



2022-2023

TUMBLE TECH All Star Cheer

Parent Packet

All information regarding policies and procedures are included in this packet.
Please review and complete all paperwork and return to Melanie Hill by 5/6/2022.

NEW LOCATION:

130 Irene Circle, Greenville, SC 29617

(864) 794-1747

www.tumbletechsc.com

WHAT IS ALL STAR CHEERLEADING?

All Star Cheer is a high energy, team-based, performance sport that is athletic, artistic, and acrobatic. It involves athletes competing with a 2 ½ minute routine composed of tumbling, stunting, pyramids, dance, and cheer segments.

While some skills are individually developed (tumbling, dance, jumps etc.), other skills like partner stunts, pyramids and tosses require a great deal of teamwork and routines require synchronization and team uniformity.

All Star Cheer differs from traditional school cheer teams in that its primary purpose is competition, while school cheer involves crowd leading and other school roles, as well as the option for competition. All Star cheer teams are most often organized and based out of a club and have teams that are open to all area cheer athletes.

Teams are formed based on tiers for every ability level, from Novice to Elite. All Star rules are leveled based on progressions of skills commonly performed in cheer and are developmentally appropriate for the age of the competitor. Teams range from Level 1 to Level 7. In the United States most All-Star clubs, teams and competitions are under the umbrella of the U.S. All Star Federation.

(USASF) TEAMS & DIVISIONS

The United States All Star Federation (USASF) is the national governing body for All Star cheerleading programs. USASF determines various divisions, levels and requirements for competition and administers the Cheer & Dance Worlds competition held in Orlando each spring. TUMBLE TECH is a USASF Member Gym and complies with the organization's safety, training, and sportsmanship initiatives. Rules, glossary of terms, current industry news, etc. can all be found at USASF's website, www.USASF.net. New athletes to the program will be required to register with USASF.

SKILL LEVEL GUIDE

	Standing	Running	Stunting	Baskets
Level 1	Forward & Backward Roll, Backbend kickover, Cartwheel, Handstands, Back walkover, Front walkover	Roundoff Back walkover, Cartwheel back walkover, specialty to roundoff back walkover.	Stunting on knees, belly button level, Cradles from 2 feet	NO BASKETS ALLOWED
Level 2	Front & Back Handspring, back walkover back handspring	Roundoff Back Handspring, Roundoff back handspring series, Front walkover roundoff back handspring	Extension, inverted to below prep level transitions, one leg stunts at prep level, Barrel Rolls	STRAIGHT RIDE
Level 3	Series Back and front handspring, 3/4 front flip	Round off handspring tuck, round off tuck, aerials, front punch, front walkover, handspring tuck	Single leg extended stunts, single twist stunts	Toe touch, ball out, pretty girl, full

TEAM PLACEMENT

1. Athlete's positions on the team (Main base, side base, back spot, flyer, front spot, bracer)
2. Athlete's skill level (tumbling, stunting, jumping, etc.)
3. Athlete's attitude
4. Athlete's willingness to learn and improve in a group setting
5. Team's needs for competition
6. Attendance issues: Illness, Injury, Participation in other activities

FINANCIAL OBLIGATIONS

In addition to the time commitment and hard work, competitive cheerleading requires a substantial financial commitment from each family. The following cost expectations can be anticipated. These fees do not include any transportation cost, travel expense or team merchandise.

Monthly Tuition Fee

Monthly tuition is \$150/month and includes the weekly team practices and a tumbling class. This also includes extra practices that may be held closer to the competitions.

- These fees are due on the 25th of each month, except the first payment, which is due on May 6th; If you don't pay by check/cash before the due date each month, your credit card on file will be charged. There is a \$10 late fee applied if they are paid after each month's due date. If payment is not received on the 1st of the month, there will be another \$10 late fee.

Cheer Fee

The Cheer fee is the investment into the TUMBLE TECH All Star cheer program. This fee covers uniform, personalized cheer bag, shoes, socks, bow, two practice uniforms, warmups, makeup, choreography, music, and competition fees.

- Cheer fees are due on the 1st Friday of each month and can be paid by check or cash. If you would like to use a credit card, you will incur a 3% surcharge.

Additional Skills or Tumbling class assigned by coach

Athletes may be required to register for an additional weekly skills or tumbling class throughout the season. This is not included in the monthly tuition fee or cheer fee.

All accounts must have zero balance for your child to participate in any TUMBLE TECH practices or competitions. You can make partial payments at any time, as long as the required amount is paid by the due date.

ALL STAR CHEER FEES	Monthly Tuition Fee		Cheer Fee
May 6th	\$ 150	May 6th	\$ 600
May 25th	\$ 150	June 3rd	\$ 600
June 25th	\$ 150	July 1st	\$ 300
July 25th	\$ 150	Aug 5th	\$ 300
Aug 25th	\$ 150	Sept 2nd	\$ 300
Sept 25th	\$ 150	Oct 7th	\$ 300
Oct 25th	\$ 150	Nov 4th	\$ 200
Nov 25th	\$ 150	Dec 2nd	\$ 200
Dec 25th	\$ 150		\$ -
Jan 25th	\$ 150		\$ -
Feb 25th	\$ 150		\$ -
Mar 25th	\$ 150		\$ -
	\$ 1,800		\$ 2,800

NOTE: These fees do NOT include travel, food, spectator costs, lodging expenses, and other expenses no listed above. These expenses are the responsibility of the parent. However, we will do our best to pass on group rates.

