

# It is our mission at ALSTARZ Cheerleading

Academy to provide an environment that is safe both physically and spiritually. We strive to provide a place where young athletes can learn the skills of cheerleading and tumbling and a strong work ethic that will take them well beyond this sport. We strive to build character and instill a sense of confidence that will take the athlete to a new level within their own lives that will lead them to be grounded young adults. ALSTARZ is not only our business, it our MINISTRY. "ALSTARZ, where you learn more than just a skill"

**Special Needs Team:** USASF definition of Special Needs: Intellectual disability: 1. A condition characterized by impairment of skills and overall intelligence in areas such as cognition, language, and motor and social abilities as identified by an agency or professional, or 2. A cognitive delay, as determined by standardized measures such as intelligent quotient testing or other measures that are generally accepted within the professional community.

This is an opportunity to encourage life and movement through a sensational sport. Special Needs Athletes benefit from their time together at practice and their work improving themselves. Not only do they stimulate their social and motor skills but the thrill of performance is a special memory to all of us.

**Show Team:** Performance team mixed with all ages and skills. This team would have 1 guaranteed performances and would attend one competition as a show team. This team would practice 1 day per week. This team is for the athlete who enjoys the sport and would like to continue learning the sport, but without having to commit to the time and finances of a being a part of the competitive team. We will have a Fall Show Team and a Spring Show Team.

**Petite Colenols:** Program where athletes will have the chance to cheer at Nicholls State University. Meet 1 day/week for practice during August-November for practice at cheer at 4 home games.

**Extreme Team:** This team will level will be coaches choice and will stack the team with the most talent in that skill level in the gym. This team will compete at 1 competition unless awarded a paid bid to attend another competition.

## TENTATIVE 2012-2013 DATES

<u>DATE</u>	<u>COMPANY</u>	<u>LOCATION</u>
December 8	WSA	Baton Rouge
January 12*	Crescent City Cup	Slidell
January 26	VIP	Baton Rouge
February 1	Road to Nationals	Gonzalas
February 2	SCA Nationals	Baton Rouge
Feburary 8-9	WSA Nationals	Branson, Missouri

\*Exhibition Team Performance      +Level 4 Team

TUITION Level 1-4 \$2000 IN FULL OR \$2300 Deposit \$800 and 12 monthly payments of \$125

SHOW TEAM \$1400 FOR FULL YEAR OR \$700 FOR HALF YEAR

SPECIAL NEEDS TEAM \$300 IN FULL OR \$25 monthly

ELITE TEAM: \$100 (MUST BE ON 1 OTHER TEAM)

**Payments on deposits can be made from now till June 15. Monthly Payments will also begin in June**

#### COMPTITION FEES:

LEVEL 1-3 \$500 (Music, Choreography, Entry Fees)

LEVEL 4 \$300

SHOW TEAM \$300 FULL YEAR OR \$200 HALF YEAR

Due August 1, 2013      Due December 1, 2013 for 2<sup>nd</sup> half show team

**NO CROSSOVER FEES...whoohoooo!!!!**

#### AGES:

We accept athletes ages 3-18. You must be the age of the level you will compete in on Aug 31, 2013

Tiny 3-5

Jr 14 and under

Mini 8 and under

Sr 18 and under

Youth 11 and under

LEVELS: There are 5 different skill levels and age levels in competitive cheerleading.

Level 1, 2, 3, 4, 5

#### TRYOUT PROCESS:

Competitive Tryouts are held in a fun atmosphere where athletes are able to meet new friends and the Staff at ALSTARZ. Each athlete will be asked to demonstrate jumps, standing and running tumbling for the level in for which they wish to try.

#### PRIVATE TRYOUT

If you wish to schedule a private tryout for any reason, you are able to schedule one for a fee of \$50.

#### PLACEMENT:

Athletes will be placed on a team that will best suit the individual athlete as well as the team. Remember that a team needs the entire package of tumbling, stunts, jumps & dance. There may be some placed on a team that may not demonstrate all of the skills required, but they are placed for the betterment of the team.

