**Starstruck All Stars**

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**2020 – 2021**

**Information Packet**

**Elite**

**Welcome to Starstruck All Stars!**

**Welcome**

We are so excited that you have chosen to be a part of all the great things that are happening at Starstruck! We believe that we can provide the activity your child loves and looks forward to participating in every week!

At Starstruck our staff is deeply invested in growing your child as an athlete, but also as an individual. Our passion is to build the personal skills and confidence in our kids that will lead to confident, successful adults.

Our Gym offers a variety of levels of Cheer and we want you to choose the one that is the best fit for you. When possible we use the same uniform for 2 seasons. It’s important to us that uniforms, music and choreography are age appropriate.

We are so thankful for all of our current athletes and their families, and we are excited to begin another season with you. If you are new to Starstruck All Stars, we look forward to meeting you and providing a truly wonderful competitive cheerleading home.

I pride myself as being approachable and I welcome any questions or concerns you may have.

Jill Craven, Owner

**Team Placements**

Due to the current situation regarding COVID-19, we will be conducting Placements virtually for our 2020-2021 teams.

Anyone trying out will need to submit a video of themselves completing each of the sections listed below.

As part of the placement try out you will need to complete Starstruck’s Online Registration Form and pay the **$35 registration fee plus a $5 tryout fee,** If you are New to Starstruck Please Click on the link to [Register](https://app.jackrabbitclass.com/regv2.asp?id=538838). Current Starstruck Members will have their account charged upon receipt of your video. You can always view your account via the [Parent Porta](https://app.jackrabbitclass.com/jr3.0/ParentPortal/Login?orgID=538838)l.

**All placement videos need to be submitted by**

**May 1st , 2020**

**TRYOUT VIDEOS:**

How to shoot my Video:

Use any smart phone to shoot the video. Choose a safe clear area with good lighting. Be brief and concise. Please limit to 4 minutes or less. Plan what you are going to demonstrate before hitting “record”.

Skills to Demonstrate:

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| --- |
| **JUMPS** |
| Single Toe Touch |
| Double Toe Touch |
| Right Hurdler |

|  |  |
| --- | --- |
| **Standing Tumbling** |  |
| Handstand | Back Walk Over |
| Back Bend | Front Walk Over |
| Forward Roll | Back Handspring |
| Backward Roll | Front Handspring |
| Cartwheel | Back Tuck |
| Round Off | Other |

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| --- |
| **STRETCHES** |
| Heel Stretches |
| Scales |
| Arabesque |

\*\*\* HOW TO SUBMIT MY VIDEO \*\*\*

* Download the free App called “WE TRANSFER” to your smart phone.
* Hit the plus sign in the blue circle.
* Allow access to your photos and videos.
* Select your video from the camera roll
* Hit the “add” button (top right corner)
* Select “Create New Board” and add athletes name
* Then hit “Create”
* Then hit “Share”
* Then hit “view only”
* Finally, enter and send to this email address: [jill.starstruck@gmail.com](mailto:jill.starstruck@gmail.com)

**Elite**

What’s Being On An Elite Cheer Team Like?:

Elite is our highest competitive level of cheer. We realize that this level of Cheer isn’t for everyone. Competition level cheer is intense and it takes extra commitment to compete at this level. There is heavy emphasis on physical fitness, conditioning, strength, flexibility, proper nutrition, and time management. This is for athletes who like a challenge and aren’t afraid to work for it.

Elite Cheer requires a greater time commitment, required attendance, and a greater financial commitment than other levels of cheer that we offer. By joining this team you’ll be making a commitment not only to Starstruck but also to the other athletes and families on the team.

Elite has two 2 ½ hour cheer practices each week. Tumbling sessions are included. Total commitment = 5 hours weekly.

One way we show commitment is by making attendance at practice and competitions a top priority. Elite Cheer is a team sport and each athlete must be present to perform their job in order for the team to function. If you’re not there the whole team is affected because we all rely on each other in order for it to work.

For us to reach our goals we emphasize building a foundation on safety and technique. We strive to develop the habits of hard work, physical strength, mental focus, self-discipline, and self-improvement all while embracing the fun challenges we’ll face as we strive to help your athlete realize their potential.

Each season we compete at most local competitions and we also travel to out of state competitions. We compete at a high level. Elite Team’s ultimate goal is to win outright or finish in the top 3 at each competition we attend and qualify for post season National Competitions. We’ve qualified to attend D2 Summit the past 2 years!

