

**2009-2010
Parent/Athlete
Handbook**

GYMCAT CHEER

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 interest in Achievers GymCat Cheer. Achievers GymCats are entering their 10th year of competitive cheerleading, and still going strong. 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.

Please read through the handbook carefully as policies and procedures have changed for the 2009-2010 season. Please review 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 teammates, 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
GymCat Cheer Program Manager
940-484-4900ext 103

Evaluation

Each candidate will wear their tryout t-shirt, that they receive upon payment of deposit with black shorts with tennis shoes. Appearance should be neat, (hair pulled back and shirt tucked in) as it will be considered by the judges.

We will be evaluating and placing candidates based upon criteria of their skills, attitude, work ethic, behavior and cheer experience. We believe all elements 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 squads needs. Tumbling is not the only thing judged 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 for all ages.

	Level 1	Level 2	Level 3	Level 4	Level 5
8yr & Under	Back bend Kick over, Cartwheel, Round off rebound	Standing back handspring, round off back handspring	N/A	N/A	N/A
11yr & Under	Back bend kick over, Cartwheel, Round off rebound	Standing back handspring, round off back handspring	Toe touch two back handsprings, Punch front, Round off Back tuck	N/A	N/A
14yr & Under	N/A	Standing back handspring, round off back handspring	Toe touch two back handsprings, Punch front, Round off Back tuck	Standing Back, Double Toe backhand spring back tuck, Round off back handspring Layout	Double toe back tuck, standing two back handsprings to layout round off backhand spring full
18yr & Under	N/A	Standing back handspring, round off back handspring	Toe touch two backhand spring Punch front, Round off Back tuck, Round off Backhand spring back tuck	Standing Back, Double Toe backhand spring back tuck, Round off back handspring Layout	

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. Please refrain from questioning the placement of other athletes.

Sample Judging Form

Candidates Name: _____ Age: _____

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

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 2009-2010 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 \$35.00 tryout fee to tryout application-payable to GymCat Cheer
4. Attach \$100 yearly registration to tryout application-payable to Achievers
5. Turn in registration forms and a separate \$200 non-refundable down payment* by Wed., April 1st- payable to GymCat Cheer (3 separate checks)

Include:

- Check list
 - Tryout Application with \$35.00 check attached and \$100 reg. fee
 - Parent Code of Conduct
 - Cheerleader Code of Conduct
 - Website Permission Form
 - Agreement Form
 - Copy of Birth Certificate (this is required by USASF beginning 08-09)
6. Attend tryout clinic and Tryouts
 7. Wear black shorts and GymCat tryout t-shirt.

Presentation is considered.

* 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 nonrefundable.**

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 for any reason and will be expected to fulfill your financial commitments.**

Try-out Schedule

The following is a schedule for tryouts.

Please note the age is as of May 31st, 2009

**** Cheerleaders must be present for the clinic and tryouts.**

Tryout Week March 30-April 4

Wednesday, April 1st

Tryout Clinic 5:30-7:00pm 6yr-11yr olds

Tryout Clinic 7:00-8:30pm 12yr -18 yr olds

Thursday, April 2nd

Tryout Clinic 5:30-7:00pm 6yr-11 olds

Tryout Clinic 7:00-8:30pm 12yr -18 yr olds

Friday, April 3rd

Open Practice 5:30-7:00 6yrs-11yrs

Open Practice 7:00-8:30 12yrs-18yrs

Saturday, April 4th

Tryouts 8:30-11:00am 6yr-11yr olds

Tryouts 11:30-2:00pm 12yr-18yrs

Teams and practice times will be posted at

7:00pm, Saturday, April 4th

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

Payment Plans

GymCat Fees

This year we will offer three new payment plans to choose from.

Payment plan A will save you 5% off of your GymCat fees by making one payment of the program fees less the down payment and the discount.

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

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

Everyone that chooses payment plan B or C must sign up for automatic payment with EFT, a debit card or credit card with GymCat Cheer. Down payments must be turned in prior to tryouts on Wednesday, April 1st, 2009.

The first payment will be made on your first practice day the week of April 6th-10th, 2009.

All GymCat fees will be paid to GymCat Cheer and can be made by cash, check, money order, and EFT or credit/debit card.

