



**Sierra Xplosion
All Star Cheerleading
Athlete & Parent Handbook
2019-2020**

Athlete/ Parent Handbook 2019-2020

At Sierra Xplosion we believe that hard work, dedication and the empowerment of each other through positivity is what will make our program successful. Many life lessons can be learned through competitive cheer by the experience or comradery, building trust and learning the importance of respect amongst their fellow athletes and coaches.

We will provide discipline and structure on a consistent basis. We pay specific attention to each athlete to make sure they are progressing in his or her own abilities. We teach our athletes to excel in all areas of competitive cheerleading.

We strongly believe that we must partner together as coaches and parents to have a successful season. We realize Sierra Xplosion is an absolute commitment and is achieved by dedicated athletes and parents. At Sierra Xplosion we will push your athlete to achieve their goals and motivate them with positive reinforcement. We will encourage your athlete but expect motivated athletes to walk through the doors. We expect our athletes to have positive attitudes, respectful behavior towards coaches, parents, and other athletes. We want champions in life and on the mat.

WHAT IS ALL STAR CHEER?

All Star cheerleading is a competitive team sport incorporating skills from several other disciplines such as gymnastics, dance, stunting, and cheer. All Star cheerleading programs do not cheer for other sports teams. They are the team!

WHAT IS THE USASF?

The United States All Star Federation (USASF) is the national governing body for All Star cheerleading programs. USASF determines various divisions, levels and requirements for competition and also administers the Cheer & Dance Worlds competitions. As certified instructors, we comply with the organization's safety, training and sportsmanship initiatives. Rules, glossary of terms, current industry news, etc. can all be found at USASF's website, www.usasf.com

USASF Membership is required for all athletes competing at USASF sanctioned events. (\$50 registration fee) As part of its safety initiatives, USASF also offers

supplemental insurance to USASF members. Every athlete must have a birth certificate on file with the USASF in order to compete at USASF sanctioned events.

FINANCIALS

Tuition is due on the 1st of each month.

- Checks, cash, or online payment are all acceptable methods for payment. Any outstanding balance not paid by the 5th of the month will have an automatic \$25 late fee. If tuition is not received by the 5th, there will be \$25 added each week tuition is late.
- If you use the online payment portal there will be a small fee for each transaction. Venmo will not be used this year.
- If a check is returned for insufficient funds, there will be a \$35 reprocessing fee.
- An athlete's account must be current and in good standing in order to participate in practices or competitions.

The season is from July 29th, 2019- May 25th, 2020. Tuition is \$110 per month.

Tuition does not change month to month.

Therefore, tuition is never prorated throughout the season including the holiday months.

REFUND POLICY

No tuition, uniform, or competition fees will be refunded if a member quits, is dismissed from the program for any reason, or cannot compete due to injuries or illness.

Competition Fees

There are no refunds for competition fees. If an athlete is sick or has a last-minute emergency, we are not able to offer a refund.

Uniform

Athletes will be measured for their uniform on Saturday, August 17th at 10:00am.

- Parents must review and sign off on all uniform sizes and apparel. It is important that you factor in your child's growth throughout the year. It is better to have a uniform that they can grow into, rather than grow out of.

- Because everything is custom, uniform clothing cannot be returned or exchanged. This includes uniform, warm-ups and practice wear.
- Uniform payments are non-refundable.
- All parents must initial for any of your purchased items.

INJURIES & LIABILITY

While we strive to provide the safest possible environment for our athletes' injuries may occur. Sierra Xplosion is not liable for any expenses rising from injuries resulting from participation in our program. If you are an athlete and you have an injury at practice or outside the gym, it is important that you discuss with your coach and your parents. I will need a medical clearance if I am given a doctor's recommendation.

PRACTICE RULES

All practices are **CLOSED**. Only team members and coaches can be in the gym area during practice times. We reserve the right to close all practices to parents, friends or relatives. Closed practices allow athletes to focus solely on competitions without any outside distractions.

We will have an OPEN practice the 3rd week of each month! Open practice will be the last 20 minutes of practice on a MONDAY/TUESDAY.

Clothing

Sierra Xplosion practice wear must be worn on all practice days. Athletes wearing the same practice clothes will demonstrate unity amongst the team and the program. Athletes can wear any combination of the practice attire included in the practice wear package. Athletes who are not in the appropriate practice attire will condition during practice.

Shoes

Competition shoes must only be worn on the mat. All athletes must put their shoes on and take shoes off only in the inside gym area. They may not leave the gym with their competition shoes on.

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Hair

Hair must be up in a ponytail at all times during practice. Competitions will have a specific hair style that will be taught prior to the first competition. This includes performance makeup as well.

