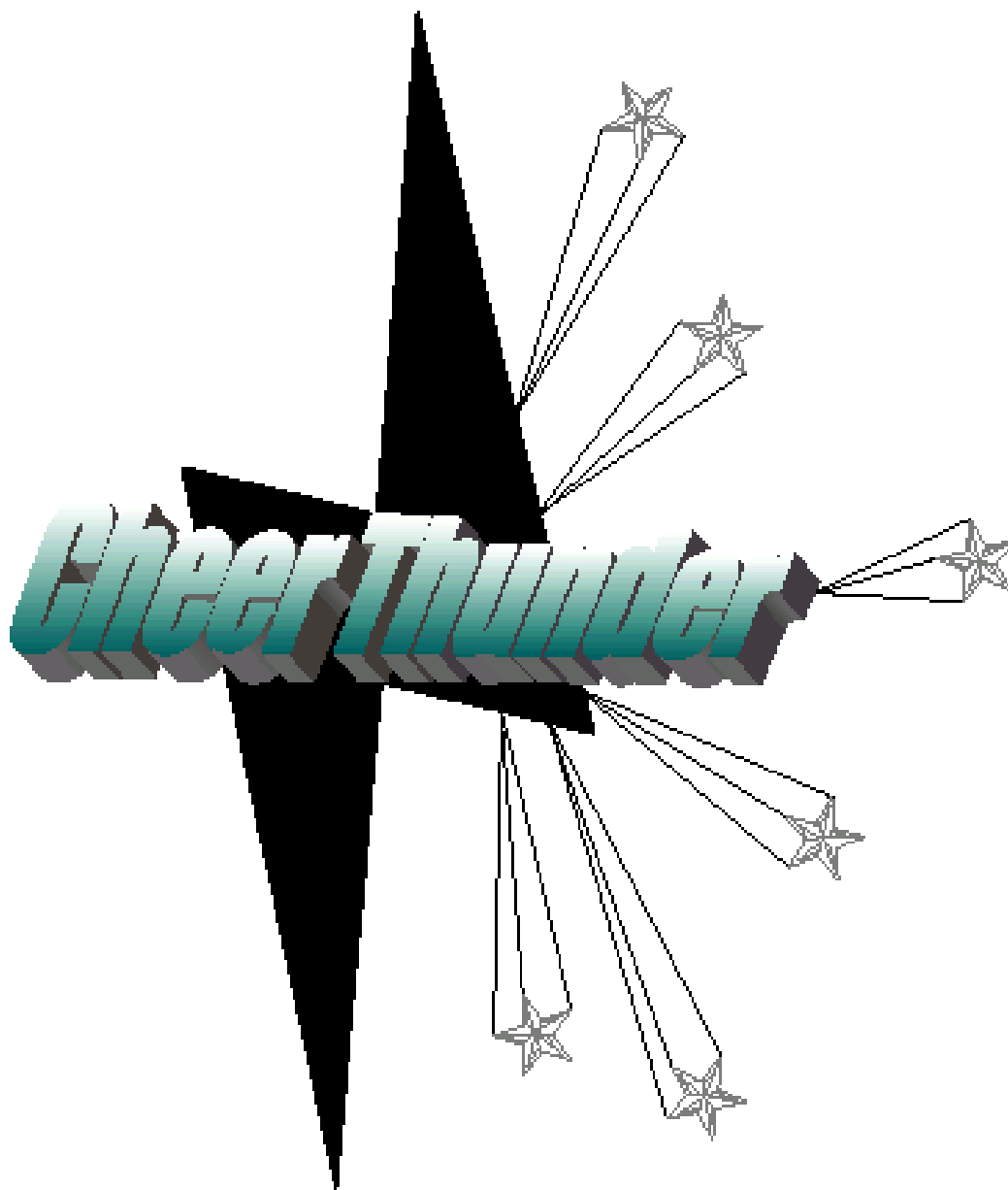


TRYOUTS 2011-12

(Cheer Thunder All-Stars – Tiny, Mini, Youth, Junior and Senior Teams)



