

# **TSA**

# **ALLSTAR CHEER**

# **MAHOMET**

**2017-2018**

**ALL STAR INFORMATION PACKET**

**"I AM A MEMBER OF A TEAM, I DEFER TO IT AND SACRIFICE FOR IT, BECAUSE THE TEAM,  
NOT THE INDIVIDUAL IS THE ULTIMATE CHAMPION"**

**OUR 9<sup>TH</sup> SEASON**  
**EVERYONE MAKES A TEAM**

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[www.twistandshoutdanceandcheer.com](http://www.twistandshoutdanceandcheer.com)  
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# TSA MAHOMET INFORMATION

This handbook was created to not only give information but to help answer any questions you may have at any point in the season. We want to provide team members and their families with all of the information and expectations involved with our program. The following information should be taken seriously by all that read it. Some information is subject to change throughout the year. If you find that you still have questions after reading through this packet, please do not hesitate to ask Stephanie or any of our coaching staff.

## WHAT IS ALL STAR CHEER?

All Star cheerleading is an athletic activity that combines elements of gymnastic tumbling, dance, acrobatics and traditional cheerleading skills such as jumps and arm motions. Teams consist of up to 36 athletes performing exciting, professionally choreographed 2½ minute routines set to music.

## WHAT IS ALL STAR PREP?

All Star Prep is an entry level competitive cheer program that is offered as an introduction to traditional All Star Cheer. All Star Prep was created for those families and athletes who are new to the sport and or who are looking for less of a time and financial commitment. All Star Prep will provide an opportunity for the incoming athlete to be introduced to and experience All Star Cheer with limited commitment and exposure. All Star Prep will still teach your child the fundamentals of All Star Cheer, teamwork and dedication while allowing them time to do other activities outside of the gym.

All Star Prep teams will have a 6-month season beginning in September and running into the middle of March. Practice times will be once a week for 1-2 hours depending on the level. Competition season will begin in January and end in March. All Star Prep teams will participate in 3 competitions.

## OUR COMMITMENT TO YOU

Welcome to TSA Mahomet. The staff at TSA Mahomet will do their very best for you at all times. We want to be a fully credentialed USASF All-Star staff and are in the process of achieving these credentials. We are nationally certified in safety of tumbling, stunts and jumps in the sport of cheerleading. We are also certified in CPR and First Aid. We will require a medical liability waiver to be completed by the parent/family and squad member to be kept on file every year. We at TSA Mahomet have liability insurance but will not cover medical expenses or supplemental medical expenses that may occur. Every athlete must have their own insurance coverage to participate in our program and should assume that injuries and medical expenses may occur. But our goal at TSA Mahomet is to create a safe and knowledgeable environment for all of our athletes. We will do our very best to keep your kids safe.

## OUR MISSION

To create an environment where a young athlete will learn the value of teamwork, commitment, and hard work. We strive to produce a confident athlete that will consistently be an asset in the future.

**“Coming together is a beginning, keeping together is progress, working together is success!”**

## TAKE A MOMENT TO READ THROUGH THE ENTIRE PACKET

After you have read and understand the evaluation packet, please fill out the following forms that are available in the studio lobby.

1. Financial Commitment Form
2. Statement of Commitment
3. Athlete Information for Team Rep
4. Evaluation Form
5. Member Form
6. Wavier

Please be prepared to turn in all of the forms at registration along with a photocopies of your cheerleader’s birth certificate (if new to the program) and insurance card (if new to the program or if information has changed). There will not be a tryout fee.

Any questions may be addressed to: Stephanie Denby – [twistandshoutdance@yahoo.com](mailto:twistandshoutdance@yahoo.com)

## **EVALUATIONS**

We will not be charging an evaluation fee for the 2017-2018 season evaluations.

To schedule an evaluation time please sign up on the sign up sheet in the studio lobby. (Evaluation will take about 15 minutes)

Evaluations will be held on Wednesdays from 5:30-6:30 – April 12th, 19th and 26th and May 3rd, 10th and 17th. Open gyms may also be scheduled for these evaluation times. Open gyms will be open to anyone interested in our TSA Allstar program and athletes can be evaluated during the open gyms.

Please note that there will be no parents allowed to watch evaluations through the windows or in the gym.

Much of evaluation is based on potential, so it is beneficial for an athlete to attempt the most difficult skills they can perform **SAFELY**. Athletes should know their own limitations and not attempt skills beyond their current level of experience. Safety is the number one concern during evaluations. There will be no spotting during evaluations.

Tumbling is a major factor in placing members on a team, but competition score sheets are made up of several sections that we also consider, such as: jumps, performance ability, cheer skills, and stunt technique. It is important for each member to work on all of these areas for the evaluation.

Cheerleader's skills will be categorized by their abilities and athletes will be placed accordingly.

If you are new to our program, you may wonder if your child will have the same opportunities as a returning member. The new season puts everyone on an equal playing ground.

