



2019-2020

Elite & Prep Teams Handbook

Angels

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

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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 holding team evaluations for the upcoming 2019-2020 competitive cheer season. We train athletes ages 5-18 years old to be champions! Elite and Prep teams are for athletes who are committed to excellence and want to strive to be the best. Please check out our Novice handbook for another team option starting at age 4.

Prepare for Tryouts at our

Tryout Clinics

Work with our staff on tumbling, stunts and jumps to improve your skills for tryouts. Learn the tryout dance ahead of time! You can attend one or as many as you want!
SPACE IS LIMITED!!

Tryout Clinic registration begins 3/1/19
Register at www.CheerStLouis.com or call/visit the front desk!

Mon, 4/15 ~ 5:30-7:30pm

Tues, 4/16 ~ 5:30-7:30pm

Fri, 4/19 ~ 5:30-7:30pm

Sat, 4/20 ~ 10am-12pm

Tryout age is based on child's age as of August 31, 2019. Please attend your appropriate age and level tryout.

Tryout Checklist (New Athletes):

- _____ Register and create a member account*
- _____ Tryout Application (online only, link on CSTL website)
- _____ Pay Tryout Fee
- _____ 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 tryout sessions. Pay the tryout fee online through your parent portal or at the front desk.

Tryout Checklist (Returning Athletes):

- _____ Tryout Application (online only, link on CSTL website)
- _____ Register for tryout session via parent portal
- _____ Pay Tryout Fee



Tryout Dates and Times

April 22nd 5-7pm

Ages 8 and under - All Levels

April 23rd 6-9pm

Ages 12-18 Level 3, 4, 4.2, 5 & 6

April 24th 5-7:30pm

Ages 9-11 - All Levels

April 25th 6-9pm

Ages 12-18 Levels 1 and 2

Want to be a flyer??
Come to flyer tryouts!!

Flyer Tryouts

April 23rd & 25th 4:30-6pm
(No fee for flyer tryouts)

It is recommended that all flyers are able to do all body positions. Prepare for this tryout with a Flight School class or a Tryout Clinic!

Tryout Fee

If paid by 3/15 - \$15
If paid by 4/1 - \$20
If paid 4/2 or after - \$25

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To determine which level tryouts to attend, please see the Recommended Skills List within the packet.

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

Following tryouts, athletes are placed on a level based on age and ability. The placement of your athlete is at the discretion of Cheer St. Louis. Levels will be communicated to you on May 2nd before 5pm. Athletes will practice with a level throughout the summer. During that time, teams will be formed as the coaching staff determines what's best for all athletes. Team reveal will be June 27th!

The goal is to place the athlete where they can progress and be successful.

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 them. The following age levels are what are currently required by the USASF for team placement:

5 - 6 years old – Tiny
5-8 years old – Mini
5-11 years old – Youth
5-14 years old – Junior
11-18 years old Senior level 1-5
13-18 years old – Senior Level 6
10-18 years old - Senior Prep Teams
*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.

There has been a shift in levels per the USASF. What we currently know as a “Restricted” team will be a level 5 team. What we currently know at a “Level 5” team will now be level 6.

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. Attached is a chart outlining skills allowed and expected in each level as well as what is required to be placed on each level at Cheer St. Louis, LLC. This information is for you to use to gain a realistic expectation of your athlete's placement. **Keep in mind your athlete will be expected to compete all skills within the skill level unassisted in a routine.** Athletes will be evaluated on these skills at tryouts and throughout the summer. They will continue to be evaluated on these skills as the season progresses. Athletes team/level are subject to change if their skill level changes.

Stunting, tumbling, jumping, dance and performance skills will be considered in athlete placement. Making sure the athlete is on a team where they can be used to their fullest potential in all areas of the routine, including stunts, could result in an athlete being placed on a team above or below their tumbling level. Athletes being placed on level 2-5 teams will need appropriate stunting progression experience.

In addition to level tryouts, flyer tryouts will be held for those desiring to be a flyer. To attend flyer tryouts, athletes must be able to pull all body positions including heel stretches on both legs, scales, bow and arrows as well as scorpions with excellent flexibility. Attending flyer tryouts does not guarantee a flying position but is necessary to be considered. We highly recommend athletes who are flyers to take our 45-minute flight school class, which meets one time per week.

