

# **Introduction to Core Elite Cheerleading**

## Welcome to All-Star Cheerleading Team Program

Thank you for your interest in Core Elite – Highland All-Stars. The adventure you and your child are about to embark on will be a very special. (Yes, it will be your adventure too!)

Core Elite is proud of its highly respected, accomplished and experienced staff and their long history of successes in gymnastics and cheerleading. We are now forming a progressive competitive cheerleading program that offers opportunities to meet the needs of each individual cheerleader. Our program will strive to help each team member reach or exceed their potential as a competitive cheerleader and as a person. Our program will be intended to teach teamwork, goal setting, personal commitment and leadership qualities that will last a lifetime.

This undertaking will give your child a stage on which to develop her confidence, poise, mental and physical discipline, determination, appreciation for dedicated effort, and self-respect. Your child will mature among individuals and circumstances that will demand her finest efforts and judgments. She will develop close relationships with other young athletes who demand the best of themselves and expect the best in others. Educational opportunities will be made available which will complement and enhance the experiences she will have in the gym. She will also have a lot of fun!

Core Elite believes that children are the world's most precious gift. Our goal is to see to it that every child who participates in our program receives the same quality instruction regardless of their ability. Accomplishing this ensures that each child will feel as special as they truly are.

### **Mission Statements and Philosophy**

**Core Elite offers a unique concept in athletic endeavors  
for every child by combining excellent instruction, exceptional coaching  
and positive influence with an  
“Always the Best for Kids” philosophy.**

**Our Goal is to offer every child the best professional instruction  
in a well-organized gym, with new state-of-the-art equipment  
in a fun-filled and controlled learning environment.**

**We believe the staff of this outstanding facility will become a leader  
in the child development activities in our community.**

# Program Policies

## Safety

Your athlete's health and safety is of the utmost concern and priority within our program. We are committed to keep a safe environment at all times. Hydration and nutrition are and will continue to be encouraged for optimal performance and injury prevention. In case of emergency, our staff is prepared to handle the situation with an emergency plan that has been put in place. You can rest assured that your child is safe and in proper hands.

To ensure a safe environment we:

- ✓ Certify all Coaches in First Aid and CPR
- ✓ Train Coaching Staff in Effective Spotting
- ✓ Record and Evaluate Skills in Proper Progression
- ✓ Have an Emergency Plan in Place
- ✓ Have First Aid Kits and Emergency Numbers Available
- ✓ Require Continued Education for Staff

## Practices

Appearance should be neat, t-shirt, shorts, tennis shoes, (hair pulled back and shirt tucked in). Teams will be formed based upon the following criteria:

- ✓ Age
- ✓ Skill Level
- ✓ Attitude
- ✓ Work Ethic
- ✓ Behavior

We believe all elements are important in developing and maintaining a program we can be proud of.

## Nutrition Education

Core Elite will provide a packet of material which is designed to help our athletes and their families make better decisions when choosing their meals. This is not intended to be closely monitored. They are meant to be educational and nothing more. Athletes with high goals and aspirations will use this knowledge to their benefit. Team members who do not care to follow the guidelines are free to ignore them, but we do ask that when you are in the presence of your coaches and teammates that you "eat smart."

# Attendance & Tardiness

Excessive tardiness and absences will result in dismissal from the team. Tardiness is defined by 5 minutes late to practice or leaving a practice early. Tardiness or absences from a competition will result in immediate dismissal from the team. Please plan vacations or other activity during scheduled gym breaks. In this packet, there is an "Absence Request Form." Please fill it out as soon as you know your schedule and turn it into your team coach.

Cheerleaders are required to attend all practices, competitions, and performances, if habitual absences occur, athletes will be removed from the team without notice and no refund will be provided. Please note that if an athlete misses practices the week prior to a performance, it is at the discretion of Core Elite and its coaches whether or not they perform. Team members will be required to make up missed practices. Each member may only have two unexcused absences. A Tiger Elite coach must approve unexcused absences at least one week prior to the date of the absence. No unexcused absences will be allowed at any practice that involves choreography.

Excused absences are limited to:

- ✓ Mandatory school functions that are for a grade
- ✓ Family emergency/death
- ✓ Contagious illness
- ✓ Fever or vomiting

Examples of unexcused absences are as follows:

- ✓ Non-contagious illness
- ✓ Injury
- ✓ Optional activities (including school activities)
- ✓ Transportation issues
- ✓ Homework or test (please plan schedule efficiently)

# Gym Rules and Policies

## Respect Yourself and Others

Respect your physical self. All your efforts should go into building your abilities. Fuel your body with nutritious food; rest your body with plenty of sleep; protect your body by being safe in the gym; listen to your body when it tells you to stop either because of illness or injury; heal your body when it tells you not to continue; and celebrate your body by making it strong, flexible and powerful enough to do the wonderful things expected of it in this sport.

Respect your nonphysical self. You will suffer setbacks, frustration, fear, and defeat. Expect these things, learn from them, face them, and overcome them. Set high goals and achieve them step by step. Maintain a positive attitude when facing your fears and frustrations because it is your attitude which will help you to defeat them.

