



CHEER FORCE ONE

**2019- 2020
ALL STAR CHEER**

Team registration fee:

\$35.00 - Due on or before team evaluations

\$25.00 – Early registration - Before April 15, 2018

\$15.00 – Flyer Tryout Fee

Parent informational meetings: April 9, 10 & 11 – 7:00p
(Only need to attend one)

Team Evaluation Dates:

| Team tryouts: | Must attend both days: | |
|-----------------------|--|---|
| Level: | Date/Time: | Tumbling Requirements: |
| 1 (age 5-9) | 5/6/19 – 5:15-6:45p 5/8/19 – 5:15-6:45p | None |
| 1 (age 10+) | 5/6/19 – 7:00-8:30p 5/8/19 – 7:00-8:30p | None |
| 2 (age 5-9) | 5/7/19 – 5:15-6:45p 5/9/19 – 5:15-6:45p | Front & back walkover Standing and Round off back handspring |
| 2 (age 10+) | 5/7/19 – 7:00-8:30p 5/9/19 – 7:00-8:30p | |
| 3+ (all ages) | 5/6/19 – 6:30-8:00p 5/8/19 – 6:30-8:00p | Round off back handspring tuck & up |
| Tiny Novice (age 3-6) | Register online only | None |
| Flyer tryouts: | Only need to attend one: | |
| Level: | Date/Time: | Requirements: |
| 1 & 2 (age 5-9) | 5/7/19 – 7:00-8:00p 5/9/19 – 7:00-8:00p | None |
| 1 & 2 (age 10+) | 5/7/19 – 5:45-6:45p 5/9/19 – 5:45-6:45p | None |
| 3+ (all ages) | 5/7/19 – 6:30-7:30p 5/9/19 – 6:30-7:30p | Previous level 2 flying experience |

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Voicemail: 740-975-7932



CF1 2019/20 ALL STAR HANDBOOK

We thank you for your interest in the Cheer Force One All-Star program and hope you find the enclosed information helpful and informative. We would be happy to help with any additional questions you may have. You may contact us at 740-973-8477 or email cf1office@ymail.com.

CHEER FORCE ONE MISSION STATEMENT:

Cheer Force One is a family owned, Faith-based competitive cheerleading program determined to teach the value of team and the importance of family. We believe that the strength of our athletes is measured not only by their physical strength, but their mental and spiritual strength as well. Our goal is to instill the important values of friendship, teamwork, leadership, integrity, loyalty and discipline that will guide each athlete for a lifetime. We empower our athletes and strive to provide solid direction and inspiration to each athlete. While competing athletically at the highest level, we encourage our athletes to respect their opponents, coaches, officials and each other. We expect our athletes to demonstrate good sportsmanship and fair play. Our gym is staffed by experienced coaches and former athletes who understand what it means to be a competitive cheerleader and who serve as exceptional role models. We want to be your choice for all-star cheerleading and tumbling. We are here to build champions. Not just champions on the floor, but champions in life.

Each and every family is important to us and our program! You will not get lost in a crowd or feel like just another number. At Cheer Force One, not only are WE FAMILY, we have a place for every athlete that fits your wants in competitive cheer.

We would like to remind you of the importance of reading through this packet in its entirety. Enclosed is a list of expectations for both athletes and parents.

Thank You,

The Cheer Force One Staff

ALL STAR CHEER PROGRAMS OFFERED AT CHEER FORCE ONE:

- **Full Season Elite All Stars** – Begins in May 2019 thru April/May 2020 - Attends approximately 8-9 comps in addition to a Finals competition per bid received.
- **Full Season Prep/Novice All Stars** – Begins June 2019 thru March/April 2020 - Attends approximately 5-6 comps, no Finals competition
- **Half Season All Stars Prep/Novice/Exhibition** – Begins in Nov. 2019 thru March 2020 - Attends 3 competitions
- **FUNDamentals teams** –Three-month Intro to All Stars program. (varies throughout the year)

GENERAL TRYOUT INFORMATION:

At Cheer Force One, you try out for the CF1 program, not a specific team. Team placements will be determined on the following: Age, skill level, past commitment (if returning) and team availability. All teams at Cheer Force One are built based upon placing each team in a position to score as high as possible in competition. Each team must be able to stunt, jump, tumble, dance, etc. at a level that will enable them to maximize their scores. Please trust the CF1 staff to build teams that will be successful in the competition arena. Our focus is to build the strongest teams possible and to make sure each athlete is placed on a team where they can excel and grow as an athlete and have a positive experience. Being placed on a team where you are not an asset will not improve your athlete's skill level or help them progress in their cheer career. There are many factors to designing winning teams with the most important factor being designing stunt groups with the proper base/flyer ratio and tumbling ratios. Tumbling skills are taken into consideration, but will NEVER determine team placement. We appreciate your confidence in our knowledge, dedication and past experience.