Hair color must be as close to natural during competitions. Please do not dye your hair pink, purple, blue or green for competitions. We all must look uniformed.

Jewelry

There is to be NO JEWELRY worn at practices, which include all earrings, belly button rings, nose rings, rings, bracelets and necklaces. This is not simply for appearance sake, but for the safety to the one wearing the jewelry and for those either flying or basing who might be injured as a result.

General Expectations

No long nails! Sport length only allowed.

All CELL PHONES should be turned on silent and placed in bags during practice times. Athletes can briefly look at their phones during break, but it is recommended that phones be turned off during the entire practice time.

There is to be NO GUM whatsoever at practices or competitions.

Nail polish cannot be worn during a competition.

There is to be NO videotaping of practices. You can videotape the routine to practice, However, you may not post to any social media sites until after we have competed in our first qualifying competition.

Please bring a healthy snack to practice. **Disposable plastic water bottles are prohibited in the gym.** You can bring a stainless steel or reusable plastic water bottle. Water is available in the gym. No soda, fast food, coffee, juice, chips, or candy allowed, unless otherwise noted in a medial disclosure.

ATTENDANCE

The entire season is **MANDATORY**. This includes all practices and competitions. Our season is from August 5th, 2019- May 10th, 2020. Elective participation is not permitted, and you are expected to complete the season.

If you chose to leave the program after choreography has been taught and before the season is over you are required to pay the following:

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Early termination of contract fee: \$199

Remainder of pre-paid comp fees: \$\$\$\$ (whatever comp fees are left for the season)

*Fees owed will be reviewed by the owner's discretion on a case by case basis.

If an athlete is unable to fulfill attendance requirements prior to a competition, they will be pulled from the competition without a refund.

This is a competitive sport and it is not a recreational program. You have to be committed to join. We realize many children and young adults are involved in a variety of activities; however, we cannot make exceptions for schedule conflicts. Athletes can participate in recreation and school activities as long as it does not conflict with their practice schedule.

Athletes will be allowed 6 absences a year. If an athlete has more than 4 unexcused absences I will review the situation. If attendance becomes a significant issue (including not practicing because of an "injury") you will be asked to leave the program. Athletes have to put in the work in order to compete and have a spot on the team.

If you miss multiple practices because of an injury, you **must** provide a doctor's note with detailed information regarding the injury, treatment and length of recovery. This includes dental, medical and any other health related issue that would prohibit an athlete participating. If you don't feel well and cannot provide a doctor's note, you will not be required to participate; however, you must be present.

If you are highly contagious and we feel it is necessary for you to miss one practice to get antibiotics and regain your health the staff will further discuss with the parents. Parents (not athlete) must contact Andrea by phone or text immediately.

IMPORTANT: Be honest if you have to miss a practice. Honesty is the best policy when giving a reason for an absence.

If you know you will be missing a practice, please notify me 2 weeks ahead of time. This allows me time to plan for practice and get additional athletes to step in. Absences are **not** permitted the week of any competition event. **If your athlete does not attend practice the week of a competition they will not compete.** See absence form attached.

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STUNTING POSITIONS

All stunting positions are subject to change!!! Most athletes will be taught multiple stunting positions. Stunt groups can be moved around and positions can change based on the stunt sequence and the skill level of each athlete.

Athletes selected as **flyers** must maintain flexibility and skill requirements. Selected flyers unable to meet the level requirements must learn to base or backspot or they will be a spotter.

If the flyer is not maintaining her ability to perform in the air at the level selected she will be placed in another position. Flyers **MUST** practice flexibility and their technique at home! Flexibility and stunt technique can be practiced in minutes. There is always time to fit in a minute or two of choreography practice, stretching, and general technique.

All stunting positions are selected by the coaches and are not to be questioned unless there is a safety concern. Do not discuss another athlete's stunting placement.

CODE OF CONDUCT

Team members must always be a strong representative of Sierra Xplosion and be a positive reflection of his/her teammates. Abusive behavior, lying, and/ or any other form of negative behavior are grounds for **removal** from the team.

Many of you communicate through social media that include e-mail, Facebook, Twitter and Instagram. Please remember that anything you say in regards to our program is a direct reflection on Sierra Xplosion. Athletes and parents are not allowed to post any videos of our routine on any social media sites until after we have completed our first competition.

NOTE: If you are caught sending disrespectful or inappropriate messages on SOCIAL MEDIA, that have any correlation to Sierra Xplosion you will be subject to **immediate removal!**

Teammates are expected to treat one another with mutual respect. They should treat and talk to one another in a manner in which they want to be spoken to. We do not tolerate pettiness or gossiping; which attempt to exclude or alienate certain members.