Cheer St. Louis will focus on a standard of excellence where 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.

Prep vs. Elite

Not sure which program to choose? Prep is a great program to start your athlete in if you are unsure if they will love the sport. Prep is also a great place for families that have athletes that love the sport, but want less commitment and a lower cost. Elite is a program designed for athletes who meet minimum skill requirements, have a high level of commitment, and want to be competitive and travel to compete in the sport of competitive cheerleading. Use the following information as a guide to help you choose.

	<u>Prep</u>	<u>Elite</u>
Commitment	2 practices a week (4 hours total) No quit fee	2 practices a week (5 hours total) Level 6 team is 3 practices a week. \$250 quit fee for not finishing season
Price	12 - \$193 monthly installments \$250 Uniform \$230 Start Up Fee	12 - \$240-\$295 monthly installments \$400 Uniform \$230 Start Up Fee
Travel	1 traveling event (5 hours or less)	2-4 Traveling events, possible one that could be easier with a flight. Most or all will be 4-5 hours.
End of Season Events	US Finals	US Finals or Summit (Senior Teams Only)
Total Competitions	4-5	6-8
Possible Levels	Level 1.1, 2.1, 2.2, 3.1 and 3.2	Levels 1-6
Skills Required	See Chart Below	See Chart Below



Elite

	<u>Expected Skill</u>	<u>Recommended Skill</u>	<u>Considered</u>
1	<p><u>Standing Tumbling</u></p> <ul style="list-style-type: none"> • Straight Leg Backbend –Kick over • Straight Leg Front Walkover (FWO) • Straight Leg Back Walkover Series (3 connected)- BWO <p><u>Running Tumbling</u></p> <ul style="list-style-type: none"> • Strong Round-off • Straight Leg FWO-Round off/Cartwheel-BWO Pass <p><u>Jumps</u></p> <ul style="list-style-type: none"> • Basic understanding of jumps executed with good technique <p><u>Stunting</u></p> <ul style="list-style-type: none"> • Basic understanding of level 1 stunting 		<p><u>Tumbling</u></p> <ul style="list-style-type: none"> • Backbend • Cartwheel • Forward Roll • Backwards Roll <p><u>Stunting</u></p> <ul style="list-style-type: none"> • No experience
2	<p><u>Standing Tumbling</u></p> <ul style="list-style-type: none"> • Standing Back Handspring (BHS) • Straight Jump-BHS • Straight Leg BWO-BHS • All Level 1 Skills to BHS <p><u>Running Tumbling</u></p> <ul style="list-style-type: none"> • Round Off-BHS Series • Straight Leg FWO-Round Off-BHS • All Level 1 Skills to BHS <p><u>Jumps</u></p> <ul style="list-style-type: none"> • Mastery of jumps executed with good technique including level jump placement <p><u>Stunting</u></p> <ul style="list-style-type: none"> • Excellent understanding of level 1 elite stunting 	<p><u>Standing Tumbling</u></p> <ul style="list-style-type: none"> • Combination Pass (i.e. Forward or Backward Roll, FWO, Back Extension Roll ending in Standing BHS) <p><u>Running Tumbling</u></p> <ul style="list-style-type: none"> • Cartwheel-BHS • Combination Running Pass ending in Series BHS <p><u>Stunting</u></p> <ul style="list-style-type: none"> • Experience in level 2 stunting 	<p><u>Tumbling</u></p> <ul style="list-style-type: none"> • Round Off-BHS • Standing-BHS <p><u>Stunting*</u></p>
3	<p><u>Standing Tumbling</u></p> <ul style="list-style-type: none"> • Standing BHS Series (3) • BWO-BHS Series (3) • Jump-3 BHS • BHS Step Out-Rebound 1/2 Turn Round Off-BHS-Tuck <p><u>Running Tumbling</u></p> <ul style="list-style-type: none"> • Round Off -Tuck • Round Off- Series BHS-Tuck • FWO-Round Off-BHS-Tuck <p><u>Jumps</u></p> <ul style="list-style-type: none"> • Mastery of jumps executed with great technique including level jump placement <p><u>Stunting</u></p> <ul style="list-style-type: none"> • Excellent understanding of level 2 elite stunting 	<p><u>Tumbling</u></p> <ul style="list-style-type: none"> • Punch Front • Aerial Cartwheel <p><u>Stunting</u></p> <ul style="list-style-type: none"> • Experience in level 3 stunting 	<p><u>Tumbling</u></p> <ul style="list-style-type: none"> • Round Off-Tuck • Round Off-BHS-Tuck • Jump-2 BHS <p><u>Stunting*</u></p>

