



# Starstruck

All Stars

2024 – 2025

## Elite Cheer

ATHLETE HANDBOOK

**Welcome to Starstruck All Stars!**

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# Elite

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## What's Being On An Elite Cheer Team Like?:

Elite Cheer is our highest offering of competitive Cheer. Competition level cheer is intense and it takes extra commitment to compete at this level.

There is heavy emphasis on physical fitness, conditioning, strength, flexibility, proper nutrition, rest and time management.

This is for athletes who like a challenge and aren't afraid to work for it.

Elite Cheer requires a greater time commitment, required attendance, and a greater financial commitment than other levels of cheer that we offer. By joining this team you'll be making a commitment not only to Starstruck but also to the other athletes and families on the team.

We are lucky to have many generous families in our group that are willing to lend a hand to help kids get to practice or competitions, car pool, or find a way to figure it out. As we sometimes say "teamwork makes the dream work".

As the season progresses we typically have additional practices in the lead up to each competition event. This will continue into the post season competition environment.

We compete locally, travel to out of state competitions and attend post season National Competitions such as Summit, and US Finals .

Participation in fundraisers is highly encouraged for Elite team members. Starstruck participates in a number of fundraising opportunities that give families a chance to raise extra money to help pay for cheer and travel expenses. Fundraising benefits everyone! More info on that below.

# Practice



## **PRACTICES & SKILLS DEVELOPMENT:**

Elite has two 2 hour cheer practices each week. One (1) hour Tumbling session is included = 5 hours weekly.

### **Practices:**

- Each team will have 2 practices per week. Times and days will be assigned to your athlete when teams are announced. You will be assigned to a tumbling class that meets 1 time per week. Practices might be extended or added at any time.

- Please make sure to have your athlete there at least 10 minutes before practice **FULLY READY** to practice and pick up your athlete on time. Early is on time, on time is late.

### **FLYERS:**

- Elite flyers position will be **REQUIRED** to be enrolled and attend a stretching class. Flexibility in cheer is a skill that needs to be developed and maintained to remain competition ready

**ATTENDANCE:** Simply put, attendance at all practices is mandatory.

Attendance at practice for the upcoming season is a top priority. Punctuality and readiness is a must. Jill must be emailed regarding all elite absences a minimum of 2hrs before practice. Absence affects the whole team and impacts the ability to practice.

### **Choreography:**

- Dates will be mandatory and the whole team is needed to be at the practices on those dates.
- If you join late to our program, you are still required to pay a choreography/music fee.
- Athlete attendance, injury, or other circumstances will be evaluated throughout the season and adjustments will be made at Starstruck's discretion.

### **Tumbling Classes:**

- All athletes are required to attend one tumbling class per week which is included in the monthly tuition. Once your athlete has been placed on a team they will be assigned to a tumbling class.
- 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. However, they do not count as a tumbling class.

# Practice –



## Expectations

- Practice starts at the scheduled time. **ARRIVE EARLY.** Athletes must be in the gym, with hair back and shoes on at the start of practice.
- No jewelry, No earrings, No acrylic nails, Nails must be trimmed to just above the skin line
- Attendance is **REQUIRED** and it's important to make this a priority.
- All potential Absences should be communicated to Jill ASAP and Jill must be notified at minimum 2 hrs before practice.
- If attendance becomes an issue, position and participation on the team will be reevaluated.
- SAS Practice wear is to be worn to all Elite team practices.
- If you're sick (not contagious)/injured, you need to show up to observe and support your team.
- Athletes at the elite level must balance the responsibilities of school work and other obligations so that you are at practice and competitions.
- Cell phones will be turned off and placed in a basket. This **WILL** be followed for each practice. If there is an emergency and you need to get a hold of your athlete, please call Jill's cell phone.
- Coaches may schedule extra practices as needed, especially leading up to competitions.
- Attendance at all practices is mandatory.
- Dates that SAS will be closed in the 2024-2025 season:
- Absences the week of competition may result in choreography changes

### Required Gear for practice:

- SAS Practice Wear – Rebel Sports Bra and Shorts, 2 Tshirts,
- Required Team Shoe for 2024-2025 season = Rebel Revolt Black
- For practice, you may choose any cheer shoe that you would like

### Quitting Policy:

- If you quit after choreography is installed you will be required to pay a \$1000 quitting fee.
- Please consider the time and the requirements it takes to be an All Star competitive cheerleader and that this is a team sport.

### DATES CLOSED

- o May 24<sup>th</sup> – 27<sup>th</sup> 2024 – Closed for Memorial Day
- o June 16<sup>th</sup> 2024 – Closed for Father's Day
- o June 28<sup>th</sup> – July 7<sup>th</sup> 2024– Closed for Fourth of July
- o August 30<sup>th</sup> - September 2<sup>nd</sup> 2024– Closed for Labor Day
- o November 20<sup>th</sup> – 24<sup>th</sup> 2024 – Closed for Thanksgiving
- o December 20<sup>th</sup> – January 2<sup>nd</sup> 2025 Closed for Christmas
- o March 14<sup>th</sup> – 24<sup>th</sup> 2025– Closed for Spring Break
- o April 20<sup>th</sup> 2025 – Closed for Easter Sunday
- o May 23<sup>rd</sup> – 26<sup>th</sup> 2025 – Closed for Memorial Day

# Competitions



SAS plans to attend 5 competitions in the upcoming season.

