



2021-2022

All-Star Handbook



LAREDO ALL AMERICAN CODE OF CONDUCT:

ALL-STARS

SPORTSMANSHIP

1. **Be modest when successful and be gracious in defeat.**
2. Always show respect for coaches, fellow teammates, and other LAA all-stars and parents. **Disrespectful behavior will result in dismissal.**
3. Exhibit good sportsmanship in the gym and during/after all competitions.
4. Treat all all-stars and coaches from opposing teams with respect.

GYM AND PRACTICE

1. If you are running late to practice for **ANY** reason, you must call/text **Mrs. Arriaga** to inform her.
2. No food, gum, candy, or sodas are permitted in the gym area. Only water & Gatorade are allowed.

PARENTS

SPORTSMANSHIP

1. **All parents must treat all staff with respect.** Should a parent promote unsportsmanlike behavior, he or she will be asked to leave the LAA program immediately.
2. Encourage good sportsmanship by demonstrating positive support for all all-stars, coaches, fans, and judges during all practices & competitions.
3. Place well-being of my child and their teams before my personal desire to win.
4. Encourage my child to abide by the rules and respect all teammates, all-stars, coaches, judges & other parents.

GYM AND PARENT AREA

1. The gym viewing area is a privilege. Please respect our all-stars and staff and refrain from the negative remarks in the viewing area.
2. **We strongly enforce drop off and pick up of the all-stars during practice.**
3. During practice your opinion does not count. All squad and routine decisions are left to the discretion of the coaches.



LAREDO ALL AMERICAN ALL-STAR & PARENT RULES AND REGULATIONS:

PARENT AREA:

1. Due to Covid-19 restrictions, we will not have an all-star parent viewing area this season. If restrictions lighten and we allow parents back in the lobby, these are the rules for our parent area:
 - a. Maximum of 10 parents in the lobby at one time (must present proof of Covid-19 vaccination).
 - b. No one is allowed to try to make contact through the parent area during practice.
 - c. **Parents must stay in the parent area.**
 - d. The parent area will occasionally be closed to parents if we notice that the parents start to gossip, question placements of their all-star and etc.

FINANCIAL OBLIGATIONS:

1. Parents are to fulfill all financial obligations on time or receive a LATE FEE. If an all-star has a delinquent account they will be sitting out at practices until their account is up to date.
2. There is a strict **NO REFUND** policy. (If for some reason you have to move out of town or the all-star gets hurt and can no longer continue, we will refund your money).

COMPETITIONS:

1. **All parents are expected to sit together in support of all LAA teams.**
2. Parents, relatives, friends and all-stars are never allowed to speak, call, text or e-mail competition officials for any reason.

TEAMS AND PRACTICES:

1. Every year, we go through losses and additions of team members. The dismissal/addition of a team member is solely the management's decision.
2. LAA management reserves the right to close practices at **ANY** time for **ANY** reason.
3. Practices may be added or changed at any time during the season.

SOCIAL NETWORKS:

1. No all-star or parent may post inappropriate or negative messages on Facebook, Instagram, Twitter or any other website/message board about LAA, another program or individual. Violation of this rule is grounds for immediate dismissal.
2. No LAA team videos and/or music are allowed to be posted on YouTube or any other website without permission.



LAREDO ALL AMERICAN ALL-STAR, PARENT RULES & REGULATIONS:

OTHER IMPORTANT INFORMATION:

1. We will be sending text messages through Whatsapp to keep the lines of communication open with all parents and all-stars. **Please make sure all your contact information is always current.** This group message is strictly for communication from the coaches to parents. It is not to be used for parents to ask questions about practice wear, say their all-star will be late or absent and etc. Any questions should be asked separately and directly to Mrs. A.
2. Parents should never contact the coaches directly (In person, through text or phone calls). Any questions or concerns need to be addressed directly to Mrs. Arriaga.
3. LAA has the right to dismiss an all-star from the program for any of the following reasons:
 - ✧ Inappropriate behavior
 - ✧ Too many absences
 - ✧ A pattern of lateness
 - ✧ Not showing up for a competition
 - ✧ Delinquent payments
 - ✧ Not attending choreography, mandatory practices & clinics we give dates out for in advance.
 - ✧ **Taking tumbling lessons with an instructor not assigned by AADS.**
 - **Only approved (none cheer gyms): KIPS & Jischke Gymnastics**

ABSENCES:

1. Absences will be reviewed on an individual basis.
2. Anything beyond 3 unexcused absences is highly frowned upon and may be grounds for dismissal from the program.
3. LAA must be made aware of all summer absences (we do allow all-stars to go on vacation during the summer months as long as it is not excessive). We must know of any absences due to family visitation rights as soon as possible. All-Stars will be allowed to miss a maximum of 4 practices during the summer (equal to 2 weeks). *Please keep in mind that protocols will still be enforced, and quarantine will still be required for all-stars traveling out of town.*

EXCUSED ABSENCES:

Included but not limited to:

1. Death in the family.
2. School related function that reflects a grade.
3. Jobs will be handled on an individual basis.
4. A contagious illness with a doctor's note.
5. Covid-19 (Must follow up after 10 days and present a negative result to return).

