Trinity All Stars 2017-2018 Try out Packet

Information for All Stars, All Star Prep, and Show Team



Trinity All Stars Competitive Cheerleading

On behalf of our incredible staff, we welcome you. We have put our faith in Jesus Christ and this cheer program is for His glory. We love, learn and live around Christian values and we would love for you to be a part of our family.

The goal of Trinity All Stars is to develop each child into a leader as well as an athlete by coaching in an encouraging and positive environment. We hold our staff, athletes and parents to high standards of sportsmanship and integrity. As a faith and family oriented program, we are very proud of the life lessons taught along with the sport of cheerleading. We continue to hope our program will be recognized by the character, hard work, and love of our athletes and parents. We want you to come and let your light shine with us!

By His Grace,

Trinity All Stars Staff

Our Motto:

We are cheerleaders. We encourage, motivate, and lead others with a smile on our face and cheer in our hearts. We agree to learn and grow with each other. We agree to have fun and enjoy life. We agree to walk in grace and forgiveness with each other. And we agree to show the love of Christ to ourselves, our teammates and the world.



Try Outs!

All tryout participants will be required to perform a 2:00 minute routine. The video of the routine will be taught at 3 clinics prior to tryouts. The routine video will also be available on our website. www.trintyallstarsgym.com

Tryout Clinics

Monday May 1st-7:30-8:30 Wednesday May 3rd 7:30-8:30 Friday May 5th 7:30-8:30

All Star Tryouts

Saturday May 6th Ages 5-10: 12:30pm-1:30pm Ages 10+: 1:30-2:30pm

All Star Flyer Tryouts Saturday May 6th 2:30pm-3:00pm

Show Team Tryouts Saturday May 6th 12:00pm-12:30pm

All Star Prep Tryouts

Saturday September 23rd All ages: 1:00pm-2:00pm

Try Out Fees:

- Tryout Clinics \$10 each
- Returning Athletes \$15
- New Athletes \$35
- Flyer Try Outs \$20

WHAT TO BRING/WEAR

- Complete Tryout Packet
- Commitment Fee \$250
- Try out Fee
- Copy of Birth Certificate
- Wear: plain white shirt, black shorts, tennis shoes and a bow.



Overview: Cheerleading Information

All Star cheerleading is an exciting, fast-paced and strenuous sport scored by a panel of judges. Our sport is broken down into competitive levels by age and ability level. The United States All Star Federation (USASF) is the main governing presence in our industry, and Trinity All Stars chooses teams based upon the age and ability levels specified by USASF. All Star Cheer is a sport that requires the highest levels of commitment. If your athlete wants to be involved in other activities or sports our All Star Prep program is the best choice for them.

All Star cheerleading is scored based on the execution of tumbling, jumping, dancing, motion technique, tosses, stunting, performance and choreography. All are important in putting together a successful team. Athletes will be placed on teams based upon their age and abilities in all of the above mentioned categories.

We use the USASF levels as guidelines; strengths and areas of growth are evaluated on the individual level but also what is best for the team. It takes all types of athletes and skill sets to make a great team. We carefully and prayerfully consider each athlete and their team placement. Our goal is to place your athlete on a team where he/she will have fun and grow in his/her skills and character.

Levels and Expectations

Level 1 Back Walkover Front walkover Cartwheel Back Walkover Cartwheel Back Walkover Front Walkover Roundoff Backwards Roll Back Walkover Front Walkover Cartwheel Back Walkover Athletes must demonstrate 3 different jumps

Level 2

Back Handspring T-jump Back Handspring Back Handspring step out Back walkover Back handspring Step out Round off 3 Back Handspring Front walkover Round off 3 Back Handspring Round off BHS 1/2 turn round off 3 BHS Round off 2 BHS Back Handspring step out Athletes must demonstrate technical mastery of jumps. Athletes will demonstrate a triple whip jump combination.

Level 3

Standing 3 Back Handspring Toe Touch Back Handspring Aerial **Standing 2 BHS Back Handspring** step out **Round Off Back Tuck Round off Back Handspring Back** Tuck Front walkover Round off 2 Back **Handspring Back Tuck Punch Front Punch Front 2 step Round off Back** handspring Back tuck Jumps: Athletes must demonstrate technical mastery of jumps. Athletes will demonstrate a triple whip jump combination with at least a level toe touch.

Level 4 **Standing Back tuck 3** Back handspring back tuck **Round off Back Handspring Back** Lavout Front walkover Round off 2 Back **Handspring Back layout** Punch Front step out round off back Handspring layout Punch Front 2 step Round off Back handspring Back tuck Athletes must demonstrate technical mastery of jumps. Athletes will demonstrate a triple whip jump combination and a toe touch back tuck.

