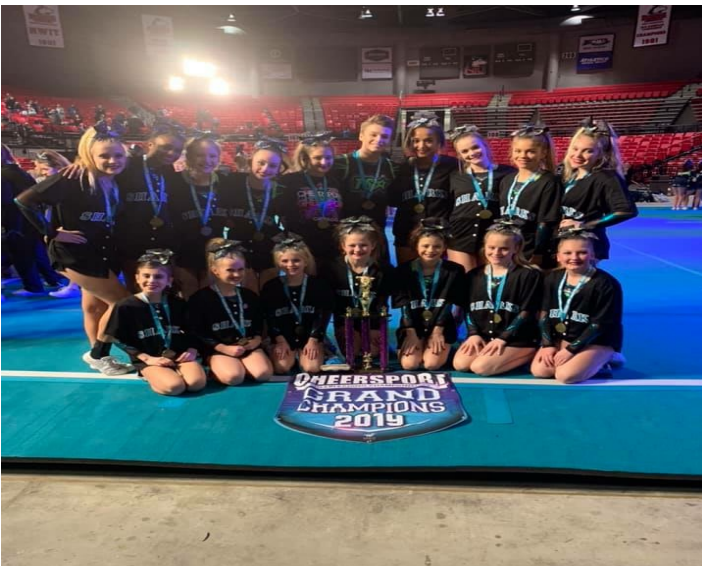


TSA CHEER

2019-2020

Information Packet



twist and shout dance and cheer

305 W Oak Street

Mahomet, IL

twistandshoutdance@yahoo.com

www.twistandshoutdanceandcheer.com

JOIN US FOR OUR 11TH SEASON

*“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”*

TSA 2019-2020 MONTHLY TUITION FEES

ELITE FULL TRAVEL TEAMS

- \$110.00 per month
(June 2019-April 2020)
- 4 hours of practice per week
 - 2 hours twice a week
- All-Star open gyms
- Level based rec tumbling class

PREP LIMITED TRAVEL TEAMS

- \$75.00 per month
(July 2019-April 2020)
- 3 hours of practice per week
 - 1 ½ hours twice a week
- All-Star open gyms
- Level based rec tumbling class

IF SIGNED UP BEFORE JUNE 1, 2019

1-month free tuition

SIBLING TUITION DISCOUNT

First child = Full price - Second child = 20% off tuition - Third child = 30% off tuition

MALE ATHLETES

50% OFF TUITION

TUITION PAID IN FULL

Tuition paid in full for the season = 20% off tuition

REFER A FRIEND

Refer a friend that joins TSA and receive \$100 tuition credit (One credit/family/season)

ADDITIONAL EXPENSES

	<u>Elite Teams</u>	<u>Prep Teams</u>
Tryout Fee – New athletes only	\$50	\$50
USASF Annual Membership Fee	\$30	\$30
Skills Camp	\$50 (Includes 3 practice t-shirts)	\$35 (Includes 2 practice t-shirts)
Choreography & Music	\$250-\$300*	\$150-\$200*
Competition Fees	\$800-\$900* per season	\$400-\$500* per season
Uniform (males) – If needed	\$250-\$350*	\$100-\$150*
Uniform (females) – If needed	\$430-\$480* (includes comp. bow)	\$160-\$210* (includes comp. bow)
Shoes (all white cheer shoe)	On Own	On Own

(In the event a post season bid is accepted, athletes will incur additional fees in April and/or May)

*approximate cost

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

There will BE NO REFUNDS made to anyone who is asked to leave the program or that quits a team.

“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!”

Our goal here at TSA is to help cheerleaders perfect their skills while growing and learning in a fun and structured environment surrounded by supportive teammates, great families, and a wonderful coaching

staff. At TSA, you not only will fill a role on the team but will also become a member of our extended family! We hope you choose to participate in evaluations and become a part of our competitive All-Star Cheerleading program.

OUR MISSION

To create an environment where young athletes 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.

OUR COMMITMENT TO YOU

The staff at TSA 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 will be nationally certified in the 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 members to be kept on file annually. We at TSA 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 is to create a safe and knowledgeable environment for all of our athletes. We will do our very best to keep your kids safe.

