

EXCITE! GYM AND CHEER  
HANDBOOK ADDITIONS AND CORRECTIONS  
APRIL 1, 2004

Firecrackers: Will not need to be members of the Excite! Spirit Club. Each parent will pay exhibition and competition fees. They will be billed through the gym. Coaching fees for attending the competitions will be paid by the gym. The Firecracker team will be required to purchase a skort, shoes and two of the designated camp t-shirts. See attached for for cost. They will need to attend One Stop Shop for sizing on April 30<sup>th</sup>.

Training Teams: You will be able to request Training team only at try-outs. They must still attend the try-outs to be considered for the training team.

They will need to purchase a skort and a designated t-shirt. They will need to attend One Stop Shop for sizing on April 30<sup>th</sup>.

Team Schedule:

Firecrackers Training Team: 10:30-12:00 Saturday

Firecrackers: 4:00-5:30 Wed and Friday

Sparklers: Monday and Friday 4:00-6:00 (6:00 Mon flyers) (6:00 Fri assist)

Dynamite: 4:00-6:00 Tuesday (6:00 assist) and 1:00-4:00 Sunday (4:00 flyer)

Possible New Youth team (novice or limited) will not compete NCA but will do a Nationals

Spirit: 5:00-7:30 ( Monday (4:30 assist) and Thursday (4:30 flyer)

Rockets: Thursday 5:00-7:30 (4:30 flyer) and Sunday 3:00-5:30 (assist 2:30)

Power: Wednesday 5:00-7:30 (4:30 flyer) and Sunday 12:30-3:00 (assist 2:30)

Explosion: Tuesday 7:00-9:30 (6:30 assist) and Sunday 2:00-4:30 (1:30 flyer)

Elite: 7:00-9:30 Monday (6:30 flyer) and Wednesday (6:30 assist)

**\*\* All competition teams except Firecrackers will have a designated flyer class and stun/tbl assist time added to their squad times. They will either attend 30 minutes before or after their squad times. Flyers are every week and mandatory and the stunt/tbl will be assigned weekly by the coach and are considered mandatory. Tumble assist when required will be an additional cost of \$5 per person, since ratios and more spotting is involved, this will help those with time limits and save them money from attending clinics. We think is a great addition and a way to get the tumbling achieved with the least amount of cost or time invested.**

**COMPANY TRY-OUTS:** We cannot stress enough that this year's try-outs are going to be different and may take some definite open minds to the goals that everyone wants to achieve. Divisions for teams could possibly change this year. Due to the wonderful season and the competitive arena we are already in we have the capability to take our gym to the next level. It is our goal to put each cheerleader on a team based on the skills required per team. And with this year being our largest number to date of cheerleaders trying-out for Excite! we have more possibilities open to you.

We now also can have teams designed for all skill levels, so each cheerleader can be and feel even more successful and confident in what they bring to the team. We know it will be hard for the kids and parents if they are on one team this year and another the next. But it is not growing pains it is growing opportunities! As we become even more the gym to attend everyone will see the great rewards of more teams, differently designed teams and true competitive edge teams.

A name of a team is just a name, being a part of a company that supports all teams equally that is truly what sets Excite! a part from the rest.

**DYNAMITE:** New Novice level Team that will be a small Novice and we plan on them competing a Nationals competition just not NCA because there is no small Youth Novice division at NCA.

This will be a great training ground for cheerleaders because it is a little less time in the gym but their team will still get to do a competition season and be a part of all the fun team stuff.

**CAMPS: IN-HOUSE :** \$30.00 per cheerleader (includes pizza, snacks and breakfast for the overnights).

We are canceling the in-house camps on June 2<sup>nd</sup> and 3<sup>rd</sup>, because after looking at the schedule we felt it was too much to ask of your families to be here in town for that many weekends.

We will have April 30<sup>th</sup> & May 1<sup>st</sup> (Times subject to change but hopefully not)  
Spirit, Sparklers and Dynamite: April 30<sup>th</sup> 12:00-4:00 and May 1<sup>st</sup> 1:00-4:00  
Rockets, Power, Explosion and Elite: April 30<sup>th</sup> 6:00pm – and a spend the night...  
Pick-up the next morning at 10:00am Sunday, May 1<sup>st</sup>

April 30<sup>th</sup> – **ONE STOP SHOP** – SIGN-UP SHEET AT THE FRONT DESK  
MUST ATTEND WITH CHILD FOR SIZING. 1<sup>ST</sup> PAYMENT DUE ON UNIFORMS,  
CAMPS AND EXTRA'S PURCHASED. MANDATORY

Next In House Camp: July 29<sup>th</sup> and August 1<sup>st</sup> – Times TBA in May Cost: \$30.00

**CAMPS:** (times subject to change but hopefully not)

Rockets – Elite: Austin camp June 19<sup>th</sup> – June 22<sup>nd</sup>.

