



2019-2020 All Star Try-Out Information

Thank you for your interest in the Sideline Sports Storm Nation All Star Cheer Program! Sideline's first competitive team was established in 2013 as a Prep program with one team consisting of 27 athletes. We are wrapping up our 2018-19 season with 4 teams including two teams who crossed over for the first time this year as All Star!

Although the sport of Competitive Cheerleading focuses largely on skills and progression – at Sideline it is truly so much more. The lessons of hard work, perseverance, and commitment... build pride, courage, and confidence in our young people that will be carried with them throughout their life, careers, and family.

At Sideline, it has always been about more than the wins on the mat. It's about being there when times are tough. About loving each other beyond wins & losses. About lending a hand when one of our own are in need. It's about family.

We make it our goal from day to day and season to season to improve the quality of the product that we provide. We hope you will join us for the coming season to help us make next year our best year!

**The Best Athletes Come From
Small Gyms....**

Skill Evaluation Information

We expect dedicated & loyal athletes supported by parents who are as committed to the success of our program as we are. All athletes will be evaluated on individual skills. Skills should be mastered within each level and performed with strong & proper technique. We encourage participants to re-do their skills if they're not 100% satisfied with their tryout. Many factors are taken into consideration when evaluating athletes & deciding team placement. Athletes & parents will be notified with team placement via text between 5:00pm – 6:00pm on Sunday, May 19th.

Evaluations: All Levels

Saturday, May 18th

Check In: 12:30pm

Start Time: 1:00pm

If you cannot attend this evaluation date, please email Team@SidelineSports.org



Check List for Tryouts

- Pre-Register Online
\$70 for New Athletes
\$45 for Returning Athletes
*Includes t-shirt
- Completed Required Forms Packet
- Cash, Check or Draft form for 1st payment

What to wear:

- Black Shorts
- Black shirt or bra top
- Cheer Shoes
- Hair in ponytail

Evaluations will be CLOSED to parents & spectators. Please plan on dropping your athlete off at 12:30pm with the required paperwork. We will contact your after your athlete has completed their tryout and is ready to be picked up.

Parent Team Meeting Sunday, June 2nd at 6pm

Athlete Expectations Per Level

The following is a list of what skills are required for a majority of a team to perform at competitions for certain levels. This is a great guideline to review with your athlete as they work to progress their skills and to set reasonable expectations for team placement. Although we may not require each and every skill at the time of evaluations, we do expect for the skills within each level to be performed with strong & proper technique.

Team Level	Tumbling	Jumps
Level 1	<ul style="list-style-type: none"> • Back Roll • Cartwheel • Roundoff • Back Walkover • Front Walkover • Cartwheel, Back-walkover • Elite Pass: Front walkover, cartwheel, back-walkover and switch kick 	<ul style="list-style-type: none"> • Triple whip jump combination <ul style="list-style-type: none"> ○ Pointed toes & landing with feet together ○ Average understanding of motion technique with sharpness & arm placement
Level 2	<ul style="list-style-type: none"> • Back handspring • Back-walkover, back handspring • Roundoff, back handspring • Roundoff, series • T-Jump to back handspring • Elite pass: Front walkover, roundoff, back handspring 	<ul style="list-style-type: none"> • Triple whip jump combination <ul style="list-style-type: none"> ○ Pointed toes & landing with feet together ○ Average understanding of motion technique with sharpness & arm placement
Level 3	<ul style="list-style-type: none"> • Standing 3 back handsprings • Roundoff, back handspring, back tuck • Round off, tuck • Aerial • Punch Front • Jump, Back handspring • Jump, 3 - Back handsprings • Elite Pass: Punch front, roundoff back handspring, back tuck OR Front walkover, roundoff, back handspring, back tuck 	<ul style="list-style-type: none"> • Triple whip jump combination with at least a level toe touch • 3 level jumps to back handspring <ul style="list-style-type: none"> ○ Pointed toes & landing with feet together ○ Above average understanding of motion technique with sharpness & arm placement
Level 4	<ul style="list-style-type: none"> • Standing back tuck • Toe Touch, back handspring, back tuck • 2 – back handsprings, layout • Cartwheel, back tuck • Roundoff, back handspring, layout • Elite Pass: Roundoff, whip, thru to layout 	<ul style="list-style-type: none"> • Triple whip jump combination with at least a level toe touch • 3 level jumps to back handspring, back tuck <ul style="list-style-type: none"> ○ Pointed toes & landing with feet together ○ Excellent understanding of motion technique with sharpness & arm placement

