

2018-2019 ALL STAR CHEER

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ROCK
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03-12-18

Texas RockStars Overview

Texas RockStars' Competitive Cheer Program kicks off its seventh season in 2018-2019. During the past 6 years, our competitive cheer teams have brought home numerous titles, including NCA nationals, Athletic Championship nationals, Cheer Power's national and mini-national championships, Cheer America Platinum and iNationals, Cheer United nationals, and a number of grand championship titles. Texas RockStars has also won several bids for THE ONE Cheer Finals, THE ONE Virtual Finals, and the Summit Finals.

Our competitive teams participate in United States All-Star Federation (**USASF**) competitions, and each team is made up of athletes of a certain age and skill level. Also our Show Team (youngest members), All-Star Mini Prep Team, and Special Stars Team perform at various events.

We promote attributes that will influence all aspects of athletes' lives, including:

- Being positive
- Teambuilding
- Enjoying the spirit of cheer
- Working with others
- Building self-esteem

We encourage each athlete to work toward these goals:

- Strive for excellence by always doing your best
- Work hard
- Be disciplined
- Have fun
- Be positive
- Exhibit good sportsmanlike conduct

In addition to competitive cheer teams and performing teams, Texas RockStars offers tumbling classes, as well as beginner and specialty cheer classes. We also host Open Gym nights, birthday parties, cheer clinics, and other events that are open to the public.

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Competitive Team Information

Competitive Team TRYOUTS

Tryouts for the 2018-19 Texas RockStars' competitive cheer teams will be held **April 12, 13 and 14 (Thurs., Fri. & Sat.)**. Our coaches evaluate the athlete's jumps, tumbling, and motion techniques. Current members and non-members of the program can **sign up for a tryout time** at the front desk at Texas RockStars' gym. The evaluation process will take about 10 minutes. Come 15 minutes early to warm up and complete paperwork.

Before tryouts, obtain a **Tryout Packet** that contains forms that must be turned in by tryouts. Walk-ins are welcome; but all forms and payments must be turned in on that day and you may have a wait time. All athletes who try out will be placed on a team.

At tryouts, the following MUST be submitted or the athlete cannot try out:

- ALL completed registration-related forms in the Tryout Packet
- Required fees: 1) \$40 USASF fee; 2) \$40 non-refundable gym registration fee; 3) \$30 non-refundable tryout fee; and 4) \$200 for practice wear.
- Copy of the athlete's birth certificate (new members only)
- **2017-18 Texas RockStars accounts must have a \$0 balance**

Flyer Evaluation: We strongly advise any athletes interested in being a flyer for next season to attend one or more of the Saturday cheer clinics, held on March 17 or April 7.

Late Registration

After the April tryouts, athletes can still schedule a tryout time and be placed on a team. All forms must be turned in and all fees paid at that time. However, some teams may be full and not accepting new members. If accepted, athletes must pay a portion of the tuition fees for the months they did not attend, because the competition fees for the season are incorporated into the monthly tuition.

Team Placement

Parents will be notified of team placement and practice times via e-mail **on or before Sunday, April 22**. Athletes are placed on a team according to age and skill level (see page 10). Athletes are placed on teams where they show excellent technique and skills for that level. However, tumbling skills are not the primary factor in team placement. ***Athletes may have skills for a certain level, however, they will be placed on a team where they can be used most effectively, even if it is a lower- or upper-level team.*** After teams are set, some athletes may be moved to another team, according to the needs of each team or if an athlete's skills change.

Practices start the week of Monday, May 7. A required parent meeting will be held in May. At least, one parent must attend.

Competitive Team Information (continued)

Monthly Tuition

Monthly tuition for the **Competitive Cheer Program** is **\$265/month** per athlete for May 2018 through April 2019. The monthly tuition is **due on or before the first of each month**. There are **no discounts or refunds** if your child does not attend the choreography camp, a competition, practices, or for any other reason.

Siblings in the Competitive Cheer Program receive **\$70 off** the second sibling's monthly tuition. If an athlete in the Competitive Cheer Program has a sibling on the Show Team or All-Star Mini Prep team, the second sibling will receive **\$50 off** their tuition.

