

Stingray Allstars
2009-2010

Welcome to The Stingray Allstar program. We are delighted that you have chosen to become a part of one of the most prestigious allstar programs in the country. In the following pages you will find an outline of our:

- Program Rules, Parent/Cheerleader Codes of Conduct
- Stingray Allstar Policies
- Important Dates
- Frequently Asked Questions (FAQ's)
- Financial Commitment
- And much more.

Please take the time to read and understand all of the material enclosed.

Our mission at Stingray Cheer Company is to enrich the lives of the children and their families through the sport of competitive cheerleading. Our goal each day is to teach our athletes the value of commitment, hard work, integrity, leadership, self confidence, positive attitude and a love for the sport.

It is our goal to be the very best Allstar program in the country. Each and every family is important to us and our program. We invite you to come and see what it is like to be "*One of a Kind*"!

After you have read your packet thoroughly, please complete:

- *Credit card/debit card information sheet.*
- *Financial Commitment Page*
- *Tryout Form*
- *Roster Information for Team Rep*
- *Stingray Cheer Company Member Information Form*
- *Medical Release Form*

Please be prepared to turn in all of these pages along with a copy of your cheerleader's birth certificate and your **\$50.00** tryout fee before **April 13th, 2009**. Packets received after **April 13th** will be charged a **\$75.00** tryout fee.

You may keep the remaining parts of the tryout packet to reference throughout the season.

Any questions may be addressed to:

Casey Jones-President/Owner
Roger Schonder-Allstar Director
Susie Dufresne & Robyn Grinstead-Office/Stingray Allstar Booster Club Mgr.

Stingray Cheer Company
1431 Cobb Parkway North
Marietta, GA 30062
678-581-9218
Fax-678-581-9572

Stingray Allstars 2009-2010

Stingray Allstar Program Rules Parent/Cheerleader Codes of Conduct

- If you ever have a problem, with anything, please do not hesitate to contact the gym, your coach, the Allstar Director or the owner. We are here for YOU.
- If you have any questions or concerns that need immediate attention please use the following chain of command:
 - 1. Team Rep 2. Head Coach 3. Allstar Director 4. Owner/President*
- It is your responsibility to wear the appropriate practice wear to every practice.
- Any additional clothing items (sweats, long pants, etc.), cell phones, school bags, or gym bags must be taken into the gym and stored on the concrete adjacent to the floor you are practicing on. NO items are to be left in the gym hall ways and cell phones must be turned off when practice starts.
- **NO GOSSIP** about any other teams (allstar or school), **NO GOSSIP** about a child on your team or another team. **NO GOSSIP** about coaches and staff. It is much better to address a problem than to listen to idle gossip.
- No profanity or abusive language.
- Please keep in mind the gym is not a babysitting service. We want our allstars to use the gym as often as possible, but no child should be dropped off at the gym unsupervised.
- You must arrive at all practices, competitions or any scheduled event on time. Punctuality is a MUST.
- During practice your opinion does not count. All squad and routine decisions are left to the discretion of the coaches.
- Please feel free to talk to your coach about anything; just remember to do it at the appropriate times. For example, approaching a coach in the middle of a practice would not be an appropriate time.
- Never post any negative comments on any websites or chat rooms.
- You may not use the word “**stingray**” or any derivative of that word or your **team color** or team **nickname** in any form as a user name on websites or in your email address.
 - i.e. iamaraymom@aol.com , redraysrule@comcast.net, etc.
- No one is allowed to post Stingray allstar music, choreography, routines, stunts, etc on any websites. This includes, but is not limited to “My Space”, “Face Book”, “You Tube”, etc.
- Every year we go through losses and additions of team members. The dismissal/addition of a team member is solely the coach’s decision.
- Practices may be changed or added at any time during the season.
- Anyone threatening to quit or to pull their child from a squad will be dismissed from the program *immediately*.
- Please do not take valuables to the gym; we are not responsible for unattended items.
- Only cheerleaders and coaches are allowed in the gym.
- No one is allowed to yell onto the floor or try to make contact through the parent viewing area window during practices or tumble classes. **This is extremely distracting to all involved.**
- The coaches reserve the right to close practices at **ANY** time for **ANY** reason. In this event, the team rep will remain at practices.
- It is the parent’s responsibility to know what is going on with your squad. Check your emails and the website regularly.
- Withholding a child from a practice or a competition should never be used as a form of punishment.
- Each team will be assigned teams to watch at competitions. We would love to have everyone there all day, but at the very least, you are obligated to watch your assigned teams.
- Parents, relatives, friends and cheerleaders are *never* allowed to speak with competition officials for any reason.
- Parents are *never* allowed to represent The Stingray Allstars or Stingray Cheer Company under any circumstances concerning accommodations, competitions or any other situation.
- All Stingray cheerleaders and Stingray family/friends will show good sportsmanship at all times.
- There will be no arguing or questioning of the coaching staff’s decisions at competitions.
- The Allstar Director may change, add or subtract any rule at any time.