Policies and Procedures

2017-2018 Team Practices: Start week of May 8th

*The coaches reserve the right to add or remove any athlete to any team at any point in the season.

Camp Copass: June 2nd-4th

Choreography dates are very important and require mandatory attendance.

All Star Dates for choreography: July 31-August 3

Show Team Choreography: TBD

Prep Team Choreography: TBD

All Star Competitive Cheerleading is a "select" sport. It takes a full commitment from both the athlete and the family. Both parents and the athlete must be aware of the attendance requirements. The team and individual can only be successful with everyone at practice. <u>Absences:</u> We require a 7 day advanced notice of any absence. Fill out an absence request form and give to your coach for approval.

Excused absences: A family emergency, school graded function or activity. All other absences such as, but not limited to: additional sports, dances, concerts, banquets, recitals, socials, family celebrations, birthdays, homework/ studying are unexcused. An unexcused absence may result in a fee and/ or the athlete being removed from the team.

Competition Attendance: THERE ARE NO EXCUSED ABSENCES OR TARDIES FOR A COMPETITION. Each athlete is allowed 1 tardy to a competition, we understand things happen. However, if there is more than 1 tardy a fee of \$50 will be assessed.

<u>Practice Clothes:</u> Every athlete will be fitted for practice clothes at tryouts. Practice clothes are mandatory. Athletes must be in practice clothes for all weekly practices.

Please have your athlete read and sign the Athlete Code of Conduct. And, please read and sign the Parent Code of Conduct

Holidays/ No Practice:

Memorial Day-

Monday May 29th

Summer Break-

June 18th-July 16th

<u>Labor Day-</u>

Monday Sept. 5th

Thanksgiving Break-

November 20th-November 25th

Christmas Break-

December 20th-January3rd

Spring Break 2018-

March 11th-March 17th





Athlete Code of Conduct (please initial each code)

I am aware that this is a commitment and I will participate in all practices and competitions throughout the season. I understand that a team is depending on me to fulfill their goals as an All Star cheerleader.

I will be a positive role model for my teammates and will encourage them by showing respect and courtesy. I will demonstrate a positive attitude towards all athletes, coaches, and spectators at every practice and competition. This includes Facebook, Twitter, or any other social media.

I will maintain a positive attitude and try to the best of my ability. I will be a humble winner and a gracious loser. #DUBLSWAG

I understand that I must wear the proper practice attire including: practice clothes, with my hair up and shoes on. I will only wear Trinity Allstars clothes. If I do not, it will result in conditioning.

I understand and agree to only take tumbling, tumble, stunt, cheer related classes, or private lessons at Trinity All Stars.

All routines/choreography should not be shown or discussed with others. Routines should not be taught to anyone without consent from Trinity All Stars Staff, this includes any and all portions of music selections. NO VIDEOS of routines should be uploaded to any social media without the cheer director's consent.

I will arrive at all competitions on time in full uniform with hair and make-up complete. Arriving late to a competition more than once will result in extra conditioning and a \$50 fee.

I understand that if I receive more than 8 excused absences, or more than 1 unexcused absence I could lose my spot in the routine, or lose the right to compete at the next competition. Continued absences will result in removal from the team.

I understand that breaking any of the codes of conduct may result in suspension or removal from the Trinity All Stars squad.

I understand that signing my name below means that I must remain a part of the team for the entire season. Quitting is not an option. If I am injured I understand that I must still come to practice and participate however I can.

Date _____

Parent Code of Conduct (please initial each code)

I understand that this is a 12 month commitment and will do everything in my ability to enable my child to participate in all practices and competitions throughout the season. I understand that a team is depending on my child to fulfill his/her responsibilities as a team member. I will do all that is necessary to get my child to practices and competitions.

I will be a positive role model for my child and will encourage good sportsmanship by showing respect and courtesy. I will support all athletes, coaches and spectators at every practice and competition.

I will respect the coaches during practices and competitions and will not question or confront the coaches during practice or a competition. I will not pull my child out of practice without communicating with the coach. I will take the time to meet with coaches in private. This includes being disrespectful on Facebook, Twitter, or any other social media.

I will maintain a positive attitude by remembering that children participate in cheerleading to have fun. Doing our best is more important than winning. I will encourage my child to be a humble winner and a gracious loser. I will not speak negatively of other children, coaches or the program.

I understand that my child must wear the proper practice attire to every practice, including; practice clothes, hair up and shoes. I understand that my child must arrive in uniform with hair and makeup complete to every competition. After one competition tardiness, there will be a \$50 fee.

