

STARS ELITE



2016-17

INFORMATION PACK

WELCOME!

Thank you for considering Stars Elite for the 2016-17 season.

Inside this pack you will find important information for this coming season.

If you are new to cheerleading, this info pack may seem overwhelming, so please ask if you have any questions. Other parents are a great source of info, so do chat to them!

If you are returning to Stars Elite, much of this information is new, so please ensure you read everything carefully.

If, after reading this information, you have any concerns or questions, please ask by emailing info@starselite.co.uk.

GENERAL INFORMATION

Head Coach: Anna Jackson

Can be contacted by phone/text on 0773 7754117 or email at info@starselite.co.uk

Team Coaches

Contact details for team coaches will be confirmed with team placements.

Please remember that all our coaches work very hard on a voluntary basis. We all have full-time jobs/school and a life outside cheerleading(!), so bear in mind we may not always be able to respond to queries immediately.

Gym Location

Tamworth Olympic Gymnastics Club, Unit 10 Gerard, Lichfield Road Industrial Estate, Tamworth, B79 7UW

Practice times will be announced with team placements.

HOW DO I FIND OUT WHAT'S HAPPENING?

It is **your** responsibility to ensure that you are up to date with all news and information. This season there are 2 ways that you can do this.

1) **Recommended:** Join our Facebook group – search for 'Stars Elite Info'. This is also a great way to keep up to date with extra things that are going on, see videos from practice and contact other cheerleaders/parents.

2) Sign up for email updates on by visiting <http://eepurl.com/bdlqUD> and entering your details. You will need to confirm your subscription by clicking a link in an email sent to you – this may be in your junk mail folder. This option is recommended if you like to keep a copy of info sent – much easier than trying to locate it in the Facebook group!

PRE-SEASON TRAINING AND TRYOUTS

Sunday 4th September, 3-5pm

FREE taster session for athletes ages 6-11! Come along and train for FREE to get an idea of what we do. Please register for this session by emailing info@starselite.co.uk or by joining our Facebook event.

Sunday 11th September, 3-5pm (age 6-11), 5-7pm (age 12+)

Pre-season training – at this session we will teach the dance and jump sequences required for tryouts. If you are unable to attend we will send you a video of these sequences to learn at home. Register by completing our online registration form (details on next page).

Sunday 18th September, 3.15-5.15pm (age 6-11), 5.45-7.45pm (age 12+)

Tryouts - not intended to be scary! You will take part in a training session in order for coaches to evaluate your skills; it will be friendly and relaxed. We will evaluate your tumbling, jump, stunt and dance skills in order to place you on the appropriate team for your current skill level and potential. Don't worry if you have no experience – we'll teach you everything you need!

Team placements will be announced via our Facebook page and group by Friday 23rd September.

TEAM SELECTION

More than ever before, for us to score well at competition we need to ensure that each team has level-appropriate tumbling. Because of this, tumbling skills will be the main criteria that influence team selection. We will take into account other skills, such as jumps, stunt and dance ability as well as the make-up of the team in terms of stunt positions.

Wherever possible, athletes will be placed on their age-appropriate team (according to USASF age divisions) – should they wish to cross up to a senior team they will be required to meet the tumbling requirements for that team.

To give you a guide, here are the skills we will be looking for at each level (as per USASF level rules):

Level 1 – forward/backward rolls, cartwheels, walkovers (back and front)

Level 2 – standing back handspring, front handspring, round off back handspring (series), combination passes involving back and front handsprings

Level 3 – standing back handspring series, toe touch back handspring (series), round off (back handspring) tuck, punch fronts, combination passes ending in a tuck

Level 4 – standing tucks, standing back handspring (series)tucks, toe touch back handspring tucks, round off (back handspring) layout, combination passes involving punch fronts, whips and layouts

Level 5 – toe touch tucks, twisting tumbling

Please be assured that we have every athlete's best interests in mind when team selections are made. We make up teams that we are confident will be successful and have a proven track record of doing so.

If you would like more information on how the process of team selection works, we recommend the following website which has a lot of insightful info for parents:

<http://unitedfamilymatters.com/2015/06/01/all-star-101-what-level-is-my-athlete>

2016-17 REGISTRATION

This season all registration is online.

[Please click here](#) to complete our online registration form to book your place at pre-season training and tryouts.

Tryout fee (includes pre-season training) - £10 in advance (see below) or £15 if paid at pre-season training/tryouts.

To pay in advance, please make a transfer into our bank account, using the athlete's name and initial as the reference. Sort code 30-92-99, account number 01166347.

