

Texas Elite Stars
2009-2010
Cheerleader Handbook

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Dear All-Star Candidates and Parents,

Thank you for your interest in Texas Elite Stars. As we prepare for our 16th season, we are very excited about the positive things that are taking place at H & H Gymnastics & Fitness. We are continually changing and improving to keep with the demands of the Competitive All-Star Cheerleading Industry.

Enclosed you will find information and policies regarding our 2009-2010 Texas Elite Stars All-Star Program. The following information will help each family understand the commitment level that we expect from each cheerleader. Please take time to carefully read over the handbook in full. At H&H Gymnastics & Fitness, we expect 100% commitment from each cheerleader for the **entire** competition year. Texas Elite Stars is not a recreational program. While being fun and rewarding, it is also competitive. Each cheerleader will learn more than just how to cheer. It is the goal of the Texas Elite staff to bring your family quality training and experience (both mentally and physically) that will ready you not only for high school or college tryouts but also better prepare your child for the demands of life. We teach children to achieve goals, be dedicated to teammates, and to be winners. As such, we hope you view this upcoming season as an investment in your child's future.

We will be evaluating and placing students based on their skills, attitude, work ethic, behavior, and cheer experience. We believe all are important in developing and improving a program we can be proud of with the ultimate goal to be as competitive as we can be. After all, this is competitive cheerleading. Competitive cheerleading is not for everyone, but if you and your child are committed to being the best teammate possible and are willing to work hard to achieve goals, we welcome you. Good luck and we look forward to having you as part of the Texas Elite Stars family.

Thank you,

Cheryl Parish
Owner
(409) 769-8388

Tryout Schedule and Procedure

All athletes (except those who registered for our "Show Team") will need to be evaluated by the coaching staff in order to be properly placed on a team for the 2009-2010 competitive season. Please remember this is a **ONE-YEAR COMMITMENT**.

Tryout Procedure

1. Download handbook and forms. Read thoroughly.
2. Attend the designated stars clinic and tryouts.*
 - Fill out Tryout Application Form
3. After receiving letter, both guardian and child must attend the parent meeting before child can participate in practices.
 - Be prepared to bring or fill out the following:
 - Copy of Birth Certificate (required by USASF beginning in 2009)
 - Parent Code of Conduct
 - Cheerleader Code of Conduct
 - Website Permission Form
4. Receive practice schedule and then attend.
5. Begin payment schedule with \$75 payment**.

If at anytime during the year an athlete quits prior to receiving any part of their uniform or clothing or prior to a competition they will forfeit those articles and/or fees. **You will not receive a refund.

-The following is a schedule for tryouts. Please note the age is as of May 31st, 2009.

*Cheerleaders must learn the clinic cheer and tryout. If a cheerleader is unable to attend a tryout, a private tryout can be arranged during the week at the coaches' discretion.

Tryout Date

Saturday, April 4th

Tryout Clinic 9:00-12am

(tryouts are closed, only candidates may be in the gym once clinic ends and tryouts begin)

To encourage joining the squad earlier in the season a late fee will be added for all cheerleaders that have not tried out by May 31, 2009.

Date Join	Late Registration Fee
June	\$50
July	\$100
August*	\$150
September*	\$200

*Spots in the routines are not guaranteed after joining this late in the season.

Please understand Texas Elite Stars reserves the right to change team rosters throughout the season as we see fit in order to maintain the competitiveness and cohesiveness of our program. Once the teams have been posted, if you have questions regarding YOUR athlete's placement, please contact the office and we will be happy to discuss it with you. Please refrain from questioning the placement of other athletes within the program.

Estimated Cost

We must have a current registration on file and all previous balances must be cleared before the candidate may participate in the clinic and tryouts.

Annual Registration Fee: \$20.00

Monthly Tuition: See Chart below. Tuition is due BEFORE the due date listed on your statement. All tuition checks must be made out to H & H Gymnastics. All other payments and dues are to be written on a separate check. A 5% late fee will be added to all payments received after the due date. A \$20.00 fee will be assessed to all returned checks.