**If you already have a uniform and bag, \$200 will be taken off the May and June Monthly payments, for a total of \$400 off.*

FUNDRAISERS

We will have an aggressive fundraiser campaign this season to help with individual and team financial obligations. Details are being finalized and we will start this summer(possibly one in May).

PRACTICE SESSIONS

TUMBLE TECH teams practice a total of 2 – 4 hours a week (sometimes more) for the bulk of the season. The practice schedule for each team is determined by a combination of gym and staff availability. To the best of our ability, we will attempt to create a schedule that accommodates all athletes on each team. The length and number of practices may change as we enter new phases of our season.

Summer Practice

We use the summer months to get ahead of our competition. For the summer months, our attendance policy is that if you are in town, you should attend ALL practices and tumbling. We understand that camps, family vacations, other sports and any other activities are in full swing during the summer. If an athlete's skill level decreases during the summer months, they may be moved to a lower-level team at the discretion of the coaching staff

Choreography Days

All teams will have **MANDATORY** Choreography Days. During this time, the teams will be learning their entire routine. Rain (Youth 1) and Storm (Junior 2) will have choreography June 20th-25th. Choreography for other teams will be announced after teams are assigned.

ATTENDANCE/ABSENCES

Practice attendance is mandatory. An athlete's position on a team will be jeopardized for unexcused absences. If an athlete is absent from practice for any reason, whether excused or unexcused, he or she is responsible for learning ALL routine changes made in their absence. It is unfair to the team to waste valuable practice time re-teaching one athlete the material that he or she missed. Practices may be changed or added at any time during the year. Parents will be made aware of added or changed practices in a timely manner.

After choreography instruction has been provided, any cheer member that has 3 or more unexcused absences may be moved from their spot on the team.

Excused Absences

- ✓ Serious illness/injury
- ✓ Family emergencies

Unexcused Absences

- ✓ School dance/School project
- ✓ Traffic/Don't have a ride
- ✓ Punishment for behavior at home/Grounded
- ✓ Homework/Studying
- ✓ Work/Job

Any other absences will be considered unexcused, unless pre-approved by the TUMBLE TECH Staff!!

ILLNESS/INJURY POLICY

Cheerleading is a highly competitive and dangerous sport. Stunts and tumbling can lead to injuries. TUMBLE TECH will take every precaution to limit these injuries but unfortunately, we cannot prevent them all. In the event that your child is injured, we will take every step necessary to ensure your child's well-being. All injuries, during and outside practices that require an athlete not to participate require a doctor's note. Athletes with illnesses are still required to attend practices and observe even if they cannot participate. Exceptions include if the athlete is highly contagious or has a high fever. All athletes returning from injury are required to have a doctor's note to release them to practice or competition.

PARTICIPATION IN OTHER ACTIVITIES

Our season kicks into full swing after our Choreography Camp. If your child participates in other sports or activities that interfere with practice, your child may lose their placement in the routine. Please remember that the entire squad must practice together to be successful. As stated above, attendance is very important to the success of our teams.

COMPETITIONS

Our regular competition season will consist of 4 one-day comps and 4 two-day comps. Each TUMBLE TECH team member is expected to attend every competition. If you are unable to compete or injured, you are expected to be at the competition to support your teammates. Any athlete that misses a competition may be removed from the program at the coach's discretion. Athletes will need to arrive at all competitions on time. Each athlete is required to have a suitable chaperone at all competitions and appearances. For two-day competitions, it is very possible that a practice will be scheduled for Friday evening, and it is **MANDATORY** that your child attend.

All athletes are expected to be in uniform, competition shoes, hair in a high ponytail, and makeup. NO nail polish, jewelry, or fake nails of ANY kind whenever at a competition or cheerleading event. Any braces or tape needed to perform must be supplied by the athlete and put on prior to warmups. During award ceremonies athletes, must be in full competition uniform. Athletes are to remain in their full competition uniforms while at a competition. When we accept an award, we expect all our teams to clap and be gracious regardless of if it is first or last place. TUMBLE TECH will provide you with all the information needed for each competition. Details such as compete times will not be available until 2-3 weeks prior to the competition. **Storm Junior 2 team may compete at NCA Nationals in Dallas, TX in February.**

SEASON ENDING COMPETITIONS

The D2 Regional, Youth Summit, D2 Summit, and US Finals are post season competitions that take place in April or May. These competitions require bids to attend the event. Depending on the type of bid we receive will depend on the cost. These financial obligations are not included in the fees associated with this packet. If awarded a bid, the TUMBLE TECH coaching staff will determine if your athlete's team will attend these events. Financial information will be handed out directly following that decision.

PHILANTHROPY

We are thankful for a wonderful community that supports Tumble Tech, our athletes, and their families. We believe strongly in giving back to our community and will be doing this several times throughout the season.

