



HEAT ALL STARS

Registration Packet 2009 – 2010

Welcome to the HEAT All Star program! We are delighted that you have chosen to become a part of the best all star program in the state. In the following pages you will find an outline of our:

- ★ Policies and Expectations
- ★ Costs
- ★ And much more

Please take time to read and understand all of the material enclosed.

Our mission at HEAT Cheer Company is to enrich the lives of the children and their families through the sport of competitive cheerleading. Our goal each day is to teach our athletes the value of commitment, hard work, integrity, leadership, self confidence, positive attitude and a love for the sport.

Each and every family is important to us and our program. You will not get lost in the crowd or feel like just another number. You will, however, be a part of the greatest all star family in the state and truly be “One of a Kind”!

After you have read your packet thoroughly and attended tryouts, please complete the registration form and turn in along with a copy of your cheerleader’s birth certificate and your \$50 registration fee by April 15, 2009. Please keep the remaining parts of the tryout packet to reference throughout the season.

Any questions may be addressed to:

Karen Welch – Owner/Director
HEAT Athletic Center
W248N5250 Executive Drive, Suite #100
Sussex, WI 53089

HEAT ALL STARS 2009 - 2010
OPEN PRACTICE & REGISTRATION INFORMATION

For tryout purposes, an athlete's age is how old they will be on August 31, 2009.

Tryout Clinics:

Tryout Fee: \$25 (Tryout fee will be credited to your team registration fee)

March 30 (Monday)

5:00-6:00 pm - Ages 6-8, 9-11

7:30-9:00 pm - Ages 12-14, 15-18

March 31 (Tuesday)

5:00-6:00 pm - Ages 6-8, 9-11

6:30-8:00 pm - Ages 12-14, 15-18

Small groups – you will sign up for one of these times:

April 3 (Friday)

5 – 6, Ages 6-11

8 – 9 - Ages 12 -18

April 4 (Saturday)

2 - 3 Ages 6-11

3 - 4 Ages 12 -18

Anticipated Practice days by team:

	<u>May 2009 & Sept '09 – April 2010</u>	<u>June – August 2009</u>
Tiny	Saturday	Tuesday
Mini	Saturday & Thursday	Tuesday & Thursday
Youth	Sunday & Thursday	Tuesday & Thursday
Junior	Sunday & Wednesday	Monday & Wednesday
Senior	Sunday & Wednesday	Monday & Wednesday

- Beginning in Feb. Senior teams will also practice Mondays 7 – 9 in preparation for Nationals.

Practice times on these days will be available on the website following tryouts.

Choreography Dates: All team's choreography will be professionally choreographed with accompanying music. Choreography dates are TBD and we will let you know these dates as soon as possible.

Team Building Events: We will be having a Family picnic during the summer for all HEAT All Stars and their parents. Also the coaches will plan 1 team building event in fall and spring for each team individually. These dates and times will be available on our website as soon as they are set.

Competitions: All competitions and their awards ceremonies are mandatory for all team members. Schedule and fees for each team will be published in June.

Parade Performances: Parade performances are as follows:

Thursday July 3rd – Menomonee Falls
Saturday, July 11th – Sussex Lions Daze

Parade practices will be held the week prior to each parade. Parades are not mandatory but highly encouraged!

* **Final Note** May calendars will be on the website following tryouts. We will not practice on Mother's Day or Memorial Day weekend.



Estimated Expenses 2009 - 2010

Annual Registration Fee (Due with registration form. Includes teambuilding, parties, etc.)

\$50 per team member

Team Annual Tuition

Covers weekly practices, one hour per week tumbling class, & choreography/music fee.

		<u>3 pymt plan</u>	<u>10 month plan</u>
Junior & Senior Team(s):	\$1668 (<i>\$139 per month</i>)	\$556/pymt	\$166.80
Youth & Mini Team(s):	\$1428 (<i>\$119 per month</i>)	\$476/pymt	\$142.80
Tiny Team:	\$1056 (<i>\$88 per month</i>)	\$352/pymt	\$105.60

Payment Option #1: Annual tuition can be paid in 3 equal installments due no later than May 1, September 1, & January 1

Payment Option #2: Tuition can be paid in 10 equal monthly payments with each payment due by the 1st of each month May – February. This option will have a \$5 monthly service charge added and you will receive an invoice each month.