Tuition is based on classes for the full year. During the off season, practice hours may lessen and, conversely, extra practices may be called before competitions. The rates will not change with increase/decrease of hours of practice.

Teams are Subject to Change

Possible Teams	Practice Hours Weekly	Monthly Tuition	Auto-Debit Rate	Ages
Show Team	1 hour + tot*	\$58.00	\$49.30	3 yrs-6yrs
Tiny	2.5 hours + tumble**	\$85.00	\$72.25	5yrs & under
Mini	3.5 hours + tumble	\$95.00	\$80.75	8yrs & under
Youth	3.5 hours + tumble	\$95.00	\$80.75	11yrs & under
Juniors	≥4 hours + tumble	\$100.00	\$85.00	14yrs & under
Seniors	≥4 hours + tumble	\$100.00	\$85.00	18yrs & under
Parent Team	1 hour	Free		All Ages

Extra classes: Extra tumbling and stunt classes will be offered for all ability levels, this is optional; one tumbling class is built into tuition. Extra classes will be \$20.00 per month per cheerleader per class.

Private Lessons: Cheerleaders have the option to take private lessons from coaches at an additional cost. Enable to book these lessons, all fees (both tuition and cheer account) must be current. Although the scheduling of these privates is at the discretion of the coach, he or she must check with the office to see that fees are current.

*Show Team members get a built in 45 minute tumble tot class instead of tumbling.

**Tiny members are welcome to use their tumble class as a gymnastics class.

Texas Elite Stars Expenses: Checks should be made to H & H Gymnastics

Practice Outfits: pink shirt, black shorts (2 sets)	\$40 (may already have)
Parent Shirt	\$10 each
Uniform	\$250
Hair Bow	\$10
Solid White Shoes*	\$75 (may already have)
Total Regional Competition Fees	\$375
Total National Competition Entry Fees	\$200
Coaches' Travel Fee	\$65
Choreography Camp Fee	\$50
Makeup Kit	\$15
Scholarship Fee	\$15
ALL PRICES ARE APPROXIMATE	

*all cheerleaders wishing to be fliers must have our flier shoes

Total=\$1105.00

Payment Schedule: See following page.

What is NOT included in the price?

Required items:

- Replacement of any before mentioned items
- Sports Bras
- Food and lodging expenses as well as travel to competitions.
(Each team will have at least one out of town competition)
- Spectator and Parking Fees at competition for family and friends (fees vary)

Non-Required items: Approximate Cost

- Car Window Decal \$10
- Gym Name Sign \$10
- Warm ups with Bag \$100
- Christmas Gift Exchange \$10
- Outdoor Practice Shoes \$40

Show Team Expenses and Payment Schedule

Practice Outfit (1 set)	\$20
Parent Shirt	\$10 each
Warm Ups (Optional)	\$100
Uniform	\$150
Regional Competition Fees	\$120
National Competition Fees	\$110
Coaches' Travel Fees	\$30
Scholarship Fee	\$8
all prices are approximate	

Total: \$448.00 / \$548.00 w/ warm ups

Show Team will purchase any solid white cheer shoes of your choice

1st Payment - \$ 20.00 **Due April 27th**

\$20.00 Practice Clothes

2nd Payment - \$ 100.00 **Due May 15th**

\$100.00 Uniform deposit

3rd Payment - \$110.00 **Due June 15th**

\$50.00 Uniform Balance

\$10.00 Parent Shirt

\$50.00 Regionals Fees (or Optional Warm-ups Deposit)

4th Payment - \$110.00 **Due July 15th**

\$70.00 Regionals Fee or (\$20 Regionals Fees and \$50 Warm-ups Balance)

