



All-Star Handbook 2011-2012



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Mission Statement

It is the mission of Cheergyms.com to provide a healthy cheer environment and a positive experience for our cheerleaders, parents, friends and staff. We feel encouraging ourselves and our customers to excellence will not only end in success, but will teach everyone life lessons that they can use in the future. We hope everyone that becomes a part of the Cheergyms.com Family strives to be the best while staying humble in our successes! Leave Negativity Out The Door!

Facility Information

Cheergyms.com-San Jose. 1976 Hartog Drive, San Jose, CA 95131. Tel: 408-451-9037

Cheergyms.com-Concord. 2060 Commerce Ave, Concord, CA 94520. Tel: 925-685-3910

Cheergyms.com-Petaluma. 1362 North McDowell Boulevard, Petaluma, CA 94954 Tel: 707-775-4100

Website: www.cheergyms.com

Email: info@cheergyms.com

All-Star Director: Derick Patterson derick@cheergyms.com

All Gyms are USASAF Certified!

Parent Informational Meetings

Parent Informational Meetings are held at the beginning of each tryout. It is important that at least one parent attend.



Tryout Dates & Times

Petaluma:

TINY/MINI LEVEL 1 practice. (Ages 5 – 8 years) pm	<i><u>No Tryout!</u></i> Come to the first practice.	Wed. May 11th	5:00 – 6:00 pm
YTH / JR. / SR. / LEVEL 2 pm (Ages 18 years and under)		Fri. May 6th	5:30 – 7:30 pm
JR. / SR. LEVEL 1 pm (Ages 18 years and under)		Fri. May 6th	7:30 – 9:30 pm
SENIOR LEVEL 3 pm (Ages 18 years and under)		Fri. May 6th	7:30 – 9:30 pm

Concord:

TINY/MINI LEVEL 1 practice. (Ages 5 – 8 years) pm	<i><u>No Tryout!</u></i> Come to the first practice.	Tues. May 10th	5:00 – 6:00 pm
YOUTH LEVEL 1 pm (Ages 11 years and under)		Tues. May 3rd	5:30 – 7:30 pm
JR. / SR. LEVEL 1 pm (Ages 18 years and under)		Tues. May 3rd	7:30 – 9:30 pm
JR. / SR. LEVEL 2 pm (Ages 18 years and under)		Thur. May 5th	5:30 – 7:30 pm
JR. / SR. LEVEL 3 pm (Ages 18 years and under)		Thur. May 5th	7:30 – 9:30 pm
SPECIAL NEEDS practice. (All Ages) pm	<i><u>No Tryout!</u></i> Come to the first practice.	Sun. May 22nd	4:00 – 5:30 pm
SENIOR LEVEL 4 am (Ages 18 years and under)		Sat. May 7th	9:00 – 11:00 am

Concord Cont.

SR. LEVEL 5 Restricted 11:30 am – 1:30 pm (Ages 18 years and under)		Sat. May 7th
Small Coed 2:00 – 4:00 pm (Ages 12 – 18 years)		Sat. May 7th
PG. 4		
International Coed 4:30 – 6:30 pm (Ages 14 and above)		Sat. May 7th

San Jose:

TINY/MINI LEVEL 1 practice. (Ages 5 – 8 years) pm	<i><u>No Tryout!</u></i> Come to the first practice.	Wed. May 11th	6:00 – 7:00 pm
JR. / SR. LEVEL 1 & 2 pm (Ages 18 years and under)		Wed. May 4th	5:30 – 7:30 pm
JR. / SR. LEVEL 3 pm (Ages 18 years and under)		Wed. May 4th	7:30 – 9:30 pm

Half-Year sign-ups will happen the entire month of October.

Parent Teams Sign-ups will happen in September.

If you cannot make the tryouts please contact Derick Patterson for a private tryout (derick@cheergyms.com or 925-685-8176).

Cheergyms.com reserves the right to change the levels and age of teams depending on the tryouts.



