



## CAPITAL CHEER ALL STARS

*STRONG BODY, STRONG MIND, STRONG SELF*

We are looking forward to an amazing year at Capital Cheer All Stars and we are so glad that you are considering joining our cheer family.

Our mission at Capital Cheer All Stars is to enrich the lives of the athletes and their families through the sport of competitive cheerleading. Throughout the season, our athletes will learn the value of teamwork, commitment, leadership, self-confidence, respect and having a positive attitude, all while training among some of the top athletes in the country.

Enclosed in this packet, you will find some important information. You will receive the following:

- Rules and Policies
- Parent and Athlete Code of Conduct
- Competition Information
- Photo and Video Release
- Payment Information
- Student Enrollment Card

### **CONTACT INFORMATION:**

Cheer Director/Head Coach: Corey Christoffersen

Phone: (231) 519-4847 Email: [coreyc@capitalgymnasticsntc.com](mailto:coreyc@capitalgymnasticsntc.com)

Capital Gymnastics NTC Office: (703) 239-0044

Website: [capitalgymnasticsntc.com](http://capitalgymnasticsntc.com)

## Rules and Policies

- All team and routine decisions are left to the discretion of the coaches.
- No athlete is permitted to communicate directly with the coaching staff outside of practice time or competitions. All communication will be through the parents (no texting, no email, no Facebook, etc.)
- Capital Gymnastics policy prohibits any child to be alone with a coach at any time. This means you **MUST** be on time when picking up or dropping off your athlete for practices.
- Withholding your child from practice and/or competition should **NEVER** be used as a form of punishment. It is imperative to the team's success that all team members are present for all practices and competitions.
- If an athlete performs a skill at try-outs, they are expected to maintain those skills. Athletes struggling with skills may be asked to take additional classes or lessons at their own expense or risk their placement on the team.
- Any athlete unable to safely and correctly perform assigned skills the week before a competition may be removed from some or all of the routine for that competition.
- No unexcused absences are allowed in the two weeks (14 days) preceding a competition and excused absences must have prior permission from Coach Corey. An athlete who is absent or late for practice in the two weeks preceding a competition for **ANY** reason may be replaced or his or her role in the routine may be changed. No refunds will be issued.
- Excused absences are: school functions that conflict with practice time **AND** are required for a grade, contagious illness, mandatory religious commitments or a death in the family.
- Athletes must arrange for a substitute when they are absent. All substitutes must be approved by Coach Corey.
- Athletes must arrive to practice in the proper assigned practice uniform. Hair must be tied back; **NO JEWELRY** is allowed and fingernails must be cut short.
- Athlete additions and dismissals are at the sole discretion of the coaches.
- All athletes are expected to travel to **every** competition. Athletes missing competition may be removed from their team/ the Capital Cheer program. No refunds will be issued.
- There are no refunds given for missed practices or competitions. If an athlete is injured during the competitive season and is unable to compete, a discussion with management is necessary.
- If an athlete quits or is removed from the team there are no refunds of any funds paid.
- The United States All Star Federation (USASF) is the governing body over competitive cheer. The USASF has devised the system that determines how teams are organized according to age and skill level. Capital Cheer follows USASF level and age guidelines for all teams. For more information please visit: <http://www.usasf.net>
- The cut off for an athlete's age is August 31. The age of an athlete as of 8/31/18 will be considered their age for the 2018-2019 season. The Cheer Director determines our team age divisions and skill levels.

## **Parent and Athlete Code of Conduct**

- **HARD WORK.** Each athlete is expected to give 100% at all practices and competitions. It is their duty to their coaches, teammates and themselves.
- **DEDICATION.** All Capital Cheer All Stars will be expected to maintain a high level of dedication to their team by giving maximum effort in attending practices, being prepared physically and mentally for competitions and keeping the team a high priority.
- **RESPECT.** All Capital Cheer All Stars and their parents will have respect for coaches, fellow athletes, parents and themselves. Good sportsmanship will be expected.
- **HEALTHY BODIES.** All Star Cheerleading is a strenuous competitive sport. Athletes must maintain a healthy diet and must stay properly hydrated.
- **CONDITIONING AND FLEXIBILITY.** The nature of All Star Cheer demands a high level of conditioning and flexibility. To perform at their highest potential and without injury, athletes must maintain proper conditioning and flexibility.
- Any parental concerns may be voiced to the coaches by setting up a meeting. Please do not use the bleacher area to voice concerns. Parents, coaches and athletes are expected to maintain a professional attitude when communicating with one another.
- Internet & Social Media guidelines: No inappropriate pictures, profanity or abusive language are to be posted by any Capital Cheer athlete on the Internet or through public social media. Negative or inappropriate comments, pictures, videos, etc. are grounds for immediate removal from the team and Capital Cheer program.
- Parents are asked to observe practices from the designated observation areas in the gym. For the safety of our athletes, no parents are allowed on the practice or competition floor.

