



2010-2011 Handbook

1	WELCOME.....	3
2	TRYOUTS.....	3
2.1	<i>Important Dates</i>	3
2.2	<i>What to bring to tryouts</i>	3
2.3	<i>What to wear to tryouts</i>	4
3	TEAMS.....	4
3.1	<i>All Star Cheer Team Categories</i>	4
4	EVENTS.....	5
4.1	<i>Choreography & Camp</i>	5
4.2	<i>Competitions</i>	5
5	FINANCIAL.....	5
5.1	<i>All Star Tuition</i>	6
5.2	<i>Sibling discounts</i>	6
5.3	<i>Competition Fees</i>	6
5.4	<i>All Star Start Up Costs</i>	6
5.5	<i>Choreography</i>	7
5.6	<i>Hotels</i>	7
5.7	<i>Fundraising</i>	7
6	PARENT RULES.....	7
7	ATHLETE/TEAM RULES.....	8
7.1	<i>General Rules</i>	8
7.2	<i>Attendance</i>	9
7.3	<i>Practice Clothing</i>	9
7.4	<i>All Star Cheer Competition Hair/Makeup</i>	10
7.5	<i>Competition Guidelines</i>	10
7.6	<i>Skirt Fix</i>	11
7.7	<i>Uniform & Warm Up Care and Instructions</i>	11
8	WEBSITE/E-MAIL.....	12
9	BOOSTERS/FUNDRAISING.....	12
	RELEASE OF LIABILITY WAIVER.....	13
	ALL STAR REGISTRATOIN FORM.....	14

1 WELCOME

Welcome to Steel City All Stars (SCA). Our goal is to be the best both on and off the floor. The owner (Jeanne) and coaches will be positive role models for your child while here at SCA. Central to our mission, SCA will provide the leadership, resources and support to ensure that all athletes receive the finest experience possible. SCA will foster an environment that encourages good citizenship, character and personal growth, while developing student-athletes who will become positive and productive adults. SCA staff members and student-athletes will adhere to the highest ethical standards and comply with all USASF rules and regulations. The staff at Steel City looks forward to growing with you and your child as a team and as a family.

2 TRYOUTS

2.1 Important Dates

Date	Time	Activity
May 3 (Monday)	7:00pm	Parent Meeting - First of two informational parent meetings. Parents need only to attend one night – attendance is mandatory .
May 4 (Tuesday)	7:00pm	Parent Meeting - Second of two informational parent meetings. Parents need only to attend one night – attendance is mandatory .
May 5 & 6 (Wednesday and Thursday)	5:30-7:30pm	Athletes 11 years & younger as of Aug. 31, 2010 (Regardless of ability level)
	7:00-9:00pm	Athletes 12 years & older as of Aug. 31, 2010 (Regardless of ability level)
May 8 (Saturday)	5:00pm	Tryout results, team placements and practices schedules posted by 5pm on password protected file, on the front page of the web site.
May 10 (Monday)		Team Practices Begin

2.2 What to bring to tryouts

- Bring a copy of the child's birth certificate*
- \$25 try-out fee payable to "Steel City All-Stars"
- registration form
- waiver

*Returning all stars are not required to present their birth certificate

2.3 What to wear to tryouts

All athletes should wear simple black gym shorts and a white top. A close fitting athletic type may work best, but any PLAIN white t-shirt may be worn.

Hair must be pulled back into a high pony, as hair length allows. NO BANGS. If hair length does not allow for a high pony tail, sides and top of hair should be neatly pulled back away from the face.

CLEAN athletic shoes.

3 TEAMS

3.1 All Star Cheer Team Categories

Tiny - (5yr and younger*)

Mini - (8yr and younger*)

Youth - (11yr and younger*)

Junior - (14yr and younger*)

Senior – Levels 1-4 (*18 years and younger)

Senior – Level 5 – (12 – 18 years*)

Senior – Level 5 Open – (*18 yrs and younger)

* Athlete age as of August 31, 2010

Definitive teams, and levels can not be defined prior to try outs. Final teams will be announced with tryout placements.

Members will be placed on teams based on age, individual skill, and the needs of a particular team.

Members may compete on more than 1 team.

