



# *All Star Cheerleading*

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## *Build It Athletix All Star Teams 2009-10*

### *Welcome*

Thank you for your interest in the 2009-10 Build It Athletix All Star Cheerleading Teams! We are looking forward to a fantastic second year as Spokane's PREMIER competitive cheer program!

As a member of a Build It Athletix All Star team, athletes become part of a program that strives to provide a Competitive outlet for local athletes in the sport of cheerleading. Our goals are to teach athletes the value of team work, sportsmanship, and dedication, while allowing them to develop skills and build confidence in a fun and safe environment.

While our program is only in our second year, our professional coaching staff has extensive experience in cheer, dance, youth sports, overall fitness, and FUN! We have coached athletes from beginning to elite skills, ages 3 - collegiate athletes, and everything in between. Our coaches are some of the most talented, creative and respected professionals in the Northwest.

Build It Athletix All Star Cheerleading teams will compete at five to seven local/regional events in the Spokane area and Seattle, as well as a National Event in Portland, OR. They will also participate in various local community events and performances.

Being an All Star Cheerleader is a truly rewarding experience. Members will gain not only cheerleading skills, but life lessons as they gain friendships, find the scope of their abilities, learn to accept victories with honor and defeat with grace, and so much more!

In this All Star Info packet, you will find basic information about our program, policies, and philosophies. Please read over each item carefully and don't hesitate to call with questions!

Again, Thank You for your interest in our program. We look forward to working with you!

Sincerely,  
Tara Fuchter  
Cheerleading Program Director  
Build It Athletix



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## About All Star Cheer & Build It Athletix

This packet is designed to give you an idea of the requirements, financial obligations, and involvement needed to be a member of a Build It Athletix Competitive Cheer Team! This information should allow you to make an educated decision about the commitment level required to be part of a competitive cheerleading program.

Being a Competitive Cheerleader involves more than just training for performances and competitions. Team members are expected to be at **all** required practices, performances, community events, and competitions. This involves prioritizing involvement in other activities in order to ensure 100% commitment to the Teams and all other activities the member chooses to be a part of in addition to the Competitive Cheer Team!

All Star Cheerleading is a year round sport for athletes of all ages. It's one of the fastest growing sports in the World. While it was born in the US, there are All Star Teams in many other countries including China, Australia and England.

This sport is much like club baseball, or studio dance, where athletes practice with a specially formed team. Teams practice May - March and competitions run from December - March.

All Star Cheerleading has been established in the South and Eastern US for years, and is quickly growing in the Northwest, with over 100 teams in Washington alone.

While this level requires a high level of commitment of the families involved (mandatory practices, uniform costs, travel and competition fees) you'll find this sport teaches children the value of commitment, teamwork, dedication, hard work, and setting high goals.

### All Star Team Divisions (these are also separated by skill level)

\*These ages are based on the Athletes' age on August 31, 2009

- **Tiny Team** - Boys and Girls 5 and Under
- **Mini Team** - *Boys and Girls 5 - 8 Years Old*
- **Youth Team** - Boys and Girls 11 and Under
- **Junior Team** - *Boys and Girls 9 - 13 Years Old*
- **Senior Team** - *Boys and Girls 14 - 18 Years Old*
- **Open Team** - *Athletes 17 and Over \*Must be out of High School*

Team members are part of a performing and competing team and all members need to be present for the group to work smoothly and effectively. When scheduling appointments or out-of-town trips, not only team members, but parents also must be aware of the event and competition schedules so athletes do not miss activities. It is important that should conflicts arise during the year, communication between the coach, athlete and parent/guardian remain open, and absences are noted in advance of the conflicting times and dates.



## General Information

The time commitments of Build It Athletix Cheer Teams are similar to any athletic activity where athletes participate in an All-Star, Select, or Recreational team.

Just like any competitive and performing team, it is necessary for conditioning, strength training, skill building, and general practices to occur to ensure and create the safest and most conducive atmosphere necessary in reaching the program and athlete goals!

Below is a **general** idea of the commitment level and expectations of being an All Star Cheerleader.