The Cheer Force One staff is confident in the placement of our athletes. The best interest of our athletes comes first at CF1. If you have any concerns about the placement of your athlete, you may contact us **VIA EMAIL** and we will gladly speak or meet with you.

Cheer Force One will provide a practice atmosphere at team evaluations. Each athlete will be judged on the following skills: motions, jumps, standing tumbling, running tumbling, and stunting. Cheerleaders' skills will be assessed and they will be placed on a team accordingly.

Levels are decided by the coaching staff/owners and **MAY** change throughout the season. An athlete may be removed from and placed on a different team if deemed appropriate by the coaching staff/owners at any time throughout the season.

Cheer Force One may add athletes anytime during the season. Athletes that are added must meet the requirements needed to be placed on a team.

While we do our best to place every athlete on a team, there may be instances where we do not have an appropriate age/skill level team available for your athlete and this will be determined after team evaluations. If this is the case, you will receive a refund for your registration fee.

FINANCIAL OBLIGATIONS

All Star cheerleading requires a substantial financial commitment from each family. The following cost expectations have been carefully put together as an estimate of costs for the 2019-20 season. Please carefully consider the financial commitment you are making. Please note that the expenses do not include travel and lodging to out-of-town competitions.

All-Star tuition and fees are based on the entire season and AT NO TIME will the monthly tuition be prorated. Your account will be invoiced **AND** you will receive an email on the 1st of the month for both monthly tuition and All-Star fees. **IF YOUR ACCOUNT IS SET ON AUTODRAFT, YOUR ENTIRE**

ACCOUNT BALANCE WILL BE WITHDRAWN ON THE 3rd OF THE MONTH. When you enter your card info, the auto draft is defaulted to yes. YOU MUST scroll down and change it to NO if you do not want it auto drafted. Your account is rendered past due on the 15th of the month and will result in a late fee. Your account will automatically be billed the \$25.00 late fee at 12:01am on the 20th of the month.

IT IS YOUR RESPONSIBILITY TO STAY ON TOP OF YOUR ACCOUNT!

A CREDIT CARD WILL BE REQUIRED TO BE ON FILE. The card will not be automatically charged unless you set it up for auto draft. However, if your account becomes past due, an email will be sent out and your credit card will be charged on the last day of the month. This INCLUDES any accounts that may be waiting on booster fundraising money to be applied. Please keep track of your fundraising events to keep account current. If your credit card fails to go through, you will receive another email indicating that your athlete will be asked to sit out of practice until your account is made current. If any athlete is removed due to failure to keep his/her account current, no refunds will be issued for any previously paid fees. (ie: All Star fees). If the athlete's account is rendered "current" at any point in the season after the athlete has been removed from the program, that athlete will be re-evaluated on skills and placed on a team based on the re-evaluation and team availability. There is no guarantee the athlete will regain the team/position on the team to which they were assigned prior to the removal.

DISCOUNTS - Monthly tuition for families with multiple athletes will be discounted as follows: A \$25.00/month sibling discount will be awarded for the second, third, etc. child of an All Star team member. A \$15.00/month sibling discount will be awarded for full season novice/exhibition team member. No additional discounts apply to All Star fees.

ALL STAR RECRUITING - For every new recruit that a current All Star brings into the program, they receive a credit for one month's All-Star tuition (at the value of the new athlete's monthly tuition). New recruit must be new to our All Star program and not an athlete returning from past seasons and continue with the program for at least three months before the credit is received. You must turn in a recruitment form to receive the credit. (Available upon request).

INJURIES – There will be no refunds due to injuries. You will be responsible for continuing to pay monthly tuition during the period of injury and athletes need to attend all practices. If there is a long term injury, the athlete will be temporarily dismissed from the team and will not be required to attend and pay monthly tuition. This will be determined on a case by case basis.

ALL STAR PROGRAM FEES

\$35.00 Registration fee – Due on or before first practice (includes practice t-shirt).
\$25.00 Early bird registration fee - Before April 15, 2019

Fees will be split into two separate payments - Monthly tuition and All Star Fees. **Families with multiple siblings may divide All Star fees over a 12 month period.*

Loyalty discounts!

Returning athletes after their 3rd season (going into 4th season - includes half season) will have the registration fee waived.