I understand that the coaches reserve the right to suspend my child's participation indefinitely in practice or competition as a disciplinary action if any rules, policies, or code of conduct are not followed.

All designs bearing the Trinity All Stars name or logo must be approved by Leslie. Anything created without managerial approval cannot be worn or sold independently.

Any money awarded to teams at competitions will go toward the entire Trinity All Stars program. I understand that all money raised through fundraising is property of Trinity All Stars. Funds received will be credited toward your account. If you choose to leave the program fundraising money will not be refunded.

I will attend parent meetings, read e-mails and check Facebook for updates and current information.

I understand that if my child receives more than 8 excused absences, or more than 1 unexcused absence they could lose their spot in the routine, or lose the right to compete at the next competition. Continued absences will result in a fee or removal from the team.

I understand that if my child receives an unexcused absence, consequences will be determined by the coach. Consequences include but are not limited to conditioning, required private lesson, or a \$50 fee. If an athlete fails to notify their coach of their absence prior to the start of practice and "No shows" the practice or multiple absences occur there will be consequences. Consequences include but are not limited to conditioning, required private lesson, a \$50 fee or a change in the athlete's role in the routine through loss of spot in formations and/or changed stunting roles.

I understand that if my child chooses to leave the program prior to the completion of the season, or if my child is asked to leave the program for any reason other than family relocation or severe injury, I will be liable for all fees incurred for the remainder of the season. Including mandatory fess and the remainder of the monthly tuition for the entire 12 month season.

Parent signature_____ Date_____

I agree to pay all fees including any remaining tuition for the 12 months tuition if my daughter quits for any reason midseason: Signature:_____

Total Cost

<u>Fees</u>	<u>All Stars</u>	<u>Mini Team</u>	<u>Show Team</u>	<u>Prep Team</u>
Monthly Tuition	\$185.00 6 hours	\$165.00 4 hours	\$110.00 2 hours	\$140.00 3 hours
Optional Tumble Class	Free	Free	\$32.50	\$32.50
Uniform and Bow	\$400.00	\$400.00	\$275.00	\$275.00
USASF Registration Fee	\$35.00	\$35.00	\$35.00	\$35.00
Choreography and Music	\$400.00	\$400.00	\$300.00	\$300.00
Competition Fees	\$739.00	\$739.00	\$330.00	\$330.00
Coaches Fees	\$120.00	\$120.00	\$75.00	\$75.00
Team Parties	\$75.00	\$75.00	\$75.00	\$75.00
Practice Clothes	\$100.00	\$100.00	\$65.00	\$65.00
Summer Camp	\$115.00	\$115.00	N/A	N/A
<u>Total Mandatory</u> <u>Fees:</u>	<u>\$1584.00</u>	<u>\$1584.00</u>	<u>\$880.00</u>	<u>\$880.00</u>

All Star and Mini Team Payment Options

*The \$250 commitment is credited towards your mandatory fees

Option 1: Pay up front plan: If you pay your mandatory fees in full on May 8th you will receive a \$10 discount off your monthly tuition.

1 st of every month:	<u>\$175.00</u>
May 7th Tryout Fee:	\$15.00 for returning athletes
	\$35.00 for new athletes
May 6th Commitment Fee:	\$250.00
May 8th:	\$1334.00
July 17th :	\$400.00
<u>Uniform</u>	1 3 - AV
Option 2: Mandatory fees paid in 5 paymen	nts
Option 2: Mandatory fees paid in 5 paymen 1 st of every month:	nts \$185.00
1 st of every month:	\$185.00
1 st of every month:	\$185.00 \$15.00 for returning athletes
1 st of every month: <u>May 6th Tryout Fee:</u>	\$185.00 \$15.00 for returning athletes \$35.00 for new athletes



August 15th:

October 15th:

November 15th:

September 15th:

\$266.80 Third Payment

\$266.80 Fourth Payment

\$266.80 Fifth Payment



Show Team Payment Options

*The \$250 commitment is credited towards your mandatory fees

Option 1: Pay up front plan: If you pay your mandatory fees in full on May 8th you will receive a \$10 discount off your monthly tuition.