Arrive in Austin at 2:00 and pick-up June 22<sup>nd</sup> at noon

Cost: \$225.00 All food, lodging etc covered in this price and outings by the gym

Log Country Cove – check out the website: [www.highlandlakes.com/log](http://www.highlandlakes.com/log)

More information to follow. And bus transportation will be looked into further for a small additional cost if this is of interest to the teams.

Sparklers, Dynamite and Spirit: Camp June 24<sup>th</sup>, 25<sup>th</sup> and 26<sup>th</sup> Cost: \$150.00 each

ACA staff is hired for a private camp for these teams. We will be renting a banquet hall for the 24<sup>th</sup> at the Hilton (9:00-5:00) and on the 25<sup>th</sup> we will be at the gym at 1:00pm with an overnight planned if the kids want to or a pick-up time will be designated. If parents want to stay too, bring your sleeping bags, we know these ages are iffy to stay over night, but we want them to get to if they want to.

DEPARTING FROM AN EXCITE! TEAM TO GO TO ANOTHER COMPETITION  
CHEER GYM: In the handbook it already states the consequence of leaving a team during season and the financial responsibility required. And please be aware that if any discussion is made during season in regards to other try-outs or teams, you will be asked to leave Excite! immediately. Excite!'s cheer team moral and enthusiasm is of the most importance to us and the kids have said it brought them down and frustrated them and they have asked for these changes to be made to our policies.

In addition, if an Excite! team cheerleader makes the choice to leave our program to attend another competitive cheer program they will not be offered the opportunity to attend classes or have privates at the gym. They may attend our clinics as they wish. This is a standard in the industry and Excite! needs to follow these standards to show support to our team kids and the effort put forth towards making our teams the most competitive.

TEAM CALENDAR – You will see there are many opportunities to take breaks and vacations in this year’s calendar. You must plan your vacations during the off times because all practices are mandatory. Any concerns e-mail Julie and she will discuss with your coach. In the summer we expect everyone to miss at least two weeks with family vacations and a camp of their choice. So 4 squad misses in the summer are understandable. But these absences MUST be approved in advance and in writing to the coach one week prior. Consequence still may be assigned to keep the team level up.

PLEASE KEEP IN MIND EVERYTHING IS SUBJECT TO CHANGE. PLANNING THIS FAR IN ADVANCE, DOES HAVE IT’S PROBLEMS. EXTRA PRACTICES ETC, WILL BE PUT IN PLACE AS NEEDED AND CHANGES WILL BE TOLD AS SOON AS WE KNOW. WE WILL TRY VERY VERY HARD TO KEEP TO THE BREAKS, BUT PLEASE UNDERSTAND THE SITUATIONS THAT MAY COME UP THAT ARE FOR THE BENEFIT OF THE TEAM. AS ALWAYS, LET’S COMMUNICATE AND SEE WHAT WE CAN WORK OUT TOGETHER.

TEAMS BEGIN; April 11<sup>th</sup> and classes as well. (Classes will be posted on the door Sunday at 5:00pm) Teams will be on the website at noon on Sunday and on the door at 5:00pm as well).

We know this is a quick turn around of time and you may have other obligations to get out of before beginning your new team and class time. Everyone will have two weeks to make the changes before mandatory practices are in place. If you have any concern to your schedule or class assignment please call the office immediately. If a team time is not going to work for you, you may call and talk to Julie but no team changes will be made in most cases.

Full tuition is due on the 11<sup>th</sup>. Sunday team members will be getting an extra Sunday work-out on May 22<sup>nd</sup> to compensate for the short month in April. Why full tuition? Those parents that have attended Excite! will tell you the cost balances out with all the free practices, stunt assist, flyer classes and extra coaching we bring in that in no way will not feel you are getting your value through-out the season.

April – begin April 11<sup>th</sup>

May – closed for classes 22<sup>nd</sup> – June 2<sup>nd</sup> classes resume Friday, June 3<sup>rd</sup>

Teams on Sunday will meet on the 22<sup>nd</sup>.

June – Team camps – Rockets thru Elite June 19<sup>th</sup> – June 22<sup>nd</sup> (pick-up at noon) (sorry it’s Father’s Day) but we will start late. If you have family conflicts please e-mail Julie with these. This is a mandatory camp to attend. More information to be handed out in May with the exact outline of the day etc.

June – Team camps – Sparklers thru Sprit ACA personal camp June 24<sup>th</sup> – 26<sup>th</sup>

July – Gym closed classes and teams July 1<sup>st</sup> – 4<sup>th</sup> (enjoy a 4<sup>th</sup> of July weekend for a change!)

