_\_\_