

**ALL-STAR  
COMPETITIVE CHEER  
PARENT HANDBOOK**



**2019-2020**

## **SPRING CREEK ATHLETICS TEAM TRAINING PHILOSOPHY**

The safety and success of each athlete is of the utmost importance to the Spring Creek Athletics staff. Team Selection is a process of evaluation so our staff can put together the most competitive teams possible. When doing this we can correctly train athletes on skills with proper technique, build the strength and confidence of our athletes, and provide a safe environment.

It is important to understand that while winning is always the goal – our main priority is to ensure that our athletes have good experiences while learning to work as a team and be confident in overcoming life's obstacles. We also want to build athletes to be of good character. In order to achieve this goal, we need the support of the parents. Part of learning and growing is dealing with disappointment, learning to overcome setbacks, and working together. The parent's role is crucial to the success of all our teams. Together we can achieve more!

## **ROLE OF A SPRING CREEK ATHLETICS COACH**

- Prepare the athletes both as a group and individually to perform and present our program in the best possible light
- To adhere to the safety guidelines in the safest manner as possible
- Keep the best interest of the athletes at heart and care for them as people as well as athletes
- Stress the value of academics, the value of healthy lifestyle choices, and to be a role model
- Recruit new athletes to the program so that our family may grow
- Teach the athletes the value of self-discipline, confidence, persistence, and teamwork
- To give 100% of what they are capable of every day to help the athletes be the best they can be
- Make decisions and to act based on the best interest of the program, the good of the team that they coach, and the good of the individual athletes

## **ROLE OF A SPRING CREEK ATHLETICS ATHLETE**

We expect the following from ALL athletes as members or alternates of SCA teams. These expectations will be strictly enforced, during practices, clinics, competitions and any other SCA events.

Athletes are expected to:

- Attend EVERY practice
- Give 100% of themselves at every practice and to do their best
- To be totally responsible for fun they have at practice. Do so without being a disruption during practices, so that the team can focus and perform in the safest manner possible (excessive chatter, making side comments and goofing off does not have a place in the practice area).
- Develop a spirit receptive of corrections
- Accept the discipline involved in athletics, because it benefits the team.
- Respect coaches' decisions concerning routine placement and choreography. Accept coach and parental discipline as final and to accept responsibility for their actions.
- Support their teammates 100% everyday so that their team can be the best that it can be
- Make decisions and act based upon the good of the program, the good of the team, and their own personal good
- Be gracious when you win and graceful when you DON'T. Use good sportsmanship and class at ALL times
- Not participate in gossip. This includes internal gossip about other SCA athletes and external gossip about other cheerleading programs and their athletes. Problems shall be addressed and resolved directly. Do not listen to, participate in, or instigate idle, worthless gossip
- Contact the coach if they have an issue that needs to be addressed. Problems can be solved quickly when your coach is involved
- Use social networking as a means of publicizing and spreading the word of SCA in a positive and appropriate manner. Refrain from using any social networking to distribute negative or inappropriate information that could be detrimental to yourself, your family, and SCA reputation in any way.
- Make healthy lifestyle choices and approach the coach or parent if they have concerns about the choices available to them.

## **ROLE OF A SPRING CREEK ATHLETICS PARENT/GUARDIAN**

Parents/Guardians are expected to:

- To make sure their athlete attends every practice and enforce the yearly commitment.
- Do everything possible to make the athletic experience positive for your child and others.
- View the routine with goals in mind.
- Attempt to relieve competitive pressure, not increase it.
- Demonstrate winning and losing with dignity.
- Be an encourager – encourage athletes to keep their perspective in both victory and defeat.
- Encourage their athlete to always treat fellow parents, teammates, coaches and SCA staff with respect.
- Ensure that their child understands what we expect of them as an athlete, as explained in the "Role of the Athlete"
- Parents should not listen to, participate in, or instigate idle, worthless gossip, and should discourage their athletes from doing so.
- Not express their opinions during practice or coach their athletes from the viewing areas.
- Defer to coach's discretion regarding team decisions. Inevitably, we will lose or gain team members throughout the course of a season. Any dismissal or addition of a team member is solely at the discretion of the coach and directors.
- The viewing area is open for practices/class observation daily. However, if problems arise, the SCA staff reserve the right to close viewing at any time for safety and well-being of athletes.



