



2019-2020 Season

TRYOUT PACKET

Any Males/Females interested in the Meadowlands Starz Competition Cheer Team

Evaluations for Ages 3 to 6 Years Old

May 7, 2019

6:00 PM to 8:00 PM

6:00 PM - 6:30 PM Mandatory Parent Info Meeting

Evaluations for Ages 7 to 18 Years Old

DAY 1 - Tuesday, May 28, 2019

Day 2 - Thursday, May 30, 2019

6:00 PM to 8:00 PM

ONLY DAY 1 6:00 PM - 6:30 PM Mandatory Parent Info Meeting

ALL TOWNS/COUNTIES WELCOME!

Evaluation Location

Washington Elementary School Gym

175 Albert Street

North Arlington, NJ 07031

If you are unable to attend either date please call or email to schedule a private evaluation (see below contact information).

We are very excited for the Future Cast of Meadowlands Starz!

MUST ATTEND ALL DAYS IF 2 DAY TRYOUTS (PLEASE LET US KNOW IF YOU HAVE A SPECIAL CIRCUMSTANCE)

****Tryouts are closed to all parents and spectators! ****



“Welcome to the MEADOWLANDS Starz Family”

Dear MEADOWLANDS STARZ Candidate and Parent:

Thank you so much for your interest in MEADOWLANDS Starz! As we prepare for our 6th season, we are anticipating another exciting and successful year. I look forward to meeting all of you during evaluations. I want you to know that we at Meadowlands Starz are dedicated to giving each athlete the ultimate competition cheerleading experience. I with of course the Coaching Staff have worked very hard to make the organization a positive family atmosphere.

I have prepared the following information to help each family understand the commitment level expected from every boy or girl in the program. Please take time to read all the materials, as we are a competitive cheer program. MEADOWLANDS Starz is a cutting-edge program that has high expectations. We ask that you take the time to discuss the contents of this packet with your child.

The coaching staff's mission is to offer the best technical training and most innovative choreography possible to compete at all levels. Focusing on teamwork; integrity, and structured, safe workouts, MEADOWLANDS Starz team members learn how to encourage one another while building self-esteem.

2019 - 2020 is going to be a successful and exciting season for our organization. Once again, thank you for your interest in MEADOWLANDS Starz. We hope you find this packet informative and answer any questions you may have about our program.

All the best,

Michele Stirone

Owner/Director

Meadowlands Starz Cheer

Visit us on the web for
more information:
www.meadowlandstarzcheer.com



<https://www.facebook.com/Meadowlandstarz> / [@meadowlandstarz](https://twitter.com/meadowlandstarz) /
Insta: Meadowlandstarz



ATTENTION: Please Read

The list as follows will be the necessary try-out requirements.

TRY-OUT STRUCTURE

Required Stunt either as a flyer, base or back

**Optional tumbling either standing or running
(i.e., round off, back walkover, back handspring, tuck, layout, etc.)**

What do I need on the day of tryouts?

- ✓ Required pages filled out in the packet located below and, on the website, www.meadowlandstarzcheer.com
- ✓ Wear BLACK Shorts and BLACK T-shirt and cheer sneakers
- ✓ Bring water

Competition divisions are broken down by skill and age. Our competitive season takes place from mid-December to March/April, some teams will receive bids to compete in locations for Nationals in March or Early April. Teams will practice two to three times a week and will compete in approximately 7-12 competitions, with at least 1 being an overnight, or 2-day competition.

Age Divisions				
Tiny	Mini	Youth	Junior	Senior
3-5yrs	5-8yrs	6-11yrs	7-14yrs	11-18yrs

USASF/NHFS Basic Tumbling Requirements by Level				
LEVEL 1	LEVEL 2	LEVEL 3	LEVEL 4	NHFS/Advanced
No requirements Working on back	Standing Back Handspring	Standing multiple Back Handsprings	-Standing Back Tuck Standing Back Handspring Back Tuck	Jumps to Tuck Round Off Back Handspring Full
Walkover	Round off back Handspring	Round Off Back Tuck Round off Handspring Tucks	Round Off Back Handspring Layout	

*The requirements listed above are the most basic skill set. Teams with advanced skill sets for their level place highest at competitions. We are looking for the highest caliber tumbling skills, as well as all-around strength of athletes' jumps, stunting, and dance skills for each level. If the athlete does not meet the above level requirements for tumbling, exceptions may be made if candidate excels in jumps, stunting and dance.

***Age is determined by the athlete's age as of August 31, 2019.**



PLACEMENT OF ATHLETES

Meadowlands Starz will choose all teams carefully, maximizing the athletes' skills in order to give Meadowlands Starz the best chance to maximize the score sheet in the team's division. When putting our teams together, we also account for team chemistry.