Tryout Requirements

1. Arrive 15-30 minutes before tryout to register.
 2. Have your \$20 Cheergyms.com Tryout Application Fee (This fee is non-refundable).
 3. Have the following forms completed:
 - a. All-Star Cheer Tryout Application Sheet
 - b. Medical Information Form
 - c. Liability Release Form
- All forms will be available at each facility and online at www.cheergyms.com under the "Quick Links" section; click on "Forms."
4. Boys wear shorts, fitted t-shirts or tank tops (no logos), and cheer shoes.
 5. Girls wear shorts or Lycra shorts, fitted t-shirts or bra tops (no logos), cheer shoes and have hair in a pony tail and bow.
 6. NO JEWELRY!

Tryout Procedure

The tryout will consist of a warm-up, jump & jump into tumbling assessment, standing tumbling assessment and running tumbling assessment. The second half of the tryout will consist of a flyers tryout, group stunting and performing a short dance.

Minimum Jump/Tumble

Level 1: Basic Tumbling and all jumps (Pencil, Tuck, Toe Touch, Front Hurdler, Pike and Combination).

Level 2: Standing and Round-off back handspring and all jumps.

Level 3: Standing 2 back handsprings, Round-off back handspring back tuck and all jumps into a back handspring.

Level 4.2: Standing and Round-off back handspring and all jumps.

Level 4: Standing back handspring back tuck, Round-off back handspring layout and all jumps into a back handspring back tuck.

Level 5: Standing back handspring back tuck, Round-off back handspring layout and all jumps into a back handspring back tuck.

Team Placement

Athletes will first be placed according to tumbling abilities. Then knowing we must have the correct amount of flyers and bases on the team, we will evaluate each cheerleader to see where they will fit best on each team. Teams will be selected right away, but will not be finalized until August before routine choreography. From May to August, cheerleaders will be moved back and forth from teams as skills are gained and the needs of the teams become apparent. Any cheerleader can request to be on a higher team than their tumbling ability level, but remaining on that team after August will depend on his/her tumbling abilities and strengths in skills to help that team succeed.

For half-year teams, all levels will be put on the same team unless we have 40+ participants.

Projected Teams

We strive to have every team for every level at our facilities, but the actual teams depend on tryouts. We will be following this general model for selection and formation of teams:

Levels 1 – 4:

First, teams will be formed by skill level.

Then, if we have enough of an age group in a level, we will make teams according to age (Youth - 11 years and under; Junior - 14 years and under; Senior - 18 years and under).

Then, if we have enough in a level and age, we will separate according to team size (Small - 20 members and under; Large - 21 members to 36 members).

Level 5:

We are hoping to field these 3 teams this season: Small Senior Coed (Ages 12-18 Worlds Team); Senior Restricted (Ages 18 and under; All-Girl or Coed; Non-Worlds Team); International Coed (Ages 14+; 12 boys & 12 girls Worlds Team).

Half-year Team:

We hope to have one team at each gym, all levels will be put on the same team unless we have 40+ participants.



Contract Signings and Uniform Fitting

Contract Signings and uniform fittings will be held at the first practice of the season (The week of May 2 – 7, 2011).

Crossovers

It is very common in the all-star industry to have cheerleaders compete on more than one team. We will be asking many of our cheerleaders to crossover to help teams be more successful. There will be no extra tuition charge for crossing over to another team, but there will be additional competition/choreography/coaching fees and travel. These additional fees will be added to your bill monthly since many competition companies charge different registration fees for athletes who crossover.

Tuition will be based on the team with the highest tuition, then the second or third team will be free of tuition.

Tumbling

Because All-Star cheer is so dependent on teams having a majority doing tumbling skills, we will have team tumbling times for each team. This will be HIGHLY encouraged for every team member, but only mandatory for team members who do not have the required tumbling skill for the team. EX: In Level 3, you must have a Standing 2 back handsprings, Round-off back handspring back tuck and all jumps into a back handspring. If you cannot do those skills when asked by the coach, you will be required to take tumbling until you get that skill. All-Stars will get the discounted price of \$39 a month if they commit to the entire year of tumbling (this cannot be refunded or canceled during the year once contracts are signed) or \$49 a month if the customer would like to pay monthly. The regular price is \$59 a month.

