

Flight Academy Allstars

2010-2011 Tryout Info

Age Divisions (Age as of August 31st, 2010)

Tiny.....4 & 5 years old
Mini.....6, 7 & 8 years old
Youth.....9, 10 & 11 years old
Junior.....12, 13 & 14 years old
Senior.....15, 16, 17 & 18 years old

Tryout Clinics (Optional)

The same motion, dance and jump sequences will be taught at each clinic and the day of tryouts. Tryout packet and fee must be turned in prior to attending clinic. Cheerleaders will be asked to perform the motion, dance and jump sequences at tryouts.

Tiny, Mini and Youth (ages 4-11) Monday, April 26th from 5pm-7pm
Junior and Senior (ages 12-18) Wednesday, April 28th from 7:00-9:00

Tryouts and Parent Meetings

Parent meetings will be held prior to each tryout session. All parents should plan to attend one session. **Please note:** No parents will be permitted in the gym during tryouts.

Tiny, Mini and Youth

Friday, April 30th Check-in 4:00-5:00, Parent Meeting 5:00-5:30, Tryouts 5:30-8:00

Junior & Senior

Saturday, May 1st Check in 8:00-9:00, Parent Meeting 9:00-9:30, Tryouts 9:30-12:00

Tryout Fee

The Tryout Fee is **\$20** if fee & packet turned in on or before **Friday, April 23rd**, and will include a tryout t-shirt. Tryout packets turned in after April 23rd will not receive a t-shirt (\$10 tryout fee & \$10 late processing fee).

Results

Teams and practice schedules will be posted on our website www.FlightAcademyAllstars.com
Posting date and time will be announced during the parent meetings.

Can't make it to Tryouts?

Late tryouts will be held Thursday, May 6th at 7:00 pm. To sign up, please contact Jameka@flightacademyallstars.com

FLIGHT ACADEMY



ALLSTARS

2010-2011

Welcome to The Flight Academy Allstar program! We are delighted that you have chosen to become a part of the fastest growing and the most respectable all star program in Chattanooga. Our mission at Flight Academy 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, 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.

After you have read and understand the tryout packet, please fill out the following pages: **Financial Commitment (credit card information), Statement of Commitment, Roster Information for Team Rep, Tryout Form, Registration Form and Release Form** (these last 2 forms may be found under the "Forms" tab on our home page).

Please be prepared to turn in all of the above pages along with your tryout fee. Tryout fee is **\$20.00**. If you turn in your completed packet by April 23rd you will also receive a tryout t-shirt. Any tryout packet turned in after April 23rd will not receive a t-shirt (\$10 tryout fee, \$10 late processing fee).

Parent/Cheerleader Code of Conduct

- If you ever have a problem--with anything--please do not hesitate to contact the gym, your coach, 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 Parent 2. Head Coach 3. Owner**
- Allstars will participate in **2-3 MANDATORY** public appearances over the course of the season. You will be notified in advance of these events.
- We ask that everyone respect the front office as a place of business and confidentiality. Please respect the privacy of others as they are tending to their accounts.
- Medication will be given only with a parent's written or verbal consent.
- Parking is allowed only in designated (outlined) parking places and along the fence. Illegally/improperly parked vehicles are subject to towing at owner's expense.
- In the event of cancellation of a tumble class, please check with the front office. You may choose from other available tumble classes of the appropriate level and schedule a make up class.
- There are times that squad practice may be cancelled due to unforeseen circumstances. This is done only as a last resort. Due to the fact that extra practices are called throughout the season at no additional cost to you, monthly fees will not be adjusted
- Only coaches and students are allowed on the practice floors and equipment. If you have other children with you who are not students of Flight Academy, you (the adult) are responsible for supervising said children and keeping them in the seating area/basketball court. No one under the age of 18 is allowed to use the weights or other exercise equipment without adult supervision.
- It is your responsibility to wear the appropriate practice wear to every practice.
- Allstars are expected to be at every squad practice. If for any reason you cannot make a practice, you are expected to contact the office and notify them of your absence prior to your scheduled practice time. If no one is in the office, please leave a message.
- Numerous unexcused absences will result in the athlete having to sit out of the next competition. Further unexcused absences after the first disciplinary action may result in the athlete being removed from the squad. This will be at the coach's discretion.
- Athlete cell phones must be turned off when practice starts.
- Each member of the gym will be responsible for picking up their belongings around the practice area at the end of each class/practice. This will allow them to properly dispose of their drink bottles and/or food, and to collect all their personal belongings such as shoes, socks, hair bows, clothing, etc.
- **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.

- 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 words “Flight Academy” or any derivative of those words or your team nickname in any form as a user name on websites or in your email address.
- No one is allowed to post current Flight Academy Allstar music, choreography, routines, stunts, etc on any websites. This includes, but is not limited to “My Space”, “Facebook” or “You Tube”
- 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.
- Only cheerleaders and coaches are allowed outside of the parent area.
- No one is allowed to yell onto the floor or try to make contact from the parent viewing area 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 Parent will remain at practices.
- It is the parent’s responsibility to know what is going on with your squad. Check your emails, the website & postings in the gym 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 Flight Academy Allstars under any circumstances concerning accommodations, competitions or any other situation without consent from the owners.
- All Flight Academy cheerleaders and Flight Academy 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 Owners 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. OUR PROGRAM PRIDES ITSELF ON SETTING A HIGH STANDARD OF BEHAVIOR. PLEASE HELP US TO CONTINUE IN THIS EFFORT.

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:

- School functions such as field trips
- 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, homework or tests.

There are precious few hours that we have these teams together. 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 absent from a competition you will be immediately dismissed.