All team placements are at the sole discretion of the professional judge and owner. We believe in placing the cheerleader where they will be most valuable to their team.

Team parents will be chosen to help throughout the year. An opportunity to volunteer will be presented thru the year via e-mail. Team parents collect competition waiver forms, plan at least 2 social activities for the team through the season, plan spirit activities for the team and help out as Jeanne may ask throughout the season.

4 EVENTS

4.1 Choreography & Camp

Choreography and camp will be held together July 6 – 13 (inclusive). Exact days for each team are TBD at this time. Choreography is mandatory – unless excused by Jeanne in advance. Each athlete will be required to pay for choreography – even if previous commitment prevents their attendance. There will be no additional choreography fee for x-teamers. If there is a family conflict in these dates – please let Jeanne know IMMEDIATELY – she will take conflicts into consideration when schedules days for attendance per team.

4.2 Competitions

- Competitions for this year will be announced and schedules will be given out in June.
- Competitions can be added at coaches' choice.
- ALL COMPETITIONS ARE MANDATORY-a death in immediate family, or unless you are hospitalized you must be there.
- Coaches reserve the right to pull any team from a competition at any time.
- As a team member, if you can not attend a competition you are still obligated to pay for the competition. You will receive any trophy, award, t-shirt, bag, etc. that is given out.
- Athletes and parents are to be in uniform, warm-ups, or SCA clothing to represent and show support for teams.
- Athletes must sit together and display only positive attitudes while cheering all teams on.
- Competition fees are between \$25-\$150 per competition. All fee's are due 8-10 weeks prior to the comp. Payment calendar available on the members web site.
- Coaches' fees are included in your competition fee per team member. This includes driving expenses, food, scheduling, practices at the event, supervising all teams while on the floor, etc.
- Hotel accommodations - If hotel accommodations are needed, we will book blocks of rooms together- More info will be given as we get it.

5 FINANCIAL

A late payment fee of \$30 will be assessed to any account for each individual amount due that is 15 days late (excluding competition fees). At 30 days past due, the athlete will be benched (unable to participate in team practices/activities) until the account is rectified. The owners, Jeanne and Dave, are willing to work with families if a unique situation presents difficulty in paying on a specified due date. However, the agreement must be made in advance.

In the case of competition fee due dates – Jeanne takes all steps necessary to make competition fee payments in time to take advantage of early bird savings. However, the entire team can not be entered into a competition until fees are collected from ALL team members. PLEASE do not submit competition fees late. Late fee submissions that result in a team missing early bird discounts will make the offender responsible for the additional fees of the entire team. In the case of a team with 20 athletes – where 19 have paid comp fees in time of taking advantage of the early submission discounts and 1 may have not – it is unfair for the 19 families to then have to lose out on the discount. Comp fee due dates are identified as far in advance as possible to allow plenty of time to plan for the payment. Due dates are identified both on the Competitions page of the members web site, on the members calendar, on the calendar in the parent room – and reminders are sent out via e-mail.

No "post-dated" checks will be accepted. Steel City All-Stars will not be responsible for any fees associated with post-dated checks that are prematurely deposited into Steel City's bank account.

5.1 All Star Tuition

3hrs- per wk= \$80/month: (5 and under team)

4hrs- per wk=\$100/month: (all other teams)

- Open gym is free for All Star Cheerleaders!
- Private tumbling lessons are available upon request. Fees are available on the Tumbling page of the web site.

ALL TUITION MUST BE PAID BY 1ST WEEK OF PRACTICE EACH MONTH. See late fee penalties specified under 5.0 Financial (above).

Note: No discounts are given to a child missing practice. Payments are as is.

5.2 Sibling discounts

2 children-\$175/mo (All Star Cheer)

3 children- \$225/mo (All Star Cheer)

5.3 Competition Fees

Competition fees are between \$25-\$150 per competition. All fee's are due 8-10 weeks prior to the comp. Statements will be in your folders or on the members' web page.

Crossover fees include only those fees defined by each specific competition, and anything required specific to a team. Crossover fees are not applicable to monthly fee, camps, and/or choreography.

Please refer to late fee penalties under 5.0 Financial (above).