\$40.00 Nationals Deposit

5th Payment - \$108.00 Due **August 15th**

\$70.00 Nationals Balance

\$30.00 Coaches' Travel Fee

\$8.00 Scholarship Fee

6th Payment - \$0.00 / \$100.00 Due **September 15th**

If ordered the Optional Warm ups, then \$100.00 remainder of competition fees

All Other Squad Payment Schedule

1st Payment - \$75 **Due April 27th**

\$40.00 Practice Uniforms

\$35.00 Regional Competition Fees 1st Payment

2nd Payment - \$175/\$185 **Due May 15th**

\$100.00 Uniform Down Payment

\$75.00 Shoes

\$10.00 Optional Gym Name Sign

2nd Payment - \$150/\$160 **Due June 15th**

\$100.00 Regional Competition Fees 2nd Payment

\$50.00 Uniform Payment

\$10.00 Optional Car Window Decal

3rd Payment - \$150/\$200 **Due July 15th**

\$ 90.00 Regional Competition Fees 3rd Payment

\$65.00 Choreographer Camp

\$10.00 Hair Bow

\$50.00 Optional Warm-up Down Payment

4th Payment - \$150/\$200 **Due August 15th**

\$100 Uniform Balance

\$50.00 Regional Competition Fees 4th Payment

\$50.00 Optional Warm-up Balance

5th Payment - \$140 **Due September 15th**

\$100.00 Regional Competition Fees 5th Payment

\$10.00 Parent Shirt

\$15.00 Makeup Kit

\$15.00 National Competition Fees 1st Payment

6th Payment - \$130 **Due October 15th**

\$100.00 Nationals Competition Fees 2nd Payment

\$30.00 Coaches' Travel Expense Deposit

7th Payment - \$130 **Due November 15th**

\$85.00 Nationals Competition Fees 3rd Payment

\$30.00 Coaches' Travel Expense Balance

\$15.00 Scholarship Fee

Fund Raising

To help with the total costs throughout the season, There will be fundraising opportunities every month. Participation in these fundraisers is optional unless tuition and fees cannot be paid on time. If a cheerleader defaults two months in a row and has not participated in the fundraisers, he or she may be removed from practice or the squad.

- All fund raising must be approved through the office.
- No fundraising can be done by oneself when using the H&H or Texas Elite Stars name or uniform.
- Money raised will be turned into the office and applied to each member's individual "Stars" Account. It will be applied towards gym related expenses (tuition, competition fees, etc.). Every month, a statement will either be mailed or directly given to you explaining how funds were applied.
- If a cheerleader decides to leave the squad, money left in their account will be used to balance unpaid tuition and cheer fees. Any remaining money will be put into the scholarship fund.

Expectations

Texas Elite Stars wants cheerleaders who are dedicated to the team, hard working, motivated, and ready to improve their individual and team skills. Cheerleaders and parents need to be supportive of the entire Texas Elite Program. Each team member should encourage and support others. We expect 100% attendance from all team members for ONE FULL YEAR. We will not master our routines and perform to our peak ability level if cheerleaders are late or absent. We ask that you look at this as at least a **one-year commitment**, as it will affect the entire squad if you choose to leave mid-year. Texas Elite Stars members are expected to maintain the skills shown at tryouts and improve throughout the year. If a cheerleader loses a skill or fails to progress the cheerleader may be dismissed or moved to an alternate position or squad. Your child is expected to attend all practices, exhibitions, and competitions. Our routines are coordinated around every team member. Therefore, one member's absence has a negative impact on all other team members. Be prepared to rearrange your schedules as needed, however, we will try to maintain a routine schedule in order for you to be able to make advance personal plans. Please be aware there will normally be additional practices the day before a competition. For example, if competition is on Sunday there may be practice on Friday and Saturday that week, so please check with coaches before booking out of town hotel rooms.

