



## **Welcome to the Five Star All-Star Cheerleading Program**

We are excited that you have chosen to be a part of  
our Five Star Family!!!

Our goal each day is to teach our athletes the value  
of commitment, hard work, integrity, leadership, self-  
confidence, positive attitude and love for one of the  
most growing sports in the world.

For any other questions, feel free to e-mail us at  
[fivestargym.ky@gmail.com](mailto:fivestargym.ky@gmail.com)



# **FIVE STAR COMPETITIVE PROGRAM RULES AND POLICIES 2021-2022**

## **GENERAL GYM POLICIES**

1. Only registered athletes are allowed in the gym.
2. Siblings, family members, friends, etc. must stay in the viewing area.
3. Any person that disrupts a practice will be asked to leave the gym immediately.
4. **NO FOOD OR GUM IS ALLOWED IN THE GYM.** Food is permitted in the athlete area. However, garbage must be disposed of appropriately or food will no longer be permitted in the athlete area.

## **COMMUNICATION**

We have many forms of communication. Please provide us with an email address that is checked regularly. Our main course of communication will be via Band. Our Band account is "Five Star Cheerleading (Erlanger, KY)". You must request to join and be approved.

Open communication between the coaches is encouraged. However, we ask that you are considerate and not approach them during practice. Please talk to them after all practices and privates (9:30PM), send them an e-mail, or call between the hours of 1:00-3:00 with any questions or concerns. Coaches will no longer be handling issue via text messages, e-mail ONLY.

## **SPORTSMANSHIP CONDUCT**

It is very important that our athletes show good sportsmanship. We want to promote good sportsmanship not only at the gym, but also at competitions. We want all of our athletes to show a positive example for others to follow by being respectful and courteous to everyone

**All athletes AND parents must always:**

1. Set a positive example for others to follow.
2. Be respectful and courteous to all coaches and teammates.
3. Schedule an appointment to speak with a coach or other staff members.
4. Refrain from gossiping or any form of verbal or physical confrontation.
5. No profanity or abusive language.
6. Arguing or questioning the decisions of the coaches is forbidden.
7. No one is allowed to post, tweet, chat, etc. any inappropriate comments, pictures, or videos regarding Five Star or any other program on any sort of website, message board, Facebook, or group page. This could mean dismissal from the program with no refund.

## **SUBSTANCE POLICY**

All team members are expected to take care of their bodies. This means absolutely NO DRUGS, ALCOHOL AND TOBACO PRODUCTS. If anyone is caught drinking, smoking or doing drugs they may be immediately dismissed from the program.

## **TEAMS**

**Five Star Coaches retain the right to:**

1. Place athletes on the team they feel will best suit them and the program.
2. Move, replace, add, suspend, or even dismiss an athlete for a period of time or indefinitely from a team or the entire program based on criteria including but not limited to:
  - A. Attendance
  - B. Conduct
  - C. Skills
  - D. Finances
  - E. Parent Conflict
3. Decide if an athlete may participate on more than one team.
4. Decide the roles and/or positions an athlete will have on their team(s). (Base, flyer, back spot, tumbler etc)
5. To request that an athlete or team practice longer than their regularly scheduled time or add additional practices or competitions.

## **CROSSOVERS**

A crossover is an athlete that competes on more than one team. If you are interested in being a crossover, please let the coach know at clinics or the day of try-outs. Keep in mind that there is an extra cost involved and must be approved by the coach.

### **Athletes that elect to participate on more than one Five Star team must:**

1. Be in good financial standing.
2. Be willing and able to fulfill all the responsibilities required by each team.
3. Be responsible for any additional entry fees they incur beyond their first team.

## **PRACTICE**

1. **Practices are MANDATORY.**
2. It's your responsibility to wear the appropriate practice wear to every practice. Practices held on Sunday have required practice wear.
3. Practices may be changed or added at any time during the season.
4. We will do our best to work with extra curricular activities. However, if another coach refuses to work with our mandatory practices or competitions, you may have to make a choice.
5. Coaches reserve the right to close practice for spectators at any time and for any reason.
6. Missing practice the week of competition will result in sitting out of that weekend's performance. If there is conflict out of your control, notify a coach immediately.

