



2023-2024



Prep Team Handbook



Our Mission



Cheer Tech's mission is to provide the resources for All Star Cheer athlete talent development for the greater Grand Forks, ND community

Cheer Tech's goal is the individual growth of each athlete as members of a committed and welcoming team competing in the challenging and team-focused sport of All Star Cheer.

We are the Cheer Tech Eagles, soaring to new heights in athleticism, leadership, team building and confidence. Eagles possess a "Fight for the Yes" mentality. Eagles always have their talons out, ready to grab the next opportunity to grow. Eagles recognize talent development requires commitment. Eagles know success starts with these three words: "I will try."

We want to make a positive difference in our athlete's lives! We like to win, and we work hard in this pursuit, but more importantly we desire to be a positive influence in our athlete's lives off the mat and outside the gym as well. We get to know our athletes, who they are as individuals, their likes and dislikes, so we can build upon their talents and interests while pushing them to develop physically and mentally. We are firm, fair, and focused on athlete improvement, team success, and safety.

General Rules

Prep teams will practice for two hours, once a week. The 2023-2024 season will run from September-March.

Cheer Tech All Star Cheer practices are closed events. Family and friends may not wait in the gym during practice. The athletes need a quiet and distraction-free environment in which to train and grow.

Athletes will always display the highest levels of sportsmanship, regardless of situation or circumstance.

Athletes may not take classes, private lessons, or join a program from other tumbling/cheerleading facilities without coach/owner permission.

Fingernails must be trimmed to a safe length. Long nails are a safety issue and can cause significant injury. Coaches will trim nails immediately, as needed, if the nail length is deemed a safety concern.

Mobile phone use during practices and competition warmups is NOT permitted. This restriction includes breaks during practices and the competition warmups.

Jewelry will NOT be worn during practice or at competitions, per USASF guidelines, to include watches, earrings, necklaces, bracelets, wristbands, or rings.

Bullying, use of derogatory or foul language, displays of poor attitude, or any type of verbal or physical abuse is NOT permitted. Back-talking, eye-rolling, or any form of disrespect is NOT acceptable.

Attendance Policy

Practices

All Star Cheer requires complete commitment from the athlete, and parent/guardian, to attend all practices and competitions. Practice and competition attendance are mandatory. Without the entire team present, it is impossible to meaningfully practice the routine, especially stunts and formations. Absences from practices and competitions adversely affect the entire team. As such, the athlete and the parent/guardian must agree to the following:

Two Week Notice via our absence excuse link, coaches will notify if the practice is excused or not. Calls, texts, emails, DM's, in-person notifications will not be excused, all requests must be made through the link that will be given out after team reveal.

- Cheer Tech reserves the right to re-consider the athlete's placement on the assigned team if the athlete receives three (3) NOT-EXCUSED absences
- Cheer Tech reserves the right to restructure the athlete's role on the team based on absences.
- Absences will NOT be used as punitive measures by the parent/guardian.
- Being dismissed from the team due to exceeding not-excused absences will not void the financial contract signed by the parent/guardian.
- There will be no early dismissal from practices in order to attend other extracurricular activities.
- Athletes must be fully ready to practice at practice start time. Hair up, shoes on, water bottles filled in the correct practice wear. 3 Tardies = 1 Unexcused Absence.

Competition Week Practice

-The 2 practices the week prior to a competition/required performance are 100% required. Athletes not in attendance will be removed from the routine for that competition or for the season.

We understand life happens, some exceptions would be funerals, athlete hospitalization, a **Required** school event with a **MONTH** notice.

- Cheer Tech reserves the right to re-consider the athlete's placement on the assigned team if the athlete receives one (1) NOT-EXCUSED absence from competitions.



Who do I contact?