Monthly tuition includes:

Competition fees for six competitions

[1 hr/wk tumbling class for June/July 2018 2 hours/week of cheer practice and March/April/May 2019]

Approx. eight extra practices

[2 hrs/wk practice/tumbling for Aug-Feb]

Coaches and gym fees

Choreography Camp/Music Fee

There is a **\$375 choreography camp/music fee** that must be paid by **May 15**. This pays for music and world-class choreographers to teach choreography at the summer camps.

Payment Policy

At tryouts, members and non-members of Texas RockStars must submit a completed **Credit Card Authorization** form (see Tryout Packet). Many members sign up to have their tuition charged automatically on the first day of the month. For those who pay by check or cash and do not pay by the 5th day of the month, their credit card on file will be charged on the 6th of the month, and the credit card holder will be notified.

If an account is not paid by the 6th day of the month, then a **\$20 late fee** will be charged to their account on the 7th. Athletes are subject to dismissal for delinquent accounts.

Tuition Discount

Parents who pay the monthly tuition fees for the 12-month season by the week of **May 7, 2018** will receive a **10% discount**. The monthly tuition fee includes all practices, competition fees for the season, and coaches and gym fees. The total cost of the tuition for 12 months is \$3,180, minus the 10% discount of \$318, equals a payment **due the week of May 7 of \$2,862** for one child.

The above total does not include the registration fee, the USASF fee, practice wear, the choreography camp/music fee, uniform, cheer shoes, and makeup.

Summer Choreography Camps

Athletes are **required** to attend a summer choreography day camp—held at the Texas RockStars gym. World-class choreographers will teach each team their competition routine. Also, each team works on skills, as well as teambuilding activities.

The cost for the choreography camp, which includes the music fees, is \$375 to be paid by May 15. Parents will be notified of the dates and times for the camp by May 15.

Uniforms

The cost for a new uniform is \$410, which includes a bow. The uniform used for the 2017-18 season will be used again for the 2018-19 season; however, there will be new bows. The cost of the bow for the 2018-19 season is \$25. Payment for uniforms and bows is due by **July 1**. Information on purchasing used uniforms announced later.

Practice Wear

Each athlete must purchase **practice wear** from Texas RockStars—two shirts, two shorts, one bow, a sports bra, a practice wear bag, and a Texas RockStars car sticker. The **total cost for all items is \$200**. This cost is due at or before tryouts.

Cheer Shoes

Athletes are required to buy white cheer shoes for practice and performances. Texas RockStars sells cheer shoes at the gym, starting in May, for approximately \$110. Cheer shoes can also be purchased in some stores or online.

Optional Merchandise

In Sept./Oct., Texas RockStars' official **jackets, warmups, backpacks, T-shirts, and other merchandise** can be purchased from Texas RockStars. Prices will be available at that time. Merchandise costs usually range from \$20 to \$200. Purchase of merchandise is optional.

Only merchandise purchased from Texas RockStars can be worn at competitions. We want our teams to have a consistent look at competitions or other events. No other jackets, warmups, etc. can be worn, except NCA or other championship jackets.

No one is allowed to sell merchandise with the Texas RockStars name and/or logo on it without the permission of the owner, Jason Powledge.

Competitive Team Information (continued)

Competitions

Each competitive team will attend **six competitions** during the 2018-19 season. Competition dates will be announced in July 2019.

There will be two out-of-town competitions. Parents are required to make their own hotel reservations. However, Varsity guidelines have a stay-and-play rule, which means that in order to compete at the out-of-town competitions, athletes and parents have to stay at one of Varsity's selected hotels. Athletes stay with parents. Texas RockStars does not receive any compensation for hotel bookings. More information will be provided at a later date.

Attendance

Team members are required to attend all regular and extra practices. Summer vacations are an exception. Team members should notify their coaches when they cannot attend team practices. Absences must be approved by Jason Powledge. Excessive absences (whether approved or not) can result in removal from the team.

Because this is a TEAM sport, one member's absence affects the entire team.

Anyone who misses practices within two weeks of a competition (excused or not) may be dropped from the team. This includes missing for school activities, family functions, etc. Also, Choreography Camp attendance is required.