Cost Commitment

The following is a list of fees for the 2019-2020 season. We understand that Competitive Cheer is an expensive extra-curricular activity so please do not sign up if you are unable or unwilling to pay the fees associated with the sport.

Payments are spread out through a 12 month period from June 2019 thru May 2020. Tuition payments are due on the 1st of each month. A late fee of \$10 will be added to all unpaid accounts on the 2nd day of the month and an additional \$15 late fee will be added to all unpaid accounts on the 11th day of the month. Exit fee applies if athlete withdraws from the program before the season is complete.

Monthly payment breakdown over 12 months includes: Team training, competition fees, extra practices, choreography, & music.

Monthly Team Payments over 12 months (June 2019 – May 2020)

	June thru Nov	Dec thru May
Tiny Prep Ages 5 – 6	\$234	\$154
Prep & All Star Mini, Youth, Jr & Sr Ages 5 - 18	\$295	\$215

Siblings receive a 10% Discount on Monthly Team Payments

\$120 discount to those who would like to pay the above fees in full up front by June 20th

Costs NOT included in monthly fee:

Annual registration fee	\$35.00
Practice Wear	\$180 - \$200
Performance Uniform	\$450.00
Bow	\$30-\$40
USASF Membership	\$35.00
Warm-up Jacket	TBD
Backpack	TBD
Makeup	Purchase on own
Cheer Shoes	Purchase on own
Baseball Jersey	Optional

DUE DATE

On anniversary of athlete original enrollment
At tryouts to be run on Monday, June 3 rd
Half due July 1 st / Half due Aug 1 st
Aug 15 th
Aug 15 th
Sept 15 th
For new athletes & return who would like a new one

Practice wear will include minimum of 2 sets of coordinating sports bras & shorts for team practices. Coaches will designate which practice clothes are to be worn on which day. Each team member is expected to wear the correct outfit to each practice.

Additional fees to be considered: Spectator fees & parking for competitions, out of town travel for events where we receive a BID, any "theme" practice dress and / or accessories for NCA week & Bid event weeks. Partial paid bid entry fees will be calculated based on bid award & billed to athlete accounts late spring.

Fund Raisers / Sponsorship

Fund raisers & sponsorship will be discussed at the first team parent meeting "Sponsor my Uniform" fund raiser will be available immediately after your athlete makes a team.

*****Should your athlete be removed from the program for either Disciplinary reasons or by your choice, there are NO REFUNDS for any reason.**

Competitions

All teams will compete in 6-8 competitions between the months of Oct-April not including any bid competitions in the spring. We will finalize our competition schedule by August. All competitions will be in the DFW metroplex. Bid events in the spring could require out of town travel.

It is important to know that there is the possibility of competing on a Friday or Monday for national competitions so your athlete may have to miss a school day for those competitions. Also, keep in mind that venues can change unexpectedly so the calendar we put out could be modified at any time.

Practices:

Teams will practice 2-3 times a week, with each practice ranging from 1.5-2 hours starting May 20th, 2019 thru May 2020. All team members are expected to attend all scheduled practices. Extra practices will be scheduled in the weeks leading up to competition if necessary. Teams will not practice on the weekends during the summer months (with the exception of choreography in July). Teams will practice one weekend day in addition to two weekday practices starting in August. We do occasionally make modifications to the team schedules throughout the year.