Coaching

Every team will be head coached or overseen closely by Morton Bergue, Danny Kahn and/or Derick Patterson. Every team will have assistant coaches also to make sure all teams are well balanced and successful. The coaching staff is the best in California and is excited to coach each team to a successful and meaningful year. Exact team coaching assignments will happen after tryouts. All coaches are USASF, First-Aid and CPR certified. (See Staff on www.cheergyms.com for more detailed information).



Practices

Practices are the single most important activity for any competitive team. Missing practices is highly discouraged. Every time one person misses a practice it sets the team back. PLEASE do your best NEVER to miss practice. The success of the team depends on every team member to be there.

Each team member will be required to wear Cheergyms.com clothing at practices. T-shirt/Sports Bra/Tank, shorts, cheer shoes, hair in a pony tail, NO jewelry. Clothing will be available at the gym stores and online.

Practices are closed to all spectators except for the last 15 minutes. Spectators will have many opportunities to see the team at open practices, showcases, performances and competition days.

Petaluma Practices:

TINY/MINI LEVEL 1 (Ages 5 – 8 years)	Mondays (May – Oct) 6:00 – 7:00 pm Mondays & Fridays (Nov – April) 6:00 – 7:00 pm
JR. LEVEL 1 (Ages 18 years and under)	Monday 7:00 – 8:30 pm Wednesday 6:00 – 7:30 pm
SENIOR LEVEL 4.2 (Ages 18 years and under)	Tuesdays 7:30 – 9:00 pm Wednesdays 7:30 – 9:00 pm
SENIOR LEVEL 4 (Ages 18 years and under)	Wednesdays 6:00 – 7:30 pm Sundays 1:00 – 4:00 pm (AT Cheergyms.com-Concord)
SR. LEVEL 5	
Restricted (Ages 18 years and under)	Wednesdays 6:00 – 7:30 pm Sundays 1:00 – 4:00 pm (AT Cheergyms.com-Concord)
Small Coed (Ages 12 – 18 years)	Wednesdays 6:00 – 7:30 pm Sundays 1:00 – 4:00 pm (AT Cheergyms.com-Concord)
International Coed (Ages 14 and above)	Wednesdays 6:00 – 7:30 pm Sundays 1:00 – 4:00 pm (AT Cheergyms.com-Concord)



Practices Cont.

Concord:

TINY/MINI LEVEL 1 (Ages 5 – 8 years)	Tuesdays (May – Oct) 5:00 – 6:00 pm Tuesdays & Thursdays (Nov – April) 5:00 – 6:00 pm
SENIOR LEVEL 1 (Ages 11 years and under)	Tuesdays & Thursdays 7:30 – 9:00 pm
JUNIOR LEVEL 2 (Ages 18 years and under)	Tuesdays & Thursdays 6:00 – 7:30 pm
SENIOR LEVEL 2 (Ages 18 years and under)	Tuesdays & Thursdays 6:00 – 7:30 pm
SENIOR LEVEL 3 (Ages 18 years and under)	Tuesdays & Thursdays 7:30 – 9:00 pm
SPECIAL NEEDS (All Ages)	Sundays 4:00 – 5:30 pm
SENIOR LEVEL 4 (Ages 18 years and under)	Wednesdays 7:30 – 9:00 pm Sundays 1:00 – 4:00 pm (AT Cheergyms.com-Concord)
SR. LEVEL 5	
Restricted (Ages 18 years and under)	Wednesdays 7:30 – 9:00 pm Sundays 1:00 – 4:00 pm (AT Cheergyms.com-Concord)
Small Coed (Ages 12 – 18 years)	Wednesdays 7:30 – 9:00 pm Sundays 1:00 – 4:00 pm (AT Cheergyms.com-Concord)
International Coed (Ages 14 and above)	Wednesdays 7:30 – 9:00 pm Sundays 1:00 – 4:00 pm (AT Cheergyms.com-Concord)

San Jose:

TINY/MINI LEVEL 1 (Ages 5 – 8 years)	Wednesdays (May – Oct) 6:00 – 7:00 pm Wednesdays & Fridays (Nov – April) 6:00 – 7:00 pm
JUNIOR LEVEL 2 (Ages 18 years and under)	Mondays 6:00 – 7:30 pm & Wednesdays 7:30 – 9:00 pm
SENIOR LEVEL 3 (Ages 18 years and under)	Mondays & Thursdays 7:30 – 9:00 pm
SENIOR LEVEL 4 (Ages 18 years and under)	Thursdays 6:00 – 7:30 pm Sundays 1:00 – 4:00 pm (AT Cheergyms.com-Concord)
SR. LEVEL 5	
Restricted (Ages 18 years and under)	Thursdays 6:00 – 7:30 pm Sundays 1:00 – 4:00 pm (AT Cheergyms.com-Concord)
Small Coed (Ages 12 – 18 years)	Thursdays 6:00 – 7:30 pm Sundays 1:00 – 4:00 pm (AT Cheergyms.com-Concord)
International Coed (Ages 14 and above)	Thursdays 6:00 – 7:30 pm Sundays 1:00 – 4:00 pm (AT Cheergyms.com-Concord)



Costs

See the All-Star Price Sheet for a detailed list of costs.

Competition Fees only include registration fees for the athlete. It does not include team member transportation, food, hotel or any other costs associated with a competition.

Small Senior Coed Level 5 and International Coed Team members will be required to work at the California Maritime Summer Camp (July 21 – 24, 2012) as well as the Spirit Spectacular Competitions (October 17, 2011 & January 28, 2012) as a part of their tuition.

Financial Information

All payments are due on the first day of the month. (See All-Star Prices for exact months for each payment). We accept cash, checks, Visa and Master Card. Checks need to be made out to "Cheergyms.com" and have the athlete's full name, gym and team name on the check.

Late payments, returned checks and declined credit cards are charged a \$35 fee. All-Stars can keep a credit card on file for automatic payment. (See Credit Card On File Form)

Accounts that are more than one month overdue risk having the athlete removed from the routine and not able to come to practices, competitions, or team events until the account is up to date. Any athlete removed will be put back in the routine at the discretion of the coach.

Extremely overdue accounts will be sent to collections and the athlete removed from the program.

Absences, tardiness, and /or leaving early

Attendance is the single most importance factor for the success of an all-star cheerleading team. Since everyone plays a vital role in the competition routine, when even one member is absent, the whole team suffers.

THERE IS NO BEING ABSENT, BEING TARDY, OR LEAVING EARLY FROM A PRACTICE, A COMPETITION OR ANY CHEERGYMS.COM EVENT.

We know things will come up, but we need the team to be a top priority when making a decision to miss, be late, or leave early from anything. If an athlete is absent, late, or leaves early, that athlete takes the risk that he or she may be put in a position in the routine that will not affect the safety and overall success of the routine, or that another cheerleader (of the coaches choosing) may also replace him or her in the routine. Attendance will be taken regularly and if attendance becomes a problem, the athlete will be asked to leave the program without a refund. **It is up to the family to decide what is best and understand the possible consequences of being absent. These consequences are not meant to be punishments, but the success and progression of the team will always come first.**

In the case of being ill, injured, or an extreme family emergency, everything will be done to keep the athlete in her or his position. But if the illness, injury, or extreme family event happens during a time that the success of the team is in jeopardy, the athlete may be taken out or put into a position that will not affect the overall success of the team. For an injured athlete to remain in the routine, the injured athlete is expected to come to all practices, competitions and events. This is for the benefit of the child and their feelings of belonging to the team.

The practices before a competition are the most crucial for the success of the team at competitions. If an athlete misses either of the two (2) practices before a competition, for whatever reason, that athlete will be moved to a non-significant part in the routine or may be removed from the routine altogether and possibly replaced by another cheerleader from a different team. That athlete will be put back into the routine at the convenience of the coach and when the coach feels it is the right time as to not disrupt the progress of the team and future competitions or events.

We will provide dates that practices are canceled due to all-star vacation, holidays, and special events that require use of the gym. It is best that family plans, appointments and any other event that might take a cheerleader out of practice, a competition, or event, be scheduled during the off times provided. The absent, tardy, and leaving early policy will apply if these types of outings are planned during a practice, competition, or all-star event. (See All-Star Calendar)



Competition Etiquette

The look and actions of a Cheergyms.com cheerleader is very important. How Cheergyms.com is viewed is very important for the success of the teams and the program as a whole. Cheerleaders are expected to be in competition warm-up jackets, competition warm-up pants, competition t-shirt, competition shorts, competition shoes, hair in a pony tail with a bow, uniform and NO JEWELRY (i.e. earrings, belly button rings, hair ties on wrists, metal barrettes, necklaces, etc.) whenever at a competition or cheerleading event. This applies to before and after competing. No other attire should be worn at all (i.e. other sweatshirts, flip flops, UGGs, sandals, street clothes, etc.). When accepting awards the cheerleader should be in full uniform and ready to be photographed for publicity shots.