1 st of every month:	\$100.00	
May 6th Tryout Fee:	\$15.00 for returning athletes	
	\$35.00 for	
<u>new athletes</u>		5.0
May 6th Commitment Fee:	\$250.00	1
May 8th:	\$630.00	
July 17 th :	\$275.00	1
<u>Uniform</u>		-

Option 2: Mandatory fees paid in 4 payments

1 st of every month:	\$110.00
<u>May 6th Tryout Fee:</u>	\$15.00 for returning athletes
	\$35.00 for new athletes
May 6th Commitment Fee:	\$250.00
June 15th:	\$157.50 First payment
July 17th:	\$275.00 Uniform
August 15 th :	\$157.50 Second Payment
<u>September 15th:</u>	\$157.50 Third Payment
October 15 ^{th:}	\$157.50 Fourth Payment



Prep Team Payment Options



*The \$250 commitment is credited towards your mandatory fees

Option 1: Pay up front plan: If you pay your mandatory fees in full on May 9th you will receive a \$10 discount off your monthly tuition. Cash or check greatly appreciated.

1 st of every month:	<u>\$130.00</u>
September 23rd Tryout Fee:	\$15.00 for returning athletes
	\$35.00 for new
athletes	
September 23rd Commitment Fee:	\$250.00
November 1st:	\$595.00
November 15th:	\$275.00 Uniform
Option 2: Mandatory fees paid in 3 paymen	ts
1 st of every month:	<u>\$140.00</u>
September 23rd Tryout Fee:	\$15.00 for returning athletes
	\$35.00 for new athletes
September 23rd Commitment Fee:	<u>\$250.00</u>
November 1st:	\$275.00 Uniform
November 15th:	\$198.34 First payment
January 15th [:]	\$198.34 Second Payment
<u>February 15th:</u>	\$198.34 Third Payment

All Stars Tentative Competition Schedule

Competition	<u>Date</u>	Location
Cheer Power Halloween Holiday	10/28/2017	Frisco
NCA North Texas Division 2	11/5/2017	Dallas Convention Center
NCA Holiday Classic	12/2/2017	Frisco
United Cheer	1/20/2018	Garland
Redline Premier	2/11/2018	Garland
NCA NATIONALS	2/24-25/2018	Dallas Convention Center
Redline Premier	3/4/2018	Garland
Cheer Power	4/7/2018	Grapevine



Show and Prep Teams Tentative Competition schedule

Competition	Date	Location
United Cheer	1/20/2018	Garland
Redline Premier	2/11/2018	Garland
Redline Premier	3/4/2018	Garland
Cheer Power	4/7/2018	Grapevine

Important Dates:

May 6th-Tryouts May 8th: All Star Group Practice Begins June 2nd-June 4th: Camp Copass June 18th-July 16th: Summer Break July 17th: All Star Uniform fitting July 24th-July 29th: Team spirit week July 31st-August 2nd: All Star Choreography August 12th: Mother Daughter Tea Party Sept 23rd-Prep Team Tryouts December 16th-17th: Christmas Party Sleepover



Trinity All Stars Liability Release and Waiver Form

Minor's Name	Name of Parent or	
Guardian	_	Trinity All Stars
Parent		
Email		
Address	Activity: Recreational Classes/	Competitive Program
City, State, Zip	Activity: Birthday Party/ Clinic/ C	Other Events
Daytime Phone:	Emergency Contact/Phone	

Liability Release: For good and valuable consideration, the receipt and sufficiency of which are hereby acknowledge, , as parent or legal guardian of Ι.

(hereinafter "Minor"), hereby grant permission necessary to allow Minor to participate in the above activity to be conducted by Trinity All Stars. I, in my own behalf of Minor, further agree to release and to hold harmless Trinity All Stars. I will not hold the respective directors, officers, representatives, members, agents, and employees of Trinity All Stars and their respective affiliates (hereinafter collectively "Releases" from any and all liability whether caused by negligence of the Releases or otherwise for any claim, judgment, loss, liability, cost and expenses (including, without limitations, attorney's fees and cost) arising out of or connected with the activity, including any claim arising out of or connected with any illness or injury (minimal, serious, catastrophic and/ or death) that Minor may incur or sustain during the activity, all events associated with the activity and while traveling to and from the site for the activity whether or not the activity actually occurs. I further expressly agree to indemnify and hold harmless Releases and Releases' heirs, successors, assigns, executors and administrators against loss from any further claims, demands or actions that may subsequently be brought by Minor or by any other persons on the account of damages of any character resulting to Minor in anyway from the foregoing activities. I further agree to reimburse Releasees any loss or costs Releasees may have to pay as a result of any such action, claim or demand.

Medical Release: I, in my own behalf and on behalf of Minor, acknowledge and agree that such participation subjects Minor to possibility of physical illness or injury (minimal, serious, catastrophic and/or death) and that I, in my own behalf of Minor, acknowledge that Minor is assuming the risk of such illness or injury by participating in the activity. In the event of such illness or injury, I authorize Trinity All Stars to obtain necessary medical treatment for Minor and herby, in my own behalf and on behalf of Minor, release and hold harmless Releasees in the exercises of this authority. I further acknowledge and understand that I will be responsible for any and all medical and related bills that may be uncured on behalf of Minor for any illness or injury that Minor may sustain during the activity and while traveling to and from the site for the activity whether or not the activity actually occurs.

