



**2016 - 2017**

**All Star Cheerleading Information  
Packet**

**1208 Old Trenton Road**

**Highland, Illinois 62249**

**618-654-8030**

## Overview

Core Elite will be putting together All Star cheerleading teams for boys and girls from the ages of 4 up to 14 years old. The athletes will learn stunts, tumbling, and choreography consistent with the rules implemented by the United States All Star Federation (*USASF*). A two minute and thirty second routine will be constructed with these skills and the athletes will perform this routine at several competitions between November and May, with their final performance being at the Core Elite End-of-Year Exhibition on June 3<sup>rd</sup>, 2017.

## Team Placement

Core Elite Tumble and Cheer will be holding evaluations for the teams on August 7<sup>th</sup> of 2016. Evaluations will be held to judge the proficiency in which each athlete can perform the required skills in each level. **All athletes will be placed on a team.** The placement of your child is at the discretion of the Core Elite coaching staff. Team placement is **never final**.

The goal of team placement is to place the athletes where they can progress as an athlete and be successful, but also still have a fun learning and growing experience, all the while making new friends.

Core Elite is a member gym of the *United States All Star Federation (USASF)* and as such, will follow all age restrictions and rule guidelines set by the USASF. Your athlete's age for the season will be determined by their age as of August 31, 2016.

The athlete's age will be the first thing to dictate which team they can make and is determined by the USASF age guidelines listed below:

- 6 years old and younger – Tiny
- 8 years old and younger – Mini
- 11 years old and younger – Youth
- 14 years old and younger – Junior
- 10-18 years old – Senior Level 1 through 4 & Senior Restricted Level 5 \*\*
- 12-18 years old – Senior Level 5 \*\*

In addition to age, skill level is also used to determine team placement. The USASF, NOT CORE ELITE, regulates what skills are allowed in all-star cheerleading at each and every level. Listed below is an example of the skills allowed for any of the levels that your cheerleader may be required to perform in each of the possible levels they may be placed in. **Keep in mind, your child will be expected to compete all skills within the skill level UNASSISTED in a routine.** Athletes will continue to be evaluated on these skills throughout the year, with the expectation that the athletes can successfully and consistently execute the skills in their level.

Athletes are subject to change in level if their skill level changes.

- **Level 1 Tiny Exhibition** – No experience required.
- **Level 1 Mini** – Back bend kick over and back walkover required. Athletes will be allowed to do two leg stunts at shoulder level and one-leg variations below the bases shoulder level.

- **Level 2** – Standing back handsprings and round-off back handsprings are required for this level. Stunts allowed will encompass all of the Level 1 skills as well as extended two leg stunts and one leg stunts at the bases shoulder level.
- **Level 3** – Standing back handspring series and round-off back handspring back tucks are required. Round-off tucks and punch front tucks are allowed. All stunts in levels 1 and 2 are allowed as well as extended one leg stunts and twisting dismounts.
- **Level 4\*\*** – Standing back tucks, jumps to handspring tucks, standing handsprings to layout, and round-off handspring layouts. Stunts will include release moves, double twisting dismounts, and twisting mounts to one leg and more.
- **Restricted Level 5\*\*** – Round-off handspring full twists, standing handsprings to full twists, and jump to tuck. Stunts will include release moves, double twisting dismounts, advanced baskets and pyramids.
- **Level 5\*\*** – Layouts are accepted, although most passes should end in full and double full twists, standing and cartwheel full twists, and minimum of a single jump to tuck. Anyone with a specialty pass will be allowed to perform their specialty pass. Jump to tuck, jump handsprings to full or double full twists. Stunts will include release moves, inversion stunts, free flipping stunts, double twisting dismounts, and advanced baskets and pyramids.

Parents and athletes, please understand that stunting experience will be taken into consideration for the higher levels.

Core Elite and the coaching staff will focus on a standard of excellence and execution of proper technique. All skills are expected to be performed safely and with good technique and our coaches will strive to keep up that expectation.

For more information regarding the skills allowed in each level, feel free to visit [www.usasf.net](http://www.usasf.net).