- Because of the nature of competitive cheer, you will be expected to make a serious commitment to be at all practices on time. Practices are two days per week. If you cannot be at practices, then PLEASE do not accept your invitation! Exceptions are made for summer vacations.
- The teams will compete at 5-7 competitions December - March. Travel will be local (within Washington, Idaho, Montana and Oregon). Parents are welcome to travel with the team, but are not required to travel with Junior and Senior Members. Mini / Youth Athletes Must have a parent or guardian present at all events. Travel is decided upon by team coaches, and athletes are required to stay in the designated team hotels.
- Tuition is a flat fee per month, regardless of the amount of instruction. *In addition, there will be other costs including: Team Uniforms, Practice Wear/Warmups, Competition/Coaches Fees and Travel/Lodging Expenses.*
- Each Athlete must have current medical release/parent permission form on file.
- Must attend & be on time to all practices and performances unless previously excused by a coach.
- Communicate openly with management & coaches regarding questions, comments, and concerns.
- Both athlete & parent/guardian must read and sign all forms.

## Program Expectations

1. Be ON TIME for ALL practices and performances.
2. **There are no excused absences from a Competition.** You will have the final competition schedule months in advance, and all members are required to attend EVERY competition. This is what we work so hard for!
3. Promote friendship between all team members through support, encouragement, and RESPECT.
4. Set an example of good behavior at all times (**whether in uniform or not**) in class, at home, and at all functions.
5. Agree to be a positive representative of Build It Athletix and your team at all times, whether in uniform, performing or not.
6. Pay all payments, balances, fees in a timely manner and in accordance with the payment schedule.
7. Excel in the SPORT of All-Star Cheerleading.
8. Achieve Personal Goals.
9. Develop Teamwork, Sportsmanship & Leadership.
10. Promote Self Discipline & Self Confidence.
11. Advance Tumbling Skills.



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12. Have FUN in a SAFE environment.
13. It is your responsibility to know what is going on within the program. **Check e-mails and the website regularly!**

## Athlete & Parent Agreement

In order to progress individually and as a team, and to enjoy a competitive atmosphere, all members must agree to these guidelines. The following is a list of expectations, a contract and a fee agreement between athletes and Build It Athletix.

### ATHLETE EXPECTATIONS:

- HAVE A POSITIVE ATTITUDE!! No experience is necessary, but a good attitude is a MUST!!
- Practice is mandatory! Attendance directly affects the success of this program. Absences must be submitted in writing to your coach two weeks prior to absence. Sickness, Family Emergency, and pre-arranged absences are the only reasons to miss practice. *If you are sick, but not contagious, it is suggested you be at practice to observe important techniques and changes to routines.*
- Wear the required uniform (as directed by Coach) on event days and practices.
- If you are injured, you are required to come to practice and watch.
- Cell phones MUST be turned off prior to practice! (Vibrate is NOT off). NO CELL PHONES allowed in the gym!
- There are no make up practices due to absence.
- All members arrive to practice 5 minutes early in practice gear with shoes in hand, shirts are to be tucked in (no knots).
- Never wear your shoes to practice, put them on AT practice.
- Hair must be up and off your shoulders, no jewelry or gum. This is a USASF & National Federation Guideline.
- Fingernails MUST be kept short for your safety and that of others. Please, no fake nails.
- Leave gossip, rumors and/or personal situations outside the gym.
- Never blame or put down team members, always work towards the greater good of the entire team.
- No insubordination or disrespect towards your coaches.
- Academics: Academics are very important to Build It Athletix. Though we cannot require a certain GPA for athletes to participate as a non-school program, we absolutely encourage and promote healthy attitudes and work ethics towards school academics. Build It Athletix coaches are willing to actively get involved in helping members build on their strengths and strengthen their academic weaknesses with coaches' assistance where possible in tutoring, homework nights during the early fall, study halls during travel, and more. Our program is serious about wanting its team members to properly manage time in order to maintain high grades and strive for scholarships, academic recognition, and more in an effort to be well-rounded, successful cheerleaders AND great people.
- Build It Athletix Directors and coaches will not, in **any** setting, tolerate alcohol or drug usage, prescription medication abuse, or other such potential or perceived substance uses or abuses. We have ZERO tolerance policy no exceptions. Please understand that! Agree to abide by the zero tolerance policy for drugs, alcohol, illegal substance abuse, prescription medication usage, etc.
- Keep yourself healthy. Eat a balanced diet and sleep. Crash dieting and starvation are unacceptable!

### SUPPORTER EXPECTATIONS:

- Supporters must remain in the parent viewing area. Only athletes are allowed in the gym.



