



2015-16 Cheerleader/Parent Information

Thank you for wanting to be a part of our Spirit Zone Family.

This information packet will give you many helpful items to get you familiar with Spirit Zone.

Each coach on staff brings a specialty to Spirit Zone; therefore, you will see a variety of coaches working with all teams.

If you have any questions, please ask. Please respect that the coaches are working with teams so, if you need to have conversations, please set an appointment to talk privately. We are always happy to meet with you and your child at a convenient time. Right before or after practices is not usually a good time. The coaches are busy and we would like to give you our undivided attention. The best way to get a hold of us outside of practice is via e-mail. You can e-mail us at spiritzonellc@sbcglobal.net. The e-mails go to Heather Wisemore and Jo Talley. If you call and leave a message, please know that it could take several days for a return call. **E-mail is the fastest and most efficient means of communication with us.**

If you should choose to join our team, please keep your e-mail address current so you will be in the loop as to what is happening at Spirit Zone. **E-mail is our main source of communication.** Also, with so many split families, we are happy to add as many e-mail addresses for your child as needed. E-mail spiritzonellc@sbcglobal.net to add your e-mail to our distribution list. We also have a gym Facebook page, Twitter and Instagram accounts and we post flyers on our information board.

To become a member of Spirit Zone we will hold a yearly tryout. Please make sure to include your e-mail on the enrollment form so we can notify you of team placement.

We pride ourselves in promoting good sportsmanship and building great young adults. **GOOD ATTITUDE ON THE FLOOR AND BLEACHERS IS CONTAGIOUS AND LEADS TO SUCCESS!**

Welcome to Spirit Zone! Please feel free to contact us with any questions that you may have.

How do I become a member of a team?

1. Attend our TRYOUT on May 2, 2015.
2. Sign the Letter of Intent and return to Spirit Zone with check attached by **June 1, 2015**.

For returning members on Mini, Youth, Junior or Senior Teams - \$100.00 choreography camp deposit and \$150.00 uniform deposit (non refundable) **Total check is \$250.00**

For NEW TEAM MEMBERS on Mini, Youth, Junior or Senior Teams - \$100.00 choreography camp deposit and \$200.00 uniform deposit (non refundable) **TOTAL check is \$300.00**

3. **If we do not have your Letter of Intent and check deposit by June 1, 2015, we will release your position on the team and open up that spot to another athlete.**

GENERAL INFORMATION

- Parents we understand that this is an expensive and time-consuming sport. The sport of competitive cheerleading takes a total commitment by the entire family. Just as we have rules and regulations for the competing Spirit Zone Cheer families, there are certain rules that we ask of our Spirit Zone Cheer families.
- Spirit Zone places your athlete on teams based on their age and ability level. There are only five levels to competitive cheer. It is not uncommon to remain on the same level for several years. We do this for the safety of your athlete and also to put together the most competitive team. Spirit Zone aims to have teams with full team skills.
- Name calling, disrespecting other parents or children, and down talking a coach are not permitted. If such actions take place, the individual(s) will be asked to not attend practice. If the problem persists the practices are subject to being closed, or the member may be removed from the team.
- Parents are NEVER to address another team member personally. If you or your child has an issue with another team member you must first go to the coach for assistance.
- If you have a concern please feel free to discuss this with the program director, Heather Wisemore.
- Please be respectful to our practice times. During a practice or at a competition is not the appropriate time for these discussions. Please find time prior to or after practices. Parents may also find e-mailing a useful way to resolve minor issues.
- These rules and regulations have been set up in the best interest of the entire program. We understand that as a parent or participant you may not agree with every decision that is made by our staff. We assure you that the decisions are carefully thought out and great amount of time

has gone into the process, which leads to our decision. All decisions and changes regarding teams and routines are left solely to the discretion of the coaching staff.

- The most important job we as staff have is to create a positive environment for learning. As coaches it is our goal to create a disciplined, positive, and productive atmosphere in which to facilitate learning. As a result, we can produce outstanding individuals and teammates with a mentally strong attitude, a physically strong body, and remarkable leadership skills.
- Any and all use of the Spirit Zone logo must be approved by Spirit Zone owners.
- Withholding a child from a practice or a competition should never be used as a form of punishment. You are not only punishing your child, but every other team member and parent on the squad.
- All paperwork must be completely filled out prior to any member participating in practices. These documents include:
 - Registration Form
 - Letter of Intent (June 1, 2015)
 - Authorization For Automatic Payment Form

Please be prepared to turn in all paperwork at our first practice. Letter of Intent can be turned in but will not go into effect until June 1, 2015.

ATTENDANCE AND PRACTICE POLICIES

- WE EXPECT 100% FROM EACH AND EVERY MEMBER! AS YOU CAN EXPECT 100% FROM YOUR COACHES.
- For the SAFETY of all team members, Spirit Zone will adhere to a strict attendance policy.
- **ATTENDANCE AT ALL PRACTICES FROM AUGUST THROUGH APRIL ARE MANDATORY.** If you must miss a practice, please notify us via e-mail (spiritzonellc@sbcglobal.net) as soon as possible.
- Please note — **COMPETITIVE CHEER IS A SPORT that relies on full participation from all team members. Excessive absences are detrimental to the team and will result in being removed from the team.**
- You are allowed up to **2 UNEXCUSED absences during the season** (August-April). After 2, you may be moved to an ALTERNATE position for your team for the remainder of the season. (UNEXCUSED ABSENCES INCLUDE: failure to notify coaching staff prior to practice time, missing for anything other than approved excused absences, missing for club sports) If this happens, a meeting will be held with the parents and cheerleader.
- You are allowed up to **4 EXCUSED absences during the season** (August-April). After 4, you will be moved to an alternate position for your team for the remainder of the season. (EXCUSED ABSENCES INCLUDE: vomiting, fever, school event that results in a GRADE, family death)
- The only excused absence will be those in which you have made every attempt to contact Spirit Zone to inform us of your school or family related event.
- **INJURY** — Injury requiring you to not participate in practice will require a doctor's note. If you cannot FULLY PARTICIPATE (stunt, jump, tumble, dance) 2 weeks prior to a scheduled competition, you will sit out of the competition. No refunds on competitions. Full doctors release note will be required to re-participate.
- **You cannot miss practice for any reasons two weeks prior to a competition. All extra practices are Mandatory.**
- **If you are not feeling well** (i.e. headache, sinus infections, allergies — **COME TO PRACTICE.** Even if you have to just watch, you will be up to speed on changes, etc.
- **School cheer and other conflicts** — we encourage school cheer and understand school commitments. We do ask that you make every effort to get to Spirit Zone as soon as your conflict is over. Even 15 minutes will help your team. For the safety of all members and courtesy to your team, please make every effort to be at all or part of every practice to make sure you did not miss any changes in the routine. Arriving at practice for even 15 minutes IS NOT A MISSED PRACTICE but please notify us prior so we can plan accordingly.

- Please plan family vacations during the summer months (May-July). Please make sure that you plan around camp. If the athlete does not attend camp, it could be grounds for removal from the team.
- Tardiness is unacceptable. Excessive tardiness will result in removal from the team.
- We understand that there are circumstances for which absences are unavoidable; however, this is an activity that you have chosen to participate in. Your attendance not only affects you, but all of the other members of your team.
- All cheerleaders will wear hair pulled up off her face and shoulders (with hair bow in) prior to practice.
- Tuition pays for training. **It does not pay for the right to perform.** Please be clear that each member earns the right to perform through preparedness as a team member. A disrespectful member will not be allowed to jeopardize the performance and safety of others.
- Any member who is not prepared to perform at the level of the squad, must achieve that level, or may be moved to a squad more suited to their skill level.
- Weekly team practices should be considered mandatory.
- **PRACTICE DRESS IS REQUIRED AND WILL BE SCHEDULED BY YOUR COACHING STAFF.**
- Nails should be kept short.
- No jewelry will be worn in practice.
- No cell phones are allowed in practice. We understand these are used for emergency purposes, but all cheerleaders will be required to drop their phone off at the front desk prior to practice and can pick up just before they leave. If they need to be reached during practice, please call the front desk.
- Jewelry, cell phones, iPods and other valuables brought to or left at the gym are not the responsibility of Spirit Zone. Please leave all valuables at home.
- We will give time off for the holidays that do not conflict with the competition schedule. The one week between Christmas and New Years will always be time off from regular practices.
- The following holidays will be observed at Spirit Zone . . . Memorial Day, July 4th, Labor Day, Thanksgiving Day, Christmas, New Year's Day and Easter.
- **Additional team practices** may be scheduled the week or weekend prior to every competition. These practices are mandatory.
- Spirit Zone coaches reserve the right to add or change practices at any time during the season.

- SNOW DAYS . . . Spirit Zone will e-mail you should we close for inclement weather. We will also post to our facebook page and Channel 41 News. Do not assume we will close if schools are closed. Usually, by practice time, roads are clear.
- All cheerleaders are required to take a tumbling class which is worked into their regular practice week.

COMPETITIONS

- **Please know that competition days are long and we ask that you block the entire day off for cheer** (usually 7:00 a.m. to 8:00 p.m.). This does not mean that the competition will last that long, however, we do not know our performance schedule until a few days before the competition so we ask everyone to not make other plans for the day. Spirit Zone does not provide transportation.
- **All set competitions are mandatory.** Please review the competition schedule and plan accordingly.
- **There are no refunds on competitions.**
- We will have your final competition schedule to you in August and we try to our best not to deviate from that.
- Spirit Zone makes every effort to attend local competitions.
- Spirit Zone will choose one to two competitions per team to travel to where you can do an overnight stay. (2014-15 we went to Branson and Des Moines, Iowa)
- We will not require plane travel.
- All cheerleaders will arrive to competitions ready to go (uniform, make up, bow, shoes). All cheerleaders will go to the awards mat in complete uniform (no sweats, slippers, etc.)
- Failure to appear at a competition without coaches having prior knowledge will result in immediate removal from the team.

SPIRIT ZONE FEES

ITEM	WHAT IT INCLUDES	COST	EXPENSE DUE DATE
Tryout Fee	New Cheerleader evaluation fee	\$25.00	Registration
Annual Registration	Supplemental insurance Administration Paperwork	\$35.00	Registration
Practice Wear	Shirt, short and hair bow	\$15.00 (shirt) \$TBA (shorts) \$6.00 (hair bow)	At time of order.
Competition Uniform	Skirt, top and briefs	\$365.00* \$65.00* (Tiny and Tiny Prep)	June and July
Shoes	To be used at competition	\$95.00* \$45.00* (Tiny and Tiny Prep)	At time of order.
Competition Hair Bow	1 custom made hair bow	\$20.00 to \$25.00*	September
Competition Make-up	Eye Shadow Lipstick and lip gloss	\$25.00*	September
Choreography/Camp Fee	Intense training of stunts, pyramids, choreography and music fee.	\$300.00*	August
Warm-up	Jacket	\$120.00*	September
Competition Entry Fees	Entry fees for all competitions.	Final amount paid each month will be determined when competition schedule is released.	Tentative Schedule: Payment 1 - September 1 st Payment 2 - October 1 st Payment 3 - November 1 st Payment 4 - December 1 st Payment 5 - January 1 st Payment 6 - February 1 st
Coaches Fees	Covers coaches' travel and hotel expenses and entry fees.	Included in competition fees.	Same schedule as competition entry fees.
Monthly tuition	Tiny (1 hour cheer and 1 hour tumbling/week) Tiny Prep (1-2 hours cheer and 1 hour tumbling/week) Mini (2-4 hours cheer and 1 hour tumbling/week) All others (4 hours cheer and 1 hour tumbling/week)	Tiny - \$45.00/month Tiny Prep - \$65.00/month Mini - \$95.00/month All others - \$120.00/month	Monthly by the 1 st of each month. You can receive an early bird discount of \$5.00 if payment is made on or before the 25 th of the prior month.

*These amounts are an estimate and subject to a price adjustment.

- It is your responsibility to keep your form of payment up to date.
- Fees are based on a yearly fee schedule, so your fees do not change if a practice is cancelled due to a holiday, vacation or inclement weather. Spirit Zone, on occasion, does call extra practices. You will not be charged for these.
- Outstanding fees will result in removal from the team.
- Charging is not allowed unless your account is paid in full each month, this includes privates, vending tab, etc.
- Each team member MUST have a credit card on file at Spirit Zone. This card will be charged for any travel, tuition, or other expenses 10 days past due.
- If payment is not received by the 10th of each month, there will be an additional \$25.00 fee that will be applied. Team members will be asked to sit out of practice until tuition is paid.
- Tuition is payable regardless of injury, illness or vacation. Tuition is paid beginning in May and through the following April. If a team member quits, parents that have signed the Letter of Intent will remain financially responsible until the completion of the season in April.
- If your child is dropped for non-payment, returned check, or any other reason, a reinstatement fee of \$50.00 is required for re-entry onto the team.
- Please keep in mind we must have funds when requested so that entry fees and other expenses can be paid on time. **Your account on file will automatically be charged for any expenses due if not paid 10 days past the due date.**
- Any fees due are always communicated to you through e-mail and website reminders. **You must provide us with an accurate e-mail address.** It is the responsibility of the parent to check their e-mail and website often.
- Coaches travel expenses, transportation, lodging, entry fees and daily meal per diem, etc., will be paid for by team members and is incorporated in the competition fee amount you pay each month.
- **ALL GYM FEES FROM THE PRIOR SEASON MUST BE PAID IN FULL BEFORE YOUR CHILD WILL BE ALLOWED TO ATTEND ANY PRACTICES FOR THE 2015-2016 SEASON.**