Participation in fundraisers is highly encouraged for Elite team members. Starstruck participates in a number of fundraising opportunities that give families a chance to raise extra money to help pay for cheer expenses. Fundraising benefits everyone!

\*\*\* Commitment to the Elite level team must be made by May 15th. We will begin choreography at the beginning of August to prepare for fall competition. \*\*\*

Practice

**EXPECTATIONS IN PRACTICE**

* Practice starts at the scheduled time. ARRIVE EARLY. Athletes must be in the gym, with hair back and shoes on at the start of practice. No jewelry!
  + Attendance is REQUIRED and it’s important to make this a priority.
* All potential Absences should be communicated to Jill as soon as a conflict arises and it must be addressed before practice. Please email Jill in advance so we can plan accordingly.
* -Absences will be limited to the following –
* Up to 4 absences between June 1st and August 31st.
* Up to 4 absences between September and April 30th.
* If an athlete misses more than 45 minutes of practice this will count as a half absence.
* Illness is the only acceptable “SAME DAY” absence
* If attendance becomes an issue continued participation on the team will be reevaluated.
* Starstruck Practice wear is to be worn to all team practices. When you look like a team you practice like a team!
* If you are sick (not contagious) or injured, you need to show up to observe and support your team.
* Athletes must use Time Management and are expected to be able to balance the responsibilities of practices, school work and other obligations.
* Cell phones will be turned off and placed in a basket. If there is an emergency and you need to get a hold of your athlete, please call Jill’s cell phone.
* Coaches may call extra practices as needed, especially leading up to competitions. These practices are mandatory.
* Dates that Starstruck will be closed in the 2020-2021 season:
* May 22nd – 25th – Closed for Memorial Day
* June 21st – Closed for Father’s Day
* July 1st – 7th – Closed for Fourth of July
* September 4th – 7th – Closed for Labor Day
* November 25th – 28th – Closed for Thanksgiving (open on Sunday the 29th)
* December 22nd – January 2nd Closed for Christmas (open on Sunday the 3rd)
* March 12th – 21st – Closed for Spring Break
* April 4th – Closed for Easter Sunday

Competitions

**COMPETITONS**

* All competitions are mandatory and each athlete is expected to attend.
* We sit together as a gym at competitions. This promotes a sense of gym unity and allows us to cheer for each of our teams with equal enthusiasm.
* All teams are expected to remain at competitions until after their awards session and team picture is complete.
* Know your scheduled meeting time with your team and be on time with your athlete prepared.
* When traveling out of town it is not required that everyone stay at the same hotel unless the competition requires that.
* Athletes and parents are responsible for all travel plans and expenses for their athlete.

**TENTATIVE COMPETITION SCHEDULE**

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| --- | --- | --- | --- | --- |
| **HOST** | **EVENT** | **LOCATION** | **DURATION** | **DATE** |
| UCA | Hawkeye Championship | DSM, IA | 1 DAY | 12/5/20 |
|  |  |  |  |  |
| Nationals Choice | Holiday Classic | SHAUMBERG, IL | 2 DAY | 12/12/20-12/13/20 |
|  |  |  |  |  |
| GLCC | GLCC | COUNCIL BLUFFS, IA | 1 DAY | 1/10/21 |
|  |  |  |  |  |
| CSG | Iowa Showdown | DSM, IA | 1 DAY | 3/14/21 |
|  |  |  |  |  |

**\*This schedule is VERY subject to change. Firm dates/events will be announced by the dates of choreography.\***

**THIS YEAR WE WILL BE TAKING A DEEPER LOOK INTO TEAM PROGRESS THROUGH THE FIRST MONTHS OF PRACTICE REGARDING TRAVEL AND SUMMIT, POST SEASON BIDS. THESE ITEMS ARE NOT RELEASED UNTIL MID-SUMMER. CONVERSATIONS REGARDING THIS WILL TAKE PLACE IN LATE OCTOBER. 2020-2021 COMPETITION SCHEDULE IS TENTATIVE CURRENTLY, BUT FINAL SCHEDULE WILL BE RELEASED PRIOR TO CHOREOGRAPHY CAMP. ELITE TEAM MEMBERS NEED TO EXPECT THAT ELITE TEAMS WILL PARTICIPATE IN ONE POST-REGULAR SEASON COMPETITION EVENT, SUCH AS BUT NOT LIMITED TO SUMMIT, US FINALS, THE ONE, ETC.**

Athlete Conduct

**ATHLETE CONDUCT, SOCIAL MEDIA , & BRAND LOGO POLICIES**

-Starstruck athletes are not allowed to participate in activities at other All Star Cheerleading Gyms.