5.4 All Star Start Up Costs

This represents actual pricing – unless other arrangements are made in advance with Jeanne – the following due dates must be followed:

March 25th- \$50 deposit due for choreography/camp/music

May 13th- \$125 Payment for choreography/camp/music (*only if you paid \$50 deposit in March \$150 payment if you did not pay for the deposit in March*)

May 27th- \$120- Practice wear and shoes

June 10th- \$235- Current Uniform (only if needed) This is NOT the level 5 uniform

June 24th- \$125 Payment for choreography/camp/music (*only if you paid \$50 deposit in March \$150 payment if you did not pay for the deposit in March*)

July 15th- \$135 Warm ups (only if needed)

August 2nd- Spankies- \$20 Bow- \$20 Make up- \$20ish (only if needed)

5.5 Choreography

The combined fee for Choreography, Camp and Music is \$300. There will be no additional choreography fee for x-teamers. Each athlete will be required to pay for choreography – even if previous commitment prevents their attendance. There will be no additional choreography fee for x-teamers. Payment schedule for this fee is listed in section 5.4 – Start Up Fees.

5.6 Hotels

If hotel accommodations are needed, we will book blocks of rooms together- all families are encouraged to the same hotel. All care is taken to obtain the best possible rates.

5.7 Fundraising

A variety of fundraising is available throughout the season to earn money for your family booster account. Information will be distributed as available.

6 PARENT RULES

Thank you for choosing Steel City All Stars for your child. The Staff is looking forward to providing your child with quality and professional instruction. Our goal is to build your child's tumbling and cheer skills as well as character and confidence. We have certain rules and guidelines that will need to be followed throughout the year. These rules are intended to help keep your child safe and to ensure a pleasant experience while at Steel City.

1. Absolutely no interaction with children while they are being instructed.
2. Do not enter gym area while class is in session.
3. Any comments/questions/concerns for coaches or instructors must be channeled through Jeanne. If necessary, a private meeting or phone conversation can be scheduled for the parent and coach/instructor. Under no circumstances should a parent address issues with a coach/instructor before or after class. As a parent, you may not agree with every decision- please remember that the coaching staff will make decisions that are in the best interest for our program as a whole.
4. We do not tolerate foul language or disrespectful behavior in our gym.
5. We are a TEAM here at Steel City All Stars we must all support and encourage each other. Negativity directed towards participants or parents will not be tolerated.
6. No parental involvement in where you believe your child should be placed on a team or in a routine. Your child will be placed by ability level and age by our professional judging staff.
7. Tuition must be paid at the first practice of the month. No exceptions. Automatic debit will be available for an additional fee.
8. We do provide a waiting area. If you bring other siblings to the facility, please be respectful and clean up after your child. We ask for your cooperation so we can keep a clean facility.
9. Please do not use attendance as a disciplinary tool.(This only hurts the team)
10. In the parent waiting room – it is INEXCUSABLE to use profane language and/or to speak out against any athlete, parent or the gym. You will be asked to leave. This parent viewing room is to watch your child's practice only.

11. For those of you have children that take private tumbling lessons at the gym, there are rules that need to be followed. They are as follows.....
- a. All seating will be on a chair or couch along the wall against the waiting room - OR - on a chair against the wall beside the spring floor.
 - b. Additionally, if your private lesson is Monday through Thursday and between 5:30 and 9pm - YOU MUST remain by waiting room wall seating. You cannot be in the gym, unless you are seated on couch or chairs along waiting room wall.
 - c. It is way too crowded and there is team practices and tumbling going on during those times.
 - d. There can be no one sitting on any equipment- (tumble track, wedges, octogons, etc) and no one is to be walking around inside the gym when privates or classes are going on.
 - e. This is VERY distracting to both the coaches and children. Also if you do decide to come into the gym while your child is having a private you MUST take your shoes off when stepping on to the blue floors. Most gyms DO NOT permit anyone to even enter the gym area. In order to continue to watch your child's private, you MUST follow these rules.

We want to be positive and provide a fantastic program for you and your child. Please remember we can only do so if you all comply with our rules. LET'S HAVE AN AWESOME YEAR!!!!!!