UNEXCUSED ABSENCES:

Include but not limited to:

1. Sickness, without a doctor's note.
2. Parties, traffic, no ride and etc..



LAREDO ALL AMERICAN GENERAL INFORMATION:

MANDATORY PRACTICE DATES: (Subject to Change)

1. June 11-13, 2021– Stunt/Pyramid Choreography with Theodore Good & Brendan Mathews
2. July 21-24, 2021– Choreography with Jennifer Cooper (Starlites, Sonics, Starbursts & Dippers)
July 16-18, 2021– Choreography Christina Ramirez & Gladys Gloria (Meteors & Twilights)
3. December 17-19, 2021– Scoresheet Review for Stunt/Pyramid Upgrades with John Metz

CHOREOGRAPHY:

1. Choreography dates have been given for each individual team. We provided dates via WhatsApp, flyers, or calendars. All choreography dates are Subject to Change.
2. Choreography is MANDATORY for every all-star.
3. Laredo All American choreography should never be copied or taught to anyone without consent from All American. This also includes any and all portions of music selections and editing.



CROSSOVERS:

1. Any all-star who is **selected and chooses** to crossover to another team **will not** be required to pay additional crossover fees.

COMPETITION UNIFORMS AND MANDATORY PRACTICE WEAR:

1. The uniform cost will be approximately between \$325-400. This includes the uniform top and bottom only.
2. Mandatory practice wear will also be required for each all-star.
3. Practice wear schedule can be found on the monthly calendars and on the website.

TUMBLING:

1. All all-star extra tumbling classes are \$25/month (Required Levels 1-4 (exception: prep team))
2. Tumbling class can only be taken at LAA or previously approved NONE cheer gyms
 - a. Only approved gyms (KIPS & Jischke Gymnastics)
3. LAA offers private lessons on certain weekends and are on a 1st come 1st serve basis.



LAREDO ALL AMERICAN PAYMENT PROCEDURE & INFORMATION:

PAYMENTS:

1. It is your responsibility to pay any and all payments in full and on time.
2. All payments are **NON-REFUNDABLE**.

PROGRAM COST:

2021-2022 Monthly Expenses

- *All-Star Elite Teams: \$60/month
- *Mandatory for all level 1-4 elite all-stars to take an extra tumbling class: \$25/month
- *All Star Prep Team (Twilights): \$65/month

POTENTIAL COST NOT COVERED BY TUITION (ESTIMATES):

(Prices include shipping and taxes)

- *Practice Wear(2 sets)/Shoes: (\$294.55 Level 1-3 teams) (\$339.40 Starlites (Includes Sports Bra)
- *Uniform: (Twilights, Meteors, Dippers \$387.48) (Sonics/Starbursts \$377.12) (Starlites \$355.24)
- *Warm-ups (Top & Bottom) and Backpack (\$277.22)
- *Uniform Hair Bow: (\$35)
- *Make-up: (\$45)
- *Sponsorship T-Shirt: (\$20)
- *Tumbling T-Shirt: (\$20)
- *Competition Payments: Twilights: (\$565-5 competitions)
- *Competition Payments: Level 1-4 teams: (\$650-5 competitions)
- *Choreography: (Levels 2, 3 & 4-\$250-Choreography/\$75 Music) (Level 1- \$175 including music)
- *John's Stunt Upgrades: (\$60)
- *USASF All-Star Membership Fee: (\$30) Will be paid on your own when registration opens.
- *USASF Athlete Insurance: (\$45)
- *Stunt/Pyramid Choreography: \$75
- *Travel expenses are not included in the fees mentioned above. Expenses are **NON-REFUNDABLE**.

LATE FEES:

1. Please be aware that phone calls and text messages concerning delinquent/past due accounts are a courtesy.

DELINQUENT ACCOUNTS:

1. Failure to meet the deadline for payments, lack of reasonable & fair communication regarding payments, or delinquent accounts will result in one or all of the following:
 - Withhold services (Sitting out of practice and other classes)
 - Withhold purchased items (Uniforms, practice wear, warm-ups, etc.)
 - Replacing the all-star in routines.
 - Dismissal from program.
2. Any and all funds paid prior will be forfeited.



