



TNT Cheer, LLC
All Star Cheer
2019-2020
Handbook

Welcome to TNT Cheer, LLC. We are ecstatic that you have decided 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. Improve team building skills, confidence, and keep fit too. Our entire All Star coaching staff gets credentialed through the United States All Star Federation (USASF). 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 2019-2020 season:

- Aces – Mini Level TBD coached by Kia Widen and junior coach Laura Starbeck
- Lady Luck – Youth Level TBD coached by Lexi Hellman and junior coach Brooklynn Knox
- Wildcards – Junior Level TBD coached by Kia Widen
- Blackjacks – Senior Coed TBD coached by Lexi Hell

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. And while skill levels are not noted above, we have a tentative level determined and a plan in place to share with the teams as practices begin.

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.

Mini Cheer: No younger than age 5 and no older than age 8 as of 8/31/2019

Youth Cheer: No younger than age 5 and no older than age 11 as of 8/31/2019

Junior Cheer: No younger than age 5 and no older than age 14 as of 8/31/2019

Senior Cheer: No younger than age 11 and no older than age 18 as of 8/31/2019

Please keep this page for your reference during the year.

SUMMER PRACTICE SCHEDULE (May 6 – Aug. 29)

Summer practices for All Star will begin on Monday, May 6th and go through Thursday, August 29th.

	Monday		Tuesday	Wednesday		Thursday	
6:00 PM							Aces
7:00 PM	Blackjacks	Wildcards	Lady Luck	Wildcards	Blackjacks	Lady Luck	Aces
8:00 PM	Blackjacks practice until 9:30 PM	Wildcards	Lady Luck	Wildcards	Blackjacks	Lady Luck	

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 Monday, April 29th (please see the athlete list to determine which tumbling class your athlete should enroll in as you must be enrolled to participate).

	Monday	Tuesday	Wednesday	Thursday
5:00 PM	Intermediate	Beginning & High School Novice		Beginning & Novice
6:00 PM	Novice & Advanced	Intermediate	Advanced	Beginning

SCHOOL SEASON PRACTICE SCHEDULE (Sep 3 – Apr 2)

School season practices for All Star will begin on Tuesday, September 3rd and go through Thursday, April 2nd keeping in mind that extra practices will be added as we approach competition season if necessary.

	Sunday	Monday	Tuesday	Thursday	
3:00 PM	Wildcards				
4:00 PM	Wildcards				
5:00 PM	Lady Luck				
6:00 PM	Lady Luck			Aces	
7:00 PM	Blackjacks	Blackjacks	Wildcards	Aces	Lady Luck
8:00 PM	Blackjacks	Blackjacks practice until 9:30 PM	Wildcards		Lady Luck

In addition to weekly team practices, each athlete will also enroll in a one of the tumbling classes when registration opens in mid-July (schedule TBD).

No classes:

- Monday, May 27th: Memorial Day
- Monday, July 1st – Thursday, July 4th: 4th of July
- Sunday, September 1st and Monday, September 2nd: Labor Day
- Thursday, October 31st: Halloween
- Thursday, November 28th: Thanksgiving
- Sunday, December 8th: Athletic Championship Competition
- Sunday, December 22nd – Thursday, January 2nd: Holiday Break
- Sunday, February 16th: Duel in the Dells Competition
- Sunday, March 1st: Iowa Showdown Competition
- Sunday, March 8th: The Showdown Grand Nationals Competition
- Sunday, March 15th – Thursday, March 19th: 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 our Facebook Page and on Instagram 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.
- 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; this will come into play once we receive our practice wear.

Summer (June through August) Attendance Policy

During the summer, each athlete for Aces will be permitted 2 excused absences and each athlete on Lady Luck, Wildcards, and Blackjacks 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 April 2nd) Attendance Policy

During the competition season, each athlete for Aces will be permitted 2 excused absences and each athlete on Lady Luck, Wildcards, and Blackjacks 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. An athlete will be allowed just one unexcused absence. 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.