ATHLETE COMMITMENT

All-Star Competitive Cheerleading is a very intense sport. At TSA, we take our cheerleading teams very seriously and expect our athletes and parents to take them seriously as well. Every cheerleader must be prepared to fulfill a 10-12 month commitment (June 1-May 31). This will be made up of weekly practices, tumbling, competitions, appearances, fundraisers and at least one large national competition. Practices are mandatory and we expect 100% attendance. Every single person chosen to be on our squad plays a vital role and MUST be present for team practices to be productive. We understand that our cheerleaders are athletes and may be involved in other extracurricular activities beyond TSA. We are committed to planning our practices and competitions as far in advance as possible to allow our athletes to schedule accordingly. TSA will work hard to build our practice schedule to avoid conflicts with Jr. High and Sr. High cheerleading allowing our athletes the opportunity to support their school teams and still be part of the exciting TSA Family. Missing TSA practices for school events, dances, practices, games, family outings, parties, wedding etc. are considered unexcused absences and will be counted as such. If you choose to join any sport other than school cheer, please make sure those practices and games will not conflict with TSA events. Speak with the coaching staff of your extracurricular activity and make certain you will have their support and cooperation in making TSA functions your priority. TSA coaches reserve the right to sit you out of a competition or remove you from the team for excessive absences. Our attendance policy is spelled out in this information packet.

PARENT COMMITMENT

Having an athlete on a TSA team, is a commitment for you as well. As with any All-Star team, there are fees and payments associated with participating on this team. It is the responsibility of you, as the parent, to make your payments on time. A 20% tuition discount will be offered for those paying annual tuition fees in advance. If payments are not made on or before the due dates, your athlete will sit out. If

you would like to discuss a payment plan please contact Stephanie. You can also assist your athlete by getting them to TSA on time, having them prepared for practices and/or competitions and communicating your feelings to the coaches and/or Stephanie in a professional manner.

PARENT MEETINGS

Parent meetings will be scheduled after team placements have been made. Practice schedules and season calendars will be passed out at this time.

USASF CHEER AGE GRID (AS OF AUGUST 31, 2019)

Tiny (level 1) – 5-6 year olds

Junior (levels 1-3) – 5-14 year olds

Mini (levels 1-2) – 5-8 year olds

Junior (level 4) – 8-14 year olds

Youth (levels 1-3) – 5-11 year olds

Junior (level 5) – 9-14 year olds

Youth (level 4) – 8-11 year olds

Senior (levels 1-5 R)) – 11-18 year olds

Youth (level 5 R) – 9-11 year olds

Senior (level 5) – 13-18 year olds

R = Restricted

The athletes and teams are 'leveled' based on their ability and skill levels they perform at, much like competitive gymnastics. This allows teams to compete fairly at similar ability levels and for each cheerleader to be able to follow the proper progression through skills and levels.

EVALUATIONS

We will be charging a \$30 evaluation fee for new athletes only (for returning athletes the evaluation fee is waived) for the 2019-2020 season. We will have an open house May 20th from 6:00-8:00. Evaluations will be held during open gyms May 22nd & 29th from 6:00-8:00. Please note that evaluations are closed to anyone other than athletes and coaches. Much of evaluation is based on athlete potential so it is beneficial for an athlete to attempt the most difficult skills they can perform SAFELY. Athletes should be aware of their limitations and should not attempt skills beyond their current level of experience. There will be no spotting during evaluations. Tumbling is a major factor in team placement but competition score sheets are made up of several sections that we also consider such as jumps, stunting, and performance ability. It is important that each athlete works on all areas for evaluations.

NO PREVIOUS EXPERIENCE IS NECESSARY TO BE EVALUATED

PLEASE WEAR A T-SHIRT OR TANK TOP WITH A SPORTS BRA, BOOTIE SHORTS, A BOW AND CHEER SHOES
* If you are unable to attend evaluations please contact Stephanie to set up a private evaluation.

ATHLETE PLACEMENTS – (WE MAKE EVERY EFFORT POSSIBLE TO PLACE ALL INTERESTED ATHLETES)

Athlete placement is based on age and overall abilities across all skill sets. All Athletes will demonstrate their skill in jumps, tumbling, motions, stunting, facials and choreography. Team rosters will be comprised of members whose talents provide the best chances for success at competitions. Leadership abilities, positive character traits, attendance and commitment level will be considered. In some cases, an athlete may not have the required minimum tumbling skills to make a certain level team but possess other skills that would be beneficial to a certain team. Team rosters will be comprised of members whose talents provide the best chances for success at competitions. At TSA, the new season puts everyone on an even playing field. TSA reserves the right to evaluate all athletes on their previous years of participation. Attendance, attitude, conduct and skills are some areas that will be considered. All returning TSA athletes must attend evaluations to be considered for a 2019-2020 team placement. Please remember

that after we consider each athlete's strengths (and weaknesses), our coaches are confident in their placement of athletes and grouping of talent. They are setting your child up for a successful season. We ask that you please trust in their decisions. 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 your concerns to the coaches and/or Stephanie.

