**Starstruck All Stars**

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**2020 – 2021**

 **Information Packet**

**PREP**

**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 |

|  |
| --- |
| **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

**Prep**

What’s Being On A Prep Cheer Team Like?:

Prep Cheer is our most popular level of Cheer and is an intermediate level of competitive cheer. This level accommodates a wide spectrum of skill levels and experience.

This is for athletes who are continuing to build their portfolio of skills and also want a competition experience. Many athletes eventually continue onto the Elite level.

Teams are prepared for Competitions but it’s not as intense as the Elite level.

There is emphasis on teamwork, physical fitness, conditioning, strength, flexibility, proper nutrition, and time management.

For us to reach our goals we emphasize building a foundation on safety, technique, and repetition. These basics help develop a sense of trust between athletes and reinforces the importance of safety as they train to acquire new skills.

We strive to develop the habits of working hard, developing physical strength, mental focus, self-discipline, and a desire to gain and master new skills.

We embrace the fun challenges together and encourage each team member to keep working to realize their potential.

Competition for the Prep level will consist of approximately 3 regular season competitions ( 2 in central Iowa and 1 out of town). Dates and locations for Prep competitions will be announced by July 1st.

In the event that a Prep team qualifies for a post-season competition (ie. US Finals, Xtreme cheer comp, The Open, etc.), we will then determine a practice schedule and get commitments from team members to prepare for that event.

Quitting policy – Any athlete that quits after choreography will be charged an additional $100 cancellation fee. Before committing please consider the requirements of being a Prep athlete.

\*\*\* Commitment to the Prep 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**

* Tiny and Mini Prep will have1 - 1 hour cheer practice a week and 1 - 45 minute tumbling class a week. $86 / month**.** Total commitment = 1 hours 45 minutes weekly.
* Youth and older Prep will have 1 – 1 ½ hour cheer practice a week and 1 – 45 minute tumbling class a week. $95/month.
* **ALL PREP ATHLETES must have a current debit or credit card on file with us in the Parent Portal/JackRabbit at all times.**
* 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!
* All potential Absences should be communicated to Jill so we can plan accordingly.
* Practice/Starstruck wear is to be worn to all team practices. When you look like a team you practice like a team!
* Quitting policy – Any athlete that quits after choreography will be charged an additional $100 cancellation fee. Before committing please consider the requirements of being a Prep athlete.
* **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**

* Competition entry fees – due to entry fees not being announced yet these are unknown at this time, but will be split into two payments due September 1st and November 1st. Competition Fees will be auto deducted. Competition for the Prep level will consist of approximately 3 regular season competitions (2 in central Iowa and 1 out of town). Dates and locations for Prep competitions will be announced by July 1st.
* 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.

**THIS YEAR WE WILL BE TAKING A DEEPER LOOK INTO TEAM PROGRESS THROUGH THE FIRST MONTHS OF PRACTICE. ANY TRAVEL, WORLDS AND SUMMIT 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 (1 OF 2)

Starstruck Tuition & Fees for MINI AND TINY PREP :

* USASF Membership fee $30 payable directly on the usasf.com website by 6/1/20

MINI AND TINY PREP PRICING

|  |  |  |  |
| --- | --- | --- | --- |
| **FEES & TUITION** | **AMOUNT** | **DUE DATE**  | **Comments** |
| **Registration Fee** | $35 | 5/1/20 | ($45 after 5/15/20) |
| **Tryout Fee** | $5 | 5/1/20 |   |
| **Shoes**  | $90 | 6/1/20 |   |
| **Uniform & Bow** | $165 | 7/1/20 | In year 2 of uniform |
| **Choreography/Music** | $50 | 8/1/20 |   |
| **Practice Attire** | $40 | 8/1/20 |   |
| **Make Up Kit** | $25 | 8/1/20 |   |
| **Competition Fees** | TBD | 1ST HALF 9/1/202ND HALF 11/1/20 | tentative |
| **Coaches Fees** | $50 | 8/1/20 |   |
| **Insurance** | $30 | 9/1/20 |   |
| **Administrative** | $25 | 9/1/20 |   |
| **SUBTOTAL FEES** | **$515** |   |   |
|  |  |   |   |
| **TUITION** | $86 | 1st of the month | 9 MONTH SEASON |
| **SUBTOTAL TUITION** | **$774** |   |   |
|  |  |   |   |
| **TOTAL ANNUAL COST** | **$1,289** |  |   |

**\*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 any financial questions please contact info@starstruckallstars.com. In the event of a delinquent account our office will notify you immediately and will require a check to cover the delinquent amount – due immediately. No refunds will be made to anyone leaving the program.

Tuition & Fees(2 OF 2)

Starstruck Tuition & Fees for YOUTH and SENIOR PREP :

* USASF Membership fee $30 payable directly on the usasf.com website by 6/1/20

YOUTH AND SENIOR PREP PRICING

|  |  |  |  |
| --- | --- | --- | --- |
| **FEES & TUITION** | **AMOUNT** | **DUE DATE**  | **Comments** |
| **Registration Fee** | $35 | 5/1/20 | ($45 after 5/15/20) |
| **Tryout Fee** | $5 | 5/1/20 |   |
| **Shoes**  | $90 | 6/1/20 |   |
| **Uniform & Bow** | $165 | 7/1/20 | In year 2 of uniform |
| **Choreography/Music** | $50 | 8/1/20 |   |
| **Practice Attire** | $40 | 8/1/20 |   |
| **Make Up Kit** | $25 | 8/1/20 |   |
| **Competition Fees** |   | 1ST HALF 9/1/202ND HALF 11/1/20 | tentative |
| **Coaches Fees** | $50 | 8/1/20 |   |
| **Insurance** | $30 | 9/1/20 |   |
| **Administrative** | $25 | 9/1/20 |   |
| **SUBTOTAL FEES** | **$515** |   |   |
|  |  |   |   |
| **TUITION** | $95 | 1st of the month | 9 MONTH SEASON |
| **SUBTOTAL TUITION** | **$855** |   |   |
|  |  |   |   |
| **TOTAL ANNUAL COST** | **$1,370** |  |   |

**\*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.

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Fundraising

**FUNDRAISING**

All PREP 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.