



COMPETITION CHEER BOOKLET
2009-2010

1405 Jamike Ave. #11, Erlanger, Ky 41018

859-647-0660

www.fivestar-gymnastics.com

This booklet is an accumulation of Five Star Team information, rules and procedures for you to study and keep, so you can be fully apprised of your family's commitment to Five Star Cheerleading, and our commitment to you and your child.

FIVE STAR PHILOSOPHY AND PURPOSE

Cheerleading is one of the most fundamental and exciting physical activities. It will build physical fitness, strength, body awareness and co-ordination essential for an active lifestyle.

Our philosophy and purpose is to provide a happy learning experience in a safe environment for children of all abilities.

FIVE STAR MISSION FOR COMPETITIVE TEAMS

To work together as a team in a positive, supportive, safe, and pleasant atmosphere that encourages everyone to reach their potential in order to be strongly competitive at the state, regional, and national level and to ultimately field an elite team.



RULES AND REGULATIONS

GENERAL

1. Only registered athletes are allowed in the practice area.
2. Siblings, family members, friends, etc. are not allowed in the practice area.
3. Any person that disrupts a practice will be asked to leave the gym immediately.
4. No food or gum is permitted in the gym.
5. Water and drink containers must be disposed of in the appropriate trash containers or they will no longer be permitted in the gym.
6. Cell phones must be put on silent or left outside the practice area.
7. Five Star is not responsible for ANY lost or stolen personal items.
8. An email address must be given and checked daily for information regarding practice and updates.

TEAMS

Five Star retains the right to:

1. Place athletes on the team it feels will best suit them and the program.
2. Move, replace, add, suspend, or even dismiss an athlete for a period of time or indefinitely from a team or the entire program based on criteria including but not limited to:
 - A. Attendance
 - B. Conduct
 - C. Skills
 - D. Finances
 - E. Parent Conflict

3. **Decide if an athlete may participate on more than one team.**
4. **Decide the roles and/or positions an athlete will have/play on their team(s). (Ex. Base, flyer, back spot, tumbler etc)**
5. **Request that an athlete or team practice longer then their regularly scheduled time or add additional practices or competitions.**

Athletes that elect to participate on more than one Five Star team must:

1. **Be in good financial standing.**
2. **Be willing and able to fulfill all the responsibilities required by each team.**
3. **Be responsible for any additional entry fees they incur beyond their first team.**

ATTENDANCE & INJURIES

1. **Practices are mandatory.**
2. **Make Five Star aware of any extracurricular activity that may conflict with practice or competitions prior to committing to the team.**
3. **Schedule vacations so they do not conflict with any Five Star competition.**
4. **Notify Five Star immediately when an injury occurs so changes to routine choreography can be made prior to practice.**
5. **Notify Five Star immediately of any unexpected tardiness or absences.**
6. **We ask that practices and competitions not be used as punishment for your child's actions outside of the gym. You not only punish your child, but every other child and parent on the team as well.**

DRESS CODE

All athletes must:

1. **Maintain a well groomed appearance and good personal hygiene at all times.**
2. **Hair must be kept out of the face (if possible in a high ponytail)**
3. **Nails must be kept shorter than fingertips when participating in any physical Five Star activity.**
4. **No jewelry (other then approved medical ID tags) is allowed when at practice or wearing any Five Star uniform.**
5. **Be in full competition uniform during any award ceremony.**

SPORTSMANSHIP CONDUCT

All athletes **AND** parents must always:

1. Set a positive example for others to follow.
2. Be respectful and courteous to everyone.
3. Schedule an appointment to speak with a coach or other staff.
4. Refrain from gossiping or any form of verbal or physical confrontation.
5. Refrain from celebrating the misfortune or defeat of another person, team, or program.
6. Accept team placements and awards with dignity and class.

COMMUNICATION

We will be communicating through e-mail and our website. Please check them regularly. If you do not have internet access or an e-mail account, please let us know, so we can make sure you receive all pertinent information.

Open communication between the coaches is encouraged. However, we ask that you are considerate and not approach them during practice. Please talk to them after practice or drop them an e-mail with any questions or concerns.

PARENTS ARE NOT PERMITTED ON THE PRACTICE FLOOR.

PARENTS ROLE

1. We will not tolerate any negative gossip in our waiting area.
2. Although we value our parent's opinions, they will not be taken into consideration in regards to how practices are run. All squad and routine decisions are left to the discretion of the coach.
3. To make sure your child is dressed in uniform, make-up and hair prior to competing. The coaches will give out guidelines prior to the competition.
4. Anyone threatening to quit or pull his/her child from a team will be dismissed from the program immediately.
5. For newcomers, competitions may be initially overwhelming. Our coaches will do everything they can to prepare the teams, physically and mentally for the experience. The office will keep parents informed of times, hotels, directions and other travel information. It

- is the parent's responsibility to book lodging in an appropriate time frame.
5. Each team will be assigned other teams to watch at competitions. You are required to stay and watch your assigned teams and we encourage you to stay and watch all teams,

COMPETITION ETIQUETTE

One important concern for us is educating parents regarding proper competition etiquette. Team spirit is important, and it is good for others to know that Five Star is present. Sitting together and cheering our athletes, benefit this practice, so get to know your group, as well as others.

A parent's role at competitions is one of encouragement and support. You can help alleviate some of your child's competition anxiety by ensuring that they arrive on time, in proper uniform, with a good night's sleep, and having consumed a nutritious pre-competition meal. Consult your child's coach for specific information on these topics.