PRACTICES

All full season Elite team practices will begin immediately after evaluations. Prep team practices will begin in July. We take the time that our squads are together seriously, and we expect you to do the same. Most teams will have two practices each week. One of those practices may be on a weekend day. PRACTICES ARE MANDATORY! A team cannot function without your attendance and commitment. The staff reserves the right to remove squad members from a performance and possibly the team if practices are missed. Please know that practice time is used for team related activities. Limited time is spent with the athletes individually. Please know that team practice time is for team related activities and that limited time is spent with individual team members. We recommend participation in additional level based tumbling classes or scheduling tumbling privates to enhance individual skills and progression.

- * During competition season, TSA reserves the right to schedule extra MANDATORY practices.
- * Athletes will be required to wear designated practice wear to all practices this season. Hair must be completely pulled back into a high ponytail with a bow for all practices. No jewelry allowed!
- * Summer practices are a vital part of the season. The summer is when stunt groups are formed and routine placement is set. Please let the coaches know right away of any vacations that are planned.

CROSSOVERS

Athletes are first and foremost a rostered member of their primary team. If an athlete is crossing over to another team they must attend all practices of both teams. Crossover athletes are still expected to also attend their level based rec tumbling class. Crossover athletes will be responsible for paying the tuition of the highest-level squad they are on. They will receive free tuition for their second team but will be responsible for all competition and crossover fees.

SUMMER CAMPS/CHOREOGRAPHY

Choreography is scheduled for August 12-16, 2019. The athletes will also be participating in a MANDATORY summer skills camp - tentative date July 22-26, 2019.

ATTENDANCE

Practice attendance will be monitored and tracked this season. You are allowed 3 excused absences.

Excused Examples - Family Emergencies, School Activity for a Grade (WITH PRIOR NOTICE), High fever
Contagious illness

Unexcused Examples - Social events (birthday parties, dances, etc.), Hair or nail appointments,
Homework (please plan accordingly), Non-contagious illness, Part time job (share schedule with employer)

- * All absences must be communicated with the head coach of the athlete's team. If you choose to have an unexcused absence the coaches will discuss an appropriate consequence.
- * All athletes as well as coaches should arrive for practice 15 minutes ahead of their scheduled practice start time. This means hair done, shoes on, no gum, no eating, jewelry out and ready to go. Cell phones

need to be stored away and in silent mode. You are expected to be 100% ready to be on the floor when practice begins. Please note that full attendance is important and excessive tardiness will not be tolerated.

* TSA coaches will be holding closed practices. No one is allowed in the gym area unless invited by a coach. We will be inviting parents to come into the gym and watch the progression of the teams on a monthly basis. Dates will be communicated by the coaches.

SCHOOL CHEER

We will be following all IHSA rules for high school members that would like to be able to participate and compete not only for TSA but for their school as well.

CELL PHONES

No cell phones will be allowed out during practices. Phones may be kept in lockers, either turned off or silent. Phones need to be left untouched during the entire practice – including during breaks – we expect 100% focus and concentration at all practices!

PIERCINGS

Piercings are not allowed at any of our competitions. If you have any piercings that cannot be removed yet you will have to properly cover them all for ALL practices, tumbling classes or events where you will be representing TSA. All piercings can be ripped out during tumbling and/or stunting so please take any necessary precautions. USASF does NOT allow any piercings to be covered at competitions. All need to be removed.

FUNDRAISING

The cost of competitive cheerleading can be expensive. We are committed to providing opportunities to help you 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. Every member is 100% responsible for their participation in these fundraisers. They benefit you not us. We want to make it easier on all of you to be able to participate at TSA. The money you raise can be used toward any of the expenses including monthly tuition.

TEAM BONDING

We at TSA find team bonding very important. We want our athletes 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, gym lock-ins, swimming, movies, pizza/pasta parties, cookouts, etc. All ideas are encouraged and welcome.

*It is highly encouraged for all athletes to attend team bonding and it will be a lot of fun for the kids and coaches.

