

GymCat Cheer 2011-2012 Parent/Athlete Handbook



Our Motto:

TEACH CHILDREN THEY CAN ACHIEVE, AND IT IS A LESSON THEY WILL REMEMBER THE REST OF THEIR LIVES.

Welcome

Dear GymCat Cheer All-Star Candidate and Parent,

We are so pleased you have shown an interest in Achievers GymCat Cheer. As we begin our twelfth year, we are happy to say we are still going strong. At Achievers, we are continually changing and improving to keep up with the demands of the all-star industry. It is the goal of the GymCat staff to bring you the quality and experience of a large cheer gym with a small cheer gym atmosphere. We have proven we will stand the test of time.

Please read through the handbook carefully if you are considering trying out for a spot on one of our All-Star teams. After reviewing this packet carefully, we will be happy to answer any questions you may have. At Achievers, we continue to expect 100% commitment from each cheerleader for the entire competition year. We hope that each cheerleader learns more than just how to cheer, we teach kids to Achieve goals, be dedicated team members, and winners. Competitive cheerleading is not for everyone, however if you and your child are committed to being the best teammate possible and working hard to Achieve goals, we welcome you! Good Luck and we look forward to having you as part of the GymCat Family.

Thank You,

Valerie Standridge

Evaluation

Each candidate will wear a purple black and white shirt with black shorts, a sports bra, and tennis shoes. Appearance should be neat, (hair pulled back) as the judges will consider it.

We will be evaluating and placing candidates based upon criteria of their skills, attitude, work ethic, behavior and cheer experience. We believe all elements are important in developing and maintaining a program we can be proud of. We will place candidates on teams based upon many factors with the ultimate goal to be as competitive as we can be. After all, this is COMPETITIVE cheerleading. If you are new to our program we welcome you into our family. Good Luck in the coming year

The chart on the following page is a list of minimum level skills that are necessary to be placed on a competitive team. Skills should be performed with confidence and executed with proper technique. Simply throwing a skill at tryouts will not earn a spot on that level. The chart is merely a guideline. If a cheerleader shows exceptional strength in areas other than tumbling, they may be placed on a higher level team than their individual tumbling skills. At the same time, simply having the tumbling skills does not guarantee a spot on that level. We will look for well-rounded cheerleaders that fit each squad's needs. Tumbling is not the only thing looked at for team placement, it is just the easiest for parents to judge.

Suggested Skills

We cannot guarantee that all ability levels will be available.

	Level 1	Level 2	Level 3	Level 4	Level 5
8yr and under (Mini)	Back bend kickover, back walkover, front walkover, cartwheel, roundoff rebound	Standing bhs, back walkover bhs, round off series of bhs, specialty passes ending in bhs	N/A		
11yr and under (Youth)	Back bend kickover, back walkover, front walkover, cartwheel, roundoff rebound	Standing bhs, back walkover bhs, round off series of bhs, specialty passes ending in bhs	Toe touch 2 bhs, punch front, round off back handspring back tuck		
14yr and under (Junior)	N/A	Standing bhs, back walkover bhs, round off series of bhs, specialty passes ending in bhs	Toe touch 2 bhs, punch front, round off back handspring back tuck	Standing back tuck, toe touch bhs back tuck, round off back hand spring layout	
18yr and under (Senior)	N/A	Standing bhs, back walkover bhs, round off series of bhs, specialty passes ending in bhs	Toe touch 2 bhs, punch front, round off back handspring back tuck	Standing back tuck, toe touch bhs back tuck, round off back hand spring layout	Double toe back tuck, standing two bhs full, round off bhs full

Other areas

Motions, jumps, age, maturity, ability and willingness to follow directions, performance skills such as smiling, confidence, and timing with a group Please understand GymCats reserves the right to change team rosters throughout the season as we see fit in order to maintain the competitiveness and cohesiveness of our program. Once the teams have been posted, if you have questions regarding YOUR athlete's placement, please contact Valerie Standridge who will be happy to discuss it with you.



Payment Plans

GymCat Fees

We offer three payment plans to choose from.