Parents are always welcome to attend all-star events. They are expected to be spectators, not extra coaches. Parents and family members are not allowed with the team during meetings, warm ups, or other team required times unless given permission by the coach.

To fully show your support of your child's team, each parent is expected to wear individual Cheergyms.com gym clothing to each competition and event. It is important to the success of our teams that we show unity and spirit. We also ask that each spectator sit in the designated Cheergyms.com area and cheer on all Cheergyms.com teams. A Cheergyms.com cheer will be taught so all can show their support of the teams.

All transportation and accommodations for participant, parents and siblings to all events will be the sole responsibility of each family. Any money that parents spend regarding travel for the participants, family members and friends to competitions and other All-Star events is done at their own risk. We will do our best to get information to you in a timely fashion; however, if for any reason a competition is cancelled or rescheduled, Cheergyms.com will NOT be responsible for any reimbursement. Poor travel planning and not complying with the designated arrive times and places will not be tolerated. If for any reason the travel arrangements made by the families cause any due stress to the teams and the coaches, that family may be asked to leave the program without a chance of a refund.

Cheergyms.com feels it is important that all teams within our organization support each other. It will be expected that all Cheergyms.com teams will arrive on time, stay as late as all day to support other Cheergyms.com teams. It is very important that competition days are left entirely open for competitions.

All team members must check in and out with their coach at the beginning and end of any event. This is to assure the safety of the participants and the organization of the coaches and Program Director. At the conclusion of a competition or event, after awards have been given, and the coach has spoken to the team, the team member may be released to their custodial parents or other parents and friends to return home. There must be a signed release form if the parent would like their child to go with another person who is at least 18 years old.

Any awards, banners, plaques, trophies become the property of Cheergyms.com and will remain with the Cheergyms.com facility. Any money won will be used to improve the facility for the participants of that Cheergyms.com facility.

In the event the team is outscored by another in their division, athletes should make a point to graciously congratulate the other teams in their division. In the event our team has the highest score, athletes will sit with their team and should not celebrate until their name is specifically called. The second-place team deserves their moment of recognition. Immediately celebrating a win when they call the second-place team is considered by many to be in poor taste.

The coaches' main priority at competitions is to safely prepare the athletes for their performances. After that, our next priority is to yell for and support our teams as they perform. This unfortunately means that, depending on the schedule, all of a team's coaches may not be able to stand with the teams as their awards are handed out, or, in rare cases (at events with multiple venues) during the performances. We will do everything to get as many of the coaches there, but sometimes it simply is not possible.

The competition schedule is always subject to change. A final schedule will come out once all competition organizations have finalized their schedules. (See All-Star Competition Schedule)



Participant Behavior

Concerning behavior, all team members will conduct themselves in a professional, positive, and mature manner whenever they are representing the Cheergyms.com program. The moral make up and values of the participants that come to the Cheergyms.com program are of the utmost importance. We only want participants that are hard working, dedicated, honest, and loyal to their team, coach, gym and Cheergyms.com.

No team member will participate in any illegal activities, including but not limited to; Use of drugs, alcohol or tobacco, firearms, guns, any type of weapon or contraband, shoplifting or theft of any kind while representing Cheergyms.com. These activities will not be tolerated. Any violation of the above or any other rules set forth by the law, hosting competition or Cheergyms.com may be grounds for student dismissal (without a refund) and/or the team not performing. Punishment will be up to the Cheergyms.com Program Director, owners, and staff as to what will be best for the child, the child's team and the overall Cheergyms.com program.

Actions like talking on a cell phone, being overly affectionate to a boyfriend/girlfriend, using foul or inappropriate language or gestures, talking negatively about another team or cheerleader or generally not being respectful to a coach, parent, fellow cheerleader, another competitor, event official or person is grounds for dismissal from the program without a refund.

