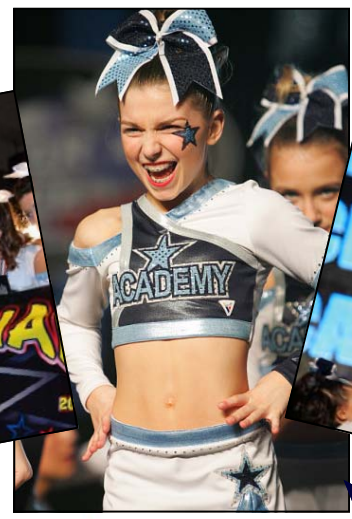
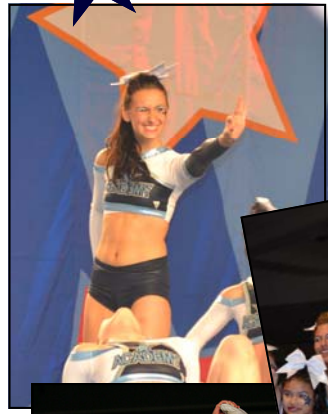


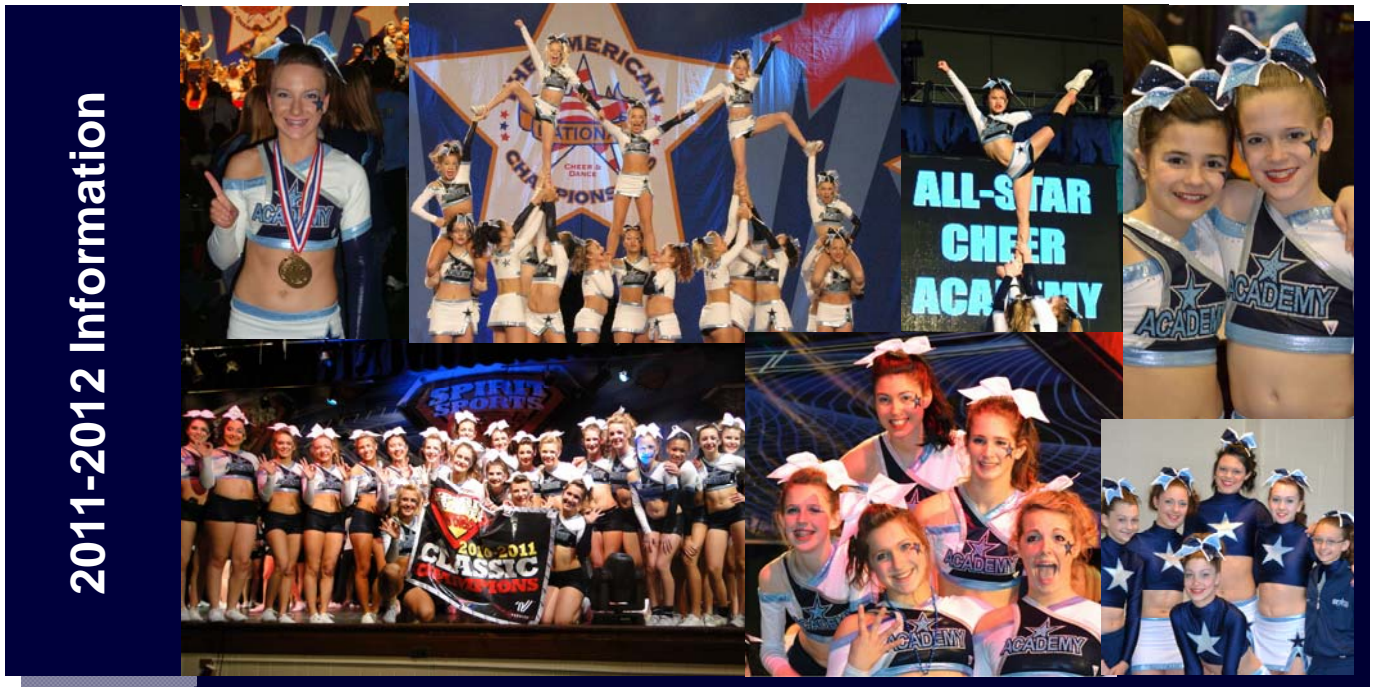


This is what ★
it's all about...



2011-2012 Program Handbook

All-Star Cheer Academy



2011-2012 Information

All-Star Cheer Academy was founded in 2005 with the mission to bring a comprehensive cheer program to NEPA that is professional, safe, and fun for every young athlete. The 2011-2012 season will mark our 7th year in the industry, and our purpose still remains the same.

Our goal is to offer your child a safe, challenging and fun cheerleading program, whether it is your first cheerleading experience or you have been cheering for many years. Team members will learn how to dedicate themselves as an individual and as part of a team. They will learn to set and reach goals with the help of their teammates and their coaches. We strive to help each individual reach his or her personal and athletic potential. Our purpose is not only to develop the best team possible, but also to promote self-discipline, self-esteem, integrity, team work and commitment in a fun and safe environment. Our team members work hard to prepare for some of the most competitive competitions in the country.

Over the last six years, ACA has achieved more success than any other program in the area. As a program, we do not just say we are the best—we prove it—and continue to strive to live up to that expectation. We have earned top honors at some of the most prestigious competitions in the country as well as winning National Champion titles. ACA prides itself on our ability to take beginner level cheerleaders and train them to be elite athletes. We are the first gym in NEPA to offer a Level 4 competitive cheerleading team. But whether beginner or elite, our gym has teams for everyone!

We strive to expose our cheerleaders to the best of the best in all-star cheerleading world. Our teams have competed against the top teams in the country. We have brought in top industry coaches and choreographers to work with our girls. We are partnering and developing relationships with some of the top gyms in the country for coaches clinics, skill camps, and for the simple purpose of making friends with cheerleaders from all levels of competitive cheerleading!

“We believe in every athlete at ACA - that each and everyone of them has a potential that we strive to help them reach. And most importantly, this philosophy does not only pertain to cheerleading skills, but to the elements of every child’s character that they will carry with them throughout their lives.”

That belief is uniquely ours - That is the ACA difference!



All-Star Cheerleading Overview

All-Star cheerleading isn't what you imagine when you think about the traditional role of cheerleaders – standing on the sidelines, leading cheers. All-Star cheerleaders have taken the activity of cheerleading to a place where they can train and obtain superior levels in tumbling, stunting, jumps, dance and cheer – inside the gym. Since it's beginning some 20 years ago, all-star cheerleading has become a sport that marries the athleticism of gymnastics and acrobatics with the entertainment of a Broadway show.