Holidays

Athletes are given one week off the week of Thanksgiving, two weeks off for Christmas/New Years, and a week for Spring Break. Also, during the year, we may observe a national or school holiday for one or two days. Athletes will be advised of these dates a week before the holiday.

Private Instruction

Texas RockStars' coaches provide private instruction for 30 minutes, one hour, or more. Contact the coach of your choice directly for information about cost and to schedule a time. See page 13 for contact information.



COMPETITIVE TEAMS – Summary of Dates and Expenses

April 12, 13, & 14, 2018	New and current members try out. All who try out must submit all registration-related forms, a \$40 USASF fee , \$200 for practice wear, a \$30 try-out fee, & a \$40 registration fee. New members must submit a copy of the athlete's birth certificate . All items must be submitted or the athlete cannot try out. Current members must have a \$0 balance on their 2017-18 account or they cannot try out.
On or before April 22, 2018	Team placement and practice schedule announced via e-mail.
Week of May 7, 2018	First practice! May tuition fee of \$265 is due on or before the first day of practice in May.
May 15, 2018	\$375 due for choreography camp and music
June 1, 2018 thru April 1, 2019 each month	Monthly tuition fee of \$265* due by 1st of each month
July 1, 2018	Payment for a new uniform with competition bow \$410 is due. \$25 for completion bow for athletes who already have uniforms is due.
Sept./Oct. 2018	Optional merchandise available: Official Texas RockStars jackets, warmups, backpacks, T-shirts, and other merchandise can be purchased (ranges from \$20 to more than \$200).

Additional Costs:

- 1) White cheer shoes (approx. \$110)
- 2) Make-up (approx. \$40).
- 3) Team moms collect money for snacks and gifts for two national competitions (\$30+).
- 4) Parents pay for hotel rooms for the 2 out-of-town trips. Athletes stay with parents.
- 5) Spectator fees for competitions are around \$20/person/day (except for small children).
- 6) At competitions, parking ranges from \$10 to \$20 per car.

* See Payment Policy on page 4.

FINANCIAL OBLIGATIONS:

Texas RockStars offers one of the lowest financial commitments in the area for competitive cheerleading; however, it is still a substantial financial commitment. **Please do not register your child in the program if you cannot keep the financial commitment.** Athletes will be dropped from the program for delinquent accounts.

Show Teams

Show teams (ages 3 to 8 years) perform at events, but do not compete. The teams have **practice** once a week for 1 hour and 15 minutes. Tryouts will be held **April 12, 13 and 14 (Thurs., Fri. & Sat.)**. Our coaches evaluate the athlete's skills and recommend if the parent should place the child on a Show Team or an All-Star Mini Prep team. **Sign up for a tryout time** at the Texas RockStars gym. The evaluation process takes about 10 minutes. Come 15 minutes early to warm up and complete paperwork.

The Show Team will participate in four to five **performances** during the season. All performances are held in the Houston area. Dates will be announced in July.

Before tryouts, obtain a **Tryout Packet** that contains forms that must be turned in by tryouts. Walk-ins are welcome; but all forms and payments must be turned in on that day. Participants must pay a non-refundable **\$50 registration/tryout fee** and **\$150 for practice wear** for the Show Team.

Parents will be notified by April 22 of the day and time for weekly practices. **The first practice will be held during the week of May 7st.** The **tuition fee is \$140/month**, which includes weekly practices, extra practices, performance fees, and a summer day camp. Monthly tuition must be paid on or before the first of each month. Show Team members can take a weekly **tumbling class** for an additional \$30/month, but this is not required. See Payment Policy on page 4.

Practice wear is a one-time \$150 fee, which includes two shirts, two pair of shorts, a bow, a practice wear bag, and a Texas RockStars car sticker. See page 5 for information about optional merchandise. The Show Team will have **new uniforms** for the 2018-19 season. The cost of a **new uniform is \$275** and is due by July 1. There will be a **summer cheer day camp** at the gym. The cost is included in the monthly tuition fee. Camp dates will be announced after team placement.