## Team Practices and Competitions

Each team will practice on a regular basis throughout the season. All teams will practice for a total of 3 hours weekly split into two, 90 minute practices. Practice days will be Tuesdays and Thursdays for the 2016-2017 competitive cheer season (August through April) with additional practices added if the coaching staff deems necessary. Athletes will be required to attend all practices 1 week prior to a competition in order to participate. Any athlete not in attendance will not perform. (See: Expectations, Guidelines, and Rules Section)

### Practice Dress Code

A dress code will be implemented to create a sense of singularity as well as uniformity between each team and each athlete on those teams.

Athletes will be required to have appropriate practice attire for every practice. Each athlete will need to wear the appropriate color on practice days in order to participate. Athletes not in proper attire will receive a warning and punishment will be at coach's discretion. Dress code for the following practice days include-----

Tuesday Practice Wear: Pink tank or t-shirt and black bottoms

Thursday Practice Wear: White tank or t-shirt and black bottoms

Regardless of gender, all athletes are required to keep their hair out of their face, nails a safe length and no jewelry.

Cheer shoes MUST be carried into the gym and worn at all practices. No one will be allowed to practice in socks or barefoot. If the athlete does not currently own cheer shoes, they are welcome to look in our "Lost and Found" to find a pair of forgotten cheer shoes that may fit.

## **Tumbling Classes**

All athletes on an all-star team at Core Elite Tumble and Cheer will also receive one tumbling class which is built into the cost of the program. Each athlete is required to register for a class of their appropriate level and will be expected to maintain or improve upon the skills they demonstrate at their evaluation. All athletes are allowed to take more than one tumbling class but at an additional fee. All classes are subject to availability. The class each athlete will sign up for will usually be the same number class as the level their team is competing. Please ask the Core Elite staff if you are unsure about which class would suit your athlete's needs.

## **Tuition & Boosters Fees: \$1,750 for the year. What's included?**

Every athlete on the all-star teams at Core Elite will pay a monthly tuition for his or her training. Below is an explanation of the costs involved with competitive cheerleading. In an effort to provide convenience in budgeting for families, all fees will be grouped together into one large amount and then broken down into 9 equal monthly payments. All fees, once paid, are nonrefundable.

### **Tuition: \$100 per Month for 9 months (\$900)**

This is the fee paid to Core Elite for the athletes training as well as their included tumbling class. Athletes will practice/tumble four hours per week. This fee is paid monthly to Core Elite Tumble and Cheer and must be paid by the first practice of every month. Athlete's not up to date on payments will not be allowed to participate in practice or competitions.

## Booster Fees: Include Competition Fees, Uniforms & Apparel, Choreography & Music, & Unlimited Open Gym Pass (\$750)

### Competition Fees

Each all-star team at Core Elite Tumble and Cheer will attend a variety of competitions within driving distance throughout the 2016-2017 season. Competitions will be between the months of October and April. Each competition has an entry fee per athlete that is paid by Core Elite Tumble and Cheer through the tuition payment.

Tuition prices reflect the anticipated number of competitions each team will attend for the 2016-2017 competitive cheerleading season.

### Uniforms/Apparel

Competition uniforms, shoes, bows, and a team travel shirt, are worked into the monthly tuition fees, and are anticipated to be no more than \$250. Uniforms will be sized the 3<sup>rd</sup> week of September at the end of each practice. Athletes are allowed to alter uniforms.

### Choreography/Music

Choreography will take place early October. Choreography will be an all-day event and every athlete must be present in order to remain on the team. This day and every practice afterwards is critical to the team's success and growth. Dates for choreography will be determined at a later date.

### Unlimited Open Gym Pass

Athletes will be given unlimited open gym sessions for the 2016-2017 season. This includes both Friday and Sunday night open gym sessions. Athletes will be given a laminated VIP pass that they will need to bring with them to open gym and present to the front desk to participate.