The cheerleaders and teams are 'leveled' based on the ability and skill levels they perform at, much like competitive gymnastics. This allows teams to compete fairly at similar ability levels and for each cheerleader to be able to follow the proper progression through skills and levels. By grouping cheerleaders and then the teams that compete against each other by levels, fair-play is ensured at each competition. Whether beginner or elite, cheerleaders can perfect their skill level and enjoy competing against similarly skilled teams. The teams compete by performing a 2:30 routine comprised of tumbling, stunting, basket tosses, jumps, pyramids, and dance.



2011-2012 Program Overview

ACA offers 2 Types of Cheer Programs

- ★ Competitive Travel
- ★ Partial Travel Teams

FOR ALL TEAMS, THE ATHLETE'S AGE AS OF AUGUST 31, 2011 WILL BE USED FOR THE ENTIRE SEASON.

Competitive Travel Teams

Overview

ACA will be offering the following competitive travel teams for the 2011-2012 Season. Teams are tentative and based on enrollment.

TINY LEVEL 1—Ages 3-5 (will attend a limited number of competitions)

MINI LEVEL 1—Ages 6-8

YOUTH LEVEL 2—Ages 11 and younger

SENIOR LEVEL 2—18 and younger

JUNIOR LEVEL 3—Ages 14 and younger

SENIOR LEVEL 3—18 and younger (Strong Level 3 skill required for team.)

SENIOR LEVEL 4—18 and younger

SENIOR LEVEL 5—Ages 12 to 18

Travel

These teams typically travel to a approximately 8 competitions throughout the season. Our travel schedule takes us to competitions primarily in PA, NJ, and MD. One or two of the seven competitions is a Two-Day National Competition where the teams would compete both on Saturday and Sunday.

Our Elite Senior teams WILL attend a national competition which will required significant travel distance. This competition will be determined in the fall. Please consider this when placing. All athletes on these teams will be required to attend.

Practice

- ★ Generally 4—6 hours per week dependent on team. Please see Practice Schedule Grid.
- ★ Coaches will schedule additional practices at their discretion as competitions near.
- ★ All additional tumbling classes are FREE of charge.



Partial Travel Teams

ACA will be offering the following partial travel teams for the 2011-2012 Season. Teams are tentative and based on enrollment.

MINI or YOUTH LEVEL 1

SENIOR LEVEL 1/LEVEL 2—Based on abilities and ages of participants

The partial travel teams will attend 2-3 competitions throughout the year primarily in PA and NJ. The partial travel teams MAY compete as exhibition only, which means they will perform their routine but not be judged or ranked at the competition. This decision will be made based on the number of athletes enrolled in the program.

Practice

- ★ 2 hours per week. Please see Practice Grid Schedule.
- ★ Coaches will schedule additional practices at their discretion as competitions near.
- ★ All additional tumbling classes are FREE of charge.

The Academy's Goal & Mission:

Our Goal

To provide a quality, professional, safe competitive cheer program to the athletes of North-eastern Pennsylvania.

Our Mission

To encourage, promote and believe in the value of teamwork, leadership, learning, self-worth and confidence among staff and students through the sport of cheerleading in an effort to contribute to our future society.

Staff and Instructors

We only choose the best of the best to coach, teach and be role models for our athletes. Our staff has combined coaching, cheering and gymnastics experience of over 75 years!!!! Our coaches certifications include:

- ★ **USASF**
- ★ **USA Gymnastics**
- ★ **First Aid**
- ★ **CPR**
- ★ **AACCA**

Please visit us online at www.allstarcheeracademy.com for more of our coaches biographies.

TEAM/FEEs	Team Type	Registration	Single Team Monthly Tuition (11 Months)	Uniform	Competitions	Single Team Competition Fees	ACA Vs. Other Programs
TRAVEL Practicing 3 hrs/week.	Tinys, Minis	\$75	\$85 (July '10—May'11) (11 Months)	\$180** (New Member)	3-4 Regional Competitions	\$80 Per month for 3 months	
TRAVEL Practicing 4 hrs/week.	Level 2, Junior Level 3	\$75	\$95 (July '10—May'11) (11 Months)	\$420** (New Member)	6-7 Competitions (includes Two 2-day National Competitions)	\$125 Per month for 5 months	Savings of OVER \$450 annually!!!
TRAVEL Practicing 6 hrs/week.	Senior 3, Senior 4, Senior 5	\$75	\$125 (July '10—May'11) (11 Months)	\$420** (New Member)	6-7 Competitions (includes Two 2-day National Competitions)	\$125 Per month for 5 months	Savings of OVER \$700 annually!!!
PARTIAL TRAVEL Practicing 2 hrs/week.	PT Minis, PT Senior	\$75	\$75 (Sept'10—May'11) (9 Months)	\$180 (New Member)	3 Regional Competitions	TBD	
DOUBLE TEAM/ CROSSOVER	ALL	N/A	\$30	N/A		TBD	
CHEERNASTICS CLASSES	ALL		FREE to ANY TEAM MEMBERS				

A 20% tuition discount is offered to additional siblings in the program.

- ◆ ****OUR uniform fees INCLUDE: Sneakers, Socks, Bow, Bloomers, Make-up, your Competition Top, Skirt AND an ACA Practice T-shirt!**
- ◆ **Travel teams only pay 11 months of tuition vs. 12 months at other programs.**
- ◆ **We are the only gym with NO Additional Monthly Cost!! We do NOT charge you for Choreography, Placements, Camps, Guest Instructors, Music and More!**
- ◆ **Monthly Tuition and competition Fee Escrow will change for double team athletes.**
- ◆ **Elite Teams will be considered for an additional national competition. The fee for this competition is not included in this schedule.**



Program Fee Detail

(ALL FEES ARE LISTED IN PREVIOUS GRID)

Registration Fee

Due at time of registration or the start of the new season.

Monthly Tuition

Tuition is due no later than the 10th of each month of the current season.

LATE FEES: A \$10.00 late fee will be charged to all account past due accounts after the 10th of each month.