- Texas Elite Stars employees, athletes, parents, and all other affiliates pride themselves on good sportsmanship and supportive attitudes.
- Texas Elite Stars demands communication between directors, coaches, athletes, and parents. Most, if not all, problems and situations can be resolved with communication, so please -- no assumptions.
- Practices will start as open for friends and family to watch from the observation deck only. No parents, friends, or family are allowed in the gym area or doorways during practice. Refrain from talking to students or coaches during practice. If problems occur, parents will be asked to leave and practices will be closed for viewing.
- A representative for each athlete must collect weekly paperwork from the office and attend the monthly parent meetings.

Absences

Cheerleaders are required to attend all practices, competitions, and performances. If habitual absences occur athletes will be removed from the routine without notice and no refund will be provided. Also, please note that if an athlete misses practices the week prior to a performance, or regional competition and two weeks prior to a national competition it is at the discretion of the Texas Elite Stars and its coaches whether or not they will perform. Team members will be required to make up missed practices and conditioning. Each member may only have two unexcused absences. A Texas Elite Stars coach must approve unexcused absences at least one week prior to the date of the absence(s). No unexcused absences will be allowed at any practice that involves choreography. All regional and national championships are mandatory for all team members.

Excused absences are limited to:

Mandatory school functions that are for a grade
 Mandatory School Cheer functions
 Family emergency/death
 Contagious illness
 Fever or vomiting

Examples of unexcused absences are as follows:

Non-contagious illness
 Injury
 Optional activities (including school activities)
 Transportation issues
 Homework or test (please plan schedule efficiently)

Emergency Absences

If a situation arises where a cheerleader must miss for an unexpected emergency, contact the gym and coaches immediately.

Class Make-ups

- To receive a make-up for a tumbling class, you must notify H&H **prior** to the absence. Only when there is availability in a class will a make-up be granted.
- H&H Gymnastics & Fitness observes the same major holidays as the Vidor ISD, and our billing cycle is made around these dates. So make-up classes for such events will cost extra. (teacher in-service days are not holidays and students still have practice)
- H&H Gymnastics & Fitness follow the Vidor ISD for flood/hurricane days and closings. Please check website prior to leaving for gym in the event of flood, ice, or hurricane.

Holidays

The following is a list of holidays and gym closings recognized by H&H Gymnastics & Fitness. The specific dates will be released at the beginning of appropriate month and can be found on the website, www.hhgym.com

- Labor Day
- Thanksgiving (1 week)
- Christmas (2 weeks)
- Spring Break (1 week)
- Good Friday/Easter
- Memorial Day
- Independence Day

Summer Vacations: Texas Elite Stars will practice throughout the summer months, but if squad members will be gone on vacation please notify the H&H in advance so your account can be partially or fully credited for the time missed. Please submit vacation schedule to the office as soon as possible.

All summer vacations must be completed by Friday, August 15th, 2009. This will ensure a team member's participation in the first regional competition.

New Season: The official start date of the new season will be Monday, April 20, 2009. The new season will come to a close following the last national championship and Stars Banquet.

Injuries and Liabilities

H&H Gym and Texas Elite Stars are not liable for any expenses incurred from injuries or illnesses resulting from participation in the program. We encourage each team member to have their own insurance coverage to defray any medical or other expenses that may result from participation. While H&H Gym and Texas Elite Stars cheer program strive to provide the safest possible environment for team members, injuries and/or illnesses may occur.

Logo

H&H Gymnastics & Fitness and Texas Elite Stars are copyrighted property of H&H and are DBA. This means that you are not allowed to copy/print names, logos, or other trademarks on T-shirts or other apparel, accessories, etc. without the consent of the owner.

