

**ARKANSAS**



**SPIRIT**

**Arkansas Spirit  
All Star Cheerleading  
Cheerleader & Parent Handbook  
2010-2011**

# Arkansas Cheer Explosion

(Formerly Arkansas Spirit)

## 2011-2012 All Star Handbook

Welcome to The Arkansas Cheer Explosion All-star program. Thank you for your interest in Arkansas Cheer Explosion All-star Cheer. As we prepare for our 9<sup>th</sup> season we are continually changing and improving to keep up with the demands of the all-star cheerleading industry.

Our mission at Arkansas Cheer Explosion 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 attitude and a love for the sport. Each and every family is important to us and our program.

We have prepared the following information to help each family understand the commitment level that we expect from each cheerleader. Please take time to carefully read over the handbook in full. At Arkansas Cheer Explosion we expect 100% commitment from each cheerleader for the entire competition year. Arkansas Cheer Explosion All-Star Cheerleading is not a recreational program, it is competitive and at the same time very fun and rewarding. Competitive cheerleading is not for everyone, however if you and your child are committed to being the best teammate possible and working hard to achieve goals we welcome you! Good luck and we look forward to having you as part of the Arkansas Cheer Explosion family.

Thank you,  
Robyn Porter  
Arkansas Cheer Explosion Cheerleading Coach

Everyone associated with Arkansas Cheer Explosion or ACE (i.e., coaches, athletes, family members, etc.) is expected to uphold a high level of sportsmanship and character. This handbook is provided as a guide to the specific policies and procedures of our program.

## **WHAT IS ALL STAR CHEERLEADING?**

All-star cheerleading teams are formed for the primary purpose of competing. All-star cheerleading is a sport not a hobby. It is a lot of hard work and requires a lot of dedication, but it is also a fun and exciting opportunity for the kids to travel and meet new people and do something they really enjoy.

## **WHAT DO THEY LEARN?**

All-stars cover every aspect of cheerleading. They will learn motion technique, cheer, jumps, dance, partner stunts, pyramids, tumbling, and spirit. They will also learn teamwork, setting goals, self-discipline, commitment, and sportsmanship.

## **PRACTICES**

Our teams typically practice a total of 4 hours a week for the bulk of the season. This is typically broken into two 1½-hour practices every week. They will also be required to take a 1-hour tumbling class. Practice days will be set after teams are put together. A survey will be taken on the best days and times for everyone. Then the practice schedule will be decided, majority rules. Also, the length and number of practices may change as we enter new phases of our season. Some months may have more or longer practices than others.

## **ATTENDANCE**

Attendance is very important to the success of the teams. Practices are mandatory. Once practice times are set, everyone is expected to be there. This is a team sport, no member is less important than any other member. You can get a lot accomplished in a 1½-hour practice if everyone is there. If members are missing the whole team suffers. Each member has to be committed to themselves, their goals, and to the other members on the team. ACE does not discourage athletes from participating in other activities.

However, this is a very committed sport and attendance should be top priority.

Competitions are mandatory. It takes the team in its entirety to perform to the best of the teams' ability. You will have all of these dates in plenty of time to make any arrangements needed.

All we ask is for the athletes to commit to 2 nights a week, 6-8 competitions, and between 1-3 exhibitions per season. The only way to guarantee that a member will be able to compete at every competition is that the athletes are in good standing with her attendance.

## **EXPECTATIONS**

### **CONDUCT**

1. Challenging the authority of the coach or person in charge, by student or parent, will be grounds for dismissal.
2. Abusive behavior, lying, or any other negative form of behavior will also be grounds for dismissal.
3. No profanity in the gym or at meets. You are always a role model for someone else so you need to be on your best behavior. You are representing the squad and PCT.

