



2019-2020

Novice Team Handbook

Angels

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Info@CheerStLouis.com

636-980-5678

Thank you for your interest in Cheer St. Louis. We are the area's best and largest cheer-only training facility in St. Charles County! Cheer St. Louis will be forming Novice teams for children ages 4-14 years old. No experience is necessary, and we accept athletes of all abilities! Beginner to elite, we have a place for you!

Novice Team

Highlights

2 Sessions to Choose From!

Do One or Both!

Session 1 - June 17-November 24

- Blue Debut & 1 local competition

Session 2 – November 25-April 16

- 2 local competitions

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!

Angels

Registration Instructions:

Tryout Checklist (New Athletes):

_____ Register and create a member account*

_____ Tryout Application (online only, link on CSTL website)

_____ Sign Waiver Form

_____ Bring a copy of the athletes Birth Certificate

*Visit www.CheerStLouis.com, click "New Member Registration" and create a member account. Once your account is created you can enroll in the appropriate Novice session.

Tryout Checklist (Returning Athletes):

_____ Tryout Application (online only, link on CSTL website)

_____ Register for Novice session via parent portal

Team Placement

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

Cheer St. Louis, LLC 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, LLC 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
10-18 years old Senior level 1-3
*Age is as of August 31, 2019

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, June 10th at 7pm – Summer/Fall Session

Monday, November 18th 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 28th - July 7th – Gym Closed – Vacation Week and 4th of July

August 30st - September 2nd – Gym Closed - Labor Day

November 27th – 28th – Gym Closed – Thanksgiving

December 27th - 28th – Gym Closed

December 20th – January 1st – No Novice team practice

April 12th - Gym Closed – Easter Sunday

Team Practices

All Novice teams will practice 1 time per week. The total practice time will equal out to 6 months worth of training. Once the day of the week has been decided, additional practices will be added to balance total practice time out. The practice days and times will be determined by June 1st.

- 60 minutes for ages 4-6
- 90 minutes for ages 7-14

Tuition and Payments

Each athlete will pay monthly tuition and team additional fees for training at Cheer St. Louis. In addition, listed below are other fees involved with competitive cheerleading at Cheer St. Louis:

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 fee is used to cover coaches' expenses for events that include things such as travel, per diem, mileage, parking, etc.

USASF Membership – The United States All Star Federation requires all athletes in the Novice programs to be a member of the USASF. Cheer St. Louis will register each athlete.

Startup Fee – Startup fee is \$100 for all athletes. This fee will cover the current seasons practice attire (top, shorts and bow). If an athlete chooses to do both sessions, this fee is only paid prior to the first session. The practice attire for the 19/20 season will be a new design.

Uniform – All athletes will be required to have the current season's Novice uniform. The 19/20 uniform will be the same design as the 18/19 uniform. Approximate cost for a new uniform is \$125+tax.

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 – This fee is paid upon becoming a member of Cheer St. Louis and each year on the anniversary date. 2019-2020 annual registration fees are \$40 per athlete or \$55 per family.

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

Below is a breakdown of program cost:

Tiny Novice Team (Ages 4-6)

Monthly Tuition – \$69

Includes 1-hour team practice weekly

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

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

Grand Total Monthly Installments - \$121

Mini-Senior Novice Team (Ages 7-14)

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

Sibling Discounts:

2nd Sibling – 25% tuition discount off lowest tuition amount

3rd or additional siblings – free tuition

**All team additional fees, uniforms and startup fees are not discount.

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. A valid credit card is required to be on file through our secure Jackrabbit Software Program at all times while athlete is enrolled. There will be a double payment 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 date. 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 for session 1 and/or an April payment for session 2. The auto draft schedule is listed below for your convenience.

<u>Summer/Fall Session</u>	<u>Winter/Spring Session</u>
1 st Payment – Before 1 st Practice (Not auto drafted)	1 st Payment – Before 1 st Practice (Not auto drafted)
2 nd Payment – July 15 th , 2019	2 nd Payment – December 13 th , 2019
3 rd Payment – August 1 st , 2019	3 rd Payment – January 2 nd , 2019
4 th Payment – August 15 th , 2019	4 th Payment – January 15 th , 2019
5 th Payment – September 13 th , 2019	5 th Payment – February 14 th , 2019
6 th Payment – October 15 th , 2019	6 th Payment – March 13 th , 2019

Other Fee Due Dates:

