



Our Philosophy

Shock All-stars is a competitive cheer program dedicated to teaching the fundamentals of the sport as well as instilling positive values in each athlete. Our coaching staff believes participating in this sport will help show your child the importance of commitment, depending on others and having others depend on you. Your athlete will learn the importance of keeping themselves healthy and time management. We believe your child will develop both athletically and emotionally from our program.

Commitment Policy

When a cheerleader joins the team, it is a commitment for the duration of that competitive season. A commitment fee of \$100.00 is due by May 15th. This will hold a place on the squad for the 2010-2011 season (May-April). The commitment fee will be returned to those who complete the season (12 months) and have all accounts paid up to date as of April 30, 2011 or you may apply it towards next season. The commitment fee will be returned if the cheerleader decides before June 1st that the competitive road is not for them. Any cheerleader who quits the team for any reason during the competitive season is not permitted to rejoin the team until tryouts for the next competitive season. **No refunds for tuition or competitive expenses will be given in the event of an expulsion or a member quitting.**

Communication

Most information is sent out via e-mail in addition to being placed in your folder and on the team board at the gym. Please check your email, team board and folder regularly. It is the parent's responsibility to know what is going on with your squad.

If you ever have a problem with anything, please do not hesitate to contact the gym, your coach, the program directors or the owners. Questions or concerns can be addressed before or after practice, by phone or e-mail. Please do not delay or interrupt practice. If you have any questions or concerns that need immediate attention please use the following chain of command: Head Coach, Program Director and Gym Owner.

As a parent, you may not agree with every decision. Please remember that the coaches and staff members make all decisions for the program. We value your opinion, but must make decisions that will be in the best interest of the program as a whole.

Squad Placement

Although age is a factor in squad placement, children of the same age may be placed on different squads due to their skill level and/or the needs of that particular squad. Members may compete on multiple squads at the coaches' discretion. Members may be added throughout the season at the coaches' discretion.

Tiny: 5 yrs old and younger
Mini: 8 yrs old and younger
Youth: 11 yrs old and younger
Junior: 14 yrs old and younger
Senior: 11-18 years old

Age divisions are based on age as of August 31, 2010

*There may be more than one squad for any age group depending on number of cheerleaders and skill levels of cheerleaders.
This will be determined at coach's discretion and may change from season to season*

Sportastiks – 8320 E. Brookville Road – Indianapolis, IN 46239 – 317-375-1500

Squads compete not only by division of age, but by division of skill as well. These divisions limit the difficulty of both tumbling and stunting. The following skills are expected in a competitive routine by the majority of the team at each level:

Level 1 – cartwheels, round-offs, back walkovers, elevators

Level 2 – back handsprings, round-off back handspring, front handsprings, extensions, single leg stunts

Level 3 – round-off handspring tucks, back handspring series, jump back handsprings, extended single leg stunts, full downs

Level 4 – Standing tucks, handspring tuck, layouts, whips, fulling from one-legged stunt

Level 5 – Jump tucks, fulls, double fulls, handspring fulls, double downs from extended one-legged stunts

Squads will range in size from 6 -35 members. They are comprised of athletes with a variety of skills and abilities and should be well-rounded athletes. Athletes are expected to maintain the skills they threw at tryouts. Those who show great improvement in skills will be moved accordingly.

Summer Training

Summer training allows us to focus on each athlete's individual skills. If an athlete "skips" summer training they will not only miss the opportunity to improve, you will see their skills deteriorate and they will miss an opportunity to bond with the team.

From September through April, the focus at practice is working on the routine

During the summer we know there will be family vacations and summer camps. Coaches should be made aware of these absences in writing 30 days before the actual absence. Please keep the following weeks open for summer cheer camp. Each squad will have a designated camp week to be determined after call outs. Summer cheer camps will range in cost from \$50.00 to \$135.00 depending on numbers days and hours spent in the gym.

June 21st

June 28th

July 12th

July 19th

Attendance Policy

We have a very strict attendance policy!

If you know in advance you will be absent, please notify your squad's head coach **in writing or via e-mail**.

If you give us **advance written notice** you will be absent from a tumbling practice, you will be able to take a make-up tumbling class, *as long as there is space available in that class*.