# ALL-STAR CHEER

## ALL-STAR PREP & ELITE TEAMS

We are very proud of the SCA competitive program and the athletes that we train. We have prepared the following Parent Handbook to help you understand the commitment level that is required of each family. *Thoroughly review and discuss the information contained in the Parent Handbook with your athlete, with emphasis on the commitment level, to determine if the Spring Creek Athletics Cheer Program is right for your family.*

## WHAT'S THE DIFFERENCE BETWEEN A PREP TEAM AND an ELITE TEAM?

First and foremost, ALL teams are competitive, unless they are called an Exhibition Team.

### Exhibition Cheer Teams and All-Star Prep

- Teams are limited to certain hours of team training per week.
- Exhibition Team Practice: A minimum of 1-2 hours of practice total per week.
- Prep Level 1 Team Practice: A minimum of 2 practice hours total per week.
- Prep Level 2+ Team Practice: A minimum of 3 practice hours total per week.

*\*However, they are allowed unlimited amount of tumbling and cheer prep classes. (Additional fees apply)*

### All-Star Elite Teams Levels 1-5

- Team practice: A minimum of 4+ hours per week

ALL SKILLS MUST BE PERFECTED FOR ALL-STAR TEAMS			
Team Level	Tumbling	Dance & Cheer	Jumps & Stunting
<b>STARS</b> (Special Needs)	There is no pre-set requirements for STARS	There are no pre-set requirements	There is no pre-set requirements for STARS.
<b>Energy</b> (Exhibition)	There is no pre-set requirements for Energy	There are no pre-set requirements	There is no pre-set requirements for Energy
<b>Level 1</b>	Cartwheel Round-Off Front/ Back Walkovers	Proper Motion Placement	Proper Jump Form Little to No Stunt Knowledge
<b>Level 2</b>	Standing Back-Handspring Round-off Back-Handspring Passes Front Handspring Passes Back Walk Over-Back-Handspring	Sharp & Proper Motion Placement	Level Jumps Perfected all Level 1 Stunting Skills Flyers-Proper Positions & Flexibility
<b>Level 3</b>	Standing Series Running Round-Off-Back Handspring Tuck Punch Fronts Aerials	Advanced Motions with Footwork	Level-Above Level Jumps w/Tumbling Combinations Perfected all Level 2 Stunting Skills Flyers-Proper Positions & Flexibility
<b>Level 4</b>	Standing Tuck Standing Back handsprings To Tuck Whip To Tuck/Layout Running Pass to Layout Punch Front Passes	Advanced Motions with Footwork	Level-Above Level Jumps w/Tumbling Combinations Perfected all Level 3 Stunting Skills
<b>Level 5</b>	Jump To Tuck Full Front Tumbling Through To Full Whip Through To Full	Advanced Motions with Footwork	Above Level Jumps w/Tuck Combinations Perfected all Level 4 Stunting Skill

Please keep in mind the above skills must be performed with proper execution. Student should show proficiency and consistency in all skills listed within their level as well as the level(s) before it.

*"Let us not become weary in doing good, for at the proper time we will reap a harvest if we do not give up." Galatians 6:9*

# COMMUNICATION

**Communication between the coaches, staff, and families of SCA is the key to a successful season. Please familiarize your family with the following channels of communication that SCA utilizes.**

## SCA TEAM APP

**SCA uses our SCA TEAM APP as its primary form of communication.** Please make sure that you download this app onto your phone.

## EMAIL

**SCA prefers that when contacting coaches, you please contact them via email. Please make sure that SCA always has an accurate, working email address for your family. Check your email regularly for important information regarding the teams.**

## PHONE

**You may call the gym and leave a message with the front desk. Not all the coaches work full time, so please be understanding with the response time. Please refrain from calling the coach's personal cell phone.** Please respect coaches' time when coaches are at home with their families, and refrain from contacting them when off. Staff members are not required to check messages or emails outside their normal working hours. It may be necessary to schedule an appointment with your coach as he or she will be unable to speak with you in between classes.