#### ATTENDANCE:

Please make every effort to have your athlete to practice on their designated day and time specifically practices scheduled the week of a competition/performance. Be aware that your athlete may be repositioned at any time the staff feels the need due to so specifically during the week of a competition because of lack of attendance/participation. Your commitment is to an entire team, each athlete's presence is really crucial, therefore, we expect notice prior to an athlete missing. There may be consequences either way. We need each athlete to execute our routine as it were intended. With this being said, we ask that you evaluate the commitment and make certain that you understand that this commitment is not only to your family, but to your team and it in turn affects the entire program. Please refer to the contract for penalties.

#### FINANCIAL

Your financial commitment is essential in the success of our program. Payment plans have been established and please recognize that in order for the program to run successfully, we need payments in a timely matter. Also, understand that you are responsible for your financial commitment for this entire year even if you choose to terminate your membership. We intend to complete our commitment of services and we expect you to fulfill your financial obligation as well.

Your first tuition deposit or in full payment is due by May , 2013. If you are a monthly payee, there will be a Debit Authorization form in which payments will be deducted from your checking account each month to begin in June 2013. You will be asked to complete the form and return it with a voided check. ALL competition fees are due by August 1, 2012. You are welcome to make partial payments on your own until then, however all competition fees must be paid by that date. Tuition fees must be current when competition fees are due and your tuition must be current in order to schedule a private lesson or attend an open gym class & competitions. Again, with this being said, we ask that you evaluate the

financial commitment and make certain that you understand that this commitment is not only to your family, but to your team and it in turn affects the entire program.

#### SNACK/GIFT CARD

You are welcome to put money on a gift/snack card for you athlete for snacks during practice. We run the card as they purchase and will let you know when they get low or run out. See the front office for this convenient service.

#### DISCIPLINE

ACA will enforce discipline and strong work ethic. Positive Attitudes towards coaches, parents and team members is EXPECTED. Negative attitudes will NOT be TOLERATED and discipline action will be taken. Each athlete will receive a requirement & consequence form at camp.

#### CAMP & CHOREOGRAPHY

A 3 day skills camp will be held in May 7-9, June 17-21 & July 8-12 as well as a bonding workshop for each team. Please set aside these dates to spend with us. It will be the only required time we ask of you in this summer. This camp will teach/perfect fundamental cheer, tumble & stunt skills. It will be the making of the routine for the season. Routine Choreography will be held in August & Dance Choreography in September.

#### TRAVEL EXPENSES

Travel expenses are the responsibility of each athlete. It's always a good idea to try to bunk with others to keep cost low. We will consider a bus to transport family and friends if the demand is high enough.

#### PRACTICES

Each competitive team will practice at least 2 days per week. Show Teams will practice 1 day per week.

#### PRACTICE GEAR

Practice Gear (Tank & Shorts) will be ordered & must be paid at Tryouts. Practice gear must be paid for at Tryouts.

#### WEBSITE

Our website is [www.alstarzacademy.com](http://www.alstarzacademy.com). You can find all the latest information, newsletters, photo galleries etc. You will be able to link to our member link where you can schedule class, make payments, receive emails, etc.

#### FAQ:

##### DID I MAKE THE TEAM?

All results will be posted on our website and then fb.

##### WHAT IF I CAN'T MAKE TRYOUTS?

You are welcomed to schedule a Private Tryout, but it will be a \$50 charge

##### WHAT IF I CAN'T TUMBLE?

It's ok if you don't know how to tumble. You are in a learning facility that will be happy to work with you to get you to your desired tumbling level. You will land a place on a team and have the ability to work towards your goal.

##### ARE PARENTS ALLOWED AT CAMP?

We would prefer if parents would not stay for camp. We desire to have our athletes' full attention.

#### APPLICATION

Please complete the tryout application along with \$20 application fee.