TSA Mahomet reserves the right to evaluate all cheerleaders on their previous years of participation. Attendance, attitude, conduct and skills are just some of the areas that will be considered. All present TSA Mahomet athletes must attend evaluations.

The TSA coaches are confident in the placement of our athletes. The best interest of our athletes and teams comes first at TSA. If you have any concerns about the placement of **YOUR** athlete, you may communicate that to the TSA coaches and Stephanie.

## **EVALUATION ATTIRE**

Please wear a t-shirt or tank top with a sports bra, comfortable shorts and cheer shoes.

## **CAN'T MAKE IT TO EVALUATIONS?**

Please email Stephanie Denby at [twistandshoutdance@yahoo.com](mailto:twistandshoutdance@yahoo.com) to schedule an evaluation.

## **NO PREVIOUS EXPERIENCE IS NECESSARY TO BE EVALUATED**

## **TEAM PLACEMENTS**

Teams placements will be emailed by Monday, May 22, 2017 by no later than 5:00 pm.

Practice schedules will be emailed out on or before May 29, 2017 by 5:00pm.

## **TEAM AGE GUIDELINES (AGE AS OF AUGUST 31, 2017)**

Tiny – 5-6 year olds      Mini – 5-8 year olds      Youth – 6-11 year olds      Junior – 8-14 year olds  
Senior Levels 1-4 & Level 5 Restricted – 11-18 year olds      Senior Level 5 – 12-18 year olds

**“THE ACHIEVEMENTS OF AN ORGANIZATION ARE THE RESULTS OF  
THE COMBINED EFFORT OF EACH INDIVIDUAL”  
VINCE LOMBARDI**

## CHEERLEADING TEAMS DIVISIONS AS DEFINED BY USASF FOR 2017-2018

### DESIRED EVALUATION SKILLS AND LEVEL DEFINITIONS

Level	Desired Skill
Level 1	Beginner level with minimal or no cheerleading experience. No tumbling or stunting experience required.
Level 2	Some cheerleading experience preferred. <b>Tumbling</b> - Standing back handspring and/or round off back handspring required. Round off back handspring series, and toe touch back handspring would be a plus. <b>Flyers</b> – cradle from two leg stunt, body position. Prep level one-leg stunts. Straight ride basket.
Level 3	Competitive cheer, dance or gymnastics training preferred. <b>Tumbling</b> - Round off back tuck, round off back handspring back tuck and toe touch back handspring. Potential for standing series, and punch front. <b>Flyers</b> – straight cradle, twist from two leg stunt, body position, one skill basket.
Level 4	Competitive cheer or gymnastics training required. <b>Tumbling</b> – Standing tuck, Round off back handspring series with a back tuck or layout highly preferred. Specialty passes including layout step outs, x-outs, whips and punch fronts would be a plus. <b>Flyers</b> – twist from one legged extended stunt, two skill basket, hyper extended body positions, double down.
Level 5	Competitive cheer or gymnastics training required. <b>Tumbling</b> - Standing series ending in full. Multiple jump sequence ending in a standing back tuck, round-off flip flop full. Specialty skills: whips, front step outs, multiple twisting skill passes, and double fulls are a plus. <b>Flyers</b> – double down from one legged stunt, hyper extended body position, tic toc, fill ups, kick double basket.

### SQUADS

Our goal is to have squads for girls and boys age 5-18 of all ability levels, beginning to advanced. With hard work, determination and dedication we believe that we can teach you all aspects of cheerleading in order to help you reach your full potential. Because we do not know the exact turn out for evaluations we do not know for sure at this time what squads we will have for the upcoming season. Possible squads for the 2017-2018 season; Tiny Level 1 Prep (5-6 year olds), Mini Level 1 (5-8 year olds), Youth Level 1 or 2 (6-11 year olds), Junior Level 2 or 3 (8-14 year olds), Senior Level 3 or 4 (11-18 year olds). We are also planning to have a Youth or Junior Prep team to be determined based on interest. Age is determined by the athlete's age as of AUGUST 31<sup>ST</sup>, 2017. Squad placement will be determined after evaluations.

**TSA Mahomet will be offering Full Season, All Star Prep and Half Season Senior teams as well as a dedicated Summit team for the 2017-2018 season if interests dictates.**

### PLACING AND MOVING ATHLETES

When creating our squads, we will be basing our decisions off of age, maturity, skill level, experience, stunting ability and tumbling ability. All categories such as jumps, motions, facials, showmanship, dance, knowledge, etc. will be part of the evaluation process. Our staff will place the athletes on the squad or squads they feel would be best for the entire team. **IN MOST INSTANCES ATHLETES WILL BE KEPT IN THEIR AGE DIVISION BUT IN THE CASE OF ACCELERATED SKILLS WE MAY CHOOSE TO BUMP ANYONE THAT QUALIFIES UP TO THE NEXT AGE DIVISION.** We just want to create the best combinations of teams from the start. The more time they can work together the better they will be. We do hold the right to move anyone to a squad where we feel they will be the biggest attribute. If a child loses or obtains a skill(s) at an accelerated rate, then actions will be talked through and taken to get them on the appropriate squad where they feel comfortable but will still be challenged. We ask that you trust the judgment of the TSA coaches and understand that we have placed each athlete on the squad that is best suitable for them and the makeup of our teams.