Respect your teammates. They are here to help and support you. Cheer for them when they attempt new skills, make skills that are difficult for them, or when they are competing. Accept compliments with a simple "thank you."

## Respect for Core Elite All-Stars

You show your respect by the way in which you act. The following actions show respect and are expected of a member of Core Elite All-Stars:

- A. Attend all practices, competitions, and special events.
- B. Arrive on time and stay until practice is over.
- C. Only when a coach is present will be allowed to stunt and tumble.
- D. You are expected to work hard and to try your best. This all that we will ever ask of you and this is always what you should demand of yourself.
- E. Arrive at the gym ready to participate with the proper attire, hair pulled back, jewelry off, gum in the trash can, well rested, and ready to go. Stay out of the gym until it is time to start and then be ready to start warming up.
- F. Treat other cheerleaders with respect, be kind to those cheerleaders younger than you are, and do nothing to hold yourself out as better than another.
- G. Ask permission to leave the gym. This applies to leaving practice early, going to the restroom, or calling home. The main reason is so that your coaches always know where you are.
- H. Always act in a way that shows respect for yourself and to the gym. We want the gym to be a happy, motivating, and uplifting place to be. There is no place in our gym for rude or belittling comments, displays of anger or disgust, talking back to coaches or other adult.

## Emergency Procedures

1. In the unlikely event of a medical emergency involving your daughter, the following procedure will be followed:
  - ✓ Emergency first aid will be administered, including requesting of emergency medical technicians and an ambulance if needed
  - ✓ You will be contacted using the emergency contact information you provide on your registration form and your instructions will be followed from that point on.
  - ✓ In the event we are unable to make contact with a parent, we will make arrangements to contact the medical staff and hospital you indicated as a preference on your registration form.
  - ✓ If your preference of a physician and hospital is not available, or you did not indicate a preference on your registration form, then we will contact the nearest hospital and follow their instructions.
2. Inclement Weather Procedures: In the event of inclement weather, you should first call the gym and listen to the answering machine or check the website for any special message regarding the weather and the effect it may have on the normal operation of Core Elite. Make sure we have your E-mail address so we can send this information to you as well. In some cases, you will be contacted directly by your team coach. We do not follow local school system decisions regarding inclement weather. In other words, just because the local schools close it does not mean that we will.

## Time and Financial Obligations

Your child's involvement in competitive cheerleading will cost you money, time and effort. The children train in a large and well-equipped gym under the direction of an educated, experienced, and professional staff. The overhead incurred in running a large gymnastics club includes rent, utilities, insurance's, taxes, debt service and supplies in addition to wages and equipment. It is impossible and unreasonable to think that his facility and the staff who train the athletes can operate without adequate funding.

At Core Elite, we believe that the training, educational opportunities, and emotional support that we offer our students is valuable and important. The coaches spend an enormous amount of time planning, training, traveling, and supporting the gymnast in addition to the time they spend actively coaching. Further, the coaches meet with parents and gymnast, return phone calls, set up competitions, work to maintain and improve the facility, and organize and administer the competition program.

## Tuition Fees - \$85 per month

*(19 hours of instruction per month = \$4.47 per hour!)*

Tuition does not depend upon the number of length of practices a month. Tuition is there for the instruction your cheerleader receives each month which includes:

- ✓ Two cheerleading practices a week (1 ½ hr each for a total of 3 hrs)
- ✓ A one hour tumbling class of your choice (based on skill level)
- ✓ A second tumbling class for 50% off regular tuition price
- ✓ Once a month team building event / clinic with Calvin (3 hrs)

Tuition fees of \$85 are due at the first of each month. Fees paid after the 10<sup>th</sup> of the month will be assessed a \$25.00 late fee. If you are out of town, sick, or otherwise unable to get to the gym, then can mail the check postmarked by the 10<sup>th</sup>. Families with more than one team member may deduct 15% from the total tuition.

Any unpaid balance which is 30 days overdue may terminate your child's participation in any competitions or activities. Any unpaid balance which is 60 days overdue may terminate your child's participation in any gym practice or function. Returned checks are charge at \$25.00 per occurrence.

## 2011-2012 Annual Team Budget – \$750

The Team Budget includes Uniform, Bow/Make-up, Shoes, Practice T-shirts (2), Entry Fee into Competitions, Choreography & Music Fees, Parent Shirt and Coaches Fees.

This budget is broken into 3 installments of \$250 each due on: October 1<sup>st</sup>, January 15<sup>st</sup>, and March 1<sup>st</sup>

All of the cheerleaders will be dressed the same for all competitions This includes hair, makeup, bow, and shoes.

## Registration Fee

Registration Fees is \$25 (due in Sept or at the start of the All-Star Season).

## Make Up Policy

There are often no make-ups for missed practices. The coaches may cancel, in which case they will usually reschedule.

Injured cheerleaders are expected to participate in practice and gym activities to the extent possible. It is often possible to work around injuries and to turn a difficult time into something positive by increase work on flexibility, strength, specific events, or specific skills. There is no reduction in tuition without the Head Coach approval. At that time the tuition may be adjusted depending on the circumstances. Any gymnast who is out for one month or more and requests a tuition reduction must present a return to activity release signed by their doctor.