Late fees will be assessed to all payments made one week after the due date. Late fees will be \$10 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.**

Payment Plan A

GymCat Fees

Program Cost	Show Team	Mini	Youth	Junior-Senior	Senior Level 5
Ages	3-5yrs	5-8yrs	7-11yrs	11-18yrs	12-18yrs
Total Fees	\$455	\$1375	\$1375	\$1675.00	\$1675.00
Down Payment	-\$200	-\$200.00	-\$200.00	-\$200.00	-\$200.00
Tryout Fee	-\$35.00	-\$35.00	-\$35.00	-\$35.00	-\$35.00
-5% discount	-\$23.00	-\$69.00	-\$69.00	-\$84.00	-\$84.00
1 time payment	\$197.00	\$1071.00	\$1071.00	\$1356.00	\$1356.00

Payments include:USASF registration fees, practice clothes, parent shirt, hair bow, shoes, regional and national competition entry fees, coaching fees, nationals t-shirt and choreography camp.

The GymCat Fees DO NOT INCLUDE UNIFORMS

THIS YEAR. Uniform fees will be paid directly to Varsity this year during uniform fittings. Uniform fittings will be in May,2009. **GymCat Fees do not include:** hotel stay, spectator fees, parking, National gifts, pictures, travel expense, banquet tickets, or replacement of missing GymCat items.

Payment Plan B

GymCat Fees

Program Cost	Show Team	Mini	Youth	Junior-Senior	Senior Level 5
Ages	3-5yrs	5-8yrs	7-11yrs	11-18yrs	12-18yrs
Total Fees	\$455	\$1375	\$1375	\$1675.00	\$1675.00
Down Payment	-\$200	-\$200.00	-\$200.00	-\$200.00	-\$200.00
Tryout Fee	- \$35.00	-\$35.00	-\$35.00	-\$35.00	-\$35.00
-3 discount	- \$14.00	-\$41.00	-\$41.00	-\$50.00	-\$50.00
Total	\$206	\$1099.00	\$1099.00	\$1390.00	\$1390.00
April, June, Aug	\$69.00 x 3	\$367 x 3	\$367 x 3	\$464 x 3	\$464 x 3

Payments include: USASF registration fees, practice clothes, parent shirt, hair bow, shoes, regional and national competition entry fees, coaching fees, nationals t-shirt and choreography camp.

The GymCat Fees DO NOT INCLUDE

UNIFORM THIS YEAR. Uniform fees will be paid directly to Varsity this year during uniform fittings.

Uniform fittings will be May of 2009. **GymCat Fees do not include:** hotel stay, spectator fees, parking, National gifts, pictures, travel expense, banquet tickets, or replacement of missing GymCat items.

Payment Plan C

GymCat Fees

Program Cost	Show Team	Mini	Youth	Junior-Senior	Senior Level 5
Ages	3-5yrs	5-8yrs	7-11yrs	11-18yrs	12-18yrs
Total Fees	N/A	\$1375	\$1375	\$1675.00	\$1675.00
Down Payment	N/A	-\$200.00	-\$200.00	-\$200.00	-\$200.00
Tryout Fee	N/A	-\$35.00	-\$35.00	-\$35.00	-\$35.00
Total		\$1140	\$1140	\$1440	\$1440
9 equal payments 4/15-12/15	N/A	\$127 x 9	\$127 x 9	\$160 x 9	\$160 x 9

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

Payments include:USASF registration fees, practice clothes, parent shirt, hair bow, shoes, regional and national competition entry fees, coaching fees, nationals t-shirt and choreography camp.

The GymCat Fees DO NOT INCLUDE

UNIFORM THIS YEAR. Uniform fees will be paid directly to Varsity this year during uniform fittings. Uniform fittings will in May, 2009. **GymCat Fees do not include:** hotel stay, spectator fees, parking, National gifts, pictures, travel expense, banquet tickets, or replacement of missing GymCat items.

Monthly Tuition

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 \$10 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.

Team	Practice Hours Weekly	Monthly Tuitioin	Ages
Show	45 minutes	\$55.00	3yrs-7yrs
Mini	3.5 hours	\$130.00	8yrs and under
Youth	4 hours	\$135.00	11yrs and under
Junior	5 hours	\$140.00	14yrs and under
Senior	5 hours	\$140.00	18yrs and under
Level 5 Teams	6 hours	\$145.00	11-18yrs

Extra classes: Extra tumbling classes and stunt classes will be offered for all ability levels, this is optional: one tumbling class is built into tuition. Extra classes will be \$40.00 per month per cheerleader. Show team will not have a built in tumbling class, but are welcome to take an extra class.