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Back talk, rolling of eyes, mumbling under their breath, failure to participate, and any other form of disrespect made towards instructors or teammates is unacceptable. After 1 warning, the team member will be benched from a practice and no refund will be given. **A second warning may result in an immediate removal from the team.**

If an athlete is aggressive to another team member they will be asked to leave the program.

If there is a problem between an athlete and another team member, the athlete must first try to resolve the issue with the person. If that is not successful, the athlete must discuss with a coach. If the problem cannot be solved, a parent will be notified of the problem and all parties involved will discuss the issue.

A parent should never reprimand or discipline someone else's child. We will handle any disciplinary problems privately and professionally. Also, any parent that acts in a disrespectful nature to an athlete, coach, owner or another parent is subject to automatic removal from the Sierra Xplosion program.

This season will be our 4th year and we look forward to the many blessings and great things happening. We will be very strict on this particular rule of sportsmanship and maintaining a positive image. If we hear of any gossip or bad mouthing our program, another athlete and or parent it will not be tolerated and you will be **removed** from the program. This is especially important at the competitions because it could cause our team to be disqualified. We are **ONE GYM, ONE FAMILY, ONE COMMUNITY.**

Please understand that a parent's behavior can cause their athlete's dismissal. Please think of your actions in regards to keeping your child's spot on the team. I will not tolerate any threatening or negative messages sent to my personal phone. If you would like to discuss a situation, contact me directly. If you cannot comply to this rule I will personally ask you and your child to leave the program.

If I am notified that a parent has sought out another gym during our season I will ask you to leave the program.

Parents are not to withhold an athlete from practice because of bad grades or homework. This is not a rec or school sport. We cannot practice effectively without the entire team at practice. It is also a huge safety issue! If you choose to pull your child for grades you will owe the remainder of the competition fees and you will not be refunded for the uniform or tuition.

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OUR GOALS

One of our goals is to create a winning routine; however, we cannot guarantee a winning season.

It is important for children to feel comfortable and secure with the activities in which they partake. The most important goal for us to promote a fun, exciting, long term experience to each and every athlete. Other goals include:

- To promote independence and self-discipline through challenging activities.
- To promote team spirit and collaboration.
- To provide a wholesome environment in which each athlete grows in all areas of development through the modeling of appropriate life skills.

Thank you for supporting these goals. We look forward to many more years of coaching all star cheer, and being a special part of your children's lives.

IN THE SPIRIT OF SPORTSMANSHIP

At a competition we will teach the athletes to cheer for each team as their placements are announced. If we are the 1st place team they are not to celebrate until the 2nd place team has celebrated their 2nd place win and they have officially called our name. We will clap for all teams.

In the event we do not win 1st place we will be gracious in losing as we are humble in winning.

We never show an attitude that is negative even if we don't agree with the outcome.

Parents should always show good sportsmanship. Do not cheer if a stunt or tumbling pass falls from another competitive team. Our image is so important at any competition events. Again, this could cause our teams to be disqualified from an event.

Although it is very convenient to stay at a hotel the night before a competition, it is not required.

All athletes must arrive at least 2 hours early to a competition.

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Have concerns??? We use the 24-hour rule. Please sit on a concern for 24 hours before contacting us. **Here is the new process.**

Step 1: Network with a veteran parent on your team for any questions.

Step 2: Contact team mom if they can't answer your questions or if you have a concern or issue.

Step 3. If team mom cannot solve the issue or answer your question contact Jonathan Kneiss for final resolution.

2019-2020 Sierra Xplosion Contact Information

Physical Address: 18859 Microtronics Way, UNIT B-14, Sonora, CA 95370

Owner and Director: Andrea Kneiss and Jonathan Kneiss

Email: sierraxplosion@gmail.com

Phone: (209) 566-3208 (Andrea)
(209) 559-8534 (Jonathan)

Gate Code:

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Statement of Commitment

Financial Commitment

I have read and fully understand my financial commitment to Sierra Xplosion outlined in this handbook. I understand that my commitment is for the 2019-2020 all-star competitive season. I understand that I will forfeit any monies paid if I choose to leave a team or if I am asked to leave the program. I understand that I am entering into this program of my own free will. I understand that this is a full year program and if I leave the program prior to the contracted season I will owe a \$199 early termination contract fee and I owe the remainder of any competition fees that have been prepaid by Sierra Xplosion.

Parent Signature _____ Date _____

Policies and Expectations Commitment

I have read and fully understand all codes, rules and expectations in this handbook. This contract is valid from June 29th, 2019-May 25th, 2020. I understand that I am entering into this all-star program of my own free will. I understand what is expected of me as a parent and as an athlete. I will conduct myself in a sportsman like manner and uphold the standards that are expected of me as a Sierra Xplosion parent and athlete.

Parent Signature _____ Date _____
 Athlete Signature _____ Date _____

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