	<u>Expected Skill</u>	<u>Recommended Skill</u>	<u>Considered</u>
4	<p style="text-align: center;"><u>Standing Tumbling</u></p> <ul style="list-style-type: none"> • Standing Back Tuck • Straight Jump Back Tuck • Jump-BHS-Tuck • Series BHS-Tuck <p style="text-align: center;"><u>Running Tumbling</u></p> <ul style="list-style-type: none"> • Cartwheel-Tuck • Round Off-BHS-Layout • FWO-Round Off-BHS-Layout • At least 1 specialty running combination pass from recommended skills list <p style="text-align: center;"><u>Jumps</u></p> <ul style="list-style-type: none"> • Mastery of jumps executed with great technique including above level jump placement <p style="text-align: center;"><u>Stunting</u></p> <ul style="list-style-type: none"> • Excellent understanding of level 3 elite stunting 	<p style="text-align: center;"><u>Running Tumbling</u></p> <ul style="list-style-type: none"> • Punch Front-Step Out-Round Off-Layout BHS- • Round Off- BHS-Whip-BHS- Layout • Round Off-BHS-Tuck-BHS-Layout <p style="text-align: center;"><u>Stunting</u></p> <ul style="list-style-type: none"> • Experience in level 4 stunting 	<p style="text-align: center;"><u>Tumbling</u></p> <ul style="list-style-type: none"> • Round Off-BHS-Layout • Standing Back Tuck • Jump-BHS-Tuck <p style="text-align: center;"><u>Stunting*</u></p>
4.2	<p style="text-align: center;"><u>Standing Tumbling</u></p> <ul style="list-style-type: none"> • Standing Back Handspring (BHS) • Straight Jump-BHS • Straight Leg BWO BHS • All Level 1 Skills to BHS • Combination Pass (i.e. Forward or Backward Roll, FWO, Back Extension Roll ending in Standing BHS) <p style="text-align: center;"><u>Running Tumbling</u></p> <ul style="list-style-type: none"> • Round-off BHS Series • Cartwheel BHS • Straight Leg FWO-Round-Off-BHS • Combination Pass ending in Series BHS • All Level 1 Skills to BHS <p style="text-align: center;"><u>Jumps</u></p> <ul style="list-style-type: none"> • Mastery of jumps executed with great technique including level jump placement <p style="text-align: center;"><u>Stunting</u></p> <ul style="list-style-type: none"> • Excellent understanding of level 2 elite stunting • Experience in level 3 stunting 	<p style="text-align: center;"><u>Stunting</u></p> <ul style="list-style-type: none"> • Experience in level 3 and/or 4 stunting 	<p style="text-align: center;"><u>Stunting</u></p> <ul style="list-style-type: none"> • Excellent understanding of level elite 2 stunting

