



## All-Star Cheerleader Program Information

### Welcome to University Cheer

Established in 1991, UC is Houston's longest running all-star cheer program. We are home to the "Air Force" and thousands of cheerleaders have passed through our doors learning life skills through the sport of cheerleading. Our commitment to our core values and expertise in the industry has allowed us to sustain the continually evolving world of competitive cheer and we're proud to start our 28<sup>th</sup> season with you.

It's important to note what makes UC unique. We have a dedication to each of our athletes and their families. We know that coaches make a huge impact on the lives of children and we work one on one with our athletes and parents to give them the personal attention they deserve. We coach cheerleading and we do it well, but we're also sort of "life coaches" for our cheerleaders. We guide them through their cheer career and sometimes help them navigate tough issues they face at home, at school and in the ever-present pitfalls of social media to provide support to parents as they raise their children.

We've won it all, done it all and continue to be a leader in our rapidly changing sport, always striving for the highest standards. We lead by example teaching our students to do the same.

Welcome back to our returning athletes and families. If you're new to UC, we hope you jump right in with open arms. Together, we will soar to new heights in 2019-2020.

### Noteworthy News

- We are and have always been concerned with the image of all-star and the message it sends to our young athletes and others not associated with cheer. After many discussions with athletes from the past and present, we know that they want to be known for "**what they do**", not "what they wear" or "how they look". We are getting rid of the "Toddlers and Tiaras" look in our program to show our athletes and surrounding community that we are athletes in a true sport! We hope others will follow our lead in the coming years!
- **School cheer has always come first** at UC. If you cheer at school, don't worry about the conflicts. We will make it work. Our belief is that kids should be involved IN school and OUT of school. It's a great balance so if you cheer for school, "we got you"!
- In gym practice wear and many UC accessories will be made **OPTIONAL** this year! We see the higher cost of cheer and we realize many things are "not necessary". Yes, we have all the awesome styles available for purchase, but as a program, we've chosen 1 outfit to wear when we go "on the road".
- **Gold is our signature color** and this year, we will return to the athletic gold color in our **new uniform design**, spirit items and accessories. We know that our athletes will make a huge statement wearing the original colors of UC Air Force!

## Financial Obligations

UC provides balanced billing to help our families spread out the expense of all fees over 12 months. Monthly balanced billing includes registration, gym tuition, choreography fees, music production fees, competition fees, coach's traveling/registration fees and athlete competition gift.

Monthly billing begins on May 1, 2019 and ends on April 30, 2020 and covers the entire season. In the event a team attends an end of the season "bid" event at the end of April. That team will be charged additional fees specific to that event. This refers to the DII Summit or US Finals.

All UC fees are non-refundable throughout the season. Our fees are based on a team and most fees are paid out in advance. If for some reason, your child decides to leave the program at any time, the team will incur additional choreography changes and extra practices. For this reason, we cannot refund any previous payments.

Household family members receive a monthly discount on tuition. Please see the office staff for details.

### Monthly Balanced Billing

<b>All-Star Elite Teams</b>	
May 2019 – December 2019	\$388
January 2020 – April 2020	\$180
<b>All-Star Tiny Novice Teams</b>	
May 2019 – December 2019	\$225
January 2020 – April 2020	\$125

### Balanced Billing Explanation of Fees

Fees	All-Star Elite	All-Star Novice
Training/Gym Fees	\$180/mo.	\$125/mo.
Team Shirt	\$20	\$20
Choreography	\$250	\$125
Music Production	\$125	\$75
Stunt/Skills Camp	\$175	NA
Comp Reg Fees	\$900 (9 events)	\$500 (5 events)
Coach's Fees	\$200	\$75

### All-Star Performance Gear

All fees are billed at a private fitting in May. All fees must be paid in full by June 1, 2019 in order to get uniforms and other items on time.