Expectations

GymCat cheer is a competitive cheer program; it is not a recreational program. We want cheerleaders who are dedicated to the team, hard working, motivated, and ready to improve their individual and team skills. We want cheerleaders and parents who will be supportive of the entire GymCat program. Each team member should encourage and support others. We expect 100% attendance from all team members FOR ONE FULL YEAR. We will not master our routines and perform to our peak ability level if cheerleaders are late or absent. We ask that you look at this as at least a one-year commitment, as once your child is on a team it will affect the entire squad if you choose to leave mid-year. GymCat members are expected to maintain the skills shown at tryouts and improve throughout the year. Skills will be tested periodically throughout the year, if a cheerleader loses a skill or fails to progress the cheerleader may be dismissed or moved to an alternate position. Your child is expected to attend all practices, exhibitions and competitions as a team. Our routines are coordinated around every team member. Therefore, one member's absence has a negative impact on all other team members. Be prepared to rearrange your schedules as needed, however we will try to maintain a routine schedule in order for you to be able to make advance personal plans. Please be aware there will normally be additional practices the day before competition, if competition is on Sunday there may be practice on Friday and Saturday that week.

- GymCat Cheer reserves the right to dismiss an athlete from any practice or remove them from a team if their behavior is deemed inappropriate.
- Please be aware that inappropriate displays of behavior from parents can also result in removal of athletes from the team, this applies in all situations including, practices, performances, and competitions.
- GymCat employees, athletes, parents, and all other affiliates, pride themselves on good sportsmanship and supportive attitudes.
- GymCat Cheer demands communication between directors, coaches, athletes and parents. Most if not all problems and situations can be resolved with communication, please no assumptions.
- Practices are open for friends and family to watch from the observation room only. No Parents, friends or family members are allowed in the gym or door ways during practice. If problems occur parents will be asked to

Absences

Cheerleaders are required to attend all practices, competitions, and performances, if habitual absences occur athletes will be removed from the team without notice and no refund will be provided, also please note that if an athlete misses practices the week prior to a performance, or regional competition and two weeks prior to a national competition it is at the discretion of GymCats and its coaches whether or not they perform. Team members will be required to make up missed practices. Each member may only have two unexcused absences. A GymCat coach must approve unexcused absences at least one week prior to the date of the absence/s. No unexcused absences will be allowed at any practice that involves choreography. All regional and national championships are mandatory for all team members.

Excused absences are limited to:

Mandatory school functions that are for a grade
Mandatory School cheer function
Family emergency/death
Contagious illness
Fever or vomiting

Examples of unexcused absences are as follows:

Non-contagious illness
Injury
Optional activities (including school activities)
Transportation issues
Homework or test (please plan schedule efficiently)

Class Make-ups

- To receive a make-up for a tumbling class, you must notify your tumble coach **prior** to the absence. Only when there is availability in a GymCat tumbling class will a make-up be granted.
- Achievers observes major holidays, make-ups nor prorating will be provided for these missed classes.

Holidays

The following is a list of holidays and gym closings recognized by Achievers GymCats. The specific closing dates will be released at the beginning of the appropriate month and can be found on the website, www.Gymcatcher.com

- Good Friday/Easter
- Memorial Day
- Summer Break
- Independence Day
- Labor Day
- Thanksgiving
- Christmas
- New Years Day
- Spring Break

All summer vacations must be completed by Friday, August 15, 2008. This will ensure a team member's participation in the first regional competition.

New Season: The official start date of the new season will be Monday, April 6, 2009. The new season will come to a close following the last national championship in 2010.

Policies and Procedures

- Scheduled GymCat practice wear is required.
- No jewelry is allowed.
- Hair must be pulled up and out of face.
- Only registered students will be allowed in the gym.
- No food or drinks (except water) allowed in the gym.
- We discourage and ask that parents refrain from commenting or communicating with athletes and coaches during practices.
- All students must wait inside the building to be picked up.
- No physical activity can begin unless an instructor is present.
- If a student is injured or sick and not contagious they are required to attend practice, but not participate.
- GymCat Cheer reserves the right to dismiss an athlete from any practice or remove them from a team if their behavior is deemed inappropriate.
- Please be aware that inappropriate displays of behavior from parents can also result in removal of athletes from the team, this applies in all situations including, practices, performances, and competitions.
- GymCat employees, athletes, parents, and all other affiliates, pride themselves on good sportsmanship and supportive attitudes.
- GymCat Cheer demands communication between directors, coaches, athletes and parents.
- Most if not all problems and situations can be resolved with communication, please no assumptions.

Injuries and Liabilities

Achievers and GymCat Cheer are not liable for any expenses incurred from injuries or illnesses resulting from participation in the program. We encourage each team member to have their own insurance coverage to defray any medical or other expenses that may result from participation. While Achievers and GymCat cheer programs strive to provide the safest possible environment for team members, injuries and/or illnesses may occur.

Parent Code of Conduct

Parents play an important role in their child's commitment to our program. Please read this carefully and understand the commitment you are making. Please initial to the left of each topic in the space provided once you have read and fully understand your role.

_____ If my child is involved in any matter of disrespect towards any member of the GymCat Cheer staff or students, I will resolve this problem with my child immediately.