## **ATTENDANCE**

1. Practices are MANDATORY.
2. You are considered tardy if you are not on the practice floor ready when practice begins.
3. All absences must be cleared in advance with your coaches. Keep in mind we cannot have productive practices with even one child missing. If your child is absent, it is their responsibility to find a sub to fill in for them at practice. A sub is someone who is capable of doing their stunt position, this allows their build group to not lose practice time.
4. Excessive tardiness & absences from practices may result in dismissal from the team. You may also be subject to a \$100.00 fine for excessive absences.
5. Unexcused tardiness & absences from a competition may result in immediate dismissal from your team.
6. Vacations MUST be submitted in writing to your coach.
7. Withholding an athlete from practice or competition should never be a form of punishment. You not only punish your child, but every other child on the team.

8. You are responsible for any additional charges to get a replacement if you miss a competition.
9. Not competing at competition with no prior notice will result in an automatic \$100.00 fee. (Other exceptions will be deemed by coaches)

## **INJURIES**

1. Notify your instructor immediately when an injury occurs.
2. Injured athletes will not be able to participate in practice until cleared by a doctor, but they are required to come to practice and to attend competitions with their team unless restricted by a doctor.
3. All athletes in our program are expected to be in top physical condition. This includes flexibility, strength, and endurance. We will have specific conditioning and strength building exercises to make sure your athlete takes all precautions to avoid injury.
4. Cheerleading is a highly competitive and physical sport. The skills involved such as stunting, jumping, and tumbling could lead to injuries. We at Five Star take every precaution to limit these injuries, unfortunately we cannot prevent them all.

## **MENTAL BLOCK AND SKILL LOSS**

If your athletes acquires a mental block or loses a skill required for the team/ level they are on, they may be removed from the team until the skills are regained. Financial commitment remains your responsibly.

## **FLYERS**

If your athletes is a flyer they must stretch at home and attend flex/ flying classes throughout the season. It is their responsibility to obtain and uphold the standards of the flexibility required. If they do not, they may be taken out the the air anytime during the season and replaced. Financial commitment remains your responsibly.

## **PARENTS ROLE**

1. We will NOT tolerate any negative gossip in our waiting area.
2. Although we value our parent's opinions, they will not be taken into consideration in regards to how practices are run. All squad and routine decisions are left to the discretion of the coach.
3. No one is allowed to make contact to athletes through the parent viewing area during practice. This is extremely distractive to practices.
4. Make sure your child is on time and dressed appropriately.

5. Anyone threatening to quit or pull his/her child from a team will be dismissed from the program immediately.
6. Parents are not permitted at any time to call or communicate directly with any Event Planner for any competition, nor are they allowed to approach a judge while at the competition. If this happens it will mean immediate dismissal from the gym.
7. Please do not ask your child to do skills that the coaches have not asked them to do. This helps prevent injuries and mental blocks.

## **COMPETITION ETIQUETTE**

For newcomers, competitions may be initially overwhelming. Our coaches will do everything they can to prepare the teams, physically and mentally for the experience. We will keep parents informed of competition times and other travel information. It is the parent's responsibility to book lodging in an appropriate time frame (All information about the upcoming competition is normally posted on the hosts' website)

One important concern for us is educating parents regarding proper competition etiquette. Team spirit is important, and it is good for others to know that Five Star is present. Sitting together and cheering our athletes, benefit this practice, so get to know your group, as well as others.

Parents ARE NOT ALLOWED on the competition floor or to approach judges or competition official to discuss judging, scores, awards or other issues. This could mean disqualification for the team. Parents are also NOT permitted to contact another host club to inquire about competition information. All communication with the hosting organization is conducted through our coaches. Individuals who violate these rules will be asked to leave. We will hand out information on each competition as soon as it is available.

A parent's role at competitions is one of encouragement and support. You can help alleviate some of your child's competition anxiety by ensuring that they arrive on time, in proper uniform, with a good night's sleep, and having consumed a nutritious pre-competition meal.

## **USE OF COMPANY LOGO IS FORBIDDEN**

Five Star is a unique solely owned business that relies on our company name and logo as a brand identity. The name and logo are valuable assets to our company. In order to help us protect our rights and strengthen our corporate and brand identity, we revoke all usage of our company name and logo; in whole or in part. The Five Star logo or any other Five Star owned graphic, symbol, logo, icon or image may not appear on or in the publication or on any apparel, product or material without written permission from Five Star.

**We are asking that all customers respect this request.**