

# Atlanta North Allstars

2009 – 2010

Welcome to the Atlanta North Allstars cheerleading program. We are delighted that you have chosen to become part of our new allstar squad. In the following pages you will find an outline of our:

- Program Rules, Parent/Cheerleader Codes of Conduct
- Atlanta North Allstars Policies
- Important Dates
- Frequently Asked Questions
- Financial Commitment
- And much more.

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

Our mission at Atlanta North Allstars 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 attitudes and a love for the sport.

It is our goal to be the very best that we can be. Each and every family is important to us and our program. In this, our inaugural season, we're anxious to set the bar high for future Atlanta North Allstar teams.

After you have read your packet thoroughly, please complete the:

- Credit card/debit card information sheet
- Financial commitment page
- Tryout form
- Roster information for Team Rep
- Atlanta North Allstar member information form
- Medical release form.

Please be prepared to turn in all of these pages along with your \$25 tryout fee before the end of your tryout day. Packets received after June 1<sup>st</sup> will be charged a \$50 tryout fee.

You may keep the remaining parts of the tryout packet to reference throughout the season. Any questions may be addressed to:

Nick Johnson – Coach  
CJ Kendrix – Coach

Atlanta North Allstars  
4957 Lower Roswell Road  
Marietta, GA 30068  
678-560-FLIP

# Atlanta North Allstars

2009 – 2010

## Atlanta North Allstars Program Rules Parent/Cheerleader Codes of Conduct

- If you ever have a problem, with anything, please do not hesitate to contact the front desk, your head coach or the gym owner. We are here for YOU!
- If you have any questions or concerns that need immediate attention, please use the following the chain of command: 1) Front Desk; 2) Head Coach; 3) Gym Owner.
- 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 and placed in one of the cubbies next to the bathrooms. NO items are to be left in the lobby area or near the floor.  
**Cell phones must be turned OFF when practice starts!**
- NO GOSSIP about any other team (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. If you are serious enough about allstar cheerleading that you are willing to spend time and money to compete, then you should be mature enough to avoid the 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. If we are considering an option that could benefit from cheerleader or parent input, we will ask for it.
- Please feel free to talk to your coach about anything; just remember to do it at the appropriate time. For example, approaching a coach in the middle of practice is not the appropriate time.
- Never post any negative comments on any websites or chat rooms in relation to Atlanta North Allstars.
- No one is allowed to post Atlanta North Allstars music, choreography, routines, stunts, etc. on websites. This includes, but is not limited to: Youtube, Myspace, Facebook, etc.
- Every year we go through losses and additions of team members. The dismissal/addition of a team member is solely at the coach's discretion.
- Practices may be changed or added at any time during the season.
- Anyone threatening to quit or to pull their child from the squad will be dismissed from the program immediately.
- Please do not take valuables into the gym; we are not responsible for unattended items.
- Only cheerleaders and coaches are allowed on the gym floor.
- No one is allowed to yell onto the floor or try to make contact from the lobby or viewing area during practices. This is EXTREMELY distracting to all involved.
- 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 practice or competition should never be used as a form of punishment.
- Parents, relatives, friends and cheerleaders are **never** allowed to speak with competition officials for any reason.
- Parents are never allowed to represent Atlanta North Allstars under any circumstances concerning accommodations, competitions or any other situation.
- All Atlanta North Allstars cheerleaders, family or friends will show good sportsmanship at all times.
- There will be no arguing or questioning of the coaching staff's decisions at competitions.
- The coaches 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 will pride itself on setting a high standard of behavior. Please help us realize 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 traveling 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.

Unexcused absences include, but are not limited to: jobs; dances, birthday parties, concerts, banquets, family reunions, weddings, etc; school projects, homework or tests; traffic or long distance driving.

There are precious few hours that we have these teams together, so every moment must be used productively. It is extremely important that 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 but not contagious. If you let your coach know what is going on, you will be permitted to participate minimally, but your attendance is important. We can not stress how important your attendance is to every practice. There is choreography, stunting, formations, etc. taught at every practice. If you miss that information, you will hold your entire team back.