Uniform Fees

Competitive Travel Teams (excluding Tinys)

The Uniform breakdown for our Competitive Travel Teams is as follows:

Competition Uniform (Skirt and Top)	\$280.00
Sneakers (Infinity—Phoenix)	\$ 85.00
Socks	\$ 5.00
Bow	\$ 20.00
Make-up	\$ 30.00
TOTAL COST:	\$420.00

Competitive Travel Team Uniform Fees are due in 3 Payments of \$140.00

Uniform Payment #1 due [August 30, 2010](#)

Uniform Payment #2 due [September 30, 2010](#)

Uniform Payment #3 due [October 31, 2010](#)

Tiny Travel Team

The uniform breakdown for our Tiny Team is as follows:

Competition Uniform (Skirt and Top)	\$130.00
Sneakers (Chasse—Rockets)	\$30.00
Bow	\$20.00
TOTAL COST:	\$180.00

Tiny Travel Team Uniform Fees are due in 3 Payments of \$60.00

Uniform Payment #1 due [August 30, 2010](#)

Uniform Payment #2 due [September 30, 2010](#)

Uniform Payment #3 due [October 31, 2010](#)

Partial Travel Teams

The uniform breakdown for our Partial Travel Teams is as follows:

Competition Uniform (Skirt and Top)	\$130.00
Sneakers (Chasse—Rockets)	\$30.00
Bow	\$20.00
TOTAL COST:	\$180.00

MAKE-UP CAN BE PURCHASED, BUT NOT REQUIRED. COST \$30.00

Partial Travel Team Uniform Fees are due in 3 Payments of \$60.00

Uniform Payment #1 due [August 30, 2010](#)

Uniform Payment #2 due [September 30, 2010](#)

Uniform Payment #3 due [October 31, 2010](#)

PLEASE NOTE:

- Once the item is ordered, because they are usually custom, there are no refunds or returns.
- If an item is ordered after the bulk order has been placed, you may incur shipping charges for your particular order.
- If an item must be return, you must incur the restocking fees, if any.
- **You will not receive your uniform items until they are paid for AND all tuition payments are current.**

Competition Fees

Competition fees are the fees charged to compete at each competition we attend. These are set by the company hosting the competition we are attending. Some useful information about competition fees:

- All Competition Fees will escrowed in 5 monthly payments this year. This will allow for easier tracking of monthly payments.
- If you double team/crossover to another team, you are responsible for all competition fees associated with multiple teams.
- Anyone who becomes delinquent with their competition fee payments will not be allowed to participate in practice and/or competitions until the account is brought current. *Please see our Payment Policies.*

Hershey Park Competition:

Included in your competition fee for Hershey Park, is a one-day park ticket. This ticket must be purchased in order to participate in the competition. If you choose not to use it the weekend of the competition, the tickets are good throughout the summer months.

Additional park tickets are available the day of the competition at a discounted rate. These tickets cannot be purchased through ACA ahead of time.



PRACTICE SCHEDULE: (September 6, 2011—May 19, 2012)

TEAM	MON	TUES	WED	THURS	FRI	SAT	SUN
Youth Lvl 2			4:30-6:30			10:00—12:00	
Senior Lvl 2		4:30—6:30				3:00—5:00	
Junior Lvl 3			6:30—8:30			1:00—3:00 Sept—Oct	12:30—2:30 Nov—May
Senior 5		6:00—9:00				12:00—3:00 Nov—May	12:00—3:00 Sept—Oct
Senior 4				6:00—9:00			2:30—5:30
Partial Travel Youth/Mini	4:30—6:30						
Partial Travel Senior	6:30—8:30						
Open Gym	8:00—9:00				5:00—6:30		11:00—12:30
Cheernastics	5:30—6:30 6:30—7:30			4:30—6:30		12:00—1:30	

Extra Practices

Throughout the course of the season, extra practices may be scheduled in order to prepare our teams for competition. These practices are at no additional cost.

Practice Cancellations

If practice is cancelled, mainly due to inclement weather, a make-up practice will be scheduled.

IN CASE OF INCLEMENT WEATHER, PLEASE CHECK THE WEBSITE FOR CLASS CANCELLATIONS.

2011—2012 Closings:

Our gym will be closed on the following dates:

Summer Break— August 27, 2011—September 5, 2011

Halloween—October 31, 2011

Thanksgiving—November 23-27, 2011

Christmas/New Year's—December 23, 2011—January 1, 2012

Easter—April 5—8, 2012



Practice Guidelines

PRACTICE ATTIRE:

Practice uniforms will be not be mandatory. Athletes are to wear a white t-shirt and navy or black shorts to practice. During the fall, All-Star Cheer Academy shirts, shorts, etc. will be for sale. This gear may also be worn to practice, however, the purchasing of these items is not mandatory. It is highly recommended that a sports bra is worn underneath shorts and shirts so that athletes are covered up appropriately and for improved safety.

Gym Dress Code:

1. ONLY t-shirts (preferably ACA) and shorts should be worn to practice. No sweatpants or sweatshirts allowed as they present safety issues.
2. Cheerleading type shoes should always be worn. (No running shoes, please.)
3. Sports bras are to worn.
4. No Spaghetti strap shirts allowed.
5. NO JEWELRY. Including ear, nose, tongue, eye brow or belly button rings. Wearing these could result in serious injury to your child, another child or to a coach.
6. Fingernails should be kept short.
7. Hair should ALWAYS be pulled into a pony tail.

ATTENDANCE

Competitive Cheerleading is a team sport, which requires regular attendance by all team members. We expect all team members to attend scheduled practices. Attendance is extremely important to the success of our teams. All practices are mandatory. **An athlete is allowed a total of 5 absences, regardless of reason, during the months of September—May.** In the unlikely event that you exceed these absences, you will be asked to meet with your coach and management to reach a resolution.

It is mandatory that a coach be notified immediately if an athlete must miss or arrive late to practice. You will be responsible for finding an adequate substitution for practice should you have to miss. The coaching staff will provide information to assist you. All substitutes must be approved by your head coach.

We recognize that there are sometimes legitimate reasons for a team member to miss practice. If a parent feels that is in the best interest for the athlete to miss practice, we ask that the parent contact the coach as far in advance as possible to discuss the situation. If possible the coach will accommodate the request to miss practice. If it is not possible, the coach will explain why not. We believe with adequate lead time and cooperation between coaches and parents, we will be able to resolve most potential conflicts. If the coach and parent are unable to agree on a resolution, the coach will involve ACA management. We certainly understand that ultimately, it's the parent's decision. It will be ACA's responsibility to inform the parents of any possible ramification from that decision.

We will handle all situations on case-by-case basis. We will be fair and consistent but we will have to use discretion. We ask that parents and team members support our decisions. If you have any question concerning our implementation of this policy, please discuss it with your coach who will be happy to explain our rationale.

Practices two weeks prior to an event are extremely important to the building, peaking, timing and execution of a routine. Absences during this time may be met with position changes and/or the removal of the athlete from the event. With National Championships, all practices two weeks prior to the competition must be attended in order to maintain your position on the team.



Double Teamers/Crossovers

Double Teamers, also referred to as crossovers, are athletes that commit to and compete on more than one team.

If you are interested in being considered for double teaming, please note this on your Placement Consent Form found in your Team Placement Packet.