## STEPS TO RESOLVE CONFLICT

**Occasionally, during the season, misunderstandings or problems may arise between the coach and an athlete, coach and parent, parent and the gym, or any one of several possible areas. This is often the result of a lack of communication between those involved. Also, due to our human nature, we may at times offend each other, resulting in misunderstandings or disagreements. In Matthew 18:15-17, Jesus gives His formula for solving person-to-person problems.**

***"If your brother sins against you go and show him his fault, just between the two of you. If he listens to you, you have won your brother over, but if he will not listen, take one or two others along, so that every matter may be established by the testimony of two or three witnesses. If he refuses to listen to them, tell it to the church, and if he refuses to listen even to the church, treat him as you would a pagan or a tax collector."* - Matthew 18:15-17**

- 1. Again, if you would like to contact a coach, please contact them via email. NO coaches will be pulled off the floor during gym hours, unless it is a REAL emergency.** Please email them and they will contact you at their earliest convenience.
- 2. All questions, problems or complaints should be brought promptly to the coach, staff member, or SCA parent directly, via email, before anyone else is contacted.**
- 3. If the situation is not cleared up at this level through direct contact, it should then be brought to the Head Coach of that team or Team Mom, depending on the situation, via email.**
- 4. If issues are still not resolved, from the previous steps, then the matter may be taken up with the appropriate Division Director.**
- 5. Please understand that Erin is the owner of SCA and has entrusted her directors, coaches, and staff to handle ALL situations. All the above steps must be met prior to contacting her.**

## TEAM MOMS

**Every team will have a Team Mom who will be able to help you with simple questions and situations. The team moms are an extension of our coaches. Please respect these volunteers as they are only enforcing the rules given to them.**

## REQUIRED PARENT MEETINGS

**SCA will have a required parent meeting for each Level Group the first week of practice. We will also have PAC (Parent-Athlete-Coach) meetings throughout the season in order to keep an open line of communication between the coaches and parents. \*One parent will be required to attend all meetings for each athlete. We will answer questions as well as let you know our expectations for the 2019-2020 season.**

*"For the body is not one member, but many." 1 Corinthians 12:14*



# ATTENDANCE POLICIES & PROCEDURES

It is vitally important for every family, especially those families new to the sport of competitive cheer, to realize that our routines are designed and coordinated around every team members' presence. There is no second string in competitive cheer; all team members compete/perform. A single athlete's absence has a negative impact on the entire team. All planned absences must be submitted to [absent@springcreekathletics.com](mailto:absent@springcreekathletics.com) two weeks prior and by 2PM the day of a last-minute emergency.

## SPRING ATTENDANCE POLICY

From May 1<sup>st</sup> to June 1<sup>st</sup>, attendance at your assigned group practice is expected. You will be allowed 3 unexcused absences during this time. This allows the athletes to attend end-of-year school activities with no penalties. You are expected to still communicate all absences to allow coaches time to properly plan practices.

## SUMMER ATTENDANCE POLICY & CAMPS

Our Summer Attendance policy runs from June 1<sup>st</sup> to July 31<sup>st</sup>, 2019. Historically, teams make their greatest strides in the summer because the athletes do not have homework or other school-related activities to deal with. We encourage all families to take time in the summer for family vacations and to attend church camp during June and July, with exceptions to mandatory choreography/camp dates. We will excuse up to 4 practices for vacations. You are expected to still communicate all absences to [absent@springcreekathletics.com](mailto:absent@springcreekathletics.com), at least two weeks in advance to allow coaches time to properly plan practices. SCA will be closed for Summer Break June 30<sup>th</sup>-July 7<sup>th</sup>, 2019. Requests submitted with less than two weeks' notice will be decided on a case-by-case basis. The last date for automatically excused summer absences is July 31<sup>st</sup>, 2019. It is mandatory that all competitive athletes attend Choreography Camp as explained below. Please plan your vacations accordingly.

## COMPETITION SEASON ATTENDANCE POLICY

From August 1<sup>st</sup>, 2019 until the last Nationals/Qualifier May 2020, the competition attendance policy will be in effect as we enter the competition season. Strict adherence and enforcement of the attendance policy is essential to team success. For last minute excused absences as outlined below, please email [absent@springcreekathletics.com](mailto:absent@springcreekathletics.com). It is normal for teams to be scheduled for extra practices throughout the year. The majority of the extra and/or extended practices will be called during National/Qualifiers season. To make these practices effective, we need FULL attendance; therefore, extra and/or extended practices are MANDATORY. \*By committing to the team, please understand that practices may often run longer than scheduled. Practices are not to be interrupted. The coaches will release them as soon as they are finished.