## **CROSSOVERS**

At times we may ask if members are interested in competing on 2 squads. In this circumstance, the athlete will be responsible for attending practices for both teams and will be responsible for paying the tuition of the highest level squad they are on as well as any competition crossover fees or additional fees associated with the second team. We will only ask those who possess the skills and maturity to be a part of a second team and only if additional squad members are needed.

## **COMMITMENT**

Every cheerleader must be prepared to fulfill an **11-month commitment** (June 1- April 30<sup>th</sup>). This will be made up of weekly practices, tumbling, competitions, summer appearances, fundraisers and at least one large national competition. You must be able to participate in all events not only to help us but to help yourself.

We take all the time that our squads are together seriously and we expect you do the same. Most teams will have team practices one weeknight and one weekend day each week. **Practices are mandatory.** Senior, Junior and Youth squads practice 2 times a week for 2 hours each practice. Mini squads will practice 2 times a week for 1.5 hours each practice. Tiny Prep will practice 1 time a week for 1-1 1/2 hour each practice. All Star Prep will practice 1 time a week for 1 1/2-2 hours depending on level. All squad members will also be **REQUIRED** to attend a level specific tumbling class once a week for 1 hour. Practices are the back bone of our competition season. **We expect 100% commitment from everyone!** If we feel that before any competition, we need to add extra practices we will pick a time and day and let everyone know as soon as possible.

If we feel that a team member's skills are not progressing after their designated practice time they may be asked to take extra classes or private lessons at an additional cost. He or she will be encouraged to do this until the skill needed is required.

## **PRACTICE ATTIRE**

All squad members may be required to wear designated practice wear to all practices this season. These items can be ordered and forms can be turned in once a decision has been made. All squad members will also be required to wear white no show socks and white cheer shoes. Hair must be completely pulled back into a **HIGH PONY** with a **BOW** for all practices.

**NO** jewelry should be worn at anytime; this includes hair ties or any other item on wrists or ankles.

## **PIERCINGS**

Piercings are illegal at all of our competitions. If you feel it necessary to put a new hole in your body, please have it done as soon as possible so that it can be healed before our first competition. If you have any piercings that cannot be removed yet you will have to properly cover them for **ALL** practices and events where you will be representing TSA Mahomet. All piercings can be ripped out during tumbling and stunting so please take necessary precautions.

## **CELL PHONES**

**NO CELL PHONES ARE ALLOWED OUT DURING TEAM PRACTICE!** You may keep your cell phone in your bag or in your locker, either turned off or on silent. If you have to keep a phone on you for emergency reasons please let your head coach know and we can make arrangements for you.

**CELL PHONES NEED TO BE LEFT UNTOUCHED DURING YOUR SQUAD'S ENTIRE PRACTICE! This includes during breaks as well! We expect you to give 100% of your focus and concentration at all practices.**

## **TEAM BONDING**

We at TSA Mahomet find team bonding very important. We want our girls to have a strong bond on and off the floor. We will be scheduling 2-4 bonding events throughout the season, more if kids are interested. Such events might include: bowling, lock-ins at the gym, swimming, watching cheer videos, dinner at someone's house, pizza parties, pasta parties, cook outs etc. All ideas are welcome.

**WE WILL NOT FORCE ANYONE TO PARTICIPATE IN TEAM BONDING BUT IT IS HIGHLY ENCOURAGED AND WILL BE A LOT OF FUN FOR ALL THE KIDS.**

## **PARTICIPATION IN OTHER EVENTS/ACTIVITIES**

We encourage all of our members to be active in their schools and communities. While saying this we ask that All Stars be your first priority. You must be willing to compromise and communicate with all parties involved about your schedules. Just remember to keep the best interest of your team in mind when making decisions and commitments at all times.

We will be following all IHSA and ICCA rules for high school members that would like to be able to compete not only for TSA Mahomet but for their school as well. If interested in a half year team, please talk to Stephanie or one of our coaches for more information.

## **FUNDRAISING AND BOOSTER CLUB**

The TSA Mahomet Booster Club is a non-profit organization designed to provide financial assistance to all athletes. The Booster Club's goal is to raise money to help offset the cost of competition expenses, skills and choreography camps. The cost of competitive cheerleading can be expensive and the Booster Club is committed to providing opportunities to help raise money to help defray these costs.

You will have the opportunity to fundraise to help cover expenses. There will be a number of fundraisers held throughout the year as long as a parent committee can come up with ideas. Every member is 100% responsible for their participation in these fundraisers. These fundraisers benefit you not us! We want to make it easier on all of you to be a member of the squad. The money you raise can be used toward any of the expenses including your monthly tuition.

