

Athlete & Parent Handbook

2020-2021



15222 King Road

Suite 303

Frisco, TX 75034

972-464-1834

www.totallyawesomecheer.com

Champions Train Here!

Why be average when you can BE AWESOME.

INTRODUCTION: Handbook Overview

The purpose of the 2020-2021 Athlete & Parent Handbook is to outline the expectations and requirements for all members of Totally Awesome Cheer (TAC). Please read through our handbook in its entirety and let us know if you have any questions. Be sure to use the 20-21 Athlete & Parent Handbook as a resource as questions come up throughout the season. **Failure to comply with the provided information will result in the consequences outlined in this Handbook, including fines, suspension, and expulsion from the program.**

Our mission is to emphasize the importance of appropriate training and safety in our sport, including conditioning, technique, and gradual skill progression. We also focus on promoting sportsmanship, respect for our peers, and having fun. Although our goal is to make each team competitive, we really want our Awesome athletes to learn lifelong lessons in friendship, teamwork, time management, and community service. We pride ourselves on promoting the importance of balancing education with your athlete's commitment to our sport.

Sincerely,

Stacey Taplin

TRAINING FACILITIES: Where We Train

In January of 2015, we moved into our own training facility, which includes practice space, an athlete locker room, a Pro Shop, and enhanced parent viewing and waiting areas. It is the expectation that All students will respect our space and help keep it clean and use all equipment in the proper manner.

All members of our program are bound by our Codes of Conduct. Disrespectful behavior, whether in person or on social media will result in dismissal from the program.

ATHLETE CODE OF CONDUCT: How to

BE AWESOME As a program, we pride ourselves on not only our talent, but also on the class and dignity of its members. The Athlete Code of Conduct was established as a set of conventional principles and expectations for all TAC Cheerleaders to follow. All members of our program are bound by the policies described below.

Behavior

- Show respect for the coaches, fellow teammates, other Awesome athletes, parents, judges, officials and spectators. Disrespectful behavior will result in dismissal.
- Demonstrate good sportsmanship before, during, and after competitions.
- Treat all athletes and coaches from opposing teams with respect.
- Be modest when successful and be gracious in defeat.
- Abstain from using drugs, tobacco, alcohol & abusive language. **This behavior will result in immediate dismissal from the TAC program. No excuses or exceptions.**

Practice

- During practice your opinion does not count. All squad and routine decisions are left to the discretion of the Owner/Coaches.
- **Practices may be changed or added at any time during the season with proper notice.** If a practice is cancelled due to holidays, weather, etc., make-up practices may or may not be added at the discretion of the Owner.
- Respect the privilege of the use of our facility.
- *If you are running late to practice, you must call and inform your coach and the office. (See tardy and absence policy for details)*
- **If you are sick (and not contagious) or have an injury, you still need to attend team practice.** It is important that you watch from the side for any changes that may affect you
- **If your doctor recommends you refrain from practice due to an illness or injury, bring a written note from your doctor to practice. PLEASE NOTIFY YOUR COACHES IMMEDIATELY IF AN INJURY OCCURS!**
- No food, gum, candy, or sodas are permitted in the gym area. Only water & Gatorade are allowed.
- **MANDATORY:** Formal practice attire will be worn to all designated practices. Please do not tumble in loose-fitting t-shirts or shorts. This is a safety hazard to our instructors and the athlete during spotting.
- **NO ABSENCES ALLOWED THE WEEK BEFORE COMPETITION! Coaches reserve the right to replace an athlete who misses practice the week before a competition.**
- Athlete cellphones must be placed in the team box or

turned off and put away during practices. Parents who need to reach an athlete may call the Team Mom or the Coach.

Competition

- Every year we go through losses and additions to teams. The dismissal/addition of a team member is solely the coach's decision.
- You are required to attend all competitions. Missing a competition will result in dismissal.
- Travel events are for athletes, staff, and family only. No boyfriend/girlfriends will be allowed to accompany athletes to overnight events.

Social Media

- No athlete may post inappropriate messages on social media Personal or Team pages about another program, individual, TAC coaches and or staff. No photos showing inappropriate or vulgar gestures. **Any athlete who posts inappropriate messages/photos on any social media platform will be reprimanded the 1st time and dismissed from the program the next time.**
- No bullying will be tolerated, either in person or on social media or group chats. Any athlete who bullies another athlete in person or on social media or group chats will be dismissed from the program.

