



All Star Cheer Handbook
2005 - 2006

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Dear Excite! All-Star Candidates and Parents:

We are so excited! about your interest in our All-Star program. As we prepare for our 4th season, we feel this year will be the most exciting and competitive yet. This past year we have enjoyed great success and we have achieved our goals and more. We “believe” in our ability and set standards for our teams to challenge all competitive cheer programs. We look forward to every new year and the ability to train, teach and experience the sport of competitive cheerleading together.

Excite! began it's first season in 2002-2003 with 3 competitive squads and one non-competitive. In 2003 – 2004 we had 5 competitive and one non-competitive. In our 2004 – 2005 season we expanded to 7 competitive teams with one non-competitive team. This coming year, we will offer 3 training teams for ages 4 ½ through high school in addition to our existing competitive and exhibition teams. Our team ages range from 4 years – High School. Excite! is the premiere cheerleading program in Flower Mound, Highland Village, Lewisville and South Denton. We are dedicated to the sport of cheerleading and our athletes. We feel that no other sport will better prepare your child for future challenges than competitive cheer, a true team sport.

We credit Excite!'s success to the cooperative efforts of our parents, the coaches, office staff, and the cheerleaders that attend our program. We are truly a team at Excite! where the only word is “we”. Our program is designed around the fun and reward of working hard as a team. We hold strongly to values of having a good reputation in the industry and in our community and respect from fellow programs. We are committed to the highest level of quality training so to prepare our cheerleaders for future opportunities. We are competitive but serious about having FUN!

Excite! has set standards of excellence that we will continue to maintain. We want you to have the opportunity to understand all that is involved in an All-Star program and the commitment your family has to be willing to make to be a part of our Excite! All-Star program. As with any team sports, we are only successful with 100% commitment of all parties involved.

Please read the following information that we have prepared for you. If you have any further questions please feel free to call 972-874-8500 or e-mail us at Info@excitegymandcheer.com.

We thank you for your interest in becoming a part of our Nationally Award winning program. Good luck at Try-outs.

Sincerely,

**Julie Hutchens
Excite! Gym and Cheer owner**

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EXCITE! 2005-2006 TEAMS

At Excite! you try-out for the Excite! company, not a specific team. This year there will be new teams and changes to our existing teams, in terms of skill requirements, practice schedules and competition divisions. There are NO pre-defined teams and competition divisions will not be decided until after tryouts and teams are formed. We are going to form the best possible teams based on the overall talent, not on current team rosters.

If you are trying out for our company with the thought that you will only participate if you are on a specific team or under a specific coach, please do not tryout. During the tryout clinics and tryouts themselves, the coaches are assessing each cheerleader in terms of skill, leadership, work ethic and overall attitude. Each team will be formed based on the collective experience of the coaches as to what will make the most successful team and cheerleader.

Your trust and confidence in Excite! is very much appreciated. There are so many sides to designing a winning gym and teams that we appreciate your confidence in our knowledge and experience.

As with last year, you may make a team with the condition of achieving certain skills. We will be re-testing in August for tumbling skills and stunt groups. If at this time, you are not achieving your individual or team skills and goals, you may be moved to an alternate status or training team until the goals are met.

The gym may add cheerleaders during the season. Individuals that are added after the season starts must have the equivalent skills and did not participate in the regular try-out only due to special circumstances (example: moving here, transferring from another sport, etc.)

FIRECRACKERS

In the upcoming year, the Firecrackers will have two squads, Firecrackers and Firecrackers Training Team. The current Firecrackers will become a competitive squad with 1 exhibition, 1 competition, the Flower Mound Christmas parade and the '06 pep rally. Firecrackers will workout twice a week for 1 ½ hours for a total workout time of 3 hours. The training team will perform in the parade and pep rally.

All cheerleaders interested in either Firecrackers team are invited to participate in a Firecrackers Camp/Tryout clinic Thursday, March 24th thru Saturday, March 26th. The times are 9:30 AM to 12:00 noon. A mid-morning snack will be provided. At the end of the camp, all cheerleaders will be evaluated. If the coaches feel that someone should do the company tryout, the parents will be advised. There will also be a Parent Meeting on the 26th from 11:30 AM to 12:00. All team rosters, including Firecrackers will be posted on Sunday, April 10th.

TRAINING TEAMS

This year we will be adding training teams to our roster. These teams are available to those cheerleaders that want to learn and train to be an all-star cheerleader without the stress of competitions and the costs associated with competitive cheerleading. There will be three training teams: Firecrackers for cheerleaders 4 to 6, Youth for cheerleaders 1st through 4th grade and Junior/Senior for cheerleaders 5th grade and up.

The Youth and Junior/senior training teams will have team workouts two times a week for 1 ½ hours each, for a total of 3 hours a week practice time. This time will also include tumble training. Youth and Junior/Senior training team gym tuition is \$100.00 per month. The Firecrackers training team

will meet once a week for 1 ½ hours, this time will also include tumble training and tuition will be \$75.00 a month.

The training teams will participate in the Flower Mound Christmas parade and the '06 Pep Rally, but they will not do exhibitions or competitions. They will be required to purchase a workout uniform, including shoes with an estimated cost of \$25 - \$50.

