



2023-24 Season

**“Season 4, back for more
Bigger, Bolder, Better!”**

Welcome to Cheer Passion Family!!

Thank you for choosing Cheer Passion for your athlete's cheer program. As you may know, we are embarking on our second year as an All-Star team in Chapin, SC., and we are very excited! We will strive to create competitive athletes that are not only superb on the competition floor but also upstanding individuals in everyday life. We will create leaders and build self confidence in every single one of our athletes. We hope that when the time comes for our athletes to graduate and move to a new phase in life, they take with them the kindness, integrity, character, work ethic, and self-confidence they have gained by being a part of the Cheer Passion family!

In this packet you will find all the information needed to become a competitive all-star cheerleader for Cheer Passion. Please read this packet thoroughly to better understand the extensive time and financial commitment required to be an All-Star cheerleader. We are committed to these athletes and their success. In turn, we expect a great deal from all our Cheer Passion athletes as well as their families to ensure that we keep our programs running smoothly.

If you have any questions, please don't hesitate to reach out to any of our coaches or staff members to help!

Cheerfully,

Nicole and Your Cheer Passion Coaches and Staff
Let's get started...shall we?

All of our coaches firmly believe that every child, provided they have the desire, determination, and dedication, can be taught the techniques and skills required to become a successful All-Star cheerleader.

Upon tryouts, cheerleaders will be placed on a team that is appropriate for their skill level along with age. If during the summer months we find that a cheerleader's skill enables them to move forward with their team placement, we will move that member to the appropriate team. The decision to move cheerleaders to a higher-level team, along with how many teams, will be made by the coaches. ***The skills required for each level must be performed cleanly, with proper technique and consistency.**

Same is true, after 30 days of placement, if an athlete does not meet the required skill level, maturity level or is able to maintain the physical endurance needed for that team, the athlete will be moved to a more appropriate team.

- **Tiny Novice Level 1** / ages 4-7 (2016-2020)
- **Mini (Novice/Prep) Level 1** / ages 7-9 (2014-2017)
- **Youth (Prep) Level 1** / ages 8-12 (2011-2016)
- **Junior (Prep) Level 1-3** / ages 8-15
- **Senior (Novice/Prep/Elite) Level 1-3** / ages 12-19

Level 1: Cartwheel, forward roll, front and back walkover, or does not have level 2 skills.

Level 2: Standing back handspring, back walkover, back walkover/back handspring, back handspring, round off back handspring on floor without a spot.

Level 3: Toe touch 2 back handsprings, standing multiple back handsprings, round off tuck, round off back handspring tuck, round off tuck on the floor without spot.

Level 4.2: Combined levels of 1 and 2, but do not exceed levels 3-5.

COMMITMENT OBLIGATIONS

Competitive cheerleading is a “TEAM SPORT” in the truest sense of the term. Our practices are planned, and our routines are choreographed to include every cheerleader. We respect and value our athlete’s educational pursuits and acknowledge with great pride that we are training student-athletes, not athlete students. And while we do our best to work with our athlete’s schedule and other extracurricular activities, it is of the utmost importance to realize that when an athlete is missing, the entire team is impacted. We are NOT a rec program, we are AllStars therefore we have expectations and commitments that need to be met throughout the season. Please ensure you can fulfill the expectations of the program before signing up.

Please know that if someone has to leave the program (moving, job change, etc.) it would be extremely helpful to let us know AS SOON AS you know to give us time to fill the spot. Losing an athlete is not easy on the coaches and the other athletes.

***If an athlete leaves after uniforms have been ordered, and another athlete had to be brought in to fill that spot, the family forfeits 50% of that uniform cost. The uniform itself will NOT go to the athlete that left however 50% of the cost of the uniform will be reimbursed.**

PRACTICE

All practices are mandatory. Once teams are formed, you will receive the practice schedule. Practices may be changed and/or added throughout the season at any time. If practice is altered, you will be notified of any changes. Please understand we are building championship teams. If any team member disrespects their teammates, coaches, or facility by continuous tardiness, lack of desire, or commitment, the Cheer Passion staff reserves the right to implement disciplinary actions.

Team practices will be held TWICE a week, **with additional practices announced as deemed necessary by the coaches**. In addition to twice a week team practice, all prep and elite level team members are **REQUIRED** to attend one tumbling class each week-**No Exceptions**.