\*The following is a list of excused absences from a squad practice: Death in the immediate family, illness with fever or vomiting in the past 24 hours, any contagious illness (i.e.: lice, strep, flu etc....). School cheerleading functions will be given three excused absences. Any absences after the three for school cheer will be counted unexcused. A calendar of events from your school coach must be provided to your All-star Director at the beginning of each season. Last minute school cheer activities will be decided on a case-by-case basis.

One unexcused absence will result in a warning, two unexcused absences will result in a Parent Meeting, and a third unexcused absence will be grounds for dismissal from the team. Three tardies to a practice or SCA event equals one unexcused absence. Missing more than 15 minutes of a SCA event will result in an unexcused absence. If we do not receive a phone call or an email regarding an absence, we have the right to remove your athlete from the routine until further notice. A meeting with you and the coaches will be set up before your child returns to the routine.

**Injuries/Illness-** Injuries are, unfortunately, a possibility in this sport. We stress the importance of stretching and physical fitness at home in addition to their practices in order to decrease the risk of injury. If any team member is not able to participate due to injury or illness a doctor's note will be required or it will be considered an unexcused absence. If any team member is injured or ill and is unable to compete for competition, then we will place someone in their spot. We will not place someone in a routine who cannot participate 100%. You will not receive monies back for the inability to compete due to injury or illness.

## COMPETITION ATTENDANCE

**THERE ARE NO EXCUSED ABSENCES FROM A COMPETITION, PERFORMANCE OR SHOWOFF.** Every team member is expected to attend every scheduled SCA event. Any athlete that misses a scheduled SCA event may be removed from the program. In rare instances some teams may be required to compete/warm-up on a Friday afternoon/evening for a National Competition which may require some missed school time.

Prior to each competition, athletes will be given the following set of team specific time for each competition:

- Arrival time- when you must be present in the competition venue.
- Meet time- when your team is required to meet with a coach and congregate at a specific place. Athletes must leave all backpacks, purses, make-up, warm up jackets, pants, etc..., with parents at that time.
- Exception: If you are a crossover and need a bag to change, you may bring that with you.
- Warm up time- the time the event-hosting company has scheduled the team to warm up.
- Performance time- the time when the team is scheduled to perform.
- Awards time- the time of the awards ceremony that your team has been scheduled to receive its awards.
- It is mandatory that you attend awards.

# ATHLETE EXPECTATIONS

## RIGHT TO TRAIN, PRIVILEGE TO PERFORM

Tuition pays for training. It does not pay for the right to perform. Each team member earns the privilege to compete through dedication, desire and discipline. Every team member is expected to live up to certain standards for any team that they are a member of. Any team member who is not prepared to perform at the skill level of the team they are placed on may be moved to a team more suited to their level at any point of the year or lose their privilege to perform.

## UNIFORMS & MERCHANDISE

1. Rented SCA Uniforms are owned solely by Spring Creek Athletics, LLC. All uniforms are only to be worn to official Spring Creek Athletics events and competitions. All uniforms must be kept clean, neat, and hung up. SCA rented uniforms, which include the Top and Skirt are to be returned at the end of the season cleaned and in excellent condition. Any marks, tears, holes, rips, or stains shall render payment to Spring Creek Athletics LLC in the amount of \$450 which is the replacement value of the uniform.
2. Merchandise purchased at the competitions or elsewhere cannot be embroidered, printed, airbrushed, blinged, etc.... with the SCA or Spring Creek Athletics LLC, name initials or logo.

## COMPETITION

1. Athletes (competing, injured, alternates, etc....) are required to attend all competitions in their entirety. If parents are unable to stay for the whole competition, other arrangements must be made so that the athlete can stay. An athlete that is not 100% healthy two weeks prior to competition may not be choreographed into the routine. Athletes that are not able to perform the routine 100% may be asked to move to another team or be placed as an alternate until the appropriate skills are gained.
2. All athletes and their families are representing Spring Creek Athletics. Athletes and their families are expected to be on their best behavior. Any infractions, whether lack of sportsmanship, disobedience, or any other negative behavior towards our own team or another, may result in immediate dismissal from the All-Star program.