It is expected that the coaches and staff will be treated with respect at all times. The coaches have the right to terminate (without notice) any participant who does not follow the rules or whose behavior interferes with the daily progress and teamwork of the other team members or coaches.

It is expected that every all-star follows all the rules and policies of Cheergyms.com (See Rules and Policies Sheet), the competition companies, the United States All Star Federation (U.S.A.S.F), the Northern California All-Star Alliance (N.C.A.A), the state of California and the United States of America. Breaking any rules and/or policies that affect the reputation of Cheergyms.com can be grounds from dismissal from the program without a refund.

Parent Behavior

Concerning behavior, parents and families will conduct themselves in a professional, positive and mature manner whenever they are representing the Cheergyms.com program. The moral make up and values of the parents and families that come to the Cheergyms.com program are of the utmost importance. We only want parents and families that are hard working, dedicated, honest and loyal to their team, coach, gym and Cheergyms.com.

Gossiping, talking negatively about other parents/participants, talking negatively about other programs, trying to undermine the Cheergyms.com family, etc. are examples of behavior that will not be tolerated.

Withholding your child from a practice, competition event as a form of punishment or lying for your child will not be tolerated and are grounds for immediate dismissal. Please don't hurt the teams' success by making these obvious mistakes.

It is expected that the coaches and staff will be treated with respect at all times. The coaches have the right to terminate (without notice) any participant whose parent or family member's do not follow the rules or whose behavior interferes with the daily progress, teamwork and positive energy of the team, it's members and/or coaches.



Representing Cheergyms.com

The name "Cheergyms.com" and all of its affiliate names and logos are the property of Cheergyms.com, Inc. and are federally registered trademarks that are protected under law. Permission is required from Danny, Derick and Morton before anyone may sell or barter any product or service that involves, uses, or displays our name or logo. All sales involving Cheergyms.com merchandise must go through Cheergyms.com, Inc. We have spent many years carefully developing our brand and are very particular about how it is presented.

No one is allowed to share or post Cheergyms.com music, choreography, routines, stunts, etc., on the Internet. This includes, but is not limited to: MySpace, Facebook, YouTube, etc. Out of courtesy to other programs, please do not share any other programs' choreography, videos, or information either.

Please do not use the words "Cheergyms.com", "Pyramids", "Motions" and/or "All-American", or anything that obviously associates you with the program as a username on websites or in your email address. i.e. cheergymscheerleader@aol.com, parentofPyramids@hotmail.com, MotionsRock@gossipyparent.com. While we greatly appreciate your enthusiasm, people often present their opinions in such a way that it has a negative effect on the program.

Parents, relatives, friends and cheerleaders are never allowed to speak with competition officials for any reason. If you have an issue or concern that you wish to address about a competition, please contact your team rep who will direct the concern to the appropriate Cheergyms.com staff member.

Parents are never allowed to represent Cheergyms.com without specific permission from the staff concerning accommodations, competitions or any other situation.

Discipline

To be a part of any competitive program, discipline is very important. Coaches, staff, and owners will discipline each child in a stern, but positive way to help each individual accomplish their goals and to keep each practice, competition, and event under control. If any child is out of order or is not following the rules and regulations set aside, he/she will be handled in this way.

1. First incident: A warning given to the child that their behavior is unacceptable and they have a chance of being dismissed from the program.
2. Second incident: A second warning given and a phone call given to the parent about the behavior and the chances of that child being dismissed from the program.
3. Third Incident: A meeting set up between the parent, child and coach to discuss the dismissal of the child from the program.

Injuries

As with any athletic sport, there will be injuries. The training and expertise of the Cheergyms.com employee is such that we are confident that any participant is in a completely safe and reliable situation.

In case of an injury it is important that these steps must be followed.

1. Each participant must have a current medical information sheet and release form on file in the gyms office and with the coach at all times.
2. If a participant is injured, an accident report must be filled out and signed by the Cheergyms.com employee and the parent or parent representative.
3. The participant's parent must be called immediately.
4. The participant will be given as much attention as is needed to keep them comfortable until the parent and/or parent representative arrives.
5. If the injury is such that it is thought an ambulance is required, the ambulance will be called at the parent's expense. All injuries will be treated as serious for the benefit of the participant.
6. A follow up call by the coach or Program Director will be made the next day after the injury.