Rules for Double Teaming:

- Double teamers are selected after you are assigned your team through the placement process.
- Double teamers are selected on an 'as needed' basis.
- If you doubled teamed to a higher level team the previous year, you may or may not be allowed to double team "up" for the new season. We are sometimes able to give athletes the opportunity to double team to a higher level, but every year, as enrollment changes and abilities change, there may or may not be a spot to allow your athlete the same opportunity.
- You must be able to uphold ALL commitments to the multiple teams you are assigned to, including but not limited to practice schedule, competition schedule, additional tuition, additional competition fees, etc.
- If for some reason, you cannot continue to be on more than one team, then you must forfeit your position on the teams to are double teaming to and remain on the team you were originally placed.

Double Team/Crossover Tuition:

Additional monthly tuition per team—\$30.00

Please follow monthly tuition policy for paying your double team tuition fee and competition fee policy for double team competition fees.

Private Lessons:

Private (1 cheerleader) Lessons or Semi-Private Lessons (2 or more cheerleaders) are available to anyone who wishes to work more one on one with a coach on a particular skill.

- A 45 minute lesson is \$35.00. Hour rates are available.
- NO one is allowed to participate in private lessons if their accounts are past due.
- All cheerleaders must be registered members of the gym. (You do not have to belong to a team, but you must pay the annual registration fee and submit a registration form.)



Payment Remittance and Policies

How to make a Payment:

- ◆ Checks are payable to All Star Cheer Academy or ACA.
- ◆ All-Star Cheer Academy is set up to take payments via Visa, MasterCard and Discover either [at the gym](#) or [on-line via our new billing system](#).
A \$25.00 fee for all returned checks.
- ◆ Automatic Draft options are available, please fill out the automatic draft agreement form to set up.

When making your payment:

- **Place it in our payment box located next to our reception desk.**
- **Please include the cheerleaders name.**
- **Please include in the memo area what you are paying i.e. tuition, uniform, etc.**
- **If you are paying with cash, please be sure to get a receipt.**
- **If you are using fundraising, the funds must already be credited to your account. Funds will be applied to your current outstanding charges.**

NEW THIS YEAR—ON-LINE PAYMENTS! The Academy has implemented a new and improved billing system. This will allow each parent to access their own personal account ON-LINE!! You can make on-line payments using e-check, or credit card, as well as view your account history. Check out our MEMBERS AREA for more information!

Monthly statements will be distributed VIA EMAIL. However, please do not wait to pay tuition until you receive your statement. Tuition is always due the 1st of the month—statements may not be distributed until after that date. Late charges will always be assessed by the 10th of each month.

PLEASE NOTE: Regular Season Tuition is from July 2011 through May 2012 and must be paid in full by the 10th of each month. ***Important: If you only come for half of May or any other month, even due to injury, you still are responsible for full tuition payments through May.***

ATHLETE SUBSTITUTION POLICY FOR DELIQUENT TUITION: If an athlete's account falls more than **30 days late** in tuition payments:

1. Your coaches will be notified and arrangements for a substitute for your child's position will be put into effect until the delinquent account is brought current.
2. If your account is not current at the time of a competition, then your child will NOT be permitted to participate in the competition regardless of whether or not competition fees were paid and the substitute will perform in that position as long as the account remains delinquent.
3. Uniform Items will not be distributed until payment is made in full.

Competition Fee and Uniform Payments:

All Competition Fees will be escrowed into 5 monthly payments beginning in July. Uniform Item Costs will be listed on your monthly statement beginning in August along with the associated due date.

Uniform Items will not be distributed until all delinquent tuition/fees are paid in full.

ATHLETE SUBSTITUTION POLICY FOR PAST DUE COMPETITION FEES: If payment for competition fees becomes more than **30 days past due**:

1. Your coaches will be notified and arrangements for a substitute for your child's position will be put into effect until the delinquent account is brought current.
2. If your fee is not paid at the time of a competition, then your child will NOT be permitted to participate in the competition and the substitute will perform in that position.

General Policies:

- 1) We do not give refunds or makeup classes for holidays and closings. Tuition is for 3, 4 or 5 classes per month. We will average 4 classes per month over the course of the year. In addition, there will be extra team practices scheduled throughout the year. These will be held at no additional charge to you.
- 2) We work very hard to maintain a specific coach to athlete ratio. Therefore, we do not allow makeups for absences in other classes. When you are absent, you may make up the class in Open Gym.
- 3) If you are consistently delinquent in monthly payments, you will be asked to provide a Credit Card number and have automatic payments be taken each month to ensure your account is current.
- 4) If you are consistently delinquent, ACA reserves the right to dismiss any athlete from any program.

Please sign the copy of the Payment and Remittance Policies located in the back of



General Information

CONTACT INFORMATION:

Gym Phone—570-487-1935

Gym Fax—570-487-1936

General E-Mail: mail@allstarcheeracademy.com

Website: www.allstarcheeracademy.com

Staff/Contact Information		
Chrissy Cherundolo	570-815-3073	ccherundol@aol.com
Timothy Feagles	330-554-7310	timfeagles@yahoo.com
Joanne Para	570-241-4806	joanne569@msn.com
Amanda Shedlock	570-299-9973	shredderswife@yahoo.com
Nikki Picache	570-575-4067	nicolepicache@yahoo.com
Justin Price	570-780-9532	j84price@yahoo.com
Tressa Bargella	570-241-1573	tresemme1129@aol.com
Nicole Rogers	570-335-2484	givealilbitx@aol.com
Lisa Preitz	570-614-3754	lisapreitz@aol.com

For **general questions**, please contact the gym or discuss with your coach directly.

For **billing questions**, please contact the gym or e-mail us at billing@allstarcheeracademy.com

Website: www.allstarcheeracademy.com

It is our goal to make our website the primary vehicle of communication with our athletes and parents. Please check the website often for information and updates. To log into the members only area, please see your team coach for the password.

Our website offers:

News – Up to date information about our season as it unfolds.

Featured Athlete—We have begun featuring some of our athletes on the website. It is a way for us to get to know each a little better and show off our "STARS". A new athlete from each team will be featured each month.

Members Only Area – Pass codes will be provided for access.

Competition Photos

Awards/Results

Guestbook— ACA will now offer a web page on our website just so our athletes, friends and fans can post comments and thoughts about the ACA experience. Anyone is welcome to post, but please refrain from anything disrespectful. Anything inappropriate will be deleted and action will be taken to block the user from further posting.