**Athletes may be dismissed from the program if the athlete or their parent(s) do not follow the Code of Conduct.**

## Competition Information

- The Cheer Director chooses competitions.
- All athletes must be a member of the USASF (the national governing body for cheer). Membership costs \$30 and is due June 1, with checks made payable to Capital Gymnastics. New members must provide a copy of the athlete's birth certificate and a photo.
- Our competition season is October 2018 through May 2019.
- You will receive competition times and schedules via email. Specific competition times do not become available until approximately **one week prior to the competition date**. The coaches will send you meeting time, location and specific instructions at that time.
- It is the parent's responsibility to get their child to and from every competition on time. An athlete may be removed from a routine or his or her role in the routine adjusted should the athlete fail to arrive at the scheduled meet time. No refunds will be issued.
- Athletes must arrive at the competition in their Capital uniform unless otherwise instructed. Other outerwear/jackets/pants may be worn over the uniform when transiting to/from competitions, but only **official** Capital Cheer uniforms, warm ups and Capital Cheer t-shirts may be worn once inside the venue.
- Parents/families are encouraged to cheer for **all teams** in our Capital Cheer family.
- Parents, relatives, friends or athletes are never allowed to speak with competition officials for any reason.
- The coaches will determine hair and makeup styles for the competitions. Makeup is worn for the competition and may be removed after the awards ceremony.
- Hair must be competition-ready before entering the arena and must remain competition-ready until the athlete leaves the event for the day.
- If an athlete is remaining at the competition site to watch another team in our cheer family, she/he will be expected to remain in Capital uniform, with hair up to competition standards at all times at the competition venue. Capital athletes are expected to dress appropriately at all times. Only official Capital warm ups and Capital Cheer t-shirts are allowed over the uniform when an athlete is inside the competition venue. Only Capital Cheer uniforms are allowed on the competition mat and on the awards stage. Cheer shoes **must** be worn inside the competition venue at all times (no sandals, slides, boots, etc).
- No jewelry or nail polish permitted.

- It is your responsibility to book and pay for your own hotel room when traveling to/from competitions. Some competitions **may require** booking hotel rooms through specific housing companies at specific hotels; the Cheer Director will disseminate this information as early as possible. Failure to follow these booking procedures at these specific competitions may result in the athlete being ineligible to participate in the competition.
- Competition Fees are based on the regular season competitions. Teams receiving a bid to a culminating national championship (US Finals, Summit, The One, etc.) will be expected to pay additional fees to cover the costs of attending these events, including competition entrance fees, coaches' fees, and administrative costs.

# Parent and Athlete Code of Conduct and Competition Information Acknowledgement and Publicity Release

We, \_\_\_\_\_ (“Athlete”) and \_\_\_\_\_  
 (“Parent/Legal Guardian”) (collectively, “Participant”) have received and read the 2018-2019 Code of Conduct  
 and Competition Information Packet for Capital Cheer All Stars. We agree to abide by the policies and rules  
 stipulated in these documents.

PUBLICITY RELEASE – Participant hereby irrevocably grants to Capital Cheer All Stars, Capital Gymnastics  
 National Training Center, and those acting with their authority or permission, the unrestricted right to copyright  
 and use, publish, and display photographic and video images and audio of the Participant or in which the  
 Participant may be included in connection with any event, in any medium, and for any purpose whatsoever,  
 including (but not by way of limitation) illustration, art, promotion, advertising, and/or any purpose whatsoever,  
 and to use the Participant’s name in connection therewith. Participant hereby further expressly releases and  
 waives any demand, action, claim, license, royalty and/or any other right to any form of payment the Participant  
 may have based on claims as to the rights of privacy, publicity, notoriety and/or any other rights arising out of  
 or relating to any use by Capital Cheer All Stars, Capital Gymnastics National Training Center, or those acting  
 with their authority or permission of the undersigned’s name, likeness or appearance.