MANDATORY IN-HOUSE CAMP: July 29<sup>th</sup> – August 1<sup>st</sup> (choreography week)

August closed classes and teams 1<sup>st</sup> – 6<sup>th</sup> (Sunday teams will meet on July 31<sup>st</sup> and August 7<sup>th</sup>)

Elite – we may be hiring a professional choreographer this year. If so the weekend will be the third weekend in August. THIS WILL BE MANDATORY.

September – closed for Labor Day, Sunday 4<sup>th</sup> and Monday the 5<sup>th</sup>

October – no closings

November – closed classes and teams November 21<sup>st</sup> – 26<sup>th</sup>

ALL TEAMS MANDATORY PRACTICE ON SUNDAY, EVEN TEAMS THAT DO NOT MEET ON SUNDAY. EVERYONE BACK ON SUNDAY EARLY. TIMES TBA  
NO EXCEPTIONS

December – closed the 22<sup>nd</sup> – January 3<sup>rd</sup> for classes (classes resume the 4<sup>th</sup>)

BUT ALL TEAMS WILL HAVE A PRACTICE ON JANUARY 3<sup>RD</sup> - MANDATORY  
TIMES TBA – PLAN ON EARLY TO LATE. NO EXCEPTIONS

January - See above – Pep Rally weekend to be announced once competitions are chosen, the pep rally may even be the first weekend in February possibly.

February – no closings

March – Spring Break March 12<sup>th</sup> – 18<sup>th</sup>. Team obligations end on March 12<sup>th</sup>.

All Teams kids can continue in tumble classes until the end of March. Full tuition is due and no early terminations of the contract allowed.

Try-outs: for next season will either be March 26<sup>th</sup> – April 1<sup>st</sup> or April 1<sup>st</sup> – April 8<sup>th</sup>  
TBA

**BEST PART NEW SURPRISE FOR THIS SEASON!!!!!!!!!!**

Excite! wants to show our appreciation for the loyal hard working kids and parents that return year after year to our program. We already have in place ½ off customer appreciation certificates that gives you and any new friend that joins the gym, half off a class rate month's tuition. (value to split in the fall \$55.00) Class rates will be raised to \$2 in August

**NEW THIS SEASON!!!!!!!!!!**

SENIOR DISCOUNT- \$25.00 month off tuition – We sooo appreciate our Seniors that stick with this sport, especially with a busy senior year and trying to get off to college. We want them to have a little relief of expenses so they can build their college fund and still stay with something they love

#### LOYALTY DISCOUNT:

\$5 off tuition each year after your first year you continue to be on a competition squad at Excite! We have been discussing the loyal parents and kids that keep us going and are always supporting the gym, the kids and other parents year after year. We are going to offer a building block in discounts because.... well we just want to do something!

I love that some kids are starting their 4<sup>th</sup> season with us and they will receive \$15 off their tuition for that constant loyalty. A couple of restrictions, you must stay in good attendance standing, continue to respect the gym and talk positively towards our efforts, and may not leave the program and return. Your loyalty discount will start over if a season is taken off. So think about it, you Kindergarten kids, when you are seniors you will be getting \$85 off your tuition. That would be your senior \$25.00 plus your \$5 off per season beginning with your 1<sup>st</sup> grade year. I can't wait to see this happen.

Also for our PARENT VOLUNTEER DISCOUNT,  
(Team mom's, Spirit Executive board)

We are going to give \$10.00 off your monthly tuition to team mom's and the Spirit Club Executive board and then \$5 off for recording parents just for all your hard work you put towards helping Excite! to feel like a family and keeping us all in sync and enjoying the experience. We couldn't do it without you, and though you do it for your kids, we want you to know it is appreciated. Only restriction on this is to perform the duties assigned by the Spirit Club.

RE-TESTING: One last skill note. All cheerleaders will be retested at the last in-house camp in July. Anyone skills that have fallen below the level of the team or has not taken classes over the summer will be put as an alternate or placed on a training team if it warrants this action. Your team is depending on you, some will make teams based on skills needed to be on the competition team. You and your child will be notified before summer of the goals needed to be achieved and retained.

#### FUNDRAISING:

The gym has ordered Excite! bracelets – any cheerleader on teams can buy them for \$2 and sell them for \$3 it may help with some of their expenses at One Stop Shop. We have split the payments for camp, uniforms etc into three payments this year instead of 2 to help out everyone on their finances as well. You must pay upfront and take as many bracelets that you want.

Also, we will be purchasing some candy boxes or other items that groups use for fundraising and will have them available all year long. So this way when the crunch hits for your family you can come buy a box at cost and sell the items to put towards your expenses. We want to make it available for you when you need it and this may work out great. Just think if your brother has a soccer game, pick up a box of lollipops and sell them on the field and make \$20 towards your fees that month. At least the choice is yours and available.

We also will have the mandatory fund raisers etc. as stated in the Handbook.