Payment Option #3: Payment of annual tuition in full by cash or check by April 15th (with registration) receives 5% discount.

All payments and fees are non-refundable. This means if you leave the program for any reason you will not receive a refund of any fees.

Payments can be made by check or online with debit or credit card. Due to increased charges from credit card companies, a 1% fee will be added to all online credit card payments. A \$25 fee will be added for payments that are more than 7 days late. Unpaid fees may result in termination from the team.

Tumbling Classes – included in annual tuition

All team members must take a tumbling class at HEAT Gym at least one day per week year round. The cost for tumbling classes is included in your annual tuition. Additional tumbling classes may be taken at 25% off of the published session price.

Choreography/Music Fee – included in annual tuition

Cost for routine choreography and music is included in your annual tuition. Team members who join after May 1st will pay an additional \$125 choreography fee to cover the cost of changing the routine to include new team member.

Competition/Exhibition Fees

Fees are charged for all competitions & exhibitions. Fees include coaches' expenses, administrative costs, and entry fees. Estimated annual competition fees are: Tynys, \$150 – Minis, Youth, & Juniors, \$300 - Seniors, \$1100 (this includes airfare & travel package costs to National competition at Walt Disney World). You will receive a bill for competition fees in June. All competition fees must be paid by July 1st and are non-refundable.

All teams will go to a National competition which will require overnight travel. Competition schedule will be available in June. Senior team parents are able to fundraise to offset costs by working at the 2 competitions that we host. The past season parents who worked both competitions received approx. \$400 in credits.

Uniform Expenses

Cheerleaders must purchase their own uniforms. Items are the same for all teams and can be used year-to-year. Some used uniforms are available for sale at a reduced cost. Cost for uniform top, skirt, briefs, & shoes is approximately \$360

Communication

Please be aware that all communication is done via email (account statements, announcements, etc.).

HEAT All-Star Cheerleading 2009-2010 Program Information & Standards of Conduct

Basic Policies and Standards of conduct

Everyone associated with HEAT Cheer (i.e., coaches, athletes, family members, etc.) is expected to uphold a high level of sportsmanship and character.

- ★ Squad members must fully understand their roles as HEAT All Star Program representatives. They are highly visible symbols of the HEAT All Star Program, and therefore must conduct themselves appropriately at all times. They should do nothing which will bring embarrassment to the HEAT All Star Program, and most importantly, to themselves and their families. This is true regardless of the circumstances. Selection as a HEAT All Star Program team member is a prestigious honor. Appropriate conduct will be mandated accordingly. The following rules specifically apply:
- ★ No smoking during practices or while **in** uniform, attending events, or traveling to and from competitions/events. Any violation of this clause will result in immediate dismissal from the program. (HEAT All-Star Officials reserve the right to involve a student's parents if smoking or tobacco chewing is involved in any situation.)
- ★ No alcoholic beverages will be consumed at any event, competition, or practice. Any violation of this clause will result in immediate dismissal from the program. (HEAT All Star Officials reserve the right to involve a student's parents if alcohol is involved in any situation.)
- ★ No members of the opposite sex are permitted in squad members' rooms at overnight away events at any time, excluding family members and the coaching staff, but including opposite sex members of the same team/program.
- ★ Foul or abusive language by team members or parents during events, competition, or practice will not be tolerated and will be grounds for possible suspension or dismissal from the program.
- ★ Failure to abide by the safety policy within this manual will be grounds for suspension and/or dismissal from the program.
- ★ Any action, which brings undue embarrassment to the HEAT All Star Program, will be grounds for dismissal.

Absences

Attendance is very important to the success of the teams. We will start our official attendance policy after Labor Day. Until then, coaches need to be informed in advance when an athlete is planning on missing a practice. Attendance guidelines are as follows:

- ★ Good attendance and on-time arrivals are vital to a well-prepared team for competition and/or performance. No un-excused absences are permitted for events and practices. Multiple late arrivals are grounds for suspension and/or dismissal from the program. The execution, interpretation, and enforcement of this policy is completely at the discretion of the Program Director.
- ★ Attendance at all competitions & awards ceremonies for your team is mandatory. Competitions are team events/activities.
- ★ Excused absences include:
 - ★ Illness to the team member and/or immediate family members which require travel and attention,
 - ★ Death in the immediate family,
 - ★ Required school obligation (not study time-see below) or,
 - ★ Important family events and vacations during months of **May – August 15th only**
 - ★ Homework or additional study time is not considered an excused absence from events, competition, and practice. Effective time management skills should be practiced.