_____ I understand that my child **must wear the proper practice attire** that is scheduled for any specific day. If my child loses any part of the practice outfit I understand I must purchase a replacement immediately

_____ I fully understand that coaches reserve the right to suspend my child's participation indefinitely in practice or competition (which may include losing positions) as a disciplinary action if any of the rules, policies, or codes of conduct are broken by the student or parent.

_____ I understand that time is essential to both the program and parents. I will do all that is necessary to get my child to practice on time and assure he/she does not leave practice early.

_____ I am aware that this is a ONE-YEAR commitment and will do everything in my ability to enable my child to participate in all practices and competitions throughout this season. I am also aware that if I fail to honor my ONE-YEAR commitment, **no refund for any reason will be given to me and I will fulfill my financial commitment.**

_____ I am aware that inappropriate displays of behavior from parents can result in removal of cheerleaders from the team. This includes, but it not limited to criticizing the coaches or other team members.

_____ I am placing my child under the supervision and guidance of the GymCat Coaches therefore, I will respect and honor decisions made by the coaches.

I have read and understand my role as a GymCat Parent; I will do my best to uphold my end of the commitment.

Parent's Signature: _____ Date: _____

Cheerleader Code of Conduct

Cheerleaders please read carefully and initial each obligation in the space provided. Parents, please explain obligations to your child and initial after each section.

_____ I will come to practice with a positive attitude and I will give my best effort towards the agenda set by the coaching staff.
_____Parent initials

_____ I will not use inappropriate language, drink alcohol, use drugs or participate in inappropriate behavior. I understand that my actions 24 hours a day are a representation of my team and Achievers GymCat All-Star Cheerleading. _____Parent initials

_____ I will not disrespect any team member, coach, or competitor for any reason at any time. _____Parent initials

_____ I understand that this is a ONE-YEAR commitment and that a team is depending on me to fulfill my responsibilities as a team member.
_____Parent initials

_____ I will learn and obey all rules and regulations of Achievers Gymnastics and Achievers GymCats All-Star Cheerleading Program _____parent initials

_____ I understand that by breaking any of the codes of conduct above, I may be suspended or dismissed from Achievers GymCats.
_____Parent initials

_____ I will wear the scheduled practice wear to each practice. If I lose any of my practice wear I understand that I must replace it immediately.
_____Parent initials

_____ I will arrive at all competitions with my uniform, hair, and make-up ready for competition according to GymCat specifications.
_____Parent initials

The obligations above reiterate the importance of the cheerleader's and parent's responsibilities together. Team sports are based on individual commitments; however, they are fueled by team efforts.

Student Signature: _____ Date: _____

GymCat Tryout Application

Please return this sheet with \$35.00 tryout fee no later then Wednesday, April 1 to the front desk.
Please make checks payable to GymCat Cheer

Cheerleader Name: _____ Age: _____

Birthday : _____

Parents' Names: _____

Address: _____

Phone: Home _____ cell (mom) _____ (Dad) _____

Cheerleader Phone: Home _____ Cell _____

Parents e-mail: (Mom) _____ (Dad) _____

Cheerleader e-mail: _____

Cheerleaders Clothing Size (circle correct size)

Shirt: ys ym yl as am al Shorts: ys ym yl as am al

Parents Shirt Size

Mom yl as am al axl axxl Dad as am al axl axxl axxxxl

Please list all extracurricular activities with days and times. (Examples: church wed-6:30-7:30, band everyday until 4:00pm, please specify all school sports)
Only activities listed will be taken into consideration when placing cheerleaders on teams.

I, _____(parent) have read the entire tryout handbook in full and understand and will follow all standards and rules set by Achievers and GymCat Cheer.

Signature _____ Date _____

I, _____(cheerleader) have read the entire tryout handbook in full and understand and will follow all standards and rules set by Achievers and GymCat Cheer.

Signature _____ Date _____

Website Permission Form

This form must be filled out in order for your child's name and or picture to appear on our website.

In the course of updating and maintaining the GymCat Cheer website, we would like to be able to include photo/images of cheerleaders at various events and activities. All pictures will be in good taste. Please fill in the information below to allow us to use photo/images and first and last names of your child.

As a parent or guardian of a cheerleader at Achievers GymCats I have read the above information about the publication of photo/images and names on the website and I understand this agreement will be kept on file at the gym.

I, _____ give permission for Achievers GymCats, GymCat Cheer, Achievers Gymnastics Center and anyone affiliated with the two programs to use my child _____ name and picture on their website. This permission is granted with the understanding the policy as outlined above is to be followed.

Childs Name: _____

Parents Name: _____

Date: _____