



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

FIVE STAR COMPETITIVE PROGRAM RULES AND POLICIES

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 the app 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 with a concern during practice or on competition day. General questions can be asked via Band. Please send an e-mail with any personal questions or concerns or to set up an appointment to talk. Coaches will be handling issues via e-mail ONLY at the shared email address fivestarcheercoaches@gmail.com.

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.

Athletes AND parents must always:

1. Set a positive example for others to follow.
2. Be respectful and courteous to coaches and teammates.
3. Refrain from gossiping or any form of verbal or physical confrontation.

There is a zero tolerance of:

1. Profanity or abusive language.
2. Talking negatively about another athlete.
3. Arguing or questioning the decisions of the coaches.
4. Making a post, tweet, chat, etc. with 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 an additional team.
4. Decide the roles and/or positions each 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 when mandatory.
3. Practices may be changed or added at any time during the season.
4. Coaches reserve the right to close practice for spectators at any time and for any reason.

ATTENDANCE

1. You are considered tardy if you are not on the practice floor ready when practice begins. Athletes who are tardy may be required to stay late for conditioning or stretching.
2. Practices are mandatory. **ALL** absences must be approved by your coach via the absentee form. This form will be available in the office and on our website.
3. Absentee forms should be given to your coach 2 week prior to the date of requested absence. Athletes missing for illness need to send an email to the coaches address fivestarcheercoaches@gmail.com **immediately** and provide a doctors note when athlete returns.
4. 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.
5. Excessive tardiness & absences from practices will result in dismissal from the team.
6. Unexcused tardiness & absences from a competition may result in immediate dismissal from your team.
7. Missing practice the week of competition will result in sitting out of that weekends performance. If there is conflict out of your control, notify a coach immediately.
8. 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.
9. You are responsible for any additional charges to get a replacement if you miss a competition.

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 athlete 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 responsibility.

FLYERS

If your athlete 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 responsibility.

PARENTS ROLE

1. We will NOT tolerate any negative gossip in our waiting area. Please do your part to keep it a positive atmosphere.
2. Although we value our parent's opinions, they will not be taken into consideration in regards to how practices are run. All team 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. 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 competition company 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.