FUNDRAISERS:

1. Fundraisers are done throughout the year to help defray the cost of competition expenses (Raffles, Donations & Sponsorship Letters)
2. Fundraisers are designed to help with the cost of LAA fees EXCLUDING TUITION.
3. **You may carry over credits to the next season, however if you quit or take a break, YOU WILL FOREFEIT ANY AND ALL CREDITS.**

QUITTING OR DISMISSAL FROM THE PROGRAM:

1. You will forfeit any and all monies previously paid to the Laredo All American All-Stars.
 - This includes: Tuition, uniform, practice wear, choreography, etc.

COMPETITIONS:

1. **ALL COMPETITIONS ARE SUBJECT TO CHANGE.**
2. **NOT ALL TEAMS WILL ATTEND THE SAME COMPETITIONS.**
3. All competitions are MANDATORY for all competing all-stars
 - a. *If an all-star were to miss a competition because of an injury or etc, the all-star that was used to replace her will keep that spot for the rest of the season. When the all-star returns, they will be given different placements throughout the routine.*
 - b. ***If an all-star misses a competition for other events, commitments and etc (anything other than an injury or previously approved event by Mrs Arriaga), they will be removed from the all-star program and will no longer be eligible to compete with Laredo All American. Remember this is a team sport and we need everyone at every competition to be successful.***
4. Competition fees vary according to team, level, and competition company.
5. **All competition fees MUST be paid in advance.**
6. **At ALL competitions, all-stars and parents MUST wear the designated LAA competition shirt.**
7. When all-stars arrive to the competition venue, they must be in full uniform:
 - Uniform Top and Bottom On
 - Cheer Shoes
 - Designated Hair and Make-up
 - Competition Shirt on top of uniform at all times
8. The only time all-stars are allowed to remove their competition shirt is during warm-ups and while on the competition floor.
9. **ALL-STARs MUST REMAIN IN FULL UNIFORM UNTIL AWARDS ARE OVER.**
10. **HOODIES, JACKETS, PANTS, JEWELRY OR SHOES THEY DID NOT COMPETE IN ARE NOT ALLOWED.**
11. **ALL-STARs ARE NOT ALLOWED TO LEAVE THE COMPETITION VENUE UNTIL THEY ARE DISMISSED BY THEIR COACHES.**



LAREDO ALL AMERICAN ADDITIONAL TEAM QUALIFICATIONS:

LEVEL 1

Standing Tumbling

Level 1 Appropriate Skills include: Forward/Backward rolls, Cartwheels, Front/Back walkovers, toe touch forward roll, back walkover switch kick, valdez and etc.

Running Tumbling

Skills include: Cartwheels, Round offs, Cartwheel back walkovers, Front walkovers

Stunts

Level 1 Appropriate Skills include: Tic Toc Below Prep Level (Body Position to Body Position), ¼ Twisting Transitions, Braced prep level stunts and any other skills allowed under USASF L1 Stunts.

LEVEL 2

Standing Tumbling

Skills include: Single back handspring, back walkover back handspring combinations, back step out back walkover back handspring and etc

Running Tumbling

Level 2 Appropriate Skills include: Round off back handspring, round off back handspring series, front walkover round off backhandspring, Cartwheel back handspring, front handspring, fly spring

Stunts

Level 2 Appropriate Structures/Skills include: Structures with prep level one leg stunts, ½ turn transitions, log rolls, inversions into stunts, skills allowed under USASF L2 Stunts

LEVEL 3

Standing Tumbling

Level 3 Appropriate Skills include: Series BHS, jump BHS combinations, BHS Stepout BHS Combo

Running Tumbling

Level 3 Appropriate Skills include: Round off BHS tucks, round off tucks, front walkover through to round off BHS tucks, front tucks, Ariels and etc.

Stunts

Level 3 Appropriate Structures/Transitions include: Structures with extended one leg stunts, 2 and ½ high release moves, 360 transitions, inversions, skills allowed under USASF L3 Stunts

LEVEL 4

Standing Tumbling

Skills include: back tucks, bhs back tucks, jump bhs back tuck combinations, standing tuck to back handspring tuck, back walkover back handspring tuck and etc

Running Tumbling

Level 4 Skills include: Layouts, Whips, specialty pass to layout, punch front step out through to layout

Stunts

Level 4 Appropriate Skills include: Braced flips, non-inverted release moves, inversions above prep level, leap frogs, twisting transitions to extended stunts, skills allowed under USASF L4 Stunts



LAREDO ALL AMERICAN ALL-STARS 2021-2022 HANDBOOK

ACKNOWLEDGEMENT AND AGREEMENT:

All-Star's Agreement

As an All-Star of the Laredo All American All-Stars, I am expected to follow the rules of the program and remain in good standing with my fellow teammates, coaches and staff. I have read and understood all the terms in the code of conduct and agree to abide by them.

