



### **WHAT IS “Cullman United” Cheer?**

“Cullman United” Cheerleading is a competitive cheerleading program for girls between the ages of 5-14 years old. The purpose for this club team is to start teaching young athletes about traditional school cheerleading and all of its dimensions. They will be exposed to tumbling, stunting, jumping, leading the crowd and dancing, while working towards the goal of competing locally and nationally. The cheerleaders will gain life skills and cheer skills while participating in a fun environment that challenges them to grow. This club team is designed to equip young athletes with the skills needed to one day cheer on the sideline for their favorite middle school, high school, or even college team!

### **Team Placement Information:**

Team Placements will be held on May 9th, 2020 from 10:00-12:00 at Victory Cheer Academy. Team placement day is an opportunity for our coaching staff to evaluate the skills of each athlete. It will be ran like a clinic where athletes will be split into groups according to their age. They will rotate around to different stations throughout the evaluation time (Cheer, Dance, Jumps, Tumble). There will also be a time for stunting as a group. Motions, jumps, dance, stunting, and tumbling will be evaluated at each of these rotations. No experience is required to make a team. We are most importantly looking for athletes who demonstrate a positive attitude, and a willingness to learn. Athletes will be placed on a team based on age first, then skill (as determined by our coaches). All athletes attending team placements will be placed on a team. Please be sure to have all documents needed before team placements.

### **Policies and Expectations**

- Practices may be changed or added at any time during the season, specifically when getting ready for competition. Expect this to happen. You are agreeing that you will comply to schedule changes without complaint. This is a competitive program that demands attendance of all kids on the team. If your child is involved in many activities during the same season that our competition preparation is, I would strongly suggest reconsidering this program. We encourage our athletes to be active outside of cheer, but it cannot conflict with our schedule and any practices for our teams cannot be missed.
- Parents, relatives, friends and cheerleaders are never allowed to speak with competition officials or competition companies for any reason.
- Never post any negative comments about any athlete, team, or our program on any websites, social media outlets, chat rooms, or message boards. The same goes for any other program. Treat them with the same respect as we want to be treated. Only positive and encouraging posts are what we want to see.
- No negative talk about our Coaches, Staff, Athletes or Parents. We want to encourage positive surroundings and attitudes from every aspect. If you have an issue with the way your child is being taught, please address it with staff. However, you are entering into a contract whereas you are trusting our staff to train your child the way we believe in, so please do not tell us how to do our job.
- All Cullman United cheerleaders, family, and friends need to be respectful to other programs and show good sportsmanship at all times.
- There will be no arguing with or questioning a coach's decision. We will have the athlete and programs best interest at heart at all times.
- Please reinforce our rules with your child so that we all have the same goal in making our Cullman United Cheer family successful.

- The inability to comply with these Policies and Expectations may result in dismissal from your team with no refund for the year.

- Cullman United cheerleaders should represent Cullman United cheerleading at all times. Your conduct and attitude should reflect this. Your child should set an example for other students to follow. There will be no tolerance for disrespect or misbehavior. Cheerleaders must be coachable and cooperate with teammates and coaches.

### **Tardiness and Absences**

- Girls must be at practice. If one person is out, it affects the whole team.

- Cheerleaders will be excused from practices with a doctor's excuse but please schedule doctor and dental appointments around the practice schedule whenever possible.

- If you are going to miss or arrive late for practice or team activity, advance notice is required. Please send a message via TeamReach App or text message to the coach

- If a cheerleader arrives later and misses more than ½ of the scheduled practice (unexcused or no prior notice given), she will be marked absent. Demerits will be given accordingly.

- Unexcused absences from a competition will result in immediate dismissal from your team with no refund. All absences must be cleared in advance with your coaches.