**“THE GREATER THE LOYALTY OF A GROUP TOWARD THE GROUP, THE GREATER IS THE MOTIVATION AMONG THE MEMBERS TO ACHIEVE THE GOALS OF THE GROUP, AND THE GREATER THE PROBABILITY THAT THE GROUP WILL ACHIEVE ITS GOALS”**

## **SUMMER CAMPS**

The girls will be participating in 2 **MANDATORY** camps over the summer.

The first camp will be a skills camp with dates to be determined. Team times will be available after team placements.

**Participation in the camp is mandatory!** At this camp the athletes will learn new stunts, perfect jumps and improve their tumbling skills.

The second camp will be a choreography camp with dates to be determined. We will get the exact dates and times to you after team placements. Please plan accordingly.

**Participation in this camp is also mandatory!** The squads will be receiving their placement on the competition floor at the choreography camp, if they are not there, they may not receive a spot at that time.

**All athletes and teams (does not include our tiny or prep teams) will participate in both summer camps.** More specific days and times will be available after team placements.

## **PRACTICE**

Once selected for a TSA Mahomet team, it is **your obligation to attend ALL practices. When one member is absent, it can keep a whole team from achieving their goals for that practice.** The definition of a team is a number of people that are associated together in work or activity; a cooperatively functioning group. We cannot function cooperatively without your attendance and commitment. The safety and preparation of our teams must be respected. The staff reserves the right to remove squad members from a performance and possibly the team if practices are missed.

**PLEASE KNOW PRACTICE TIME IS FOR TEAM RELATED ACTIVITIES SUCH AS PERFECTING THE ROUTINE, LEARNING THE PYRAMID, STUNTING, CHOREOGRAPHY, AND ROUTINE RELATED TUMBLING. LIMITED TIME IS SPENT WITH INDIVIDUAL TEAM MEMBERS. TSA RECOMMENDS PARTICIPATION IN ADDITIONAL TUMBLING CLASSES OR TUMBLING PRIVATES TO ENHANCE INDIVIDUAL SKILLS AND PROGRESSION.**

It is the responsibility of each cheerleader to learn material or request information handed out when a practice is missed. Students missing a practice should designate another member to pick up any handouts and learn any new material necessary. It is the student's responsibility to learn missed material.

**Please realize this before entering into this agreement. You are obligated to be at EVERY practice, including extra practices. Contagious illnesses must be called in at least 2 hours prior to practice. Vacation absences must be notified to the office, in writing one month in advance.** Athletes may not have more than two unexcused absences in one month. If this occurs, removal from the program may be necessary. There are no refunds.

During competition season, TSA Mahomet reserves the right to schedule extra practices, which are mandatory, if necessary. There is no additional cost for these extra practices.

Parent meetings will be scheduled after team placements have been made. We will hand out practice schedules at this time. Summer practices are mandatory and a vital part of the season. The summer is when stunt groups are formed and spots in routines are made. Please let your coach know right away of any vacations that you have planned. Homework, family parties, or minor illnesses **ARE NOT ACCEPTABLE EXCUSES TO MISS PRACTICE!**

## **ATTENDANCE/ABSENCES**

Practice attendance will be monitored and tracked throughout the year. **You are allowed 3 excused absences.**

### **THE FOLLOWING ARE EXAMPLES OF EXCUSED ABSENCES:**

Family emergencies, school activity that is for a grade (band, chorus, theater, etc.), sick with high fever or contagious illness, school sport or activity that the athlete is playing/cheering in (This needs to be discussed at least 1 month in advance).

If you have a problem, you can discuss this with the coaching staff. If your child is going to miss a practice you must discuss this with the head coach of your child's squad as soon as you know. If the absence is last minute, then the head coach of your child's squad must be notified before the scheduled practice time. The best way to reach them is through email or text.

### **THE FOLLOWING ARE EXAMPLES OF UN-EXCUSED ABSENCES:**

Social events (birthday parties, dances, etc.), hair or nail appointments, homework/tests (while we encourage good grades, please plan accordingly), non-contagious illness, part time jobs (please give our cheer schedule to your employer)

If you choose to have an unexcused absence the coaches will discuss an appropriate consequence, such as extra conditioning or making up for the time lost.

## **TARDINESS/PREPAREDNESS**

All coaches and athletes should be at all practices **15 minutes** before your scheduled floor time. This means hair done, cheer shoes on, no gum, no eating, jewelry out and ready to go. Cell phones need to be stored away! **YOU ARE EXPECTED TO BE 100% READY TO BE ON THE FLOOR WHEN THE DOORS OPEN FOR THE START OF YOUR PRACTICE.**

Please note that **full attendance** is important and excessive tardiness will not be tolerated. Team members that arrive late or have to leave early disrupt and distract practice. Thank you for your support with practice attendance.

TSA Mahomet coaches feel that closed practices are necessary frequently for the good of the team. Viewing windows will be closed intermittently. We express our sincere apologies and we appreciate your understanding with this matter. Parents, guardians, guests and siblings are not allowed in the gym area at anytime, unless invited by a coach.