## Injuries and Conditioning

Parents should remember that cheerleading is a highly competitive and dangerous sport. The stunts and tumbling could lead to injuries. These injuries include, but are not limited to bruises, pulled or strained muscles, torn or strained ligaments, broken bones, dislocations, paralysis or death. We at Atlanta North Allstars 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 the necessary steps to ensure your child's well being.

Additionally, 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 stretch/stunt class.

**IMPORTANT** – 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 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 the coach's responsibility to be your 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 there is only one charge per family. (If used, these buses will run between the hotel and the competition site only)
- Proper traveling attire will be discussed with each team prior to an out of town competition.

Atlanta North Allstars will reserve a block of rooms at a hotel of our choice. Due to the projected size of our program, we will be limited in our hotel selections; safety is also a major factor when choosing a hotel. Be prepared to pay around \$100 - \$150 per night for accommodations. We will do our best to negotiate the lowest possible rate; however, we want everyone to know up front what to expect. You will make payments directly to the hotel, not Atlanta North Allstars or the ANA Booster Club.

Furthermore, it is very important that everyone turn in all hotel forms and rooming lists as soon as they are due. Please be very accurate when filling out your forms, you will be charged \$25 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 no need to see undergarments. Parents, please help us enforce this rule before your child leaves the house to come to practice.
- If your child is a flyer or is taking a stretching stunt class, they should always wear bloomers or tight fitting shorts under their regular pair of shorts.
- NO JEWELRY AT ALL! Wearing jewelry of any kind could result in an injury to your child or another child.
- Fingernails are 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 a 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 competition day. This could result in the entire 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 Atlanta North Allstars t-shirt and tennis shoes. You are still representing the Atlanta North Allstars, and must present yourself in such a way.

## Competitions

- Competitions will be chosen by the coaching staff.
- All teams will travel.
- Some teams may travel more than others.
- Competition season begins in November and runs through March.

## Important Dates

All important dates will be established over the next couple of months, and cheerleaders will have these to take home. We will also post the important dates on our website at [www.atlantanorthstars.com/cheer](http://www.atlantanorthstars.com/cheer).

## FAQ's

Q: How much does it cost?

A: The baseline monthly tuition is \$125. You can expect to pay approximately \$800 to \$1000 into your Booster Club account. This does not include travel expenses.

Q: How do we get our uniforms?

A: We will have a uniform fitting in June or July. You will have your uniforms before our 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: How can I get the answer to other questions not shown here?

A: Talk to us! Or you can email Nick Johnson at [nicholastjohnson@gmail.com](mailto:nicholastjohnson@gmail.com).

We are looking forward to an 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 understand everything in this packet, please fill out completely all appropriate forms and turn into the coaches. Also, there is a \$25 tryout fee due at this time. Any packets or tryouts received after June 1<sup>st</sup> will be assessed a \$50 fee. If we do not have all completed paperwork, your child will not be allowed to participate.

*Welcome to Atlanta North Allstars!*

# Financial Commitment

2009 – 2010

Atlanta North Allstars Cheer Program

## 2009 – 2010 Allstar Season Payment Policy

Everyone will be required to 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 through Atlanta North Stars, you must pay for those separately. You may pay for those additional classes by check, cash or another credit card prior to the 7<sup>th</sup> of every month, but if payment has not been received by the 7<sup>th</sup>, we will charge the credit card on file for those classes.

Name as it appears on the card: \_\_\_\_\_

Type of Card: \_\_\_\_\_ Expiration date: \_\_\_\_\_

Credit card number: \_\_\_\_\_

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

The allstar program fee is \$125 per month. This includes two practices of two hours each week. Any tumbling, stunting, stretching or private lessons will be billed separately.

### FOR OFFICE USE ONLY

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

## **Atlanta North Allstars Booster Club (ANABC)**

**2009 – 2010**

The annual booster club fees are expected to be between \$800 and \$1000.

The fees and payment schedule will be determined this summer and booster club contributions will begin in September.

We WILL have fundraisers. Typically, only about 10% of families will participate in fundraisers, but it would be possible to pay for the ENTIRE season, if you chose to participate.

If there is a financial problem, please talk to Nicholas Johnson immediately. Payment arrangements can be made, and financial assistance may be available.

There will be absolutely 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 ANABC account.

We will not automatically charge your ANABC fees to your credit card. Those fees must be paid separately.

