



Starstruck

All Stars

2024 – 2025

Prep Cheer

ATHLETE HANDBOOK

Welcome to Starstruck All Stars!

Prep



What's Being On A Prep Cheer Team Like?:

Prep Cheer is our most popular level of Cheer and is an intermediate level of competitive cheer. This level accommodates a wide spectrum of skill levels and experience.

This is for athletes who are continuing to build their portfolio of skills and also want a competition experience. Most athletes eventually continue onto the Elite level.

Teams are prepared for Competitions but it's not as intense as the Elite level.

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

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.

Competition for the Prep level will consist of approximately 3 regular season competitions (2 in central Iowa and 1 out of town). Firm dates and locations for Prep competitions will be announced by the dates of Starstruck Choreography Camp.

In the event that a Prep team qualifies for a post-season competition (ie. US Finals, Xtreme cheer comp, The Open, etc.), we will then determine a practice schedule and get commitments from team members to prepare for that event.

Quitting policy – Any athlete that quits after choreography will be charged an additional \$300 cancellation fee. Before committing please consider the requirements of being a Prep athlete.

Practice



EXPECTATIONS IN PRACTICE

PRACTICE

- Prep Cheer for all age groups will have one(1) – 75min cheer practice a week and 1 – 45 minute tumbling class a week. \$116/month.
- ALL PREP ATHLETES must have a current debit or credit card on file with us in the Parent Portal/JackRabbit at all times.
- Practice starts at the scheduled time. ARRIVE EARLY. Athletes must be in the gym, with 1. hair back 2. shoes on 3. Jewelry off 4. Wearing practice wear.
- All potential Absences should be communicated to Jill.
- Practice/Starstruck wear is to be worn to all team practices. When you look like a team you practice like a team!
- Quitting policy – Any athlete that quits after choreography will be charged an additional \$300 cancellation fee. Before committing please consider the requirements of being a Prep athlete.

DATES CLOSED

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

Competitions



COMPETITONS

Competition entry fees – due to entry fees not being announced yet these are unknown at this time, but will be split into two payments due September 1st and November 1st. Competition Fees will be auto deducted. Competition for the Prep level will consist of approximately 3 regular season competitions (2 in central Iowa and 1 out of town). Dates and locations for Prep competitions will be announced by August 1st.

- 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. Starstruck 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.

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:

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 Starstruck avoid use of any accounts linked to an anonymous platform. In other words, don't use "burner accounts" to interact with Starstruck or Starstruck athlete social media.

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 Items

Starstruck All Star Cheer Dance and Tumbling LLC is a unique, solely owned corporation 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 or likeness are not to be reproduced or used without expressed written consent from Jill.

Tuition & Fees



Starstruck Tuition & Fees for PREP all ages:

- USASF Membership fee \$49 payable directly on the usasf.com website

PREP PRICING for ALL AGES

PREP CHEER FEES & TUITION	AMOUNT	DUE DATE	Comments
Registration & Placement Fee	\$75	5/29/24	
Backpack and Shoe Deal	\$230	6/1/24	not required
Uniform & Hair Accessory	\$300	7/1/24	2 nd Year of Uniform
Choreography/Music	\$143	8/1/24	
Practice Attire	\$110	6/15/24	2 Tshirts, shorts
Make Up Kit	\$50	9/1/24	
Competition Fees	\$440	1ST HALF 9/1/24 2ND HALF 11/1/24	3 competitions
Coaches Fees	\$77	10/1/24	
Insurance and Processing Fees	\$99	9/1/24	
SUBTOTAL FEES	\$1449		
TUITION	\$116	1st of the month	10 MONTH SEASON
SUBTOTAL TUITION	\$1160		
TOTAL ANNUAL COST	\$2609		ESTIMATED COST

*Does not include cost to attend post season competition.

Fundraising



FUNDRAISING

All PREP 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.

Payment Policy



Billing and Payments:

- It is required that all members create a Starstruck Account via 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. This policy will be enforced.

If a successful payment has not been processed by the 10th of the month, a \$35 late fee will be applied. \$35 fee for all returned checks.

If you have questions about the set up or billing of your account, contact steve.starstruck@gmail.com or info.starstruckallstars@gmail.com