## **INJURIES**

In the case that your child is injured during the season you will need to bring in a doctor's note. The note will be reviewed by the coaches and Stephanie to determine how to proceed on a case by case basis.

## **WEATHER CANCELLATIONS**

If the weather becomes unsafe to attend practice Stephanie and the coaching staff will make a decision to cancel practice and close the gym. All weather related cancellations will be posted on the WCIA Channel 3 SnowBear closing list on [illinoishomepage.net](http://illinoishomepage.net) as well as on the Twist and Shout website and on Facebook.

If Mahomet schools are closed due to weather, Twist and Shout will close for recreational classes. If we feel that the roads/weather are okay, we will still hold All Star practice. An email will be sent out to all after we has discussed road conditions.

## COMPETITIONS

Our teams participate in both 1 day and 2 day national competitions. There are multiple costs incurred when attending competitions, which include; competition registration fees, food, travel and other expenses. Prep teams will compete mostly in Illinois.

All teams will travel. Some teams will travel more than others. Competition season begins in November of 2017 and will run through April of 2018. We will be attending at least one Major National Competition that may require extra travel.

### TSA MAHOMET POSSIBLE COMPETITIONS 2017-2018

(NOT ALL TEAMS WILL ATTEND ALL COMPETITIONS LISTED)

11/5/2017	CSG Dress Rehearsal	Springfield, IL
11/5/2017	WSF	Indianapolis, IN
1/21/2018	UCA**	Peoria, IL
2/10-11/2018	American Classic**	Schaumburg, IL
3/3/2018	CSG**	Bloomington, IL
4/7/2018	CSG Prep Nationals**	Chicago, IL
4/7-8/2018	US Finals	Indianapolis, IN
4/21-22/2018	US Finals	Hoffman Estates, IL

\*\* Possible Prep Competitions

Additional competitions may be added to the schedule if teams receive bids to **WORLDS** or **THE SUMMIT** held in Orlando FL.

**FAN SHOWCASES WILL BE HELD IN OCTOBER PRIOR TO OUR FIRST COMPETITION  
DATES AND TIMES TO BE DETERMINED**

## UNIFORMS

Uniforms for this season will be the same as last. All uniform costs and additional items purchased are non-refundable. Parents are required to attend the uniform fitting and sign a confirmation of their athlete's order. **PARTIAL UNIFORM PAYMENT of \$200.00 (\$90 for Prep teams) is due at fitting expected to be in June.** TSA Mahomet will not be responsible for uniforms that do not fit upon arrival. TSA Mahomet will not assume responsibility to purchase or re-sell used uniforms.

## TRAVEL

There must be a parent or chaperone in every room, no exceptions. Each cheerleader must have a chaperone at every competition. It is not your coach, Team Representative or TSA Mahomet's staff's responsibility to be your child's chaperone. It is your responsibility to pay the hotel directly for your room. TSA Mahomet will reserve a block of rooms at a hotel of our choice.

Some competitions are stay-to-play competitions meaning we have to stay at an approved hotel in order to compete. We will let everyone know which competitions are stay-to-play as soon as we know. Safety is also a major factor when choosing a hotel. Be prepared to pay around \$150.00 a night for accommodations. We will do our best to negotiate a lower rate; however, we want everyone to know what to expect. You will make payments directly to the hotel, not to TSA Mahomet.

**AS STATED BEFORE WE WILL DO EVERYTHING POSSIBLE TO CREATE A SAFE ENVIRONMENT FOR YOUR CHILDREN,  
ALTHOUGH ACCIDENTS DO HAPPEN INSIDE AND OUTSIDE OF THE GYM.**



# TSA 2017-2018

## MONTHLY TUITION FEES

<p><b>Senior Tuition</b></p> <p><b>\$100.00/Month</b></p> <p>June 2017-October 2017 (High School Break if Necessary) February 2018-April 2018 4 Hours of Practice a Week All-Star Open Gyms Level Based Tumbling Class</p>	<p><b>Junior Tuition</b></p> <p><b>\$100.00/Month</b></p> <p>June 2017-April 2018 4 Hours of Practice a Week All-Star Open Gyms Level Based Tumbling Class</p>
<p><b>Youth Tuition</b></p> <p><b>\$100.00/Month</b></p> <p>June 2017-April 2018 4 Hours of Practice a Week All-Star Open Gyms Level Based Tumbling Class</p>	<p><b>Mini Tuition</b></p> <p><b>\$80.00/Month</b></p> <p>June 2017-April 2018 3 Hours of Practice a Week All-Star Open Gyms Level Based Tumbling Class</p>
<p><b>Tiny Prep Tuition</b></p> <p><b>\$50.00/Month</b></p> <p>September 2017-March 2018 1 Hour of Practice a Week All-Star Open Gyms Level Based Tumbling Class</p>	<p><b>Youth &amp; Junior Prep Tuition</b></p> <p><b>\$80.00/Month</b></p> <p>September 2017-March 2018 2 Hours of Practice a Week All-Star Open Gyms Level Based Tumbling Class</p>

### SIBLING TUITION DISCOUNT

First child = full price

Second child = 20%

Third child = 30%

### REFER A FRIEND

Refer a friend that joins TSA Mahomet and receive \$100 tuition credit.

