



Rec Team Packet

STARSTRUCK ALL STARS



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Welcome



WHAT IS BEING ON AN REC TEAM LIKE?

Rec (recreational) Cheer is great for athletes who are usually beginners and are somewhat new to Cheer. It's a great level to learn the basics. As interest in the sport of Cheer continues to grow Rec is also one of our more popular levels. This level accommodates a wide range of skill levels and experience and is a great introduction to Cheer.

This is for athletes who are looking for a more relaxed approach that allows athletes to develop their skills at a pace that's more comfortable for them. Our Rec Teams do not compete. Teams prepare to perform at our 2 shows and possibly 1-2 additional performance opportunities. Many athletes eventually continue onto the Prep level.

Rec Cheer season runs from September-May (8 months).

There is emphasis on teamwork, the fundamentals of cheer, beginner tumbling, physical fitness, flexibility, proper nutrition and positive attitudes.

For us to reach our goals we emphasize building a foundation on safety, technique, and repetition. These basics help develop a sense of trust between athletes and reinforces the importance of safety as they train to acquire new skills.

We strive to develop the habits of working hard, developing physical strength, mental focus, self-discipline, and a desire to gain and master new skills.

We embrace the fun challenges together and encourage each team member to keep working to realize their potential.

13 Years of Gold Standards



TIME COMMITMENT

- Each Rec team will have 1 practices per week (60 min . Times and day can be found in the JackRabbit Parent Portal. Practices might be extended or added at any time.
- Athletes are expected to arrive at least 5 minutes before practice FULLY READY to practice, SAS practiceware on, hair back, shoes on, etc. Early is on time, on time is late. And please pick up your athlete on time.

PRIVATE LESSONS

- Private lessons are also available and encouraged to all athletes who need additional time in the gym to retain their skills/spots in the choreographed routine.

FLYERS

- Rec flyers are encouraged to enroll and attend a stretching class. Flexibility in cheer is a skill that needs to be developed and maintained to remain competition ready.

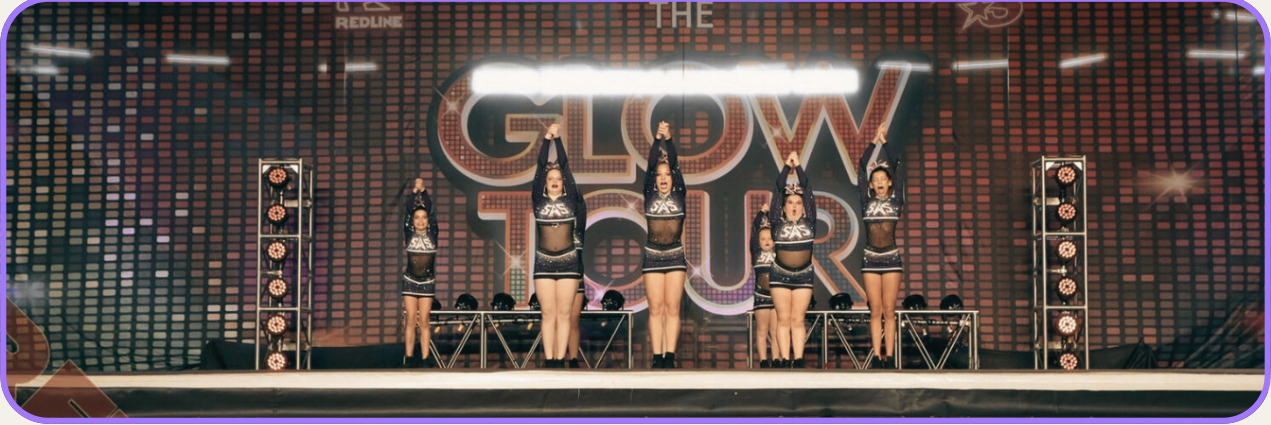
ABSENCES

- Attendance at practice for the upcoming season is the top priority for Elite team members.
- Absence affects the whole team and impacts the ability to practice.
- If attendance becomes an issue, position in the routine and participation on the team will be reevaluated.
- Illness: If you're sick (not contagious)/injured, you still need to show up to practice. If you are physically unable to participate its still beneficial to observe and support your team.
- Starstruck Allstars will make no exceptions to schedules due to co-parenting conflicts.
- Punishing your child by missing practice or a competition is not acceptable. Homework is not an acceptable excuse for missing