- ★ Please take into consideration competitions, performances, and practice when scheduling family-related activities.
- ★ Work-related absences are not considered excused.
- ★ Injured team members must be at practice. Team members exhibiting illness due to fever and/or contagious ailments must stay home. Please don't forget to call the gym (262) 264-0693.
- ★ Unexcused absences are given two warnings throughout the year. The third offense will result in dismissal from the program. Excused and/or unexcused absences that occur near a performance and/or competition may result in the withdrawal of the respective All Star from performance and/or competition.

Team Placement

Please note that no athlete has an absolute guarantee of a roster spot on any particular team. The coaching staff reserves the right, at any time, without notice, to change the rosters of the teams by adding, rearranging, or removing athletes to/from teams for a performance, practice, or the entire program. We attempt to make roster changes as infrequent as possible and with as much warning as possible. Athletes may be removed from our program at any time for reasons which may include, but are not limited to: attitude problems, absences and/or tardies, talent level, lack of improvement, lack of financial responsibility, fitness level of an athlete, and personality conflicts between athletes, coaches, parents, or anyone else involved in our program. There will be no refunds of tuition or other fees given in the event of removal from a team.

Competitions and Team Travel

All teams will travel for competition. Some will travel less than others. We participate in several local and national competitions throughout the year. These provide our program with an opportunity to showcase our talents and compete with other programs. We strongly encourage parents, family, and friends to attend these competitions to help show support for all of our teams. All athletes will be expected to be present and show support for all HEAT Cheer teams. In other words, athletes may not arrive late or leave early from competitions and miss any HC team performance without prior permission.

Under no circumstances should anyone other than the coaching staff contact the hosting companies, officials, judges, etc. with questions or requests for information. HC will attempt to provide you with everything you need to know at the appropriate time.

- ★ Out-of-town trips are coordinated by the Program Director. For local events not requiring an over night stay, team members are responsible for making their own travel arrangements except when designated by the Program Director.
- ★ Over-night trips and out-of-town trips are team events. **Team members may be required to travel together and/or stay together when appropriate.** In addition, team members are required to stay for the duration of the event, all things considered (awards ceremonies for their respective team, etc.).
- ★ Parents are responsible for their team member during any "free time" at away events. If a parent cannot attend the event must make arrangements for another team parent to supervise their child at the away event. Notice of this must be made in writing prior to the event.

Choreography

All music, cheers, dances, stunts, and any choreography or ideas that are presented to athletes during practices are to remain confidential and should not be discussed, taught, or given to others outside our program. The coaching staff puts great effort

into creating original material for our teams, and we do not wish for it to be shared with friends, school teammates, athletes, or parents in other all-star programs. You may not use any of our material for your school team!

Trademark and Logo

The name "HEAT Cheer" and the HEAT logos are the property of HEAT Cheer. Permission is required before anyone may create any product that uses or displays our name or logo. All sales involving HEAT Cheer merchandise must go through HEAT Cheer. No one may produce ANYTHING with the words "HEAT Cheer" or the logo without Karen's expressed permission!

Injuries & Liability

While we strive to provide the safest possible environment for our athletes, injuries and/or illnesses may occur. HEAT Cheer, Inc. is not liable for any expenses rising from injuries or illnesses resulting from participation in our program. Every athlete must have their own insurance coverage to defray medical or other expenses.

Sportsmanship

Sportsmanship and team unity are very important to our organization. Please be courteous and considerate to all teams and athletes. This includes other all-star programs and other HEAT Cheer teams. Please don't speak negatively about any person, decision, or result. This includes the internet and message boards! We strive to teach our athletes respect and sportsmanship. Anyone who behaves in a manner in or out of the gym that we view as inappropriate may be asked to leave our program.

Gym Holidays (no practices)

Mother's Day (Sunday)
Easter (Sunday-Saturday)
Memorial Day (Sunday-Monday)
Father's Day (Sunday)
4th of July (varies year to year)
Labor Day (Sunday - Monday)
Teachers convention weekend (Thursday - Sunday)
Thanksgiving (Thursday - Sunday)
Christmas/New Year's (approximately Dec 24 - Jan 1)

Other practices may be added or cancelled at the coaches' discretion. Tuition does not depend upon the number or length of practices in a month.

