



**Manual
2009-2010**

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What does it mean to be a Team Spirit of Sun Country Competitive Cheerleader?

You are expected to be a leader; one that leads at practice, on the competition floor, and in your community. You are more than just a member of a team and we have much higher expectations for you. You have to stay organized so you can fulfill your commitments in athletics, to your family, and yourself. We challenge you to put the leader in cheerLEADER!

Our Philosophy:

Team Spirit of Sun Country focuses on putting the leader in cheerLEADER! We are a program dedicated to teaching the fundamentals of the sport as well as instilling positive values in each athlete. Sun Country and the Team Spirit coaching staff believe participating in this sport will help show your child the importance of commitment, depending on others and having others depend on you. Athletes will learn the importance of keeping themselves healthy and time management. We believe in the importance of developing character as well as developing skills.

Commitment Policy:

When a cheerleader joins the team, it is a commitment for the duration of that competitive season. Please do not use cheerleading as a punishment for your child. It is important that each athlete be at practice and at each event. **No refunds, for tuition or competitive expenses, will be given in the event of an expulsion or a member quitting.**

Communication:

It is the parent's responsibility to know what is going on with your squad. Newsletters will be made to keep parents updated as well as emails sent out on an as need basis to keep parent's informed. Please check your email regularly, the website regularly (www.teamspiritofsuncountry.com), as well as your child's folder, which will be located to the right of the Spirit Gym's door. We have also added a facebook page for 2009/2010. While on www.facebook.com please search for Team Spirit of Sun Country.

If you ever have a problem with anything, please do not hesitate to contact the gym, your coach, or the program director. Questions and concerns should be addressed before or after practice, or via email. It is my desire as your program director to keep you informed and up to date on what's happening at Team Spirit. As a parent, you may not always agree with every decision made, but please remember that the coaches make decisions in the best interest of the athletes and our program.

Attendance Policy:

Please be at practice and be on time!! Our program is successful when athletes are at practice. This is a team sport and when one person is absent, the whole team is affected. If you know in advance that your child will be absent, please notify your team's head coach in writing or via email. This will help coaches plan practice in advance.

Excusable absences are as follows:

- Sickness (fever, vomiting)
- Death in family
- Family emergency
- Medical appointments. Please make every attempt to schedule medical appointments around cheer practice and/or other cheer related activities.
- Pre-approved participation in a school related function. Your coach must authorize this in advance.

Non-excusable absences are as follows:

- "My parents wouldn't let me come to practice." Remember, cheerleading is not to be used for punishment!
- "I didn't have a ride." Arrange transportation ahead of time.
- "It's my birthday." Bring cupcakes to practice; celebrate with your cheer family.
- "I have a lot of homework." You must learn how to use your time management skills to get homework done in advance.
- "I am injured." If you are injured, you must attend practice to sit and watch. This will help you jump right back in when you are finished recovering.

Practice and competitions are mandatory! We need everyone in order to practice and compete successfully. You have the practice and competition schedules well in advance. Please plan accordingly. The coach reserves the right to refuse or accept any particular excuse.

Team Rules:

- Always be prompt, prepared, and focused at practice.
- Always give your best effort and try your hardest.
- Don't complain about coach's decisions or things you can't control. Trust that your coach is looking out for the best interest of the team. In fact, complaining will only make you and those around you miserable. Grin and bear it!!
- Be responsible – know where you're supposed to be and when. Know how you should be dressed.
- Be respectful – negative behavior will not be tolerated! Negative behavior in or out of uniform will be grounds for immediate suspension and/or removal from the team. Being respectful also means following the rules both in the gym and while traveling. You are expected to behave with good sportsmanship at all competitions. Treat EVERYONE the way you want to be treated!
- Remember: safety first!! Any cheerleader who chooses to disregard established safety procedures may be asked to sit out for the day.
- Athletes must be in direct supervision of a coach to enter the facility or be on any equipment at any time. Nobody is allowed in the spirit gym without a coach!
- Cell phones must be turned off or placed on silent during practice.
- Please follow the practice gear calendar. This is in place to help everyone look in uniform so that your coach can better evaluate you.
- Hair should be pulled out of your face at all times.
- Nails should be cut short. This is for the safety of our team members. No fake nails allowed!
- No jewelry allowed at anytime.
- Pull your weight on the team – make every attempt to be at team fundraisers, meetings, community service events, practice, etc. Pitch in to help the team!
- Please be cautious when posting videos or photos on facebook or myspace. When you post videos or pictures of you or your teammates in uniform you are representing our program. If you need to ask if it's questionable – then don't post it!