## **Other Payments: Not Included!**

### USASF Membership

For each athlete to be registered for competitions, the USASF mandates that each athlete be a member. The term for this membership is from August 1<sup>st</sup> to July 31<sup>st</sup> of the following year and must be renewed each year. This membership has several benefits that can be found at [http://usasf.net/members/athletes/signup\\_renew/](http://usasf.net/members/athletes/signup_renew/). **EACH ATHLETE WILL NEED TO PAY \$30 DOLLARS PRIOR TO THE FIRST PRACTICE TO PARTICPATE.** This membership is not included in the monthly tuition fee and is a onetime payment.

## Parent and Family Apparel

A parent shirt will be available for purchase prior to the 2016-2017 cheer season. Parent shirts will cost \$15 dollars per shirt. A signup sheet will be sent home with each athlete for family and friends to also purchase the t-shirts.

## **Booster Club: Fundraising Events**

The athletes and their families will be given the opportunity to join a booster club to help offset the costs of tuition, as well as raise money for the team as a whole. Booster club is a great tool for all athletes and their families to utilize to help with tuition payments and additional costs.

Fundraisers will be held every month from September- March. Fundraising events could include but not be limited to; selling TJ's pizzas, Tupperware, Trivia Night, Garage Sale, Silent Auctions etc. For more information on fundraising and booster club please contact Kelsie Perkins @ 217-473-6036.

## **Expectations, Guidelines and Rules**

### Attendance Policy

In order for a team to be successful, 100% attendance at practices and events is expected.

**Athletes are to arrive 10-15 minutes before the scheduled practice time to get dressed and stretched.**

**Athletes will be allowed to miss a total of 6 practices throughout the season from August-April. Any athlete missing more than 6 practices will be dismissed from the team.** Anytime an athlete misses a practice, it is an absence that affects the team's ability to perform and grow.

**Cheerleaders will be allowed to miss a maximum of 3 practices from August 17<sup>th</sup> to December 19<sup>th</sup>**

**Cheerleaders will be allowed to miss a maximum of 3 practices from January 4<sup>th</sup>, 2016 to June 4<sup>th</sup>.**

In the event an athlete cannot attend practice, the head coach needs to be contacted immediately. If head coach is not contacted, the athlete will NOT be able to participate in the following practice or competition. Doctor notes are required for an athlete to sit out of practice due to an injury or serious illness. In the event an athlete is sick but not contagious please send them to observe practice in case of routine changes.

### **Excused Absences:**

Funeral

Contagious Illness

Family Emergencies

School Functions for a Grade

### **Unexcused Absences:**

Vacation  
Family Events  
School sport activities

**100% attendance by all team members is required the week of a competition (7 days prior to the event). Any athlete not in attendance will be dismissed from the team and will no longer be able to compete.**

Athletes are welcome to participate in other extra-curricular sports. If the sporting event is a conflict with the 2016-2017 cheer season, the athlete will be asked to leave the program.

**Competition attendance is MANDATORY by all team members. Missing a competition for any reason will result in the athlete's removal from the program and there will be no refund.** The Core Elite End-of-Year Exhibition is also considered a competition and attendance for this date is also mandatory.

### **Athlete and Parent Commitment**

Attached to this packet is an "Athletic Commitment" form that must be completed if the athlete chooses to be a part of this program. This form must be signed and returned by August 23rd and should be accompanied with a copy of the athletes birth certificate, and the first monthly tuition payment. The athletes will have their photo taken on the first day of practice. The photo and birth certificate are for the United States All Star Federation (*USASF*) registration and membership process.

### **Cheer Dates and Events**

August 7<sup>th</sup> - Cheer Evaluations and Team Placement  
August 10<sup>th</sup> - Parent Meeting 6-7p.m.  
August 22<sup>nd</sup> – Fall Cheer schedule begins  
August 23<sup>rd</sup>- First Day of Cheer Practice  
September 2<sup>th</sup> – September 5<sup>th</sup> – Gym Closed for Labor Day  
September 12<sup>th</sup> – September 16<sup>th</sup> – Uniform Sizing  
November 23<sup>th</sup> – November 27<sup>th</sup> Gym Closed for Thanksgiving  
December 23<sup>th</sup> – January 2<sup>rd</sup> – Gym Closed for Christmas and New Years  
April 14<sup>th</sup> – April 16<sup>th</sup> – Gym Closed for Good Friday and Easter Sunday

