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COMPETITIVE CHEER PROGRAM – SPORTASTIKS SHOCK ALL-STARS

Study after study confirms that kids involved in sports are more likely to score higher on achievement tests, stay in school, stay away from drugs, have greater self-esteem and live a healthier lifestyle. Show us a child in a healthy athletic environment and we will show you a child developing coordination, interpersonal relationship skills, perseverance, discipline, commitment, humor, perspective, teamwork, humility and leadership.

It takes wise parents and coaches to translate cheerleading lessons into life lessons. Our Sportastiks program is founded on the belief that the sport of cheerleading does just that...provides life lessons in a healthy, enhancing experience for all who participate and in a FUN way! We would be honored to be a part of your child's life lessons!

What is Competitive All-Star Cheerleading?

Competitive cheerleaders do not cheer for a specific school or sports team. They cheer for themselves and for the love of the sport. Athletes work towards perfecting a 2 ½ minute maximum routine, which will include acrobatic stunting, jumps, tumbling, dance & pyramid building. Competitive cheerleading is a great way to improve your strength, flexibility, endurance, and coordination. Being a valuable member of a team is the number one way to build self-confidence and develop social skills. Competitive cheerleading is the ultimate team sport, as it relies on every member of the team to be successful. All-Star cheerleaders work very hard to reach their goals.

Focus of All-Star Program:

The primary focus will be to prepare for competitions. During the course of the year squads will focus on all components of cheerleading including, tumbling, jumps, motions, stunts, dance and sportsmanship.

Competitive cheerleading is not a recreational hobby. If at any time you feel that the competitive road is not for you, we do offer recreational cheer/tumbling classes as follows:

Tuesday or Thursdays 7:30 – 8:25 Cost: \$58.00 once a week or \$78.00 for twice a week

*The tumbling class on Thursday will also be available to those who choose to do competitive cheerleading at a discounted rate of \$38.00/month.

Monthly Tuition:

The tuition will depend on number of hours in the gym and squad placement. Starting February 1, 2010 team practice will consist of the Tuesday Cheer Tumbling Class from 7:30-8:25 and Sunday Cheer Team from 1:00-3:00pm. Tuition is based on a minimum of (4) weeks each month. Please refer to our annual attendance calendar for exact term dates. Tuition is due by the 25th of each month for the following month.

| Cost | Hours |
|-------|-------|
| \$ 80 | 2 |
| \$ 90 | 3 |
| \$110 | 4 |
| \$120 | 5 |

There is a yearly membership fee of \$25.00 per individual or \$40.00 for family due on registration to the program. This fee is non-refundable and non-transferable. Each member will receive a FREE Sportastiks T-shirt and discounts on special events, birthday parties and camps.

Competitive Uniform:

The competitive uniform consists of a shell, skirt, briefs, bow, socks, shoes and a warm up. Details and prices will be given at a later date.

Competition Fees:

Our goal is to perform in 8–10 competitions per season, October to April, except for the Tiny squad, who will only participate in local competitions. The cost will vary in between \$35-\$75 per team member per competition. Specialty competition will require additional entry fees.

Booster Club:

The Booster Club is made up of the parents Shock All-Stars. The Booster Club is responsible for managing the annual budget, setting and collecting competition fees, fundraising and paying coaches' time, travel, food and lodging expenses when attending meets. Cheerleaders may also solicit donations from community members. Any company or individual donating \$250 or more will be given a sponsor banner placed in the gym for advertising. Please note that any money raised by an individual athlete must be split among the athlete's training team in order to comply with NCAA rules. No sponsor donation may follow an individual.

The Booster Club encourages each family to participate in the fundraising activities. The Team aspect of cheerleading is quite different from the recreational program. By joining the team, you and your child have undertaken a commitment of time, energy, and money among other things. Congratulations!

Upcoming Fundraiser:

Celebrating Homes Candle Fundraiser is set for February. Each cheerleader will earn \$4.00 for each candle sold. The cost of the candle is \$10.00.

Open Gym:

Open gym is a great opportunity to get extra practice. Open Gym is offered on Fridays from 7:30 to 9:00 at no additional cost for team members.

We are excited with the new addition of competitive cheerleading to our program.

Sportastiks formerly known as Fitness and Fun is under new ownership, management and coaches.