

TRYOUTS 2011-12

(Cheer Thunder All-Stars Open Team)



CHEER THUNDER ALL-STARS

2011-12 Season Tryouts

Thank you so much for your interest in Cheer Thunder All-Stars! As we prepare for our 14th season, we are anticipating a very exciting and successful year. Cheer Thunder All-Stars was started in 1997 with only 1 team of 17 cheerleaders practicing at local gyms and schools. Cheer Thunder All-Stars Cheer and Dance, Inc. is a non-profit 501(c) (3) status organization. We want you to know that we are dedicated to giving each athlete the ultimate cheerleading experience. Our Cheer Thunder All-Stars coaching staff works hard to make everyone feel welcome and apart of the Cheer Thunder family! We have prepared the following pages of information to help you understand the commitment level that we expect. Please take the time to thoroughly read over the packet in full. For you veterans of the open team, take note of some changes in policies and procedures and for you new friends, please take the time to read all materials. We want you to know what you are "signing up for". Cheer Thunder All-Stars is a competitive program that has high expectations. We know that our program is not for everyone, please take the time to go through the following information in this packet. Cheer Thunder All-Stars believes that it takes a partnership between athlete on the open team and coaches to keep focused and driven. If you are selected to be on the open team, please continue to be encouraged throughout the season and help yourself stay focused on our goals for the open team. The coaching staff's mission is to offer the best technical training and most innovative choreography possible. Focusing on teamwork and integrity and structured, safe workouts, Cheer Thunder All-Stars team members learn how to encourage one another while building their self confidence. Our philosophy has always been NOT to "Win at all costs," but winning will come when you practice hard in all aspects of your life. Once again, thank you for considering to be apart of the Cheer Thunder All-Stars family. We hope that you find this packet informative and will answer any questions that you may have concerning our program. If you ever have a question or problem, with anything, please do not hesitate to contact your coaches, the Cheer Thunder All-Stars director / assistant directors. We are here for YOU.

Thank you,

The Cheer Thunder All-Stars Coaching Staff

Flip-n-Shout Cheernastics Center
Home of Cheer Thunder All-Stars

410-729-0100

GENERAL INFORMATION

- **NO GOSSIP** or any form of verbal or physical confrontation about any other teams (all star or school), **NO GOSSIP** or any form of verbal or physical confrontation about a cheerleader on your team or another team. **NO GOSSIP** or any form of verbal confrontation about coaches and staff. It is much better to address a problem than to listen to idle gossip or hear of confrontations that had occurred. **YES! THIS INCLUDES MYSPACE, FACEBOOK, YOUTUBE, THE FIERCE BOARDS AND ANYTHING ELSE YOU ALL CAN THINK OF!!!**
- No profanity or abusive language.
- Practices may be changed or added at any time during the season.
- The athlete, your parents, relatives and friends are never allowed to speak with competition officials for any reason.
- The athletes are never allowed to represent Cheer Thunder All-Stars or Flip-n-Shout, LLC under any circumstances concerning accommodations, competitions or any other situation.
- All Cheer Thunder All-Stars cheerleaders and Cheer Thunder family/friends will show good sportsmanship at all times.
- The Cheer Thunder All-Stars directors may change, add or subtract any rule at any time.
- Good Sportsmanship, Polite Manners and A Kind Disposition are **MANDATORY** at **ALL COMPETITIONS** and **PRACTICES**. This program prides itself on setting a high standard of behavior. Please help us to continue in this endeavor.

WHAT TO EXPECT AT OUR TRYOUTS?

All athletes will be evaluated according to the USASF all star levels guidelines. Each athlete will be evaluated in running tumbling, standing tumbling, jump w/standing tumbling, stunting (flyers) and tosses (flyers). On each skill they either receive a "Yes" or "No" mark on the evaluation sheet for each skill and level that the cheerleader attempts. We will begin with the Level 2 skills for the open team and then continue through the elements as far as the athlete can. For the bases we will be looking for proper basing techniques while they stunt and toss. The bases will be evaluated by a rating scale of 1 to 5 on their proper basing techniques by stunt and toss level skills.

All athletes will have an opportunity to show us their best running tumbling pass, standing tumbling skills, jumps and jump combinations (We also look at strength and flexibility of the athlete). The athlete will be evaluated by a rating scale of 1 to 5 on their jump(s) and jump combinations.

Athletes will learn a cheer with motions and will perform the cheer in a group. The cheerleader will performed the cheer to show us their ability to learn what they are being taught, sharpness in motion technique, timing and showmanship. The athlete will be evaluated by a rating scale of 1 to 5 on their motion technique.

We will try to make the tryout process as low-stress as possible. The athlete will be given numerous chances to demonstrate their cheerleading skills.

TEAM SELECTION

Rosters for our teams are designed, as best we are able to do, to give each team a roughly equal chance for success within their division. Much like other sports, a variety of skills, abilities, and even body types are necessary to give teams the best opportunity to place highly at competitions. We try to match up the athletes as best as we can, however, please remember that age, physical stature, stunting/pyramids, jumps, dance, motions, and maturity are huge factors as well. Some will be stronger tumblers than others. Some will help us out with stunts more than others. Every athlete is on a team for a reason, please trust our coaching staff. This season we are working harder than ever to push every athlete to improve their skills.