GOOD SPORTSMANSHIP, POLITE MANNERS AND A KIND DISPOSITION ARE MANDATORY AT ALL COMPETITIONS AND PRACTICES. THIS PROGRAM PRIDES ITSELF ON SETTING A HIGH STANDARD OF BEHAVIOR. PLEASE HELP US TO CONTINUE IN THIS ENDEAVOR.

Tardiness

- You are considered tardy to practice if you are not on the practice floor ready to practice when your practice BEGINS. This means; appropriate practice wear on, shoes on and tied, hair up, snacks and drinks taken care of, ready to go.

Absences

Allstar cheerleading is the equivalent of a “travel” baseball/softball team or an “allstar” volleyball or soccer team. We expect 100% dedication to your team. That means attendance is mandatory.

Excused Absences include:

- A school function that results in a grade for that class.
- A death in the family.
- A contagious sickness, but you must first talk with your coach.

Unexcused Absences include, but are not exclusive to:

- Jobs
- Dances, birthday parties, concerts, banquets, family reunions, weddings, etc.
- School projects and homework or tests.
- Traffic or long distance driving. If you are driving two hours to tryouts, you will be driving two hours to practice at least twice a week, please take that into consideration. Traffic in our area is always a problem, plan accordingly.

There are precious few hours that we have these teams together, every moment must be used. It is extremely important you get to practice on time and try not to miss. Excessive tardiness or absences will result in dismissal from your team. If you are tardy or absent from a competition you will be *immediately* dismissed. Also, you must attend practice if you are sick and not contagious, let your coach know what is going on, but your presence will be needed at every practice. On August 2nd mandatory practices begin. No absences will be allowed during the week leading up to a National competition (no exceptions). We cannot stress how important your attendance is, there is choreography, stunting, formations, and etc taught at every practice, if you miss that information, you hold the entire team back.

Injuries and Conditioning

- Parents need to note that cheerleading is a highly competitive and dangerous sport. The stunts 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, paralysis or even death. We at Stingray Cheer Company, Inc. take every precaution to limit these injuries. Unfortunately, we can not prevent them all. In the event that your child is injured we will take every necessary step to ensure your child’s well being.
- Allstar cheerleading is a very strenuous sport. Therefore, all of the athletes in our program are expected to be in top physical condition. This includes flexibility, strength and endurance. If needed, you may be required to take an additional tumble class or a stretch/stunt class. All extra classes will be billed to your Stingray Cheer Company account.
- All team members are expected to take care of their bodies. This means absolutely NO DRUGS, NO ALCOHOL AND NO TOBACCO. If anyone is caught drinking, smoking or using drugs or if there is an eating disorder they will be expected to take the necessary steps to quit and/or receive help. We will, of course, help in any way we can.

Travel

- All Cheerleaders will use the same accommodations at all out of town competitions.
- There must be a parent in every room, *no exceptions*.
- **Each cheerleader must have a chaperone at every competition.** It is not your coach, Team Rep or Stingray staff's responsibility to be your child's chaperone.
- It is your responsibility to pay the hotel directly for your room.
- Bus service may be provided at out of town competitions. The cost of the bus is an additional fee that will be paid by each cheerleader. Parents and family members have use of the bus also, but only the cheerleader is charged. (Note: The buses run between hotels and competition site only.)
- Proper traveling attire will be discussed with each team prior to an out of town competition.

Stingray Cheer Company will reserve a block of rooms at a hotel of our choice. Due to the size of our program we are limited in our hotel selections. Safety is also a major factor when choosing a hotel. Be prepared to pay around \$200.00 a night for accommodations (08-09 season, hotels were about \$100.00 per night). We will do our best to negotiate a lower rate; however we want everyone to know what to expect. You will make payments directly to the hotel, not to Stingray Cheer Company or Stingray Allstar Booster Club.

