



Competitive Cheer Program 2016-2017 Season

130 Gulf Freeway North, League City, TX 77573
Located in the NE corner of I-45 and FM 518 in Starlight Studio
(May change to a nearby location around Oct. 2016)

For questions about the Competitive Cheer Program,
Show Team, or other programs at Texas RockStars,
contact Jason Powledge
j.powledge@yahoo.com, 832-876-3144
www.texas-rockstars.com

Texas RockStars Overview

Texas RockStars' Competitive Cheer Program kicks off its fifth season in 2016-2017.

At the 2016 Cheer Power Nationals, four of our six teams won first place (Senior 3, Junior 3, Junior 2 and Mini 1); and at the 2016 NCA Nationals, our Senior 3 and

Junior 3 teams won second place in their divisions, and our Mini 1 team took third place. Also, our Senior 1 team won first place in the 2015 THE ONE Cheer Finals in New Orleans, as well as first place in the national 2015 THE ONE Virtual Finals.

During the past 4 years, we have brought home an NCA national title, an athletic championship national title, Cheer Power's national and mini-national championship titles, and several grand championship titles. 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 Prep Team, and Special Stars Team perform at various events.

We promote being positive, team building, enjoying the spirit of cheer, working with others, and building self-esteem—all of which influence all aspects of athletes' lives. We encourage each athlete to work toward these goals: 1) strive for excellence by always doing your best, 2) work hard, 3) be disciplined, 4) have fun, 5) be positive, and 6) exhibit good sportsmanlike conduct.

Competitive Team Information

Competitive Team TRYOUTS

Season tryouts for the 2016-2017 Competitive Cheer Program at Texas RockStars will be held **April 8 and 9, 2016 (Fri. & Sat.)**. At tryouts, our coaches evaluate the athlete's jumps, tumbling and motion techniques. It takes about 10 minutes. Members (those who previously participated in our program) and non-members (new to the program) **must sign up for a tryout time** at the desk outside the Texas RockStars gym. When you sign up, you will be given a **Tryout Packet** containing forms that must be completed and turned in at tryouts. Walk-ins are welcome; but all forms, payments, and other material must be turned in that day. If you cannot come on the tryout dates, you can schedule a private tryout at a cost of \$20. 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) \$175 for practice wear; and 3) \$50 nonrefundable tryout/registration fee for new members, and \$35 nonrefundable tryout/registration fee for current members
- Copy of the athlete's birth certificate and a photo (new members only)

- **2015-16 Texas RockStars account must be clear** (current members only)

Late Registration

After the April tryouts, athletes can still try out and be placed on a team according to age and skills. 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 tuition.

Team Placement

All athletes who try out are placed on a team according to age division and skill level (see page 8). Team placement will be announced via e-mail or phone call **on or before April 23, 2016**. *Athletes may have certain skills for a certain level; however, athletes will be placed on teams where they can be used most effectively (even if it is a lower-level team)*. After teams are set, some athletes may be moved to another team before the summer choreography camp, according to the needs of each team or if an athlete’s skills change. The day and time of each team’s weekly practice and tumbling class will be e-mailed by **April 23**. Regular practices start the week of **May 2nd**. A **required parent meeting** will be held in May. At least, one parent must attend.

Monthly Tuition

Monthly tuition for the **Competitive Cheer Program** is **\$245/month** per athlete for May 2016 through April 2017. The monthly tuition is a set fee that is **due before or no later than 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** of athletes in the Competitive Cheer Program receive **\$70 off** their monthly tuition. Two siblings in the competitive program would pay **\$410/month** (not \$480); three siblings would pay **\$580/month** (not \$720). If an athlete in the Competitive Cheer Program has a sibling on the Show Team or an All-Star Prep team, the younger sibling will receive **\$50 off** their tuition. Current members of Texas RockStars will receive the same sibling discount that they received in the 2015-16 season.

Monthly tuition includes:

Competition fees for six competitions	Team’s music and choreography
2 hours/week of cheer practice June/July 2016	[1 hr/wk tumbling class for
Approx. eight extra practices	and April/May 2017]
Summer choreography camp Aug.-Feb.]	[2 hrs/wk practice/tumbling for

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 automatically charged 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 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, then a \$20 late fee will be charged to their account on the 7th day of the month. Athletes are subject to dismissal for delinquent accounts.

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Competitive Team Information (continued)

Summer Choreography Camp

Athletes are required to attend a 3-day summer choreography day camp—held from 9 a.m. to 4 p.m. each day at the Texas RockStars gym. Each team works on skills and choreography that will be part of their routines, as well as team-building activities.