<u>Level</u>	<u>Expected Skill</u>	<u>Recommended Skill</u>	<u>Considered</u>
Level 5	<p style="text-align: center;"><u>Standing Tumbling</u></p> <ul style="list-style-type: none"> • Double Jump-Back Tuck • Jump-BHS-Layout • Jump-Tuck • Series BHS-Layout <p style="text-align: center;"><u>Running Tumbling</u></p> <ul style="list-style-type: none"> • Round Off-BHS-Full Twist • FWO-Round Off-BHS-Full Twist <p style="text-align: center;"><u>Jumps</u></p> <ul style="list-style-type: none"> • Mastery of jumps executed with excellent technique including hyperextended jump placement <p style="text-align: center;"><u>Stunting</u></p> <ul style="list-style-type: none"> • Excellent understanding of level 4 elite stunting 	<p style="text-align: center;"><u>Standing Tumbling</u></p> <ul style="list-style-type: none"> • Standing Tuck-2BHS Tuck • 2-BHS- whip- BHS Tuck • Combination pass ending in Layout <p style="text-align: center;"><u>Running Tumbling</u></p> <ul style="list-style-type: none"> • Combination pass ending in Full Twist • Arabian <p style="text-align: center;"><u>Stunting</u></p> <ul style="list-style-type: none"> • Experience in level 5 stunting 	<ul style="list-style-type: none"> • Round Off-BHS-Full Twist • Jump-Tuck <p style="text-align: right;"><u>Stunting*</u></p>
Level 6	<p style="text-align: center;"><u>Standing Tumbling</u></p> <ul style="list-style-type: none"> • Triple Jump-Back Tuck • Jump-2 BHS Full/Double Full Twist • Standing Full Twist • At least 1 skill from the recommended skill list <p style="text-align: center;"><u>Running Tumbling</u></p> <ul style="list-style-type: none"> • Round Off-BHS-Double Full Twist • Combination Pass to Full/Double Twist <p style="text-align: center;"><u>Jumps</u></p> <ul style="list-style-type: none"> • Mastery of jumps executed with excellent technique including hyperextended jump placement <p style="text-align: center;"><u>Stunting</u></p> <p>Excellent understanding of level 5 restricted elite stunting</p>	<p style="text-align: center;"><u>Standing Tumbling</u></p> <ul style="list-style-type: none"> • Jump-Standing Full Twist • Standing 3 BHS-Double Full Twist • 1 BHS-Full Twist <p style="text-align: center;"><u>Stunting</u></p> <ul style="list-style-type: none"> • Experience in elite level 5 stunting 	<ul style="list-style-type: none"> • Triple Jump-Back Tuck • Jump-2 BHS Full Twist • Combination Pass to Full Twist <p style="text-align: right;"><u>Stunting*</u></p>
<p>Flyers at all levels will be expected to be able to properly execute body positions including liberty, heel stretches on both legs, bow and arrow, scale and scorpion. Flyers will be expected to take a flight school class to continue to advance elite stunting skills.</p>			
<p style="text-align: center;">*Athletes with elite stunting skills, that lack in tumbling will be considered for the level that matches their stunting ability on a need be basis only.</p>			

Prep

<u>Level All Star Prep</u>	<u>Expected Skill</u>	<u>Recommended Skill</u>
1.1	<p style="text-align: center;"><u>Tumbling</u></p> <ul style="list-style-type: none"> No Skills Required 	<p style="text-align: center;"><u>Tumbling</u></p> <ul style="list-style-type: none"> Backbend Cartwheel Forward Roll Backwards Roll
2.1	<p style="text-align: center;"><u>Tumbling</u></p> <ul style="list-style-type: none"> No Skills Required <p style="text-align: center;"><u>Stunting</u></p> <ul style="list-style-type: none"> Excellent understanding of level 1 elite stunting 	<p style="text-align: center;"><u>Tumbling</u></p> <ul style="list-style-type: none"> Backbend Cartwheel Forward Roll Backwards Roll
3.1	<p style="text-align: center;"><u>Tumbling</u></p> <ul style="list-style-type: none"> Backbend Cartwheel Forward Roll Backwards Roll <p style="text-align: center;"><u>Stunting</u></p> <ul style="list-style-type: none"> Excellent understanding of level 2 elite stunting Extensive experience stunting level 2 	<p style="text-align: center;"><u>Standing Tumbling</u></p> <ul style="list-style-type: none"> Straight Leg Backbend –Kick over Straight Leg Front Walkover (FWO) Straight Leg Back Walkover Series (3 connected)- BWO <p style="text-align: center;"><u>Running Tumbling</u></p> <ul style="list-style-type: none"> Strong Round-off Straight Leg FWO-Round off/Cartwheel-BWO Pass
2.2	<p style="text-align: center;"><u>Tumbling</u></p> <ul style="list-style-type: none"> Round Off-BHS Standing-BHS <p style="text-align: center;"><u>Stunting</u></p> <ul style="list-style-type: none"> Excellent understanding of level 1 elite stunting 	<p style="text-align: center;"><u>Standing Tumbling</u></p> <ul style="list-style-type: none"> Standing Back Handspring (BHS) Straight Jump-BHS Straight Leg BWO-BHS All Level 1 Skills to BHS <p style="text-align: center;"><u>Running Tumbling</u></p> <ul style="list-style-type: none"> Round Off-BHS Series Straight Leg FWO-Round Off-BHS All Level 1 Skills to BHS
3.2	<p style="text-align: center;"><u>Tumbling</u></p> <ul style="list-style-type: none"> Round Off-BHS Standing-BHS <p style="text-align: center;"><u>Stunting</u></p> <ul style="list-style-type: none"> Excellent understanding of level 2 elite stunting Extensive experience stunting level 2 	<p style="text-align: center;"><u>Standing Tumbling</u></p> <ul style="list-style-type: none"> Standing Back Handspring (BHS) Straight Jump-BHS Straight Leg BWO-BHS All Level 1 Skills to BHS <p style="text-align: center;"><u>Running Tumbling</u></p> <ul style="list-style-type: none"> Round Off-BHS Series Straight Leg FWO-Round Off-BHS All Level 1 Skills to BHS

