Mississippi

gym of

dreams

all-star cheer

handbook

2016-17

Welcome to Mississippi Gym of Dreams! We are excited you have chosen to participate in our competitive cheer program. We look forward to the opportunity to work with you and your child. Our mission is to teach each child in a Christian atmosphere. Our athletes have the opportunity to meet new friends, form lasting relationships, and develop a strong sense of self-worth and pride. We are family-oriented business and every member is important to us!

While having fun and learning to be the best you can be are our objectives, there are some guidelines you must follow as a member of MS Gym of Dreams. Please read thoroughly so you will know what is expected throughout the season.

**Team Placement**

Our teams are designed to give each team and member an equal opportunity for success. While tumbling is important, it is not the only skill considered when forming a team. Strong skills in all areas of cheerleading are necessary in order to do well. Many factors are considered when placing athletes on a team. Having balance and variety are important. Please trust we have your child’s best interest at heart and that time and prayer goes in to each child as we choose teams.

Please note the coaching staff has the right to change teams by adding or rearranging a team’s roster at any time. We do our best to keep any changes to a minimum; however, changes will be made if deemed necessary. **Additionally, no athlete has a guarantee to any particular role or location in a routine.** There are various reasons coaches may move athletes to different spots in the routine or to a different stunt group. Again, please trust the staff. Should you have any concerns, please contact Duane or Jennifer and we will be happy to talk to you.

**General Information**

\*No food, drinks, or gum allowed in the gym except for bottled water…which you MUST throw away!

\*Absolutely NO cell phones in the gym! Phones must be turned on silent upon entering the gym. There will be a “Cell Phone Basket” for safe keeping. Please do not leave phones in cubby holes!

\*Personal items are to be placed in designated areas. Please do not bring jewelry or other items of value. Gym of Dreams is not responsible for lost, stolen or misplaced items.

**\*Parents/siblings are not allowed in the gym during class time.**  This is a distraction and interrupts valuable coaching time. Should you have a question, feel free to come early or stay after practice. You may call the office or our cell phones during non-coaching times.

**Behavior**

#1 RULE…ALL MEMBERS MUST DISPLAY A POSITIVE AND RESPECTFUL ATTITUDE AT ALL TIMES!!! We expect positive support for our teams and all others. Negative attitudes and disrespect are not acceptable. We cheer for our own teams as well as our competitors at every competition. We do not talk negatively about each other, another team, or another gym at any time! Also, negative comments towards our gym, a teammate, or another gym on Facebook, Twitter, Instagram, etc are not permitted! Bad sportsmanship will not be tolerated and is grounds for dismissal.

Always be on your best behavior! Talking excessively during practice is unacceptable

“Lobby or Gym Bashing” is not acceptable. If there is something you would rather us not know, please don’t say it. If you have any problems or concerns please see Duane or Jennifer and we will be happy to help you. We cannot fix a problem if we are unaware of it.

**Attendance and Practice**

Attendance at practice is CRITICAL to your athlete’s progress and integral to the success of the team. If an athlete is absent from practice for any reason, he/she is responsible for learning ALL routine changes PRIOR to the next practice. It is unfair to the other members to waste valuable practice time re-teaching what was missed. Each cheerleader is required to attend ALL SCHEDULED practices.

PLEASE BE ON TIME!!! Arriving late affects everyone.

Participants are permitted 4 absences per year. Sick days are excused with a doctor’s excuse as well as other inevitable events (ex. family emergency, death of immediate family member). If there is a problem, please come and talk to Duane or Jennifer. If you know you will be absent please fill out an Absence Form. This will help us in planning our practice.

Extra practices will be announced in advance. Please expect Sunday practices closer to competition time. Practice the week before competition is MANDATORY!

If you exceed your allotted number of unexcused practices, you will be dismissed from the squad and the early termination fee of $300 will apply.

Extra tumbling practices are strongly encouraged. Cheer practice is devoted to the routine and not perfecting tumbling skills. If you do not have level appropriate tumbling skill for the team you are on, you are REQUIRED to take an extra tumbling class or private lessons with a staff member at our gym. Even if you have the level appropriate skills for the team you are on and you are on a Level 2 squad or above, you are still required to take a tumbling class to perfect your skills as well as learn more advanced skills.