I have received and read the Laredo All American All-Stars Handbook. I fully understand this document is a contract between myself and the Laredo All American All-Stars.

All-Star's Signature

Date

All-Star's Name Printed

Parent's Agreement

I recognize that parents are the most important role models for their children and that athletics helps achieve a sense of teamwork, self-worth and sportsmanship. I encourage my child to abide by the rules and respect the rights of others. I understand that it is important to enforce the rules of the Laredo All American All-Stars, respect the sport of cheerleading & not criticize the judges' decisions during or after a competition. I understand that I must remain in good standing financially. I understand that the Laredo All American All-Stars have a strict NO REFUND policy. I have read and understood all the terms in the code of conduct and agree to abide by them.

I have received and read the Laredo All American All-Stars Handbook. I fully understand this document is a contract between myself and the Laredo All American All-Stars.

Parent's Signature

Date

Parent's Name Printed



LAREDO ALL AMERICAN ALL-STARS 2021-2022 CONTRACT:

Tuition Policy: Tuition is always due on the 15th of each month. After the 15th there will be a late fee of \$10 added. **INITIALS:** _____

Financial Policy: All LAA fees (choreography, uniform, bow, warm ups, shoes, etc.) must be paid on due dates with no exceptions. All expenses are expected to be paid in full. Due date will be given each month along with the monthly calendar. We will allow postdated checks due to paycheck periods and so on. It is your responsibility to get all fees paid. Please keep in mind that we set due dates for a reason. Please remember that there is a strict NO REFUND policy. **INITIALS:** _____

Quitting/Dismissal Policy: Competitive cheerleading is a year-round sport. Any break in the training regiment will affect strength, skill level and confidence of both the individual all-star and the entire team. If at any point of the season the all-star quits or is dismissed from a team, a formal conference between the all-star, parent and Mrs. Arriaga will be called. This will be held to address the problem. You will forfeit any and all monies previously paid to The All American Dance Studio. You must consider the yearlong commitment before joining the team. **INITIALS:** _____

Sportsmanship Policy: We encourage and expect good sportsmanship at all times. We build on confidence, commitment, loyalty and respect for each other. The Laredo All American All-Stars will not tolerate pettiness, gossiping, or cliques that attempt to slander the "LAA" name, other all-stars or other LAA parents. Anyone displaying improper behavior will be dismissed from the program immediately and will not be allowed to return. All-Stars & parents must always remember to be modest in success and gracious in defeat. **INITIALS:** _____

Practice Wear Policy: All all-stars are required to attend each practice in the MANDATORY practice wear on the specified days. Practice wear schedules can be found on the monthly calendars and on the website. Correct shoes are required for practice. Non-cheer shoes will NOT be allowed. All-stars are required to have all hair pulled back from face, including bangs. **INITIALS:** _____

Extra Class Policy: Extra tumbling/stunt classes must only be taken at LAA unless previously approved by Mrs. Arriaga. Taking tumbling lessons with an instructor not assigned by AADS will result in dismissal from the program. **INITIALS:** _____

Social Media Policy: No all-star or parent may post inappropriate or negative messages on Facebook, Instagram, Twitter or any other website/message board about LAA, another program or individual. Violation of this rule is grounds for immediate dismissal. **INITIALS:** _____

Competition Policy: All-Stars are required to attend every competition during the season. All-Stars must arrive on time and to the correct venue for competitions. Full uniform must be worn, competition shirt over uniform, correct cheer shoes, and hair and makeup as directed. Cheer shoes are to be worn at ALL TIMES during competition; no crazy shoes or socks allowed. Team members are expected to stay through awards and until they are dismissed by coaches unless prior arrangements have been made. Bad mouthing of other gyms and all-stars will not be tolerated. **INITIALS:** _____

I, _____, parent or guardian of (all-star), _____ have received and read the Laredo All American All-Stars 2021-2022 Contract. I fully understand the aforementioned terms and conditions and agree to them. This document is a contract between myself and the Laredo All American All-Stars. I will represent myself, my team and this gym in a respectable manner at all times.

Signature of Parent of Guardian

Date