## PRACTICE BLACKOUT DATES

**ATHLETES WILL HAVE PRACTICE EVERY SINGLE DAY THE WEEK PRIOR AND THE WEEK OF NCA.**

An athlete is not allowed to miss two weeks prior to a National competition and one week prior to regionals. If a practice is missed during this time or during the "Blackout" dates listed on the SCA Calendar, then your athlete may be removed from the routine.

## DRESS CODE

### PRACTICE DRESS CODE

- All athletes are required to follow the practice uniform schedule.
- Cheer shoes must be worn at every practice.
- A sports bra must be worn under t-shirts.
- If practice clothes are lost, damaged, or outgrown you may purchase a new set.
- Athletes can purchase larger sizes or additional set of practice clothes at any time throughout the season.
- Hair should be worn up in a high ponytail, bow, with no hair in their face for safety purposes.
- We absolutely do not allow gum, candy, cell phones, or jewelry of any kind at practices. SCA is not responsible for jewelry if it is worn into the gym, removed for practice, lost or stolen.
- Fingernails should be kept short. Fake fingernails can be very harmful to the athlete and teammates and are strongly discouraged during the season.

### COMPETITION DRESS CODE

- Upon arrival athlete's must be in FULL uniform.
- Hair should be worn up in a high ponytail, bow, with no hair in their face for safety purposes.
- Athletes are to be in full uniform with current SCA t-shirt or warm ups over it.
- All athletes must stay in assigned uniform until completion of the awards ceremony.
- Hair and makeup are to be completed before arriving to the competition.
- Athlete should be competition ready from bow to toe upon entry to the venue.
- NO colored nail polish. Clear or French tip is only allowed.

*"Lazy people want much but get little, but those who work hard will prosper." Proverbs 13:4*



# ACCOUNTS & PAYMENTS

- Monthly tuition is drafted from your account on the 1<sup>st</sup> of each month. If for any reason your payment is not received, and your credit card cannot be charged, a \$25 late fee will be added to your account by the if not paid by the 10<sup>th</sup> of the month.
- Pricing for 2019-2020 is all inclusive pricing. Please see your SCA Quick Sheet for more information.
- All accounts must have a credit card on file. SCA accepts VISA, Mastercard and Discover.
- All returned checks will be billed a \$50 Bounced Check Fee.
- All money paid to SCA is non-refundable, non-transferable and/or un-assignable, regardless of the reason.
- **If an athlete quits or is removed/dismissed from the gym, all monies/items paid for will be forfeited. If the athlete quits the team all remaining fees are drafted immediately in full.**
- Full yearly fees are charged, regardless of the date joined.
- All accounts must be kept current in order to keep an active status on the team and classes.
- There are no refunds, prorating, etc. for missed practices and competitions.
- If your account is past due, SCA reserves the right to withhold services, privates, classes, open gyms, uniform, practice wear, warm-up, pro shop purchases, etc.
- Payment is due when services are rendered. You may not bill privates, pro shop items, snack cards, etc.... to your account.
- Every All-Star athlete will receive FREE OPEN GYM on Fridays from 6:00 pm to 7:00 pm.
- For questions regarding your cheer accounts and orders, please contact Melanie at [melanie@springcreekathletics.com](mailto:melanie@springcreekathletics.com).

# DISCOUNTS

## MULTIPLE SIBLING AND SCHOOL CHEER DISCOUNTS

In the All-Star Program, a family will only pay full tuition for their first athlete, all other siblings and school cheer leaders, will receive \$550.00 off their total yearly *tuition*. (only one discount can be used)

## REFERRAL CREDITS

Families will receive a \$100 credit on their account if they refer a new All-Star Cheerleader from outside of SCA. (Exhibition/All-Star Prep athlete is \$50). Note: The new family must recognize the referring family upon registration. Any cheerleader that refers a new student to SCA for any class or camp will receive a \$10 account credit.

## EARN ACCOUNT CREDITS

All-Star parents may earn a credit on their account by working in the SCA Snack Shack or other various duties. Contact Mrs. Bertha for details and application at [bertha@springcreekathletics.com](mailto:bertha@springcreekathletics.com)

# GYM RULES

Please treat our gym with respect and follow the gym's guidelines.