** Choreography will be scheduled middle – end of July. Dates & Times TBA.

** Uniform fittings will be scheduled June / July. Dates & Times TBA.

Attendance

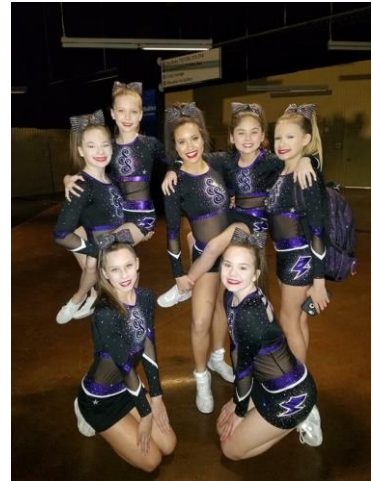
Sideline Sports is an organized program. Athletes are expected to attend all competitions as a team. We realize many children and young adults are involved in a variety of activities; however, we cannot make exceptions for schedule conflicts. We expect top priority and 100% commitment and attendance.

The success of our team depends on each individual's commitment to the program. In order to build a strong team, we must have a strong dedication to the program. During the summer months we understand practices will be missed due to vacations, but an excess of absences may result in being removed from the program all together.

You must email an absence request to Team@SidelineSports.org by JUNE 15 for all summer vacations. If the coach does not receive this form BEFORE you miss, then your absence will NOT be excused.

Athletes CANNOT miss any practices two weeks prior to a national competition. Excessive absences before competition may result in the athletes being replaced in the routine at the discretion of the coach.

If you're going to be late for any reason, you must call or text All Star Director, Billie Odem.



Tardy / Absence Policy:

We require 7-day written notice if an athlete will miss practice for any reason. Failure to do so will result in a \$25 fine. In the case of illness or emergency, coaches need to be contacted via text / email immediately. If you do not contact anyone regarding an absence, it will be considered unexcused.

In order to cut down on unexcused absences, we have implemented a 3 strike policy

- **3 unexcused absences = \$25 fee**
- **Every unexcused absence thereafter will result in a \$25 fee**

**It is the responsibility of the athlete to learn any changes they missed due to an absence, which may include extra practice time and / or booking private lessons with the team coach.

Excused Absence

- Mandatory school functions that result in a grade
- Death in the immediate family
- Contagious illnesses (vomiting, fever, strep throat, etc.)
- Hospitalization (a doctor's note will need to be submitted to the head coach)

Unexcused Absences such as, but not limited to:

- Vacations, Dances, concerts, part-time jobs, homework / studying, birthdays, school/church socials, and other non related school activities

For any absences or tardies, athletes are expected to condition at the coach's discretion to make up for their time missed. If done repeatedly, the athlete may subject themselves to dismissal from the team.

If an athlete is absent during a practice where changes to the routine were made, it is the responsibility of the athlete to learn changes prior to their next practice.

All competitions are MANDATORY. Please don't make any additional plans for the weekends of a competition. We ask that parents sit together during competitions; it makes for a loud and much more exciting atmosphere for the athletes. The louder the better!

Competition Attendance

There are no excused absences from a competition. Every team member is expected to be there even when ill.

Sick Policy

Athletes MUST attend practice when you are sick. The athlete will not be required to participate; however, they must be present in case the choreography is altered. An athlete will jeopardize their position if this rule is not followed. Severe circumstances will be considered, but a valid doctor's note will need to be provided. In addition, the doctor's note should have detailed information regarding the illness, treatment, and length of recovery. This includes dental, medical, and any other health related issue that would prohibit a student from participating.

Injuries

In the event that a student is injured at home or during other extracurricular activities, we ask that you please notify us as soon as possible. You should call Billie Odem directly. We will make changes with choreography prior to practicing. We will re-choreograph routines based on the person's injury and length of recovery. Once the individual has been fully released by doctors, he or she may or may not be choreographed back into the routine based off the amount of time before the team's next competition. The coaches have complete discretion in replacing such individuals for the rest of the season. All injured athletes must continue to pay their team fees and monthly tuition to reserve their spot on team. No refunds will be given.

Team Practice Rules

Parents and friends may not sit inside the gym area. Practices may be viewed on the monitor in the lobby. We reserve the right to close practices.