Summary of Dates and Expenses for Show Teams

April 12, 13, 14, 2018	Tryouts. Registration-related forms due (See Show Team Packet). A \$50 registration/tryout fee and a \$150 practice wear fee are due.
On or before April 22, 2018	Parents advised of day and time for weekly practices
Week of May 7, 2018	First practice! The \$140 May tuition is due, and a \$30 optional charge for a weekly tumbling class.
June 1, 2018 thru April 1, 2019	Monthly tuition fee of \$140* due first of each month. Optional weekly tumbling class for \$30 per month due.
July 1, 2018	New uniform cost of \$275 due.

* Monthly tuition is due on or before the first day of each month.

All-Star Mini Prep Teams

The All-Star Mini Prep teams (ages 5 to 8 years) will compete at five or six performances/competitions. The teams have **practice** once a week for 1 hour and 30 minutes and have a 1-hour tumbling class once a week.

Refer to page 3 for information about tryouts. Athletes must submit all registration-related forms at or before tryouts (contained in an **All-Star Mini Prep Team Packet**). Also, at or before tryouts, athletes must pay a **non-refundable \$40 registration fee, non-refundable \$30 tryout fee, \$40 USASF fee; and \$200 for practice wear.**

Parents will be advised via email on or before April 22 of team placement and the day and time for weekly practices and tumbling classes. **The first practice will be held the week of May 7th. The tuition fee is \$200/month**, which includes weekly practices, weekly tumbling classes, all extra practices, and performance/competition fees. Tuition must be paid on or before the first of each month. See Payment Policy on page 4.

Practice wear costs \$200, which includes two shirts, two shorts, bow, practice wear bag, and a RockStars car sticker. See page 5 for information about optional merchandise.

Team members are **required** to attend a **summer choreography day camp** at the gym. A choreographer will teach the team's competition routine. They also will work on skills and teambuilding activities. The choreography camp includes the music fees and costs **\$275** to be paid by May 15. Parents will be notified of the dates and times for the camp by May 15.

The All-Star Mini Prep Team will have a new uniform for the 2018-19 season. The cost of a **new uniform with bow is \$275** and is due by July 1.

The All-Star Mini Prep Team will participate in five or six **performances/competitions** during the season. Dates of events will be announced during July 2018. Most performances/competitions are held in the Houston area.

Summary of Dates and Expenses for All-Star Mini Prep Teams

April 12, 13, 14, 2018	Tryouts: Registration-related forms due (See All-Star Mini Prep Team Packet). A \$40 registration fee, a \$30 tryout fee, a \$40 USASF fee, and \$200 for practice wear are due.
On or before April 22, 2018	Parents advised of day and time for weekly practices.
Week of May 7, 2018	First practice! The \$200 May tuition is due by practice date.
May 15, 2018	\$275 choreography/music fee is due.
June 1, 2018 thru April 1, 2019	Monthly tuition fee of \$200* due first of each month.
July 1, 2018	\$275 due for new uniform.

* Monthly tuition is due before or no later than the first day of each month.

Age Divisions

Show Team	3 to 8 years
Prep Team	5 to 8 years
Mini	8 years or younger
Youth	11 years or younger
Junior	14 years or younger
Senior	18 years or younger

Skill Levels for Competitive Teams

Skill Level	Standing Tumbling	Running	Jumps	Stunts	Dance/Motion
1	Forward roll Backward roll Cartwheel Roundoff Back walkover Front walkover	Cartwheel Roundoff	Toe touch Rt hurdler Lt hurdler	Prep level	Demonstrate arm-motion technique
2	Back walkover Front walkover Standing back-handspring	Running roundoff back-handspring series	Double toe touch; Rt hurdler; Lt hurdler	Level 2 stunts Extended awesomes; Prep-level liberty variations	Demonstrate arm-motion technique
3	3 standing back-handsprings; Toe-touch backsprings	Running roundoff back-handspring backtuck	Triple toe touch; Rt hurdler; Lt hurdler	Level 3 stunt Ex: extended liberty variations; fulldowns	Demonstrate arm-motion technique/ dance technique
4	Standing back; Toe-touch back-handspring backtuck; back-handspring series to layout	Running roundoff back-handspring layout; Specialty passes	Triple toe touch; Rt hurdler; Lt hurdler;	Level 4 stunt Ex: extended liberty variations; 1-leg fulldown; 2-leg doubledown	Demonstrate arm-motion technique/ dance technique
5	Toe-touch backtuck; 2 back-handspring full	Running roundoff back-handspring full	Triple toe touch; Rt hurdler; Lt hurdler	Level 5 stunt Ex: extended liberty variations; doubledowns	Demonstrate arm-motion technique/ dance technique

Note: Level 2 athletes must be able to perform all Level 1 and Level 2 skills.
Level 3 athletes must be able to perform all Level 1, 2 and 3 skills, etc.