7 ATHLETE/TEAM RULES

7.1 General Rules

- 1. Be respectful to the coaching staff, team members, and parents at all times.
- 2. Be respectful of the gym's facility and equipment.
- 3. You are expected to attend practice on time, in your practice attire.
- 4. Hair must be pulled back and off your face – no bangs.
- 5. Keep nails at active length.
- 6. No jewelry at practice or at competitions.
- 7. You must maintain sportsman-like conduct at practice and at competition.
- 8. No foul language.
- 9. No abusive or uncontrollable behavior will be tolerated at the gym or traveling.
- 10. No alcohol or tobacco products will be permitted at **anytime or anywhere**. (If caught, you will receive automatic expulsion from Steel City)
- 11. Must present a neat and clean appearance at all times.
- 12. No chewing gum.
- 13. Never, ever stunt when a coach is not present.

- 14. Food is not permitted in the gym- it is restricted to waiting room only.
- 15. Only clear water is permitted in gym area.
- 16. Please adhere to posted practice times to enter and exit the gym. Athletes are asked to not remain in the gym for 'free time' or to enter the gym excessively early for 'free time' before practice. There are other teams practicing, privates and tumbling instructions going on – and it is very important that everybody gets their due time in the gym without distractions.

7.2 Attendance

- 1. Practices and competitions are mandatory for all team members during the competition season.
- 2. Our program can only be successful if your children are at practice **on time**.
- 3. Please do not use attendance as a disciplinary tool. That only hurts the team.
- 4. If you are injured you must still attend practice.
- 5. If your child is sick you need a written excuse, and are to call the facility **before** the child's practice.
- 6. Once competition schedule is given out, do not make any other obligations those weekends.
- 7. Stunt, tumbling, and choreography camps in the summer are mandatory.
- 8. Absences due to work schedule or appointment are **not** excused absences.
- 9. Must attend practice in mandatory practice clothes and shoes.
- 10. Must be at the gym and ready for practice 5 minutes before practice begins.

***WINTER WEATHER:** In the event of hazardous road conditions-closings will be posted on the website and on the answering machine by 3:00pm

7.3 Practice Clothing

Practice clothing **MUST** be worn at all team practices.

Please follow this schedule: (TBD until practice wear is selected)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY

Athletes that arrive for practice **NOT WEARING THE PRESCRIBED CLOTHING** – will be benched in the parent waiting area until either the parent brings the correct practice clothing or an alternate set of practice clothing will be given to the athlete and the parents will be invoiced to pay for the new set. Parents – please be supportive to help your athlete stay on track with wearing the required practice clothing.

Hair should be pulled back into a ponytail. If your child's hair is not long enough for a ponytail - please speak with Jeanne for a substitute style.

No show socks must be worn to practice. Please do not embellish or personalize the practice clothing and/or required dress. We are a team – and will look like a team when we practice AND compete.

Do NOT wear practice sneakers outside of the gym. You MUST change into your practice/competition sneakers AFTER arriving at the gym and change out of the BEFORE leaving the gym. This protects our valuable mats and athletes.

7.4 All Star Cheer Competition Hair/Makeup

Hair – Straight (flat ironed and bumped under a bit), in a high ponytail with the bow. The only exception is with Jeanne's prior approval, based upon child's hair type. If your child's hair is *above* their shoulders it may go in a half high ponytail. ABSOLUTELY NO FLY AWAYS. Use lots of hairspray, Titanium only will have curly ponytails.

Make Up – Eye liner can be light charcoal, blue or none at all. Using either eye cream or glitter glue – apply a line of adhesive above the eyelashes. Apply blue glitter to make a blue line above the eyelashes. Apply adhesive to the brow bone. Apply silver glitter above blue line and to the brow bone. Mascara also is needed. Use blush to your child's complexion and the lipstick is - MAYBELLINE SUPER STAY GLOSS - IN #380 BLACKBERRY GLAZE.