- Food drives for local food bank(s)
- Thanksgiving – donate food and/or serve meals
- LEO Santa – Christmas gifts

ROLE OF THE ATHLETE

We expect the following from ALL athletes as members of TUMBLE TECH. These expectations will be strictly enforced, during practices, clinics, competitions, and any other TUMBLE TECH events. Athletes are expected to:

- ✓ Cheer for FUN!
- ✓ Be gracious when you win and graceful when you lose.
- ✓ Treat fellow teammates, coaches, and staff with respect. Put the team first!
- ✓ Accept decisions made by those in authority.
- ✓ Develop a spirit that allows you to take correction as a compliment.
- ✓ Be accountable for your own actions.
- ✓ Do not participate in gossip. This includes internal gossip about other TUMBLE TECH athletes. Gossip is very harmful and destroys team and program unity. Problems shall be addressed and resolved directly.
- ✓ Show good sportsmanship and class at ALL times.
- ✓ Use social media as a means of publicizing and spreading the name TUMBLE TECH in a positive and appropriate manner. This also includes personal posts that represent you as an athlete of our program. Refrain from using any social media, messaging services or electronic media to distribute negative or inappropriate information that could be detrimental to yourself, your family, or TUMBLE TECH reputation in any way. Things such as inappropriate language, disgusting and/or revealing pictures, rude or negative dialogue or bullying of any kind. These are grounds for immediate dismissal from the program.

Your conduct outside of our gym should be appropriate and respectful.

ROLE OF THE PARENT

Parents are expected to: Do everything possible to make this experience positive for your child and others.

- ✓ View the routine with team goals in mind.
- ✓ Attempt to relieve competitive pressure, not increase it.
- ✓ Demonstrate winning and losing with dignity.
- ✓ Be an encourager - encourage athletes to keep their perspective in both victory and defeat.
- ✓ Be a good listener.
- ✓ Encourage their athlete to always treat fellow parents, teammates, coaches, and TUMBLE TECH staff with respect.
- ✓ Ensure that their child understands what we expect of them as an athlete, as explained in the "*Role of the Athlete*".
- ✓ All parental concerns should be addressed after practice or at a scheduled Parent/Coaches meeting. Although you may not agree with every decision that is made for each team, and you may feel you know a better method or system in which to accomplish something, you must be willing to trust in the program.
- ✓ Defer to the coach's discretion regarding team decisions. Inevitably, we will lose or gain team members through the course of a season. Any dismissal or addition of a team member is solely at the discretion of the coach. Your athletes' position on the team is made by the coach and can be changed at any time. The coach makes the best decisions for the good of the team.
- ✓ Parents are responsible for checking the Band app for important information, including practice additions/changes, competition details,
- ✓ Refrain from using any social media networking, messaging services or electronic media to distribute negative or inappropriate information that could be detrimental to yourself, your family, and the TUMBLE TECH reputation in any way. These are grounds for immediate dismissal from the program.
- ✓ Parents are responsible for their athlete's activities and behavior in and out of town. *This includes social media.*
- ✓ **TUMBLE TECH management must approve all designs bearing the TUMBLE TECH name and logo. Anything representing TUMBLE TECH is NOT to be sold independently.**
- ✓ Be on time to pick up your child from practice. If this is abused, you may incur a penalty of \$1/minute for being late.

On competition days, YOU are the cheerleader for your child!

TUMBLE TECH STAFF

Rockey Gaines – Owner

Melanie Hill –All Star Coordinator/Office Manager

Lindsey Mantooth – All Star Cheer Coach, Tumbling Instructor

Ceara Dias – Tumbling Instructor and Director, All Star Cheer Coach

Chris Miele – Tumbling Instructor and Stunt Coach

Bailey Carson – Tumbling Instructor and Skills Coach, All Star Cheer Coach

COMMUNICATING WITH STAFF

TUMBLE TECH athletes and parents should feel comfortable speaking to the staff. This should be done in an appropriate setting. This is the only way to be sure it is handled the right way. Parents should not approach a staff member during practice or competitions.

Coaches will not be able to discuss the following issues.

- Financial information
- Information regarding other athletes
- Issues that involve any of the TUMBLE TECH Staff
- Coaches that do not coach your athlete
- Administration decisions

All issues and concerns should be directed to Melanie Hill at **melanie@tumbletechsc.com**.

TUMBLE TECH 2022-2023

TEAM POLICY & PROCEDURE AGREEMENT

The following statement must be completed, signed, and returned to TUMBLE TECH, prior to sign up, in order for the member to participate.

I, _____, **parent** of the TUMBLE TECH team member noted below, have read the TUMBLE TECH All Star Cheer Parent Packet and agree to comply with the POLICIES AND PROCEDURES, expressed therein.

Parent Name (print)

Parent Signature

____/____/_____
Date

I, _____, **member** of the TUMBLE TECH team, have read the "Role of the Athlete" section of the TUMBLE TECH All Star Cheer Parent Packet and agree to comply with the POLICIES AND PROCEDURES, expressed therein.

Athlete Name (print)

Athlete Signature

____/____/_____
Date