In competitive cheer, a very common misunderstanding is related to tumbling. A parent's idea of their child possessing a skill may be much different from the coach's standpoint. Simply being able to perform a skill without falling to the ground is no longer adequate for an athlete to "have" that skill. The athlete **MUST** be able to perform the skill with upper tier technique and consistency. Please note: Simply possessing a certain tumbling skill does not secure a spot on that respective team. Tumbling is **NOT** the only skill needed in team placement.

Please note that an athlete's spot is not guaranteed for a roster spot on that particular team. Athletes who do not have the specific skills needed for a particular Meadowlands Starz team, will not be placed on a team. Our staff reserves the right, at any time without notice, to change the roster by rearranging athletes. Some athletes may progress skills faster than others and this tends to cause changes in the roster. No athlete has the right to any particular role or location in the routine. Team Practices will start on a light modified schedule July 2019.

RESULTS

Teams will be posted on the Meadowlands Starz website (www.meadowlandstarzcheer.com/meetthestarz) and via email no later than Friday, May 31st, by 9pm. ALL NEW Meadowlands Starz members must register online to accept their team placement; please do so no later than 1hr before your first team practice.

2019-2020 TUITION COSTS AND FEES

Competitive cheer, while not as costly as some All-Star teams or other youth activities, can still be an expensive sport. Before you consider this or any program, please carefully consider the financial commitment involved. Meadowlands Starz provides many fundraising events throughout the year to help offset the costs of the season.

There are a number of costs associated with competitive cheer. We are as up-front with our costs as much as possible, so there are **NO Surprises!**

- Annual Registration fee \$175
- Monthly Dues/Tuition fees \$50
- Competition travel expenses
- Possible Uniform fees if not covered by fundraising
- Accessory fees (bows, make up, etc.)
- Plus, other expenses (i.e. Warm Up Jacket, briefs, socks, sneakers, practice apparel and Bag)

****Athlete Spending Account: Varies Per Team***



FUNDRAISING & CHEER ACCOUNTS

We will have individual accounts set up for each cheerleader. There will be certain fundraisers that will be for the program and certain fundraisers for each individual cheerleader account. When distributing a fundraiser, we will specify if the fundraiser profit will go to the individual account, nationals or towards the program expenses for the teams (i.e. chirography, music, additional practice apparel, coaches' fees, insurance, etc.)

Each team will have a limit that they are expected to reach for their individual account. If this amount is not reached towards the end of the season we will ask that parents to pay the remaining balance. Additional information will be in the welcome packet if your child is placed on a team.

ADDITIONAL SAVINGS & INCENTIVES

- Sibling discount for Competitive Cheer
- Discount does not apply to Fundraising Accounts
- 15% off each team if enrolled in two competitive teams at Meadowlands Starz (Crossover)
- All year long \$25 towards tuition for every new athlete referral. (New athlete must commit to a Starz team for the calendar year.)
- \$25 discount off Registration Fees in June for submitting Early Evaluation/Tryout paperwork. All paperwork MUST be sent to Meadowlands Starz via email/mail by 5/1/19 to receive discount.

A FEW GUIDELINES TO REMEMBER

- 1.) No parents are allowed in the gym during tryouts/practices.
- 2.) Cheerleaders are not allowed on the practice mat or any equipment unless being supervised by a coach.
- 3.) Practices may be added or dropped at any point during the season
- 4.) Grades have to stay above failing. If any cheerleader is failing it has to be brought to our attention.
- 5.) Proper attire for practice: Shorts (spandex under shorts), t-shirt, sports bra or a fitted tank under t-shirt, sneakers and bows must be worn to every practice. Cheer sneakers are NOT to be worn on any street EVER only inside gym.
- 6.) If you are chosen as an ALTERNATE, you are still very much a part of the team and all rules apply. You will be selected for certain competitions and of course put in at any given time.



ATTENDANCE POLICY

Summer and winter practice schedules will be given once tryouts are finished and teams are placed. Practices will be as follows:

June & July - 2 times a week

August – 3 to 4 times a week

Fall/Winter - 3 to 4 times a week

If your child happens to be late or sick you **MUST** contact the directors via text message/phone call or E-MAIL.

COMPETITIONS ARE MANDATORY. NO EXCEPTIONS! MISSING A COMPETITION IS GROUNDS FOR IMMEDIATE DISMISSAL.

TARDINESS

You are considered late to practice if you are not on the practice floor ready to practice when your practice **BEGINS**. Please arrive 10 minutes prior to the start of the practice.