Furthermore, it is very important that everyone turn in all hotel forms and rooming lists as soon they are due. Please be very accurate when filling out your forms, you will be charged \$25.00 for any changes made after the turn in date.

Dress Code

- No sports bras only. Sports bras should always be worn under t-shirts or tank tops. Please, no bra straps showing. We have a predominately male staff that has no need to see the girl's undergarments. Parents, please help us enforce this rule!
- If your child is a flyer or is taking a stretch or stunt class, they should always wear bloomers or tight fitting shorts under a regular pair of shorts.
- NO JEWELRY AT ALL! Wearing jewelry of any kind could result in an injury to your child or to another child.
- Fingernails need to be kept short, please no fake fingernails.

Competition Dress Code

- You may wear your uniform top, tryout t-shirt/team shirt and black warm-up pants with bloomers under pants to arrive at a competition.
- Carry your skirt in your bag or on a hanger until you put it on.
- You must wear the correct shoes to and during competitions. At no time can you wear flip-flops, sandals or slip on shoes.
- Under no circumstances are you allowed to wear jewelry at any time during the competition day. This could result in your team being disqualified.
- All hair and makeup must be complete before entering the competition venue. No rollers or inappropriate attire.
- If you are not competing or have been dismissed from your team obligations, you may wear your black warm up pants, a Stingray t-shirt and tennis shoes. You are still representing The Stingray Allstars, and must present yourself in such a way.

Competitions

- All competitions will be chosen by the coaching staff.
- All teams will travel.
- Some teams may travel more than others.
- Competition season begins in October 2009 and will run through March of 2010. World's is in April, we may have teams competing in this event.

Important Dates

April 27th-Team Practices Begin.

May 2nd-Community Service Project, all teams will be involved.

May 3rd-First Sunday practice, all teams will practice.

May 10th-Mother's Day, no practice, each team will reschedule their practice.

May 11th-14th-Mandatory uniform fitting during your weekly practice.

May 31st -August 1st- 4 Absences allowed over the summer.

May 22nd-25th-Memorial Day Weekend, gym closed.

June 21st-Father's Day, no practice, each team will reschedule their practice.

June 29th-July 5th- Fourth of July holiday, no allstar practice.

July 6th-Practice resumes.

August 2nd-Mandatory practice begins.

September 4th-September 7th-Labor Day Weekend, gym closed.

October 25th-Halloween Jam, some teams will exhibition.

November 2009-Cheersport

November 14th-15th -Athletic Championship

November 22nd-Mandatory practice.

November 25th-29th-Thanksgiving Holiday, gym closed. .

November 30th-Mandatory practice resumes.

December 12th- 13th -Battle Under the Big Top

December TBA -Cheer for the Cure

December 19th-January 2nd- Christmas Holiday, gym closed.

January 3rd- Mandatory allstar practice resumes.

January 16th-17th-Athletic Championships in Chattanooga

January 31st - NCA one day event.

February 6th -7th- Cheersport Nationals

February 20th-21st -NCA in Dallas

March 20th- 21st- Clash of the Titans

April TBA-Worlds in Orlando, All Level Worlds in Atlanta (some teams may attend these events)

Choreography dates will be announced as soon as we have them scheduled.

FAQ'S

- Q: How much does it cost?
- A: Minimum monthly tuition is \$125.00. You can expect to pay about \$1600.00 into your SABC account. This does not include travel expenses.

- **Q: How do we get our uniforms?**
- **A: We will have uniform fittings on May 11th-14th, 2008, this is a mandatory date. You will have your uniform before the first competition.**

- Q: When can my child "move up"?
- A: We reserve the right to move a child at any given time.

- Q: How do you select teams?
- A: We select teams to be the most competitive in each level.

- Q: Can my daughter fly?
- A: If the coach feels that your daughter should be a fly, she will be.

- Q: Does the roster change for World's teams?
- A: The teams attending World's will be the best of the best we have to offer. This means, there may be some roster changes. The coaches reserve the right to replace an athlete that has lost a certain skill that put them on their team originally. Also, if there are monies outstanding to either Stingray Cheer Co. or to the SABC, that athlete may be removed from their team.