At Starstruck we take pride in our gym and aim to hold ourselves and our athletes to a high standard that represents who we are. We approach social media seriously and monitor how the Starstruck name, likeness and brand are used. We maintain the right to curate and request removal of items from social media sites and Apps that are deemed to be unsafe, inappropriate or in conflict with Starstruck’s conduct policies.

It is very important to represent yourself well on social media. Anything that is aimed to bully, embarrass, or degrade any individual or group of individuals includes the use of profanity and content that is overly provocative is unacceptable. Please remember anything you say online affects not only you, but also your teammates and Starstruck as a whole. Be careful of wearing Starstruck attire in social media posts. **Never post any negative comments on social media**.

We request that Athletes at Starstruck avoid use of any accounts linked to an anonymous platform.

If Starstruck requests removal, including but not limited to, photos, video, status, comment, etc removal must take place IMMEDIATELY.

Repeated violations of conduct standards may be grounds for dismissal from Starstruck without refund.

Starstruck All Star Cheer and Tumbling LLC is a unique, solely owned corporation that relies on our company name and logo for brand identity and are valuable assets to our company. In order to help us protect our trademark rights and strengthen our corporate and brand identity, we retain the right to revoke all usage of our company name and logo; in whole or in part. The Starstruck logo and brand name are not to be reproduced or used without expressed written consent from Jill.

Tuition & Fees

Starstruck Tuition & Fees:

* USASF Membership fee $30 payable directly on the usasf.com website

ELITE

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| --- | --- | --- | --- |
| **FEES & TUITION** | **AMOUNT** | **DUE DATE** | **Comments** |
| **Registration Fee** | $35 | 5/1/20 | ($45 after 5/1/20) |
| **Tryout Fee** | $5 | 5/1/20 |  |
| **Choreography/Music** | $250 | 6/1/20 |  |
| **Backpack and Shoe Deal** | $200 | 6/1/20 | Rebel merch |
| **Uniform & Bow** | $425 | 7/1/20 | Could already have uniform&bow |
| **Just Bow** | $42 | 7/1/20 | could already have bow |
| **Make Up Kit** | $40 | 8/1/20 |  |
| **Competition Fees** | $690 | 1ST HALF 10/1/20 2ND HALF 12/1/20 | Tentative |
| **Coaches Fees** | $219 | 9/1/20 |  |
| **Insurance** | $115 | 9/1/20 | 11 MONTH SEASON |
| **Administrative** | $58 | 9/1/20 | 11 MONTH SEASON |
| **SUBTOTAL FEES** | **$2,079** |  |  |
|  |  |  |  |
| **TUITION** | $130 | 1st of the month | 11 MONTH SEASON |
| **SUBTOTAL TUITION** | **$1,430** |  |  |
|  |  |  |  |
| **TOTAL ANNUAL COST** | **$3,509** |  |  |

**\*Does not include cost to attend post season competition.**

\*All Starstruck accounts must have a current payment method on file. Tuition is due the 1st of the month and accounts will be set up for AUTO PAYMENT and funds will be automatically deducted from your chosen payment method. If a successful payment has not been received by the 10th a $10 late fee will be added. $30 fee for all returned checks. If you have questions etc about the set up or billing of your account, contact [info.starstruckallstars@gmail.com](mailto:info.starstruckallstars@gmail.com)

Fundraising

**FUNDRAISING**

All Elite Team Members are strongly encouraged to participate in fund raising activities. You can use your fundraising dollars to help pay for uniforms, tuition, post season competition, travel, apparel etc. It’s a fun way to show off our teamwork while earning money to reach our cheerleading goals.

Historically athletes who have participated in multiple fundraisers were able to fund a significant portion of their cheerleading expenses, particularly for post season competition. I’ve also learned parents are much less stressed and tend to enjoy their season a lot more.

We have a number of current fundraisers but are always looking for new opportunities and volunteer leadership. Contact Jill if interested or have questions.