7.5 Competition Guidelines

1. All competitions are mandatory.
2. Every athlete must be on time and ready 15 minutes PRIOR to my report time.
3. Unless otherwise announced, all athletes ARE TO STAY AND WATCH EVERY TEAM COMPETE. You do not have to stay for awards until it is YOUR team's awards.
4. All athletes must stay at 1 designated hotel for away competitions. We are all a TEAM.
5. Mock competitions are no different – they are **mandatory**.
6. Parents are to sit together (ALL TEAMS). This shows the kids and the other teams that WE ARE A TEAM AND ONE BIG FAMILY.
7. Please do not be disrespectful to any other teams that are at the competition.
8. All athletes are to be in their **uniform** or **warm up** at ALL times at a competition. NEVER leave your skirts or tops unbuttoned. You may wear your uniform top and warm up pants together or vice-versa. Do not take your hair out of your ponytail and leave your bows in. The coaches and I will strongly enforce this. Stay neat at all times.
9. Whatever the outcome of your child's performance, please be happy and proud of your children. Do not display any negativity towards them or their team at a competition. This will discourage them at the rest of the competitions.

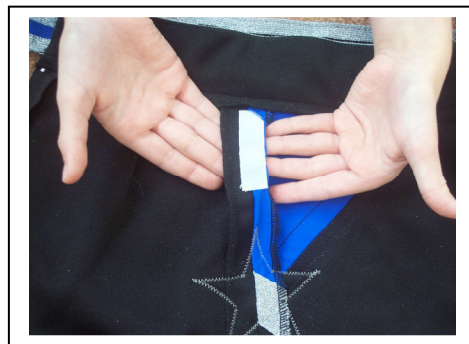
7.6 Skirt Fix

Repositioning (fixing) skirts and/or tops while on the competition floor is not permitted, because it could cause the team to needlessly lose points.

The following 'fix' is required for all skirts. It will keep a skirt from spinning, and it will keep a skirt on the hips where it is intended to be (minimizing the need for 'pull downs' after tumbling).

Use approximately a 2" piece of soft sew in Velcro, attach it to the seam allowance of the skirt, just beneath the waist band. Be certain that you only hand stitch it to the seam allowance – and do not penetrate to the outside of the skirt.

For the next step, it may be necessary to have your child wear the skirt and spankies together so that you can 'mark' where the Velcro will line up on the spankie. Note that the placement on the spankie is NOT right at the top of the waist band. Again, using hand stitching, attach the other side of the skirt's Velcro piece to the spankie. Repeat on BOTH sides of the skirt AND the spankie. When the two are worn together, the Velcro will line up nicely. This is about a 30 minute project – and can be done by any novice.



7.7 Uniform & Warm Up Care and Instructions

Uniform Care:

DO NOT PUT IN WASHER.

HAND WASH in cold water and mild detergent - the web site stresses **DO NOT USE WOOLITE!!**

Remove **PROMPTLY** and **lay flat to air dry, KEEPING COLORS SEPARATED**. Failure to do so **may result in bleeding of colors**.

Do not dry clean.

Do not soak.

DO NOT USE HAND WASH CYCLE IN MACHINE.

Warm up Care:

Machine wash cold **SEPARATELY**, NO BLEACH, tumble dry low heat – remove promptly – touch up with warm iron. **DO NOT DRY CLEAN.**

8 WEBSITE/E-MAIL

Members must check their e-mails daily, as this is the easiest and primary method of communicating news and relevant information.

Additionally, members should become familiar with the public and member only web sites. Important and propriety information is always posted there and should be checked frequently. Remember that the entrance to the members' only web site is a privilege to all stars families only. Please respect our privacy by not disclosing our members' only website password to anybody outside of the gym.

Athletes, families and friends are encouraged to visit and log entries on the guest book for our gym and or any other cheer gym. A posting on a competition's guestbook is a direct reflection on the entire gym. PLEASE remember to only leave messages that are kind, supportive and respectful.

9 BOOSTERS/FUNDRAISING

Steel City All Stars Boosters will provide a means by which athletes and/or families may fundraise to support all star cheer and competitive hip hop expenses throughout the year. This organization will consist of a treasurer and fundraiser chair person(s) and all families with competitive athletes at SCA. The boosters association is a non-profit separate entity from Steel City All Stars. All monies raised thru the boosters activities is non-taxable and therefore **MUST** be used in the matter in which it was fundraised (that is....to cover expenses associated with participation in the competitive cheer and/or dance programs at Steel City All Stars).