Divisions

With the tremendous growth of all-star cheerleading over the last 2 decades, there arose a need for the industry to adopt standard divisions and levels. Different competitions have had different regulations for how teams were to be divided and different rules for stunting and tumbling. Coaches would have to change the routines from week to week just to meet the various requirements of the competition they were going to that weekend.

The United States All-Star Federation (USASF) was created to help standardize the industry. The USASF took input from industry leaders from the competition companies (NCA, UCA, ACA, CheerSport, etc) and from respected all-star gym owners and have come up with a logical system of determining the various divisions and levels. We expect these standards to be adopted by all of the competitions that we will attend this season.

Age Brackets:

In order to avoid an athlete's eligibility changing during the year, there is a cut-off date as well. How old you are on Aug. 31 will determine your "competition age" for that entire season. In other words, if you are 14 on Aug 31, you compete as a "14 year old" for that entire season, even if you turn 15 on September 1. There is no minimum age requirement for any of the regular divisions except the senior division.

Senior 11 - 18

Junior 14 and under

Youth 11 and under

Mini 8 and under

Tiny 5 and under

Levels:

There are 5 levels (for regular teams) this season. The "level" refers to the type of stunts, pyramids, and tumbling that a team can safely perform. They are numbered from 1 to 5, in increasing difficulty. The level is determined solely by the coaching staff. There has been a steady upward trend in the levels over the past few years. In other words, a team that would have easily won a Level 4 division a couple of years ago could be below average at that level now. The best teams are MUCH stronger now at every level than they used to be.

There may be athletes on any given team that tumble at a different level than the rest of their teammates. We try to match up the athletes by level as best we can, but please remember that stunting, pyramids, jumps, dance, motions, and age are huge factors as well. It is simply not feasible (or desirable) for every team to have 20 exactly matched athletes. Some will be stronger tumblers than others. Some will help us more with stunts than others. Every athlete is on the team for a reason - please trust the staff.

Tuition, Fees, and "Agreement to Pay" Policy

Competitive cheerleading, while not as costly as some youth activities, can still be an expensive sport. HEAT Cheer, recognized as one of the top competitive cheerleading programs in our area, has the finest staff and a state-of-the-art facility. As a result, our fees may be slightly higher than some programs. We do our best to keep costs down by not creating unnecessary expenses and shopping around for the best prices. Athletes and families can also help with things like putting trash in receptacles and following the policies for proper use of equipment.

- ★ Before officially joining the HEAT All Stars Program, one must be financially prepared to plan for all expenses incurred. This includes annual tuition, uniforms, event and competition fees as well as out of town travel and lodging expenses.
- ★ Fees are based upon the average number of hours in the gym on a yearly basis. For this reason, there are no refunds, discounts or credits for vacations or absences or occasional cancellations. Likewise, there is no increase in fees when practice times are added or extended to prepare for competitions, shows, and exhibitions.
- ★ Event and competition entry fees are estimated to assist with budgeting. Current year fees are billed at actual costs and must be paid in full by the due date in order for team members to participate. Competition fees are non-refundable.
- ★ For some out of state competitions, e.g. Nationals at Disney World (Orlando, FL) the Program Director coordinates travel and lodging arrangements for family and friends. Costs incurred are included in the team member's billing process and must be paid by the due dates noted.

Safety Policy

- ★ Team members will not attempt gymnastics stunts or partner stunts without proper instruction, adequate facilities and equipment, sufficient supervision and spotters. Team members will not use equipment without coach supervision.

Parents & Relatives

- ★ All parents & visitors must remain in the waiting area during practices/classes and should refrain from calling out to their children from this area. This causes distractions which may lead to injuries and a less than ideal learning situation.
- ★ Athletes whose parents are excessively negative, rude or persist in gossiping about team members, coaches, or the gym will be removed from the program. We are trying to create a positive, pleasant learning environment for our athletes.
- ★ It is the parent's responsibility to know what's going on with your squad. **Check the website regularly.**
- ★ Please feel free to talk to your coach about anything; just remember to do it at the appropriate times. For example, approaching a coach in the middle of a practice would NOT be an appropriate time.