PROGRAM COMMUNICATION AND MEMOS

There are several ways in which important information will be distributed throughout the year:

"File" Mailboxes

Everyone should have been given a personal file with your athlete's name on it. These files are located in the back of the gym near the restrooms. If you cannot find a file with your name on it, please notify your coach. Any memos, such as newsletters, competition information, etc., will be distributed via the files. ***Please have your athlete check these regularly. Athletes—please be sure to give this information to your parents/guardians.***

E-Mail

We work to compile a master e-mail list comprised of each athlete's (or parent's) e-mail address. Many of you should already be receiving e-mail from ACA. If you are not, please inform your coach so that your e-mail address can be added to our list.

Website & Members Area

Our website, www.allstarcheeracademy.com, will also serve as important communication tool. Please note: All class cancelations, important competition information, and/or practice changes will always be posted on the HOME page of our website. In case of inclement weather, please check the website BEFORE proceeding to the gym in case classes are canceled.

The Members Area of our website allows for us to post program/team specific information which is unnecessary to share with the general public. For access to the Members Area, please follow these steps.

1. Go the HOME page of www.allstarcheeracademy.com and click on the REGISTER—ENTER HERE box on the left side of the page.
2. On the next page, click on— IF YOU WOULD LIKE TO REGISTER—CLICK HERE.
3. Type the password given to you by your coach. This is the initial password to create your account. Click CONTINUE.
4. Type in your first and last name, your own username (whatever you wish it to be) in the USERNAME field. Create your own unique password for your account and type it in the PASSWORD field. Type in your e-mail address. Click COMPLETE REGISTRATION.
5. Your registration will be sent to our website administrator who will approve your access. Once approved, you will receive a confirmation via your e-mail. Then, you may begin to check out our Members Area!

PLEASE CHECK THE WEBSITE REGULARLY FOR IMPORTANT INFORMATION.



Travel to Competitions

Competitions

Athletes are required to attend all scheduled competitions. Costs associated with travel and lodging will be the athletes responsibility.

IF AT ANY TIME YOU ARE UNABLE TO ATTEND A COMPETITION, YOU ARE STILL RESPONSIBLE FOR THE COMPETITION FEES UNLESS THE FOLLOWING CRITERIA IS MET:

1. You inform your coach at least TWO (2) Months in advance of your inability to attend the competition.
2. You find a coach approved replacement to take your place and they agree to incur the additional fees.

If The Academy Staff must find a replacement for your spot, or it is less than 2 months from the competition date when you inform the staff that you cannot attend, THERE WILL BE NO REFUND FOR THE COMPETITION FEES.

Hotels

ACA books a block of rooms at a reasonably priced hotel for all competitions. **Please note:**

- A memo will be distributed with the hotel block information. The information will also appear on our website under the members area.
- You are NOT required to stay overnight for 1 day competitions. A two-day competition requires an overnight stay because the teams compete on both Saturday and Sunday
- You can stay at hotels other than the one used for the ACA block, however, you are not allowed to booked your own group using All-Star Cheer Academy's name to do so.
- If you are staying overnight, you are required to book your reservation in the time frame designated by the block/group agreement. If you miss the reservation window, then the block will be closed and you will not get the group rate for your room.
- Although you can use your fundraising money for competition fees, you are not allowed to use fundraising for hotel/travel expenses.
- Some competitions either start very early or end very late. We DO NOT have this information, as to the exact time your team will compete, until 4-5 days prior to the competition. We will inform you of these instances as soon as we have the information. However, if you book a hotel room, please know that you may determine that you may or may not need the reservation now. Please understand that this is the nature of our sport. Most cancellation policies are 48 hours in advance, but not always. Please understand that there is always some risk in booking your hotel rooms until the exact schedule is known.

Arrival at Competitions

All Athletes should report on time, no later than their teams specified arrival time, in full uniform with hair and make-up complete Coaches use the time from the arrival time to the performance time for the process of getting the girls ready – there is no time for doing hair, make-up, getting something to eat, shopping, etc. We ask that all parents and athletes be sensitive to the schedule and plan your trip accordingly.

All athletes are required to arrive at the competition venue at the specific time designated by their coach. When you arrive, please have your cheerleader report to their coach.

- **An arrival time 2 hours before your team's competition time is usually set. Please always plan your trip accordingly and be prepared to stay with your teammates until after you compete. Please take this into consideration for very early arrival times.**
- It is strongly suggested that you do your best to stay for your awards ceremony, however, we understand things may come up and you may have to leave early. **If you decide to leave after your performance and before awards, ACA is NOT responsible for obtaining any championship items for you that your team wins. i.e. championship sweatshirts, jackets, bags, etc.**
- **Non-Travel Teams competing exhibition will receive their trophy immediately following their performance and are not required to stay for awards.**

Preparations

ABSOLUTELY NO JEWELRY OR PIERCINGS OF ANY KIND ARE PERMITTED AND MUST BE REMOVED BEFORE YOU MEET WITH YOUR TEAM. NO EXCEPTIONS!

Please remove all nail polish before arriving at the competition.

Hair: For the competitions, we wear our hair **all pulled back in a ponytail with your hair curly**. Please double pony your ponytail, (use 2 ponytail holders to create a high ponytail, one on top of the other) and wear your pony on the TOP but towards the crown of the head. Affix the bow by feeding one of the ribbons through the pony holding your hair, wrap the remaining ribbon around the pony and tie in a knot. Please bobby pin the tails of the bow toward the front of your head.

Make-up:

PARTIAL TRAVEL TEAMS – If you do not purchase the ACA make-up kit (optional for your teams), please wear light blue eye shadow, blush and red lipstick. You can also use glitter around the eye if you so choose. You will receive your star (face sticker) when you get with your team. Eyeliner and/or mascara are permitted and can be used at your discretion, however, please remember the look should not be over done and should be age appropriate.

All Other Teams: Apply the eye shadow color along your lid and then lightly dust with the shimmer powder, continuing out to the surrounding parts of the eye. Please refrain or limit your use of glitter. You will receive your star when you get with your team. All girls must wear red lipstick or gloss. No other color is permitted. Please have this applied before you meet your team to prevent having to share lipsticks. Blush, eyeliner, mascara are permitted and can be used at your discretion, however, please remember the look should not be over done and should be age appropriate.

Sitting Together

Parents, friends and family are asked to sit together and cheer on each of the ACA teams performing that day. Please do your best to wear our team colors to the competition. ACA will offer opportunities to purchase parent shirts for the competitions. The purchase of these items is suggested but optional. The larger the presence we have a competition the more our girls feel our support for them as they perform!



Competition Rules & Guidelines

Competition Dress Code:

1. You may wear, over your uniform, your ACA warm-up or some other ACA top/sweatshirt.
2. At no time should your skirt be worn over your pants.
3. You may wear your ACA jacket at any time.
4. At no time should you have jeans or pajama pants on with any ACA apparel at a competition.
5. You must wear the correct socks and shoes at all times.
6. No jewelry at any time at a competition.
7. All hair and make-up should be complete before entering the event.
8. You must stay in your competition uniform for awards. NO jackets, t-shirts, pants, etc. allowed.

Please remember:

- At NO time is a parent to contact the competition company directly regarding the competition schedule, judging or any other issue related to the competition. This is to be discussed with your coach or management.
- At NO time is a parent allowed to approach or question a judge or other competition official.
- Please do not speculate or cause rumors as to placements, deductions, etc. Judging systems vary from competition to competition. They are detailed and complex. It's the coaches responsibility to understand these criteria, however, they are too detailed to explain to parents at a competition. Trust in your coaches, they will act accordingly at a competition if they feel any action is necessary.

SPORTSMANSHIP

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

Cheerleaders whose parents are excessively negative or disrespectful will be removed from the program. We are trying to create a positive, pleasant learning environment for our athletes.



PARENT ASSOCIATION

Our ACA Parent Association has been formed in order to help facilitate fundraising opportunities for our athletes and support the goals of the All-Star Cheer Academy.

FUNDRAISING

Optional fundraisers will be offered to offset individual expenses. Funds raised will be tracked and credited to individual accounts. These funds can be used for uniform costs and/or gym fees. Statements will be provided to inform everyone of their fundraising progress. Parents will direct the office staff as to how to allot their fundraising monies monthly.

Types of Fundraisers:

Dunkin Donuts, Domino's Pizza, Coin Drops, Pasta Dinner, Candles, Scripts, Sponsorships, ***and much more!***

Anyone who has any ideas or would like to help with a fundraiser, please contact the gym and a parent association representative will contact you.

If you wish to run a fundraiser, here's what to do:

1. Fill out our New Fundraiser Forms.
2. Submit your form to the Parent Association Mailbox at the gym.
3. Someone will get back to you with approval and time frame for the fundraiser to run.
4. Please follow the procedures in our New Fundraiser Packet.

Gym Fundraisers: Fundraisers in which all monies raised will go directly to the gym. These funds will be used for new equipment, additional clinics, guest instructors, etc., as well as help sustain the goals of the program.

The ACA Parent Association will be asking all ACA cheerleaders to participate in one mandatory gym fundraiser. We have worked hard to keep cost at a minimum for all of our cheerleaders. In order to ensure this continues, the parent association will raise funds to support the gym and all cheerleaders. We ask for your participation and support with this process.

SPIRIT COMMITTEE

The parent association will also coordinate many activities for the athletes, families and friends of ACA. Their goal to promote bonding and spirit across all the teams. Please let us know if you would like to help with this worthy cause.

The Parent Association will meet regularly. If anyone is interested in getting involved in any capacity, please let us know. Anyone's help is welcomed and greatly appreciated!

2011-2012 Parent Association Board Members:

Johnna Jalowiec, President—570-851-9618 Jill Barrasse, Treasurer—570-840-2479
Tressa Bargella, Vice-President—570-241-1573 Marie Beggin, Secretary—570-267-4995
For ***fundraising questions*** or ***parent association items***, please contact one of the above.

ACA Spirit Wear

In the fall, ACA spirit wear items will be on sale at the gym for your optional purchase. These items will include:

Hoodies
T-Shirts
Shorts
Yoga Pants
Cheer Bags
Jacket And More!!!

'Spread Some Cheer' Program

ACA's Spread Some Cheer Program is an opportunity for our cheerleaders to get involved in the community and give back. We feel it's very important for the girls understand the communities we live in. Some area's which we get involved are:

- Children and Youth Adopt an Angel Christmas Drive
- Performances at Nursing Homes/Jefferson School
- Veteran's Parade
- Volunteer to wrap Xmas presents
- Participating in the Leukemia/Lymphoma Society's Light the Night Walk

Your participation in these events is greatly appreciated. Any other ideas?, please let us know.

Holiday Party

Each December, ACA hosts a Holiday Party at the gym for all cheerleaders on every team. This is a extremely fun, relaxing event. We ask that everyone bring a small item to the party such as chips, cookies, drinks, cups, plates, etc. Sign-up for these items will be at the reception desk at the beginning of December. Some of the party activities include:

- \$5.00 Grab Bag Exchange with Team Members (like Secret Santa).
- Team Bonding games and activities
- Assignment of Super Sisters!!

ACA Super Sister Program

We pair two cheerleaders together and they become 'sisters' for the year. For the younger cheerleaders, it is usually an older cheerleader who can be their 'big sister' and bond with them throughout the year. But sometimes, especially when many girls are close in age, your sister is someone in the program just like you! Here's how Super Sisters work:

- Your goal is to get to know each other and support one another throughout the season.
- At competitions, sisters can exchange small gifts with one another as a reminder that someone is looking out for you and wishes you the best of luck!
- The gifts are usually inexpensive and just for fun!
- This is an optional activity.

Gift Example: Silvery Glitter for your eyes with a note: "You always sparkle and shine!"

Remember: This is just for FUN, FUN, FUN!!

Jaycees Santa Parade

In November, ACA participates in the Jaycees Santa Parade in Scranton. This has become a big event for us. Each year our participation becomes bigger and bigger. Last year we had approx. 100 girls in the parade, a 1500 balloon float, performed and were televised on WNEP 16. We look forward to this event but need lots of help in order to pull it all off. If anyone is interested in helping, please let us know.

Breakfast with Santa

Immediately following the parade we have a BREAKFAST WITH SANTA event for all ACA cheerleaders, friends and family. More information about this event will be distributed in October.

Team Bonding Activities

We want everyone to feel part of the family. Here are several events throughout the year that ACA hosts. Please let us know if you have any ideas or can help in coordinating something!

- Bonding & Bonfire Night at Roba's—October
- Santa Parade/Breakfast with Santa—November
- Holiday Party/Secret Santa Gift Exchange—December
- Movie Night—February/March
- And more to come!!!

Friends & Family Night

Every year we have a 'dress rehearsal' style Friends & Family Night. Each team performs their routine just as they would at competition in full uniform and make-up. Everyone is welcome to invite all their friends and family to come to this event. More information will be distributed as this event gets closer.

A professional photographer is also available on Friends & Family Night to take individual and group photos of your cheerleader and the team.

Banquet

To finish off the year and celebrate, ACA hosts our annual awards banquet. Tickets are sold in advance at the gym. Trophies are presented to each cheerleader for their participation in the program as well as some special awards. A DJ, dancing and more finishes off the event—a great way to end the season!

Lost & Found

A lost and found container is located in the dressing area at the gym. Please check it periodically to see if any of the items belong to you. At the end of each season, all items are discarded.

Get Ready for an Amazing Year!!!



General Program Rules & Guidelines

The following actions show respect and are expected of each athlete of All-Star Cheer Academy. These rules/code of conduct will be enforced at all practices/competitions/and any event that ACA attends.

GENERAL RULES

1. All squad members **MUST** attend all practices, competitions, and special events. Please review the practice attendance policy stated earlier in this document. Failure to do so can result in your removal from the team.
2. You, the athlete, are responsible for calling the gym to alert your coaches if you will be absent or late.
3. Arrive at least 15 minutes prior to scheduled practice start times and stay until your coach dismisses you. Be prepared to start practice before practice is scheduled to begin.
4. You are expected to work hard and give your best effort at all times. This is what we ask, and what you should demand of yourself.
5. Arrive at the gym ready to participate with the proper attire, hair pulled back, no jewelry, no gum and properly rested and fed.
6. Treat other members with respect, be kind and respectful to everyone at all times.
7. Ask permission to leave the gym. This applies to leaving practices early, going to the bathroom, or calling home. If you have to leave early, please notify your coaches at the beginning of practice.
8. Always act in a way that shows respect for yourself and to the program. We want our experiences to be happy, uplifting, and motivating. There is no place in our program for rude or belittling comments, displays of anger or disgust, or talking back to coaches or other adults. This rule applies to all participants as well as parents. Please do your job to set an positive example for others.
9. Provide your body with proper food and drink that will help you do your best.
10. Show respect for your safety and the safety of others, and the wishes of your coaches by staying off the equipment unless given specific permission and supervision. This specifically applies to trampolines and pits.
11. Always wait inside the facility for your ride. Do not wait outside for pick-up after practices.
12. Support all All-Star Cheer Academy teams and programs.
13. All-Star Cheer Academy maintains a No Tolerance Policy regarding alcohol, tobacco, and other substance abuse. Anyone under the influence of any illegal or prohibited substance will be dismissed immediately.
14. While ACA's policy of communication is that of an "open door" nature, we will not tolerate questions regarding coaching decisions or changes that a coach makes. Our cheerleading squad is competitive, and all changes will be made for the betterment of the overall team.
15. Any Cheerleader or Parent representing ACA in any negative manner, including but not limited to, emails, on-line social networks, etc. will be immediately removed from the program.



Athlete's Vacation/Conflict Schedule

Please mark on each month any dates which you will have vacations and/or conflicts with cheer. These calendars will be kept on file to help track and manage absences.

Name: _____

Comments: _____

JUNE						
S	M	T	W	T	F	S

JULY						
S	M	T	W	T	F	S

AUGUST						
S	M	T	W	T	F	S

SEPTEMBER						
S	M	T	W	T	F	S

OCTOBER						
S	M	T	W	T	F	S

NOVEMBER						
S	M	T	W	T	F	S



Athlete's Vacation/Conflict Schedule CONTINUED

Name: _____

Comments: _____

DECEMBER						
S	M	T	W	T	F	S

JANUARY						
S	M	T	W	T	F	S

FEBRUARY						
S	M	T	W	T	F	S

MARCH						
S	M	T	W	T	F	S

APRIL						
S	M	T	W	T	F	S

MAY						
S	M	T	W	T	F	S



Program Participation Agreement

General Rules and Guidelines

I have read and understand all rules and guidelines outlined in the Program and Parent Handbooks. I agree to uphold my obligations and abide by the rules set by All-Star Cheer Academy and described in the above documents. Any failure to uphold these commitments/obligations can result in removal from the program.

X_____ (Initial Here)

Payment Policies and Procedures

I have read and understand my financial obligations. I understand the payment policies set forth and agree to uphold my financial commitment to the program.

X_____ (Initial Here)

Attendance Policy

I have read and understand the ACA Attendance Policy.

X_____ (Initial Here)

Competition Rules and Guidelines

I have read and understand the Competition Rules and Guidelines.

X_____ (Initial Here)

Photo/Video Release Form

I hereby give All-Star Cheer Academy (ACA) irrevocable right to use my name, picture, photograph, video, or any other depiction(s) thereof or likeness in all forms of media and in all manners including composite or other representation, for advertising, trade, or any other lawful purpose, and I waive the right to inspect or approve the finished product, including copy that may be created in connection therewith. I also waive any rights to compensation or ownership thereto.

I have read this release and I am fully familiar with its contents and competent to make this release.

I agree to hold harmless All-Star Cheer Academy from any claims for damage, libel, slander, or invasion of privacy.

It is understood that participation in any video is done of my own free will.

Name of Participant: _____

Parent/Guardian Name: (PRINT)

Parent/Guardian Signature:

Date



All-Star Cheer Academy
1258 Mid-Valley Drive, Unit 1
Jessup, PA 18434
(570) 487-1935
(570)487-1936
www.allstarcheeracademy.com

I fully understand that All-Star Cheer Academy Staff members are not physicians or medical practitioners of any kind. With the above in mind, I hereby release the All-Star Cheer Academy and its staff to render temporary first aid to my child or children in the event of an injury or illness, and if deemed necessary by the All-Star Cheerleading Staff to call our doctor and to seek medical help, including transportation by an All-Star Cheer Academy staff member and or its representatives, whether paid or volunteer, to any health care facility or hospital, or the calling of an ambulance for said child should the All-Star Cheer Academy deem necessary.

We, the staff of All-Star Cheer Academy recognize our obligation to make our students and their parents aware of the risks and hazards associated with the sport of cheerleading. Students may suffer injuries, possibly minor, serious or catastrophic (paralysis or even death) in nature. Cheerleading can be dangerous and can lead to injury.

Parents should make their children aware of the possibility of injury and encourage their children to follow all the safety rules and coaches' instructions.

All-Star Cheer Academy, its coaches and other staff members, will not accept responsibility for injuries sustained by any student during the course of tumbling, cheerleading instruction, or open workouts, or in the course of any exhibition, competition or clinic in which he or she may participate or while traveling to or from the event.

With the above in mind, and being fully aware of the risks and possibility of injury involved, I consent to have my child or children participate in the program offered and further agree to waive all rights and claims for damages that I or my child may have against All-Star Cheer Academy and or its representative whether paid or volunteer.

I also affirm that I now have and will continue to provide proper hospitalization, health and accident insurance coverage, which I consider adequate for both my child's protection and my own protection.

I also understand that it is the parents' responsibility to warn the child according to what the parents feel is appropriate. All-Star Cheer Academy will only warn the child through safety messages, teaching style and progressions.