Returning athletes after their 5th season (going into 6th season - includes half season) will receive one month of free tuition (will be divided into 12 months and discounted each month).

MONTHLY TUITION: Due on the first of the month (May 2019 – April 2020)

* MONTHLY TUITION IS FOR THE COST OF THE ENTIRE PROGRAM DIVIDED INTO 12 EQUAL MONTHLY PAYMENTS. Practices may be added/cancelled at anytime. Monthly tuition will never be prorated.

| | Monthly Tuition |
|--|-----------------|
| Tiny Novice/Exhibition (ages 3-6) | \$ 50.00 |
| All Star Tiny-Mini | \$100.00 |
| All Star Youth-Junior-Senior Level 1-3 | \$125.00 |
| Level 4+ | \$135.00 |
| Crossover Fee | \$ 25.00 |
| Mandatory Flyer class | \$ 10.00 |

ALL STAR FEES: Due on the 15th of the month if choosing a monthly payment option. (Includes competition fees, choreography & music fees, coaches fees, competition bow, practice wear, make up). All Star fees are non refundable.

Exact All Star fees will be determined after competition schedule is determined. The financial agreement with payment options and discounts will be available after determining final competition fees.

| | Estimated All Star Fees |
|-----------------------------|-----------------------------------|
| Tiny Novice | \$400.00-\$600.00 |
| Prep/Elite All Stars | \$1000.00-\$1400.00 |
| CROSSOVERS | \$450-\$600 (crossover comp fees) |

ADDITIONAL CHARGES: (not included in All Star Fees)

- **UNIFORM:** First half due at time of ordering (approx June); second half due at time of delivery (approx 6-8 weeks after order placement). Returning athletes may order top and/or bottom individually if reusing past uniforms.

Exhibition/Novice/Prep: \$150.00 (estimate)
Elite All-Star: \$430.00
- **SHOES:** You are responsible for your own shoes. You may choose any brand your athlete prefers, but must be ALL WHITE competition mat shoes. The gym will provide you with a guideline. Estimate \$50-\$100.00. *Some teams may require you to purchase a certain brand/color shoe. This will be determined on a team to team basis.
- **ADDITIONAL BOW:** Optional (Price to be determined)
- **WARM UPS:** Optional (Price to be determined)
- **BOOSTER MEMBERSHIP FEE:*** MANDATORY - \$60.00 new members/\$40.00 returning. Due at registration.
- **USASF MEMBERSHIP FEE :** \$30.00 (MANDATORY - Required by USASF). An email will be sent to assist with this and must be completed and paid prior to first competition.
- **END OF SEASON COMPETITION EVENT (ie:THE ONE FINALS, US FINALS, SUMMIT) FEES -** (If applicable and based on event and bids received)

* At Cheer Force One we have an excellent booster program which provides many fun opportunities for families to raise funds to help offset your program expenses. Examples of events include concerts, OSU athletic events, Clippers games, Crew games, and more. Participates receive 90% of profits credited directly to your account with 10% going to the general booster fund.

TEAM PRACTICE SCHEDULE:

ELITE/PREP ALL STAR TEAMS:

Tiny-Mini: 3 hours per week (Two 1 ½ hour practices per week).

Youth-Junior-Senior: 4 hours per week (Two 2 hour practices per week)

NOVICE/EXHIBITION:

Tiny Novice (Ages 3-6) – One (1) hour practice per week.

Please understand that as the competition season approaches, coaches/owners MAY add additional practices as needed. Coaches may also cancel practices at their discretion.

All Star team practices are closed. However, viewing is available via video in the parent room at all times. At no time is a parent permitted to be in the gym before, during or after team practices/tumbling classes unless accompanied by a coach. (ie: private lessons, etc)

There will be no mandatory All Star or team tumble included. You are responsible for your athletes' progressive tumbling and it is highly recommended. This will give you the opportunity to choose private lessons, semi-private lessons, individual skill classes (if available) and/or tumble class sessions. Tumble class sessions will be at a discounted rate for All Star members at \$45.00 per six week session.

PRACTICEWEAR

Practice wear will be provided for All Star team members and must be worn at all team practices. *Prep team members will not receive any additional practice wear outside of the practice t-shirt included in registration. You may be asked to purchase a certain color shorts/sports bra/tank top per individual team coaches. It is very important that all athletes wear appropriate shoes to practice. Shoes that are not proper cheer shoes could cause injury.