Female Athletes	\$565
<ul style="list-style-type: none"> <li>• Competition Day Uniform</li> <li>• Sports Bra &amp; Shorts</li> <li>• Cover up Jersey</li> <li>• Hair Accessory</li> </ul>	
Male Athletes	\$425
<ul style="list-style-type: none"> <li>• Competition Day Uniform</li> <li>• UA dry fit top</li> <li>• Cover up Jersey</li> </ul>	

### All-Star Tiny Novice Performance Gear

All fees are billed at a private fitting in May. All fees must be paid in full by June 1, 2019 in order to get uniforms and other items on time.

Female Athletes	\$175
<ul style="list-style-type: none"> <li>• Competition Day Uniform</li> <li>• Hair Accessory</li> </ul>	
Male Athletes	\$125
<ul style="list-style-type: none"> <li>• Competition Day Uniform</li> </ul>	

### ADDITIONAL UC GEAR, SPIRIT WEAR & PRACTICE WEAR OUTFITS

Warm-ups, spirit wear, backpacks, additional in gym practice outfits, bathing suits, blankets, hoodies and parent spirit wear will be available for order at the fitting in May and several more times during the season. You will be notified at least 1 month in advance to place your order. Our UC gear makes great birthday gifts and holiday gifts. If you want to rep UC, we've got the items you'll love for 2019-2020!

# TRYOUTS, TEAM PLACEMENT, PRACTICES & STUNT CAMP

1. Complete and submit the enclosed 2019-2020 tryout packet
2. Submit \$50 registration/tryout fee and the \$40 USASF membership fee
3. Schedule individual tryout time with our UC office staff
4. Tryout days are Friday, April 26<sup>th</sup> and Saturday, April 27<sup>th</sup>

## Tryout Day

- Arrive 30 minutes prior to individual time
- Check in and warm-up
- UC staff will ask to see skills & ask about experience
- Wear comfortable gym clothes with hair pulled up
- Make staff aware of scheduling conflicts at this time

## Team Placement

- Skills, experience & stunt positions are the main criteria we use when putting our teams together.
- Team placements, practice days, etc. will be sent out Tuesday, April 30<sup>th</sup>.
- Practices begin the week of May 6<sup>th</sup>.

## Practices & Attendance

Elite level teams will practice 2 times per week for the season beginning in May of 2019 and ending in March of 2020. The May through August practices will be on 2 week nights (Mon-Thurs). During the school year we like to hold 1 of our practices on a weekend (Fri-Sun) so that our students can focus on their studies during the week. Additionally, the staff will schedule extra team practices and stunt group sessions to ensure our success at competitions. All practices are mandatory and participation from each student is expected.

It is important to note that the weekend prior to as well as the week of a competition we could schedule additional practices due to injuries, major illness or to ensure our teams' success in their performance. Parents are asked to be available for these days as it's imperative to have all members in attendance.

## Stunt & Skills Camp

Each team will have a skills/stunt camp in July. These 2-days will be scheduled around each teams' conflicts turned in at the tryout. We will be bringing in outside experts to give a fresh take on our stunts and skills for the season. This is the time that stunts, skills and pyramid ideas for the routine will be taught and broken down for the athletes. It is imperative that all athletes attend these sessions.

## Choreography

All choreography will be finalized in September and early October. These are usually longer practices on the weekend where we teach the motions, dance and finalize formations. Choreography sessions are mandatory and full attendance is expected.

# Competition Calendar

The following is a list of events that we might attend this year. Please let us know at the tryout any conflicts you have with these dates so that we may plan accordingly.

Please note that we will also attend up to 2 showcase events not listed below. We will release full event final schedules as soon as possible.