# **Atlanta North Allstars**

2009 – 2010

## **Statement of Commitment**

### **Financial Commitment**

I have read and fully understand my financial commitment to the Atlanta North Allstars outlined in this tryout packet. I understand that my commitment is for the 2009 – 2010 allstar season. I understand that I am giving my credit card/debit card information, and that that information may be used if I do not meet my other financial obligations to the gym. 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 of an allstar cheerleader. I will conduct myself in a sportsmanlike manner and uphold the standards that are expected of me as a parent of an Atlanta North Allstars cheerleader.

Parent Signature: \_\_\_\_\_

Date: \_\_\_\_\_

# Atlanta North Allstars

2009 – 2010

## Roster Information for Team

Cheerleader Name: \_\_\_\_\_ Nickname: \_\_\_\_\_

Street Address: \_\_\_\_\_

City: \_\_\_\_\_ County: \_\_\_\_\_ Zip: \_\_\_\_\_

Subdivision: \_\_\_\_\_ School: \_\_\_\_\_ 09-10 Grade: \_\_\_\_\_

Birthday: \_\_\_\_\_ Home Phone Number: \_\_\_\_\_

Medical Conditions/Allergies: \_\_\_\_\_

\_\_\_\_\_

Cheerleader Cell: \_\_\_\_\_ Email: \_\_\_\_\_

Mom Cell: \_\_\_\_\_ Mom Email: \_\_\_\_\_

Dad Cell: \_\_\_\_\_ Dad Email: \_\_\_\_\_

Mom Name: \_\_\_\_\_ Dad Name: \_\_\_\_\_

List other information here (caretaker's name and number, work numbers, etc):

Emergency Contact and Phone Number (Other than Parent):

Name: \_\_\_\_\_ Number: \_\_\_\_\_

Please circle the appropriate size:

T-Shirt: Youth S Youth M Youth L Youth XL/Adult XS Adults S Adult M Adult L

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

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

# Atlanta North Allstars

## 2009 – 2010 Tryout Form

Name: \_\_\_\_\_ Age as of August 31, 2009: \_\_\_\_\_

Birthday: \_\_\_\_\_ Height: \_\_\_\_\_ Grade 08-09: \_\_\_\_\_

Grade 09-10: \_\_\_\_\_ Have you cheered before: Yes No

If yes, where? \_\_\_\_\_

Check ALL tumbling skills you can throw on the floor and <b>without</b> a spot		
Standing	Standing Series Tumbling	Running
_____ None or Back Walkover	_____ Multiple back handsprings	_____ None or roundoff
_____ Back handspring	_____ Two BHS to tuck	_____ Back handspring
_____ Standing tuck	_____ Back handspring to tuck	_____ Back tuck
_____ Jump tuck	_____ Two BHS to layout	_____ Layout
_____ Standing full	_____ Back handspring to layout	_____ Full
	_____ Two BHS to full	_____ Double full
	_____ Back handspring to full	
List any specialty skills:		

At which stunt positions to 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 basket tosses)
- \_\_\_\_\_ Level 3 (Ex. Extended one-legged stunts, full twisting two legged dismounts, single trick baskets 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 Atlanta North Allstars team, regardless of level? YES NO

If NO, circle the 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? \_\_\_\_\_

Staff Use Only

Standing Tumbling	Running tumbling	Jumps/Motions/Dance	Stunts/Flexibility

Additional comments or concerns:

Suggested Team:

Other:

# Atlanta North 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 completely fill out the Roster Information page?
6. Have you completed the Atlanta North Stars Member Information Form and Medical Release?
7. Do you have a check or credit card available for the tryout fee? Make checks payable to Atlanta North Stars in the amount of \$25 (or \$50, if done after June 1<sup>st</sup>)
8. If all forms are complete, have you brought the forms to the coaches? If you have questions, we are here to answer them.
9. Do you feel a bit overwhelmed? If so, take a deep breath, it really will be okay! We're going to have a ton of fun this year.

Atlanta North Allstars  
4957 Lower Roswell Road  
Marietta, GA 30068  
678-560-3547  
[www.AtlantaNorthStars.com/cheer](http://www.AtlantaNorthStars.com/cheer)

Coach: Nick Johnson  
Coach CJ Kendrix  
Owner: Grisha Gutkin