Parent Meetings

Once your athlete is placed on a level, a parent or guardian will be **required** to attend a parent meeting. Until a parent or guardian has attended a meeting, athletes will not be allowed to begin practice. Parent meetings will be held on May 7th, 8th and 9th and will last approximately 2 hours. This meeting is critical to your athlete's success at Cheer St. Louis. Key parts of the program will be discussed at this meeting including practice schedules and expectations.

Parent contracts can be found on the final page of this handbook and are required before you athlete can attend their first practice. Contracts are not accepted prior to this meeting but it is highly recommended you turn it in at the meeting.

Closing Dates and Dates to Remember

May 13th - First day of practice

May 17th - 19th – Kick Off Camp – All Athletes!

May 24th - May 27th – Gym Closed – Memorial Day

June 27th - Team Reveals

June 28th - July 7th – Gym Closed – Vacation Week and 4th of July

July 22nd - July 31st – Choreography All Teams

August 12th - School year schedule begins

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

November 27th – 28th – Gym Closed – Thanksgiving

December 20th - 26th – Gym Closed

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

December 31st - January 1st – Gym Closed

April 16th - Final day of practices for teams not attending season ending events.

April 12th - Gym Closed – Easter Sunday

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

Additional Dance Choreography dates will be released by the end of the July and are required.

Team Practices

Each team/level will practice 1-2 nights throughout the summer (May-mid August). They will have a team/level practice and a tumbling practice. School year schedule (mid August-April) starts August 12th requiring teams to practice twice a week along with their tumbling practice. The tumbling practice may or may not be on the same night as the team practice. Below are the hours of practice time that will be scheduled for each team.

Elite:

- Tiny/Mini Teams – 2.5 hours during the summer, 4 hours during the school year. (This includes 1 hour of tumbling practice)
- Youth/Junior/Senior Teams (level 1-5)– 3 hours during the summer, 5 hours during the school year. (This includes 1 hour of tumbling practice)
- Level 6 Teams – 4 hours during the summer, 6 hours during the school year. (This includes 1 hour of tumbling practice and 1 hour of conditioning practice)

Prep:

- 2.5 hours during the summer, 4 hours during the school year (This includes 1 hour of tumbling practice)

Anticipated practice schedules will be communicated at the parent meetings.

Tumbling Classes

All athletes on an Elite or Prep team will receive a FREE team tumbling practice. Athletes will be assigned a tumbling time and will attend tumbling class with their team. All absences from tumbling classes are counted towards the absentee policy.

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:

Choreography – This fee is 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 – 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.

*Athlete travel expenses are the responsibility of the parent/athlete 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 fee is used to cover coaches' expenses for events that include things such as travel, per diem, mileage, flights, hotels, parking, etc.

Banquet – At the end of the season, Cheer St. Louis, LLC will host an end of season banquet. This fee will pay for each athlete to receive two tickets, one for the athlete and one for a parent or guardian. Extra tickets may be available for an additional fee.

USASF Membership – The United States All Star Federation requires all athletes in the Elite and Prep programs to be a member of the USASF. Cheer St. Louis will pay this fee for each athlete.

Startup Fee – Start up fee is minimum \$230 plus tax for all athletes. This fee will cover the current seasons practice attire (full length tank or sports bra, practice shorts, shoes and practice hair accessory).

Uniform – All athletes will be required to have the current season's competition uniform.