There is the possibility that a member of a training team will be ask to compete with a squad during the competition season. In this event, the training cheerleader will attend the normal team practices and any extra practices. They will be required to pay the competition entry fee, but no other team expenses, i.e. uniform purchase, spirit club fees or team tuition. If the training team member is invited to join a competitive team, then full team expenses will go into effect.

TEAM SCHEDULE

The practice schedule for the teams will be posted with the tryout results. There will be some teams that will practice on Sunday afternoons. This is as a result of many parent requests and the anticipation of adding additional teams. If a cheerleader is assigned to a team that practices on Sunday, and that time frame is not possible for you, you may decline the team without any contract consequences.

In terms of this year teams, practice schedules will be:

- Elite through Spirit will have two team workout times at 2 ½ hours each, plus a tumble class for a total gym time of 6 hours per week.
- Sparklers will have two team workout times at 2 hours each, plus a tumble class for a total gym time of 5 hours a week.
- Firecrackers and the new youth and junior/senior training teams will workout twice a week for 1 ½ hours each for a total gym time of 3 hours a week. Tumble training is included in this time.
- Firecrackers training team will workout once a week for 1 ½ hours.

The week of April 10th will be considered a Excite! Cheer Company practice week. Each team will meet together, participate in team development activities and generally use this time to get to know each other. Additionally, this week will be used to reschedule cheerleaders tumbling classes, if required. A detailed schedule of this week will be available by 2/14/2005. Teams will begin normal practice the week of April 17th.

Full April tuition will be due the week of April 10th and your team commitment will be from April 10 2005 through March 31, 2006.

TRYOUT PROCESS

Tryout clinics will be Sunday, April 3rd through Friday, April 8th. Actual tryouts will be Saturday, April 9th with results posted on Sunday, April 10th via the Excite! web site. The results will also be posted on the windows at Gym X2 on Monday, April 11.

Tryout cost will be \$50.00. This includes all tryout clinics as well as the tryout session. Payment is due with the tryout registration. Once the tryout clinics have started, the tryout fee is non-refundable.

Each cheerleader participating in tryouts must have an updated Excite! waiver and policy sheet signed prior to the start of the tryout clinics. Also, all existing gym and spirit club fees must be current.

At each tryout clinic the same mandatory tryout routine will be taught. The routine includes dance, cheer and jump sequences. The cheerleaders will be divided by school-age groups and a cheerleader may attend all or any of their age group sessions.

Tryout clinics will not focus on tumbling skills. Each cheerleader should be prepared to perform their best tumbling sequence at tryouts. The tryout time is not the time to be learning new tumbling skills; it is to showcase what the current skills are.

The dress code for tryouts is black shorts and white tee shirt or white based "Excite!" tee shirt.

Detailed clinic and tryout schedules will be available by 2/14/2005.

Prior to tryout week, there will be three scheduled parent meetings. These meetings give parents the opportunity to learn about our all star program and ask any questions to help make the decision to participate in the tryout process or not. Attendance at one of these meetings is highly suggested, even for returning cheerleaders. The scheduled meetings are:

- **Sunday, February 20th at 1:30 PM or 5:30 PM in Gym X2**
- **Friday, April 1st at 6:30 PM in Gym X2**

At the tryout session all cheerleaders will be evaluated using the same score sheet. Below is an example of the score sheet with potential deduction values:

- 1. Running Tumbling (spotting deduction = -0.5)**
 - **Beginning level**
 - **Intermediate level**
 - **Elite level**
 - **Optional pass**
- 2. Standing Tumbling (spotting deduction = -0.5)**
 - **Beginning level**
 - **Intermediate level**
 - **Elite level**
 - **Optional**
- 3. Jumps**
 - **Technique**
 - **Height**
 - **Sharpness**
 - **Timing in series**
- 4. Dance and Cheer**
 - **Memorization**
 - **Rhythm and Timing**
 - **Projection**
 - **Technique**
 - **Motions**

The judges will be selected by Julie and be comprised of the gym coaches and, potentially, outside experts.

CAMPS

There will be three in-house camp sessions. The dates are:

- 1. April 30th – May 1st – all team, except training teams & Firecrackers**
- 2. June 2nd – June 3rd - - all team, except training teams & Firecrackers**
- 3. July 29th – August 1st - all teams, except training teams**

Each in-house camp session will cost \$30.00. Detail session times will be available 2/14/2005.

Squads with 6th graders and up will attend an away camp June 19th – June 22nd or 23rd. The camp is right outside of Austin and is a 3 – 4 hour drive from Flower Mound. We realize that the 19th is Father’s Day, but the camp is a great location to have some family time before you have to drop off your cheerleaders.

Squads with 1st through 5th graders will attend a commute camp. ACA has not yet set their schedule, but we anticipate the dates to be around June 24th.

COMPETITIONS

The competition schedule will be set by the end of September. Each competitive team, except Firecrackers, will attend 5 – 6 local competitions and 2 – 3 nationals. 1 – 3 of these competitions will be traveling trips, with potential airfare for one of them. Firecrackers will attend one competition as an exhibition squad and one as a competitor.