Gym Guidelines

Please treat the gym with respect and follow the gym's guidelines. The only drinks allowed outside of the viewing area are bottled drinks with caps and these must be kept in your cubbie. No food is allowed outside the viewing areas and drinks are not allowed on the mats. All empty bottles, etc. must be placed in trash containers. Parents will be held responsible for cleaning or damage to the gym and equipment due to not following these policies.

Appearance Policy

Team members are to practice good personal hygiene. Jewelry creates an unsafe environment for stunting and tumbling. No jewelry of any kind is permitted in practice or performance. Exception: Belly-Button rings must be completely taped and covered before entering practice - we will not supply the tape, etc. Practice clothes will include cheer shoes, socks, tank tops, shorts, and T-shirts. Hair must be pulled up & back completely off face & shoulders using a hair band.

- ★ Team members will furnish, at their cost, competition uniform, summer performance uniform, body suits, briefs, shoes, socks, practice attire, and other personal items.
- ★ Cheer shoes are for practice and performance only. Team members are responsible for the care and appearance of uniform items. Lost or damaged uniform items must be replaced and will be billed accordingly.
- ★ The team members will always be dressed in appropriate attire for all practices and performance events. The specific uniform will be announced prior to the event.
- ★ We are very proud of our uniforms and our team's appearance. Unless specifically told otherwise for a special event, team members may not wear parts of the uniform. For instance, at competitions team members are required to wear your uniform for performance and awards. You may not wear top with shorts, jeans, etc. or skirt with tank top, sports bra, etc. You may not wear pants under skirt, tshirt over top, etc. Tops and skirts must be zipped at all times in public.



HEAT ATHLETIC CENTER



HEAT ALL STARS REGISTRATION

2009 - 2010 Season

Please initial each box below and sign:

- I have read the HEAT All Star "Program Information & Standards of Conduct" and understand the responsibilities.
- I have read the estimated expenses and understand the costs involved in being a HEAT all stars team member.
- I understand that this is a commitment to a team through the end of April, 2009 and all money paid for fees and expenses is nonrefundable.

Parent Signature: _____ Date: _____

Team member Signature: _____

Name: _____ Age on 8/31/09: _____ Birth date: _____

Address: _____ City: _____ State: _____ Zip: _____

Parent: _____ Phones: _____

Email Address: _____

Select Payment Option:

____ Option #1 (3 installments) ____ Option #2 (10-month pay plan) ____ Option #3 (Full tuition- due 4/15)

Liability Waiver and Indemnity Agreement:

As conditions of the participation of the student described above ("my child") in any of the programs conducted by HEAT Cheer including but not limited to tumbling, gymnastics, cheerleading, stunting whether conducted on or off the premises of HEAT Cheer, I agree to the following:

1. I waive any claim for bodily injury, personal injury or property damage against HEAT Cheer, its directors, employees, agents and insurers (collectively, "HEAT Cheer"), and any owners or lessors of the premises and any equipment used in connection with any programs of HEAT Cheer, arising out of our child's participation in any of the programs of HEAT Cheer whether on or off HEAT Cheer premises, or travel for the purpose of participating in any such programs or events.
2. I understand that this waiver extends to injuries incurred by any member of my family, including my child identified above, any other family member, or myself.
3. This agreement shall remain in effect as long as and whenever our child participates in any activity at or with HEAT Cheer.
4. If this agreement is not effective to waive liability on behalf of our child, any other family member, or ourselves we further agree to indemnify HEAT Cheer for its liability including all costs, fees, and expenses incurred by HEAT Cheer in connection with such liability.
5. My child is covered by our own personal medical insurance and acknowledge that this is a condition of participation in HEAT Cheer.

Authorization of Medical Care:

In case of illness or injury, if I cannot be reached, I authorize and desire medical care of my child at the discretion of the attending physician. I accept responsibility for all associated expenses.

Parent Signature: _____ Date: _____

To secure your spot on a team please complete and turn in this form with \$50 registration fee & copy of your child's birth certificate by April 15th.

First tuition payment is due no later than May 1st - turn in to the gym or mail to:

HEAT Athletic Center
W248 N5250 Executive Dr., #100
Sussex, WI 53089
Phone: (262) 264-0693 / Fax: (866) 214-3279
www.heatcheer.com