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 get to know each individual, help them set and reach goals, learn the value of commitment and team work and ultimately see their dreams become a reality. We have prepared the following pages of information to help each family understand the commitment level that we expect. Please take the time to thoroughly read over the packet in full. For you veteran families, 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 though the following information in this packet. We know the impact that you have on your child. Cheer Thunder All-Stars believes that it takes a partnership between parents and coaches to keep athletes focused and driven. If your child is selected to be on one of our teams, please continue to encourage your child throughout the season and help your child stay focused on our goals. The coaching staff's mission is to offer the best technical training and most innovative choreography possible. Cheer Thunder All-Stars teaches kids to be exceptional cheerleaders, but most of all, Cheer Thunder All-Stars teaches kids to be exceptional people. 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 mission at Cheer Thunder All-Stars is to enrich the lives of the children and their families through the sport of competitive cheerleading. Our goal each day is to teach our athletes the value of commitment, hard work, integrity, leadership, self confidence, positive attitude and a love for the sport. 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-Star 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.
- Parents, relatives, friends and cheerleaders are never allowed to speak with competition officials for any reason.
- Parents 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 1 skills 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 motion sequence and will perform the motion sequence in a group. The cheerleader will performed the motion sequence 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.

SKILL REQUIREMENTS

We are looking for mastered skills in each of these All-Star levels.

All-Star Level 1

Skills we are looking for are: a forward/backward roll, cartwheels, front/back walkovers and round offs. But we are also looking for athleticism, listening skills, coordination, strength and flexibility and memory work. A combination of three jumps will be performed. This team is the first step to becoming a great cheerleader! Kids will learn formations, stunts, the building blocks for good tumbling. They will also learn how to work with a team in a structured setting.

All-Star Level 2

Standing back handspring, Round off back handspring(s). We would like to see a round off into a series of strong back handsprings and front walkover into series. We are also looking for level jumps, sharp motion technique and strong work ethic. Flyers need to show flexibility and be able to pull a variety of body positions. Straight body basket tosses. A combination of three jumps will be performed.

All-Star Level 3

Toe touch back handspring (we would like to see double toe touch double back handsprings), Round off back handspring back tuck, Round off back tuck. We would like to see front tuck and standing series of back handsprings. A combination of three jumps will be performed. Flyer must full down from stunts and Flyer need to show flexibility and be able to pull a variety of body positions. Single positions in basket tosses. Full up entry into extended stunts.

All-Star Level 4

Standing back handspring back tuck, Toe touch back handspring back tuck, Standing back tuck, Round off back handspring layout. We would like to see alternate passes, layouts, layout step outs, and front tucks. Flyers must full down from single legged extended stunts and double down from two legged extended stunt. Flyers need to show flexibility and be able to pull a variety of body positions. Kick full basket tosses. A combination of three jumps will be performed. Full up entry into extended stunts.

All-Star Level 5

Minimum skills are Toe touch back tuck, standing tuck(s), Jump combinations, Round off back handspring layout and working on fulls. Preferable skills are standing 2 back handsprings to full, Round off back handspring full and up. Flyers need to show flexibility and be able to pull a variety of body positions. Flyers must double full dismount from extended stunts and kick double basket tosses. Full up entry into extended single leg stunts. A combination of three jumps will be performed.

LEVEL PLACEMENT

We will contact the athlete and/or parent(s) in reference to a tentative level placement shortly after tryouts. When you are contacted you will be informed that you will be competing for Cheer Thunder All-Stars in our 2011-2012 season!!! Summer practice schedules will be posted in late May.

Level Placement: For the month of June and July athlete will work out with their skill level group. This will give us two months working with the new athlete and polishing basic skills with everyone. It will give us time to make the absolute best placement for everyone and will minimize the possibility of having to move someone from team to team. Athletes must have competition ready skills before moving to the next level. Athletes may be working on new skills, but we will not place an athlete on a team that does not have the skill mastered. If an athlete develops skills and improves during the preliminary level placement period (June and July) they may have the opportunity to move to the next level. To be competitive, all teams must have clean, well developed skills at each level.

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 parents and 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 and parents greatly overestimate the ability and form of the athlete against this standard. A parent's version of "my child has a 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 and tumbling classes are mandatory. There are few excused practices; they are illness and school activity with notification by a parent soon as possible prior to practice that would be missed.

