



Cheer Manual 2010-2011

Sun Country Sports Center

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Team Spirit Website: www.TeamSpiritofSunCountry.com

Guidelines

Commitment Policy:

Sun Country and the Team Spirit coaching staff believe participating in this sport will help show your child the importance of commitment. We will all be committed to program, team, and self as our basic philosophy. We believe in the importance of developing character as well as developing skills. 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. Please check your email, Facebook (www.facebook.com - Team Spirit of Sun Country) and the website (www.teamspiritofsuncountry.com), regularly to stay informed. Also check your child's folder, which will be located to the right of the Spirit Gym's door. If you ever have concerns, please do not hesitate to contact your coach, the program director, or gym management. Questions should be addressed before or after practice, or via email. It is our desire 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 we make decisions as to what is best for the program, the team and the athlete.

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)
- Family emergency
- Pre-approved participation in a school related function. Your coach must authorize this in advance.

Practice and competitions are mandatory! Everyone is needed in order to practice and ultimately 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. Practices two weeks prior to an event are extremely important in peaking a routine. Absences during this time frame may result in position changes and / or the removal of the cheerleader from the competition and possibly the following event. Teams will be scheduled to practice one to two weekends prior to the competitions.

Team Rules:

- Always be prompt, prepared, and focused at practice.
- Always give your best effort and try your hardest.
- Be responsible – know where you're supposed to be and when, and know how to 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!
- Be safe - any cheerleader who chooses to disregard established safety procedures may be asked to sit out.
- 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.
- 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!

Dress Code

Practice:

- Please follow the practice gear calendar.
- No jewelry allowed at anytime.
- Hair will be pulled back in a ponytail and out of your face at all times.
- Nails are to be cut short.

Competition:

- Jewelry, hair, and nails per practice. Hair and make up will be done prior to entering event.
- Full Uniform (Sleeves down, buttons buttoned, zippers zipped all the way up) or full Warm Up as detailed by event schedule.

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 program and teams. High standards are expected!
- 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.
- Conversation in the hallway is to be kept positive. Please do not compare your child with others. Please be respectful of the team, the other parents and the gym. If we feel that hallway discussion is not positive, we will ask you to leave.
- If fees are not paid on time 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, 2010.

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

Level 1- cartwheels, round-offs, back walkovers

Level 2- back handsprings, round-off back handsprings, front handsprings

Level 3- round-off handspring tucks, back handspring series, jump back handsprings

Level 4- Standing tucks, handspring tucks, layouts

Level 5- Jump tucks, fulls, double fulls, handspring fulls,

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.

All TEAMS must be AutoPay. 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 be charged an additional \$25 late service fee on top of any returned check fees. *Sun Country charges \$25 for any insufficient funds on checks and/or EFT payments
Exceptions will be given if monthly installments are made a minimum of 3 months at a time in advance.

Mini training will be 2 – 1.5 hour practices per week (3 hours total)

- \$90 per month

All other training will be 2 – 2-hour practices per week (4 hours total)

- \$116 per month

Any team member may add an additional Team Spirit tumbling class (1 hour per week) for \$42 per month. We HIGHLY encourage team members to take these tumbling classes in the Fall once routine work begins.

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

Expenses:

THE FOLLOWING ARE FIRM EXPENSES FOR THE SEASON.

POTENTIAL Expenses Paid as needed NOTE: We will try to find used uniforms!	
Uniform (skirt and top)	245
Total Due	\$245

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.

Expenses- All Cheerleaders – At the end of the season we will either refund/credit your account or charge for balances based on actual costs.	
Choreography and Music	185
Practice t-shirts	50 *
Warm Up (Zip up Hoodie and Yoga Pants)	60
Bloomers	12
Hair Bow	15
Booster Club Fees	80
Competition Registration & Coaches Fees	700*
Total Due	\$1102

NOTE (prices may vary slightly for):

*Practice T-shirt price may vary once they are ordered

*Final amount for competition registration and coaches fees will be determined at the end of the season.

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.
- 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 –

ALL EXPENSES will be firmed up before the end of JUNE. Balance due will be totaled and divided by 7 (July – January = 7 months) and will be due monthly. All fees must be paid by January 31st, 2010.

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 and arrangements will vary from competition to competition. 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.