Team Representatives

Though the coaches will be handling all the events for their all-star team, many parents will be asked to volunteer their time to make the year special and memorable for the kids. This will include everything from helping at competitions, planning events, relaying information, etc. The coaches will ask for parent help at their initial team meetings at the first practice.

USASF Worlds, All-Levels, and U.S. Finals Bids

It is very possible many of the Cheergyms.com Teams will receive bids from one of these prestigious competitions. Attending these competitions will be at the decision of the Cheergyms.com coaching staff and a meeting will be held to discuss the additional costs and trip details.

The only Cheergyms.com Team(s) that will be eligible for a USASF Worlds Bid is the Level 5 International Team and the Level 5 Small Senior Coed Team. The Level 5 Teams will go to the USASF World Championship no matter what kind of bid they receive (non-paid, partially paid or fully paid). The Worlds usually happens the end April. Extra practices and get-togethers will be planned to assure the success of the team. These will happen between the last competition and the date for the Worlds. Please note that if you are on the Level 5, All-American team, you will be asked to make some sacrifices to be a part of the team.

Competition Fees do not include the costs associated with the honor of getting bids to the All-Level National Competition, The US Finals National Competition and the USASF Cheerleading Worlds. If any team gets bids to any of these competitions a meeting will be held to discuss costs. Approximate costs for these competitions range from \$700 - \$1500 per participant.

Fundraising

All fundraising for all Cheergyms.com teams are handled by these 2 non-profit organizations: Contra Costa Amateur Cheerleaders Club (C.C.A.C.C) and D.R.E.A.M. Information about these programs will be available at the Parent Informational Meetings and in the lobbies of the gyms.

Cheergyms.com Awards

At Cheergyms.com, we feel it is very important to reward those participants that are working hard and improving. Here is a list of the awards that will be given out during the year:

Most Valuable Player (MVP): Starting in October and ending in April. This is chosen by the staff after a competition and an award is given to the athlete.

Cheerleader of the Year: This is given at the end-of-the-year banquet and is chosen from the MVP nominees.

Perfect Attendance Award: This is given to the participant who has perfect attendance starting at the first practice and ending at the completion of the last competition for the team. To also receive this award you cannot be late or leave early from competitions and practices. **THERE ARE NO MAKE UPS FOR THIS AWARD.**

Yearly Awards: This is an award in recognition of the amount of years you have been with the Cheergyms.com Program.

Rookie of the Year: This is given to the person, who is brand new to Cheergyms.com and showed outstanding talent, morals, and dedication.

Most Improved (this award is chosen by team members): This award is given to the person you feel has improved in their jumping, tumbling, motions, dancing and stunting skills for the cheerleaders.

Most Inspirational (this award is chosen by team members): This award is given to the person that you feel kept the spirit going on your team. This person encouraged everyone to try their best, and always tried hard themselves. You can really see the love of cheer or dance in their actions.

Most Dedicated (this award is chosen by team members): This award is given to the person on your team that put their team first. Always worked hard, rarely missed practice and was constantly trying to improve for the team. This person was someone you looked up to because of his or her dedication to your team.



Awards Cont.

Leadership (this award is chosen by team members): This award is given to the person that you respected enough to have their opinions count. This person is someone who gave suggestions and criticism to help the team. This person had enough respect to be a coach.

Best All-Around (this award is chosen by team members): This is given to the most talented person on your team. This person shows outstanding technical skill in all areas of cheerleading and dance. This is someone that really stands out on your team as the best person with the most talent.

Coaches Award (this award is chosen by the coach): It is given to the individual that the coach feels was an inspiration to him or her throughout the year. This is someone who really did his or her best to be a respectful and genuine person on the team.

Questions/Complaints/Concerns

Please direct all questions/complaints/concerns to the team head coach first, then to Derick Patterson the All-Star Director. Please do not wait until it becomes a huge problem. Please do not talk amongst yourselves to find the answers. Communication is the key!