



2018-2019 Competitive Cheer
International Open
Non-Tumble Team
Tryout Packet

Angels

105 North Cool Springs Road, O'Fallon MO, 63366

Info@CheerStLouis.com

636-980-5678

Thank you for your interest in the Cheer St. Louis International Team. We are the area's best and largest cheer-only training facility in St. Charles County! Cheer St. Louis will be building a competitive international non-tumbling team and is looking for athletes who love the sport of competitive cheerleading and are dedicated, hard working and want to compete.

Required Age:

14 and up

Recommended Age:

18 and up

Required Skill:

- Mastery of triple jumps executed with excellent technique include hyperextended jump placement
 - Level 4-5 stunting experience
- Understanding of advanced dance choreography and ability to learn choreography at a quick pace.
- *Must be able and willing to put a full commitment on the team, team practices and competitions.*

Tryout age is based on age as of December 31, 2019.

Tryout Checklist (New Athletes):

- ___ Copy of Birth Certificate
- ___ Tryout Application
- ___ Release Waiver
- ___ \$30 Tryout Fee
- ___ Register and create member account*

*Visit www.CheerStLouis.com, click "New Member Registration" and create a member account. Once your account is created you can enroll in the appropriate tryout sessions. Either pay the tryout fee online through your account, or pay on tryout day.

Tryout Checklist (Returning Athletes):

- ___ Tryout Application
- ___ \$30 Tryout Fee
- ___ Register for tryout session via parent portal

Tryout Dates and Times

Friday, August 17th

6:30pm

OR

Sunday, August 19th

11am

Cheer St. Louis

105 N. Cool Springs Road

O'Fallon, MO 63366

(636) 980-5678

www.CheerStLouis.com



This packet is designed to help you learn more about Cheer St. Louis. The guidelines, ethics and policies that are standard at Cheer St. Louis are included.

Team Placement

The International non-tumbling team is going to be built to be competitive within the division. Prior experience is required. Tryouts will be on Friday, August 17th at 6:30pm and Sunday, August 19th at 11am. Choose either date. Please only attend one tryout. We will communicate with you by August 23rd as to if you have made the first round cuts via email.

Once you have made first round cuts, you will begin practicing with the team. At this point, you will stay on the team unless additional cuts are needed due to lack of skill or commitment.

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 are what is currently required by the USASF for team placement:

International Level 5 – Ages 14 and up

*Age is as of December 31, 2019

Ages are subject to change based on the current USASF age guidelines and rules.

In addition to age, skill level is also used to determine team placement. The USASF regulates what skills are allowed in all-star cheer at each level.

Stunting experience WILL be considered in athlete placement.

Jumps will be a very large part of making first round cuts. You must have level or hyperextended jump.

For more detailed information regarding skills allowed at each level, please visit www.usasf.net

Cheer St. Louis will focus on a standard of excellence and technique. All skills are expected to be performed safely and with correct technique. Athletes must be able to execute skills in routines, not just isolated or at tryouts.

Parent/Athlete Meetings

Once you are placed on a team, all athletes must attend the orientation meeting. Athletes under the age of 18 must have a parent or guardian in attendance. Athletes will not be allowed to join the team without attendance to the orientation meeting. Orientation meeting will be Sunday, August 26th at 11am.

Orientation meetings will last approximately 1 hour. This meeting is critical to your success at Cheer St. Louis. Key parts of the program will be discussed at this meeting including practice schedules and expectations.

Team Practices

The team will practice on Monday afternoons from 3:30pm-5pm. Practices will start September 10th.

Closing Dates and Dates to Remember

September 22nd - 4-9pm **Required Team Choreography**

September 23rd - 8am-1pm **Required Team Choreography**

November 21st-22nd- Gym Closed – Thanksgiving

December 19th-26th – Gym Closed

December 27th-30th – Squad Workouts and tumbling clinics

December 31st-January 1st- Gym Closed

April 21st – Gym Closed – Easter Sunday

April 11th – Final day of practices for teams not attending season ending events.

