



Cheerleading Information Packet and Contract

Welcome to Premier's competitive cheerleading squads! We are looking forward to this being a fun year. This year we will focus on building amazing athletes and forming new friendships, while training for competition.

Cheer teams are broken down by age and level. Levels are 1-5 and are determined by stunting and tumbling abilities. Tiny Pre-team is an exhibition team that can only do cartwheels and forward rolls and cannot stunt. It is a great introduction team. Tiny cheer can only be level 1; all other teams can be levels 1-5. Prep teams are competitive teams that do not have as much of a time commitment. Prep teams have less practice time and do not compete in as many competitions as the all-star competitive teams. Coaches will determine each year how many prep teams and what level of prep teams will be offered. Cheerleaders levels will be determined by coaches. Teams are broken down as followed:

Tiny Pre-Team (3-6): Exhibition (no stunts, cartwheels and forward rolls only!)

Tiny (5-6): Level 1 only

Mini (5-8): Level 1 and 2

Youth (6-11): Level 1-4

Junior (8-14): Level 1-5

Senior (11-18): Level 1-4

Senior (12-18) Level 5

*The age and level of teams Premier offers will vary from year to year in order to best accommodate all athletes in our program

**All athletes must be the age they will compete by August 31st.

Cheerleading is a yearlong commitment. By trying out for a team, you are committing to being on a team through April of 2018! If an athlete quits after being placed on a team there will be a \$500 fee, plus all money paid towards competitions and uniforms will be forfeited. Please understand cheerleading is a TEAM sport. If one girl quits part way through the year it affects the entire team. Cheerleaders must attend all practices, performances, and competitions!!

Sportsmanship:

All athletes and parents representing Premier Cheer are expected to behave in a respectful manner at all times. Parents must refrain from speaking negatively about other athletes, parents, or coaches. All athletes must treat their teammates, coaches, and other athletes part of other teams in a kind and courteous manner. Any disrespectful treatment (bullying, name calling, cussing, talking badly about another, etc...) to any other athlete or coach can result in removal of team. Parents and athletes must be respectful and kind towards all other teams at competitions. Speaking negatively about other teams/athletes will not be tolerated! If any athlete is having an issue with another athlete, parent, or coach that athlete needs to address the issue themselves with a Premier Coach!

Practices: Begin May 22nd

Pre-Team Cheer – Fridays 4:15-5:45

All other teams will be notified on May 20th when practices will be held. Plan on all all-star competition teams practicing 2 hours twice a week and a tumbling class. Prep teams will practice 2 hours once a week.

All cheerleaders are required to wear practice wear to every practice. Exception: plain black shorts and black/purple/white shirts/tank tops/sports bras can be worn in place of practice uniform.

During practices all jewelry must be removed! Gum is not allowed. Hair must be pulled back and cheer shoes are mandatory.

Cell phones are not allowed during practices! If there is an emergency situation, please call the gym. Filming parts of the routine during practice is not allowed unless you have prior approval from a coach or the director.

Parents, friends, and family members are not allowed in the gym except to use the restroom. All family members and friends must remain in the viewing area! Please do not try to get your child's attention while he/she is practicing. It is very disruptive to practice!

Absences:

Attendance is crucial to the team. If one girl is missing the whole team is affected and possibly cannot practice! Every practice is required. If sickness requires absence from more than one practice a doctor's note is required! Please do NOT be late for practice!!

Excused Absences:

- Contagious Illnesses
- Family Emergency
- School activities that will affect grades

Unexcused Absences:

- Traffic/ No Ride
- Too tired/Sore
- School activities/ Sports

Vacations:

During June and July absences are understood due to vacations. However, you will still be charged full price even if you miss practice. Attendance is mandatory starting in August in order to compete in September. We will also not hold practices during holidays and spring break. Practices during Christmas Vacation are to be determined at a later date.

Vacations are not allowed during competition season! (exception: if vacation will not make cheerleader miss any practices or competitions) If any practice is missed in the 2 weeks leading up to competition, an alternate can be used at the coach's discretion!

If any other practice will be missed, you must give the coach 2 weeks notice! Unexcused absences will result in a \$25 fee.

Cheer Camp:

Cheer camp will take place from 6/22-6/24 at CSU. All-Star Competitive Youth, Junior, and Senior teams are required to attend camp; however, it is optional to stay the night. If you choose not to have your child stay the night at camp fees will be adjusted as it is cheaper to not stay at camp. Camp is led by NCA (National Cheerleaders Association) and is taught by professional cheerleaders and coaches who have undergone extensive training in all areas of cheer, tumbling, and safety. All meals are provided in the cost of camp. The cheerleaders will stay in college dorms, 2 per room. Premier coaches will stay in the same building on the same floor as the cheerleaders and supervise them at all times. Cheerleaders will work on stunts, pyramids, tumbling, jumps, dance, and even learn a small custom routine which can be incorporated in their competition routine. Camp deposit is \$100 and is due 4/24!! Camp must be paid in full by 5/8!

