



# all-star REVOLUTION

## COMPETITIVE INFO & AGREEMENT



## TEAM PLACEMENT

Athletes are divided into teams based on two factors: age and skill level. Please see the level requirements below. Age requirements can be different for each level/division. ASR will always prioritize the healthiest age group for your individual athlete based on age, maturity, experience and skill

\*These age groups may be subject to change according to USASF updates.

### Skill Level Breakdown:

Athletes are evaluated based on their execution of tumbling, jumps and stunts. All are important and taken into consideration when putting together successful teams. Required skills are listed at each level for your benefit. All skills must be maintained to remain on any given level/team. ASR reserves the right to move an athlete from one team to another at any point in the season (up OR down) based on performance, ability, necessity or for any other reason.

Skills must be performed at a **high level of execution** to be considered for placement. This means ALL SKILLS must be performance ready. This is essential for teams to score in the highest ranges on the score sheet at competitions. For the best competitive experience, athletes should always be performing his/her highest level of MASTERED skills. For example, just because an athlete can land on her feet in a standing back at tryouts, does not mean she is a level 4 competitor. She should still be participating on a level 3 team until the skill can be performed in the middle of a routine with flawless technique. Specifically, legs must be completely straight with pointed toes when executing front and back walkovers. Legs must be straight and together in all back handsprings. All air borne skills must be executed with good height and direction (up not back). Layouts, fulls/doubles must be in a hollow body position with legs straight and together. All standing tumbling must "stick and stand".

Skill Level Requirements			
Level	Tumbling	Jumps	Stunts
Novice	No skills required	No skills required	No skills required (MUST BE POTTY TRAINED)
Prep	Handstand forward roll, 2 back walkovers, front walkover	Toe Touch and pike jump	Flyers must demonstrate great front and back flexibility and various body positions
	Cartwheel back walkover		Bases must be able to base a prep level 2-legged stunt
Level 1	Handstand forward roll, 3 back walkovers, front walkover, valdez	Double whip toe touch connected to a front walkover	Flyers must demonstrate great front and back flexibility and various body positions
	Connected front walkover cartwheel 2 back walkovers		Must base a prep level 2-legged stunt, a two man 1 legged stunt with body positions
Level 2	Back walkover back handspring pause back handspring	Triple whip jump combination, t-jump back handspring pause back handspring	Flyers must demonstrate great front and back flexibility and be able to stunt on both legs at prep level in various body positions.
	Front walkover round off back handspring, round off back handspring series		Must be able to base extended 2-legged stunted and 1-legged variations at prep level.
Level 3	Three back handsprings, toe touch back handsprings	Triple whip jump combination with at least level legs	Flyers must demonstrate great front and back flexibility and be able to stunt on both legs in extended 1-legged stunts in various body positions.
	Front walk-over round off back handspring back tuck OR a round off back handspring back tuck performed at a VERY high level of execution		Bases must hold extended 1-legged stunts.
Level 4	Back tuck, toe touch back handspring back tuck	Triple whip jump combination with above level legs	Flyers must demonstrate great front and back flexibility and be able to stunt on both legs in extended 1-legged stunts in various body positions, single twisting dismount from 1-legged stunts, double twisting dismount from two-legged stunts.
	Specialty pass through to layout (i.e. front walkover, punch front or whip through to layout) OR a round off back handspring layout performed at a VERY high level of execution		Must base a switch up to 1-legged stunts and full up to 2-legged stunts
Level 5	Back handspring layout, Back handspring whip 2 back handspring layout	Triple whip jump combination with above level legs, triple jump combination to back tuck	Flyers must demonstrate great front and back flexibility and various body positions, double twisting dismount from 1-legged stunts, double up to 2-legged stunts, full up to 1-legged stunts, high to high tic toes
	Specialty pass through to full (ex. Front walkover, whips, arabians, punch fronts)		Must base double up to 2-legged stunts, full cup to 1-legged stunts, high to high tic toes
Level 6	Back handspring full, toe touch 2 back handsprings to full, standing full, 2 back handsprings to double full	Triple whip jump combination with above level legs, triple whip jump to back tuck	Flyers must demonstrate great front and back flexibility and various body positions. Must be able to perform full and a half ups to one leg, double ups and inversions to the top
	Alternate pass to full, double full, alternate pass to double full ALTERNATE PASS (ex arabians, whips, fronts)		Must be able to base double ups, inversions to the top and other level 6 stunts

*\*These criteria are subject to change according to USASF updates*

## ESTIMATED FINANCIAL OBLIGATIONS

Competitive all star cheerleading requires a significant financial commitment. The following estimated costs are subject to change and while other expenses are not foreseen, they could arise. **Absolutely no special financial arrangements will be made. Please carefully consider the financial responsibility required before committing to the season.** ASR can provide a sponsorship letter upon request for financial assistance from local businesses and/or friends and family.

