

# CYC ALLSTARS CHEER

## PARENT HANDBOOK

### SEASON 15

#### ALL STAR CHEERLEADING

CYC All-Star cheerleaders are athletes in every sense of the word. All Star Cheerleading is a large time commitment. The season begins with tryouts in the spring, practices and skills camps in the summer, and a competition season that runs from December to May. Based on the skill level of the team, practices can be 1-2 hours long and as often as 2-3 times a week.

#### ELITE VS PREP

All new cheerleaders must do prep before they are considered for an elite team (unless they have previous gymnastics/all-star cheerleading experience). If you have previously cheered we prefer you leave it open for the coaches to choose but if you are unable to commit to an elite team's time or money requirements, please choose prep on your Tryout Application.

##### Prep

- Practices 2.5 Hours a week
- Attends 3 competitions during the season.
- Prep will only compete in one day local competitions (usually Saturdays).

##### Elite

- Practices 4-6 hours a week
- Attends 5-7 competitions during the season.
- Elite competes at one day and two day events (local and travel).

#### TRYOUTS

On Your Child's Try Out Date, please bring:

- Completed Tryout Application w/ attached current photo
- Tryout Registration Fee- \$25
- Commitment Fee-\$100

All fees need to be paid before or on the tryout date. You can pay in the front office of CYC with cash, check, or card.

All documents are available at

[communityyouthcenter.org/cheerleading](http://communityyouthcenter.org/cheerleading)

Please have your child wear athletic clothing, athletic shoes, and hair up in a ponytail and bring a water bottle. Tryouts should last about 45 minutes and is a simple evaluation of the skills your child currently has. If your child is nervous or needs extra attention, please schedule an individual try out. We will be evaluating each individual on the following:

Attitude • Maturity • Tumbling Skills • Stunting Skills • Dance Skills • Jump Skills

#### TEAM PLACEMENT

Parents and athletes must understand that All-Star cheerleading is a **team sport**. Each athlete has something special and important to contribute, and the CYC cheer staff will make placement decisions based on both **team** needs and **individual**. Team levels are categorized by both skills and athlete age. Please note that decisions are made based on what is best *for the team as a whole* even though your child may not be in the position they originally had hoped for. Please be supportive and if you need further explanation of a team placement, please contact the head coach via email.

## TEAM PRACTICES

**Prep:** Prep teams will have two team practices per week. (Practice Example= Mon/Wed 5-6:15pm)

**Elite:** Elite athletes will attend two team practices per week and one mandatory tumbling class. (Example Team Practice Tuesday/Thursday 7-8:30pm + Wed tumbling class 5-6pm)

Team Practices will be held Monday thru Friday. Team practice schedules will be available after teams are picked. Earlier practices will start at 4pm and later practices will start at 7pm. Practices can be 1-2 hours long.

If your child has other commitments after 4pm Mon-Thurs, please do not try out and check with Windy after tryouts if there is a day/time team that works with your Childs age range.

## TUMBLING CLASS

Tumbling is a very important part of All-Star cheerleading. This will ensure their growth in key tumbling skills throughout the season. This class is 45 minutes and will be offered at no additional costs.

**Prep:** Prep athletes can join an optional tumbling class if they would like but it is not mandatory.

**Elite:** Tumbling Class is vital for athletes to work on technique of tumbling skills performed in and outside of their routines. Athletes must attend an additional tumbling class.

## SUMMER CAMP

### All Star Camp

Summer camps are important for the teams and are mandatory. At all star camp athletes work on skills in and out of their level team. Athletes are awarded ribbons for all categories of cheer: performance, leadership, jumps, basing, flying, and tumbling. We enjoy spending the week celebrating small and big wins as we take on the new season and new sections. On Friday of all star camp all athletes will attend Hurricane Harbor.

### Choreography Camp

Choreography Camp is very important as the team will learn their individual routine for the season so it is imperative your child is at that camp. If for some reason they are unable to make it, they are required to get a fill in from the program that will learn their routine for them.

## PRIVATE LESSONS

If your child needs extra individual attention we offer private lessons. Private lessons are \$30 for 30 minutes. To set up a private lesson please contact the coach your child would like to work with and set up a day and time.