# ADDITIONAL EXPENSES

## Regular Teams

USASF Annual Membership Fee – \$30

Skills Camp – \$50 (Additional fees may apply for crossover athletes)

Choreography Camp & Music – \$375

Competition Fees – \$750\*

Crossover Competition Fees - \$350\* (For any athlete participating on additional team)

Uniform (males) – \$300 - \$350\*

Uniform (females) – \$350 - \$375\*

Competition Bow – \$30

Shoes (Purchase on own- any all white soft sole cheer shoe)

Program T-Shirt – \$15

Team Practice Wear – \$60 - \$75\* (Reversible sports bra with bootie shorts)

Warm-Up Jacket – \$50-\$100\* Optional

Team Backpack – \$95\* Optional

Competition makeup will be discussed at individual team meetings

\*approximate costs

## Prep Teams

USASF Annual Membership Fee – \$30

Skills Camp – \$35-\$50\*

Choreography Camp & Music – \$150\*

Competition Fees – \$325\*

Uniform (males) – \$50-\$75\*

Uniform (females) – \$100\*

Competition Bow – \$20

Shoes (Purchase on own- any all white soft sole cheer shoe)

Program T-Shirt – \$15

Warm-Up Jacket \$50-\$100\* Optional

Team Backpack – \$95\* Optional

Competition makeup will be discussed at individual team meetings

\*approximate costs

There will be no refunds made to anyone who is asked to leave the program or that quits a team. This includes monthly fees and any monies paid into your TSA account.

A fee payment schedule will be handed out after evaluations are complete.

# TSA MAHOMET 2017-2018 PROGRAM RULES

If you ever have a problem, with anything, please do not hesitate to contact your coach or Stephanie. We are here for YOU!

If you have any questions or concerns that need immediate attention please use the following chain of command: **Team Representative – Head Coach – Owner**

- It is your responsibility to wear the appropriate practice wear to every practice.
- Any additional clothing items (sweats, long pants, etc.), cell phones, school bags, or gym bags must be taken into the gym and stored in lockers. NO items are to be left in the gym hallways and phones must be turned off or on silent when practice starts.
- NO GOSSIP about any other teams (All-Star or School). NO GOSSIP about a child on your team or another team. NO GOSSIP about coaches or staff. It is much better to address a problem than to listen to idle gossip.
- No profanity or abusive language.
- Appropriate attire is required.
- Please keep in mind the gym is not a babysitting service. We want our All-Stars to use the gym as much as possible, but no child should be dropped off at the gym unsupervised or without being in a scheduled lesson.
- You must arrive at all practices, competitions or any scheduled event on time. Punctuality is a MUST.
- During practice all squad and routine decisions are left to the discretion of the coaches.
- Please feel free to talk to your coach about anything; just remember to do it at the appropriate times. For example, approaching a coach in the middle of a practice would not be an appropriate time.
- Never post any negative comments on any websites or chat rooms.
- **NO ONE OTHER THAN THE OWNER OR COACHES IS ALLOWED TO POST TSA MAHOMET MUSIC, CHOREOGRAPHY, ROUTINES, STUNTS, ETC ON ANY WEBSITES OR SOCIAL MEDIA. THIS INCLUDES, BUT IS NOT LIMITED TO “MYSPACE”, “FACEBOOK”, “YOUTUBE”, “INSTAGRAM”, ETC.**
- Every year we go through losses and additions of team members. The dismissal/addition of a team member is solely the Owner and coach’s decision.
- Practices may be changed or added at any time during the season.
- Threatening to quit or pull your child from a squad will not be tolerated.
- Please do not take valuables to the gym; we are not responsible for unattended items.
- Only cheerleaders and coaches are allowed in the gym.
- No one is allowed to yell onto the floor or try to make contact through the parent viewing area window during practices or tumbling classes. This is extremely distracting to all involved.
- The coaches reserve the right to close practices at ANY time for ANY reason. The only person allowed to come in during a closed practice is the team representative.