(Parent or Guardian Signature)

(Date)

(Athlete's Name)



Payment Remittance and Policies Please Sign and Return

- ◆ Checks are payable to All Star Cheer Academy or ACA.
- ◆ All-Star Cheer Academy is set up to take payments via Visa, MasterCard and Discover either at the gym or on-line via our new billing system.
A \$25.00 fee for all returned checks.
- ◆ Automatic Draft options are available, please fill out the automatic draft agreement form to set up.

Monthly Tuition:

Tuition is due no later than the 10th of each month of the current season.

LATE FEES: A \$10.00 late fee will be charged to all account past due accounts after the 10th of each month.

PLEASE NOTE: Regular Season Tuition is from July 2011 through May 2012 and must be paid in full by the 10th of each month. *Important: If you only come for half of May or any other month, even due to injury, you still are responsible for full tuition payments through May.*

ATHLETE SUBSTITUTION POLICY FOR DELIQUENT TUITION: If an athlete's account falls more than **30 days late** in tuition payments:

1. Your coaches will be notified and arrangements for a substitute for your child's position will be put into effect until the delinquent account is brought current.
2. If your account is not current at the time of a competition, then your child will NOT be permitted to participate in the competition regardless of whether or not competition fees were paid and the substitute will perform in that position as long as the account remains delinquent.
3. Uniform Items will not be distributed until payment is made in full.

Competition Fee and Uniform Payments:

All Competition Fees will be escrowed into 5 monthly payments beginning in July. Uniform Item Costs will be listed on your monthly statement beginning in October along with the associated due date.

ATHLETE SUBSTITUTION POLICY FOR PAST DUE COMPETITION FEES: If payment for competition fees becomes more than **30 days past due:**

1. Your coaches will be notified and arrangements for a substitute for your child's position will be put into effect until the delinquent account is brought current.
2. If your fee is not paid at the time of a competition, then your child will NOT be permitted to participate in the competition and the substitute will perform in that position.

General Policies:

- 1) We do not give refunds or makeup classes for holidays and closings. Tuition is for 3, 4 or 5 classes per month. We will average 4 classes per month over the course of the year. In addition, there will be extra team practices scheduled throughout the year. These will be held at no additional charge to you.
- 2) We work very hard to maintain a specific coach to athlete ratio. Therefore, we do not allow makeups for absences in other classes. When you are absent, you may make up the class in Open Gym.
- 3) If you are consistently delinquent in monthly payments, you will be asked to provide a Credit Card number and have automatic payments be taken each month to ensure your account is current.
- 4) If you are consistently delinquent, ACA reserves the right to dismiss any athlete from any program.

(Parent or Guardian Signature)

(Date)

(Athlete's Name)



AUTOMATIC DRAFT AGREEMENT

Member Information

Athlete Name: _____

Parents/Guardian Name: _____

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

E-mail Address: _____ Home Phone Number: _____

Payment Method

Draft from Bank Account: Bank Name: _____

Bank Routing (Transit) Number (9 Digits): _____ Bank Account Number: _____

Checking Account: Savings Account:

**Deposit slips are not acceptable - verify routing numbers with your bank.*

Draft from Debit/Credit Card Account VISA: MASTERCARD: DISCOVER:

Expiration Date (MM/YY): _____ Card Number: _____ CVV Code: _____

Membership Terms and Conditions

I understand this authorization is continuous until I cancel my membership in writing 7 business days before the next scheduled draft. I understand I am responsible for submitting account changes in writing 7 business days before a draft. I understand I am responsible for reviewing my bank/credit card statement to ensure a draft had been stopped following my written notice. No refunds or credits are given. I understand I am responsible for membership fees if All-Star Cheer Academy is unable to debit my account because of account changes or insufficient funds. Returned drafts incur a \$25 service charge. Membership fees are subject to change within 30 days written notice to members. I have read and understand the terms of this agreement. I authorize my bank to honor monthly automatic ALL-STAR CHEER ACADEMY program fees and other authorized charges.

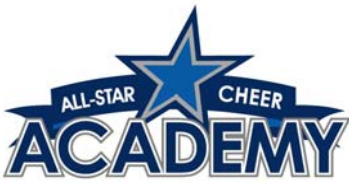
Program Terms and Conditions

I understand that it is my responsibility to notify All-Star Cheer Academy of any bank account or credit card changes, in writing, 7 business day prior to the next scheduled draft date. No refund or credit will be made to persons failing to read bank or credit card statements and who assume their monthly payment is no longer being drafted. I understand that I am responsible for checking my bank or credit card statement to make sure that my draft has been stopped following the 7 days written notice. If All-Star Cheer Academy is unable to debit my account because of account changes or insufficient funds, I understand that I am responsible for said payment plus a \$25 ALL-STAR CHEER ACADEMY service charge. All-Star Cheer Academy reserves the right to suspend service if an account cannot be debited. I hereby authorize my bank or credit card to honor monthly automatic drafts by All-Star Cheer Academy on my account for program payments. When the bank honors the draft by charging my account, notation on my statement shall constitute my receipt for payment. THIS AUTHORITY IS TO REMAIN IN EFFECT UNTIL REVOKED BY ME IN WRITING. I understand that all terms and conditions of the initial draft forms carry-over and remain in effect.

I have read and understand the terms of this payment agreement.

(Signature)

(Date)



Registration Form

1258 Mid Valley Drive, Unit 1
Jessup, PA 18434
570-487-1935

Student Information

Name _____ DOB: ___ / ___ / ___

Current Grade: _____ Age: _____ yrs. M / F

Address: _____

City: _____ State: _____ Zip Code: _____

Home Phone: _____ Email: _____

Mother/Guardian Information

Name: _____

Work Phone: _____

Cell Phone: _____

Email: _____

Father/Guardian Information

Name: _____

Work Phone: _____

Cell Phone: _____

Email: _____

Medical/Emergency Information

Emergency Contact (other than parent/guardian): _____

Relation to Student: _____ Phone Number: _____

Physician: _____ Phone Number: _____

Insurance Provider: _____ Policy #: _____

Please list any medical conditions that we should be aware of: _____

I release the All-Star Cheer Academy, its directors, staff and booster club members from any and all responsibility due to accident or injury sustained during participation. I am aware that in cheerleading and gymnastics, as in any sport involving height and motion, the possibility of serious injury is present. The student named above has my full consent to participate in any All-Star Cheer Academy activity.

I understand that tuition is due by the first class of each month. If full tuition is not paid by the 10th of each month, a \$10.00 late fee will be charged by All-Star Cheer Academy.

Parent/Guardian Signature: _____