

# **Arkansas Cheer Unlimited Competitive All Star Handbook 2010-2011**

## **What is All Star Cheerleading?**

Many times when you think of cheerleading the thought of a group of people there to support an athletic team at school comes to mind. This is not the case with all stars. These kids are involved in this as a competitive sport. Their sole purpose is not cheering on the team at school, but winning competitions for themselves. It is a lot of hard work and requires a lot of dedication, but the rewards can really pay off. All star cheerleading is a sport, not a hobby. It gives everyone a chance to meet other kids from all over the country and allows them to reach their highest potential as an athlete. Congratulations on your decision to become a part of this team program.

## **What you should know about ACU!!!!**

Arkansas Cheer Unlimited is just finishing up its 7<sup>th</sup> competitive season. In that amount of time, ACU now holds 45 National Championship titles and 2 International Championship Titles. ACU has also received other numerous awards such as innovative choreography awards, most entertaining trophies, and even a most spirited fan award. The All Star teams consist of athletes ages 5-18 from all over AR and OK. ACU has had over 20 seniors graduate from the all star program and go on to receive college scholarships for cheerleading.

## **How often do they practice and when?**

Practice days will be set after the teams are put together. A survey will take place on the best days and times for everyon. Then the practice schedule will be decided, majority rules. Also, extra practices may be called if needed. Every all star is in the gym 5 hours a week. Team practices are 2 hours, 2 times a week. They also have 1 hour of required tumbling.

## **What do they learn in all star cheerleading?**

All Star cheer covers every aspect of cheerleading. They will learn motion technique, jumps, dance, partner stunts, pyramids, tumbling, and spirit. They will also learn life skills, such as teamwork, setting goals, self discipline, commitment, sportsmanship, etc...

## **ATTENDANCE**

Once the practice times are set, everyone is expected to be there. This is a group sport! No member is more or less important than any other member. You can get a lot accomplished in a 2 hour practice if everyone is there. If members are missing the whole team suffers. Practices are not an option. Also, exhibitions and competitions are mandatory. It takes the team in its entirety to perform to the best of their ability. Each member has to be committed to themselves, their goals, and to other members on the team. ACU does not discourage any athletes from participating in school activities. ACU is willing to work with school activity schedules. However, this is a very committed sport and attendance is the basis for a winning season. You will have all of the practice days and competition schedule in plenty of time to make any arrangements that are needed. Please note that if a coach of another activity refuses to work around competitions and exhibitions you will then have to decide which activity you want to participate in.

### **Excused and unexcused absences**

There are 3 reasons that an absence would be excused...

1. School related events which in turn result in a grade (i.e. school plays you perform in, games you cheer at, ect...) Activities such as school dances or games that you do not have to be there for a grade are not excused.
2. Death in the family
3. Illness. You must be contagious or running a fever to not be at practice. For an illness to be excused it must also come with a doctor's note. If the athlete doesn't feel well they need to come watch, but they will be allowed to sit out.

From August 1 until the last competition every athlete is allowed 2 unexcused absences. Any more than 3 will result in dismissal from the team. If excused absences get out of hand, that athlete will be removed from the team.

## **COST OF ALL STARS**

### **The uniform**

The uniform is approximately \$280.00 for the top, skirt, bloomers, tax, shipping, fitting, and monogramming. Make up is always around \$40.00. Each cheerleader will wear no show socks. These can be found at Wal-Mart. The bow is around \$15.00. Every all star is required to purchase the uniform.

Optional pieces to the uniform...

ACU will order warm ups that match the uniform and bags. These are not required but are recommended.

## **Tuition**

Tuition is 100.00 a month (4 hours of team practice and 1 hour of tumbling is included)

There is also a \$25.00 registration fee that must be paid once a year. If you quit all stars anytime after August 1<sup>st</sup>, or dismissed, you are responsible for the entire year of tuition and meet fees.

## **Early Tuition Payment Incentives**

If someone chooses to pay tuition for a year there is a \$100.00 incentive. Meaning if you are to pay from May to May the charge would be \$1100.00. If you paid for all stars month to month it would end up being \$1200.00

## **Meet Fees**

Meet fees will vary depending on which company is hosting the competition. The meet season usually begins around the beginning of December and ends around mid April. Meet fees are not ACU charges. They are required fees, which have to be paid to the hosting company in order to compete. Meet fees are paid to ACU fundraising club. If your tuition is in default, yet your meet fees have been paid you will not be allowed by ACU to compete. All fees must stay current in order to participate in the all star program. It is estimated that meet fees will be \$750.00 for the 2010-2011 season.

## **Fundraising**

Throughout the entire year, fundraisers will be available to anyone that wishes to participate. The availability of fundraisers allows ACU to enforce the tuition policy and meet fee requirements.