### **CHEERLEADER EXPECTATIONS**

1. Each member must be willing to work hard and strive for excellence.
2. Members will be on time to all activities! They should wear proper shoes and clothing. No jewelry. Hair needs to be out of the eyes and in a ponytail. There is no chewing gum or eating during practices.
3. Members will do everything in their power to achieve personal and squad goals.
4. Each member is responsible for finding out any missed information.
5. **NO CELL PHONES DURING PRACTICE.**

### **PARENTAL EXPECTATIONS**

1. To make sure your child is on time and to attend designated practices and events.
2. Parents are to inform the coach if the student is to be late or absent from practice.
3. Fulfill any financial obligations.
4. Parents are to encourage and support all teams and students.

## **INJURIES & LIABILITY**

While we strive to provide the safest possible environment for our athletes, injuries may occur. Premier Cheer & Tumbling and Arkansas Cheer Explosion are not liable for any expenses rising from injuries resulting from participation in our program.

## **ARKANSAS CHEER EXPLOSION EXPENSES**

### **TUITION**

\$80 per month

This will begin in August and go through April

Tuition does not depend upon the number or length of practices in a month.

Tuition is due by the first of every month!

### **PRACTICE UNIFORM**

Sponsor t-shirt \$15.00

Practice t-shirts \$30.00

### **COMPETITION UNIFORM**

Shell & skirt \$170.00

Bloomers \$20.00

Shoes \$75.00

Hair ribbon \$15.00

Make-up \$15.00

Each member will wear no show socks. These can be found at Wal-Mart.

These costs are based on expenses incurred during the previous season or what we estimate we will pay for the items in the future.

### **CAMP**

3-day private stunt camp \$130.00 per camper. The dates will be determined after tryouts.

## **COMPETITION FEES**

Competition fees will vary depending on which company is hosting the competition. The competition season usually begins in November and ends in April. We usually do one competition each month. Competition fees are not ACE All Star charges. They are required fees, which have to be paid to the hosting gym or company before your child will be allowed to compete. Competition fees in the past have been between \$40-\$130 per cheerleader.

## **FUNDRAISING**

Fundraising will be available to anyone who wishes to participate. It is possible to pay for an ENTIRE season on the fundraisers we offer. If needed, please take advantage of these fundraisers so your child can participate.

- Sponsor t-shirts
- Car wash
- Concession stand
- Silent auction/exhibition

## **COMPETITIONS**

- ❖ The coaching staff will choose all competitions.
- ❖ All teams will travel.
- ❖ Some teams may travel more than others.
- ❖ Competition season begins in November 2011 and will run through April 2012.
- ❖ At this time, we are not going to list all of the competitions we will attend. As the season approaches, the coaches will decide on what competitions the teams will attend. We will get the list out to you as soon as we have decided on them.

# **TRYOUT SCHEDULE AND PROCEDURES**

All athletes will need to be evaluated by the coaching staff in order to be properly placed on a team for the 2011-2012 competitive season. Please remember this is a ONE-YEAR COMMITMENT. All candidates must fill out and return the "Tryout Application form" no later than Friday, May 20.

## **AGE DIVISIONS**

5 years-8 years Mini squad

11 years & under Youth squad

14 years & under Junior squad

\*\*Please note the age is as of August 31, 2011.

**The following is a schedule for tryouts.**

Parent's Informational Meeting                      Thursday, May 12, 6:30pm

5-9 year olds Tryout                                      Friday, May 20 from 4:30-5:30

10-14 year olds Tryout                                  Friday, May 20 from 5:30-6:30

**Can't make it to tryouts?** Contact Robyn Porter at [rporter7@yahoo.com](mailto:rporter7@yahoo.com) to set up a private tryout time.

## **REQUIREMENTS**

### **ARKANSAS SPIRIT MINI'S**

1. NO REQUIREMENTS TO BE ON THIS SQUAD

### **ARKANSAS SPIRIT YOUTH**

1. 2 TOE TOUCH JUMP COMBINATION
2. STRONG ROUND OFF
3. BACK HANDSPRING WITH A LIGHT SPOT

### **ARKANSAS SPIRIT JUNIOR**

1. 3 TOE TOUCH JUMP COMBINATION
2. BACK HANDSPRING
3. ROUND OFF BACK HANDSPRING

## RECREATIONAL CLASSES

If you are not ready to commit to cheerleading on a competitive level, PCT offers several different options.