- Elite: The 19/20 uniform will be the same as the 18/19 uniform. Approximate cost for a new uniform is \$400+tax.
- Prep: The 19/20 uniform will be the same as the 18/19 uniform. Approximate cost for a new uniform is \$250+tax.

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 fees and team additional fees (except startup, uniform, annual registration and travel expenses) will be grouped together into one amount and divided into 12 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.

Fees for year-end competitions, which require qualification are not included in tuition/team additional fees. These include but are not limited to The Summit, Worlds and US Finals.

Below is a breakdown of program cost:

Elite:

Tiny/Mini Team (Level 1 and 2)

Monthly Tuition – \$139

Includes 2.5 hours team practice during summer and 4 hours team practice during school year (This includes 1 hour of tumbling practice)

Additional Fees - \$1212 (monthly \$101)

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

Grand Total Monthly Installments - \$240

Youth/Junior/Senior Team (Level 1- 5)

(Excludes Worlds Teams)

Monthly Tuition – \$149

Includes 3 hours team practice during summer and 5 hours team practice during school year (This includes 1 hour of tumbling practice)

Additional Fees - \$1500 (monthly \$125)

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

Grand Total Monthly Installments - \$274

Level 6 Teams

Monthly Tuition – \$159

Includes 4 hours team practice during summer and 6 hours team practice during school year (This includes 1 hour of tumbling practice and 1 hour of conditioning class)

Additional Fees - \$1632 (monthly \$136)

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

Grand Total Monthly Installments - \$295

Prep:

Prep Team (All levels)

Monthly Tuition – \$139

Includes 1.5 hours team practice during summer and 4 hours team practice during school year (This includes 1 hour of tumbling practice)

Additional Fees - \$648 (monthly \$54)

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

Grand Total Monthly Installments - \$193

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 discounted.



Payment Schedule:

Twelve 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 May-March. There will be a double payment in July. This July 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 July 1st. This is to ensure the quality and progression of all of our teams. All those who 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 – June 14, 2019
- 3rd Payment – July 1, 2019 – Program Commitment Fee
- 4th Payment – July 15, 2019
- 5th Payment – August 15, 2019
- 6th Payment – September 13, 2019
- 7th Payment – October 15, 2019
- 8th Payment – November 15, 2019
- 9th Payment – December 13, 2019
- 10th Payment – January 15, 2020
- 11th Payment – February 14, 2020
- 12th Payment – March 13, 2020

Other Fee Due Dates:

Start Up Fee: Prior to first practice

Uniforms: August 1st 2019

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 \$35 late fee at the time the card declines. Late payments and returned checks will also incur a \$35 fee per transaction. 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 to, nonattendance, nonparticipation, 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 your email to Tara@cheerstlouis.com and remember this can only be done 3 times throughout the season.

Drop Fee – Any athlete that drops the program forfeits any right to unused items such as uniforms, apparel, etc.

Elite: Any athlete dropping Cheer St. Louis elite teams after July 1, 2019 and prior to May 15, 2020 will be charged a drop fee of \$250. This fee will be automatically drawn from the card on file at the time we are notified of the drop. Should an athlete drop prior to the auto pay date, the current months installment and fees as well as the quit fee will be drafted from the account.

Prep: There is no additional drop fee for an athlete leaving the Prep program mid-season. Any outstanding fees and the current months installment, regardless of 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. Our goal is 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. We expect Cheer St. Louis to be a top priority and 100% attendance.

May-July: Athletes will be allowed to miss a maximum of 2 level practices from May-July. Tumbling classes missed are not counted as absences.

August-April: Athletes will be allowed to miss a maximum of 6 team/tumbling practices from August-April. Missing a tumbling class **will** be counted as an absence in school year schedule.

Anytime an athlete misses a practice or is unable to participate regardless of reason, it is counted as an absence. 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 your athlete 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 athlete 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 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 your athlete 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 athletes is required for competition week. The only absences allowed for required practices will require a doctor's note. **In the event a 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 season or be removed from the program.

In the event 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 athletes. 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 season and may be removed from the program. 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 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.

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.

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

Practice

Athletes are expected to come dressed in the current season's practice cloths (full length tank or sports bra, practice shorts, shoes and practice bow) for every practice. 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. 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 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, LLC 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, 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, 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.

Fundraising

Parents or guardians of athletes on the Elite and Prep 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.

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: _____