## OPEN GYMS

If your child wants extra time to work on their skills in the gym, they should attend Open Gym. Open Gym is \$5 to all members. It allows time for athletes to work on their skills independently in the gym. We have open gyms every 1st and 3rd Friday of the month. If your child would like to bring a friend that is not a member of CYC it is \$10 for non-members and they will just need to fill out a non member waiver upon arrival.

## CROSSOVERS

If your athlete chooses to crossover on two teams they can mark they are interested in the CYC All Stars Tryout Application. Please keep in mind that if your child chooses to crossover, you are responsible for the extra competition registration fees. Being a crossover takes a high level of commitment and requires they attend twice as many team practices a week.

## ALTERNATES

We will now have 2 alternates per team every season. This allows teams to have fill ins available in case of illness, absences, or injuries. Alternates will attend 1-2 practices per week depending on the team.

Alternates will sub in at practices and competitions if someone is missing from the team. If your child is crossing over to be an alternate there will be no additional charge. If your child is only being an alternate during the season there will be an extra training fee.

## SHOWCASES

The CYC cheerleading program will hold a Beginning-of-Season Showcase and an End-of-Season Showcase. These performances are designed to help the athletes practice performing in front of a crowd, before their first competition, and allow family members, friends, classmates, and other CYC members the opportunity to see the teams perform without having to travel to competitions.



## COMPETITIONS

Competitions run from December through May, and they are all-day events. There is an entrance fee for spectators. All individuals are responsible for their own transportation to and from competition venue. If you have to set up a carpool with teammates that needs to be discussed in advance between teammates and parents. On the day of competition, the team will meet at the competition venue, and it is important for your athlete to be on time. It is mandatory for all team members to be present at the competition for all CYC team performances. Competitions start as early as 8am and can end by 10pm, we do not know team specific times until the week of.

Competition Dates will be released in late July or early August. Please keep in mind that competition companies may move the date or location of an event. Also, please keep in mind that the all star cheer season is not based off school breaks. There is no spring break week off of cheer because that tends to be the end of season events for the competition season.

## TRAVEL COMPETITIONS ELITE TEAMS ONLY

In February/March, some elite teams will attend a travel competition. We are planning on attending a competition in Southern California.

In April/May, all elite teams will attend an end of season nationals (example=Regional Summit, D2 Summit, US Finals, Spirit Royale). All elite teams are eligible to receive a bid to these end of season events. If your team receives a bid to attend one of these events, we will hold a parent meeting in order to go over these additional costs.

## RULES

### It is the expectation that all athletes:

1. Maintain a Positive Attitude and Be Respectful to coaches and teammates.
2. Maintain 2.0 or above GPA
3. Be on time for practice! We recommend your athlete arrive 15 minutes early to put things away and settle in so the team can start on time.
4. Wear the appropriate attire to practice. No jewelry. No long nails.
5. The practices one month prior to competition are critically important for the success of the team. During Competition month, if an athlete misses any practices during this time, is late by 10 minutes or more, or leaves early *for any reason*, the athlete may be removed from the routine for that competition and replaced by an alternate at the discretion of the coach. The athlete will be put back into the routine at the coach's discretion.

## REQUIRED PRACTICE WEAR

1. Hair up in ponytail
2. Sports bra
3. Team practice t-shirt or tank
4. Team practice shorts
5. Athletic shoes with laces
6. Socks
7. No Jewelry

## ATTITUDE EXPECTATIONS

The CYC All-Stars cheer program needs team members who are punctual, who are in the proper frame of mind to work hard, who pay attention to instruction and cooperate with teammates and coaches. We are a gym that is known for good sportsmanship and integrity by our players, coaches, and parents. We encourage only positive attitudes and encouragement toward fellow team members and coaches. If there are any issues, we ask that the athlete or parent speak directly with the coach to work together to solve any problems. Gossip about any teammates, parents, or CYC staff will not be tolerated.

Making negative comments about others before, during, or after practice is completely unacceptable. Negative posts in any social media or inappropriate comments in group messages will be grounds for suspension or expulsion from CYC. If your child was to partake in any of this behavior, they will be given a verbal warning for their first offense, written warning for their second offense with parents being notified, suspension for their third offense, and expulsion for a fourth offense. The CYC Allstars cheer program expects athletes and parents who are positive, encouraging, and cooperative with teammates, officials, coaches, and other families in our program.