CAMPS

Choreography Camp is where the routines for the 2019-2020 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:

- Aces: Tuesday, June 25th 8:00 AM to 12:00 PM, Wednesday, June 26th 8:00 AM to 12:00 PM, Tuesday, July 30th 8:00 AM to 12:00 PM, and Wednesday, July 31st 8:00 AM to 12:00 PM; Aces will NOT have team practices Thursday, June 27th and Thursday, August 1st
- Lady Luck: Tuesday, July 9th 8:00 AM to 12:00 PM, Wednesday, July 10th 8:00 AM to 12:00 PM, and Thursday, July 11th 8:00 AM to 12:00 PM; Lady Luck will NOT have team practices that week at night
- Wildcards: Monday, July 8th 1:00 PM to 5:00 PM, Wednesday, July 10th 1:00 PM to 5:00 PM, and Friday, July 12th 1:00 PM to 5:00 PM; Wildcards will NOT have team practices that week at night
- Blackjacks: Tuesday, July 9th 1:00 PM to 5:00 PM, Thursday, July 11th 1:00 PM to 5:00 PM, and Friday, July 12th 8:00 AM to 12:00 PM; Blackjacks will NOT have team practices that week at night

COMPETITIONS

Below is the 2019-2020 competition schedule. Competitions are MANDATORY for ALL athletes.

DATE	EVENT	LOCATION	TEAMS
11/9	The Badger Battle	Madison, WI	Aces, Lady Luck, Wildcards, and Blackjacks
12/7-12/8	Athletic Championships	Minneapolis, MN	Lady Luck, Wildcards, and Blackjacks
1/25	Live! – Kansas City	Kansas City, MO	Lady Luck, Wildcards, and Blackjacks
2/15-2/16	Duel in the Dells	Wisconsin Dells, WI	All teams; Prep Saturday only
3/1	Iowa Showdown	Des Moines, IA	All teams
3/7-3/8	The Showdown Grand Nationals	Schaumburg, IL	Blackjacks
4/4-4/5	US Finals – Chicago	Hoffman Estates, IL	All teams; compete one day only
5/8-5/10	D2 Summit	Orlando, FL	Lady Luck, Wildcards, and Blackjacks*

*will attend if an At Large or Paid bid is earned

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 2019-2020 season:

- Parades
 - Friday, June 7th 6:30 PM My Waterloo Days Parade
 - Saturday, June 29th 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 7th
- TNT Cheer Team Showcase
 - Sunday, November 3rd
- TNT Cheer Pictures
 - Sunday, January 5th
- TNT Cheer Holiday Party
 - Friday, January 10th
- TNT Cheer Team Banquet
 - Friday, April 10th

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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.

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COST

At TNT Cheer, we use a "budget billing" payment system for All Star that includes all monthly tuition, a tumbling class, 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.

- Aces: \$140 per month May through March
- Lady Luck and Wildcards: \$205 per month May through March
- Blackjacks: \$225 per month May through March

For siblings, the cost for All Star per month is discounted by \$10 per athlete.

ALL FEES ARE DUE ON OR BEFORE THE 1ST OF EACH MONTH May through March for All Star. You can pay online or in the TNT Cheer app by all major credit cards or in person by cash, check, money order, or all major credit cards. On the 5th 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 and anyone who chooses to not attend D2 Summit should an At Large or Paid bid be won will be required to pay a \$100 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 as follows:

- May 15th: \$115 due for cheer shoes; will be in hand in September
- June 15th: cost noted below for uniform; will be in hand in September
 - \$320 for FEMALE SENIOR ATHLETES (crop top)
 - \$330 for FEMALE NON-SENIOR ATHLETES (full top)
 - \$275 for MALES ATHLETES
- July 1st: \$70 for makeup kit and competition bow; will be in hand in September
- August 1st: \$120 due if ordering a warmup jacket; will be in hand in November
- August 1st: \$115 due if ordering a personalized back pack; will be in hand in November
- Additional apparel and merchandise orders will be taken throughout the season; more information to come!!

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**TNT Cheer, LLC maintains the right to refuse services at ANY time.
Any questions may be addressed to:**

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Cedar Falls, IA 50613

Amanda Freet

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319-415-8442 (only to be used in case of emergencies and during events where we are offsite)

Lexi Hellman

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Kia Widen

kiaw@tntcheer.org

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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