From June 1, 2010-July 31, 2010 you will be allowed up to 5 absences. Beginning August 1, 2010, all practices are mandatory. **No absences will be allowed during the week leading up to a National competition. We cannot stress how important your attendance is. There is choreography, stunting, formations, etc. taught at every practice. If you miss that information, you hold back the ENTIRE team.**

Conditioning and Injuries

- 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 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.

- 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 Flight Academy Allstars take every precaution to limit these injuries. Unfortunately, we cannot prevent them all.

Travel

- Each cheerleader must have a chaperone at every competition. It is not your coach, Team Parent or Flight Academy staff's responsibility to be your child's chaperone.
- It is your responsibility to pay the hotel directly for your room.
- Flight Academy Allstars will reserve a block of rooms at a hotel of our choice for certain competitions.
- Safety is also a major factor when choosing a hotel. Be prepared to pay around \$120.00 a night for accommodations. 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 Flight Academy Allstars.

Practice Dress Code

- Please, no bra straps showing. 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 full uniform or full warm up to arrive at a competition.
- Carry your skirt in your bag or on a hanger until you put it on.
- You may wear your Flight Academy warm up at any time.
- You must wear no show socks and the correct shoes during competitions.
- 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 competition warm ups. No rollers or inappropriate attire.
- If you are not competing or have been dismissed from your team obligations, you may wear your warm up pants, a Flight Academy t-shirt, tennis shoes and warm up jacket. You are still representing Flight Academy 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 2010 and will run through April of 2011.

Please note: All teams will not go to all competitions. Most teams will go to at least six competitions and no more than eight. A final list of competitions that your team will attend will be posted no later than May 31.

Choreography Camp

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

Choreography camp is mandatory.

FAQ'S

Q: What are the important dates for the year? i.e. gym closing dates, uniform fittings, practice days.

A: These dates will be handed out at your first parent meeting

Q: When will the payment schedule be posted?

A: It will be given out at your first parent meeting.

Q: How do we get our uniforms?

A: We will have uniform fittings this spring. You will have your uniform before the first competition.

Q: Can my child "move up" (or down)?

A: Yes. 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 fly, she will.

Q: Why do some parents complain about and bad mouth the coaches, kids or the gym?

A: We have no idea! Oh, and this will not be tolerated. You, as the parent, may be asked to leave from inside the gym.

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 on or before your tryout date.

Financial Commitment

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 those fees. You may pay by check or cash before the 10th. However, if you have not paid by the 10th, your credit card/debit card will be automatically drafted. Please fill out the information below.

Name as it appears on the card: _____

Type of Card: _____

Credit Card Number: _____

Exp. Date: _____

Signature: _____

Date: _____

If you choose to pay the entire season in full by June 1st, 2010, you will receive one month free base tuition. Any additional classes you choose to take (such as extra tumbling classes, privates, stunting or stretching) will be billed to your credit card on a monthly basis for as long as you are enrolled in the class.

Allstar tuition is \$89.00 per month. This includes one mandatory squad practice and two tumbling classes until August. Starting in August, there will be two mandatory squad practices and one tumbling class included. We encourage everyone to take advantage of the tumbling classes included in your monthly tuition. If you choose to take any extra tumble, stunt, stretch, or private classes during the season, these will be billed to your account.

Flight Academy Allstars accepts cash, checks and credit cards. All credit card/debit card transactions will incur a 3% processing fee. Statements are emailed or handed out periodically. If you have any questions about account, please do not hesitate to call the front office.

Return this page with your paperwork.

All dated fees such as clothing, shoes, make-up, etc., must be paid by the posted due date. There is not a grace period on these fees. If payment is not received by posted due date, your credit card/debit card will be automatically drafted.

If you have a check returned to the office for any reason, your credit/debit card will be charged the amount of the check plus a \$50 returned check fee.

We have fundraisers available to those who are in financial need. Each year only a few families take advantage of gym sponsored fundraisers. It is possible to pay for an ENTIRE season on fundraisers. If needed, please take advantage of these fundraisers so your child can participate.

If a financial problem arises during the season, please talk to our office staff 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 account.

Statement of Commitment

Financial Commitment

I have read and fully understand my financial commitment to Flight Academy Allstars as outlined in this tryout packet. I understand that my commitment is for the 2010-2011 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 at Flight Academy Allstars. 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 member of Flight Academy Allstars.

Parent Signature _____ Date _____

Cheerleader Signature _____ Date _____

Return this page with your paperwork.

Roster Information for Team Parent

Cheerleader Name: _____

Street Address: _____

City: _____ State: _____ Zip Code: _____

School: _____ '10-'11 Grade: _____ DOB: _____

Age as of August 31, 20010: _____

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

Return this page with your paperwork.

Tryout Form

Name _____

Attach Photo Here

Age as of August 31, 2010 _____

Date of Birth _____ Height _____

Grade '10-'11 _____

Have you cheered before? Yes__ No __ If so, where? _____

Check ALL tumbling skills you throw on the floor & WITHOUT a spot		
STANDING	STANDING SERIES	RUNNING
_ none or back walkover	_ Multiple Back Handsprings	_ none or Roundoff
_ Back Handspring	_ 2 BHS to tuck	_ BHS
_ Standing Tuck	_ BHS Tuck	_ Tuck
_ Jump Tuck	_ 2BHS to layout	_ Layout
	_ BHS layout	_ Full
	_ 2 BHS to full	

At which stunting spot do you have experience? **NONE BASE BACKSPOT FLYER**

Are you willing to cheer for any Flight team regardless of level? _Yes _No

If no, please circle the level(s) you are willing to cheer & explain why.

1-2-3-4-5 & Why:

FOR STAFF USE ONLY

MOTIONS/JUMPS	DANCE	STUNT/FLEXIBILITY	STANDING	RUNNING

Return this page with your paperwork.