PARENT CODE OF CONDUCT:

How to Act like an Awesome Parent/Family Member

As an Awesome parent, you are bound to the same level of expectations as your athlete.

You represent our program and your child, and your behavior should not be a distraction to either. Parents are expected to adhere to the following guidelines:

Behavior

- Encourage good sportsmanship by demonstrating positive support for all athletes, coaches, fans, and judges during all practices and competitions.
- Place the well-being of your child and their team before your personal desire to win.

Respect our athletes & staff and refrain from negative remarks in the viewing areas.

- Anyone threatening to quit or pull their child from a squad will be dismissed from the program immediately.
- All parents must treat all staff with respect, including the team representatives. Should a parent promote unsportsmanlike behavior, he or she will be asked to leave the TAC program immediately.
- Encourage your child to play by the rules and respect the other teammates, athletes, coaches, judges, officials, and other parents.
- We will not tolerate pettiness, gossiping, or cliques that attempt to slander the "TAC" name. Parents displaying improper behavior will be dismissed from the program immediately and will not be allowed to return the following year.
- If you have any questions or concerns that need immediate attention, please use the following chain of command: **1. Team Rep; 2. Team Coach; 3. Owner/President.**
- **Contacting Team Rep by email is our first preference. For emergencies, you may contact them by phone or text.**

Practice

- The gym viewing areas are a privilege. Please respect our athletes and staff and refrain from negative remarks in the viewing areas. (2020-2021 COVID-Parents will not be allowed inside the gym)
- During practice your opinion does not count. All squad and routine decisions are left to the discretion of the coaches.
- **The Owner/coach has the right to dismiss your athlete from the TAC program for any of the following reasons: inappropriate behavior, too many absences), a pattern of lateness, not showing up for a competition, or for delinquent tuition payments.**
- Practices may be changed or added at any time during the season. If a practice is cancelled due to holidays, weather, etc., make-up practices may or may not be added at the discretion of the Owner.
- *If you are running late to practice, you must call and inform your coach and the office. (See tardy and absence policy for details)*
- **If you are sick please stay home. If have an injury, you still need to attend team practice. It is important that your student watches from the sideline for any changes that might affect them.**

- If your doctor recommends you refrain from practice due to an injury, bring a written note from your doctor to practice. **PLEASE NOTIFY YOUR COACHES IMMEDIATELY IF AN INJURY OCCURS!**
- No one is allowed to yell onto the floor or try to make contact through the viewing area window/door during practices or tumble classes. This is extremely distracting to all involved.
- Team practices are closed.
- It is the parents' responsibility to know what is going on with your squad. Check and read your emails and check the website regularly.
- Parents, relatives, friends, etc., are not allowed to approach a coach with disrespectful comments at a competition and/or at/before or after practice. It will result in dismissal from the program. If you have an issue with the coach, please send an email or call the office to schedule a private meeting with them.
- **NO ABSENCES ALLOWED THE WEEK BEFORE COMPETITION! Coaches reserve the right to replace an athlete who misses practice the week before a competition. (COVID Exceptions)**
- Athlete cellphones must be placed in the team box or turned off and put away during practices. Parents who need to reach an athlete may call the Office Manager or the Team Rep.

Competition

- Our staff will have sole communication with the competition companies. Parents are not permitted to contact our vendors directly. Please see your team rep if you have any questions.

Social Media

- No athlete or parent may post inappropriate messages on a social media platform (Facebook – including team Facebook pages, Twitter, Fierce Boards, group chats, etc.) about another program or individual, or Awesome coaches and staff. Example: No sexual/nude photos, no photos showing drug or alcohol use (actual or implied), no photos showing inappropriate or vulgar gestures.
- No bullying will be tolerated, either in person or on social media or group chats. Any parent who bullies another person in person or on social media or in Group chats will result in their athlete being dismissed from the program.

ATTENDANCE/Tardy POLICY: How to Show Your Commitment to Our Program.

A master absence log will be kept throughout the year to record all absences and the nature of the absence. Contacting the Coach/Team Mom is the only way to notify TAC that your child is going to be absent to practice. Please understand that this does not excuse you from absence or tardy fees but it does help the coaches plan practice better, which will help your student's team be more successful.