Classes and Other Activities at Texas RockStars

Tumbling Classes

Texas RockStars offers tumbling classes for kids from pre-K thru high school. Girls and boys learn skills that will help in all-star cheerleading, gymnastics, dance, and martial arts. Classes are offered weekly for 30 min. to one hour. Prices range from \$45 to \$60/month. Discounts are offered to participants who take more than one class per week. Tumbling classes are offered by Level of skills and age range.

Cheer and Specialty Classes

We offer several specialty cheer classes to help students improve skills needed to be successful on a competitive cheer team. New classes are added as needed.

Classes include:

- Flying and flexibility
- Level 1 skills – back walkovers and front walkovers
- Level 2 skills – back handsprings
- Level 3 skills – back tucks

- Level 4 and 5 skills – layouts, fulls and more

Cheer Clinics

Texas RockStars offers 3-hour-per-day cheer clinics in the Spring to prepare local athletes

for cheerleading tryouts at junior and high schools. Focus will be on jumps, motions, and spiriting. They learn a cheer and dance to experience how the process works at tryouts.

Open Gym

Open Gyms are offered most Fridays and Saturdays from 6 pm to 10 pm, and other days during holidays, spring break, and summer. There is a spring floor and trampoline where attendees can work on their stunts, tumbling, jumps, and dances. Also, there is a bounce house where attendees can play. Coaches will monitor participants. The cost is \$10/student. Friends are welcome.

Birthday Parties

The gym can be rented for a birthday party and offers a Moon Walk, trampoline, spring floor, and fun activities. Rental time includes 2 hours for party and 30 minutes for set-up. The cost is \$225 for members and \$250 for non-members. One staff member helps with up to 15 kids. If more than 15 kids, two staff members are required. The cost for two staff member is an additional \$30.

Summer Cheer Day Camp

A 5-day, 7-hour-per-day summer cheer day camp is offered for all local kids during the summer. Participants learn cheers, chants, jumps, stunts, dance, and tumbling. Also, there will be games, movie time, arts and crafts, teambuilding activities, and free play.

For more info: texasrockstars.net, 281-724-9060, or j.powledge@yahoo.com

Coaches at Texas RockStars (TRS)

Jason Powledge directs/owns the TRS program. He has been a cheer coach/choreographer for 20 yrs, including 4 yrs at the prestigious Campbell Hall HS in Los Angeles. He has coached many teams that have won NCA Nationals, Cheer Power National, Cheer America iNationals, and Athletic Championships. He was a competitive gymnast, a gymnastics coach, and cheered/danced for the Houston Rockets, Houston Comets, and U. of Houston, where he graduated. He has performed in projects for Marc Anthony, Pink, RU, Britney Spears, and Weird Al. He was a lead dancer in productions for the LA Opera and LA's Hooray for Bollywood.

Max Jaramillo has coached at TRS for 7 yrs and has been an All-Star Cheerleading coach (10 yrs). He has coached many championship cheer teams, including the TRS Jr team that won at the 2013 NCA Nationals. He has worked as a girls' team gymnastics coach and a tumbling instructor (12 yrs). He was a San Jacinto College cheerleader (2 yrs), an All-Star competitive cheerleader (3 yrs), and a competitive gymnast (5 yrs).

Michele Mitchell-Calvillo joined TRS in 2014. An All-Star cheer coach/choreographer for 20 yrs, she also is an individual cheer choreographer. She was a head coach at University Cheer (14 yrs) & Prodigy (1 yr), a UH cheerleader (4 yrs), 2001 UH Small-Coed NCA Collegiate Nat. Champion member, NCA Coll. All-American (4 yrs), Houston Comets dancer (1 yr), competitive gymnast (8 yrs), UCA HS All-Star (4 yrs), & a UH graduate.