Parent and Relative Rules:

- Good sportsmanship and polite manners are mandatory at all competitions. Please obey the venue's rules regarding not saving seats, videotaping, etc. Remember, both athletes and parents represent our team. Let's set our standards high!
- Please do not coach your child from the viewing area. Cheer them on, but please don't distract them.
- Please do not pull your child out of practice or competition if you aren't happy with their performance. Discuss it with the coach afterwards.
- Please pay your fees on time or your athlete will not be allowed to participate in practice.
- If you share custody with another parent, please make sure this doesn't prevent your child from full participation in the program.

Booster Club:

The Booster Club is a parent run organization set up to support the cheerleaders, coaches, and our program. The Booster Club meets monthly. It is encouraged for parents to attend. In addition, the Booster Club will assist in the organization of fundraisers and community service events. If you have any ideas, please feel free to attend a meeting.

Competitive Cheerleading Team Placement:

Although age is a factor in team placement, children of the same age may be placed on different teams due to their skill level and/or the needs of that particular team. Members may compete on multiple teams at the coaches' discretion. Members may be added throughout the season at the coaches' discretion.

Tiny: 5 yrs old and younger
Minis: 8 yrs old and younger
Youth: 11 yrs old and younger
Juniors: 14 yrs old and younger
Seniors: 18 yrs old and younger

Age divisions are based on age as of Aug. 31, 2009.

*There may be more than one team for any age group depending on number of cheerleaders and skill levels of cheerleaders.
This will be determined at coach's discretion and may change from season to season.*

Teams compete not only by division of age, but by division of skill as well. These divisions limit the difficulty of both tumbling and stunting. The following skills are expected in a competitive routine by the majority of the team at each level:

Level 1- cartwheels, round-offs, back walkovers, elevators

Level 2- back handsprings, round-off back handsprings, front handsprings, extensions, single leg stunts

Level 3- round-off handspring tucks, back handspring series, jump back handsprings, extended single leg stunts, full downs

Level 4- Standing tucks, handspring tucks, layouts, whips, fulling from one legged stunts

Level 5- Jump tucks, fulls, double fulls, handspring fulls, double downs from extended one legged stunts

Teams will range in size from 10-35 members. They are comprised of athletes with a variety of skills and abilities (like a football or basketball team), and should be well rounded athletes.

Individual and Stunt Group Placement:

Individuals and Stunt Groups will be by invitation only at the coaches' discretion. If you are competing as an individual or stunt group, your first responsibility is to your team.

Tuition:

All-Star athletes must be members of Sun Country. This is a \$60 annual family membership fee.

Tuition is the same each month regardless of how many weeks there are in a month. Siblings will receive a **10% discount** on tuition listed below.

Summer Training- June, July, and August will receive the following tuition schedule:

Training will be 2 – 1.5-hour practices per week (3 hours total)

- **Auto-Pay** Customers will pay \$85 per month
- **Non Auto-Pay** Customers will follow a three-tier payment program. Pay your tuition between the 1st and the 5th of the month to receive the lowest rate.
\$95 if paid between the 1st and 5th of every month
\$110 if paid between the 6th and 15th of every month
\$125 if paid between the 16th and 30th of every month

Team Training- beginning in September and for the competitive season receive the following tuition schedule:

Training will be 2 – 2-hour practices per week (4 hours total)

- **Auto-Pay** Customers will pay \$110 per month
- **Non Auto-Pay** Customers will follow a three-tier payment program. Pay your tuition between the 1st and the 5th of the month to receive the lowest rate.
\$120 if paid between the 1st and 5th of every month
\$135 if paid between the 6th and 15th of every month
\$150 if paid between the 16th and 30th of every month

Any team member may add an additional Team Spirit tumbling class (1 hour per week) for \$40 per month.

Any team member may add any additional recreational Sun Country classes for a 30% off of the regular rate.

NOTE: An **Auto-Pay** customer is defined as paying by automatic withdrawal from your checking, savings or credit card. If your card is declined and/or payment has to be collected after the 5th of the month you will follow a three tier payment program as seen above.

*Sun Country charges \$25 for any insufficient funds on checks and/or EFT payments

Expenses:

The following is an estimate based on last year's pricing. All items are required.