TEAM INFORMATION

- All teams train once per week on Sundays – times will be confirmed with team placements
- Stars Elite cheerleaders are permitted to compete only for Stars Elite for the 2016-17 season, except where specific permission has been granted by the Head Coach.
- All team members are expected to commit 100% to their team.

Our teams for the 2015-16 season will be determined after tryouts.

This season we hope to offer a recreational/prep team in addition to full season competitive teams. See below for the main differences.

FULL SEASON TEAMS

- practice 2 hours per week plus recommended additional tumbling
- compete 4 times during the season
- main focus is preparation for competition
- suitable for experienced cheerleaders or new cheerleaders with a gymnastics or dance background
- required skills to make teams
- more expensive due to additional competition and uniform costs and additional training time

RECREATIONAL/PREP TEAMS

- practice 1.5 hours per week inclusive of tumbling
- option to compete at one local competition at the end of the season
- will take part in showcases
- main focus is skill development
- suitable for those new to cheerleading or with basic skills, or those who do not wish to compete (as much)
- lower cost due to reduced competition and uniform costs and

PRACTICE WEAR AND UNIFORM

Practice Wear

Please note the following mandatory practice kit:

- MALES
 - black tracksuit bottoms or shorts
 - Stars Elite t-shirt
- FEMALES
 - Stars Elite hotpants OR black hotpants/shorts (leggings may be worn under shorts/hotpants during cold weather)
 - Stars Elite t-shirt OR Stars Elite sports bra

- All jewellery must be removed prior to the start of practice and hair should be off the face.
- All cheerleaders will receive a 2016-17 season t-shirt – this is included in the registration fee. This can be worn to practice and will be required for competitions.
- Cheerleaders have the option of ordering additional Stars Elite practice wear – details of available items are at the back of this pack.
- All cheerleaders are required to purchase cheer shoes. Flyers will need these from the beginning of the season. All other cheerleaders must ensure they have cheer shoes before the first competition.
 - 2nd hand shoes may be available – please post in our Facebook group to see if anyone has any to sell on.
 - See next page for details of where to purchase new cheer shoes.
- All female cheerleaders must wear a sports bra under their t-shirt – no exceptions.

Competition Uniform

All cheerleaders on a full season team require a competition uniform. Additional information on which teams will require new uniforms and how to order will be released after tryouts.

As a guide, prices for last season's uniform were as follows:

Females – skirt £50 / top £55

Males – trousers £45 / top £55

- Uniforms **MUST NOT** be worn for anything other than Stars Elite functions.
- Uniform must be worn as a whole, or not at all (i.e. uniform top and tracksuit bottoms is not allowed). Only cheer shoes must be worn with uniform – no other footwear.

Competition Hair Bow

All female cheerleaders will be required to purchase a team bow which must be worn at competitions. Prices will vary depending on team (approx.. £8-10).

Some teams will receive new bows this season – more details will be given at a later date.

Where to buy:

Item	Where to purchase	Notes
Stars Elite practice kit, t-shirts, jackets etc	Order will be placed in October	Please ask for advice on sizing
Cheer Shoes	www.excelcheer.co.uk www.livingcheer.co.uk www.cheerworld.co.uk www.fliptricks.co.uk www.futurecheer.net	Recommended styles: Nfinity – Evolution, Vengeance, Halo No Limit – V-Ro Kaepa – Stellarlyte, Awesome Please avoid chunky styles

2016-17 calendar

Date	Event
Sun 4 th September	FREE taster session for ages 6-11
Sun 11 th September	Pre-season training for all athletes
Sun 18 th September	Tryouts
By Fri 23 rd September	Team announcements via www.starselite.co.uk and our Facebook page
Sun 25 th September	Regular training commences
October half term	Training as usual
Sunday 18 th December	Christmas show-offs (Tamworth gym) - TBC
Sun 25 th Dec / 1 st Jan	No practice – Christmas break
February half term	Training as usual
Sun 12 th Feb	Future Cheer Heart of England – Genting Arena, Birmingham No team training or tumbling classes
Sat 18 th March	Legacy Dream Extreme – Barclaycard Arena, Birmingham
Sun 16 th / 24 th April	No practice – Easter break
May half term	Training as usual
Sat 1 st / Sun 2 nd July	Legacy Nationals – Genting Arena, Birmingham No team training or tumbling classes
Sat 8 th / Sun 9 th July	Future Cheer Nationals – BIC, Bournemouth No team training or tumbling classes
Sun 16 th July	Last regular practice of the season.