Dates and prices from the event sponsors have not been finalized which may influence which competitions we choose. More details will be communicated as firm dates become available.

- Competition Fees –will be split into two payments due October 1<sup>st</sup> and December 1<sup>st</sup> and will be added to your account and processed on the stated date.
- Athlete Member ID, Athlete Registration, Coaches, Processing Fees
- No refunds / transfers of funds will be available for any type of individual, injury, personal circumstance, etc.

- We sit together as a gym at competitions. This promotes gym unity and allows us to cheer for each of our teams to show our support and encouragement. SAS Parents are the best!
- All teams are expected to remain at competitions until after their awards session and team picture is complete.
- Know your scheduled team meeting time and be on time with your athlete prepared.
- Most out of town competitions requires teams stay at the same hotel.
- Most out of town competitions require all teams to stay at the selected hotels. The event producer states which hotel is required.
- Room blocks are usually sent out so that the team can stay together at one spot and have team bonding opportunities. Please book as soon as possible once information is out via staff and the team mom.
- Athletes and parents are responsible for all travel plans and expenses for their athlete.

Starstruck All Star Elite Teams will absolutely be pursuing qualification to participate in at least one post season competition such as D2 Summit, US FINALS, THE ONE, etc.

\*\*\*Once your team has received a bid to D2 Summit the 1<sup>st</sup> half of the SAS Registration, Coaches, Swag Bag fees, to Starstruck will be due 30 days later. The 2<sup>nd</sup> half of the D2 Summit fee to Starstruck is due 60 days after the bid is received. \*\*\*

# Athlete Conduct



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 SASathlete 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 consent from the owners..

# Tuition & Fees



- All tuition is due on the 1st of every month. -- \$145/month --includes 2 practices/week and 1 tumbling class
- Athlete Gym Membership Registration Fee will be due on the 1st day that practices start, June 16th. Member benefits include FREE open gyms, ID Badge, Discounts on additional classes, Discounts on select apparel items
- **STARSTRUCK ATHLETE GYM MEMBERSHIP FEE**
- Practice Wear Bundle due June 1<sup>st</sup>
- Black Rebel Shoes due June 1<sup>st</sup>
- 1st Choreography & Music payment due July 15th
- Full uniform cost will be due by July 15th to ensure ordering and processing has enough time for uniforms to be shipped and delivered.
- Uniform (All Members) – **NEW UNIFORM YEAR!** (will be used for 2 years)
- Bow (All Members)
- 2nd Choreography and Music payment due September 15th
- Includes a 2nd choreography clean up date TBD later in season) and music fee
- Starstruck Elite Teams will attend 4-5 regular season competitions not including U.S. Finals and Summit. Competition prices, bids and schedules are not made available by the Event companies until late May-July.
  
- USASF Membership \$49 (All Members) – (fee payable directly on the usasf.com website)

ELITE CHEER FEES & TUITION	AMOUNT	DUE DATE	Comments
Athlete Gym Member Registration Fee	\$150	6/15/24	1 time annual fee
Practice Wear Bundle	\$165	6/1/24	Rebel sports bra & shorts, tshirt.
Choreography & Music	\$195	1 <sup>st</sup> Half 6/15/24	
	\$165	2 <sup>nd</sup> Half 8/15/24	
Black Rebel Shoes	\$110	6/1/24	
Uniform	\$250	1 <sup>st</sup> Half 7/1/24	NEW UNIFORM YEAR!
	\$250	2 <sup>nd</sup> Half 7/15/24	
Bow	\$50	9/1/24	
Make Up Kit	\$55	9/1/24	Custom set
Competition Fees	\$510	1st Half 10/1/24	4-5 Competitions
	\$515	2nd Half 11/1/24	
Coaches Fees	\$297	9/1/24	Regular Season Competitions
Insurance & Processing Fees	\$198	8/1/24	1 time annual fee
<b>SUBTOTAL FEES</b>	<b>\$2,910</b>		
Monthly Tuition	\$145	1st of the Month	12 MONTHS
<b>SUBTOTAL TUITION</b>	<b>\$1,740</b>		
<b>TOTAL ANNUAL COST</b>	<b>\$4,650</b>		Estimated Cost

\*Does not include post season competition expenses.