EXPECTATIONS

Athletes enrolled in this program are not permitted to attend practices, classes, private lessons, or training sessions at any other gym while participating with our program. This policy is in place to protect athlete safety, uphold program integrity, and avoid conflicts in training methods. If this policy is violated, the athlete will be immediately excused from the program with no exceptions.

Things to know



Communication

If you have any questions or concerns that need immediate attention please contact Jill@starstruckiowa.com. Please email. Texting, Band chatting, Facebook Messenger etc will not be responded to.

- Please feel free to talk to your coach about anything; remember to do it at the appropriate time. For example, approaching a coach in the middle of a practice or competition would not be an appropriate time.
- Check your **emails and the team BAND regularly**.
- Problems between athletes/parents will be addressed with all parties involved at a meeting with your coach and gym owner.
- Under no circumstance should the parents present themselves as an official representative of The Starstruck Allstars at competitions or any other events.

Behavior

Good sportsmanship, polite manners and a good disposition are mandatory at all practices and competitions from parents and athletes. This means NO GOSSIP about other athletes, teams, coaches and staff, ever. Continuous poor behavior could result in team removal.

- Social Media posts that are a poor representation of the The Starstruck Allstars may result in suspension or removal from the team.
- It is your responsibility to wear the appropriate practice wear to every practice and competition attire to events.
- We are not responsible for lost or stolen items.
- No child should be dropped off at the gym unsupervised or without an active enrollment in a class, private, clinic or practice.
- Anyone threatening to quit or to pull their child from a team may be dismissed from the program immediately.
- Athletes enrolled in this program are not permitted to attend practices, classes, private lessons, or training sessions at any other gym while participating with our program. This policy is in place to protect athlete safety, uphold program integrity, and avoid conflicts in training methods. If this policy is violated, the athlete will be immediately excused from the program with no exceptions.
- Not Attending a competition will result in immediate dismissal.
- The Starstruck Allstars will not help to facilitate the housing of any athletes.
- The Starstruck Allstars maintain the right to refuse services at any time.
- The Management may change, add or subtract any rule at any time.

Fundraising Opportunities

We will offer multiple fundraising opportunities where you can sell items to your family, friends, and neighbors, or coworkers. Participants in fundraisers are 100% responsible for the distribution of the goods sold.

Financial Information

Allstar Cheerleading requires a financial commitment. It's important to carefully consider the investment prior to enrollment. Below is the financial breakdown for the 2026-2027 season. We require all families to keep a valid card on file. If a successful payment has not been processed by the **5th of the month**, a \$35 late fee will be applied. Athletes placed on a team that quit or are removed, WILL NOT receive a refund. No further billing will take place.

In addition to spreading the tuition and competition fees equally from Sep-May (9 mo. season) we also consolidated all other fees into one simple "monthly fee" at the request of our customers.

All families are required to have a JackRabbit account which is our primary registration and billing system.

Charges are posted and processed on the 1st of every month

Pay in Full Discount 10% on tuition. You must make that decision by Sept 1st and payment is due by Sept 15th. Pay in Full Discount payments must be made by cash or check.

Valid payment information must be on file throughout the season.