CONFLICT OF INTEREST

At Cheer Force One we offer tumbling for levels 1-5. We DO NOT permit athletes to attend any other facility that are in direct competition with our facility. This includes tumbling classes, privates, stunting, open gym, etc. We also do not allow advertisement or representation for any other gym. This includes, but not limited to, wearing another gym's apparel and posts on social media. Failure to follow these rules will result in removal from our program. If you would like to attend private lessons, stunt classes, etc. at a non-direct competitive facility (such as a gymnastics facility without an All Star program, cheer clinics not associated with any competitive gym, etc), please discuss with a coach/owner prior to doing so.

ATTENDANCE POLICY

Athletes are expected to attend ALL practices, exhibitions, and competitions as a team. Our routines are coordinated around every team member. Therefore, one member's absence has a negative impact on all other team members. Be prepared to rearrange your schedule as needed; however, we will try to maintain a routine schedule in order for you to be able to make advance personal plans.

Two (2) excused absences are permitted over the summer to allow for summer family vacations. Please fill out the attached absence request form and return to your coaches at least two weeks prior (or sooner). The choreography camp schedule will be released as soon as possible (aiming for mid/late June 2019) and is mandatory (Level 2+ teams). Please schedule vacations around the choreo schedule if possible. The gym will be closed for summer break/4th of July Holiday July 1 – 7, 2019.

There will be NO unexcused absences beginning Sept. 1, 2019. Unexcused absences may result in your athlete sitting out a competition or possible suspension or dismissal from the team. *Each situation will be handled at coaches/owners discretion.*

Excused absences:

- Major family emergency and/or death in family affecting the athlete directly.
- Contagious illness - *documented by physician or contagious stomach virus resulting in vomiting*
- School related functions that require a grade. (*with two-week notice*)
- Injury (long-term)

Excused absences with a TWO WEEK notice: (Form must be submitted and may or may not be permitted)

- Academic functions, school programs (the athlete must be actively participating in the event), school cheer, religious purposes

The following will not be accepted as an excusable absence:

- Birthday and/or birthday parties, concerts, etc.
- Non-contagious illness (stomachache, headache, cough)
- Other friend/family functions, family reunions, etc.

INJURIES:

Injured athletes are required to attend all practices while out with an injury. A doctor's excuse is required for an athlete to be out for an extended period of time AND a doctor's release is required for that athlete to return to participate in practices.

Every situation will be handled at coaches/owner's discretion.

COMMUNICATION:

Communication is vital in All Star Cheer. We utilize every form of communication as possible. Social media is a huge part of communication. We have a private informational FB page. Please search for our "Cheer Force One 411" private group and ask to become a member. Also each individual team will have their own private team page which will be set up after team placements. Watch 411 for information to get added to your team page. Also if you have Instagram and/or twitter be sure to follow us and encourage your child(ren) to do so if they have one. Email is the most widely used form of communication. Always feel free to email us. There is no such thing as a dumb question. If you have a question - ASK. We also update our website frequently so you can check class schedules, what new, booster news, etc. on the website as well. Our staff email is also on our website, so you can contact coaches via email to set up privates, etc.

If you ever have a problem with anything, please do not hesitate to contact us. We are here for YOU. With any concerns you have directly with your athlete, team, other team members etc., DO NOT contact your coach(s) via phone call, text or FB messaging. Send an email to the gym office or contact the All Star director first and if necessary, we will set up a meeting to discuss the issue with coach(s)/owners. PLEASE respect your coaches time off!

Facebook Business page: Cheer Force One Ohio @cheerforceone
Instagram: @cheerforceone1
Twitter: @cheerforceoneOH .
Email: cf1office@ymail.com
Website: www.cheerforceoneohio.com

CF1 Boosters – www.cheerforceoneboosters@gmail.com

The Booster Organization also has a private FB page titled CHEER FORCE ONE BOOSTERS. Make sure to ask to join if you are not already a member. There is a boosters tab on our website with the Sign up Genius link to sign up to work events.

HOLIDAY/GYM CLOSINGS:

- Memorial Day (5/27/19)
- Summer break – 4th of July Holiday (7/1/18-7/7/19)
- Labor Day (9/2/19)
- Halloween (TBD – May not close any dates)
- Thanksgiving Holiday (11/27/19-12/1/19)
- Christmas/New Year Holiday (12/23/19-1/3/20)

CHEER FORCE ONE PARENT/ATHLETE CODE OF CONDUCT (non-negotiable)

Violation of the CF1 Code of Conduct can result in athlete being suspended or dismissed from the program.