Policies and Procedures

- Scheduled Texas Elite Stars wear is required.
- No jewelry is allowed.
- No long or fake nails are allowed.
- Hair must be pulled up and out of face.
- Only registered students will be allowed in gym area.
- No food or drinks allowed in gym area.
- We discourage and ask that parents refrain from commenting or communicating with athletes and coaches during practices.
- Cell phones are not allowed. All calls to cheerleaders must be directed through the office.
- All students must wait inside the building to be picked up.
- No physical activity can begin unless an instructor is present.
- If a student is injured or sick and not contagious, they are required to attend practice, but not participate.
- Texas Elite Stars reserves the right to dismiss an athlete from any practice or remove them from a team if their behavior is deemed inappropriate.
- Please be aware that inappropriate displays of behavior from parents can also result in removal of an athlete from the team. This applies in all situations including: practices, performances, fund raisers, and/or competitions.
- H&H Gymnastics & Fitness employees, athletes, parents, and all other affiliates, pride themselves on good sportsmanship and supportive attitudes.
- H&H Gymnastics & Fitness demands communication between directors, coaches, athletes, and parents.
- Most in not all problems and situations can be resolved with communication, please **no assumptions**.

Demerits

If a cheerleader fails to follow the code of conduct or meet the responsibilities of a cheerleader, they will be assigned demerits. A cheerleader will be pulled from the next competition if he/she accumulates six demerits. Pulling for disciplinary reasons will require the following: not participating in upcoming practices or extra events (ex: sleepovers) or competitions. When a cheerleader receives a demerit, a copy will be placed in the parent box in the office immediately following practice and a parent must sign and return it before the next practice.

Demerits will be assigned for the following reasons:

Not cheering at a competition (unexcused)	6
Missing practice; including competition warm-ups (unexcused)	3
Tardiness for practices or competitions	1
Wearing incomplete uniform (hair down, no shoes, etc)	1
Fake nails, necklaces, rings, bracelets, earrings, watches, and other piercings are a hazard to cheerleading and are inappropriate during practice and events	1
Cell phone use during practice or warm-ups	1
Use of inappropriate language	1
Write up from tumbling coach	1
Talking back to coaches or other adults	1
Inappropriate display of anger or rudeness toward a coach or squad member	2
Eating, drinking, or chewing gum while cheering	1
Leaving a practice floor, competition, or any cheerleading activity without receiving permission from a coach before being released to parents	3
Not turning in forms or requested money on time.	1
Clowning or horseplay	1
Presence in gym area (floor area, tumble trak, etc.) without permission.	2

Additional demerits or pulling may be assigned at the coach's discretion for other minor or major disciplinary reasons.

For every demerit, the cheerleader must accept additional assignments. These assignments may be, but are not limited to conditioning. These assignments should be completed before the next practice. Working off demerits may require staying after class.

Parent Code of Conduct

Parents play an important role in their child's commitment to our program. Please read this carefully and understand the commitment you are making. Please initial to the left of each topic in the space provided once you have read and fully understand your role.

_____ If my child is involved in any matter of disrespect towards any member of the H&H Gymnastics & Fitness staff or students, I will resolve this problem with my child immediately.

_____ I understand that my child must wear the proper practice attire that is scheduled for any specific day. If my child loses any part of the practice outfit I understand I must purchase a replacement immediately.

_____ I fully understand that coaches reserve the right to suspend my child's participation indefinitely in practice or competition (which may include losing positions) as disciplinary action if any of the rules, policies, or codes of conduct are broken by a student or parent.

_____ I understand that time is essential to both the program and parents. I will do all that is necessary to get my child to practice on time and assure he/she does not leave practice early.

_____ I am aware that this is a ONE-YEAR commitment and will do everything in my ability to enable my child to participate in all practices and competitions throughout the season. I am also aware that if I fail to honor my ONE-YEAR commitment, no refund will be given to me.

_____ I understand it is my duty to keep my child's tuition current. Failure to do so will result in the child being suspended from competing (as well as extra classes, private lessons, and superfluous gym activities) until the outstanding balance is paid.

_____ I am aware that inappropriate displays of behavior from parents can result in removal of cheerleaders from the team. This includes, but is not limited to criticizing the coaches or other team members.

_____ I understand that in the interest of staying updated on the progress and condition of my child, it is my responsibility to regularly check the website, my information box in the office, and attend the monthly parent meetings.

_____ I am placing my child under the supervision and guidance of the Texas Elite Stars Coaches; therefore, I will respect and honor decisions made by the coaches.