Owner/ Hannah: Via Band App Only

- Individual/ team related questions not first resolved with the coach
- Questions revolving team placements
- Hotel & competition related questions
- BAND App related questions



Cheer Tech Office/ Carli: Via Band App Only

- Billing Questions
- Attendance/ missing future practice
- Apparel questions
- BAND App related questions
- Social Media Related Questions
- Tumbling Class related questions



Team Coach: Via Band App Only

- Practice questions
- Routine/ scoring questions
- Questions about your athlete
- Team related questions/ concerns
- Last min absences/ tardies

Communication with Cheer Tech Staff

Communication is a vital component and is necessary for the success of our athletes, teams and families. We communicate 100% via the BAND App in regards to elite teams. Coaches will not respond to texts/ DMs/ emails.

Please email Carli at Office@ndcheertech.com for tumbling class and billing related questions. All other matters need to be communicated via the BAND App.

Any questions/ concerns/ grievances need to be handled privately with the correct party. If the issue is not resolved please contact Hannah.

We may require a 24hr Cool-down period for both parties to collect their thoughts and the issue will be revisited. It is up to staff discretion if a in-person meeting is necessary.



Competitions

Our Finalized Competition Schedule will be Released August 1st

Elite teams will compete at 3 competitions a year.

The parent/guardian is responsible for transporting the athlete to all competitions. The competition season is during winter months and competitions are not cancelled due to weather. If the parent/guardian is unable to attend or transport the athlete, the parent/guardian must make alternate arrangements for the athlete's transportation and supervision.

If a competition is more than three (3) hours travel from Grand Forks, ND, the athlete **MUST** arrive at the competition location the night prior to the competition to allow for a full night's rest.

Parents/guardians must plan for full-day competitions and performances. Events can run from 7:00 am to 10:00 pm. Official competition schedules will be distributed to parents/guardians after the final version is received and reviewed by Cheer Tech staff.

All members of the Cheer Tech family will support all Cheer Tech teams, regardless of performance time, at competitions. Competition performances are the time for our athletes to shine and they deserve support and encouragement from all athletes and their families. Missing a team's performance will count as an unexcused absence.

Athletes **MUST** attend the awards session for their team and must be in uniform. If any athlete misses awards it will count as an unexcused absence.

Athletes are required to attend **all** Cheer Tech competitions and showcases. Missing a competition can result in removal from the team/program. Being dismissed from the team due to absence will not void the financial contract signed by the parent/guardian.

Maintaining Skills



Athletes are expected to maintain the skills that placed them onto their team and level. We understand that athletes will have struggles with skills and this is part of the learning process. To keep our teams competitive and our athletes safe and progressing, we will adhere to the following policy:

- 1) If an Athlete loses a skill thrown at evaluations/placements, there will be communication directly from the Coach to the Parent/Family immediately.
- 2) Athletes will be required immediately to take one required tumbling class PLUS at least one private lesson per week with one of their team coaches until the skill is regained.
- 3) If after 30 days, the Athlete is not completing the skill, Cheer Tech will determine if it the athlete will be switched to a different team.

Quitting Policy

Due to the immense work that goes into the choreography and stunting of the team, and the great disruption an athlete choosing to leave the team will cause, if an athlete chooses to drop-out, the parent/guardian will be required to sign a form and a final payment for the **entire remainder tuition, competition fees, and additional expenses** will be due immediately, per signed financial agreement. Any bills not paid within 30 days, will be sent to collections.

Injuries

The parent/guardian will notify their team coach via BAND App immediately if the athlete becomes injured outside of practice. The athlete must attend all practices and continue to pay tuition while injured. If the athlete has specific restrictions other than fully abstaining from practice, Cheer Tech requires a doctor's note with specific restrictions and alternate conditioning/rehab instructions. After the athlete is FULLY recovered and cleared by a medical professional, Cheer Tech staff will determine the best way to reintegrate the athlete into the team's routine.

FREQUENTLY ASKED QUESTIONS

What days will the teams practice?

Cheer Tech cannot guarantee days/time until after team placements pending the amount of teams. Our tentative schedule has athletes practicing Sunday Evenings.