## ABSENCES/TARDINESS

**Attendance is the single most important factor for the success of an All-Star cheerleading team. If your child misses more than 2 practices in a month starting in September they will be moved to an alternate position. After an evaluation of attendance, it will be up to the coaches discretion if the alternate will be placed back on the team or remain as an alternate.** Since everyone plays a vital role in the competition routine, when one member is absent, the whole team suffers. We know things will come up, but we need the team to be your top priority when making a decision to miss, be late, or leave early from practice or cheer events. If attendance becomes a problem, your athlete may be moved to a less critical spot on the team. If your athlete is going to be absent or late, please email or text the team coach in advance so that the coach can make the proper preparations for practice. In the case of being ill, injured, or a family emergency, everything will be done to keep an athlete in his or her position. However, if the absence happens during a time that the success of the team is in jeopardy, the athlete may be temporarily removed or put into a different position that will not affect the success of the team. For an injured athlete to remain in the routine, the injured athlete is expected to come to all practices, competitions, and events.



## GUARDIAN EXPECTATIONS

During practice all spectators are restricted from the Practice Area until the last 5 minutes of practice. Practice times are strictly for the training and development of your children by CYC coaches. Please keep time for concerns with the program, your child, or the CYC coaches outside of scheduled training. If you need to speak with your athlete's coach or feel you have something constructive to add to the program, please set up a time to meet with the Head Coach at a time other than during practices. Please be sure to download the Band App where we will communicate about upcoming events. You will need to add the Program Band and the Team Band to stay updated with information.

## MANDATORY VOLUNTEER HOURS

In order for the CYC cheer program to run showcases, fundraisers, and bondings each year, we ask that parents donate a portion of their time to help the program. Each family must donate at least 4 hours of volunteer work each season. If you are unable to volunteer for 4 hours, you can donate \$100 to the cheer program. Every Family will be assigned an event to volunteer. We appreciate your support.



## CONTACT INFO

If you have any questions regarding the program, please contact us. Anything regarding fees and payments contact the front desk. For practice times, camp schedules, or anything else cheer related, contact Windy Rolandelli. If you have any questions regarding team specific questions, contact the coach of that team. Email and BAND are the best forms of communication and we will try to respond within a timely matter. If it is urgent you can contact us by phone.

Contact Numbers:

Front Desk [info@cycmail.org](mailto:info@cycmail.org) 925-671-7070 ext 210

Windy Rolandelli [wrolandelli@cycmail.org](mailto:wrolandelli@cycmail.org) or 925-671-7070 ext. 207

Cassie Bunch [cbunch@cycmail.org](mailto:cbunch@cycmail.org) or 925-231-5268

## COMMUNICATION

For communication we mainly use The BAND App. That is where we will send most of the information you will need for schedules, payments, etc. We have a group Band for the program and one per team so parents can communicate and coaches can post urgent updates and share videos and photos.

Please only contact coaches by cell phone if it is an urgent matter, otherwise please send an email or message in the Band App. If you send an email, expect a response the following business day between noon and 3pm. Coaches are usually coaching Mon-Fri 3pm-9pm so if you have an urgent matter you can send a text.

Please keep personal information private. You can private message or email coaches if you need to let us know something about your child. Do Not send your child's personal information out to the entire team.

## FEES

**Final prices for the season will be available at team parent meeting after Tryouts.**

**Prep** is roughly \$700 for the entire season (Broken into 4-5 payments June-Oct) + \$35/month CYC membership.

**Does Not Include Uniform (Approx \$350)**

**Elite** is roughly \$1600 for the entire season (Broken into 4-5 payments June-Oct) + \$35/month CYC membership

**Does Not Include Uniform (Approx \$450)**

Your \$35 CYC membership gains you access into any recreational sport we offer at CYC as well as academic tutoring available in the Academic Excellence Room.

CYC All-Star Cheer Program Fees:

This includes choreographer fees, music fees, practice wear, shoes, bows, advanced training fees, competition registration fees.

Not included:

- Uniforms
- Transportation to competitions
- USASF membership fee
- Competition Goody bags.

\*\*If fees are not paid by the due date, your child will not be able to practice or compete until dues are paid, this also includes CYC membership fees. To avoid any interruptions with your membership, please set up auto pay on your account with CYC front desk staff.