- It is the parent’s responsibility to know what is going on with your squad. Check your emails, Team GroupMe, TSA Family Facebook page (new) and the Twist and Shout website frequently.
- Withholding a child from practice or a competition should never be used as a form of punishment.
- Athletes should be able to handle school work and All-Star practices; homework is not an acceptable excuse for missing practice.
- Each team will be assigned other TSA Mahomet teams to watch at competitions. We would love to have everyone there all day, but at the very least, you are obligated to watch your assigned teams. The kids appreciate and feed off of a large crowd cheering them on!
- Parents, relatives, friends and cheerleaders are never allowed to speak with competition officials or judges for any reason.
- Parents are never allowed to represent TSA Mahomet under any circumstances concerning accommodations, competitions or any other situation.
- TSA Mahomet cheerleaders, family and friends will show good sportsmanship at all times.
- There will be no arguing or questioning of the coaching staff’s decisions at competitions.
- If a problem arises between you and a teammate or another parent, the problem will be addressed with all parties involved at a meeting with your coach and the Owner.
- We have a rule at TSA Mahomet called the “24 Hour Rule”. This rule has been created with the best interest of our athletes, coaches, and families in mind. If you are upset after a practice, in the gym, or at a competition, we ask that you wait 24 hours to address the issue (of course if there is an injury involved, it is a different situation). In the heat of the moment, we all can say things that we do not mean. Most problems are resolved on their own 24 hours later or seen in a different light. This is a rule that we can teach athletes to exercise in everyday life as a life lesson. It is a positive rule for TSA Mahomet as a whole!
- Anonymous emails, letters, texts, twitters, etc. will be ignored.
- The Owner may change, add or subtract any rule at any time.

**GOOD SPORTSMANSHIP, POLITE MANNERS AND A KIND DISPOSITION ARE MANDATORY AT ALL COMPETITIONS AND PRACTICES.**

**THIS PROGRAM PRIDES ITSELF ON SETTING A HIGH STANDARD OF BEHAVIOR. PLEASE HELP US TO CONTINUE IN THIS ENDEAVOR.**

**I HAVE READ ALL OF THE ABOVE RULES AND AGREE TO ABIDE BY THEM!**

**Athlete Signature:** \_\_\_\_\_ **Date**\_\_\_\_\_

**Parent Signature:** \_\_\_\_\_ **Date**\_\_\_\_\_

**PLEASE REVIEW OUR PROGRAM RULES, SIGN, DATE AND RETURN TO STEPHANIE.**

# TSA MAHOMET 2017-2018 FINANCIAL COMMITMENT

## 2017-2018 ALL-STAR SEASON PAYMENT POLICY

We would like for you to provide a blank check this season. This will be entered into our computer program and used for the minimum monthly fees. If you do not want to set up automatic withdrawal then you may pay by check or cash before the 5th of each month; however, if you have not paid by the 5th your checking account will be automatically drafted. Please arrange your payment method with Stephanie.

There will be a \$25.00 fee on returned checks.

Athletes Name: \_\_\_\_\_

Please void a check and staple to this form!

## TSA MAHOMET 2017-2018 STATEMENT OF COMMITMENT

### FINANCIAL COMMITMENT

I have read and fully understand my financial commitment to TSA MAHOMET outlined in the tryout packet. I understand that my commitment is for the 2017-2018 All-Star competitive season. I understand that I will forfeit any monies paid if I choose to leave a team or am asked to leave the program. I understand that I am entering into this program of my own free will.

Parent Signature \_\_\_\_\_ Date \_\_\_\_\_

### POLICIES AND EXPECTATIONS COMMITMENT

I have read and fully understand all policies, rules and expectations in the evaluation packet. I understand that I am entering into this All-Star program of my own free will. I understand what is expected of me as a parent and an All-Star cheerleader. I will conduct myself in a sportsmanlike manner and uphold the standards that are expected of me as a TSA MAHOMET All-Star parent and cheerleader.

Parent Signature \_\_\_\_\_ Date \_\_\_\_\_

Athlete Signature \_\_\_\_\_ Date \_\_\_\_\_

**PLEASE TURN THIS PAGE IN WITH YOUR PAPERWORK**

# TSA 2017-2018 ROSTER INFORMATION

## ATHLETE INFORMATION

Athlete Name \_\_\_\_\_  
Street Address \_\_\_\_\_  
City \_\_\_\_\_ State \_\_\_\_\_ Zip Code \_\_\_\_\_  
(17-18 School Year) School \_\_\_\_\_ Grade \_\_\_\_\_ On School Squad \_\_\_\_\_  
Birth Date \_\_\_\_\_ Home Phone Number \_\_\_\_\_  
Athletes Cell \_\_\_\_\_ E-Mail \_\_\_\_\_  
Medical Conditions/Allergies \_\_\_\_\_

**PLEASE ATTACH A COPY OF ATHLETES BIRTH CERIFICATE**

## PARENT INFORMATION

### MOTHER'S NAME

Last: \_\_\_\_\_ First: \_\_\_\_\_  
Home Phone: \_\_\_\_\_ Cell Phone: \_\_\_\_\_  
Address: \_\_\_\_\_ Email: \_\_\_\_\_  
City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_  
Work Phone: \_\_\_\_\_

### FATHER'S NAME

Last: \_\_\_\_\_ First: \_\_\_\_\_  
Home Phone: \_\_\_\_\_ Cell Phone: \_\_\_\_\_  
Address: \_\_\_\_\_ Email: \_\_\_\_\_  
City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_  
Work Phone: \_\_\_\_\_