ABSENCES

MEADOWLANDS Starz cheerleading is the equivalent of a “travel” baseball/softball team. We expect 100% dedication to your team. That means attendance is mandatory. Remember this is a team sport and when someone is missing the whole team suffers. **IF YOU NEED TO SCHEDULE DR APPOINTMENTS PLEASE DO SO ON A NON-PRACTICE NIGHT!**

Excused Absences include:

- o A death in the family
- o Religious obligation
- o A contagious sickness with a Dr's note, but you must first talk with the directors

Unexcused Absences include, but are not exclusive to:

- o other sports
- o Dances and other school functions not graded
- o Birthday parties
- o Homework

There are precious few hours that we have these teams together, every moment must be used. Excessive lateness or absences will result in dismissal from the team.

CHOREOGRAPHY CAMPS OR STUNT CAMPS ARE MANDATORY, NO EXCEPTIONS



STATEMENT OF COMMITMENT

FINANCIAL COMMITMENT

I have read and fully understand my financial commitment to MEADOWLANDS Starz outlined in this packet. I understand that my commitment is for the 2019-2020 season. I understand that I will forfeit any monies paid if I choose to leave a team or am asked to leave the program. I understand that I am entering into this program of my own free will.

Parent Printed Name: _____ Date: _____

Parent Signature: _____ Date: _____

Policies and Expectations Commitment

I, _____ have read and understand the entire packet. I understand that rules are important to run a successful competition cheerleading team and I will follow them. I also give my child, _____ permission to participate in MEADOWLANDS Starz 2019-2020 program. She/he has my permission to practice, tumble, jump, stunt, and perform with the MEADOWLANDS Starz Cheer instructors and cheerleaders at the cheer gym and use the floors in the gym. I realize that all necessary safety precautions will be taken. I give my consent that if an accident should occur, my child be taken to a medical facility and treated if necessary. I will not hold any MEADOWLANDS Starz member or anyone helping liable for injury.

I agree to cooperate with the MEADOWLANDS Starz staff and follow instructions, guidelines, policies, and procedures in accordance with the program. I understand that failure to obey any of the above may result in dismissal and discharge from the program in its entirety without reimbursement of fees.

I hereby grant MEADOWLANDS Starz the right to photograph and/or make recording of the participant named above in order to advertise the gym through the website, Twitter, or Facebook.

Parent Signature: _____ Date: _____



MEADOWLANDS STARZ 2019-2020

Participant's Information

Participant's Name _____

D.O.B ____ / ____ / ____ **M/F:** ____ **Age as of August 31st 2019** _____

Insurance Information

Insurance Carrier: _____ **Policy #:** _____

Carrier's Phone _____ **Group #:** _____

Mother's Information

Full Name _____

Home Phone: _____ **Work Phone:** _____

Cell Phone: _____ **Email:** _____

Address: _____ **City** _____

State: _____ **Zip:** _____

Father's Information

Full Name _____

Home Phone: _____ **Work Phone:** _____

Cell Phone: _____ **Email:** _____

Address: _____ **City** _____

State: _____ **Zip:** _____

Please list any medical information, allergies, injuries, etc.:

Emergency Contact Information incase parent cannot be reached

Name: _____ **Phone:** _____

Relation to participant _____

I authorize any licensed physician to render necessary emergency treatment for injury or serious illness when neither parent can be reached and will assume all financial responsibility for such treatment. I acknowledge that the above participant must have his/her own Medical Insurance. I understand that cheerleading camps, competitions, practices, clinic, and gymnastics equipment have an inherent danger in participation and that in spite of all precautions and accident preventatives, injuries do occur. I further acknowledge that each participant has elected to participate in MEADOWLANDS Starz at their own risk and will not hold MEADOWLANDS Starz employees or any other instructors liable for any injuries that may occur while participating.

Parent Signature: _____ **Date:** _____



TRY OUT PAGE

Name: _____ Candidate # : _____

Age (as of August 31st 2019): _____

Birthdate: ___/___/___ Grade 2019/2019: _____

Teams previously cheered on: _____

**BELOW IS FOR COACHES ONLY
PLEASE DO NOT WRITE**

Standing Tumble

- Back Walkover
- Front Walkover
- BHS
- Jump to BHS(s) Tuck
- Jump to Tuck
- Toe Touch
- Double Touch
- Herkie

Standing Series

- Multiple BHS
- Jump to BHS
- Jump to Tuck
- Double to Tuck
- Double to Layout
- Double to Full

Running Tumble

- Cartwheel
- Round Off
- BHS
- Multiples
- Tuck
- Layout
- Full
- Double Full

Specialty: