

# Welcome to the 2019-2020 Five Star Cheer Family!!!

Teams will be listed here after Purple Reveal

## We will be using 3 forms of Communication this Season:

### 1. E-Mail Via G-Mail and our System Software

### 2. Band

First download the app: BAND

Then search the the group below that pertains to you and request membership.

**Parent Band:** Five Star Program Parents

**Cheerleader Band:** Five Star Athletes

### 3. Remind101: Group Text for Reminders and Information

Sam will send out reminders and updates regarding the cheer program and specific teams using this app. EVERYONE must register with this, it's super easy! Both parents and cheerleaders should sign-up. We send out quick texts about practice changes/ reminders and locations to meet at events.

Twinkles - @fstwinkles  
Starlites - @fsstarlite  
Shining Stars - @fsshining  
Purple Sass - @fypsass  
Rockstars - @fsrockstar  
Blackout - @fsblackout

Electra - @fselectra  
Supernovas - @fssupernov  
Purple Reign - @fsreign  
Shooting Stars - @fsshooting  
Shade - @fsshade  
Mega Stars - @fsmega

Blazing Stars - @fsblazing  
Superstars - @fssuper  
Midnight - @fsmidnight  
Wicked - @fswicked

**HOW TO SIGN-UP:** Please text your @(team name) to 81010 to join the group text system to get reminds and updates about each team you are on!

**Returning Parents:** Please sign-up again! All teams were delete and refreshed this season!

## Coaches Cell Numbers:

Please add all these numbers to your contacts! Any time you will not be at practice or have a question please feel free to ask one of our staff member.

**Sam and Steff are the best coaches to contact first with questions.** They will re-direct you to the correct staff member if needed.

Jeanne Russell	859-380-3353	Owner	Courtney Owen		
Samantha Russell	859-801-7030	Cheer Director	Marissa Heard	859-308-2708	
Steffanie Monger	513-213-5329	Co-Director Head Coach	Maria Martini	513-444-3486	
Haley Mangan	859-802-8857				

## SUMMER Practice Schedule:

Practices will start Monday, June 3rd! We may decided to keep the level 5 and 6 teams together for the month of June to train and evaluate each athlete and stunts groups before finalized teams in July.

For the month of June, July, and some of August we will practice teams Monday-Thursday. Team practice will be 3 hours (1 1/2 hours twice a week) and we will have different level tumbling classes athletes can attend.

### EXAMPLE Summer Practice Schedule:

<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>
5-6:30 Team Practice	5-6:30 Team Practice	5-6 Team Practice	5-6 Team Practice
<b>5-6 Flyer Flex</b>	6:30-8 Team Practice	<b>6-7 L2 Tumbling/ Jumps</b>	5-6:30 Team Practice
6:30-8 Team Practice	<b>6:30-7:30 Flyer Flex</b>	7-8:30 Team Practice	6:30-8 Team Practice
<b>6:30-7:30 L2 Tumbling/ Jumps</b>	<b>7:30-8:15 L1 Tumbling/ Jumps</b>	<b>7-8 L3/L4 Tumbling/ Jumps</b>	<b>7-8 Flyer Flex</b>
8-9:30 Team Practice	8-9:30 Team Practice	8-9:30 Team Practice	8-9:30 Team Practice

## Gym Closure:

Week of 4th of July

### Summer Choreography / Stunt Camps - June, July, & August

Choreography / Stunt Camps will start the month of June and are **MANDATORY**.

We need everyones vacation plans so we can do our best to plan each camp around them. If you do not give us your vacation plans and we schedule a choreography camp on a week your child can not attend, they may lose their spot on the team. We will have a choreography camp schedule out by mid June.