Cheer Technique Classes: \$40.00 a month

This class covers jumps, tumbling, spirit, motions, cheers, and dances.

Tumbling Classes: \$40.00 a month

This class covers tumbling progressions.

Gymnastics: \$40.00-\$50.00 a month

This class covers bars, beam, floor, and vault.

Thank you for your interest in PCT. We appreciate your consideration and hope this program is what you are looking for. We look forward to working with you in the future.

Thank you,  
Robyn Porter

Please fill out completely the Statement of Commitment and Registration Form. Turn in all the pages to the office by Friday, May 20.

We are looking forward to another outstanding season. Please help us by following the guidelines set forth in this handbook.

**ALL GYM FEES FOR THE PRIOR SEASON MUST BE PAID IN FULL BEFORE YOUR CHILD WILL BE ALLOWED TO TRYOUT FOR THE UPCOMING SEASON.**

*Welcome to the family! Let's Go ACE All Stars!*

**Arkansas Cheer Explosion  
2011-2012**

Statement of Commitment

**Financial Commitment**

I have read and fully understand my financial commitment to The Arkansas Cheer Explosion All-stars outlined in this tryout packet. I understand that my commitment is for the 2011-2012 All-star competitive season. 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 handbook. I understand that I am entering into this All-star program of my own free will. I understand what is expected of me as a parent and an All-star cheerleader. I will conduct my self in a sportsman like manner and uphold the standards that are expected of me as an Arkansas Cheer Explosion All-star.

Parent Signature \_\_\_\_\_ Date \_\_\_\_\_

Cheerleader Signature \_\_\_\_\_ Date \_\_\_\_\_

# ARKANSAS CHEER EXPLOSION REGISTRATION FORM

Athlete Information
Name: _____
Address: _____
City: _____ Zip: _____
Gender: ___ Age: ___ DOB: _____
Athlete's Cell Number: _____
Athlete's Home Number: _____
Email: _____
# of years in program: _____

Parent/Guardian Information
Parent/Guardian 1: _____
Cell Number: _____
Home Number: _____
Email: _____
Parent/Guardian 2: _____
Cell Number: _____
Home Number: _____
Email: _____

## MEDICAL INFORMATION

Please list any physical/psychological limitations, injuries, or weakness that may affect the athlete's participation and/or performance:

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Medication:	_____
Allergies:	_____
Doctor's Name	_____
Doctor's Number	_____
Emergency Contact	_____
Emergency Contact Number	_____

## **PREMIER CHEER & TUMBLING ACKNOWLEDGEMENT, AUTHORIZATION AND RELEASE FORM**

In consideration for (athlete's name) \_\_\_\_\_ participation in the activities provided by PCT, including but not limited to all aspects of cheerleading, tumbling and/or competition, I am fully aware that any activity involving motion, height, or athletic activity creates the possibility of serious injury. I hereby release PCT, including its officers and employees, from any liability to the above named athlete, of the person claiming through him/her, arising from injury to the person or property of the above named athlete occurring on the premises of PCT, including any event sponsored or sanctioned by PCT and/or travel to and from such activities. I am fully aware of the nature of the activities provided and the possibility of injuries arising from such activities. This release is intended to be binding upon the athlete his/her heirs, assignees, and successor in interest, and anyone claiming by or through him/her. In addition, I have read and understood the registration form and agree to all terms as stated above. I also attest that all information given is factual. I certify that the athlete is in good health and may participate in activities at PCT. In case of an emergency requiring medical treatment, the undersigned hereby authorizes PCT, to take the above named athlete to a qualified medical or hospital facility for care and treatment.

Athlete's Name \_\_\_\_\_

Athlete's Signature \_\_\_\_\_

Date \_\_\_\_\_

Parent/Legal Guardian's Name \_\_\_\_\_

Parent/Legal Guardian's Signature \_\_\_\_\_

Date \_\_\_\_\_