Dates still to be confirmed:
- End of season showcase

PLEASE NOTE THAT UNDER NO CIRCUMSTANCES MAY A CHEERLEADER MISS EITHER OF THE 2 PRACTICES PRIOR TO A COMPETITION.

COMPETITION SCHEDULE

Please ensure that you do not schedule holidays for competition dates.

Coaches work very hard to choreograph seamless routines – this is impossible if we continually have to work people in and out of routines.

If a cheerleader has to miss a competition, they may also be removed from the team for other competitions – this is at the team coach's discretion.

Date	Competition	Location	Who?
Saturday 12 th February	Future Cheer: Heart of England Championships	Genting Arena, Birmingham	Full season teams
Saturday 18 th March	Legacy: Dream Extreme Super Regional	Barclaycard Arena, Birmingham	Full season teams
Saturday 1 st July	Legacy: Live Your Legacy National Championships	Genting Arena, Birmingham	Prep team*
Sunday 2 nd July	Legacy: Live Your Legacy National Championships	Genting Arena, Birmingham	Full season teams
Saturday 8 th and Sunday 9 th July	Future Cheer International Championships	Bournemouth International Centre, Bournemouth	Full season teams

*Prep team members will be given the option to compete at this competition.

PAYMENT INFORMATION

Stars Elite is a non-profit programme and we rely on prompt payment of fees.

All members are expected to pay their fees on time – cheerleaders who miss competition payments will not be entered for the competition. Anyone who falls behind with monthly fees will be unable to train with their team.

Monthly Tuition Fees – no increase from 2015-16 season!

Tuition fees are paid from October to July. Costs are spread across the season so each month you pay the same amount, regardless of the number of practices that month.

Tuition fees– full season teams

£40 per month, due by the 10th of each month

Discounts are applicable for siblings:

- 2nd child - £36 per month
- 3rd & subsequent children - £34 per month

Tuition fees – recreational/prep teams

£35 per month, due by the 10th of each month

Discounts are applicable for siblings:

- 2nd child - £31.50 per month
- 3rd & subsequent children - £30 per month

Preferred payment method: standing order (account number 01166347 / sort code 30-92-99)

PLEASE NOTE THAT AN ADMIN FEE OF £3 WILL BE ADDED TO ALL TUITION FEE PAYMENTS MADE BY CASH OR CHEQUE. Cheques should be made payable to Stars Elite.

Other Fees

Please see below for details on fees payable in addition to tuition fees.

How to make a payment:

- preferred option : direct into our bank account (account number 01166347, sort code 30-92-99) – please ensure that you give the reason for the payment as the reference, as well as the athlete's surname if it is different from your own
- by cash or cheque (payable to Stars Elite) – please give to Anna at practice

Fee Description	Amount	Due Date
Tryout fee (covers pre-season training and tryouts)	£15 (£10 if paid in advance)	Pre-tryout session 30 th August or tryouts 6 th September
2016-17 Membership fee (team insurance, music, t-shirt)	£85	Sunday 25 th (first regular practice)
Uniform (full season teams only)	TBC	TBC
Competition fees (full season teams) – Option 1: pay in full	£160 (£240 for crossovers)	Sunday 13 th November
Competition fees (full season teams) – Option 2: 2 payments	£100 (£150 for crossovers)	Sunday 13 th November
	£60 (£90 for crossovers)	Sunday 29 th January
Competition fees – Prep teams (optional)	£48	Sunday 29 th January

ATTENDANCE POLICY

Cheerleading is a demanding team sport that requires full commitment from both athletes and parents – one athlete missing from practice affects the whole team. We do not wish to scare anyone with our attendance requirements, however it is important that you understand how important full attendance is.

Unexcused absences	
Homework/revising – plan your time effectively! Pop concerts Birthdays/birthday parties Family celebrations/parties Recreational sports Grounding/disciplinary action Holidays within school term time No reason provided	Excessive absences for reasons on this list will lead to loss of position on the team. This is entirely at the discretion of the Team and Head Coach

- 1. Athletes may not miss any training dates in the 2 weeks preceding a competition for any reason.**
 - Any athlete that misses one of the 2 practices before a competition will be withdrawn from the routine for that competition, and possible subsequent competitions if there will not be time to work them back in**
2. Any absence known in advance must be communicated to the team coach as early as possible, along with the reason for the absence.
3. If an athlete will be absent due to illness, the team coach must be notified as early before practice as possible.
4. Messages regarding absences must not be sent with another member of the team.
5. Failing to attend practice without informing coaches will result in immediate dismissal from the team.
6. Any athlete that misses practice due to disciplinary action will immediately lose their place on the team.
7. Athletes are expected to be in the gym, ready to train, at their practice start time. Being late can result in injury due to missing essential warm-up activities.
8. If, at any time during the season, an athletes absences or punctuality are having a negative effect on the team, they will lose their position on the team.