I have read and understand my role as a Texas Elite Stars Parent, and I will do my best to uphold my end of the commitment.

Parent's Signature: _____ Date: _____

Cheerleader Code of Conduct

Cheerleaders please read carefully and initial each obligation in the space provided. Parents, please explain obligations to your child and initial after each section.

_____ I will come to practice with a positive attitude and I will give my best effort towards the agenda set by the coaching staff. _____ Parent initials

_____ I will not use inappropriate language, drink alcohol, use drugs, or participate in inappropriate behavior. I understand that my actions are a representation of my team and Texas Elite Stars Cheerleading 24 hours a day. _____ Parent initials

_____ I will not disrespect or tear down any team member, coach, or competitor for any reason at any time. _____ Parent initials

_____ I understand that is a ONE-YEAR commitment and that a team is depending on me to fulfill my responsibilities as a team member. _____ Parent initials

_____ I will learn and obey all the rules and regulations of H&H Gymnastics & Fitness' Texas Elite Stars Program _____ Parent initials

_____ I understand that by breaking any of the codes of conduct above, I may be assigned demerits, suspended, or dismissed from the Texas Elite Stars. _____ Parent initials

_____ I will make sure I wear the scheduled practice clothes to each practice; not rely on my parents. If I lose any of my practice wear I understand that I must replace it immediately. _____ Parent initials

_____ I will arrive at all competitions with my uniform, hair, and make-up ready for competition according to Texas Elite Stars specifications. _____ Parent initials

_____ I understand that no matter the level of my personal knowledge, I must abide by the instructions of the coaches and will refrain from instructing other cheerleaders myself. _____ Parent initials

The obligations above reiterate the importance of the cheerleader's and parent's responsibilities together. Team sports are based on individual commitments; however, they are fueled by team efforts.

Student Signature: _____ Date: _____

Texas Elite Tryout Application

Please return this sheet to the front desk.

Cheerleader Name: _____ Age: _____

Birthday: _____

Parents' Name: _____

Address: _____

Phone: Home: _____ Cell (mom) _____ (dad) _____

Cheerleader Phone: Home _____ Cell: _____

Parent e-mail: _____

Cheerleader e-mail: _____

Cheerleader Clothing Size (circle correct size)

Shirt: ys ym yl as am al Shorts: ys ym yl as am al

Parents Shirt Size

Mom: yl as am al axl axxl Dad: yl as am al axl axxl

Please list all extra curricular activities with days and times. (Examples: Church Wed-6:30-7:00, band every day after school until 4:00pm, please specify all school sports and regular game days). Only activities listed will be taken into consideration when placing cheerleaders on teams and setting our practice schedule. Notify office as soon as you know of anything else not listed below.

THIS BOX ONLY TO BE FILLED OUT AFTER READING HANDBOOK

I, _____ (parent) have read the entire tryout handbook in full and understand and will follow all standards and rules set by H&H and Texas Elite Stars.

Signature _____ Date: _____

I, _____ (cheerleader) have read the entire handbook in full and understand and will follow all standards and rules set by H&H and Texas Elite Stars.

Signature: _____ Date: _____

Website Permission Form

This form must be filled out in order for your child's name and/or picture to appear in our website.

In the course of updating and maintaining the H&H Gymnastics & Fitness websites, we would like to be able to include photo/images of cheerleaders at various events and activities. All pictures will be in good taste. Please fill in the information below to allow us to use photo/images and first names of your child.

As parent or guardian of a cheerleader at H&H Gymnastics & Fitness I have read the above information about publication of photo/images and names on the websites and I understand this agreement will be kept on file at the gym.

I, _____, give permission for H&H Gymnastics & Fitness, Texas Elite Stars, and anyone affiliated with the programs to use my child _____ name and picture on their website. This permission is granted with the understanding the policy as outlined above is to be followed.

Child's Name: _____

Parent's Name: _____

Date: _____