We will do our best to work with your extracurricular activities such as high school cheerleading. However, if the other coach refuses to work with our mandatory practices or competitions, you may have to make a choice.

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 and tumbling classes are mandatory.
2. Members must be on time to practice and tumbling classes. 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

NOTE: Due to the current economic conditions, we have taken several steps to reduce the overall costs of being a part of the program.

- Reduce registration fee.
- Reduce monthly All-Star fee for the summer program (June thru August).
- Give the opportunity to reduce the cost of monthly All-Star fees.
- We will reevaluate monthly All-Star fee after tryouts to see if it is possible to reduce the monthly fee based on the number of cheerleaders involved in the program.
- Drastically reduce required clothing.
- Valuate competition schedule in reference to the total cost for the season.

Together, these will hopefully save families several hundred dollars over the course of a season.

Payment Process

EVERY DOLLAR that you pay or fundraise at Cheer Thunder All-Stars is placed in your cheerleader’s account and is paid out on behalf of your child. We know that competitive cheerleading is expensive! We are constantly working towards an affordable, more efficient payment system to help our parents balance out the cost of this awesome sport. We are committed to offering the most affordable, yet highest quality program possible.

THE CHEERLEADER’S ACCOUNT MUST BE PAID IN FULL EVERY MONTH for your child to participate. Accounts that are behind 1 month will be given a friendly reminder to catch up. A cheerleader’s account that become 2 months past due will no longer be able to participate.

Financial Schedule

Competition Fees- Approx - \$650 (travel teams) less for non-travel teams - An exact total will be determined as soon as we decide what competitions we will be attending based on non-travel and travel teams: 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: September, October, November and December. Families will also have the options of paying one time payment for the All-Star summer program on or before June 1st, starting September 1st you will be able to pay 3 months in advance for the monthly All-Star fees and will be given a discount on the fees; this is the only variations from the payment schedule.

Once competition fees have been paid out to the competition companies, there are no refunds for any reason.

Months	Payments made to Cheer Thunder
June - 2011	Monthly All-Star fee plus Registration fees & Choreography fees
July - 2011	Monthly All-Star fee plus 60% of Uniform cost (New/Used)
August - 2011	Monthly All-Star fee plus 40% of Uniform cost (New/Used)
September - 2011	Monthly All-Star fee plus ¼ of the Competitions fees
October - 2011	Monthly All-Star fee plus ¼ of the Competitions fees
November - 2011	Monthly All-Star fee plus ¼ of the Competitions fees
December - 2011	Monthly All Star fee plus ¼ of the Competitions fees
January - 2012	Monthly All-Star fee
February - 2012	Monthly All-Star fee
March - 2012	Monthly All-Star fee
April - 2012	Monthly All-Star fee plus U.S. Finals / International All-Levels Championship Competition fee

Fees will not be altered throughout the season for holiday closures or added practices. Team athletes receive extra hours during competition season to compensate for gym closures.

These above payments do NOT include:

** Travel expenses (we do not include lodging or travel expenses for Out-of-area competitions.)*

Travel

- All Cheerleaders will use the same accommodations at all out of town competition that we would fly to.
- There must be a parent in every room, no exceptions.
- Each cheerleader must have a chaperone at every competition. It is not your coach or Cheer Thunder staff's responsibility to be your child's chaperone.
- It is your responsibility to pay the hotel directly for your room.

Cheer Thunder All-Stars will reserve a block of rooms at a hotel of our choice. Be prepared to pay around \$200.00 a night for accommodations. We will do our best to negotiate a lower rate; however we want everyone to know what to expect. You will make payments directly to the hotel, not to Cheer Thunder All-Stars. Furthermore, it is very important that everyone turn in travel and hotel information forms and rooming lists as soon they are due.

SUMMER PROGRAM

We use the summer to get ahead of our competition!! Many athletes get stronger and advance their skills during the summer months. For June, July and August each athlete must **tumble and stunt along with conditioning and stretching programs** a minimum of twice a week. Practices are mandatory. BUT... we do want each family to enjoy their vacation time and other summer activities. Summer practice policy is; if you are in town, we need you at practice. We will try to create a very "weekend friendly" schedule so that families can enjoy long weekends.