Startup Fee: Prior to first practice

Uniforms: Due July 15th/December 13th

Annual Registration: Due prior to first practice, or anniversary date of joining Cheer St. Louis

All fees are nonrefundable. Declined credit cards will be assessed a fee of \$35 late fee at the time the card declines. Late payments and return checks will also incur a \$35 fee per transactions. Past due accounts will be given 72 hours to be brought into good standings, after 72 hours the athlete will not be able to participate. Fees, including tuition are not prorated for any reason including but not limited it, non-attendance, non-participation, removal from program, completion of practice, canceled practices or events of any kind. No refunds. Accounts with excessive credit card declines (more than 2 times per season) will incur an additional \$50 fee each month. Arrangements for tuition fees must be made in writing, via email 24 hours prior to the auto pay date listed in the payment schedule. Send email to tara@cheerstlouis.com and this can only be done 3 times throughout the season.

Drop Fee: There is no additional drop fee for an athlete leaving the Novice team. Any outstanding fees and the current months installment, regardless of the athlete's drop date, will be drafted from the account at time we are notified of the athlete leaving.

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. We cannot rearrange practices or make accommodations for athlete schedules. Athletes are expected to attend all practices and events.

Absences: Athletes missing four practices per session 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. Plain accordingly, including family vacations, school concerts, family functions, weddings, long distance driving, recitals, birthdays, dances, etc. Please leave room for illness, funerals, etc. or any other unplanned event that might require an athlete to miss practice.

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 can attend practice, but cannot participate AND has a valid doctor note, they will not incur an absence. This is the only way an athlete cannot participate in practice and not receive an absence. Parent notes and request for athletes to sit out, participate partially, etc. will not be accepted.

In the event your athlete does not participate in a competition, 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 competition week. The only absences allowed for required practices will require a doctor's note. **In the event an athlete must miss a required practice, they will not be allowed to participate in the upcoming competition, regardless of reason.**

Required practice dates will be communicated in advance via the competition schedule. If an athlete misses a required practice for any unexcused reason, they may no longer be allowed to participate in competitions for the remainder of the session.

In the event that an athlete is injured outside of Cheer St. Louis please communicate with the coach immediately. Please understand that coaches need notice to adjust routines if athletes cannot participate. 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 per the coach's discretion and in a position that is safe and best for all athletes.

Competition attendance is mandatory by all team members. Absences are not allowed, even if your child is not competing, they are still required to attend. They must be dressed and prepared just like the rest of their team. In the event an athlete misses a competition, regardless if they are competing or not, they will not be allowed to continue competing with their team for the remainder of the session. The only exception is emergency situations.

At Cheer St. Louis, LLC 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, competition 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. However, please understand that all decisions made by the coaching staff will be the decisions that are best for ALL athletes and as consistent as possible. With that, no athlete will be allowed to participate in competition if they missed that week's required practice.

Also, if the absence is not communicated and agreed upon well in advance, and excused, team placement and competition status could be affected.

Coaches may decide to remove a team from competition if they are not ready to safely compete. Although not anticipated to happen, it is a possibility. To minimize this possibility, we ask parents to ensure their athletes are prepared, communicate absences and have their athlete at every practice possible.

Inclement Weather

In the event the gym is closed due to inclement weather or other unforeseen events this information will be communicated via social media and email.

In the event a team practice, competition or event is canceled by Cheer St. Louis staff, or any competition company, all fees are nonrefundable. If the competition company refunds the fees to Cheer St. Louis, athlete accounts will be credited. No refunds will be given if a coach or staff of Cheer St. Louis removed a team from a competition for any reason, including unsafe travel conditions.

Practice

Athletes are expected to come dressed in the current seasons' practice cloths (top, shorts and bow) for every practice.

In order to protect each athlete, and ensure his or her safety, no jewelry is allowed. Jewelry or piercings may NOT be covered with tape, bandages or any other covering. No excessively long fingernails.

Parents are welcome to view practices from the parent viewing areas but we expect you keep it a positive atmosphere. Athletes and staff members are the only ones allowed inside the gym workout area, for everyone's safety, unless invited into the gym by a Cheer St. Louis staff member. Practices at any time may be closed to parent viewing. Coaching staff will make this decision when necessary.

No parent coaching is allowed.

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

Any inappropriate tattoos, stickers from tanning sessions, etc. must be covered at all times.

The image of our athletes is a top priority. Please make sure all bra straps are not showing. If an athlete chooses to practice in a sports bra, a t-shirt or covering must be worn at all times once outside the gym workout area.