Dates	Event	Location
November 10, 2019	Nfinity 1-Day Championship	Houston
November 16, 2019	NCA Lone Star Classic – DII	Houston – NRG Arena
December 7, 2019	Cheer America Championship	Houston
December 8, 2019	ACP Christmas Open	Galveston – Moody Gardens
December 14-15, 2019	Encore Championship – DII	Houston – GRB Convention Center
January 11-12, 2020	ACP Cash Bash	Galveston – Moody Gardens
January 24-26, 2020	ACP Southern Nationals	San Antonio
February 1-2, 2020	Cheer America CheerBowl	Houston
February 14-16, 2020	Cheersport Nationals*	Atlanta – Georgia World Congress Center
February 28-March 1, 2020	NCA All-Star Nationals	Dallas – Dallas Convention Center
March 28-29, 2020	The American Spectacular	Houston – GRB Convention Center
April 3-5, 2020	Nfinity Ultra Nationals	Las Vegas
April 4, 2020	Cheer America iNationals	Galveston

## All-Star Tiny Novice Event Specifics

- 5 events
- 1-day performances only
- No out of town traveling
- Team receives a rating instead of placement. The novice division is to build confidence in these young athletes.
- Once the team is selected, we may look at more local events not listed above.

## All-Star Elite Event Specifics

- 9 events
- 1 and 2-day events
- Maximum of 2-3 out of town events
- Only 1 out of state will be considered for this year. We'd like to return to Cheersport in Atlanta in February 2020.

## TRAVELING & TRAVEL EXPENSES

All travel expenses are the responsibility of each athlete and their families including transportation, parking, tickets and hotels. It is important to note that most events are “stay to play” which means the company we register with requires us to stay in hotels through their company. We strongly oppose this rule and hope that they will change it soon, but in the meantime, we are required to book with them.



# 2019-2020 UC ALL-STAR ELITE/NOVICE TEAM CHEERLEADER REGISTRATION FORMS

STUDENT'S FULL NAME: \_\_\_\_\_ BIRTHDATE: \_\_\_\_\_

SCHOOL (2019-2020): \_\_\_\_\_ GRADE (2019-20): \_\_\_\_\_

BILLING ADDRESS: \_\_\_\_\_

CITY: \_\_\_\_\_ STATE: \_\_\_\_\_ ZIP: \_\_\_\_\_ HOME PHONE: ( ) \_\_\_\_\_

STUDENT CELL PHONE: ( ) \_\_\_\_\_ STUDENT EMAIL ADDRESS: \_\_\_\_\_

MOTHER'S NAME: \_\_\_\_\_ MOTHER'S EMAIL ADDRESS: \_\_\_\_\_

MOTHER'S WK PHONE: ( ) \_\_\_\_\_ MOTHER'S CELL PHONE: ( ) \_\_\_\_\_

FATHER'S NAME: \_\_\_\_\_ FATHER'S EMAIL ADDRESS: \_\_\_\_\_

FATHER'S WK PHONE: ( ) \_\_\_\_\_ FATHER'S CELL PHONE: ( ) \_\_\_\_\_

ACCOUNT INFORMATION SHOULD BE SENT TO (PLEASE CIRCLE):          MOTHER          FATHER

EMERGENCY CONTACT: \_\_\_\_\_ PHONE: ( ) \_\_\_\_\_

EMERGENCY CONTACT: \_\_\_\_\_ PHONE: ( ) \_\_\_\_\_

WHAT EMAIL ADDRESS DO YOU WISH TO USE FOR ONLINE PAYMENTS: \_\_\_\_\_

WHAT PASSWORD WOULD YOU LIKE TO USE FOR ONLINE PAYMENTS: \_\_\_\_\_

HAS THIS STUDENT EVER BEEN REGISTERED AS A MEMBER OF USASF? \_\_\_\_\_

IF YES, WHAT IS THE ATHLETE ID NUMBER? \_\_\_\_\_

IF YES, WHAT IS THE NAME OF THE GYM? \_\_\_\_\_

### FOR OFFICE USE ONLY STAFF:

REGISTRATION FEE \_\_\_\_\_

RELEASE FORMS \_\_\_\_\_

BIRTH CERTIFICATE \_\_\_\_\_

CREDIT CARD AUTHORIZATION FORM \_\_\_\_\_

TRYOUT DAY / DATE / TIME \_\_\_\_\_

OFFICE NOTES:

## Inherent Risks of Cheerleading

Cheerleading is reasonably safe as long as certain guidelines are followed, but there is the inherent risk of injury as in any athletic activity. Cheerleading is an anaerobic/aerobic activity which includes, but not limited to, jumping, stunting, motions, and tumbling. University Cheer Air Force, Inc. strongly recommends each student undergoes a physical examination by his/her physician before beginning any cheerleading activities. Each student must inform their coach of all injuries and/or chronic conditions.