- Team practice days will probably be Monday, Tuesday and Wednesday depends on # of athletes/teams in the program.
- The summer schedule will be posted when the # of athletes/teams are determined.
- The first summer practice will be the first week in June.
- The last summer practice will be Wednesday, August 24th.

Summer Gym Closures - Monday, July 4th - Independence Day

COST OF PROGRAM (Estimated Cost)

TINY TEAM ONLY

Shoes – (New competition shoes)	\$75.00 (see info. below reference shoes)
Monthly All-Star Fee for August – April 2011	\$50.00 per month
Uniform / Must be Purchased	\$100.00 (estimated cost)

UNIFORM FOR MINI, YOUTH, JUNIOR AND SENIOR TEAMS

Uniform (Estimated cost / Must be Purchased)	\$250.00 - \$ 275.00 New (Mini, Youth, Junior and Senior Teams) Used uniforms may be available.
Shoes – All Teams (New competition shoes)	\$75.00 (a pair of white cheer shoes. We will offer shoes through CT; you may purchase them on your own.)

REGISTRATION FOR TINY TEAM

Cheer Thunder All-Stars Tiny Team Only **\$30.00**

REGISTRATION FOR MINI, YOUTH, JUNIOR AND SENIOR TEAMS

Cheer Thunder All-Stars Registration **\$75.00 (reduced \$25.00 from four years ago)**

USASF MEMBERSHIP FOR TINY, MINI, YOUTH, JUNIOR AND SENIOR TEAMS

All Cheer Thunder All-Stars Cheerleaders will need to be a member of the USASF – Estimated Cost \$25.00 per year

MONTHLY ALL-STAR FEES FOR MINI, YOUTH, JUNIOR AND SENIOR TEAMS

Summer Tumbling and Stunting Class **\$120.00 per month / \$330.00 if paid by June 1st**
June through August 2011 1½ to 2 hours - 2-times per wk
(Fee includes all open gym times)

(Private Tumbling Lessons Are Available By Contacting The Individual Tumbling Coaches For Day, Time and Price – Parents and Sibling will be required to sit in the back of the gym in the designated area, not on cheer floors or gym equipment)

Competition Season

September 2011 to April, 2012***

\$145.00 per month or \$375.00 on September 1st, December 1st, and \$250.00 on March 1st – Two practice days and one tumbling day (Fee includes cheer practices, 1 hour of tumbling per week and all open gym times)

Sibling Discount(s)

A \$50.00 discount for all **Monthly All-Star Fees (June 2011 to April 2012)** will be applied to families with more than 1 cheerleader on a Mini, Youth, Junior or Senior Team in the All Star program. For Example: Cheerleader #1 pays \$145 per month, Cheerleader #2 pays \$95 per month, Cheerleader #3 pays \$95 per month, etc.

(*** If registered by June 1st and tumble and stunt through the Summer Program the cost will be \$145.00 per month from September through April - ***After June 1st and do not tumble and stunt through the Summer Program then the cost will be \$200.00 per month from September through April or a payment of \$360.00 and then \$145.00 per month from September through April with the opportunity for the above discount.)

COMPETITION FEES

All Fees Paid By December 10, 2011 (Based on non-travel and travel teams)

PROFESSIONAL CHOREOGRAPHER & MUSIC

\$250.00 – Youth, Junior and Senior Teams (July 30th thru August 4th 2011, days have not been set for teams at this time)

\$175.00 –Tiny and Mini Teams – estimated cost (July /August dates)

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

NATIONAL COMPETITIONS

One or Two National Competitions - **National Travel Teams**

U.S. Finals / International All-Levels Championship - **Youth, Junior, and Senior Teams**

All accommodations will be made by the parents when traveling to competitions.

Please note that these trips involve traveling and on some occasions missing some school. Every effort is made to miss the least amount of school.

TEAMS

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

TINY / 4 and 5 Years old

MINI / 8 Years old & Younger

YOUTH / 11 Years old & Younger

JUNIOR / 14 Years old & Younger

SENIOR / 18 Years old & Younger

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.