Approx. Expenses- New Cheerleader	
Uniform (skirt and top)	245
Warm Up (jacket)	55
Shoes	35
Bloomers	23
Practice t-shirts	30
Choreography & Music	185
Competition Registration & Coaches Fees	900
Booster Club Fees	80
Total Due	\$1553

In addition to the expenses to the left, cheerleaders will need to purchase black sports bras and practice shorts in black and blue. Practice shorts are available in the pro shop or at your local Sports Authority.

Approx. Expenses- Returning Cheerleader	
Practice t-shirts	30
Choreography & Music	185
Competition Registration & Coaches Fees	900
Booster Club Fees	80
Total Due	\$1195

Tiny Team – There may be an additional expense for competition fees IF we decide to take them to a one-day competition at the end of the season. We can also decide as a group if we want to order them motion-flex skirts or uniforms for their performances.

Approx. Expenses- Tiny Team	
Practice t-shirts	30
Booster Club Fees	80
Total Due	\$110

Explanation of Expenses –

- Choreography & Music Fees include a squad choreographed routine and intensive training for competitive performance. The music will be cut in a professional recording studio. Each team will be assigned a specific weekend to learn their routine. Team members must be in attendance.
- Booster Club Fees include \$20 towards coaches' gifts, \$10 towards a trophy, \$ 5 towards cheerleader gifts, \$25 towards banquet fees, \$5 for administration fees, and \$15 towards the general Booster Club account.
- Competition Registration & Coaches Fees include both athletes' entrance fees into each competition and coaching fees. In addition to the fees above, there may be some spectator fees and parking fees. These vary at different competitions.
 - Coaches' fees at competition include the following:
 - Driving expenses - \$0.50 per mile (or federal guidelines) or car rental plus actual gas purchase (whichever is cheaper)
 - Meals - \$40 per day maximum (\$10 breakfast, \$10, lunch, \$20 dinner)
 - Competition coaching fee - \$50- \$100/ performance day based on length of performance day
 - Hotel - as needed depending on the competition.
 - Coaches Competition Entry Fee - varies per competition

Payment Plan –

Total expenses for the season will be broken up into 4 equal payments and will be due on the following dates:
September 8th, October 1st, November 1st, December 1st

Other Expenses:

Travel Fees –

Travel fees are paid on your own. You are required to attend all scheduled Team Spirit events during competition weekends. For competitions within driving distance, we will meet at the event/hotel at an appointed time. Coaches will determine the best method of transportation prior to all events. Carpooling or chartering a bus will be determined based on availability and time of competition.

Each cheerleader must have a chaperone at every competition. **It is not your coach, team parent, or the cheer staff's responsibility to be your child's chaperone or to arrange one for you.**

Hotel Fees –

Hotel fees vary from competition to competition. It is required that all cheerleaders stay at the same hotel. Hotel arrangements will be made in blocks by the coach, but rooms are booked on an individual basis. It is your responsibility to book your hotel room for each event before the deadlines given. We do recommend cheerleaders and families sharing rooms to defray expenses.

- Hotel supervision during overnight competitions are as follows:
 - Each hotel room must have a supervising adult staying in the hotel room. Your team's head coach must know in advance who is in charge if it is not the parent.
 - No members of the opposite sex may stay in the same room with a cheerleader, other than relatives.
 - Cheerleaders must be considerate of other guests and stay in their rooms after room checks.

Competition Schedule:

All competitions will be chosen by the coaching staff and are subject to change.

Possible competitions for the season are as follows:

- December 5th – Central Florida Regional in Orlando
- January 16th & 17th – State in Daytona
- February 27th & 28th – World Spirit Federation in Tampa
- March 21st & 22nd – Clash of the Titans in Jacksonville
- April 17th & 18th – UCA in Panama City

Competition weekends:

- All activities will be decided by the coaches for competition weekends; i.e. pizza parties, bonding activities, etc. Teams are required to participate in planned activities during the trip.

Teams may also qualify for a Final Destination, Cheerleading Worlds, or International All Levels Competitions. Attendance for these competitions will be determined by program director, coaches, and parent input.

Performances for Tiny Team:

- December 4th & 5th – Rainbow Meet, Sun Country Sports
- April 23rd & 24th – Rainbow Meet, Sun Country Sports
- Possible one-day competition at the end of the season if voted on by the parents