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- All concerns must be addressed outside of the presence of children. You are welcome to call at your convenience, or schedule an appointment to meet with management and/or coaches, to discuss issues.
- Drop off, or have your child at the gym no more than 10 minutes prior to practice, and pick up your child on time.
- Encourage and support athletes to meet all team responsibilities & requirements.
- Attend monthly parent meetings.
- Communicate openly with management and coaches. We can't fix it unless we know about it.
- Withholding your child from practice as a form of punishment hurts the team's progression toward a successful season. We need every athlete at every practice.
- All practices are open for parents to watch. However, please do not disrupt practice. If your child needs to leave early, please alert the coach prior.

## Financial Obligations

Although this is a financial commitment, please do NOT let this be the only deciding factor as to whether you participate or not. We will make sure to do everything possible to assist Build It Athletix Athletes and their families in defraying as many costs as possible. If you have any concerns or questions, please don't hesitate to call Build It Athletix at any time.

## Costs

All Fees include Tax, and Shipping & Handling. Accepted Methods of Payment are Cash, Check, Money Order, or Major Credit Cards on our website via PayPal. All fees are non-refundable.

- **Registration Fee** - \$30/Athlete or \$55/Family. This is a yearly expense.
- **Tuition** - *Due on the 1<sup>st</sup> of every month.* A \$10 late fee will be assessed for all payments received after the 5<sup>th</sup> of the month. \$35 NSF Fee for any returned checks. This fee is based on 11 months, and will not be prorated for vacation, injury, or number of practices per month. Applicable from May 2009 through March 2010. Monthly tuition costs are:
  - Mini (Ages 4 – 8) - \$58/Month
  - Junior/ (Ages 9 – 13) - \$78/Month
  - Senior (Ages 14 – 18) - \$88/Month
- Tuition Discounts
  - **SIBLING DISCOUNTS:** Build It Athletix offers the following **tuition** discount for siblings within the program.
    - 1<sup>st</sup> Athlete (Oldest) – Pay Full Price
    - 2<sup>nd</sup> & 3<sup>rd</sup> Athlete - 50% Off Tuition
    - 4<sup>th</sup> or more – FREE Tuition
  - **MALE CHEERLEADERS:** *To encourage participation in the sport of cheerleading among Male Athletes, monthly tuition is waived for ALL males. Athletes are required to pay for uniform and competition fees.*
  - **PRE PAYMENT DISCOUNTS:** *If you would like to prepay for your monthly tuition, the following discounts apply.*
    - **3 Months in Advance – 10% Off**
    - **6 Months in Advance – 12% Off**
    - **11 Months in Advance (Entire 2009-10 Season) – 15% Off**
    - \*Pre Payment discount only applies to first athlete when using Sibling Discounts.



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- **Cheer Gear** - \$165/ Female Athlete Per Year
  - *Due by June 31<sup>st</sup>*. Includes cheer shoes, Warm Up Jacket, 3 tee shirts, 2 shorts, bag, and bows. If your child grows out of the cheer shoes originally ordered, you must purchase a new pair at your own expense.
- **Uniform & Warm Up Pants** - You do not need to pay this fee each year. If you grow out of the uniform, you may sell back the used uniform at 50% of the new cost. Uniforms will be used for at least 2 full years. Half due by July 15<sup>th</sup>. At least half of your uniform fee needs to be paid before uniform order can be placed! Last Payment due by August 15<sup>th</sup>. Returning 2008-09 members DO NOT need to pay this fee if their uniform still fits!
  - Mini Female Athletes (ages 4 – 11) - \$185
  - Junior & Senior Female Athletes (ages 12 – 18) - \$225
  - Male Athletes (All Ages, Includes Practice Wear & Warm Ups) - \$225
- **Returning Members** –
  - Returning 08-09 All Stars Who still have a fitting uniform, warm ups, and bag total fee for Cheer Gear is \$125.
- **Competition Fees** -
  - Entry fees for competitions vary from company to company. Competition fees will be packaged together 8-10 weeks before the competition date, and need to be paid in full NO LATER than exactly one month prior to the competition. Local competitions are a “per person” charge paid by the individual team members. These costs vary from \$45 - \$135 per team member for each competition and include competition registration, travel, lodging (when applicable), coaches fees, etc.
  - 2009-10 Build It Athletix All Star Teams anticipate participating in one to two competition events that will require overnight travel. These costs vary depending on factors including travel costs, number of members attending, location of competition, etc. An estimate will be given two months prior to an overnight trip. Payments will be due at intervals throughout the year to make it easier on families in budgeting for these trips!