Tumbling fees are built into the monthly tuition for all teams. All teams will have practice wear that is to be worn for ALL practices and no jewelry. Private lessons may not be substituted for tumbling classes. *ATHLETES ARE NOT ALLOWED TO PRACTICE STUNTS OR TUMBLING WITHOUT A COACH’S DIRECT SUPERVISION.*

Cheer Passion follows the LexRich 5 calendar. This means that if there is a **5 or more** day holiday, practices will be canceled. **The Sunday after said holiday, practices resume**. For example- for the Thanksgiving holiday, there is no school Wednesday- Friday; so that makes a 5 day holiday- practices are canceled Wednesday-Saturday and would resume on that Sunday. Christmas break- no practices and would resume on the last Sunday of break. Having off a Friday and Monday from school does NOT constitute a 5 or more day break- so all practices during those days would still take place.

PRACTICE ATTIRE

Practice clothes fitting will be July 16th. Every all-star will be given practice clothes and will be required to wear the assigned outfit to every practice. Athletes will also need to wear cheer shoes and have their hair pulled back at all times for safety. In the event you lose an article of clothing, you will be required to purchase a new one. **Sunday Practices they will wear white tank and navy shorts and the weekday practice they will wear matching practice uniform set.** All practice days they will wear their practice bow.

*-black out and white out sets required for choreo days and additional add on practice days (both solid, no writing on either piece)

ATTENDANCE

We understand there are circumstances that may be unavoidable, but keep in mind this is a TEAM sport that is unlike any other because there are no back-ups or a “second string.” Our routines are created involving EVERY CHEERLEADER. When one member is missing it affects the entire team. EVERY CHEERLEADER IS AN IMPORTANT PART OF THEIR TEAM whether or not you are a base, flier, back spot, front spot, or tumbler. **ATTENDANCE AT PRACTICES ARE MANDATORY.** You will be only allowed 3 unexcused/missed practices during the year.

The **ONLY** excused absences are:

- Contagious illness with doctor’s notes for day(s) of absence(s). You will not be able to return to practice without a doctor's note.
- Family emergencies
- Death in the family

After 3 unexcused absences, you cannot miss practice again. Dismissal from the team may happen.

Competitions are held on Saturdays and/or Sundays. Our competitions begin in January (“early bird” competition option in December if ready) and end in May with Post-Season events. Any athlete with a regularly scheduled Saturday or Sunday activity that cannot be missed should reconsider participating in our program.

“Practice doesn’t make perfect. Perfect practice makes perfect.” ~ Vince Lombardi 7

We are fully in competition season by mid-December. All practices from mid- December to May are mandatory. Please don’t plan any vacations during these months. The Saturdays prior to competition are mandatory practices; with the first one being a dress rehearsal and parent showcase. *If an athlete misses a mandatory practice during competition season the coach reserves the right to take them out of the routine for the following competition.

All cheerleaders must display a *POSITIVE* attitude always- at practice, competition and in life. Leave all negativity at the door and always remember to keep things positive. Negativity and disrespect can be the demise of the team and gym. Negative attitudes and disrespect are UNACCEPTABLE and WILL NOT be tolerated by any cheerleader. **There will be a warning meeting with the athlete/parent. If the situation arises again, dismissal from the team will happen.**

We expect a dedicated work ethic in all athletes. All cheerleaders are to arrive **on time** to every practice and all events. Ready to cheer and willing to give whatever your team needs you to give. 110% at all times!

VIEWING ROOM

A viewing room is provided to watch your child's practice. Although viewing is allowed, the viewing room is not a place for gossip, doubting the coaches' abilities, or coaching your athlete. These examples create a negative atmosphere and are not acceptable. If you have a concern about YOUR child, please notify one of the coaches. Please remember the all stars are not the only individuals in the gym during practice times. There are prospective all stars and recreational class parents in the viewing room as well. We would like the atmosphere in the viewing room to be positive for everyone. Remember you as a parent reflect Cheer Passion at all times, and we want to make this experience fun and positive for all athletes and parents.