Payment Schedule

INSTALMENTS	DUE DATE	REC PROGRAM
1	September 1st	\$545
2	October 1st	\$225
3	November 1st	\$90
4	December 1st	\$90
5	January 1st	\$90
6	February 1st	\$90
7	March 1st	\$90
8	April 1st	\$90
9	May 1 st	\$90

About your Fees

Fee Breakdown

Monthly Fees Breakdown:

Registration Fee \$75 (Sep)

\$305 Uniform and bow Package (Sep)

uniform worn for 2 seasons

\$75 Required Practice Set (Sep)

\$125 Choreography & Music Fee (Oct)

\$90 Monthly Tuition each month

Monthly Payments

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- All families are required to have a JackRabbit account which is our primary registration and billing system.
- Charges are posted and processed on the 1st of every month
- Pay in Full Discount 10%. You must make that decision by Sep 1st and payment is due by Sept 15th. If we do not receive payment, your JackRabbit account will be charged.
- If you have a fundraising credit, it will be auto-deducted each time a charge is posted.
- Valid payment information must be on file throughout the season.

Athlete Conduct and Logo Usage

ATHLETE CONDUCT, SOCIAL MEDIA, BRAND & LOGO POLICIES

Starstruck athletes are not allowed to participate in activities at other All Star Cheerleading Gyms.

SOCIAL MEDIA:

Follow Us on ALL social media platforms

At Starstruck we take pride in our gym and aim to hold ourselves and our athletes to a high standard and feel it's very important to represent yourself well on social media. We approach social media seriously and monitor how the Starstruck name, brand, logo, and likeness are used. We maintain the

right to curate and request removal of items from social media sites and Apps that are deemed to be unsafe, inappropriate or in conflict with Starstruck's conduct standards

Anything that is aimed to bully, embarrass, or degrade any individual or group of individuals, including

the use of profanity, and/or content that is overly provocative is unacceptable. Please remember anything you post online affects not only you, but also your teammates and Starstruck as a whole.

We want our athletes and families to wear Starstruck attire with pride in public and in social media posts to show support and to promote a positive public image. Avoid posting any negative comments

on social media. When experiencing strong feelings there is a right way and a wrong way to resolve them. Generally speaking, taking those feelings to social media in the heat of the moment is not the solution and often creates more problems than it solves. If any issues should arise please schedule a meeting with Jill to discuss.

We request that Athletes at SAS avoid use of any accounts linked to an anonymous platform, don't use

"burner accounts" to interact with SAS or SAS athlete social media. We encourage students to use their real accounts to communicate with one another, and promotes more responsible online behaviors.

Should Starstruck request removal of, including but not limited to, photos, video, status, comment, etc removal must take place IMMEDIATELY. Repeated violations of conduct standards may be grounds

for dismissal from Starstruck without refund. We greatly appreciate your cooperation in supporting our efforts to provide a level of reasonable supervision and decorum.

BRAND AND LOGO POLICIES:

Do Not Make Your Own Starstruck or SAS Items.

Starstruck All Star Cheer Dance and Tumbling LLC is a unique business entity that relies on our company name and logo for brand identity and are valuable assets to our company and image.

Starstruck prohibits unofficial fan gear and merchandise. Personalization or embellishments to official

Starstruck fan gear and merchandise are generally acceptable. Homemade fan gear or merchandise

using the Starstruck name, brand, logo, team name(s) or likeness is strictly prohibited. We retain the right to grant or revoke all usage of our company name and logo; in whole or in part. The Starstruck name, brand, logo, image or likeness are not to be reproduced or used without expressed written from the Owner.

Rec Important Dates

Important Dates:

FIRST PRACTICE:
Week of September 8th

CHOREOGRAPHY:
During September practices

WINTER SHOW
Tentatively Dec. 12th

SPRING SHOW:
TBA

Dates closed

MEMORIAL DAY:
May 23rd - 25th

FATHERS DAY:
June 21st

4TH OF JULY HOLIDAY:
July 1st - 6th

LABOR DAY:
September 5th - 7th

THANKSGIVING:
November 25th - 29th

CHRISTMAS/NEW YEAR:
December 23rd - January 2nd
2027

SPRING BREAK:
March 12th - 18th
2027

EASTER:
March 28th 2027

MEMORIAL DAY:
May 29th - 31st