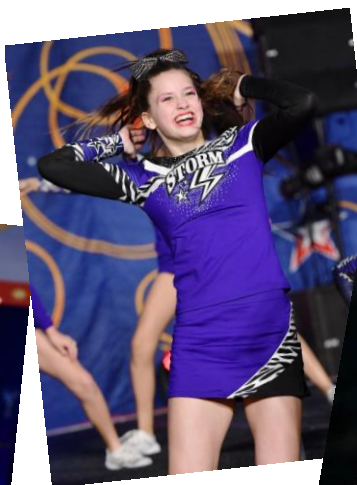
Athletes must have a positive attitude and come to each practice ready to work hard and give it their all! Negative behavior will not be tolerated. Any form of disrespect or actions contrary to expected conduct towards the gym, coaches, other athletes, parents, or other gyms will result in immediate dismissal from the program.

There is to be NO JEWELRY worn to practice, which includes all earrings, belly button rings, and necklaces. This is not simply for appearance sake, but for the safety to the one wearing the jewelry and for those either flying or basing who might be injured as a result. All CELL PHONES should be turned OFF during practice time. There is to be NO GUM whatsoever at practices or competitions. There is to be NO excessively long fingernails or sculpts. Team practice clothing must be worn.

Athletes are expected to wear the appropriate practice outfit and their hair up and out of their face. Lost, misplaced or damaged clothing will be replaced at your expense. Anyone late or dressed incorrectly will condition as coach sees fit.

Medical Conditions

At tryouts, parents must submit a written notice with details regarding special medical conditions that require medication, asthma inhalers, extreme allergies, etc.



Registration for Storm Nation All Stars

Athlete First Name: _____ Last Name: _____

Athlete Date of Birth: _____ Age on 8/31/2019 _____

Grade entering for 2019-2020 _____

CONTACT INFORMATION:

Mothers First Name _____ Last Name _____

Mothers Cell Phone _____

Fathers First Name _____ Last Name _____

Fathers Cell Phone _____

Athlete Cell _____

Primary Email:

Secondary Email:

Athlete Email:

Financial Guidelines

- 1) The team tuition portion of your fees covers regular practices, extra practices, competition fees, choreography / music and staff assistance at competitions, etc. Tuition will not be prorated for holidays, gym closings, and weeks without practices.
- 2) All candidates must show a \$0 balance on their Sideline Sports account from any previous commitments to be eligible for a team for the season. Please direct any concerns to Marisa Perry.
- 3) After you have been selected for the All Star Team, your first team payment will be due at tryouts & payments will be run the Monday after the first parent meeting. You will not be allowed to participate until this is paid. All payments are made payable to Sideline Sports.
- 4) Every month thereafter, tuition is due by the 1st of the month. Late fees will be assessed to outstanding accounts as of the 2nd day of the month.
- 5) Tuition will not be pro-rated for missed practices due to vacations, holidays, competitions, gym closings, sickness or injuries. Teams will have plenty of extra practices during competition season to make up the time due to gym holidays / closings.
- 6) Should your athlete be removed from the program for either disciplinary reasons or by your choice, there are **NO REFUNDS** for any reason. Exit fee applies if athlete withdraws from the program before the season is complete.

I _____ **HAVE READ & UNDERSTAND THE FINANCIAL GUIDELINES & WILL FULFILL THESE COMMITMENTS THROUGHOUT THE 2019-20 SEASON.**

(Parent Signature)

(Date)

Recurring Credit Card Payment Authorization

You authorize regularly scheduled charges to your credit card. A statement for each payment will be provided to you via the athlete account available on our website and the charge will appear on your credit / debit card statement. You agree that no prior-notification will be provided.

I _____ authorize SIDELINE SPORTS to charge my Credit Card for team tuition & class fees listed in the Sideline Sports all star team packet on the 1st day of month.

Card Details

Visa MasterCard

Cardholder Name _____ Account/CC Number _____

Expiration Date ____ / ____ CVV ____ Billing Zip Code _____

I understand that this authorization will remain in effect until I cancel it in writing, and I agree to notify Sideline Sports in writing of any changes in my account information or termination of this authorization at least 30 days prior to the next billing date. I acknowledge that the origination of Credit Card transactions to my account must comply with the provisions of U.S. law. I certify that I am an authorized user of this Credit Card and will not dispute these scheduled transactions; so long as the transactions correspond to the terms indicated in this authorization form.