All camps will be held the last part of July or the first part of August. Camp dates are announced a couple of weeks after athletes are placed on teams. The camp's cost is included in the monthly tuition.

Uniforms

Athletes can purchase a new uniform at a cost of \$400. Payment is due by July 1, 2016. A few used uniforms will be available for purchase for \$300 from individuals or from Texas RockStars. More information about used uniforms will be provided at a later date.

Practice Wear

Each athlete must purchase **practice wear** from Texas RockStars—two T-shirts, two shorts, two bows, a sports bra, a practice wear bag, and a Texas RockStars car sticker. The **total cost for all items is \$175**. This cost is due at tryouts. The practice wear is delivered before the summer choreography camp.

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 \$100. 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. Merchandise costs will be available at that time; and usually range from \$20 to \$200.

Only merchandise purchased from Texas RockStars can be worn at competitions. We want our teams to have a consistent look when wearing these items. No other jackets, warmups, etc. can be worn, except NCA or other championship jackets. Purchase of merchandise is optional.

No one is allowed to sell merchandise with the Texas RockStars name and/or logo on it at the Texas RockStars gym or anywhere at our facility (inside or out).

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Competitions

Each competitive team will attend **six competitions** during the 2016-17 season. Competition dates will be announced in July 2016. 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 have to stay at one of Varsity's selected hotels. 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 practices. Summer vacations are an exception. During the summer, tumbling classes are not required but strongly encouraged. 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, and two weeks off for Christmas/New Years. Also, during the year, we may observe a national or school holiday for one or two days. Athletes will be advised of these days a week before the holiday.

All-Star Prep Teams

It will be determined after tryouts and registration, if there will be any All-Star Prep Teams. In the 2015-16 season, Texas RockStars had a Mini Prep team.



COMPETITIVE TEAMS – Summary of Dates and Expenses

April 8 and 9, 2016	New and current members try out. All who try out must submit all registration-related forms, a \$40 USASF fee , \$175 for practice wear, and a tryout/registration fee (\$50 for new/ \$35 for current). New members also must submit a photo and copy of the athlete's birth certificate . All items must be submitted or the athlete cannot try out. (See page 2 for more info.)*
On or before April 23, 2016	Team placement, and day of week and time of practice & tumbling classes announced by e-mail or phone call.
Week of May 2, 2016	First practice! May tuition fee of \$245 is due on or before the first day of practice in May.
June 1, 2016 thru April 1, 2017 each month	Monthly tuition fee of \$245** due by 1st of each month
July 1, 2016	For those purchasing a new uniform , \$400 is due. (A few used uniforms will be available for \$300. More info to come.)
Sept./Oct. 2016	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. \$100)
- 2) Make-up (\$40). Athletes who purchased make-up last season do not have to buy new make-up.
- 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 all competitions are around \$20/person (except for small children).
- 6) At competitions, parking ranges from \$10 to \$15 per car.

* Current members must have a \$0 balance on their 2015-16 account, or they cannot try out.

** Monthly tuition includes competition and other costs (see page 3) and is due before or no later than the first day of each month. See Payment Policy on page 3.

NOTE TO PARENTS/GUARDIANS:

Texas RockStars offers one of the lowest financial commitments in the area for competitive cheerleading; however, it is still a substantial financial obligation. Please review all the costs involved to be part of Texas RockStars' Competitive Cheer Program. We strongly advise you not to register your child in the program if you cannot keep the financial commitment. Please do not put your child through the disappointment of joining a team and then being dropped from the team because of non-payment of tuition, etc. Athletes will be dropped from the program for delinquent accounts. We try to be as accurate as we can about costs.

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Show Teams

Show teams (for 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. Current and new members should submit all registration-related forms by **April 15, 2016** (contained in a **Show Team Packet**). **New members** must pay a nonrefundable **\$40 registration fee**. **Members** of Texas RockStars must pay a nonrefundable **\$30 registration fee**. The registration fee and a \$100 practice wear fee must be paid by April 15.

Parents will be advised on or before April 23th of the day and time for weekly practices. The first practice will be during the week of May 2nd. May tuition is due at or before the first practice. The **tuition fee is \$130/month**, which includes weekly practices, all extra practices, performance fees, and a 3-day summer day camp. Tuition must be paid no later than the first of each month. Team members can take a weekly **tumbling class** for an additional cost of \$30/month, but this is not required. See Payment Policy on page 3, regarding completing a Credit Card Authorization form.