Competitions:

This is a tentative schedule for our competitions Each team will not compete in every competition. Prep teams will only compete in the first day at 2 day competitions:

Sept 9th Spirit Fest @ Elitch Gardens

Dec 2nd – 3rd WSA Rocky Mountain Championship @ National Western Complex in Denver*

Jan 13th – Jan 14th Jamfest @1st Bank Center in Broomfield

Jan 27th America's Best Championship @ Denver Coliseum in Denver

Feb 17th – 18th The American Championship @ Budweiser Event Center in Loveland

Feb 24th Aloha International @ Belco Theatre in Denver*

March 3rd Cheersport Competition @ 1st Bank Center in Broomfield

March 31st AAS Denver in Denver*

April 7th – 8th Aloha International in Las Vegas*

April 14th GSSA Colorado in Denver*

* Allows Duos

Every competition is mandatory! If a competition is missed, it hurts the entire team! If any practice is missed in the 2 weeks leading up to a competition, an alternate may be brought in at the coach's discretion for practices and competition. You will still be responsible for the competition and practice fees. Not showing up for a competition may result in termination of the team. All cheerleaders are required to be at competitions early for warm-up. It imperative for all the cheerleaders to warm up their routine exactly as it will be competed prior to competitions. The coach will tell you the exact time to arrive at competition. If an athlete is late for warm-up or does not show up for warm-up, an alternate may be used at the coach's discretion. Half of all competition fees must be paid by September 2017, with the remainder due by December 2017! Uniforms must be worn in full during the entire competition. Warm up pants and jackets may be worn upon arrival and after the squad has finished competing. Hair and makeup must be done according to the way the coach has decided. All piercings (ex: earrings, nose rings, belly rings, etc...) must be removed prior to arrival at competitions.

Big Sis/Lil Sis (or Brother)

Coaches will assign each athlete a big sis/brother or lil sis/brother. This will help encourage athlete bonding throughout the year. More information will be distributed at a later date.

Uniforms:

Uniforms are as followed:

Competition top and bottom

Bow

Shoes

Camp wear:

Sports bras, shirts, shorts

Warm-up jacket (optional)

Backpack (optional)

All uniform pieces are required to be purchased unless noted or told otherwise by your coach. If you lose, rip, or stain a part of your uniform, let your coach know as soon as possible! You will be responsible for the cost to replace that piece of your uniform! Competition make-up needs to be purchased separately by you. Coaches will let you know what needs to be purchased. No shoe white socks also need to be purchased to wear for competitions.

Uniform try-on will be during the summer. A \$100 deposit is due at time of try on. The rest of your uniform fee is due by December. Uniforms will not be given out until all uniform fees are paid! (Exception is shoes and camp wear!)

If you already have a uniform that no longer fits, you may choose to bring it to sell at fittings. If your uniform still fits you may keep it for next season. Only buy the pieces you need to replace!

Fees:

There is a lot that goes into cheerleading. We have custom uniforms created just for our teams. There is also custom music and choreography created for each team each year! In competitive cheerleading each girl on the team needs to look like every other girl on the team so the team looks like a whole. This is why each girl must have the exact same uniform, bow, shoes, socks, and makeup!

Fees are broken up as followed*:

Uniforms: \$500 - \$600

Competitions: \$500 - \$900

Choreography/music: \$100-\$300

Pre-team monthly tuition: \$80

Prep Teams monthly tuition: \$90-115

All-Star Competitive Teams monthly tuition: \$130-\$160

Camp fee: \$400-\$450

USASF fee: \$30

Extras:

Throughout the year, we will plan special and fun events for all cheerleaders to attend. These events are optional and will be additional fees. They can vary from hiking, swimming, going to the fair, gym sleepovers, or other activities that will allow for team bonding.

Gym sleepovers are \$30 and include dinner and breakfast. They are usually on a Saturday from 7pm-9am.

**15% sibling discount

*Some fees are approximate and depend upon size of team.

Camp fees are due by 5/8

Competition fees require half to be paid by September and in full by December!

Uniforms require \$100 deposit by June 19th and paid in full by December!

Choreography and music fees are due on choreography days!

Tryouts:

Tryout clinic is Fridays from March 31st – April 21st from 6-7:30pm. This clinic is for all athletes 6-17 and is \$80. Tryouts are on April 22nd at 4:00pm. The cost is \$10. We will stretch, then they will tryout in groups of 2-3. The athletes will be told what stunt/tumbling class they need to attend for the next month until team placement. Tumbling classes are on Mondays (pre-team class will be Fridays), and stunting class will be on Fridays. Team placement month is from April 24th- May 19th. Parents will be notified by email what team their child has made and what day/time practices will be on Saturday, May 20th. Competition classes begin May 22nd.

What to wear:

Athletic Shorts (preferably black)

Athletic top or sports bra (preferably purple, black, or white)

Athletic shoes (cheer shoes if you have them)

Bow (optional, but hair must be in ponytail!)

What to Bring:

Copy of Birth certificate

Copy of Driver's License (if applicable)

Tryout Contract (Available at tryouts/clinic)

Tryout Registration form (Available at tryouts/clinic)

\$10

Contract

I have read and agree to all information in this packet. I understand that failure to comply to these rules may result in removal of the team. By trying out for a competition team, I am agreeing to commitment to the team through the end of April of 2018 or May if we qualify for a Summit Bid. I understand that if I decide not to be on a team after being placed on one or if I leave the team at any time from June 1st 2017-May 2018 that I will be charged \$500 and will forfeit all money I have already paid. Furthermore, if my uniform is not fully paid for I will have to return it to Premier but will NOT be refunded any money I have already paid towards it. By signing below, I am agreeing to all information, rules, and requirements above.

All conflicts will be immediately reported to the coaches or director. Cheerleaders must report any issues to their coaches and NOT gossip about issues with other cheerleaders.

By signing below, I am also giving Premier Cheer the right to take my cheerleaders pictures at events, practices, and competitions. These photos can be posted on Premier's social media sites and website.

(Athlete signature or parent if athlete is under 18)

Date

(Parent signature)

Date