Code of Conduct

All athletes, parents and affiliates must be a strong representative of Cheer St. Louis and a positive reflection of the program. Abusive behavior, lying, illegal or any other form of negative behavior, will not be tolerated by parents, athletes or affiliates. Violation of the code of conduct may result in athletes being removed from a team or the program. Negative comments about any other team or program will not be tolerated. Please remember you are a direct reflection of the Cheer St. Louis program. Those not choosing to stay positive are subject to removal.

If you have an issue, please address it with your athlete's coach in a private and professional manner. We appreciate parents keeping a positive attitude in the gym, lobby and waiting areas as well as any Cheer St. Louis event. In the event any athlete, parent or affiliate are being a poor representation of Cheer St. Louis they are

subject to removal from the program. This is including, but not limited to, foul and inappropriate language, negative talk of someone else's athlete and gossip.

The Cheer St. Louis names, including team names, mascot, abbreviations and slogans are property of Cheer St. Louis and protected under Trademark Common Law. They may also not be used on apparel or merchandise of any kind without written approval from Cheer St. Louis. Any items produced without approval must be released to Cheer St. Louis, upon receipt of cease and desist. Athletes and parents may not claim to be or pose as a Cheer St. Louis representative without prior written approval.

Athletes are expected to treat teammates, coaches and other athletes with mutual respect. Pettiness, gossip or any other harmful behavior will not be tolerated. Disrespectful behavior such as eye rolling, attitude, talking back, etc. will not be tolerated. Coaches will address situations individually and in a professional manner. Given the athlete doesn't change their behavior they are subject to reduction in participation and ultimately removal from the program or competition.

When being a representative or supporter of Cheer St. Louis, including attending events or competitions as a spectator, you must be a positive role model and represent Cheer St. Louis, in a positive, healthy manner. This includes, but is not limited to visual public intoxication, illegal activities, crude or disruptive behavior, poor sportsmanship, vulgar or inappropriate language, etc.

Threats of any sort, such as threatening to quit, or pull a child from the program will not be tolerated and are subject to immediate removal from the program.

Social Media

The Cheer St. Louis names, including team names, mascot, abbreviations and slogans are property of Cheer St. Louis. They may not be used in anyway including, but not limited to, screen names, email addresses, etc.

Comments made on message boards, social media, etc. need to remain positive and of the nature Cheer St. Louis would be proud of. Social media is not the outlet to discuss issues or feelings you might have regarding Cheer St. Louis, your athlete, anyone else's athlete, your athlete's team or any other team within or not within Cheer St. Louis. Complaining, insinuating, gossiping or similar behavior is not tolerated and is subject to removal.

Team group chats are at the discretion of the head coach. No chat group, private message or similar can be created without approval and addition of the coaching staff. **This includes parent chat groups.**

Inappropriate social media posts from athletes must be removed. These include but are not limited to swearing, gossip, illegal or provocative behavior and inappropriate photos of any kind.

Routines

Please refrain from posting any Cheer St. Louis choreography material such as routines, music, stunts, transitions, dances and tumbling on social media sites such as Facebook, Twitter, YouTube and/or Instagram, etc.

Coaches

Coaches reserve the right to change a team's level or size as well as call an additional required practice at any time.

Coaches decisions in regard to teams, placements, positions, skills and participation are final and are not subject to debate. Parent opinions will not be taken into consideration when making decisions. Instead the coaching staff at Cheer St. Louis will make the best possible decision for all parties involved, keeping the safety and progression of our athletes as the first priority.

For the safety and success of your athlete, coaches at Cheer St. Louis, LLC believe in perfection before progression. Only skills using safe and correct technique will be put in routines.

Athlete's First/Last Name: _____

This contract covers all programs regardless of which is circled: Elite Prep Novice

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, LLC to participate in Cheer St. Louis, LLC activities and to use Cheer St. Louis, LLC 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. **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.**

Signature of Primary Contact Parent/Guardian: _____

Print Name: _____ Date: _____

Signature of Financially Responsible Parent/Guardian: _____

Print Name: _____ Date: _____

____ Initial – I agree to keep a valid credit card on file at Cheer St. Louis, LLC as outlined in this handbook. I authorize Cheer St. Louis, LLC 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, LLC or representing Cheer St. Louis, LLC 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.

Office Use Only:

ACCEPTED: Cheer St. Louis, LLC:

By: _____ Date: _____