Payment plan A will save you 5% off of your GymCat fees by making one payment of all program fees

Payment plan B saves you 3% off of your GymCat fees by making three installments in April, June, and August.

Payment plan C allows you to pay off the program fee over six months, April, June, August, September, October, and December.

Everyone that chooses payment plan B or C MUST sign up for automatic payment with a debit card or credit card with

GymCat Cheer. First payments must be turned in prior to tryouts on Wednesday, April 13th, 2011.

All Gymcat fees will be paid to GymCat Cheer and can be made by cash, check, money order or credit/debit card. Late fees will be assessed to all payments made one week after the due date. Late fees will be \$15 per week until payment is made in full. Anyone falling 30 days past due on a payment will be removed from the program until accounts are current. If at anytime during the year an athlete quits prior to receiving any part of their uniform or clothing or prior to a competition they will forfeit those articles and/or fees. **You will not receive a refund and must fulfill your financial obligation, which includes your GymCat balance and the remainder of the year's tuition.**

GymCat Fees

Payment Plan A

	Show Team	Mini-Senior	Worlds Team
Total Fees	\$595.00	\$1690.00	TBD
-5% discount	\$29.75	\$84.50	TBD
1 time payment	\$565.25	\$1605.50	TBD

Payment Plan B

	Show team	Mini-Senior	Worlds Team
Total Fees	\$595.00	\$1690.00	TBD
-3% discount	\$17.85	\$50.70	TBD
Total	\$577.15	\$1639.30	TBD
April	\$192.39	\$515.00	TBD
June	\$192.39	\$612.50	TBD
August	\$192.39	\$562.50	TBD

Payment Plan C

	Show team	Mini-Senior	Worlds Team
Total Fees	N/A	\$1690	TBD
April	N/A	\$200	TBD
June	N/A	\$200	TBD
August	N/A	\$380	TBD
September	N/A	\$342.50	TBD
October	N/A	\$342.50	TBD
December	N/A	\$225.00	TBD

Payments will be drafted on the 15th of each month, April-December

Payments include: USASF registration fee, practice clothes, hair bow, shoes, competition entry fees, coaching fees, national t-shirt and choreography. **This year GymCat fees include UNIFORM and COACHES TRAVEL as well as PICTURE CD from one national competition.**

GymCat fees do not include hotel stay, spectator fees, parking travel expense, banquet tickets, or replacement of missing GymCat items.

Monthly Tuition

All tuition payments will be made to Achievers Gymnastics Center and can be made by EFT, credit, or debit card. Late fees will be accessed on all payments made one week after the due date. Late fees will be \$15 per month. Anyone falling 30 days past due on a payment will be removed from the program until accounts are current.

Team	Practice Hours weekly	Monthly Tuition	Ages
Show	45 minutes	\$55.00	3yrs-8yrs
Mini	4 hours	\$135.00	8yrs and under
Youth	4 hours	\$135.00	11yrs and under
Juniors	5 hours	\$140.00	14yrs and under
Seniors	5 hours	\$145.00	18yrs and under
Worlds	TBD	TBD	12yrs-18yrs

Extra classes: Extra tumbling classes will be offered for all ability levels, this is optional: one tumbling class is built into tuition. Extra classes will be \$40 per month per cheerleader. Show team will not have a built in tumbling class, but are welcome to take an extra class. Extra classes and private lessons will only be allowed if your GymCat and Achievers accounts are current. GymCat team members are not allowed to take any lesson private, group, or classes at any other cheer or gymnastics facility.



Tryout Procedure

All athletes (except those who are registered for our show team) will need to be evaluated by the coaching staff in order to be properly placed on a team for the 2011-2012 competitive season.

Please remember this is a ONE-YEAR COMMITMENT

Tryout Procedure

1. Download handbook and forms. Read Thoroughly.
2. Attend designated parent meetings
3. Attach \$35 tryout fee to tryout application-payable to gymcat cheer.
4. Attach \$120 yearly registration to tryout application-payable to Achievers
5. Turn in registration forms and a separate \$200 non-refundable/non-transferable down payment* by Wednesday, April 13th-payable to GymCat Cheer (3 separate checks)
Include:
 - checklist
 - tryout application with 3 separate checks
 - parent code of conduct
 - cheerleader code of conduct
 - website permission form
 - payment agreement form
 - copy of birth certificate
6. Attend tryout clinic and tryouts
7. Wear black shorts and purple black and white shirt.