- Be the #1 Fan of Cheer Force One
- If a problem arises between you and a team mate or another parent, the problem will be addressed with all parties involved at a meeting with your coach and the owners. **PLEASE DO NOT GOSSIP.** Address the issues as adults together in a meeting.
- Any personal items cell phones, school bags, or gym bags must be stored in the lockers. Please do not take valuables to the gym; **we are not responsible for unattended or lost items.**
- All cheerleaders are expected to put 100% effort into each practice and competition. Less than full effort affects the total team; based on coach's discretion, consequences may be applied.
- You must arrive at all practices, competitions or any scheduled event on time. Punctuality is a **MUST**.
- During practice, all routine decisions are left to the discretion of the coaches.
- **NO GOSSIP** about any other teams (All-Star or school), **NO GOSSIP** about a child on your team or another team. **NO GOSSIP** about coaches and staff. It is much better to address a problem than to participate in idle gossip. This will result in immediate removal from the CF1 program. **ONLY KIND WORDS ARE PERMITTED WHILE AT CHEER FORCE ONE!**
- Social media is a huge part of our lives. Never post any negative comments on any websites. Be aware of what you post and how it will be viewed by others. Be aware of what your athlete is posting and how this may affect teammates, younger athletes etc. Parents please notify coaches of any injuries before posting on any social media. No coach should ever find out about an injury via social media. As you can imagine, this causes much anxiety. Further, do not post on FB team/group pages if your athlete will not be at practice, running late, etc. **CONTACT** your coach directly via text and/or send an email to the gym @ cf1office@ymail.com.

- No one is allowed to post CF1 all-star music, choreography, routines, stunts, etc. on any websites. This includes, but is not limited to, Facebook, YouTube, Instagram, Twitter etc. (with the exception of closed groups). After the competition season is over, you may share past videos.
- Any use of the CF1 logo needs to be approved prior to use.
- Anonymous emails/letters/texts/tweets, etc. will be ignored.
- Every year we go through losses and additions of team members. The dismissal/addition of a team member is solely the coach's and/or owner's decision.
- Anyone threatening to quit or to pull their child from a squad will be dismissed from the program *immediately*.
- Withholding a child from a practice or a competition can never be used as a form of punishment as this has a detrimental effect on the entire team.
- It is the parent's responsibility to know what is going on with your squad. Check your emails, Facebook groups and the website regularly.
- Athletes should be able to handle school work and All Star practices. Homework is not an acceptable excuse for missing practice.
- Parents, relatives, friends and cheerleaders are *never* allowed to speak with competition officials or judges for any reason.
- Parents are *never* allowed to represent CF1 under any circumstances concerning accommodations, competitions or any other situation unless approved by owners.
- There will be no arguing or questioning of the coaching staff's decisions at competitions.
- No smoking, drinking of alcoholic beverages or use of drugs. This will warrant *immediate* dismissal from the squad.
- No profanity or abusive language.
- Challenging the authority of the coach or any person in charge by an athlete or parent will be an automatic dismissal from the team.
- All CF1 cheerleaders and CF1 family/friends will show good sportsmanship at all times.
- Please bring any concerns directly to an owner of CF1.

USASF ATHLETE CODE OF CONDUCT - PROMISE

- **Play by the rules** – I will learn and obey the rules of my sport.
- **Respect myself, my coach, other teams and event officials.**
- **Optimize my experience** by meeting athletes from other programs.
- **Make pursuit of victory more important than winning.**
- **Interact, in person and on the internet, with integrity and a positive attitude**
- **See the big picture and exercise self-control in adverse circumstances**
- **Exemplify sportsmanlike conduct and be a positive role model on my team.**

I WILL BE A POSITIVE EXAMPLE IN PRIVATE AND PUBLIC SETTINGS.



ABSENCE REQUEST FORM

Please remember that absences from practice affect the entire team and should only be taken when necessary. One athletes' absence directly affects the entire teams practice.

- This form must be filled out and submitted **two (2) weeks** prior to the planned absence.
- Requests for absences will not be approved for parties, concerts, family events or any social events that are not school related.
- Athletes who miss practice the week prior to a competition may be removed from the routine.
- Absence requests will be approved or denied on an individual basis. If coaches/owners feel an athlete has overextended themselves, then it may be suggested that the athlete should choose one activity over another.
- **Coaches/owners will either approve or reject request. You are expected to attend practice unless the form has been signed and approved by coach/owner or it will be considered an unexcused absence.**

Athletes Name: _____

Team: _____

Coach(s) _____

Type of absence requested: _____

Reason for absence: _____

Dates of absence: _____ - _____

Parent signature

Date

Approved

Rejected