ALL STAR ELITE

Tardiness to practice: Arriving over 5 minutes past practice time will be considered late. Arriving over 30 minutes late will be considered an absence. Acquiring 21 tardys will result in a \$20.00 charge for each new tardy. **Tardy counting will start October 1, 2020**

Athletes get 10 absences for the season. Excused/Unexcused is an absence. Acquiring 11 absences will result in a \$30 fine for each additional absence. **Absence counting will start October 1, 2020. (Covid Quarantine are exempt from this)**

**PREP, Novice and Dance **

Tardiness to practice: Arriving over 5 minutes past practice time will be considered late. Arriving over 30 minutes late will be considered an absence. Acquiring 11 tardys will result in a \$20.00 charge for each new tardy. **Tardy counting will start October 1, 2020**

Athletes get 10 absences for the season. Excused/Unexcused is an absence. Acquiring 6 absences will result in a \$30 fine for each additional absence. **Absence counting will start October 1, 2020. (Covid Quarantine are exempt from this)**

Absolutely NO ABSENCES ALLOWED THE WEEK BEFORE COMPETITION! Coaches reserve the right to replace an athlete who misses practice the week before a competition. Repeated absences are grounds for dismissal from the program. *Please submit all planned vacations and absences in writing through the parent portal. You may not be absent during mandatory camps and events.*

CROSSOVER/FILL-IN POLICY:

The team the athlete is originally placed on is their primary team. An athlete may not quit their primary team to be solely on their crossover team. If an athlete is asked to cross over, that may or may not continue throughout the season. The coaches and Program Director reserve the right to change an athlete's crossover status.

TEAM REPRESENTATIVES: How We

Communicate with our Teams

Each team will have two Team Representatives who serve as volunteer liaisons between the gym owner, coaches, and the parents. These people are responsible for sending out emails from management and coaching staff, collecting absences – in writing – for coaches, distributing and collecting competition liability forms, coordinating coaches' gifts for holidays, etc.

Team Representatives are not employees and are not the voice of the coaches. They are volunteer positions assigned to help with communications only. Team Representative information will be given out after team assignments.

CHOREOGRAPHY: When We Create our Routines

Choreography dates will be in September, October for each individual team. We will provide dates via email. Each athlete must be present to maximize benefits of each choreography session.

All routines/choreography including dances, stunts, and transitions should be highly protected. TAC choreography should never be copied or taught to anyone without the written consent of Stacey Taplin. This also includes any and all portions of music selections and editing. No videos of routines/choreography should ever be uploaded to any online site such as YouTube or Facebook without permission from Stacey Taplin. Violation of this rule or the theft of music is grounds for immediate dismissal.

UNIFORMS & PRACTICE WEAR:

What We Wear

Athletes will purchase their uniforms through TAC. Date and time for uniform fittings will be scheduled for mid-summer
Uniforms and practice wear will not be released if athlete has an outstanding balance.

Mandatory practice attire will also be required for each athlete these will be sized sometime during the summer.

Hair and Make-up: Hair and make-up are important parts of the overall All-star Cheer and Dance look. Our style may be different from other gyms, but it is one of the things that set us apart. Your coach will instruct you on your team's hair and make-up requirements. *Where to purchase makeup will be sent at a later date.*

COMPETITIONS:

When We Perform-Virtual Competitions
We will compete from our gym LIVE with other teams around the World for Great Prizes, Bids, Credits, Points, and More! No one will miss the Action as the entire event is Streamed LIVE!

All routines and choreography, including dances, stunts, and transitions should never be shared with anyone. This includes any and all portions of music selections and editing.

FINANCIAL POLICY & INFORMATION:

All payments will be processed through Our Parent Portal system. Everyone **MUST** sign up for this service. Payments will be processed on the 25th of the month, all fees incurred by that date will be processed.

In the event your card declines, balance plus a \$35.00 late fee will be processed on the 1st. Any payments still incomplete after this process will result in **Student loss of service**.

If your account is delinquent, TAC reserves the right to:

- **Withhold services, i.e. private lessons, classes, Competitions, etc.**
- **Withhold uniforms, practice wear, warm-ups, bows, etc.**
- **Withhold Pro-shop in-house purchases & preorder purchases**
- **Withhold team & individual pictures**

Any funds paid will be forfeited if quit/dismissal occurs. Phone calls and emails for delinquent accounts and past due letters are a courtesy. Please note: Coaches reserve the right to replace the athlete if this happens.

Returned payment must be reimbursed to TAC immediately along with a \$35 return payment fee.

Inconvenience Fee:

Any athlete quitting after choreography 1st will be charged a \$500 Quit Inconvenience fee.

Quitting or Dismissal will result in forfeiture of all monies previously paid and any items not yet received.