**Practice Times**

|  |  |
| --- | --- |
| Tiny Level 1 | Tuesday 3:30-5:00 |
| Mini Level 1 | Tuesday 5:00-7:00 |
| Mini Level 2 | Thursday 6:00-8:00 |
| Youth Level 2 | Monday 4:00-6:00 |
| Senior Level 2 | Wednesday 3:30-5:30 |
| Junior Level 3 | Monday 6:00-8:00 |
| Junior Level 4 | Tuesday 7:00-9:00 & TBA |
| Senior Level 5 | Wednesday 7:30-9:30 & Sunday 7:00-9:00 |

**Competitions**

Each competition is ABSOLUTELY MANDATORY!!! If you miss a competition you will be dismissed from the squad and the early termination fee will be applied. This is a TEAM sport! Routines cannot run without everyone there.

Dress code at competition is important. You must remain in uniform after competing. If you change you must change into your gym attire. No walking around in sports bras etc. Please remember you represent not only Gym of Dreams but your family as well.

Specific instructions on hair and make-up will be given to each squad.

Competition schedule will be released soon!

**Traveling Information**

We will have a travel coordinator who will block rooms for out-of-town/state competitions. Although we do not mandate everyone staying at the same hotel, we encourage team members to try to stay together. We will not block rooms for the beach competition.

**Communication**

Our main form of communication is text and email. We will also post information on our Facebook page and our website.

**Fundraisers**

We will do many fundraisers to help with uniform expenses and competition fees. We will have a fundraising team which will meet to discuss ideas and get the ball rolling. If you would like to apart of this team, please let me know.

**Financial Obligations**

Registration: $30/year

Coach/Music/USASF fee: $160

Tuition: **You are required to pay tuition from June till May**

 $60 for Tinys

 $65 for Minis, Youth, Juniors, Seniors

 $25 extra tumbling class

**Uniform Expenses**

**(please note these are ESTIMATED prices only)**

|  |  |
| --- | --- |
| Uniform\*  | $350 (new) |
| Bow \* | $25 |
| Shoes | $40-90 |
| Warm up suit | $80 |
| Bag | $50 |
| Practice wear\* | $30 |
| Parent shirt | $15 |

\*mandatory items

Uniform, bow, and practice wear are the only items that are mandatory. Thank you to Sherry Conn and Christy Van for helping with our ordering process! We will also have many other Gym of Dreams items for purchase in the office. Profit from all items purchased in the “Star Shop” will go towards our fund account. There will be an area set up in the office with many miscellaneous items to choose from. Our Star Shop will be an ongoing fundraiser which will benefit everyone.

**Extra Activities**

\*Every year we participate in the Brookhaven and Lawrence County Christmas Parades. Although this is not mandatory, we encourage everyone to participate!

\*We try to participate in service activities as time/scheduling permits. You will be notified of any upcoming activity in advance.

**Important Dates**

|  |  |
| --- | --- |
| May 30-June 2 | Practice wear due  |
| June 13-16 | Coach’s Fee, Music fee, and USASF fee due as well as copy of birth certificate due (new cheerleaders) |
| July 5-July 7 | Uniform payment #1 due |
| August 1-4 | Uniform payment #2 due |

**Early Termination Fee**

$300 will be applied to anyone dismissed from the squad or anyone who quits mid-season. This creates a hardship on the coaches and other team members. Honestly, it is unfair to the kids who have worked hard all year as they now must re-arrange a routine. Please take this into consideration!!

**CHEER FOR CHRIST**

You may hear us shout “CFC” as well as see this logo on some of our attire. We are firm believers God has placed us in this position to not only teach our kids but minister to them. It is part of God’s plan to show His love through us, spread the good news of Jesus, and show our athletes Jesus can be seen and glorified in all areas of our lives. In all that we do, we will Cheer for Christ!

**Contact Information**

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