*The \$200 down payment is non-refundable. (Exception: If a candidate is not placed on a team the money will be refunded) If a candidate is selected to a GymCat team and declines the offer, the down payment is non-refundable/non-transferable. If at anytime during the year an athlete quits prior to receiving any part of their uniform or clothing or prior to a competition they will forfeit those articles and fees. You will not receive a refund for any reason and will be expected to fulfill your financial commitments.

Tryout Schedule

Please note the age is as of May 31st 2011
Cheerleaders must attend the clinic and Tryouts

Tryout Week April 11th-16th

Monday April 11th

Parent Meetings 5-11yrs 5:30
12-18yrs 7:00

Tuesday, April 12th

Clinic 5:00-6:30 5yr-11yr
Clinic 6:30-8:00 12yr-18yr

Wednesday, April 13th

Clinic 5:00-6:30 5yr-11yr
Clinic 6:30-8:00 12yr-18yr

Saturday, April 16th

Tryouts 10:00-1:00pm



Teams and Practice times will be posted by 7pm
Saturday, April 16th

www.gymcatcheer.com

(Tryouts are closed, only candidates may be in the gym)

Judging Form

Candidates Name: _____ Age: _____

Birthday: _____

USASF Level: Tumbling _____ Stunting _____ Basket _____

Jumps(1-10) _____

Motions(1-10) _____

Dance(1-10) _____

Tumbling Pass _____

Tumbling Score(1-10) _____

Stunt Position _____

Stunts shown at tryouts _____

Stunt Score(1-10) _____

Attitude during clinic(1-10) _____

Attitude comments:

Willingness to try new skills and positions:

Last season's attendance habits:

Promptness to clinic and tryouts:

Parent Contract

- _____ I have read and fully understand the handbook
- _____ I understand there will be NO REFUNDS and NO TRANSFERS should my child quit mid year.
- _____ I understand if my child quits before receiving any part of their practice clothes, uniform, shoes etc. the articles will be forfeited.
- _____ I will do my best to have my child at every GymCat Practice.
- _____ I will be supportive of all GymCats, Coaches and Office Staff.
- _____ If I have a problem, I will bring it to the attention of the coach, I will not discuss it upstairs in the viewing area, or in public.
- _____ I understand my child can be removed from the team due to my actions.
- _____ I understand my child can be removed from the team for missing practice. (This is a team sport)
- _____ I will support all kids on all GymCat teams.
- _____ I understand I will need to have a credit/debit card on file for monthly payments and GymCat fees.
- _____ I understand there will be extra practices during competition season, and I will make these practices a priority.
- _____ I understand any negative talk about GymCat Cheer or any member of a team, coach, other parent, or office staff is grounds for dismissal.

Cheerleader Contract

_____ I will support GymCats in all I do, say, and wear.

_____ I realize my actions in and out of GymCats reflect the GymCat program as a whole. I will respect my parents, teachers, coaches, teammates, friends, and myself.

_____ I will do my best to keep my grades up. Homework and test are not excuses to miss GymCat Practice.

_____ I will obey my parents, being grounded is not an excuse for missing GymCat Practice.

_____ I understand disrespect of any coach is immediate grounds for dismissal from a GymCat team.

_____ I will work hard in and out of the gym to make my team Great.

_____ I understand GymCats is a one-year commitment.

_____ I will not use inappropriate language, drugs, or alcohol. These are immediate grounds for dismissal from a GymCat team.

_____ I will be prepared for practice and competitions. Having the correct clothing, hair, shoes etc. This shows preparation and thought. Make GymCats a priority.

_____ I will learn more than Cheer at GymCats. I will learn what it takes to be a team player, what it means to be committed to a team, and how to work with others. I will learn life is not just about me and I will learn that hard work gets you where you want to go.