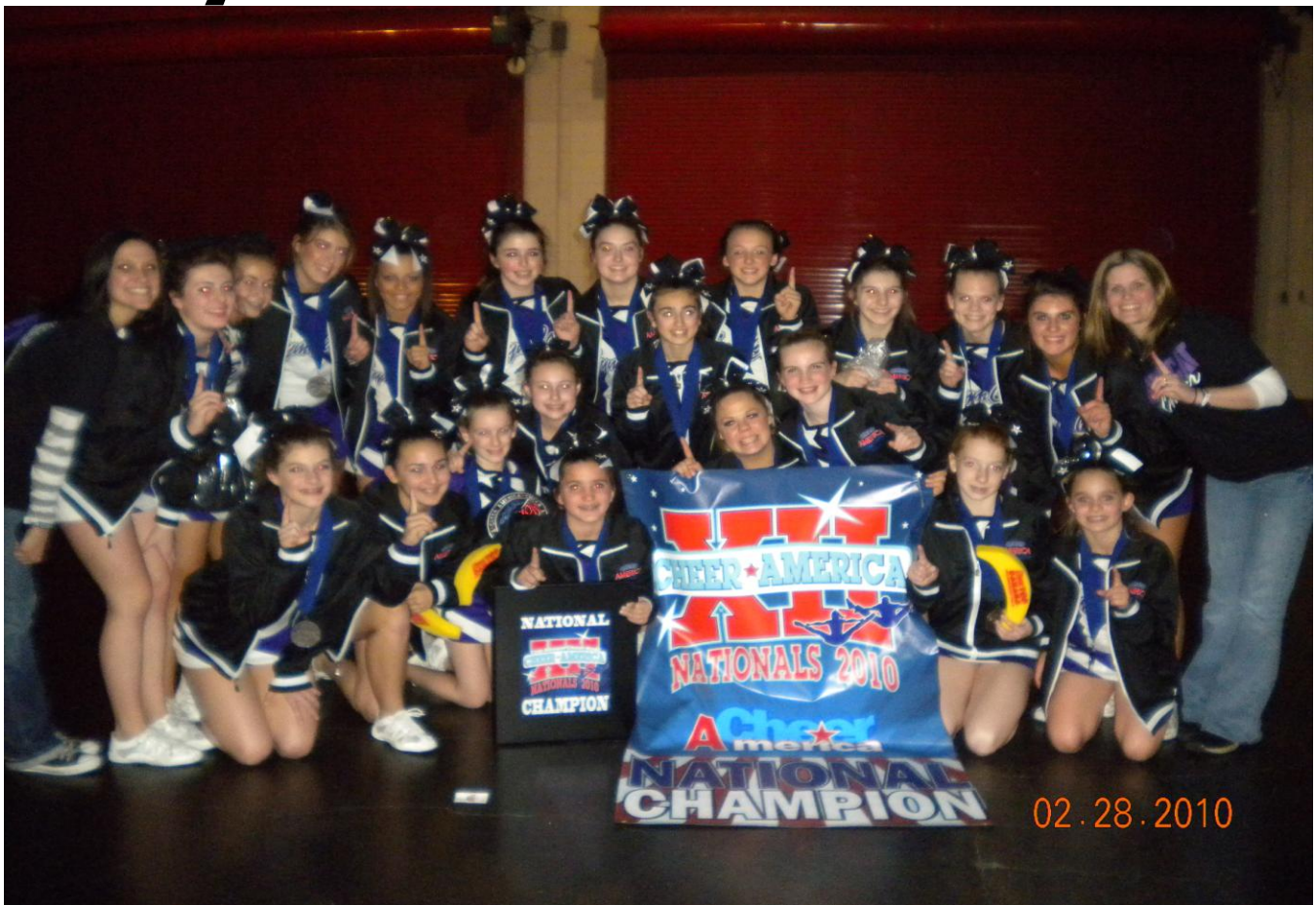


2010-2011

Parent/Athlete

Hankbook

# 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 an interest in Achievers GymCat Cheer. We have completed a decade of competitive cheer and 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.

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 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

# 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 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 squads 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 for all ages.

	<b>Level 1</b>	<b>Level 2</b>	<b>Level 3</b>	<b>Level 4</b>	<b>Level 5</b>
<b>8yr &amp; Under</b>	Back bend Kick over, Cartwheel, Round off rebound	Standing back handspring, round off back handspring	N/A	N/A	N/A
<b>11yr &amp; Under</b>	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
<b>14yr &amp; Under</b>	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
<b>18yr &amp; Under</b>	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 other athletes.

# Tryout Procedures

## Tryout Schedule and 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 2010-2011 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 28th- 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)

5. Attend tryout clinic and Tryouts
6. 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 fees. **You will not receive a refund for any reason and will be expected to fulfill your financial commitments.**

# Try-out Schedule

Please note the age is as of May 31<sup>st</sup>, 2008

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

**Tryout Week April 26<sup>th</sup>-May 1<sup>st</sup>**

**Monday April 26<sup>th</sup>**

**Parent Meetings**

Wednesday, April 28th

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

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

Thursday, April 29th

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

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

Friday, April 30th

Open Practice 7:00-8:30pm

Saturday, May 1st

Tryouts 10:30-12:30am 5yr-11yr olds

Tryouts 1:30-3:30pm 12yr-18yrs

Teams and practice times will be posted at

7:00pm, Saturday, May 1<sup>st</sup>

(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 June, August, and October.

**Payment plan C** allows you to pay off the program fee over eight months June, July, August, September, October, November December and January.

**Everyone that chooses payment plan B or C must sign up for automatic payment with a debit card or credit card with GymCat Cheer.** Down payments must be turned in prior to tryouts on Wednesday, April 28th, 2010.

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.**

# 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	\$1675.00	\$1675.00
Down Payment					
Tryout Fee					
-5% discount					
1 time payment					

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,2010. **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
-3 discount					
Total					
April, June, Aug					

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 2010. **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					
9 equal payments April-December	N/A				

Payments will be drafted on the 15<sup>th</sup> of each month, June-Jan

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 Tuition	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

## 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) \_\_\_\_\_

Attituce comments