Athlete Name

\_\_\_\_\_  
Athlete Signature

Date

\_\_\_\_\_  
Parent Name

Parent Signature

\_\_\_\_\_  
Date

# 2018-2019 Tentative Competition Schedule

## For All Star Elite Teams and Prep/Novice Teams\*

### October 28, 2018

Cheer & Dance Extreme  
Kick Off Classic  
Bel Air, MD

### November 18, 2018 \*

Cheer & Dance Extreme  
Kick Off Classic  
Bel Air, MD

### December 15, 2018 \*

Cheer & Dance Extreme  
Holiday Spectacular  
National Harbor, MD

### January 26, 2019

EPIC/Varsity  
DC Cheerstarz  
Washington, DC

### February 16, 2019 \*

Cheer & Dance Extreme  
Maryland Madness  
Upper Marlboro, MD

### March 9-10, 2019

Cheer & Dance Extreme  
Grand Nationals by the Sea  
Virginia Beach, VA

### April 6-7, 2019

All Star Challenge/Varsity  
Return to Atlantis  
Baltimore, MD

### April ?, 2018 \*

Americheer/Eastern  
All Star Nationals  
Hershey, PA

### Competition Expenses for 2018-2019 Season

#### All Star Elite Cheer (8 Competitions)

\$1000 Total

\$400 due 8/1

\$400 due 11/1

\$200 due 2/1

### Competition Expenses for 2018-2019 Season

#### Prep and Novice Cheer (4 Competitions, noted with \*)

\$450 Total

\$200 due 8/1

\$200 due 11/1

\$50 due 2/1

**\*\*May 2019\*\*** Teams receiving a *paid* bid to a culminating national championship (US Finals, Summit or The One), will be eligible to attend any one of these competitions. Fees for US Finals, Summit or The One are NOT included in the competition fees pricing package. Additional fees will be collected at the time of registration.

**NOTE:** Tuition must be paid in addition to the above competition fees. Tuition rates vary based on team and hours of training per week. Capital Cheer All Stars 2018-2019 tuition rates will remain the same as 2017-2018. Please contact the Cheer Director with any questions.

**ORDERS DUE BY**  
**July 1**



PRACTICE WEAR ORDER FORM 2018-2019

(Same practice wear as 2017-2018)

*Coach Sarah will assist with sizing all athletes.*

NAME \_\_\_\_\_ TEAM \_\_\_\_\_

PHONE \_\_\_\_\_

ITEM	SIZE	PRICE	QUANTITY	TOTAL
LADIES PRACTICE WEAR	Top	\$40		
	Shorts	\$22		
MENS PRACTICE WEAR	Top	\$35		
	Shorts	\$15		
<b>TOTAL FOR ALL ITEMS ORDERED</b>				

OFFICE USE ONLY

CHECK # \_\_\_\_\_

AMOUNT \_\_\_\_\_

INITIAL  
\_\_\_\_\_





## Competition Uniform

ORDER FORM 2018-2019

(Same uniform as 2017-2018)

**ORDERS DUE BY**  
**JUNE 1**

*Coach Sarah will assist with sizing all athletes.*

NAME \_\_\_\_\_ TEAM \_\_\_\_\_

PHONE \_\_\_\_\_

Uniform Item	Size	Cost	Quantity	Total
Comp Top-Ladies		\$312		
Comp Skirt-Ladies		\$70		
Mens Top		TBD		
Mens Pants		TBD		
WU Jacket		\$123		
WU Pant		\$54		
Bow		\$35		
Mini/Prep Top		\$125		
Mini/Prep Skirt		\$35		

I acknowledge that all uniform items are special orders and that these items are not eligible for return or exchange.

Please sign here:

Date:

OFFICE USE ONLY

CHECK # \_\_\_\_\_

AMOUNT \_\_\_\_\_

INITIAL \_\_\_\_\_

Athlete Name: \_\_\_\_\_

A handwritten signature consisting of several overlapping loops and a long horizontal stroke at the bottom.

I have read, understand and agree to the guidelines and responsibilities for both parents and athletes. I have received the following:

- Rules and Policies
- Code of Conduct
- Competition Information
- Payment information
- Uniform and Practice Wear Order Forms
- Enrollment card

\_\_\_\_\_/\_\_\_\_\_  
Athlete signature date

\_\_\_\_\_/\_\_\_\_\_  
Parent/Guardian signature date



## CAPITAL CHEER ALL STARS

*What's due:*

### **June 1**

- ✓ Gym Registration Card
- ✓ Gym Registration Fee (\$150)
- ✓ Signature Page from Cheer Packet
- ✓ USASF Athlete Membership (\$30)
- ✓ New Members provide photo and copy of Birth Certificate.
- ✓ Set up for monthly or quarterly tuition payments with front office. Monthly payments must be set up with EFT or ACH.
- ✓ Practice Wear Order Forms and Payment

### **July 1**

- ✓ Competition Uniform Order Form and payment.

### **August 1**

- ✓ Competition Fees Payment #1 (\$400 for All Star Elite, \$200 for Prep/Novice)

### **November 1**

- ✓ Competition Fees Payment #2 (\$400 for All Star Elite, \$200 for Prep/Novice)

### **February 1**

- ✓ Competition Fees Payment #3 (\$200 for All Star Elite, \$50 for Prep/Novice)