SIGNATURE _____
(Cardholder's Signature)

DATE _____

Authorization & Release Form

Athlete First Name: _____ **Last Name:** _____

Health Information

Any known allergies or medical conditions:

Preferred Hospital _____

Medical Insurance Company _____

Emergency Contact (in the event parents cannot be reached)

Name _____ Phone _____

Relationship to Athlete _____

I authorize Sideline Sports Cheer & Tumble and its representatives to consent to medical treatment for my child when I cannot be reached to so consent. I understand that first aid will be rendered if necessary or if instructed to do so. I give my permission to take my child to such place as may be necessary for the proper care. I grant permission to any hospital or clinic staff member to administer immediate treatment if necessary and accept financial responsibility for all services rendered. As in all athletic activities, there is an inherent risk of injury. I do hereby on behalf of myself and my child, release and forever discharge Sideline Sports Cheer & Tumble, Marisa Perry, Billie Odem or any entity forward by the aforementioned individuals, from any and all claims, demands, and causes of action for injury to persons or property arising from participation in Sideline Sports Cheer & Tumble instruction, practices, performance, and/or activities. I further attest and acknowledge that my child is in good health and condition and is physically able to participate. I accept financial responsibility for instructional class, privates, choreography and/or all-star tuition fees. I understand the all-star program is an eleven month commitment. All fees paid associated with the all-star program are non-refundable. If my child participates in the all-star program, I accept and agree with the terms and provisions stated in the all star handbook and agree to be financially responsible for all star expenses, including, but not limited to, tuition, uniform costs, competition and/or activity fees and miscellaneous expenses.

I hereby give my permission for my child to participate in Sideline Sports Cheer & Tumble all star programs.

PARENT SIGNATURE: _____ **DATE** _____

Parent Code of Conduct

Parents are vital in helping their children maintain high moral character, fulfill their commitment and keep a positive attitude. Sideline Sports wants to serve as a partner to the parents--helping each child achieve these goals--but the primary job must lie with the parents. Please read this carefully and understand that you are making a commitment of time and financial resources. You are also committing to support our program's philosophies and goals. PLEASE INITIAL EACH OBLIGATION.

_____ 1) I understand that my actions are a reflection of Sideline Sports and should be of strong moral character. I will be a positive role model for my child and will encourage sportsmanship by showing respect and courtesy, and by demonstrating positive support for ALL athletes, coaches, and spectators at every practice and competition. If the viewing area becomes a negative environment at any time during the year, those directly involved in the negativity will be asked to drop off their children for practice and return for a timely pickup.

_____ 2) I am aware that this is a 12 month competition season and will do everything in my ability to enable my child to participate in all practices and competitions throughout the season. I understand that a team is depending on my child to fulfill his/her responsibilities as a team member. I will do all that is necessary to get my child to practice on time and assure that he/she does not need to leave practice early.

_____ 3) I will maintain a positive attitude by remembering that children participate in cheerleading to have fun, and that the sport is for children, not adults.

_____ 4) I will teach my child that doing one's best is more important than winning, so that my child will not feel defeated by the outcome of a competition or his/her performance. I will encourage my child to be a humble winner and a gracious loser.

_____ 5) I will respect the coaches and their authority during practices and competitions and will not question, discuss, or confront the coaches during a practice or a competition, nor will I pull my child out of practice without communicating with the coach. I will take the time to speak with the coaches at an agreed upon time and place.

_____ 6) If my child is involved in any matter of disrespect towards any Sideline Sports staff member or student, I will resolve this problem with my child immediately.

_____ 7) I fully understand that the coaches reserve the right to suspend my child's participation indefinitely in practice or competition (which may include losing positions) as a disciplinary action if any of the rules, policies, or codes of conduct are not adhered to.

_____ 8) I will attend parent meetings, read e-mails, and check the website to retrieve information that Sideline Sports has prepared.

***I have read over the Code of Conduct with my child, understand what is expected of my child, and will help to ensure my child's adherence to these matters.

PARENT SIGNATURE: _____ **DATE** _____