Practice wear is a one-time \$100 fee, which includes two T-shirts, one pair of shorts, a bow, a practice wear bag, and a Texas RockStars car sticker. See page 4 for information about optional merchandise.

The Show Team will have a new uniform for the 2016-2017 season. The cost of **the new uniform** is \$150 and is due by Aug. 1, 2016.

There will be a 3-day **summer day camp** at the gym (3 hours/day). The cost is included in the monthly tuition fee. Camp dates are announced by end of May.

The Show Team will participate in four to five **performances** during the season. **Dates** of performances will be announced around July 2015. All performances are held in the Houston area.

Summary of Dates and Expenses for Show Teams

April 15, 2016	Registration-related forms due (See Show Team Packet). Registration fee (\$30 for members/\$40 for nonmembers) and a \$100 practice wear fee are due.
On or before April 23, 2016	Parents advised of day and time for weekly practices
Week of May 2, 2016	First practice! The \$130* May tuition is due by practice date.
June 1, 2016 thru April 1, 2017	Monthly tuition fee of \$130** due first of each month. Optional weekly tumbling class for \$30 per month due.
August 1, 2016	\$150 for uniform due

* Tuition due on or before the first practice. Add \$30 if your child will take a tumbling class.

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

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Age Divisions

Show Team	3 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.

Coaches at Texas RockStars (TRS)

Jason Powledge directs/owns the TRS cheer/tumbling program. He has been a cheer coach/choreographer for 19 yrs, including 4 yrs at the prestigious Campbell Hall HS in Los Angeles. He has coached several winning cheer teams, including TRS' Jr team that won at the 2013 NCA Nationals. He was a competitive gymnast, a gymnastics coach, and cheered and danced for the Houston Rockets, Houston Comets, and Un. of Houston, where he graduated. He has performed in projects for Marc Anthony, Pink, RU, Britney Spears, and Weird Al in a VH1 Awards show. He was a lead dancer in productions for the LA Opera & LA's Hooray for Bollywood.

Max Jaramillo has coached at TRS for 5 yrs and has been an All-Star Cheerleading coach (8 yrs). He has coached several 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 18 yrs, she also is an individual cheer choreographer. She was 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 16 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 18 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, & a 4-time NCA All-American Cheerleader.

Jennifer Holbert, TRS' Special Stars coach, has been coaching special needs teams for 10 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 (4 yrs); a HS & JH coach (2 yrs); a gymnastics power tumbling & trampoline coach (4 yrs, many state, regional and national champions); a HS and JH tryout judge (2 yrs); and is involved with the spirit industry (7 yrs).

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.

Megan Brown joined TRS in 2015; was head coach of 3 cheer teams at Spirit Express in Missouri (2 yrs); and was head coach and tumble coach at a dance academy in Santa Fe, TX (4 mo.). She was the 2012 captain of the U. of Central Missouri cheer squad, and a 2011 finalist for the Kansas City Chiefs Cheerleaders.

Dustin Neubauer, a cheer coach for 7 yrs, has coached at TRS for 4 yrs. He was head coach of the Sr. 2 team and assistant coach of the Jr. 4 team at University Cheer. He worked at Full Out Athletics in Tyler, TX, and was a Gulf Gymnastics gymnast (6 yrs). In All-Star cheer, he competed on the Infinity Jr. 5 coed team (2 yrs), Texas Lonestar Cheer Sr. 5 limited coed team (1 yr), and University Cheer Sr. coed team (1 yr).

D'Andra Flores, a tumbling coach for 3 yrs, has coached at TRS for 1 yr. She was a competitive gymnast

(5 yrs); competitive cheerleader (10 yrs); 4-time NCA All-American cheerleader; an NCA top All-Am.; 3-time NCA Collegiate All-Am.; 2-time NCA Coll. Nat. Champion; Navarro College cheerleader (2 yrs); Stephen F. Austin large coed cheerleader (1 yr); member of Cheer Athletics' Pumas team that won NCA level 6 Int'l open-coed National Championship; HS cheerleader (4 yrs); and judged HS and Jr High tryouts (4 yrs).

Contact Info for Coaches at Texas RockStars Who Offer Private Instruction

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Michele Mitchell-Calvillo	mnm3250@yahoo.com
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Megan Brown	mbrown0312@outlook.com
Dustin Neubauer	dustin_neubauer@yahoo.com
D'Andra Flores	Dandra_flores@yahoo.com



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