I/My Athlete have/has _____ skills...which Team will I/they make?

-We do not know exactly the Teams we will have until after team placements. While certain skills drive Athletes to different levels, Cheer Tech coaches we are looking to create TEAMS that will succeed and compete well with the information and knowledge we have on the scoring system. Many of our L1 Athletes are working on L2 skills after perfecting their L1 skills, many of our L3 team Athletes already have individual L4 skills, and so on. The key to success is to create Teams that are well-rounded and will hit every area of the scoresheet. Much like baseball/softball teams, it is not advantageous to have a "16 and under Team" (Junior Division) that is full of 8-10 year olds. Those Athletes will become much more competitive on an "12 and under Team" (Youth Division) that is full of Athletes that age who will compete against athletes their same age.

I/ My child has never cheered before, will I/they make a team?

-NO EXPERIENCE is necessary! We have an age group and level for every Athlete's needs and experience from beginners to the most elite athletes in the state.

What is the cost?

The cost of prep cheer is \$130 a month. This cost is inclusive for everything needed for the season. USASF Fees, insurance fees, music fees, competition registration fees, insurance fees, and practice fees. The only additional cost is the purchase of a uniform. The uniform will be approximately \$130 dollars.

Where do we compete?

We will compete three times this season. Fargo in a January and the other two comps are TBD. We will release the schedule August 1st.

We are SO excited to welcome your athlete and family into our Eagle Family!



I, _____ have read the handbook and have agreed to the standards and information within it.

Parent or Legal Guardians Name

Date

All Star Cheer Athlete

Date

Athlete Code of Conduct



Cheer Tech is dedicated to having a long history and tradition of athletic excellence. This tradition cannot be built overnight. It will take years of dedication, commitment, and hard work by a countless number of people. As a Cheer Tech athlete, you must strive to uphold a high standard of excellence. Once you have become a member of our team, you have made a choice to uphold certain standards expected of athletes in this community:

1. The use of vulgar or profane language is unacceptable anywhere and at any time.
2. A member of an athletic team is to be presented professionally in proper athletic attire and ready for practice. Clothing will be respectful in language and content.
3. Clothing worn at competitions must be worn in a neat and mannerly fashion. Shoes and uniform are to be clean and sharp. Hair is to be worn as described by the coach for the competition.
4. Athletes will exhibit appropriate behavior at all times. Your participation in athletics is a privilege and should be treated as such. Any time you wear the grey, silver and blue of Cheer Tech, you are representing yourself, your family, your gym and all those that currently wear these colors now and after you.
5. Your behavior should be above reproach in all areas. Other athletes, staff, parents, and the community will observe your conduct. You need to ensure you are representing Grand Forks in the best light at all times.
6. Bullying, teasing, and/or putting down other athletes is absolutely not tolerated. Mental or physical abuse of any type will be dealt with immediately and will be grounds for dismissal from the cheer program and the gym.
7. Respect will be given at all times to your coach, other athletes, cheer staff, and all parents. You will treat and speak to others the way you would want to be spoken to and treated.
8. Lying, cheating, stealing will not be tolerated and will be grounds for dismissal from the cheer program.
9. Athletes have responsibilities to include:

RESPONSIBILITIES TO YOURSELF: The most important of these responsibilities is to develop strength of character and positive values and behaviors. You owe it to yourself to get the greatest possible benefit from your team experiences. Your academic studies and your participation in other extracurricular activities, as well as in sports, help to prepare you for your life. You will give your best at practice and competition, and in return your coach and team mates will give you their best.

RESPONSIBILITIES TO YOUR GYM: Another responsibility you assume as a team member is to your gym. You assume a leadership role when you are on an athletic team. The community and other communities judge our gym by your conduct and attitudes, both on and off the competitive stage. Because of this leadership role, you can positively contribute to gym spirit and community pride. In addition, you are a role model for younger athletes. These athletes look up to you and dream of being as successful as you hope you to be. Be sure the example you set is a positive one.