COMMUNICATION

We believe that communication is key! Communication is a huge component in keeping our program a success. Communication is ***a two-way street***-if you have questions, comments or concerns, please do not hesitate to contact us. We use InstaTeam as our means of communicating with each other. Messages, social posts, calendar of events and direct messaging will all happen through this app. *We have also found that email (CCCheerPassionAllstars@gmail.com), group texting and team meetings are effective ways of keeping everyone informed about what is happening with our teams. However, messages from the program director and coaches will only be delivered through InstaTeam.*

Please use the 24 hour rule before contacting a coach with any questions, issues or concerns. After the 24 hour period, you may use InstaTeam to contact a coach with your question or concern. Please do not reach out to coaches after practices as we want to respect their family time following practices.

USE OF LOGO

Since our logo is protected and copyrighted, our CP and Cheer Passion logos can not be used without written request and approval. Kathy's Kreations and Southern Stitches has our permission to use our logo on items brought in. They WILL NOT put the logo on any items that have not been pre approved by Nicole or a staff member.

Please use the Chain of Command when needing a question answered.

WHO TO CONTACT? If you have a question about:

Spirit wear/Uniforms, shoes or bows- **Allison Babb- Allison@cheerpassionallstars.com**

Account/cheer related funds- **Melanie Townley- Melanie@cheerpassionallstars.com**

Events/Socials/Team moms- **Andrea Anderson- Andrea@cheerpassionallstars.com**

Sponsorships/Social media- **Kristie Clarke- Kristie@cheerpassionallstars.com**

Hangers/buttons/shakers/etc.- **Jessica Jeffcoat**

Personal concerns- **Your coach or Nicole**

You can also reach out to your team moms with questions about meeting time, events, socials, competitions, parties/team bonding, etc.

General Guidelines

- If you have a problem, please do not hesitate to contact the gym
- NO GOSSIP about any other team **(grounds for removal)**
- NO GOSSIP about another team member/coach/parent **(grounds for removal)**
- NO NEGATIVE social media **(grounds for removal)**
- No profanity or abusive language
- All team and routine decisions are to be determined by the coach
- Practice may be changed and or added throughout the season
- The coaches reserve the right to close practice at any time
- It will be the coach's decision to change a competition
- It is the cheerleader/parent responsibility to know what is going on with their team
- All cheerleaders, parents, and staff WILL show good sportsmanship always

*If an athlete chooses to leave the program after choreography (not injury related), they may not return to Cheer Passion.

Injuries

Please note that cheerleading is a highly competitive and dangerous sport. The stunts and tumbling could lead to injuries. We will take every precaution to limit these injuries. Unfortunately, we cannot prevent them all. In the event your athlete is injured we will take every necessary step to ensure your athlete's wellbeing. **Please see the attached "Inherent Risk of Cheerleading" form.**

Parent and athlete MUST sign to be part of the Cheer Passion All Star program.

Sponsorships:

Due to the fact that we are a non-profit program, the program requires funds to give the girls the things they need through the season. **Therefore, each athlete is responsible to find a sponsor (or multiples if that's what it takes) in total of \$175 to go toward the team.** These funds will be used for things like competition music, Christmas party, events, socials, parade, items needed for the team, etc. This partnership in gaining sponsors helps the program not only raise the funds we need, but also advertises for Cheer Passion in the community AND the company sponsoring our program. The donations are tax-deductible. The sponsors will get a decal for their window, a team picture and we will announce them at our end-of-the-year banquet. **This sponsorship is due by November 1st.**

Optional Items:

- Navy Rebel Glitter Backpack: \$110 (all girls MUST have a bag. If not the team glitter backpack, then a solid navy sling bag purchased on your own).
- CP Slides: \$45
- Warm-ups: \$100/both or \$75 jacket only (Includes fee for name)

Every other month or so, a new roll-out will come to your InstaTeam. The roll-outs have optional items like backpacks, warm ups, mom shirts, athlete shirts, tanks, hats, leggings, hangers, brag buttons, etc.

Practice Wear fitting is July 16th. 100% of practice wear is due by July 16th
Uniforms will be ordered on 8/1/23 50% of uniform price is due at time of order

Additional items to have:

- solid navy sling bag if not purchasing team backpack
- black out and white out set (both solid, no writing on either piece)
- recommend having a second pair of shoes- one for practice and one for competitions