Although the probability of injury is minimized if you practice correctly, there is always the possibility of one occurring. Injuries that can occur in cheerleading include, but are not limited to, the following: blisters, muscle strains, ligament sprains, joint and muscle soreness, abrasions, contusions, stress fractures, broken bones, spinal cord injuries involving paralysis, and even death. However, if you take certain precautions, the possibility of such injuries will be largely decreased.

Make sure you consistently abide by the following guidelines:

1. NEVER stunt or tumble unless a coach or coach's designee is present.
2. Always practice in the presence of a qualified coach.
3. Always warm-up appropriately before cheering (practice and competitions)
4. Do not attempt a stunt that you do not know how to perform safely.
5. Always use attentive spotters when learning to stunt.
6. Always cheer in an area free from obstruction.
7. Do not stunt on uneven ground, wet surfaces, or concrete.
8. Never talk, laugh, or mess around when performing a stunt.
9. Report all injuries to the coach as soon as they occur.
10. Follow all trainer and doctor recommendations.
11. Always wear shoes and clothing appropriate for cheerleading.
12. Never wear jewelry of any kind when cheering (practice and competitions).
13. Never chew gum or candy while cheering (practice and competitions).
14. Always have your hair secured away from face and shoulders.
15. Eat nutritious meals and get plenty of rest.
16. Always ask for assistance or advice at any time.

I have read the preceding warning. I thoroughly appreciate and understand the assumption of risks inherent in cheerleading participation. I acknowledge that my child is physically fit and is voluntarily participating in this activity.

Parent Signature: \_\_\_\_\_ Date: \_\_\_\_\_

# University Cheer Air Force

## Medical Release Form

Student's Name: \_\_\_\_\_

I certify that \_\_\_\_\_ is physically capable and able to fulfill requirements needed to be a cheerleader. I understand that this form legally releases all obligations and responsibilities for the medical treatment of my son/ daughter in the event of illness or injury during any squad related activity when either a parents cannot be reached. If there is any physical or medical reason why he/she should not participate fully, University Cheer Air Force, Inc. requires a doctor's release. Furthermore, University Cheer Air Force, Inc. is not liable for any injury incurred during cheerleading.

Parent(s) Signature: \_\_\_\_\_ Date: \_\_\_\_\_

### Medical Treatment Permission Form:

In the event of an emergency occurring while my son/daughter is at a University Cheer Air Force, Inc. sponsored practice, performance, competition, or trip, I grant my permission to University Cheer Air Force, Inc. and its employees to take whatever action necessary. In the event that I cannot be reached, I hereby authorize University Cheer Air Force, Inc. and/or its employees to give consent for my son/daughter, \_\_\_\_\_ to receive medical treatment.

Home Phone: \_\_\_\_\_ Work Phone: \_\_\_\_\_

Cell Phone: \_\_\_\_\_ Other Phone: \_\_\_\_\_

Home Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

### Other Emergency Contact Information:

Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Family Doctor: \_\_\_\_\_ Phone: \_\_\_\_\_

If you do not grant permission or authorization for consent to medical treatment, what procedure should be followed?

Insurance Company: \_\_\_\_\_ Policy Number: \_\_\_\_\_

Parent(s) Signature: \_\_\_\_\_ Date: \_\_\_\_\_

### Medical Information: (Please circle)

Heart Condition or disease      Yes      No

Diabetes                              Yes      No

Convulsions disorder              Yes      No

Asthma                                Yes      No

Allergic to medication              Yes      No

Allergic to insect stings            Yes      No

State allergies: \_\_\_\_\_ Date of last tetanus shot: \_\_\_\_\_

Additional medical information that may be helpful: \_\_\_\_\_