RESPONSIBILITIES TO OTHERS: As a team member you also bear a heavy responsibility to your cheer family. When you know that you have lived up to all of your commitments, you have practiced with great enthusiasm and that you have competed to the best of your ability, you have earned the right for great self-respect, and thusly your family can be proud of you.

10. Respect will be given at all times to your coach, other athletes, cheer staff, and all parents. You will treat and speak to others the way you would want to be spoken to and treated.

I have read or have been read the following information and agree to comply with the Athlete Code of Conduct. I will, to the best of my ability, be a supportive teammate and work hard to achieve the goals of my team and the gym.

Signature of Athlete (Parent of athlete if unable due to age)

Signature of Parent acknowledging athlete has reviewed conduct code

Date

Parent Code of Conduct



Cheer Tech is committed to creating a safe and positive environment for members' physical, emotional and social development and ensuring that it promotes an environment free of misconduct.

Preamble: The essential elements of character-building and ethics in sports are embodied in the concept of sportsmanship and six core principles: respect, responsibility, fairness, caring, trustworthiness and good citizenship. The highest potential of sports is achieved when competition reflects these "six pillars of character" (Arizona Sports Summit Accord).

By signing below, I hereby agree that:

1. I will encourage good sportsmanship by my actions, demonstrating positive support for all athletes, coaches, and officials at every practice, competition, meeting and placement session.
2. I will place the emotional and physical well-being of my child and others ahead of my desire to win.
3. I will encourage my child to practice in a safe and healthy environment by maintaining a respectful and courteous attitude to others.
4. I will promptly inform my child's coach of any physical/mental disability or challenge affecting my child that may affect the safety of my child or others.
5. I will teach my child that doing his/her best is more important than winning.
6. I will not ridicule, bully, blame, or yell at my child or other athletes, coaches, officials or volunteers in response to a poor performance or for any other reason.

7. I will do my best to make cheer fun at all times and will remember that my child participates in sports for his/her own enjoyment and satisfaction.
8. I will teach my child to treat other athletes, coaches, fans, volunteers, officials, and staff with respect, regardless of race, creed, color, sexual orientation or ability. I will also take action and report any acts of bullying, harassment or abuse to the appropriate authorities.
9. I will applaud any effort in both victory and defeat emphasizing positive accomplishments and learning from mistakes.
10. I will teach my child to resolve conflicts calmly and peacefully without resorting to hostility or violence.
11. I will be a positive role model for my child and others.
12. I will demand a cheer environment for my child that is free of drug or alcohol abuse and agree that I will not use or provide to a third-party any illegal drug prohibited by applicable federal, state, or municipal law.
13. I will not assist or condone any athlete's use of a banned substances, drugs, and/or alcohol.
14. I will expect my child's coach to be in compliance with all requirements of USASF, to continue their education and training through programs offered by USASF, and other accredited organizations.
15. I will respect my child's coach and refrain from "side line" coaching my child or other athletes.
16. I will not talk negatively about Cheer Tech athletes, coaches, or facility to other parents or members of the community, to include social media posts. I will give Cheer Tech the opportunity to hear any grievances I may have in a private setting so they have the opportunity to remedy if needed.
17. I will respect the decisions of officials, their authority and decisions during competitions, and teach my child to do the same.
18. I will show appreciation and recognize the importance of volunteers. I will fulfill my responsibility to help my athlete's organization with membership, special projects, and competitions as I am able.
19. I will support and respect all athletes and their right to participate.

Violating any of the above codes could result in Cheer Tech terminating you and/or your athlete's ability to remain part of the Cheer Tech program. Require both parents or all guardians to sign below.

Athletes Name: _____

Parent/Guardian Signature: _____

Relationship to Athlete: _____

Parent/Guardian Signature: _____

Relationship to Athlete: _____

Date: _____