Activities and events through out the year that may require nominal financial input from families, such as the summer family picnic, the holiday party and/or the year end banquet, are the sole responsibility of the athlete(s)' family. There is no forced fundraising or padding of fees at Steel City All Stars which would otherwise fund such events.

**Waiver and Release of Liability
Assumption of Risk and Indemnifying Agreement**

In consideration of the consent and permission granted to me by Schulte Enterprises, LLC doing business as Steel City All Stars Tumble and Cheer Gym ("SCA") to use certain premises of SCA (the "gym") for cheerleading, tumbling, physical exercise, spring floors, trampoline and other physical development equipment (the "equipment") owned or provided by SCA or by others, participate in practice, competitions, exhibitions, trips ("events") participant and/or participant's parent(s)/guardian(s) hereby voluntarily and knowingly enter into this waiver, release, assumption of risk and indemnity, with the intention of being legally bound hereby.

Participant and/or participant's parent(s)/guardian(s) hereby waive, release and discharge for participant, their heirs, executors, administrators, legal representatives, successors and assigns, any and all rights and claims which participant and/or participant's parent(s)/guardian(s) has (have) or may at anytime have against SCA, its affiliates, successors and assigns, and the directors, officers, employees, agents and representatives thereof (collectively the "released parties"), including all claims and actions for injuries mental or physical ("injuries"), death, which arises directly or indirectly from participant's participation in or association with cheerleading, tumbling or physical exercise in the gym or at events.

By signing this waiver and release of liability, participant and/or participant's parent(s)/guardian(s) accept such equipment as being safe and reasonably suited for its intended use. Participant and/or participant's parent(s)/guardian(s) assume all risk involved in the use of the gym, equipment or at events.

By signing this waiver you allow the use of your athlete's image in any Steel City All Stars advertising, newspaper submissions and/or on the Steel City All Stars public or private web site.

Participant and or participant's parent(s)/guardian(s) agree that the released parties may not be held liable in any way for any occurrences in connection with use of the the gym, equipment and/or at the events which may result in injuries, death or other damages to participant and tat participant and/or participant's parent(s)/guardian(s) will not sue, attach the property or prosecute the released parties for injury or damage resulting from the negligence, including but not limited to the negligent upkeep, control and maintenance of the gym or equipment, or other acts, however caused, by released parties or any other person or resulting from participant's involvement in cheerleading activities or exercise or use of the gym and/or equipment. Participant and/or participant's parent(s)/guardian(s) further covenant and agree to indemnify, defend and hold the released parties harmless from all claims, actions, costs and expenses (including reasonable attorneys' fees) related to the foregoing.

By signing below, the participant and/or participant's parent(s)/guardian(s) acknowledge that they have read the above waiver, release and assumption of risk and indemnity and understand the contents therein.

Name: (Print) _____
(Participant)

Date: _____

Signature: _____
(Parent or Guardian)

Name: (Print) _____
(Parent or Guardian)

Steel City All-Stars Registration Form
(PLEASE complete all information and PRINT clearly)

Cheerleader's Name: _____

Parents Name: _____

Home Phone Number: _____

Parent Cell Phone Number: _____

Athlete Cell Phone Number: _____

Street Address: _____ City: _____ Zip: _____

Age: _____ (as of August 31, 2010) DOB: _____

Parent's e-mail address(s) : _____

Athlete's e-mail address: _____

Any medical conditions: _____

Any allergies or medication taken: _____

Emergency Contact: 1 _____ Phone# _____

2 _____ Phone# _____

Please indicate below as appropriate: (AN ANSWER IS NEEDED ON BOTH QUESTIONS)

My athlete is interested in cross teaming (competing on more than 1 all star cheer team) A primary team will be assigned. The athlete does not get to choose between participation on either team.

YES _____

NO _____

Steel City All Stars WILL travel to 3 away competitions. We will have 1 or 2 teams that will be traveling to 4 or 5 away competitions. Are you willing or wishing to participate in a team that will be traveling to the extra competitions (4 or 5 total)?

YES _____

NO _____