*Dates tentative based on competition schedule. Competition schedule will be released in the summer.

Competitions

It is anticipated this team will attend a minimum of 4 competitions (3 worlds bid events). These events will require travel. Due to new Stay to Play requirements, all athletes must book hotels within the assigned blocks. All competitions are anticipated to be drivable. Exact competition locations will be released in August.

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:

Choreography – This is the price paid for the competitive routine, choreographers' travel expense, and music used to compete. Cheer St. Louis will be hiring professional choreographers as well as using coaches' expertise to put together the best routine for each team.

Competition Fees – Cheer St. Louis will attend a variety of competitions throughout the 2018-2019 season. Competitions will be between January-April. It is anticipated the team will compete at 4 competitions per season (not including end of season events). Cheer St. Louis will then pay the fee to the competition company. Fees for end of season events such as The Cheerleading Worlds are not included in fees. These fees will be paid upon receiving a bid.

*Cheerleader travel expenses are the responsibility of the parent/cheerleader and are not included in payment structure. Travel fees including hotels, food, gas, flights, etc. are not paid to Cheer St. Louis.

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.

Banquet – At the end of the season, Cheer St. Louis will host an end of season banquet. This fee will pay for each athlete to receive one ticket to the banquet. This is one ticket for the athlete. More tickets may be available for an additional fee.

Start Up Fee – Each athlete will be required to pay the start up fee, which includes the practice outfit for the season and program t-shirts. The start up fee is \$100.

Uniform - We will be using the same uniform as our International Team last season. Each athlete that does not have a uniform will need to purchase one. The cost is \$250. The uniform fee is due by September 15th.

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 all, all cheerleaders training fees and additional fees (except apparel, annual registration and travel expenses) will be grouped together into one amount and divided into 8 equal payments. You will see the fees posted separately on your account, added together total equals the installment amount listed below.

Fees for year-end competitions such as The Cheerleading Worlds, which require qualification, are not included in tuition fees.

Below is a breakdown of program cost:

International Open Worlds Teams

Monthly Tuition – \$69

Includes 90 minutes of practice a week.

Additional Fees - \$968 (Monthly \$121)*

(Choreography, competition fees, coaches' expenses, USASF membership fee, music and banquet)

Grand Total Monthly Installments - \$190

*Does not include The Cheerleading Worlds fees

Sibling Discounts:

2nd Sibling - 25% tuition discount

3rd or additional siblings - Free Tuition

**All additional fees and apparel not discounted

Payment Schedule:

Eight equal installments will be paid annually. All team athletes will be required to register for auto draft payments through the Jackrabbit Software Program. Payments will be made September-March. There will be a double payment in October. This October 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 October 1st. 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 an April payment. The auto draft schedule is listed below for your convenience.

- 1st Payment – Before attending 1st practice
- 2nd Payment - October 1st, 2018 - Program commitment fee
- 3rd Payment – October 15, 2018
- 4th Payment – November 15, 2018
- 5th Payment – December 14, 2018
- 6th Payment – January 15, 2019
- 7th Payment – February 15, 2019
- 8th Payment – March 15, 2019

Annual Registration – Due upon becoming a member of Cheer St. Louis, and each year on the anniversary of becoming a member.

Start Up Fee – Paid prior to the first practice.

Uniform –Uniform fees will be posted to your account upon making the team and will be auto paid on September 15th.

All fees are nonrefundable. Insufficient funds/Late Payment/Return check fee of \$35 per transaction will be added. Late fees are added at the time the card declines. 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 any reason including but not limited to, nonattendance, nonparticipation, removal from program, completion of practice, canceled practices or events of any kind. No refunds. Accounts with excessive insufficient funds transactions (more than 2 times per season) or invalid credit card will incur an additional \$50 fee each month thereafter a card declines. Arrangements for tuition fees must be made in writing, via email 24 hours prior to the auto pay date listed above. Send email to Tara@cheerstlouis.com. Payment arrangements can only be made 3 times throughout the season.