If you have an unexpected absence due to an accident or illness, you must call the gym prior to practice. Excessive absences may cause athletes to be demoted to an alternate status or removed from the squad. This is at the coach's discretion. **No refunds will be given in the event of an expulsion or a member quitting.**

Valid reasons for missing practice are:

- Fever/Vomiting
- Family Emergency/Death
- Mandatory attendance at a school function
- Attendance at a school extracurricular activity during the summer or fall, NOT during our main competitive season November thru April. Do not expect to be excused from practice due to work or participation in a school extracurricular activity from November thru April. Shock All-stars must be your extra-curricular priority.
- If your child can't participate due to an injury, they are still expected to attend practice.

Withholding a child from a practice or a competition should never be used as a form of punishment. You're not only punishing your child, but every other team member and parent on their squad.

Do not schedule appointments or family commitments during practice times.

Practice must not be missed the week prior to a competition or the routine may be re-choreographed and your athlete taken out of the routine.

If you miss a competition, you will be removed from the squad. Do not schedule other obligations during these weekends.

Absences may result in change in choreography or removal from the squad. This is at the program director's discretion. If a squad member is removed or becomes injured and unable to perform, that squad member may be replaced by an alternate or appointed substitute.

Team Rules

All squad members and parents must be respectful of team and gym rules. Abusive, uncontrollable, irresponsible or any other form of negative behavior in or out of uniform will be grounds for immediate suspension and/or removal from the team. If for any reason a team member is removed, there will be no refunds.

Strict standards will be set for behavior both in the gym and while traveling (curfew, no boys in room, no smoking, alcohol or other drugs, inappropriate attire) and will be followed regardless of attendance of a parent. We expect all members to behave with good sportsmanship at all times and specifically at all competitions.

Athletes must be in direct supervision of a coach to enter the Sportastiks facility or be on any equipment at any time. This includes private lessons.

Athletes are expected to attend practice on time, in practice clothes including shoes. Practice clothes include a tank/shirt, shorts, cheerleading shoes and socks.

Hair should be pulled off face before practice starts.

All cell phones must be turned off or placed on silent during practice.

NO JEWELRY AT ALL! Wearing jewelry of any kind could result in an injury to your child or to another child.

Fingernails need to be kept short, no fake fingernails.

Loss of composure during practice will require cheerleader to leave the room until they have regained composure to continue practice.

Parent and Relatives Rules

Good sportsmanship and polite manners are mandatory at all competitions and practices. We expect everyone to obey all rules the competition may have regarding parents (such as saving seats, using profanity or videotaping).

Please do not coach your child from the viewing area. Do not yell on to the floor or try to make contact through the parent viewing area during practices. **This is extremely distracting to all involved.** If we feel you are interfering with the coaching of your child, you will be asked to leave the gym.

Parents are not permitted to pull their child out during practice if they are unhappy with the child's performance or anything else that might occur during practice. You are encouraged to discuss it with their coach **AFTER** practice has ended.

Parents must remain out of the gym. Only athletes and coaches are allowed.

The coaches reserve the right to close viewing of practices at **ANY** time for **ANY** reason.

Parents must pay necessary tuition, uniform, entry and coaches fees when due or your athlete will not be allowed to participate in practice.

If you share visitation/custody with another parent, you will need to make sure this will not prevent your child from full participation in the programs.

Parents ARE NOT allowed to spot skills.

Tuition

Athletes must be members of Sportastiks. This is an annual \$25.00 individual or \$40.00 family membership fee. 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.

The tuition will depend on number of hours in the gym and squad placement. Tuition is based on 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.

Squad	Times	Days	Cost
Mini	4:30-5:55	T/TH	\$110.00
Senior	8:00-9:30	M/W	
	1:00-4:00	SUN	\$130.00

Any squad member may add an additional once a week tumbling or recreational class for \$38.00 per month.

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

Uniform Expense

The following is an estimate: (All items are required)

Item	Cost
Uniform (shell, skirt, and briefs)	\$150.00
Warm Up	\$100.00
Bag	\$ 40.00
Bow	\$ 5.00

Choreography/Music Fee

Choreography and Music fee is \$50.00 per cheerleader.