UNIFORMS

All competitive teams will purchase new camp and competition uniforms, except Firecrackers competitive team who will keep their existing competitive uniform. We have contracted with Varsity uniform company to supply our new competition uniforms and as a part of the contract, they will give you credit for any parts of your existing uniform that you would like to turn in. The credit amount will be determined by the uniform piece and the age of the piece, i.e. 1, 2 or 3 years old, and the condition. Prices will be set by Varsity. Details for this “buy back” will be available by 2/14/2005.

FINANCIAL RESPONSIBILITIES

All financial obligations to the cheer program are from April 2005 through March 2006.

If a cheerleader decides to quit the program after uniforms have been ordered, a \$500.00 fee will be added to your account until all camp and competition uniforms have been donated back to the gym. After the gym receives the uniforms, the \$500.00 will be credited back to you.

If a cheerleader decides to quit the program after April 30th a \$1000.00 charge will be added to your account until all camp and competition uniforms have been donated back to the gym. After the gym receives the uniforms, \$500.00 will be credited back to you.

Gym Costs		
Gym tuition	Teams with 6 hours per week	\$160.00 per month
	Teams with 5 hours per week	\$130.00 per month
	Teams with 3 hours per week	\$100.00 per month
	Teams with 1 ½ hours per week	\$75.00 per month
Uniforms	Competition	\$200 - @275
	Shoes	\$25 - \$50
	Camp/Workout	\$100 - \$125 (total, includes an outfit for each camp day)
Camp	In – house camp (3 sessions)	\$30.00 per session
	Camp	\$150.00 - \$250.00
Spirit Club Managed Cost		

Dues	Based on spirit club budget	\$20.00 - \$30.00 per month
Competition fees	Local	\$35.00 - \$45.00 per competition
	Nationals	\$75.00 - \$150.00 per national
Cheerleader Managed Costs		
Travel	Estimated per cheerleader:	
	Air Fare \$200 per person	\$400.00
	Hotel 3 days @\$140.00	\$420.00
	Food 3 days @\$100.00	\$100.00
Discretionary Items	Examples:	
	Parent spirit shirts	\$10.00 - \$25.00
	Duffle bag/Back Pack	\$20.00 - \$40.00
	Yard sign	\$30.00

STANDARDS OF BEHAVIOR

- 1) **All team activities, including practice, camp and competitions are required attendance and are considered mandatory.**
- 2) **To request an exception or absence, an Absent Request Form (ARF) must be submitted to your coach one week prior to the missed event. It will be returned to you with a consequence documented if one is needed. This form is obtained via the website, at the office or at Gym X2.. If the absence adversely hinders the team, i.e. right before a competition the coach may assign you to an alternate status or a training team.**
- 3) **For an illness or family emergency absence, a phone call must be made to the gym prior to the missed event and an absence request form will be due the day you return to squad.**
- 4) **All cheerleaders are expected to put 100% effort into each practice and competition. Less than that effort affects the total team and based on coaches discretion, a consequence maybe applied. Consequences may included being assigned to go to a private, clinic, or moved to alternate status or a training team.**
- 5) **All cheerleaders and parents are not to engage in any negative talk concerning another cheerleader, coach, Excite!, other gym, etc. Any negative conversations, either verbal or via email will be dealt with by Julie, and may result in a cheerleading being removed from the cheer program.**
- 6) **Abusive or negative behavior of any type at the gym, competitions or other events by either cheerleaders or parents will be grounds for dismissal from the cheer program.**
- 7) **All cheerleaders are expected to be on-time and in full uniform for each event or competition. Any and all jewelry must be removed prior to practice or competition.**
- 8) **Cell phones must be turned off prior to practice starting.**
- 9) **No smoking, drinking of alcoholic beverages or use of drugs. This will warrant immediate dismissal from the squad.**
- 10) **Challenging the authority of the coach or any person in charge by a student or parent will be an automatic dismissal from the team.**
- 11) **Respect the coach's personal time and the gym schedule. If you need to discuss your cheerleader with the coach, please leave them a note or send an email to set up a meeting time.**
- 12) **All gym and spirit club fees are payable upon receipt. Please talk with us if there is a family situation.**
- 13) **The Excite! name or logo is not to be reproduced on any items purchased outside of the Excite! Proshop.**
- 14) **It is essential that cheerleaders, parents, coaches and the gym have constant, productive communication. It is the responsibility of each cheerleader to check the hotline and take home papers distributed in their mailbox. If you have questions, concerns or issues, please make sure that you ask the appropriate person.**

Excite! Cheer All-Star Contract

My cheerleader and I understand that being in the Excite! Cheer company is a privilege.

I, _____ team member of the Excite! All Star cheer company have read these policies and procedures and agree to uphold them during the 2005– 2006 season. I recognize that failure to do so will result in me being assigned an alternate status on my team, assigned to a training team or being ask to leave the program.

I, _____ parent of _____ have read these policies and procedures and agree to uphold them during the 2005 – 2006season. I recognize that failure to do so will result in my child’s being assigned an alternate status on her/his team, assigned to a training team or being ask to leave the program.