Drop Fee – Any athlete dropping Cheer St. Louis teams after October 1, 2018 and prior to May 15, 2019 will be charged a drop fee of \$150. This fee will be automatically drawn from the card on file. 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. We cannot rearrange practices or make accommodations for athlete schedules. Athletes are expected to attend all practices and events. We expect Cheer St. Louis to be a top priority and 100% attendance.

At Cheer St. Louis, we expect to be able to keep extra practices or last minute workouts to a minimum because of our strict attendance policy. Please read and understand the attendance policy. Failure to adhere to this policy may be subject to suspension or removal from program, team, practice and/or competition.

Cheerleaders will be allowed to miss a maximum of 3 team practices from September-April.

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. Please leave room for illness, funerals, etc. or any other unplanned event that might require an athlete to miss practice.

In the event you/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 you/your child is contagious, please keep them home. In the event you/your child can attend practice, but cannot participate AND has a valid doctor note, they will not incur an absence. This scenario 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.

Absences of non-required practices, regardless of number, may result in an athlete being pulled from an upcoming competition or removal from the program. The coaching staff will make the decision that is best for the entire team. To ensure you/your child is able to participate in competitions, make sure they are at practice.

In the event an 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 competition. Coaches may adjust or add 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 a cheerleader 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 season or be removed from the program.

In the event 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.

Competition attendance is mandatory by all team members. Absences are not allowed, even if you/your child is not competing. In the event a cheerleader 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 season and may be removed from the program. If you/your child is not competing at a competition, they are still required to attend. They must be dressed and prepared just like the rest of their team. The only exception is emergency situations.

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, 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 team members and as consistent as possible. With that, no cheerleader 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.

Attendance and participation at practice does not give athletes the right to compete. Athletes will be required to uphold skill levels, maintain a positive attitude and behavior as well as be present and fully participating at practice. At coaches' discretion, an athlete could be taken out of a competition(s) if deemed best for the athlete and/or the team.

Team members are to arrive at practice on time, dressed and ready to participate. Athletes are to wait for practice to begin in the athlete waiting area. Excessive tardiness and/or early departure from practices may result in consequences for the athlete or team including but not limited to being removed from the program, practice or competition. At Cheer St. Louis we will make every attempt to start and end practice on time. In the event practice is running late because of squad behavior or tardiness, all athletes will be expected to stay.

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 your child at every practice possible.

Hotels and Travel

All participants of the Cheer St. Louis competitive program will be required to stay in the host hotel for ***ALL*** competitions. Specific events and hotel information will be communicated in advance. No exceptions will be made for those choosing to stay somewhere else. Exceptions are allowed for those staying with family and documentation must be provided. In the event an athlete does not follow the hotel policy, parents are subject to fees and penalties.

Athletes must be supervised in hotels at all times. Athletes running in the hallways, being excessively loud and any other bothersome behavior is not allowed. Athletes must be in their rooms and accompanied by an adult by 10pm unless noted in the competition packet.

Inclement Weather

In the event the gym is closed due to inclement weather this information will be communicated via social media and via 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. In the event 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 have appropriate practice attire for every practice. Appropriate attire for team practice is the current season's practice clothes. Tumbling class attire is tighter clothing consisting of compression shorts, tank tops, sports bras and/or other athletic attire and bow.

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. 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 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 cheerleaders, 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, cheerleaders 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 child'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 child and gossip.

The Cheer St. Louis names, including team names, mascot, abbreviations and slogans are property of Cheer St. Louis. 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. 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 child, anyone else's child, your child'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, Choreography and Material

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.

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 believe in perfection before progression. Only skills using safe and correct technique will be put in routines.

Fundraising

Members of the competitive teams are welcome to join the CSTL Boosters. The CSTL Boosters is a separate entity from Cheer St. Louis. No fundraising outside of CSTL Boosters is allowed.

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: _____