### **Competitions**

- ✓ Nov \_\_, 2016 O'fallon Township High School Cheer Exhibition
- ✓ Dec 3, 2016 Highland High School ICCA Cheer Regionals/Exhibition
- ✓ Dec 10, 2016 Christmas Classic (St Louis, MO)

- ✓ Feb 18, 2017 Rockstar Championships (Collinsville, IL)
- ✓ Mar 19, 2017 Gateway Championships (St Louis, MO)
- ✓ Apr 2, 2017 Mardi Gras (St Louis, MO)
- ✓ Apr 22, 2016 Six Flags (Eureka, MO)
- ✓ Jun 3, 2016 Core Elite End-of-Year Exhibition (Attendance is Mandatory)

\*\*Please try to plan any vacations, trips, or events around these dates so that your athlete can be present for every practice and competition. \*\*

## Other Information

### Team App

Team App is a platform that allows teams and social groups to improve communication by creating their own smartphone App. The App allows teams to post schedules, important documents, chat, competition information, etc.

The All Star Program will be utilizing this App to communicate with parents and athletes throughout the season. To check out the App please follow the link below.

<https://www.teamapp.com/>

To find the App to download onto your phone or computer please follow the instructions listed below:

### **Instructions to download**

1. Go to your App store on your mobile device.
2. Search for Team App
3. Install Team App
4. Once Team App has been installed search for Core Elite All Stars
5. Register your Team App with Core Elite All Stars and request access
6. Once approved for access you are ready to go!
7. Team App can also be accessed on your computer @ [www.teamapp.com](http://www.teamapp.com)





## Inclement Weather

In the event the gym is closed due to inclement weather this information will be communicated via social media and [www.coreelitetumbleandcheer.com](http://www.coreelitetumbleandcheer.com)

## Athletic Commitment Form

### Athlete's Information

First Name: \_\_\_\_\_ Last Name: \_\_\_\_\_

DOB: \_\_\_\_\_ Age (as of 8/31/15) \_\_\_\_\_ Grade in School 15/16 \_\_\_\_\_

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

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

Home Phone: (\_\_\_\_) \_\_\_\_\_ - \_\_\_\_\_ Athlete's Cell: (\_\_\_\_) \_\_\_\_\_ - \_\_\_\_\_

Athlete's Email: \_\_\_\_\_

Previous Injuries: \_\_\_\_\_

Allergies or Medical Conditions: \_\_\_\_\_

### Parent / Guardian Information

Mother's Name: \_\_\_\_\_ Mother's Cell: (\_\_\_\_) \_\_\_\_\_ - \_\_\_\_\_

Mother's Email: \_\_\_\_\_

Father's Name: \_\_\_\_\_ Father's Cell: (\_\_\_\_) \_\_\_\_\_ - \_\_\_\_\_

Father's Email: \_\_\_\_\_

Please attach the following to this document and return to Core Elite by **August 23rd, 2016**

Copy of the athlete's birth certificate (USASF Membership Registration Process)  
August Tuition payment (1 of 9)

I have read and fully understand the rules, policies, guidelines, and information in this handbook. I understand failure to abide by these policies may result in removal from the programs at Core Elite Tumble and Cheer. I have read and fully understand my financial commitment to Core Elite outlined in this packet and understand that upon return of this form, any and all funds paid to Core Elite Tumble and Cheer are nonrefundable. I understand that my commitment is for the 2015-2016 All-star competitive season and that my commitment or failure to commit affects all of the athletes on any Core Elite All Star team. I understand that I am entering into this program of my own free will. I also understand that by signing below I agree for my child to be photographed and used for media, social media or advertising and promotional purposes.

Parent / Guardian Printed Name: \_\_\_\_\_

Parent / Guardian Signature: \_\_\_\_\_

Athlete Printed Name: \_\_\_\_\_