## CONSENT/WAIVER FORM

Please complete consent and waiver form and turn it in the day of tryouts

## TRYOUT CHECKLIST

- Birth Certificates
- Photo (Head shot will be taken)
- Consent Form
- Financial Agreement

## DISCOUNTS/SAVINGS

Paying tuition in full will entitle you to a discount and savings.

## RETURN FAMILY DISCOUNT

For all returning families, you can save

## RECRUITMENT PROGRAM

For every current team member who recruits a new team member that commits to the year can receive

## GYM CLOSURE THIS SUMMER

The gym will be closed the week of July -1-5

## ABSENCES

Absentee policy: You are only allowed 3 unexcused absences during 1 cheer season.

## UNIFORMS

Uniforms, Warm ups, bags will be the same as last year and we will have a fitting to size athletes so that you can place your orders. We will have practice wear uniforms and athletes are **EXPECTED** to wear them at each practice. Uniform payments are **NOT** included in tuition and competition fees. These are separate fees. We will have a fitting/SWAP day where athletes can swap uniforms with another athlete if they may have out grown their old uniforms. Please note that shoes are a part of practice and **need to be worn to all practices**. Athletes are expected to wear **hair pulled back and totally out of face for all events and practices**.

## TUMBLING

Practice time includes the perfection of the skills that you currently have and sometimes teaching of new skills. During the off season, tumbling skills may be taught, but at all practices, tumbling will be perfected. Team tumbling will be held on Wednesdays during the summer. Each team member is required to attend at least 1 tumble class per week during the summer, fall & spring sessions.

## TEAM SPIRIT

There are Spirit Awards awarded to the most "SPIRITED" team which is where our parents come in. Use your practice time wisely also and create noise makers, banners, dress up ideas, learning the team cheer that you will be expected to yell at all competitions. Nothing pumps up cheerleaders more than to know there are others yelling with them, so show your athletes that you are behind them 100%. Parent Shirts are expected to be worn to represent your athlete and our gym.

## FUNDRAISERS

ALSTARZ is striving to be better than the year before. We all know the competitive cheerleading is costly, and we do everything in our power to try to keep the cost low. We also want your athlete to have the necessary equipment they need to move forward. In order to do this, we will need your help during fundraising time. We ask that each of you do your best to participate in helping us to the next level. Thursday Themed Fun Nights will be held during the summer. January is our Pizza Kit sale & we ask that each family sell at least 10 kits.

## RODEO

Our scholarship benefit is held annually the 3<sup>rd</sup> Saturday of May. This is our MAJOR fundraiser to give scholarships to high school Sr's to further their education. We ask that you support this event by helping to work and to bring in 1 full sponsorship and work with teams to bring in door prizes and auction items.

## COMMUNICATION

Athletes and parents will be expected to check the website/face book for updates. Please make sure that email addresses and cell numbers are on your paper work. I communicate through text most of time; however, we are moving towards using the website and fb so like us on fb. The gym number is 985-693-7109. Our website is [www.alstarzacademy.com](http://www.alstarzacademy.com). My personal contact information is 985-691-7109, yes just like the gym. We are in the process of training to begin a new management software system where you will be able to create your own account and make payments and schedule classes on line.

## HAWAII

The year of 2014 is what we call a HAWAII Year; however different from any other year. Each athlete will have the chance to audition for a chance to win a spot on the Cheer Performance Team in Hawaii. It will be an AMAZING experience for the athletes and all parents and friends who are spectators. Athletes, family and friends are welcome to join us on this journey next June 2014. Dates will be June 11-17, 2014. More information will be in your packets that you will receive if you choose to join the team. Monthly or quarterly payments can also be made on the Hawaii packages.

## PRAYER

We are strong believers in our Lord, Jesus Christ and we do NOT shy away from him. We do teach prayer and scriptures and expect the kids to learn them & encourage the parents to as well. Our team scripture this year comes from Isaiah 26:3 "You will keep in perfect peace, those whose minds are steadfast, because they trust in you"