- Q: Why do some parents sit in the parent area and bad mouth the coaches, kids or other teams?
- A: **We have no idea!**

We are looking forward to another outstanding season. Please help us by following the guidelines set forth in this packet. It is much easier for the coaches and cheerleaders to do their job when they do not have to worry about outside issues. When you have read and understood everything in this packet, please fill out completely all appropriate forms and turn into the front office before **April 13^h, 2009**. Incomplete paperwork will not be accepted. Please be prepared to pay the **\$50.00** tryout fee (per cheerleader) at this time also. Any packets received after **April 13th** will be accessed a **\$75.00** tryout fee. If we do not have all completed paperwork by the set tryout dates, your child will not be allowed to tryout.

**ALL GYM AND BOOSTER CLUB FEES FOR PRIOR SEASON MUST BE PAID
IN FULL BEFORE YOUR CHILD WILL BE ALLOWED TO TRYOUT FOR THE
UPCOMING SEASON.**

Welcome to the family! Let's Go Rays!

Financial Commitment
2009-2010

Stingray Cheer Company

2009-2010 Allstar Season payment policy.

Everyone will provide a credit card number for monthly payments. You must provide full credit card/debit card information; this will be entered into our computer program and *used only for the minimum monthly fees* (if you take additional classes you must pay for those on a monthly basis). You may pay by check or cash before the 15th, however, if you have not paid by the 15th, your credit card/debit card will be automatically drafted.

Name as it appears on the card: _____

Type of Card: _____

Credit Card Number: _____ Exp. Date: _____

Signature: _____ Date: _____

Allstar Fee is \$125.00 per month; this includes one tumble class per week (this fee remains the same if you choose not to take your tumble class). Any extra stunt, stretch, or private classes will be billed to your Stingray Cheer Company account.

For office use only:

May	November
June	December
July	January
August	February
September	March
October	April

Turn this page in with your paperwork.

Stingray Allstar Booster Club (SABC)

Item	Amount payable to SABC
Annual Booster Club Fee (per family)	\$100.00
Uniform Top, Skirt and Bloomers	\$250.00
Choreography/Music Fee	\$250.00
Competition Fees (Est.), 4 Installments	\$225.00

***Each cheerleader will be required to have a pair of black “swishy” pants, **white** sports bra to be worn under your uniform top (males excluded, of course), a pair of white no show socks and a pair of Nfinity shoes. We will offer the pants, socks and shoes through the gym on fitting day, you may purchase then or on your own.

SABC Payment Schedule

Fee	Due Date
Annual Booster Club Fee	May 4 th -8 th
Total cost of uniform, practice clothes, shoes	Week of May 11 th -14 th
Choreography/Music Fee \$250.00	June 15 th
Competition Entry Fee \$225.00	July 15 th
Competition Entry Fee \$225.00	August 15 th
Competition Entry Fee \$225.00	September 15 th
Competition Entry Fee \$225.00	October 15 th

Stingray Cheer Company and the SABC accept checks, money orders and all major credit cards. All correspondences to the SABC must be made through the front office. Statements are emailed periodically. If you have any questions about either account please, do not hesitate to call the front office.

We have fundraisers available to those who are in financial need. Each year only 8-12% of families take advantage of gym sponsored fundraisers. It is possible to pay for an ENTIRE season on the fundraisers we offer. If needed, please take advantage of these fundraisers so your child can participate. For more information please email Terri Wood at fundraising@stingrayallstars.com.

If there is a financial problem, please talk to Casey Jones immediately. Your coach will not be able to advise you on these matters.

There will be no refunds made to anyone who is asked to leave the program or that quits a team. This includes all monthly fees and any monies paid into your SABC account.

****WE DO NOT DO AUTOMATIC CHARGING ON YOUR SABC ACCOUNT.****

ALL GYM AND BOOSTER CLUB FEES FOR PRIOR SEASON MUST BE PAID IN FULL BEFORE YOUR CHILD WILL BE ALLOWED TO TRYOUT FOR THE UPCOMING SEASON.

**Stingray Allstars
2009-2010**

Statement of Commitment

Financial Commitment

I have read and fully understand my financial commitment to The Stingray Allstars outlined in this tryout packet. I understand that my commitment is for the 2009-2010 Allstar competitive season. I understand that I am giving my credit card/debit card information, that information may be used if I do not meet payment deadlines to Stingray Cheer Co., Inc or to SABC. I understand that I will forfeit any monies paid if I choose to leave a team or am asked to leave the program. I understand that I am entering into this program of my own free will.