The most common misunderstanding from athletes relates to tumbling ability. Proper technique is more crucial now than ever to achieve high scores. Simply being able to complete a skill without falling to the ground is no longer the standard for when athletes have skills. You must perform the skill with perfect or nearly perfect form and be able to do it consistently, on a spring floor, under pressure, in nearly any scenario. Many athletes greatly overestimate the ability and form of the athlete against this standard. A athlete's version of "your layout" can often be dramatically different from the coaching staff's and this can lead to confusion about team placement.

The second most common confusion comes from dramatically overestimating the importance of tumbling compared to other cheerleading skills. As mentioned already, there are many factors that go into determining the best spot for an athlete, not just how well they can tumble.

Please note that no athlete has an absolute guarantee of a roster spot on a particular team. The coaching staff reserves the right, at any time, without notice, to change the rosters of the teams by adding, rearranging, or removing athletes to or from teams for a performances or practices. However, we attempt to make roster changes as infrequent and with as much warning as possible. Athletes may be removed from our program at any time for reasons which may include but are not limited to: lack of financial responsibility, absences and/or tardiness, attitude problems, and personality conflicts between athletes, coaches, parents, or anyone else involved in our program. There will be no refunds of money given after removal from a team.

Please also note that no athlete has a right to any particular role or location in a routine. Coaches change formations and stunt groups for a variety of reasons, many of which have nothing to do with the relative ability of the athletes in question. Many times the flow of choreography or formations dictate changes be made in which athletes are doing certain skills. While you are always free to ask the coaches (at appropriate times) to explain any of their decisions, making demands or threats regarding placement in routines are never successful and may result in the immediate dismissal of the athlete from the program.

Athletes that elect to participate on more than one Cheer Thunder All-Stars team must: Be in good financial standing. Be willing and able to fulfill all the responsibilities required by each team. Be responsible for any additional entry fees they incur beyond their first team.

Cheer Thunder All-Stars retains the right to: Decide if an athlete may participate on more than one team and decide the roles and/or positions an athlete will have/play on their team(s).

ATTENDANCE

All practices for the open team are mandatory. There are few excused practices; they are illness and school activity with notification by the athlete soon as possible prior to practice that would be missed.

We will do our best to work with your extracurricular activities.

Absences must be reported to their coaching staff via email or in writing that is given to a coach one week before the absence occurs. Just because you email or give it in writing reference to your absences, this does not necessarily excuse the absence.

Attendance Policy

1. All practice sessions are mandatory.
2. Members must be on time to practice. Continual tardiness will be grounds for disciplinary action or dismissal.
3. If an absence must occur, an absence request must be emailed to a coach one week in advance.
4. Two unexcused absences will warrant disciplinary action, a third will be grounds for dismissal.
5. Continuous failure to be productive at practice is grounds for disciplinary action or dismissal.
6. If you are sick or injured, you must still attend practice. You will not be required to participate. You will watch any changes that directly affect you.

FEES AND EXPENSES

Payment Process

EVERY DOLLAR that you pay or fundraise at Cheer Thunder All-Stars is placed in the cheerleader's account and is paid out on behalf of the cheerleader. We know that competitive cheerleading is expensive! We are constantly working towards an affordable, more efficient payment system to help balance out the cost of this awesome sport. We are committed to offering the most affordable, yet highest quality program possible. **These fees MUST be paid in full monthly to participate.** Accounts are behind 1 month will be given a friendly reminder to catch up. A cheerleader's accounts that become 2 months past due will no longer be able to participate.

Financial Schedule

Competition Fees- Approx - \$650 for open team members - An exact total will be determined as soon as we decide what competitions we will be attending and the cost per competition has been set by each company.

Once the competition schedule has been finalized and companies have determined their entry fees, we will begin collecting of competition fees. We expect to begin collecting fees in September. We will evenly divide competition fees in to 4 equal payments: October, November, December and January. Once competition fees have been paid out to the competition companies, there are no refunds for any reason.

COMPETITION FEES

All Fees Paid By December 10, 2011

CHOREOGRAPHER & PROFESSIONAL MUSIC

\$250.00 (July 30th thru August 4th 2011, days have not been set for teams at this time)

All team members are charged the choreography fee of Cheer Thunder team(s) that you compete on for the 11-12 season.

NATIONAL COMPETITIONS (OPEN TEAMS)

One or Two National Competitions and U.S. Finals / International All-Levels Championship

All accommodations will be made by you or your parents when traveling to competitions.

UNIFORM

Uniform (Estimated cost / Must be Purchased) **\$250.00-\$275.00 New** (Used may be available)

Cheer Shoes – (competition shoes) **\$75.00** (a pair of white cheer shoes. We will offer shoes we offer shoes through CT; you may purchase them on your own.)

TEAM

Cheer Thunder All-Stars Cheer Teams (Age as August 31, 2011)

Regular Season Practice – All Regular Season Practices Are MANDATORY!

(Day of practice is based on past seasons practice day, subject to change)

Cheer Thunder All-Stars Open Team – Sundays (6:00 to 8:00 PM)

Flip-n-Shout Cheernastic Center

301 Najoles Road * Unit 201 * Millersville MD * 21108 * 410-729-0100



This facility allows our athletes to train for their sport with the best cheerleading gymnastic coaches around. This element of cheerleading is extremely competitive and is a strong factor in how much each team can achieve every season. Our Cheernastics center focuses strictly on cheerleading tumbling only. Our wide array of professional coaches and skill levels within classes helps each cheerleader take their skills to the next level and higher! Our class ratios are as low as 8-1. The lowest you'll find anywhere.