## **ACU LOGO POLICY**

It is our desire to protect the reputation of the gym and the integrity of the ACU logo. That is why ACU does not permit the logo to be used for anything that has not been approved by Stacie Kohles. Also, anything with ACU, jags, jaguars, ACU all star, etc. on it cannot be made unless it goes through the ACU Pro Shop.

## **CONDUCT**

### **Rules and Regulations:**

1. No smoking, drinking of alcoholic beverages, or use of illicit drugs. This will warrant immediate dismissal from the squad.
2. Challenging the authority of the coach or person in charge, by student or parent, will be automatic dismissal from the team.
3. Abusive behavior, lying, or any other negative form of behavior will be grounds for dismissal.
4. Each member will follow all rules and guidelines given by the coach or person in charge.
5. Any negative behavior towards an ACU member or to another gym, via any medium (i.e. internet) will result in dismissal from the team.
6. No profanity in the gym or at meets. You are always a role model for someone else so you need to be on your best behavior. You are representing ACU and staff.

### **Leadership**

1. Each member must be aware that no person has the right to be on ACU, it is a privilege.
2. Each member and parent must be aware of the responsibilities required and the commitment he/she is making to the team.
3. Each member must be willing to cooperate with and be helpful to the coach or any person in charge.
4. Each member must realize the manner in which they conduct themselves while representing ACU.
5. Each member must be willing to work hard and strive for excellence.

### **Expectations**

1. Members will set and maintain the highest examples of behavior.
2. Members will maintain proper appearance with no extremes in apparel, hair, make-up, piercing, or tattoos. Coach's decision is final!!
3. MEMBERS WILL BE ON TIME TO ALL ACTIVITIES!
4. Members will do everything in their power to achieve personal and squad goals.
5. Each member is responsible for finding out any missed information.

### **Competitions**

Members are required to attend all competitions. THIS MEANS THROUGH THE AWARDS CEREMONY!

## **Parental Obligations**

1. Any negative behavior towards an ACU member, ACU staff, or to another gym via any medium, will result in dismissal from the team.
2. To make sure your child is on time and to attend all practices and events.
3. The parents are to inform the coach if the student is to be late or absent from practice. Never send information through someone else.
4. Parents are to fulfill any financial obligations.
5. No parent is allowed in the gym during practice unless invited by the coach. An observation room is provided upstairs for viewing.
6. No parent is allowed to distract any student during practice.
7. Practice is not the time to bring questions or concerns to the coach.
8. Open practices for parents should be considered a privilege. Anyone who abuses this privilege will lose it.
9. Parents are not allowed in the warm up or competition areas during a meet. This may result in our team being deducted or even disqualified.
10. No parent is allowed to approach any meet official at any time. This may cause our team to be disqualified from the meet and is not acceptable.
11. No parent should take it upon themselves to call and complain about a meet or competition. The team coach will handle this matter in a timely and courteous manner. We do not want to get a reputation for unnecessary complaining.
12. Parents are to encourage and support all team members
13. Parents who need to speak with the coach need to refrain from talking to the coach during practice hours.

**Conduct is very important in all aspects of ACU. Anyone who is not able to follow these rules and regulations will be dismissed!!!!!!!**

## **TEAM PLACEMENT**

The ACU teams are carefully put together. ACU wants every ACU team to excel in every aspect of cheerleading. Members of each team are chosen by their tumbling, motions, jumps, dance coordination, attitude, dedication, and the specific needs of each particular squad. Do not get discouraged if your child did not make the team he/she wanted. Keep encouraging them to work hard and to be an asset to the team they represent. If you are positive, your child will be positive. When spots are available on a team, ACU staff reserves the right to move a team member from one team to another or take someone from outside the team to fill the spot. The decision will be based on what the team needs to improve its performance. It is also important to understand that the team members **MUST KEEP** the skill level they have at tryouts. If they lose a skill they will be put on probation for 2 weeks and then, if necessary, moved to a more appropriate team for their skill level or removed from ACU teams completely.

Every year all star teams go through the loss and addition of athletes. The expulsion and addition of any member is at the discretion of the coach.

### **Additional Information**

ACU is not a babysitting service!!! Please do not drop off your cheerleader early or pick them up late from team practice or tumble class. Also, do not allow your child to bring a friend or sibling to “play” at the gym at any time.

Please refrain from punishing your child by taking away ACU activities. Once your child is on a team, this punishes everyone when your child is not allowed to attend practice or participate in a competition. If your child is taken off his/her team by the parent, there is no guarantee that ACU will reinstate that member once the punishment is over.

If you are unable to commit to the competitive program ACU also offers excellent recreational classes. More information on the recreational program is available at the front desk or on the website.

Thank you for your interest in ACU. We appreciate your consideration and hope this program is what you are looking for. We are looking forward to working with you in the future.

Owner/Head Coach

Stacie Kohles