- Athletes must attend practice even if they are sick. You will not be required to participate; however, you must be present unless they are contagious. An athlete will jeopardize his/her position if this rule is not followed. In addition, you must provide a doctor's note with detailed information regarding the illness, treatment and length of recovery. This includes dental, medical and any other health related issue that would prohibit a student from participating. Extended sickness such as Mono or Strep throat may result in an athlete being temporarily/permanently replaced in the routine. They can remain an alternate position as a part of the team, but we cannot successfully or fairly run practices with the same athletes missing over and over.

### **Injuries and Conditioning**

Parents need to note that cheerleading is a highly competitive and physical sport and the skills involved such as stunting, jumping, and tumbling could lead to injuries. These include but are not limited to bruises, pulled or strained muscles, torn or strained ligaments, broken bones, dislocations, etc.. Cullman United Cheer will take every precaution to prevent these injuries. Unfortunately, we cannot prevent all injuries. In the event that your child is injured we will take every necessary step to ensure your child's well-being. Cheerleading is a very strenuous sport. You are agreeing that Cullman United Cheer will not be held responsible in the event of injury within our practice. We will also be conditioning our athletes. We push them to the limit to make them confident in what they are capable of, while also preparing them to be in the physical shape needed to compete at the level we are. No child will be exempt from conditioning/stretching unless given prior permission.

### **Parents and Relatives**

- Please do not ask your child to perform skills that coaches have not given them permission to do outside of practice to prevent injury to your athlete

- Please feel free to talk to your coaches about anything; just remember there is a time and a place for everything. You will need to contact him/her before or after practice or by phone/email. In order to keep practice days minimal and still get the most out of our time, we cannot have interruptions that can be handled elsewhere

- We are reliant upon TeamReach APP for all important updates and information, some of which can be time sensitive. You are required to download this app and keep up with updates and communication. Weekly

**Practices**

Practices will be held a minimum of twice a week, approximately two hours each. These practices are mandatory (unless told otherwise). These practices will vary in instruction according to what the team is working on at that time. This may include cheers, motions, dance, stunting, tumbling, etc. If you feel that your cheerleader needs an extra class targeting individual skills that she needs to gain, we encourage you to schedule private lessons or Tumble Classes outside of Cullman United Cheer practice.

## Estimation of Season Costs

<b>Expense</b>	<b>Cost</b>	<b>Due Date</b>
Registration Fee	\$50	By May 9th
Monthly Tuition	\$65 (no tumble class) \$95 (1 Tumble Class)	1st of Each month (June-February)
Practice Attire- 2 T-shirts, 1 Pair shorts, 1 Practice Ribbon	\$40	May 12th Meeting
Camp	\$175	May 12th Meeting
Uniform- Top, Skirt, Bloomers, socks, bow, shoes and bag	Approximately \$250	June 31st
Music/Choreography	\$150	July 31st
Competition Supplies- signs, flags, megaphones for competition	\$25	August 31st
Competition Fees	\$200	2 Payments- \$100 each (September 1st and October 1st)

Optional Warm up and Backpack may be purchased at the time of fittings. Prices will be given to you at that time.

Fundraising We are open to any ideas or suggestions for fundraising. Fundraising will be offered throughout the entire season. A fundraising committee will be formed to plan, organize, and oversee all fundraising for all teams. We will have one program fundraiser to benefit the program as a whole.

The above costs are estimation and actual cost could be lower or slightly more. Exact costs will be given as soon as they are determined. The above cost does not include Nationals fees. Nationals is held in Walt Disney World in February. Packages start a \$650/person to stay in Disney and include everything but transportation and food. Commuter prices are also available at a cheaper rate.



## Registration Check List

\_\_\_\_\_ Registration Form Completed Online (Visit [www.victorycheeracademy.com](http://www.victorycheeracademy.com))

\_\_\_\_\_ Copy of Birth Certificate Turned In

\_\_\_\_\_ Registration Fee Paid

### **Important Dates to Remeber:**

**May 9th 10:00-12:00** Team Placements

**May 12th Tlme TBD** Parent Meeting

**June 1st** Summer Practices Begin

**Early November** 1st Competition

**Mid to End of February** Season Ends