# Post Season Competitions



## D2Summit: General Comments

- If one or all of our teams receive a bid, we will be going to Summit.
  - Once we get our bid we do plan to attend all other scheduled competitions unless otherwise stated.
  - Prices for Summit are additional fees separate from our monthly billing expenses.
  - An idea of some of the ESTIMATED COSTS for Summit are:
    - \$550-\$600: SAS Registration fee, Coaches fee, swag bag, practice wear, practice site
    - We ask that you do not miss practice the month leading up to Summit.. If this is an issue we may need to re-choreograph your athletes spots in the routine.
    - Teams will have extra practices in the weeks preceding Summit.
    - Please do not leave for Summit earlier than the Monday preceding the competition.
- \*\*Once your team has received a bid to D2 Summit the 1<sup>st</sup> half of the fee to Starstruck will be due 30 days later. The 2<sup>nd</sup> half of the D2 Summit fee to Starstruck is due 60 days after the bid is received.\*\*\*

# Payment Policy

## Billing and Payments:

- It is required that all members create a Starstruck Account via [Jackrabbitclass.com](http://Jackrabbitclass.com) to pay tuition and related expenses.
- You must have a valid payment method on file to participate – credit card, debit card or checking account.
- All payments will be made through this online system.
- Payments will be taken out on the scheduled due dates.
- Monthly tuition will be withdrawn on the 1st of every month using the billing information you entered when setting up your account.
- Refunds: Monthly charges, competitions, pay in full, or items purchased are non-refundable and non-transferable. Please make sure you have thought your expenses through prior to starting the season. All expenses are still due even if ill, injured, or you choose to quit. Refunds on these situations, but not limited to, will not be issued.
- Pay in Full: A 10% discount of tuition will be given to those who choose to pay the year in full. Pay in full will be due July 1st. Choreography payment will still be the due date listed above if not already paid in full. Competition fees will not be included. Pay in full is non-refundable and non-transferable.

## ACCOUNT BALANCES:

All fees must be paid on time. Account balance must be Paid in Full one week before date of Competition. If it's not paid, your athlete doesn't compete.

If a successful payment has not been processed by the 10<sup>th</sup> of the month, a \$35 late fee will be applied. \$30 fee for all returned checks. If you have questions about the set up or billing of your account, contact [steve.starstruck@gmail.com](mailto:steve.starstruck@gmail.com) or [info.starstruckallstars@gmail.com](mailto:info.starstruckallstars@gmail.com)

# Fundraising

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## FUNDRAISING

All Elite Team Members are strongly encouraged to participate in fund raising activities. You can use your fundraising dollars to help pay for uniforms, tuition, post season competition, travel, apparel etc. It's a fun way to show off our teamwork while earning money to reach our cheerleading goals.

Each of the fundraises we utilize have been successful. We've been able to identify a variety of fundraising products from different vendors that resonate with people so we're not just offering one thing all year long. Many Starstruck students have repeat buyers they visit every year who continue to support our fundraising efforts.

Historically athletes who have participated in multiple fundraisers were able to fund a significant portion of their cheerleading expenses, particularly for post season competition. I've also learned parents are much less stressed and tend to enjoy their season a lot more.

We have a number of current fundraisers but are always looking for new opportunities and volunteer leadership.

Contact Jill if interested or have questions.

# Important Dates



- April 27th Elite Team Placements
  - May 20th – Elite Teams Announced
  - CLOSED -- May 24<sup>th</sup> – 27<sup>th</sup> – Closed for Memorial Day
  - June 1st Tuition Due
  - First day of practice -- Practice wear, uniform, shoe try on
  - June 15th FIRST DAY OF ELITE PRACTICE!!! Athlete Gym Membership Registration Fee will be Due
  - June 15th 2023-2024 Practice Wear Bundle Due
  - June 15th First Half Choreography and Music Due
  - CLOSED -- June 16th – Closed for Father's Day
  - CLOSED -- June 28th – July 7th – Closed for Fourth of July
  - July 1st Tuition Due
  - July 1st First Half Uniform Payment Due
  - July 15th Second Half Uniform Due (Total cost for uniform must be paid by this day)
  - July 25th – 26<sup>th</sup> ELITE STUNT CAMP
  - August 1st Tuition Due
  - August 1st Insurance and Processing Fees Due
  - August 12<sup>th</sup> & 13<sup>th</sup> Choreography Camp
  - August 15<sup>th</sup> 2<sup>nd</sup> Half Choreography and Music Payment Due
  - September 1st Tuition Due
  - September 1st Bow Due
  - September 1st Make Up Kit Due
  - September 1st Coaches fees Due
  - CLOSED – August 30<sup>th</sup> – September 2<sup>nd</sup> – Closed for Labor Day
  - October 1st Tuition Due
  - October 1st First Half Competition Fees Due \$510
  - November 1st Tuition Due
  - November 1st Second Half Competition fees Due \$515
  - November 16th Starstruck Winter Show
  - CLOSED -- November 20<sup>th</sup> – 24<sup>th</sup> – Closed for Thanksgiving
  - December 1st Tuition Due
  - December 2nd Second Half Competition Fees Due
  - CLOSED -- December 20th – January 2<sup>nd</sup> Closed for Christmas
  - January 1st 2025 Tuition Due
  - February 1st 2025 Tuition Due
  - March 1st 2025 Tuition Due
  - CLOSED -- March 14<sup>th</sup> – 24th 2025– Closed for Spring Break
  - CLOSED – April 2th 2025 - Closed for Easter Sunday
  - April 1st 2025 Tuition Due
  - May 1st 2025 Tuition Due
  - CLOSED -- May 23<sup>rd</sup> – 26<sup>th</sup> 2025 – Closed for Memorial Day
- \*Team Banquets, Summit Send off, and Summit Dates TBD