



**TNT Cheer, LLC**  
**All Star Prep 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:

- Jugglers – Mini Level TBD coached by Alyssa Hamilton
- Acrobats – Junior Level TBD coached by Hannah Bustamante and Ashlyn Metcalf

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 overall team tumbling level, but also the coaches' knowledge of the athlete's athletic ability, maturity, and coachability. Skill Levels in All Star Prep 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 stunting as stunt level is the biggest question for all of us at this time.

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 All Star Prep Cheer: No younger than age 5 and no older than age 9 as of 12/31/20

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

Junior All Star Prep Cheer: No younger than age 6 and no older than age 15 as of 12/31/20

*Please keep this page for your reference during the year.*

# SCHOOL SEASON PRACTICE SCHEDULE (Aug 30 – April)

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

	<b>Sunday</b>	<b>Thursday</b>
<b>7:00 PM</b>	Jugglers	Acrobats
<b>8:00 PM</b>	Jugglers	Acrobats

No classes:

- Sunday, September 6<sup>th</sup> and Monday, September 7<sup>th</sup>: Labor Day
- Thursday, November 26<sup>th</sup>: Thanksgiving
- Sunday, December 20<sup>th</sup> – Thursday, December 31<sup>st</sup>: Holiday Break
- Sunday, March 14<sup>th</sup> – Thursday, March 18<sup>th</sup>: Spring Break
- Sunday, April 4<sup>th</sup>: 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.

## 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

## ATTENDANCE POLICY

Each athlete on Jugglers and Acrobats will be permitted 2 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

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## CAMPS

Choreography Camp is where the routines for the 2020-2021 season will be taught. Choreography Camps are mandatory. Choreography Camps will be announced within the week.

## COMPETITIONS

Below is the 2020-2021 All Star Prep competition schedule. Competitions are MANDATORY for ALL athletes.

DATE	EVENT	LOCATION
2/27	TBD	TBD
4/10	TBD	TBD

## 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
- TNT Cheer Pictures
  - TBD
- TNT Cheer Holiday Party
  - TBD
- TNT Cheer Team Banquet
  - TBD

## ATHLETE EXPECTATIONS (PLEASE SEE COVID-19):

- 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.

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## PARENT EXPECTATIONS (PLEASE SEE COVID-19):

- 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 for All Star Prep that includes all monthly tuition, 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 November 1<sup>st</sup>), travel expenses and optional items.

- Jugglers and Acrobats: \$125 per month September through April

Tuition is due monthly September 2020 through April 2020 and is charged to the primary card on file the first of each month. 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. 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:

- Shoes – ordered on your own and must have in hand by October 1<sup>st</sup>. Options include:
  - Chasse Velocity Shoe - \$42 found at [https://www.omnicheer.com/shop/cheerleading-shoes/chasse-cheer-shoes/chasse-velocity-shoe\\_s2030](https://www.omnicheer.com/shop/cheerleading-shoes/chasse-cheer-shoes/chasse-velocity-shoe_s2030)
  - Rebel Ruthless Shoe - \$98 found at <https://www.rebelathletic.com/rebelruthless.html>
- Uniform – \$160; Due October 1<sup>st</sup>
- Competition bow - \$35; Due November 1<sup>st</sup>

Optional fees include:

- Back-pack Personalized - \$115; Due November 1<sup>st</sup>

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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](mailto:info@tntcheer.org)  
(319) 234-1147  
[www.tntcheer.com](http://www.tntcheer.com)  
6023 Chancellor Dr.  
Cedar Falls, IA 50613

Amanda Freet

[amanda@tntcheer.org](mailto:amanda@tntcheer.org)

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

Alyssa Hamilton

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Hannah Bustamante

[hannahb@tntcheer.org](mailto:hannahb@tntcheer.org)

Ashlyn Metcalf

[ashlynm@tntcheer.org](mailto:ashlynm@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!!