Parent Signature _____ Date _____

Policies and Expectations Commitment

I have read and fully understand all codes, rules and expectations in this tryout packet. I understand that I am entering into this Allstar program of my own free will. I understand what is expected of me as a parent and an Allstar cheerleader. I will conduct myself in a sportsmanlike manner and uphold the standards that are expected of me as a Stingray Allstar.

Parent Signature _____ Date _____

Cheerleader Signature _____ Date _____

The Stingray Allstars
2009-2010

Roster Information for Team Rep

Cheerleader
Name _____

Street Address _____

City _____ County _____ Zip Code _____

Subdivision _____ School _____ 09-10 Grade _____

Birth Date _____ Home Phone Number _____

Medical Conditions/Allergies _____

Cheerleader Cell _____ E-Mail _____

Mom Name _____ Cell _____ E-Mail _____

Dad Name _____ Cell _____ E-Mail _____

List other information here (guardian name & #, work #s, etc) _____

Emergency Contact & #, other than parent _____

Please circle T-shirt and Jacket Size

T-shirt: Youth S Youth M Youth L Youth XL/Adult XS Adult S Adult M Adult L

Jacket: Youth S Youth M Youth L Youth XL/Adult XS Adult S Adult M Adult L

Shorts: Youth S Youth M Youth L Youth XL/Adult XS Adult S Adult M Adult L

Stingray Allstars
2009-2010

Check List

1. Have you read the entire tryout packet?
2. Did you fill out the *Credit card/debit card information sheet*?
3. Did you sign the *Statement of Commitment page*?
4. Have you filled out the *Tryout Form*?
5. Did you fill out completely the *Roster Information page*?
6. Have you completed the *Stingray Cheer Company Member Information Form and Medical Release Form*? All cheerleaders must fill out the form, this includes returning cheerleaders.
7. Did you attach a picture to your tryout form?
8. Did you include a copy of your child's birth certificate?
9. Do you have a check for the tryout fee? Make checks payable to Stingray Cheer Co. in the amount of \$50.00 (or \$75.00 if turned in after April 13th). *This is a non-refundable fee.*
10. If all forms are complete, please turn in to the front office by **April 13th, 2009**. If you have any questions, do not hesitate to call.
11. Do you feel overwhelmed? If so, take a deep breath, it really will be okay!

Let's Go Rays!

*****If you bring a new student to tryouts, you will receive a \$50.00 credit to your Stingray Cheer Co. account!*****

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1431 Cobb Parkway North
Marietta, Georgia 30062
Phone # 678-581-9218
Fax # 678-581-9572
www.stingrayallstars.com

Owner/President: Casey Jones
Allstar Director: Roger Schonder

The Stingray Allstars...2009-2010 Tryout Form

Attach Photo Here

Name _____

Age as of August 31, 2009 _____

Birthday _____ Height _____

Grade 08-09 _____ Grade 09-10 _____

Have you cheered before? ___ Yes ___ No If so, where? _____

Check ALL tumbling skills you throw on the FLOOR & WITHOUT a spot		
STANDING	Standing SERIES TUMBLING	RUNNING
None or Back walkover	Multiple Back Handsprings	None or Round-off
Back Handspring	Two BHS to tuck	Back handspring
Standing Tuck	Back Handspring Tuck	Back tuck
Jump Tuck	Two BHS to Layout	Layout
Standing Full	Back Handspring Layout	Full
	Two BHS to Full	Double full
	Back Handspring Full	

List any Specialty Skills: _____

At which stunt position do you have experience? **NONE FLYER BASE BACKSPOT**

Check your most advanced Stunting skill level

___ **Level 1** (No experience or level 1 stunts, preps)

___ **Level 2** (Ex. Preps, Extensions, Straight Cradle dismounts and baskets tosses)

___ **Level 3** (Ex. Extended one-legged stunts, Full twisting two-legged dismounts, single trick basket tosses)

___ **Level 4** (Ex. Extended one-legged stunts, Double twisting two-legged dismounts, kick-full basket tosses)

___ **Level 5** (Ex. Double twisting one-legged dismounts, Double twisting basket tosses, full-ups)

Are you willing to cheer for any Stingray team, regardless of level? ___ Yes ___ No

If No, circle levels on which you are willing to cheer and explain why:

1 - 2 - 3 - 4 - 5 Why? _____

What are your strengths? _____

What would be your best contribution as a team member? _____

FOR STAFF USE ONLY

Standing Tumbling	Running Tumbling	Jumps/Motions	Stunts/Flexibility