UNIFORMS

All uniform costs and additional items purchased are non-refundable. Parents are required to sign a confirmation of their athlete's uniform order. PARTIAL UNIFORM PAYMENT OF \$150.00 IS DUE AT FITTING – Date TBD. The remaining uniform balance will be due in August. TSA will not be responsible for uniforms that do not fit upon arrival. TSA 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 athlete must have a chaperone

at every competition. It is not your coach, team representative or TSA staff's responsibility to be your child's chaperone. It is your responsibility to pay the hotel directly for your room. TSA will reserve room blocks at the hotel of our choice. Some competitions are stay-to-play which means we have to book our rooms at an approved hotel in order to participate. Safety is a major factor when choosing a hotel. Be prepared to pay around \$150.00 per night for accommodations. We will do our best to negotiate a lower rate; however, we want everyone to have an idea what to expect.

IMPORTANT DATES

July 22-26	Skills Camp
August 12-16	Choreography
October (TBD)	Showcase
April (TBD)	Team Photos
TBD	D2 Summit

STUDIO/GYM CLOSINGS

May 27	Memorial Day
July 1-7	Summer Break
September 2	Labor Day
November 25-December 1	Fall Break
December 23-January 5	Winter Break
March 16-March 22	Spring Break

WEATHER CANCELLATIONS

If the weather becomes unsafe to attend practices Stephanie and the coaching staff will decide to cancel practice and close the gym. All weather-related cancellations will be posted on the WCIA channel 3 SnowBear closings list on WCIA.com as well as on our Twist and Shout and TSA social media outlets. If Mahomet schools close or cancel evening activities due to weather, Twist and Shout/TSA will close for recreational classes. If we feel that the roads/weather are okay, we will still hold All-Star practices. An email will be sent out once we have discussed the road conditions.

2019-2020 TSA STAFF

Carrie Bushman – Coach	carean7@hotmail.com	217-841-6283
Steve Dale – Coach	stevedale25@hotmail.com	217-474-2356
Chandler Denby – Coach	denbyc2@gmail.com	217-493-1901
Stephanie Denby – Owner	twistandshoutdance@yahoo.com	217-493-8852
Melody Dreger – Coach	chscheercoach05@yahoo.com	217-377-5826
Kylie Schutte – Coach	kchriste10@gmail.com	217-369-7752

COMPETITIONS

Our teams participate in both 1-day and 2-day competitions. There are multiple costs incurred when attending competitions including registration fees, food, travel and hotel rooms. All teams will travel. Competition season begins in November of 2018 and will run through May of 2020. We are planning to attend at least one Major National Competition that may require extra travel expenses.

2019-2020 POSSIBLE COMPETITIONS

November 10, 2019	CSG Cheer for the Cure^	Arlington Heights, IL
November 23-24, 2019	Athletic Championships	St. Louis, MO

December 7, 2019	WSF All Star Cheer Championship	Louisville, KY
January 26, 2020	UCA Midwest Championship^	Peoria, IL
February 1-2, 2020	CSG Super Nationals*^	Schaumburg, IL
February 15, 2020	JamFest Speedy or Spirit Jam^	Fort Wayne or Evansville, IN
March 8, 2020	Cheersport Grand Championship^	Cincinnati, OH
March 7-8/2020	GLCC Showdown Nationals	Schaumburg, IL
March 14, 2020	Nations Choice Indy Championship	Indianapolis, IN
March 28-29, 2020	All Star Championships^	DeKalb, IL
March 28-29, 2020	The American Gateway	St. Louis, MO
TBD	Live!^	St. Louis, MO
April 4-5, 2020	One Up	Nashville, TN
TBD	US Finals**	Hoffman Estates, IL
TBD	D2 Summit**	Orlando, FL

^ Possible Prep Competitions

* Teams only compete 1 of the 2 competition days based on squad levels

** Attendance at these events is based on bids received

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

TSA 2019-2020 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: Head Coach – Owner

- During practice, all squad and routine decisions are left to the discretion of the coaches.
- It is your responsibility to wear the appropriate attire 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 – PROFANITY – ABUSIVE LANGUAGE (may cause athlete to be asked to leave the program)
- 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. Anyone can be replaced!
- 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 “TWITTER”, “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. No-one is allowed to enter the gym during practice.
- It is the parent's responsibility to know what is going on with your squad. Check your emails, TSA Family Facebook page 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 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!

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- 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 under any circumstances concerning accommodations, competitions or any other situation.
- TSA 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 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 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 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 parent and athlete.

Parent Signature _____ Date _____

Athlete Signature _____ Date _____

PLEASE TURN THIS FORM IN WITH YOUR PAPERWORK