## IMPORTANT DATES

Team Reveal 5/21

Elite Practices Begin 6/17/24

Elite All Star Camp 7/8-7/12

Prep All Star Camp 7/15-7/19

Elite Choreography Camp 7/22-7/26

Prep Practices Begin 7/22/24

Prep Choreography Camp 8/16-8/18

No Cheer:

7/1-7/5 Independence Day

9/2 Labor Day

9/23 CYC's Annual Golf Tournament

10/31 Halloween

11/25-11/29

12/25-1/1 Christmas & New Year's Break



# Elite Tumbling Skills by Level

## LEVEL 1

BACK WALKOVER SERIES BACK WALKOVER SWITCH LEG BACK EXTENSION ROLL BACK EXTENSION ROLL - BWO/BWO SERIES VALDEZ

CARTWHEEL - BWO SERIES FWO - CARTWHEEL/ROUND OFF FWO - CW - BWO/BWO SERIES FWO - CW - BWO SWITCH LEG

## LEVEL 2

BWO - BHS STEP OUT - BWO BWO SWITCH LEG - BHS BHS STEP OUT - BWO - BHS VALDEZ - BHS/BHS STEP OUT BACK EXTENSION ROLL - BHS/BHS STEP OUT

SERIES FRONT HANDSPRINGS BOUNDER/FLYSPRING CW - BHS SERIES RO - BHS SERIES FWO - RO - BHS/BHS SERIES CW - BHS STEP OUT - BWO - BHS/BHS SERIES RO - BHS STEP OUT - BWO - BHS/BHS SERIES

## LEVEL 3

BHS/BHS SERIES - ADVANCED JUMP - BHS/BHS SERIES ADVANCED JUMP - BHS - ADVANCED JUMP - BHS BHS STEP OUT - BHS SERIES BHS STEP OUT - BWO - BHS SERIES BWO - BHS - ADVANCED JUMP - BHS/BHS SERIES

FWO - AERIAL BOUNDER/FLYSPRING - AERIAL ROUND OFF - BHS - TUCK RO - BHS STEP OUT - 1/2 TURN - RO - TO - TUCK FWO - RO - TO - TUCK BOUNDER/FLYSPRING - RO - TO - TUCK (FHS) - PUNCH FRONT

## LEVEL 4

BHS/BHS STEP OUT - TUCK ADVANCED JUMP - BHS SERIES - TUCK ADVANCED JUMP - BHS - TUCK

ROUND OFF - BHS - LAYOUT/LAYOUT STEP OUT/X-OUT/SWITCH LEG ROUND OFF - ONODI - TO - LAYOUT FRONT WALKOVER - RO - TO - LAYOUT FRONT AERIAL - RO - TO - WHIP - LAYOUT PF STEP OUT - RO - TO - LAYOUT ROUND OFF - TO - WHIP/TUCK - TO - LAYOUT FWO - ROUND OFF - TO - WHIP/TUCK - TO - LAYOUT PF STEP OUT - RO - TO - WHIP/TUCK - TO - LAYOUT FRONT HANDSPRING - PF STEP OUT - RO - TO - LAYOUT FRONT HANDSPRING - PF STEP OUT - RO - TO - WHIP/TUCK - TO - LAYOUT

## LEVEL 5

BHS - WHIP - TUCK BHS - LAYOUT ADVANCED JUMP - BHS/BHS SERIES - LAYOUT ADVANCED JUMP - BHS - WHIP - TUCK BHS - WHIP/TUCK - TO - LAYOUT BHS/BHS SERIES - WHIP - TO - LAYOUT/LAYOUT STEP OUT ADVANCED JUMP - BHS/BHS SERIES - WHIP - TO - LAYOUT

FRONT FULL RO - BHS - FULL FRONT WALKOVER - RO - TO - FULL BARANI - TO - FULL PF STEP OUT - RO - TO - FULL FRONT HANDSPRING - PF STEP OUT - RO - TO - FULL RO - TO - WHIP - TO - FULL FRONT HANDSPRING - FRONT FULL PF STEP OUT - RO - TO - WHIP - TO - FULL FRONT HANDSPRING - PF STEP OUT - RO - TO - WHIP - TO - FULL RO - ARABIAN/HALF STEP OUT - TO - LAYOUT/FULL

# Divisions by Birth Year

DIVISIONS	BIRTH YEARS
TINY	2017-2019
MINI	2015-2018
YOUTH	2012-2017
JUNIOR	2009-2016
SENIOR	6/1/2005-2012
SENIOR OPEN	5/31/07 & BEFORE