Please note - cheerleaders who are injured are expected to attend practice so they are able to learn any new choreography.

GYM RULES

- Parents may watch practice from the entrance viewing area only – this is at the request of the gym. Before competitions, we will invite parents into the gym to view the routine.
- Food (including sweets) may only be consumed in the kitchen or entrance viewing area – any mess or rubbish MUST be cleaned up. Please ensure that you do not bring food into the gym area.
- All litter must be properly disposed of – failure to do this will result in a complete ban on food in the gym.
- Drinks may only be consumed by the drinks shelf – drinks must not be kept on the tumble track.
- The tumble track is to be kept free at all times (including bags etc).
- Children who are not in the gym to practice must be adequately supervised at all times and must not play with or use any of the gym equipment.
- The gym is NOT a play area – the only time gym equipment is to be used is under the direction of a coach. This includes equipment on the upstairs balcony.
- Children not involved in practice must be supervised at all times and must not run around the gym or cause any disruption to practices.
- The only footwear to be worn in the gym are flyers' cheer shoes that must not be worn outside.

ATHLETE/PARENT CODE OF CONDUCT

- I will not be involved in any disrespect towards any members of the Stars Elite staff, parents or cheerleaders.
- I understand that every time I miss a practice my team cannot practice effectively which will have an impact on our success at competition.
- I understand that missed practices for reasons such as (but not limited to) birthday parties, homework, last-minute exam revision and mild illnesses/injuries will be counted as unexcused absences.
- I understand that missing practice as a punishment is not acceptable due to the impact on other members of the team, and will result in dismissal from the team.
- I understand the importance of punctuality and will arrive at and be picked up from all scheduled events on time.
- I will remain committed to Stars Elite and understand that missing practices to train with another programme is unacceptable.
- I will not participate in negative gossip or communications, online or otherwise, that adversely affect Stars Elite.
- I will not endorse, post or re-post comments, photos or videos on any social media site that may cause Stars Elite to be viewed in a negative light.
- At competitions I will conduct myself with respect and integrity, displaying positive sportsmanship towards other teams at all times.
- I understand all athletes at Stars Elite are expected to arrive at practices and competitions with a positive attitude and give their best effort in every endeavour.
- I will not use inappropriate language.
- I will follow the gym rules as set out in this info pack.
- I understand that training does not end when I leave the gym and will practice, condition and stretch at home between training sessions.
- I understand that being disrespectful to team mates or staff, continued failure to make payments, or any other behaviour that causes problems for my team or coaches can result in me being dismissed from the programme.
- I understand that if I quit mid-season or I am removed from the program or from a competition, I will not be entitled to a refund of any kind.

PRACTICEWEAR & UNIFORM

Order Information



Details on how to place an order will be given after tryouts

Item	Sizes Available	Additional Info	Price
2016-17 t-shirt	Adult: S / M / L / XL / 2XL Child: S / M / L / XL	All cheerleaders receive ONE season t-shirt. They can be worn to practice and will be required at competitions. Extras can be ordered and supporters are welcome to purchase these also.	£16
Classic t-shirt	Adult: S / M / L / XL / 2XL Child: 3-4 / 5-6 / 7-8 / 9-11	Black t-shirt with Stars Elite logo	£13
Sweatshirt	Adult: S / M / L / XL / 2XL Child: 3-4 / 5-6 / 7-8 / 9-11	Black sweatshirt with Stars Elite logo	£22
Jogging bottoms	Child (waist): 5-6 (20") / 7-8 (22") / 9-11 (24") / 12-13 (26") Adult (waist): S - 30", M - 32", L - 34", XL - 36"	Black with Stars Elite printed on one leg	£25
Varsity jacket	Adult: XS / S / M / L / XL / XXL Child: 3-4 / 5-6 / 7-8 / 9-11 / 12-13	Black and white with Stars Elite logo on back	£30
Sports bra	XXXX-XXXX	See below for design. Please ask for sizing guidance	£27
Hot pants	XXXX-XXXX		£22

Custom sports bra/hot pants:

