

TNT Cheer, LLC
All Star Cheer
2018-2019



Welcome to TNT Cheer, LLC. We are ecstatic that you have made the decision to join the Cedar Valley's only gym dedicated to all things cheer!! You will learn to jump, stunt, dance, and tumble in a safe and fun environment. Also you will improve team building skills, confidence, and keep fit too. Our entire All Star coaching staff is credentialed through the United States All Star Federation (USASF) each June. Our goal every day is to teach our athletes the values of commitment, hard work, integrity, leadership, self-confidence, positive attitude and a love for the sport. It is our goal to be the very best cheer program in the area, if not the country. Each and every family is important to us and our program. We cannot wait for you to experience #3FTNTP4L!!!

TEAMS

Based on the evaluations held, we will have the following teams for the 2018-20` season:

- Sparklers – Mini Level 1 coached by Alyssa Hamilton and junior coach Sydney Corson
- Rockets – Youth Level 1 coached by Rachael Sears and junior coach Brady Knox
- Blaze – Youth Level 2 coached by Megan Gloede and junior coach Kylie McGrath
- Atomics – Junior Level 3 coached by Kia Widen
- C-4 – Senior Coed Level 4 coached by Lexi Hellman

Please keep in mind several things are taken into consideration when forming a team. First and foremost, we place athletes on the best team for them. Everyone makes a team where they will be successful. We select teams to be the most competitive in each level. Teams were formed based on BOTH age and skill level, giving priority to making well rounded teams that will succeed throughout the year. Skill levels were primarily based on tumbling and stunting level, but also the coaches' knowledge of the athlete's athletic ability, maturity, and coachability. Skill Levels in All Star Cheer are determined by the United States All Star Federation (USASF); below are listed the basic tumbling skills for each level. An athlete may have performed the skills listed below at tryouts; however, this does not guarantee they will make a team of that skill level as we are looking for athletes who have mastered the skills within the level.

Level 1: Back walkovers, roundoff backbend kickovers, cartwheel back walkovers

Level 2: Standing back handsprings, roundoff multiple back handsprings

Level 3: Standing multiple back handsprings, roundoff back tuck, roundoff back handspring back tuck

Level 4: Standing back tuck, standing back handspring back tuck, roundoff back handspring layout

Level 5: Jumps to standing tuck, roundoff back handspring full, standing back handspring to full

Teams were also determined by age. Some exceptions to age were made depending on the athlete's maturity level and the specific needs of the teams.

Tiny Novice: No younger than age 3 and no older than age 6 as of 8/31/2018

Tiny Cheer: No younger than age 5 and no older than age 6 as of 8/31/2018

Mini Cheer: No younger than age 5 and no older than age 8 as of 8/31/2018

Youth Cheer: No younger than age 5 and no older than age 11 as of 8/31/2018

Junior Cheer: No younger than age 5 and no older than age 14 as of 8/31/2018

Senior Cheer: No younger than age 11 and no older than age 18 as of 8/31/2018

Please keep this page for your reference during the year.

PRACTICE SCHEDULE

Practices for All Star will begin on Sunday, May 20th and practice as follows keeping in mind that extra practices will be added as we approach competition season if necessary (Sparklers will move to practicing Sundays from 3:00 to 5:00 beginning Sunday, September 9th):

	Sunday		Monday	Tuesday		Thursday	
5:00	Rockets	Atomics					
6:00	Rockets	Atomics				Sparklers	
7:00	Blaze	C-4	C-4 (will practice until 9:30)	Atomics	Rockets	Sparklers	Blaze
8:00	Blaze	C-4	C-4 (will practice until 9:30)	Atomics	Rockets		Blaze

In addition to weekly team practices, each athlete will also enroll in a one of the Tumbling classes listed on the schedule below when registration opens on Wednesday, May 16th (please see the athlete list to determine which tumbling class your athlete should enroll in). Tumbling classes begin on Monday, May 21st and you must be enrolled to participate. In addition, for those wanting additional time spent on flexibility and strengthening flying skills (will be available this fall) or additional tumbling classes, it is encouraged for you to register for those class(es) as well at a cost of \$35 per month.

	Monday	Tuesday	Wednesday	Thursday
5:00	Preschool and Beginning	High School and Intermediate		Beginning and Advanced
6:00	Beginning and Advanced	Beginning and Advanced		Intermediate
7:00	Open Gym		Beginning	
8:00			Open Gym	Open Gym

No classes:

- Sunday, May 27th and Monday, May 28th: Memorial Day
- Sunday, June 17th: Father's Day
- Sunday, July 1st – Thursday, July 5th: 4th of July
- Sunday, September 2nd and Monday, September 3rd: Labor Day
- Sunday, November 4th: Iowa Showdown
- Thursday, November 22nd: Thanksgiving
- Sunday, December 2nd: TBD Competition
- Sunday, December 23rd – Tuesday, January 1st: Holiday Break
- Sunday, January 13th: GLCC Cornhusker Nationals Competition
- Sunday, February 10th: TBD Competition
- Sunday, March 17th – Thursday, March 21st: Spring Break

Inclement Weather: The weather will be monitored throughout the day and all practices will be cancelled by 1:00 PM on Sunday and 3:00 PM during the weekday. We will post all cancellations on KWWL.com and on our Facebook Page, TNT Cheer in addition to sending text or email notifications to those who are impacted and enrolled to receive text and email notifications.

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Practice apparel:

- NO jewelry
- Only cheer shoes on the equipment
- Nails must be kept cut such that the tips cannot be seen when looking at the palm side of the hand. NO FAKE NAILS.
- Approved clothing includes spandex, shorts, t-shirts, tank tops, sports bras, and leggings.
- NO SWEATSHIRTS OR SWEATPANTS WILL BE ALLOWED.
- Your coach may give you a specific schedule for practice apparel which all athletes will be expected to follow.

Summer (June through August) Attendance Policy

During the summer, each athlete for Sparklers will be permitted 2 excused absences and each athlete on Rockets, Blaze, Atomics, and C-4 will be permitted 4 excused absences. To be considered an excused absence, an absence request form must be submitted one full week prior to the missed practice(s) and be APPROVED BY THE COACH. In the event of illness, a doctor's note must be obtained in order to be considered excused; headaches, cold, migraines, cramps, etc. are not a reason to miss a practice and if an athlete is injured it is expected that they attend practice knowing that participation may be limited. Unexcused absences include those absences where a form was not completed and approved by the coach one full week in advance of the missed practice(s), anyone arriving more than 15 minutes late, and anyone not showing up at all to practice. If an athlete has an unexcused absence, they will be reevaluated at the end of the summer and their spot on the team may be in jeopardy. The evaluation process will be judged based on the skills the athlete presented during evaluations. If an athlete has a second unexcused absence, the athlete will be immediately removed from the team.

Competition Season (September through March) Attendance Policy

During the competition season, each athlete for Sparklers will be permitted 2 excused absences and each athlete on Rockets, Blaze, Atomics, and C-4 will be permitted 4 excused absences. To be considered an excused absence, an absence request form must be submitted one full week prior to the missed practice(s) and be APPROVED BY THE COACH. In the event of illness, a doctor's note must be obtained in order to be considered excused; headaches, cold, migraines, cramps, etc. are not a reason to miss a practice and if an athlete is injured it is expected that they attend practice knowing that participation may be limited. Unexcused absences include those absences where a form was not completed and approved by the coach one full week in advance of the missed practice(s), anyone arriving more than 15 minutes late, and anyone not showing up at all to practice. If an athlete has an unexcused absence, they will be reevaluated and their spot on the team may be in jeopardy. The evaluation process will be judged based on the skills the athlete presented during evaluations. If an athlete has a second unexcused absence, the athlete will be immediately removed from the team. ATTENDANCE AT ALL PRACTICES THE WEEK PRECEDING A COMPETITION ARE MANDATORY AND CANNOT BE MISSED; in the event you are missing, the alternate for that team will compete in your absence. In the event a bid to US Finals or D2 Summit is won, you must be in attendance at all competitions in order to compete at US Finals or D2 Summit.

CAMPS

Choreography Camp is where the routines for the 2018-2019 season will be taught. Choreography Camps are mandatory. In the event you are unable to attend Choreography Camp, it will be your responsibility to find an athlete in a similar stunt position to fill in for you and learn the routine and then teach the routine to you upon your return. Choreography Camps are scheduled as follows:

- Sparklers: Tuesday, June 19th 8:00 AM to 12:00 PM, Wednesday, June 20th 8:00 AM to 12:00 PM, Tuesday, July 31st 8:00 AM to 12:00 PM, and Wednesday, August 1st 8:00 AM to 12:00 PM
- Rockets: Monday, July 9th 1:00 PM to 5:00 PM, Tuesday, July 10th 11:00 AM to 1:30 PM, and Thursday, July 12th 2:00 PM to 5:00 PM
- Blaze: Tuesday, July 10th 2:00 PM to 5:00 PM, Thursday, July 12th 11:00 AM to 1:30 PM, and Friday, July 13th 1:00 AM to 5:00 PM
- Atomics: Monday, July 9th 8:00 AM to 12:00 PM, Tuesday, July 10th 8:00 AM to 11:00 AM, and Wednesday, July 11th 8:00 AM to 12:00 PM
- C-4: Wednesday, July 11th 1:00 PM to 5:00 PM, Thursday, July 12th 8:00 AM to 11:00 PM, and Friday, July 13th 8:00 AM to 12:00 PM

COMPETITIONS

Below is the TENTATIVE 2018-2019 competition schedule. Competitions are MANDATORY for ALL athletes.

DATE	EVENT	LOCATION	TEAMS
11/4	Iowa Showdown	Des Moines, IA	Sparklers, Rockets, Blaze, Atomics, C-4
12/1-12/2	TBD	TBD	Rockets, Blaze, Atomics, C-4
1/13	GLCC Cornhusker Nationals	Council Bluffs, IA	All
2/2	Madtown Challenge	Madison, WI	Rockets, Blaze, Atomics
2/9-2/10	TBD	TBD	C-4
3/2	Coastal - The Northern Star Battle	Minneapolis, MN	Sparklers, Rockets, Blaze, Atomics, C-4
3/30-3/31	Tournament of Champions	Dekalb, IL	All

ADDITIONAL COMMITMENTS

We will have public appearances throughout the season and it is an expectation to attend as a member of TNT Cheer. If there are conflicts, please let your coach know in advance. Below are the known appearances for the 2018-2019 season:

- Parades
 - Friday, June 8th 6:30 PM My Waterloo Days Parade
 - Saturday, June 23rd 10:00 AM Sturgis Falls Parade
- Teambuilding
 - Team Representatives and Coaches will be looking for opportunities throughout the season
- Free Cheer Clinic/Open House
 - Saturday, September 22nd
- TNT Cheer Showcase
 - Sunday, September 23rd
- TNT Cheer Holiday Party
 - Friday, January 4th
- TNT Cheer Pictures
 - Sunday, January 6th
- TNT Cheer Team Banquet
 - Saturday, April 6th

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Athlete Expectations:

- Be at practice on time and ready to go. This means that your hair is done, shoes and braces are on, and you are ready to walk onto the floor at least five minutes before your scheduled practice time.
- When you arrive to practice, get ready quietly and place your things in one of the cubbies. PLEASE NO TALKING IN THE GYM while other practices are going on as it is disruptive to the others.
- Bring a water bottle to practice!
- NO CELL PHONES or other ELECTRONIC DEVICES out during practice at all.
 - If your coach sees one of these items, he/she will take possession of it until the end of practice.
- Always bring your best SPORTSMANSHIP to all practices, activities and competitions.
- Respect your coaches, teammates, and the program at all times.
 - This includes being aware of your activities while wearing TNT apparel in public.
- Be encouraging to all members of TNT Cheer regardless of ability and age. We are a family!
- Bullying will not be tolerated at any time.

Parent Expectations:

- All parents must remain in the Parent Area when watching a practice. No parents will be allowed in front of the cubbies, in front of the mat, on the floor, or in the doorway at any time during the practice. In addition, please be respectful to the athletes and coaches by keeping talking in the parent area low so that it does not disrupt the practices. If this is not followed, we will close practices to all parents.
- Parents are expected to be supportive and respectful of all TNT athletes, the coaches, and the program as a whole.
- Encourage good sportsmanship and be sure you are presenting a good example for your athletes.
- Be sure to get athletes to practice on time. This means the athlete will be fully prepared to walk on the floor and begin practice five or more minutes before the scheduled practice time.

COST

At TNT Cheer we use a “budget billing” payment system that includes all monthly tuition, a tumbling class, camp fees, program practice outfit, team shirt, USASF membership fee, competition fees, coaches’ fees, choreography, and music. The only items not included are one-time items that can be used for multiple seasons in addition to travel expenses and optional items.

- Sparklers: \$135 per month, May through March
- Rockets, Blaze, and Atomics: \$195 per month, May through March
- C-4: \$210 per month, May through March

For siblings, the monthly cost is reduced by \$10 per athlete.

ALL FEES ARE DUE ON OR BEFORE THE 1ST OF EACH MONTH beginning May through March. You can pay in person by cash, check, money order, or credit card in addition to paying online by credit card. On the 6th of each month, any outstanding balance will be charged to your credit card that we have on file along with a \$30 late fee. If you have any questions about your account, please do not hesitate to call. Also, any returned payments will be charged a \$30 returned payment fee.

There are no refunds if you leave the program for any reason. If you begin the month, you are responsible for that month’s payment. Also, there will be no refunds made to anyone who is asked to leave the program. Anyone who leaves the program after choreography camp will be required to pay a \$250 re-choreography fee. If there is ever a financial problem, please contact the office immediately. Your coach will not be able to advise you on these matters.

Additional fees or “hidden” fees due:

- June 15TH: \$115 due for cheer shoes; will be in hand in September and uniform fees due as noted below
 - Uniform
 - \$320 for FEMALE SENIOR ATHLETES (crop top)
 - \$330 for FEMALE NON-SENIOR ATHLETES (full top)
 - \$355 for FEMALE ALTERNATE ATHLETES ON A SENIOR AND NON-SENIOR TEAM, AND THOSE THAT HAVE THE POTENTIAL TO BE ONE A SENIOR TEAM NEXT SEASON (crop top with converter)
 - \$275 for MALES ATHLETES
- July 1st: \$65 due make-up kit and competition bow (females only)
- August 1st: \$115 due if ordering the warm-up jacket and \$110 due if ordering a personalized backpack
- Additional apparel and merchandise orders will be taken throughout the season; more information to come!!

Please keep this page for your reference during the year.

TNT Cheer, LLC maintains the right to refuse services at ANY time.

Any Questions may be addressed to:

TNT Cheer, LLC

info@tntcheer.org

(319) 234-1147

www.tntcheer.com

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Please contact TNT Cheer by phone at 319-234-1147 for all day-of absences. DO NOT CONTACT COACHES using their personal cell phones, through Facebook, or other social media platforms. Thank you in advance for that respect!!

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