## Payment Schedule

**Registration Fee & First Month Tuition** – Due on or Before the First Day of Practice.

**Cheer Gear** – Due by June 1<sup>st</sup>.

**Uniform** – ½ Due By July 15<sup>th</sup>, Remainder Due by August 15<sup>th</sup>.

**Competition Fees** – Due as assigned, one month prior to the event.

## Communication

Our primary mode of communication is e-mail. While our staff is certainly available for questions and phone calls, e-mail is the most productive way to get you up to date information. Each family must provide at least one e-mail address to be checked daily. You may also receive hard copies of information post-practice, but often e-mail and web site updates are the quickest way to get information to such a large group of people.

### Cancelled Practices/ Gym Closures

We will follow the Spokane School District Schedule for Holiday and weather related closures. Also, check the Website for updates.



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## *Important Dates!*

*We will have events/performance on the following dates!*

May 9, Meet at 8:45AM – Junior Lilac Parade, Downtown Spokane  
June 27 & 28 – Hoopfest  
July TBD – Silverwood  
August 8, 15 & 22– Choreography Sessions for teams, times TBA  
September – Valley Fest Parade

## *Competition Schedule*

*This schedule is tentative, and will be finalized prior to October 15th.*

December 2008 – Eastern Washington Regional, University High School, Spokane Valley WA  
January 2010 – North Idaho Cheer Competition, Post Falls High School, Post Falls ID  
January 2010 – Washington State All Star Cheer Championships, Seattle WA  
February 6<sup>th</sup> 2010 – PacWest Lilac City Competition, Spokane Convention Center, Spokane WA  
March 2010 – Mt. Helena All Star Cheer Competition.

- **Travel**

When traveling for competitions, all Build It Athletix Athletes are required to stay at the “Team Hotel” designated by management. Parents and supporters may choose to stay in the same hotel if they wish. This is a great time for the teams to bond, and athletes & parents to get to know each other. We will be reserving room blocks for travel weekends as soon as the schedule is finalized.



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## General Info & Sizes

Athlete's Name: \_\_\_\_\_ Athlete Cell Phone: \_\_\_\_\_

Parent's Name: \_\_\_\_\_ Parent's Phone: \_\_\_\_\_

Best Email Address to Reach You: \_\_\_\_\_

Team: \_\_\_\_\_

Tee Size: \_\_\_\_\_

Shorts Size: \_\_\_\_\_

Shoe Size: \_\_\_\_\_

Warm Up Pants: \_\_\_\_\_

Warm Up Jacket: \_\_\_\_\_

Skirt: \_\_\_\_\_

Uni Top: \_\_\_\_\_

Please check how you would like to receive your monthly statements.

- Email
- Gym

### Office Use Only!

\_\_\_ Gym Tee  
\_\_\_ Practice Tee #1  
\_\_\_ Practice Tee #2  
\_\_\_ Shorts #1  
\_\_\_ Shorts #2  
\_\_\_ Warm Up Jacket

\_\_\_ Warm Up Pants  
\_\_\_ Skirt  
\_\_\_ Uniform Top  
\_\_\_ Bag  
\_\_\_ Practice Bow  
\_\_\_ Competition Bow



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## *Agreement*

I have read and agree to all expectations and liability forms. I agree to pay the fees incurred according to the payment schedule. I will be at practices on time, and understand that excessively missing practices may lead to my removal from the team.

### **FEE AGREEMENT:**

I agree to pay all fees associated with the All Star Cheerleading program. Tuition is due on the first of the month thereafter for the remainder of the season. I understand that a late fee of \$10 is charged for payments made after the 5th of each month. I understand there are no refunds due to, but not limited to, dismissal or voluntary quits. I will treat team members with respect and participate to the best of my ability.

Build It Athletix reserves the right to terminate any agreement at any time following a violation of expectations and/or terms. While our staff is dedicated to an open relationship with parents and athletes, we must make decisions that we believe are in the best interest of the TEAM. Reasons for termination include, but are not limited to: poor attendance, insubordination, foul language, drug use, eating disorders, parental difficulty, etc.

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Parent Signature

Date

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Athlete Signature

Date

If you have any questions on the general team information above, please feel free to contact us for more information and clarification!! You can also visit our website at: **[www.builditathletix.com](http://www.builditathletix.com)**.