Tara Mitchell joined TRS in 2014 and has 18 yrs experience in coaching All-Star Cheerleading. She was a coach at University Cheer (13 yrs) and Prodigy (1 yr). She was a University of Houston cheerleader, NCA Collegiate All-American, a competitive gymnast (10 yrs), and a UCA HS All-Star (3 yrs).

Cory Denena joined TRS in 2013 & has been a cheer coach for 20 yrs. She owned Cheer Tricks (2 yrs), where she was a cheerleading/tumbling instructor, choreographer, and head coach for cheer & dance teams that won TCFA cheer & dance grand championships. She cheered for NCA staff (1 yr), SHSU (1 yr), TVCC (1 yr), & Klein HS (4 yrs). She was an NCA Small Var. HS Nat. Champion member, NCA Coed Nat. Collegiate Champion member, NCA individual top 20, and a 4-time NCA All-American Cheerleader.

Jennifer Holbert, TRS' Special Stars coach, has been coaching special needs teams for 12 yrs at TRS and University Cheer. She has been a special needs dance director since 2006, and has 36 yrs dance experience. Her special needs program has been featured on many local TV programs and in print media.

Devante Freeman joined TRS in 2014 and was a University of Houston cheerleader (3 yrs, large and small coed). He was an All-Star Cheerleader (3 yrs, Levels 3, 4 and 5); an All-Star Cheerleading coach (5 yrs); a HS & JH coach (2 yrs); a gymnastics power tumbling & trampoline coach (4 yrs, many state, regional and national championships); a HS and JH tryout judge (2 yrs); and is involved with the spirit industry (7 yrs).

P.E.P.E. Bridges joined TRS in 2017. He was a coach/choreographer at Kilgore College (Co-Ed) and at Stephen F. Austin Un. (All-Girl); a 4-time Coll. All-Am.; 3-time HS All-Am.; winner of an NCA Collegiate Choreography Award; and a coach of programs in Canada, England and Iceland. He is a USASF certified coach (Levels 1-5); a USASF certified legalities official; and a certified Varsity All-Star judge. He earned a BA at Stephen F. Austin State University.

Kayla Holbert joined TRS in 2014. She helped coach a special needs team (3 yrs) & a dance team (2 yrs). She cheered 15 yrs for University Cheer & Tx Lonestar Cheer, and 3 yrs for Clear Springs HS. She was a 3-time All-American Cheerleader, 2-time NCA Champion, & one-time World Champion, and has danced for 12 yrs.

D'Andra Flores has coached at TRS for 3 yrs. She was a competitive gymnast (5 yrs); competitive cheerleader (10 yrs); 4-time NCA All-Am. cheerleader; an NCA top All-Am.; 3-time NCA Coll. All-Am.; 2-time NCA Coll. Nat. Champion; Navarro Col. (2 yrs) & Stephen F. Austin (1 yr) cheerleader; member of Cheer Athletics' Pumas team that won NCA level 6 Int'l open-coed National Championship; HS cheerleader (4 yrs).

Bailey Irvin joined TRS in 2016. For several years, she participated in competitive cheer - Levels 2, 4 and 5 - at University Cheer and the Pride of Texas. She graduated from Texas City High School, where she was a cheerleader; and in 2017, she graduated from Texas A&M Galveston.

Contact Info for Texas RockStars Coaches Who Offer Private Instruction

Max Jaramillo	acrocoachmax@yahoo.com
Michele Mitchell-Calvillo	mnm3250@yahoo.com
Tara Mitchell	tmitchell3131@yahoo.com
Cory Denena	cdgerami@gmail.com
Devante Freeman	devante.freeman@gmail.com
P.E.P.E. Bridges	pepebridges@gmail.com
Kayla Holbert	kaylaholbert14@yahoo.com
D'Andra Flores	Dandra_flores@yahoo.com
Bailey Irvin	baileyirvin@gmail.com



**For questions about the Competitive Cheer Program,
Show Teams, or other programs at Texas RockStars,**

Call 281-724-9060

(Monday thru Thursday, between 5 pm and 9 pm)

texasrockstars.net

**Or contact Jason Powledge, 832-876-3144
j.powledge@yahoo.com**