All payments are NON-REFUNDABLE. TAC reserves the right to turn over all delinquent accounts

to a collection agency, and the parent/athlete will be responsible for all additional costs incurred.

ADDITIONAL PAYMENT INFORMATION

TAC is not responsible for reimbursing travel expenses to team members or individuals in the unforeseen cancelling of events, athlete's loss of skills, or athlete's removal from the Program.

Please note that all competitions are subject to change and all monies are NON-REFUNDABLE. If a competition is cancelled by TAC or Event Producer, we will replace it with a comparable event if possible.

NEXT STEPS: *Register to BE AWESOME 2020*

Once you have read through the handbook and would like to move forward with your registration Please let Coach Stacey know if you will not be joining us for the 20-21 Virtual Season. 1st months tuition will be processed on the 25th (September)

If you have any questions, please do not hesitate to contact us! **Thank you and welcome to Totally Awesome Cheer and Dance.**

2020-2021 Tuition and Fees

This season will have 3 different types of All-Star Cheer programs & 2 All-Star Dance Programs

Tiny SHOW ages 3-4 (Show team) \$100.00 per month

All-Star *Show team* welcomes new athletes without and with some past cheer experience. The program builds a love for All Star, while focusing on skill building and growth in a Fun environment.

- Tuition
- Competition Fees
- 1 hour of Weekly Instruction, and 1 hour Tumbling Class
 - *Please note that additional practices can/will be added to ensure competition readiness*
- In-house Choreography
- Competition Music
- 4 Competitions

NOT included in the monthly tuition

- Uniform - **(Season Rental-\$50.00 Or Purchase- \$150.00)**
- Accessory Package- \$170.00 (2 Practice Wear sets, 2 Team/Gym Shirts, Bow)
 - Returning student with sub-set and bow from last season- \$130.00.
(New Flow shirt set will be used for 21-22 season also)

Novice ages 5-8 \$140.00 per month

All Star *Novice* welcomes athletes without and with some past cheer experience. The program builds a love for All Star, while focusing on skill building and growth in a low-pressure, evaluation scored environment.

- Tuition
- Competition Fees
- 1 hour of Weekly Instruction, and 1 hour Tumbling Class
 - *Please note that additional practices can/will be added to ensure competition readiness*
- Accessory Package (1 Practice Wear set, 1 Team Shirt, Competition Bow,)
- In-house Choreography
- Competition Music
- 4-5 Competitions

NOT included in the monthly tuition

- Uniform - **(Season Rental-\$50.00 Or Purchase- \$150.00)**
- Accessory Package- \$170.00 (2 Practice Wear sets, 2 Team/Gym Shirts, Bow)
 - Returning student with sub-set and bow from last season- \$130.00.
(New Flow shirt set will be used for 21-22 season also)

All Star Elite \$240.00 per month

The highest performance level that All Star cheer has to offer!

- Tuition
- Competition Fees
- 4/5 Hours of Weekly Instruction, and 1 hour Tumbling class
 - *Please note that additional practices can/will be added to ensure competition readiness*
- Industry's Best routine Choreography
- Customized Music Mixes
- 7-8 Competitions
- Opportunity to compete for bids to Various All-Star Championships.

NOT included in the monthly tuition

- Uniform - **(Season Rental-\$75.00 Or Purchase- \$325.00)**
- Accessory Package- \$170.00 (2 Practice Wear sets, 2 Team/Gym Shirts, Bow)
 - Returning student with sub-set and bow from last season- \$130.00.
(New Flow shirt set will be used for 21-22 season also)

Not included but required for all Cheerleaders: Cheer shoes (More info coming), USASF Fee

Not included nor required but can be ordered for an additional fee: Backpack, Warm-up

SENIOR All-Star Hip- Hop ages 11-18

Junior All-Star Hip-Hop ages 7-11

\$185.00 per month (Dance only students)

\$50.00 Cheer and Dance student (additional practice wear not included)

- Tuition
- Competition Fees
- 2 Hours of Weekly Instruction, and 1 hour Tumbling class
 - *Please note that additional practices can/will be added to ensure competition readiness*
- In-house Choreography
- Competition music
- 5-6 Competitions
- Uniform

NOT included in the monthly tuition

- Accessory Package- \$170.00 (2 Practice Wear sets, 2 Team/Gym Shirts, Bow)
 - Returning student with sub-set and bow from last season- \$130.00.
(New Flow shirt set will be used for 21-22 season also)

THANK YOU!