**Choreography Camp:** Usually 2-3 days. 10:00am-3pm. Team learns their new competition routine!

**Stunt Camp:** Usually 1-2 days. 11am-1pm or 1pm-3pm. Team learn and work elite stunts.

*(TIMES MAY VARY)*

## **2019-2020 Tentative Competition Schedule:**

**Each team will compete at 6-8 events. These will be assigned at the end of summer when the event schedules are finalized. We will divvy out 1 day events and national. Each team will do a maximum of 3 2-day events.**

We are waiting for competition companies to release their full schedule. Tentative schedule will be done at team placements

### **Cities we frequently travel to or have in the past:**

Indianapolis, IN  
Columbus, OH  
Dayton, OH  
Lexington, KY  
Louisville, KY  
Nashville, TN

## **Reminder that The \$150 Fee Paid in May Covers:**

Rebel sports bra, hot short shorts, gym t-shirt, \$30 USASF membership fee.

### **New Athletes:**

We need a copy of your child's Birth Certificate to add to their USASF profiles so they are eligible to compete. You can send in a hardcopy, e-mailed a copy, or text Sam a photo of it.

### **Returning Athlete Uniform Swap:**

We will set up a day for all the returning athletes to bring in their uniforms that do not fit to see if we can swap things around to save as many people as we can from having to purchase new pieces.

### **Uniform Fittings:**

We will fit all new athletes or those whom need new uniforms sometime in June. We will send out an e-mail of the exact week when our Rebel Rep informs us when she will be sending sizers to us.

## Parent Fundraising Group:

We have a Facebook page: “Five Star Fundraising (Erlanger, KY)”

To raise money for End of the Year Event coaches expense we have a couple events that we for sure want to do again this season. We want to do the Florence Freedom game with basket raffles and split the pot. We will also charge a couple dollars for the Showcase at the gym and raffle off team baskets! I think doing Chipotle was also an easy gym fundraiser as well.

## COMPETITION ETIQUETTE :

- Be on time to venue.
- Be ready with full uniform, make-up, and hair finished at specified time to meet coaches
- Wear appropriate under garments and white socks. (No bras showing)
- Do not walk around the venue with leo unbuttoned and hanging out of skirt.
- Senior teams with crop tops: If you are not warming up, competing, or at awards please cover up!
  - Athletes should wear shirt, jersey, jackets, or hoodies when walking around the venue.
- Be support of other teams and gyms!
- Put down the phones and cheer your kids on!
- Athletes should be dressed as they would on the competition floor or awards.
  - Athletes may wear warm-up jackets, windbreakers, baseball jerseys, or gym practice shirt over uniform.

# 2018-2020 Uniform, Bow, Make-up Cost:

<b>Uniform</b>	<b>Total Cost:</b>	<b>Pieces:</b>
<b>Program</b>	<b>\$415.00</b>	Leo: \$275 Skirt: \$140
<b>Program Uniforms - MALE</b>	<b>\$340.00</b>	Top: \$270 Black Pants: \$70
<b>Electra</b>	<b>\$400.00</b>	Leo: \$305 Skirt: \$95
<b>Blazing</b>	<b>\$400.00</b>	Top: \$210 Shorts: \$75 Socks: \$115
<b>Blazing - MALE</b>	<b>\$375.00</b>	Top: \$195 Custom Pants: \$180
<b>Wicked</b>	<b>\$400.00</b>	Top: \$ 265 Skort: \$135
<b>WICKED - MALE</b>	<b>\$225.00</b>	Top: \$180 Custom Pants: \$94
<b>Bow Bundles (Competition &amp; Practice Wear Bow)</b>	<b>Cost:</b>	
<b>Competition Bow &amp; PW</b>	<b>\$35.00</b>	
<b>Competition Bow, Crossover Bow, &amp; PW</b>	<b>\$60.00</b>	
<b>Yofi Make-Up Kit</b>	<b>Cost:</b>	
<b>Cheer Shoes</b>	<b>Cost:</b>	
<b>Rebel Ruthless Cheer Shoes (White)</b>	<b>\$95.00</b>	