Choreography/Music Fee	\$ 50.00
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The uniform and Choreography/Music Fee payment will be divided into three equal payments of approximately \$115.00 (exact amount will be determined once uniform is finalized) due by:

June 15th
July 15th
August 15th

Competition Registration and Coaches Fees

The coaching staff will choose all competitions. Payments will be broken into 3 equal payments (based on team) and will be due by:

October 1st
November 1st
December 1st

In the event of a cheerleading dropping off the squad or being expelled, all fees paid are non refundable. Your child will have to attend practice but sit out if you do not pay your fees on the due date.

Coaches' fee includes:

- Meals: \$40.00 per day maximum (\$10 breakfast, \$10 lunch, \$20 dinner)
- Competition coaching fees: \$50 - \$100/performance day based on length of performance day
- Hotel: as needed depending on the competition
- Coaches Competition Entry Fee: varies per competition

Coaches' fees do not cover supervising team members during other times at the competition or the hotel. This is the responsibility of each parent or designated guardian.

Most competitions also charge spectator fee and parking fees.

A **tentative** competition schedule for the season is as follows; changes may be made as teams are finalized. A finalized schedule for your team will be given out at a later date. Teams may go to some or all of the following competitions:

October 9/10 – Circle City Cup – Site Mt. Vernon High School, Fortville, IN
October 17 – Warrior Cup – Danville High School, Danville, IN
November 1 – Hoosier Championship – IN Convention Center
November 7 – Take Flight Cup – Wright State – Dayton, OH
December 4/ 5 – Hoosier Cup – IN Convention Center
January - TBD
February – Speedway Challenge – Site TBD
February 26/27 – The Champions Cup – IN Convention Center
March 18/19 – American Challenge – Site TBD

Approximate total cost for above list (including both athlete's entrance fee into the competition as well as coaches' fees) is \$750.00.

Travel

For competition within driving distance, we will meet at the event/hotel at an appointed time.

Each cheerleader must have a chaperone at every competition. It is not your coach, team mom or the cheer staff's responsibility to be your child's chaperone or to arrange one for you.

Hotel

Parents are encouraged to travel with their athlete on trips. Hotel arrangements are made in blocks whenever possible, but rooms are booked on an individual basis. It is your responsibility to book your hotel room for each event.

A complete list of the team hotels will be available when the schedule is finalized.

We do recommend cheerleaders and families sharing rooms to defray expenses.

Supervision during Overnight Competitions

- Each hotel room must have a supervising adult staying at the hotel. Your team's head coach must know in advance who is in charge if it is not the parent.
- No members of the opposite sex, other than relatives, are allowed in rooms.
- Cheerleaders must be considerate of other hotel guests.
- Cheerleaders will be given an itinerary the week of the competition detailing when and where they need to be during the competition.

All cheerleaders **MUST** attend the performances of other Shock All-stars teams while attending competitions unless told otherwise by their coach.

Booster Club and Fundraising

The Booster Club is made up of the parents of Shock All-Stars. The booster club's primary responsibility is to support the cheerleaders and the program.

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. In addition, the booster club will assist in the organization of fundraising opportunities for its 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!

Important numbers and addresses:

Sportastiks: 317-375-1500

Website: www.sportastiks.com

Email: shockallstars@gmail.com

Dates and Payment Reminders

May 15th – Commitment Fee due

May 25th – Tuition due

June 15th – First Uniform Payment, Camp fee due (squads/times to be determined later)

June 25th – Tuition due

July 1st – Camp fee due (squads/times to be determined later)

July 15th – Second Uniform Payment

July 25th – Tuition due

August 15th – Final Uniform Payment

August 25th – Tuition due

September 25th – Tuition due

October 1st – First Competition Payment (exact amount to be determined)

October 25th – Tuition due

November 1st – Second Competition Payment

November 25th – Tuition due

December 1st – Final Competition Payment

December 25th – Tuition due

January 25th – Tuition due,

February 25th – Tuition due, possible annual membership due

March 25th – Tuition due, possible annual membership due

April 25th – Tuition due, possible annual membership due