- You may not bring food into the gym
- Only coaches and athletes are allowed in the main practice area. Everyone else must stay in the spectator viewing area.
- SCA reserves the right to restrict anyone or everyone from the gym or viewing area at any time.
- Please be cautious in the parking lot as there are many children and lots of activity in the and around the area.
- Please avoid stopping anywhere other than the actual parking space for lengthy periods of time. This will avoid blocking our traffic flow during busy times. **DO NOT PARK OR STOP IN THE FIRE LANE. YOU WILL BE TOWED.**
- All athletes must wait inside the facility until they are picked up. Please be prompt when picking up your athlete.
- After dark, athletes are not allowed to walk across the parking lot without a parent. Please come inside to pick-up your athlete.
- Under no circumstances should any athlete be on or near any of the equipment without a coach or instructor present. Trampolines are only to be used by members and only one person at a time.
- Athletes are not to chew gum inside the gym at any time.
- Pets are NOT allowed in the facility.
- All lost items will be placed in our lost and found. Consider leaving valuables locked in car or at home. SCA is NOT responsible for any theft or damage to personal property and unattended items inside the facility or in the parking lot.
- NO profanity, abusive language, or inappropriate behavior. This includes on social media.
- Cheer shoes are always to be worn in the gym. NO bare feet, socks etc...
- All athletes must have a completed and signed Registration/Waiver form online.

# SCA CALENDAR 2019-2020

**\*The calendar is subject to change at any time during the season. It is your responsibility to keep up to date with any potential schedule changes**

## MAY

1<sup>st</sup> First Cheer Fees Drafted  
6<sup>th</sup> First Day of Practice Groups  
27<sup>th</sup> Closed for Memorial Day

## NOVEMBER

1<sup>st</sup> Monthly Tuition Drafted  
4<sup>th</sup> SCA Show Off  
27<sup>th</sup>-December 1<sup>st</sup> Closed Thanksgiving  
Expect Extra Practice Days  
Competitions TBA

## JUNE

1<sup>st</sup> Monthly Tuition Drafted  
1<sup>st</sup> Uniform Payment (to Boosters)

## DECEMBER

1<sup>st</sup> Monthly Tuition Drafted  
December 22<sup>nd</sup>-January 5<sup>th</sup> Closed for Christmas  
Competitions TBA

## JULY

1<sup>st</sup> Monthly Tuition Drafted  
June 30<sup>th</sup> – July 7<sup>th</sup> Closed for Holiday  
18<sup>th</sup> July Backpack fee drafted  
Teams Announced

## JANUARY

1<sup>st</sup> Monthly Tuition Drafted  
December 22<sup>nd</sup>-January 5<sup>th</sup> Closed for Christmas  
Required PAC Meetings  
Expect Extra Practice Days  
Competitions TBA

## AUGUST

1<sup>ST</sup> STARS first practice  
1<sup>st</sup> Monthly Tuition Drafted  
1<sup>st</sup> Mandatory Team Practices Start  
1<sup>st</sup> – 4<sup>th</sup> Elite Teams Choreography Camp  
7<sup>th</sup> – 10<sup>th</sup> Prep Teams Choreography Camp  
15<sup>th</sup> Warmup Jacket drafted  
30<sup>th</sup> USASF Fees Due Online  
Required PAC Meetings

## FEBRUARY

1<sup>st</sup> Monthly Tuition Drafted  
17th-25th EXTRA MANDATORY NCA PRACTICES  
26<sup>th</sup> NCA Gym Showoff  
27<sup>TH</sup> – March 1<sup>st</sup>  
Team Pictures TBA  
Competitions TBA

## SEPTEMBER

1<sup>st</sup> Monthly Tuition Drafted  
2<sup>nd</sup> Closed for Labor Day  
Extra Practices TBA

## MARCH

1<sup>st</sup> Monthly Tuition Drafted  
8th-15th Spring Break  
21<sup>st</sup> Cheerpalooza  
Expect Extra Practice Days  
Competitions TBA

## OCTOBER

1<sup>st</sup> Monthly Tuition Drafted  
Extra Practices TBA

## APRIL & MAY

April & May 1<sup>st</sup> Monthly Tuition Drafted  
April 4<sup>th</sup> 2020-2019 Cheer Tryouts  
April 10<sup>th</sup> – 12<sup>th</sup> Closed for Easter  
Post Season BID Competitions TBA