I represent that any medication to which Minor is allergic or medications that Minor is currently taking are listed below. I agree that Minor shall bring medications which Minor is currently taking with him/her to the activity and that he/she shall consume the prescribed dosage for such medications. Medications (if any):

Allergic to (if any):

I acknowledge that the Minor suffers from the following condition:

I, in my own behalf and on behalf of Minor, hereby warrant that I have read this Participant Release and Waiver Form in its entirety and fully understand its contents. I, in my own behalf and on behalf of Minor, am aware that this Participant Release and Waiver Form releases Releasees from liability and contains an acknowledgement of my voluntary and knowing assumption of the risk of injury or illness. I, in my own behalf and on behalf of Minor, further acknowledge that nothing in this Participant Release and Waiver Form constitutes a guarantee that the activity will occur. I, in my own behalf and on behalf of Minor, have signed this document voluntarily and of my own free will.

Signature of Parent of Legal Guardian: X Date:	
Relationship to Minor:	Minor Birthdate:

. a minor

Trinity All Stars 207 James Street Roanoke, TX 76262 trinityallstars.cheer@gmail.com`

Athlete Information and Release

Athlete Name(s):	
DOB:Address:City/ State/ Zip:	Main phone #:
Parent 1 Name: Parent 1 E-mail:	
Parent 2 Name: Parent 2 E-mail: Parent 2 Cell #:	Parent 2Work #:
Emergency Contact and Number:	
Insurance Company Medications/Allergies	
Doctor	Phone

How did you hear about Trinity All Stars?







Credit Card Authorization and Release

*I authorize Trinity All Stars to use photographs, video, and/or other likenesses of my child for use in its promotional material, print and online, or sales and waive any rights of compensation or ownership thereto.

*I understand the first month's tuition as well as the yearly registration will be required to be paid in full when registering for activities at Trinity All Stars. I understand that I must give 30 days written notice in advance of dropping any class/activity at Trinity All Stars.

*I understand all monthly tuitions at Trinity All Stars are due on the 1st day of each month. I understand that it is my responsibility to make sure Trinity All Stars receives my full monthly tuition including any unpaid balance on my account on or before the 10th day of the month. I understand I will be charged a \$15 late fee if my account is not paid by the 10th of the month, and athlete may be withheld from participating in activities at Trinity All Stars.

*I understand I must pay an annual registration fee of \$35per athlete/ \$60 per family to enroll in any activities at Trinity All Stars.

*I understand any payment on my account returned unpaid for any reason(NSF, expired CC) will incur a \$25.00 NSF fee and a \$15 late fee. I understand Trinity All Stars does not refund tuition for ANY REASON.

*Absence policy: Makeup classes may be given depending on class availability. There will be no makeup classes or proration for any holidays. Trinity All Stars follows the Northwest ISD schedule.

I have read, understand and execute this release and acknowledgment:

Parent/Legal	Guardian	Signature:	
	0	~-B	

_ Date: _____

I authorize Trinity All Stars to charge my credit card monthly for tuition:

Cardholder Signature:				Date:
Type of card: (circle one)	Visa Maste	erCard Discover	AmEx	
Cardholder Name:				
Card Number:				
Expiration Date:		Billing zip co	de:	

USASF Registration Information

Parent User Information

Username:_____

Parents should enter their email address as their username if it meets the requirements below.

Usernames must be at least 5 characters but no more than 30 characters. Usernames are not case sensitive.

Parent User Email:_____

Password:_____

(Passwords must be 8 characters in length. Passwords are case sensitive.)

First Name:_____

Last Name:_____

Primary Phone:_____

Current Address:_____

Current City:_____

Current State:_____

Current Zip Code:_____

Athlete Information

* Add first and last name as it appears on the athlete's birth certificate

First Name_____

Last Name_____

Email_____

If the athlete does not have their own email address, enter the parent email.

Birth Date:_____

Age as of August 31, 2016_____

Concession Stand Agreement

I **GIVE** my child ______ permission to purchase food and drinks from the concession stand. I understand that any outstanding charges will be placed on my monthly tuition bill at the end of each month. I agree to pay these charges in full.

Parent Name:	
Parent Signature:	Date:
I DO NOT GIVE my child food and drinks from the concession stand.	permission to purchase
Parent Name:	
Parent Signature:	Date:

My child is not allowed to purchase or is allergic to the following items:

1	
2	
3	
4	