Even though we encourage Five Star parents to be heard in the stands, it is inappropriate for any representative of this facility to make a scene, or cause disruptions at competitions. It is important to us that your complaints, concerns or inability to understand a score are addressed, but such issues are best reserved for a discussion with your coach after the competition. It's taken our staff many years of experience and hard work to know the ins and outs of their sport, and for this club, to develop its reputation as a quality organization. Those who are disruptive, or break Five Star Cheerleading rules, may be barred from attending future competitions.

Parents are not allowed on the competition floor for any reason. It is also improper for parents to approach judges or competition officials to discuss judging, scores, awards or other issues. If a parent approaches a judge, we could be disqualified from the competition. Neither, should a parent contact another host club to inquire about competition information, or any other specifics about their competition. All communication should be conducted through our coaches. Individuals who violate this rule will be asked to leave the competition. We also ask that parents do not call any of the competition organizations. We will hand out information on each competition and also the web site. If you need additional information, please contact our Cheer Director.

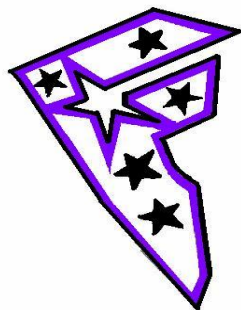
FINAL NOTE

Let me make one final note concerning a parent's involvement in cheerleading. We, at Five Star, believe that successful cheerleading training demands honest, open, two-way communication between three people: Child, Parent and Coach. Sometimes Team Parents don't always take full advantage of the Coach-To-Parent relationship. Please know that we are here if you need us. The coaching staff prefers to address situations and issues before they become a problem and, it is our experience that many problems arise from simple misunderstandings or questions that go unasked. However, trying to get a minute with a coach right before or after a practice is highly disruptive and often gets unsatisfactory results. When you need to speak to your child's coach, feel free to call the office and leave a message or leave a message with the Cheer Director. Our staff will return your call as promptly as possible. We want, and often need, to talk with you to help your child, but please be considerate when calling on the coaching staff. Speaking negatively about the Five Star staff, programs, or gossiping around the waiting room for all to hear, will only cause problems, and therefore upset a coach, and your child. If you have questions, or concerns, speak with the office.

Please keep in mind that the coaches may not be able to commit to individual requests regarding the position of your child in the routine, they know what is best for the squad and they will place everyone in the appropriate position. Their decision is final. Each child on the squad is just as important as the other, without bases, the flyers cannot go up, and without flyers, there is no need for bases etc.

Also, please do not approach the coaches after a competition with your own personal coaching tips. Please understand that after each competition the coaching staff will watch tapes and review scoring sheets and make adjustments to the routines as they see fit. You are there to support your child and this organization, so please leave the coaching to the staff.

A tentative competition schedule is attached. Please keep in mind that changes can occur. If you have any conflicts, please let your coach know immediately.



ive Star

All Star Cheer & Gymnastics

MEDICAL WAIVER

Athletes Name: _____

Date of Birth: _____ **Age:** _____

Parent/Guardian Name: _____

Address: _____

City: _____ **State:** _____ **Zip:** _____

Cell Phone: _____ **Home Phone:** _____

Work Phone: _____ **Athlete's Cell Phone:** _____

Insurance Carrier: _____ **Policy #:** _____

Any medications allergic to: _____

Emergency Contact: _____ **Phone:** _____

I, the undersigned Parent/Guardian do hereby give consent for my son/daughter to participate in the training and activities provided by the Five Star Program. I am fully aware of the nature of the activities involved and the possibility of injuries and/or death, which may arise from such activities. In case of illness, injury and/or death that may arise directly or indirectly as a result of participation and/or travel to or from the activity or training (i.e. out of town activities or events), I hereby grant my permission to the Five Star program to seek immediate treatment for my child should he/she be injured. I hereby release the Five Star program, including its officers, coaches and employees from any liability to the above named participant, or any person claiming through him/her, arising from injury to the person or property of the above named participant. This release includes any claims of negligence, and is intended to be as broad as permissible under Kentucky law. In the event of any activities that are locally or nationally televised, I give the Five Star program the right and permission to film, photograph, or videotape my son/daughter for any reproductions associated or in any way connected with said events, in particular, for use in any promotional purpose.

Parent/Guardian Signature

Date: _____

Print Name



Credit Card Authorization Form

NAME on Card: _____

Credit Card Type: **Visa or Mastercard Accepted**

Credit Card #: _____

Expiration Date: _____

Billing Address: _____

City _____ **State:** _____ **Zip:** _____

Signature _____

I understand it is my responsibility to keep the office updated on any changes regarding this information. If the card is denied, it may mean dismissal from the program.

FIVE STAR All-Star Team Program Agreement/Signature Form

Please return this registration form along with your check for your May payment and a copy of the athlete's birth certificate.

Students Name _____

Age Now _____ Birth Date _____

Address _____

City, State, Zip _____

Phone _____ Athlete's cell phone _____

PRIMARY EMAIL ADDRESS _____ @ _____

Parents Names _____

Parent or Guardian must initial each
Please read and initial the following important policies.

_____ I have read the packet in its entirety.

_____ I have looked ahead at the tentative competition dates and will be available to attend.

_____ I have read and agree with the attendance expectations and policy.

_____ I have read and agree with the financial plan for 2009- 2010.

_____ I have read and will abide by the rules and regulations set forth by Five Star.

_____ I understand that if I leave the gym prior to the end of the season that I am responsible for 1 additional month's payment of gym fees.

_____ I understand that the competition fees are non-refundable.

_____ I understand that I may communicate with the coaches by email or by calling the gym.

Parent Signature _____ Date _____

I have read the entire tryout packet in full and understand and will follow all rules set by Five Star.

Competitor's Signature _____ Date _____

Would you like to be considered for more than one team _____yes _____no