Emergency Contact (Name, Number of someone other than Parent) \_\_\_\_\_

## INSURANCE INFORMATION

Insurance Carrier: \_\_\_\_\_ Policy #: \_\_\_\_\_  
Carrier's Phone: \_\_\_\_\_ Group#: \_\_\_\_\_

**PLEASE ATTACH A COPY OF YOUR INSURANCE CARD**

Please circle Sizes for **CHEERLEADER**

T-Shirt: Youth XS, Youth S, Youth M, Youth L, Youth XL – Adult XS, Adult S, Adult M, Adult L, Adult XL

Jacket: Youth S, Youth M, Youth L, Youth XL – Adult XS, Adult S, Adult M, Adult L, Adult XL

Shorts: Youth XS, Youth S, Youth M, Youth L, Youth XL – Adult XS, Adult S, Adult M, Adult L, Adult XL

**WELCOME TO THE FAMILY!!**

**PLEASE TURN THIS PAGE IN WITH YOUR PAPERWORK**

# TSA TRYOUT FORM 2017-2018

Athlete Name \_\_\_\_\_  
Athlete Age as of August 31, 2017 \_\_\_\_\_  
Birthdate \_\_\_\_\_  
Grade (17-18 School Year) \_\_\_\_\_  
Have you cheered before (Please Circle One)      YES      NO  
If yes, where have you cheered? \_\_\_\_\_

## CHECK ALL TUMBLING SKILLS YOU CAN PERFORM ON THE FLOOR WITHOUT A SPOT

### STANDING TUMBLING:

- |   |  |
|---|--|
| <input type="checkbox"/> None or Back Walkover              | <input type="checkbox"/> Standing Back Handspring                |
| <input type="checkbox"/> Standing Tuck                      | <input type="checkbox"/> Jump Back Handspring                    |
| <input type="checkbox"/> Jump Tuck                          | <input type="checkbox"/> Standing Full                           |
| <input type="checkbox"/> Standing Multiple Back Handsprings | <input type="checkbox"/> Standing Two Back Handsprings to Tuck   |
| <input type="checkbox"/> Standing Back Handspring to Tuck   | <input type="checkbox"/> Standing Two Back Handsprings to Layout |
| <input type="checkbox"/> Standing Back Handspring to Layout | <input type="checkbox"/> Standing Two Back Handspring to Full    |
| <input type="checkbox"/> Standing Back Handspring to Full   |  |

### RUNNING TUMBLING:

- |   |  |
|---|--|
| <input type="checkbox"/> None or Round-Off                        | <input type="checkbox"/> Running Round-Off Back Handspring             |
| <input type="checkbox"/> Running Round-Off Tuck                   | <input type="checkbox"/> Running Round-Off Back Handspring Multiples   |
| <input type="checkbox"/> Running Round-Off Back Handspring Tuck   | <input type="checkbox"/> Running Round-Off Layout                      |
| <input type="checkbox"/> Running Round-Off Back Handspring Layout | <input type="checkbox"/> Running Round-Off Full                        |
| <input type="checkbox"/> Running Round-Off Back Handspring Full   | <input type="checkbox"/> Running Round-Off Back Handspring Double Full |

## AT WHICH STUNT POSITION DO YOU HAVE EXPERIENCE? (CIRCLE ALL THAT APPLY)

None                  Flyer                  Base                  Back spot

## CHECK YOU MOST ADVANCED STUNTING SKILL LEVEL:

- Level 1 – Example – No experience or level 1 Stunt, Preps
- Level 2 – Example – Preps, Extensions, One-Leg at Prep, Straight Cradle Dismounts, ½ Up to Extension, Straight Ride Basket Toss
- Level 3 – Example – Extended One-Legged Stunts, Full Twisting Two-Legged Dismounts, Full-Up to prep, Single Trick Basket Tosses
- Level 4 – Example – Extended One-Legged Stunts, Double Twisting Dismount Two-Legged Stunts, Full Twisting Dismount One-Legged Stunts, Kick-Full Basket or Double Twisting Basket
- Level 5 – Example – Double Twisting One-Legged Dismounts, Kick Double Basket, Double-Ups

## ARE YOU WILLING TO CHEER FOR ANY TSA MAHOMET TEAM, REGARDLESS OF TEAM LEVEL?

\_\_\_\_\_Yes                  \_\_\_\_\_No

If No, please circle level on which you are willing to cheer and explain why:  
1 – 2 – 3 – 4 – 5 Why? \_\_\_\_\_

WHAT ARE YOUR STRENGTHS? \_\_\_\_\_

WHAT WOULD BE YOUR BEST CONTRIBUTION AS A TEAM MEMBER? \_\_\_\_\_

WOULD YOU BE WILLING TO CROSS OVER AND COMPETE ON TWO TEAMS FOR THE 2017-2018 SEASON? \_\_\_\_\_Yes      \_\_\_\_\_No

\*Tuition fees apply to the highest level team you are on. You will only be charged tuition for one team.  
(Competition crossover fees are an added expense)

**PLEASE TURN THIS PAGE IN WITH YOUR PAPERWORK**