



TNT Cheer, LLC
All Star Cheer
2020-2021
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 trained 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 2020-2021 season:

- Illusionists – Youth Level TBD coached by Lexi Hellman junior coach Brooklynn Knox
- Showstoppers – Junior Level TBD coached by Kia Widen
- Ringmasters – Senior Coed TBD 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 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 the skills listed below; 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 and we are allowed to stunt.

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.

Youth All Star Elite Cheer: No younger than age 5 and no older than age 12 as of 12/31/20

Junior All Star Elite Cheer: No younger than age 5 and no older than age 15 as of 12/31/20

Senior All Star Elite Cheer: No younger than age 12 and no older than age 18 as of 12/21/20

Please keep this page for your reference during the year.

SUMMER PRACTICE SCHEDULE (June 8 – Aug. 27)

Summer practices for All Star will begin on Monday, June 8th and go through Thursday, August 27th.

	Monday	Tuesday		Wednesday	Thursday	
7:00 PM	Ringmasters	Showstoppers	Illusionists	Ringmasters	Showstoppers	Illusionists
8:00 PM	Ringmasters	Showstoppers	Illusionists	Ringmasters *Practice until 9:30 PM	Showstoppers	Illusionists

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 Tuesday, June 2nd (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		Preschool	Beginning	Preschool and Beginning
6:00 PM	Advanced	Beginning and Advanced	Novice and Intermediate	Novice and Intermediate

SCHOOL SEASON PRACTICE SCHEDULE (Aug 30 – April)

School season practices for All Star will begin on Sunday, August 30th and go through April keeping in mind that extra practices will be added as we approach competition season if necessary.

	Sunday		Monday	Tuesday	Thursday
5:00	Showstoppers	Illusionists			
6:00	Showstoppers	Illusionists			Illusionists
7:00	Ringmasters		Ringmasters	Showstoppers	Illusionists
8:00 PM	Ringmasters		Ringmasters *Practice until 9:30 PM	Showstoppers	

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, July 6th – Thursday, July 9th: Summer Break
- Sunday, September 6th and Monday, September 7th: Labor Day
- Thursday, November 26th: Thanksgiving
- Sunday, December 20th – Thursday, December 31st: Holiday Break
- Sunday, March 14th – Thursday, March 18th: Spring Break
- Sunday, April 4th: Easter

Inclement Weather: The weather will be monitored throughout the day and all practices will be cancelled by 3:00 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

Summer (July through August) Attendance Policy

During July through August, each athlete on Illusionists, Showstoppers, and Ringmasters will be permitted 4 excused absences and 1 unexcused absence. 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. If an athlete misses more than 45 minutes of a practice, it will count as one HALF absence. 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 a second unexcused absence, the athlete will be immediately removed from the team.

Competition Season (September through April) Attendance Policy

During the competition season, each athlete on Illusionists, Showstoppers, and Ringmasters will be permitted 4 excused absences and 1 unexcused absence. 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. If an athlete misses more than 45 minutes of a practice, it will count as one HALF absence. 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 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. ATHLETES NOT IN ATTENDANCE WILL BE REMOVED FROM THE ROUTINE FOR THAT COMPETITION. THE ONLY EXCEPTIONS ARE AS FOLLOWS:

- Funeral with documentation
- Athlete illness with doctor's note
- Required school event with at least two week's notice

CAMPS

Choreography Camp is where the routines for the 2020-2021 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 to be determined.

COMPETITIONS

For the 2020-2021 All Star season, specific competition information will be posted by the end of the summer. This will allow us to look in more details throughout the current environment and ensure the safety of our athletes, families, and coaches. We will also evaluate cost, stay-to-play/stay smart, etc. which is not typically released until late summer. Past competitions have been in Iowa, Minnesota, Wisconsin, Illinois, Missouri, Nebraska, and Indiana. All Star teams will compete in up to 7 competitions from November through April and are required. Also, All Star Junior and Senior teams may attend Varsity D2 Summit in Orlando, FL if they receive an At Large or Paid bid and this is NOT included in the current pricing.

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 2010-2021 season:

- Teambuilding
 - Team Representatives and Coaches will be looking for opportunities throughout the season
- Free Cheer Clinic/Open House
 - Saturday, September 12th
- TNT Cheer Team Showcase
 - TBD
- TNT Cheer Pictures
 - TBD
- TNT Cheer Holiday Party
 - TBD
- TNT Cheer Team Banquet
 - TBD

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Athlete Expectations (please see COVID-19 updates):

- 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 (please see COVID-19 updates):

- 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 shirt, team shirt, 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 USASF athlete fee (\$30 to be paid by parent directly to USASF by August 1st), travel expenses and optional items.

- Illusionists and Showstoppers: \$205 per month June through April
- Ringmasters: \$225 per month June through April

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

Tuition is due monthly June 2020 through April 2020 and is charged to the primary card on file the first of each month (will be charged June 10th for June only). We accept cash, checks, and all major credit cards prior to the first of the month or tuition will be automatically charged to your required card on file the first of the month, no exceptions. 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. If there is a financial problem, please contact the office immediately. 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:

- June 15th: \$110 for cheer shoes; will be in hand in September
- July 15th: \$350-400 (exact cost still TBD) for uniform
- August 15th: \$70 for make-up kit and competition bow
- August 15th: \$130 if ordering a warmup jacket
- August 15th: \$115 if ordering a personalized back pack
- 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:**

TNT Cheer, LLC
info@tntcheer.org
(319) 234-1147
www.tntcheer.com
6023 Chancellor Dr.
Cedar Falls, IA 50613

Amanda Freet

amanda@tntcheer.org

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

Lexi Hellman

lexih@tntcheer.org

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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