***Please note that the All Star fees below are for a regular season and do not include INVITE ONLY competition events (SUMMIT/WORLDS) and those fees associated with them.***

2022-2023 ASR Competitive Program Fees					
*Fees	All Star Elite (Travel)	All Star Prep (Travel)	Novice (Min. Travel)	Novice (Local)	Due
Tryout Fee (one per family)	\$45	\$45	\$45	\$45	At Registration
Registration	\$55	\$55	\$55	\$55	May
Monthly Tuition	\$225	\$200	\$150	\$150	May through April
Practice Wear	\$275	\$275	\$200	\$200	May
Competition Bow	\$45	\$45	\$45	\$45	June
Competition Uniform	\$575	\$575	\$275	\$275	June
Choreography & Music Fee	\$400	\$350	\$150	\$150	July
USASF Fee	\$50	\$50	\$50	\$50	Pay USASF directly
Competition Warmups	\$225	\$225	\$225	\$225	Must pay/order at time of uniform order
Competition Backpack	\$125	\$125	\$125	\$125	Must pay/order at time of uniform order
Coaches Fee	\$150	\$150	\$150	\$150	\$50 Aug/\$50 Sept/\$50 Oct
Competition Fees (Split into 3)	\$1200	\$900	\$750	\$650	Three equal installments Aug/Sept/Oct

*\*Above prices do not include tax and may be subject to change.*

*\*Above prices do not include travel/lodging expenses at out of town events. Novice teams will not travel.*

*\*Above prices do not include UCA, SUMMIT or WORLDS fees (All-Star Elite Athletes ONLY)*

***\*All items are REQUIRED and considered a part of the uniform.***



## STANDARD BILLING PROCEDURES

- Fees will post to your ASR account on the 1<sup>st</sup> of the month in which it's due. **Any items are to be paid for at time in which the order is placed.**
- All balances will be charged to the card on file on the 6<sup>th</sup> of each month.
- If you prefer NOT to charge the card on file, you must bring in cash or check by the 5<sup>th</sup> of the month (or sooner should the gym be closed)
- All Checks payable to All-Star Revolution
- All accounts are required to have a valid credit card on file at all times even if paying by cash or check monthly.
- No account will be allowed to have fees roll over from month to month.
- Athletes with a balance will not be allowed to participate in class until ALL fees are paid in full and could be removed from the program.

## BREAKDOWN OF FEES

### Registration:

The \$55 per athlete non-refundable registration fee is due up front to hold your tryout reservation and process paperwork. No participants will be placed on an All-Star Revolution team or allowed to practice at ASR without having paid this fee **each season**. Returning members are required to pay this fee each season upon registration renewal. That fee is good for one cheer season, which goes from May 2022-April 2023. All athletes who participate with teams, schools, tumbling, privates, camps, etc. need to pay that fee annually every May or upon registration.

### Monthly Tuition:

Families with multiple athletes will receive a 50% discount off any additional sibling's team tuition. The 50% tuition discount will be applied to the lesser value of tuition when applicable. Cousins, neighbors, etc. are NOT considered siblings. (All other fees will apply per athlete.)

**Withdrawal notice must be given to [Office@all-starrevolution.com](mailto:Office@all-starrevolution.com) by the 15<sup>th</sup> of any month to avoid being charged for the next month's tuition.**

### Practice Wear:

\*Practice wear changes every year, so this is required for new AND returning members. All-star & prep elite athletes will be issued three practice outfits, novice athletes will be issued two practice outfits. **Teams are only allowed to wear official 2022-2023 ASR practice wear items during all team practices and events. All other items are not approved and will not be allowed.**

### Competition Uniform:

\*All athletes must order a uniform according to their program and level placement. Styles and prices vary by team.

**Please note that the uniform is expected to fit a certain way and ASR has the right to override sizing choices should the fit compromise the athletic look we are going for.**

### Competition Bow:

\*A competition bow will be ordered for all active athletes according to their program and level placement. Styles vary by team, but all bows are \$45.

### Competition Warm-ups:

\*The ASR warm-up set is the only cover up allowed and other cover up items are not allowed while in uniform.

### Competition Backpack:

\*The ASR backpack is the only bag allowed while in uniform. All other bags/backpacks are not allowed at competitions.

**\*It is important to note that practice wear, warm-up, uniform, bow and backpacks cannot be changed in any way...i.e. no added bling or embroidery is allowed and any alterations that alter the uniform design are also prohibited.**

### Choreography:

All-star and prep team athletes are required to attend a mandatory choreography camp for his/her team. The mandatory choreography fee includes the cost of choreography, instruction and music production. All members MUST pay this non-refundable fee, regardless of camp attendance, which would also include members who might join later in the season.

### Coaches Fee:

This will help cover a small portion of the expenses that come with our staff traveling to our local events, out of town events and all of the cost that come with it such as registration fees, parking, per diem, accommodations and other travel expenses.

### USASF Membership:

The United States All Star Federation (USASF) is currently the main governing presence in competitive all-star cheerleading. USASF requires that ALL athletes certify to be eligible to compete during the 2022-2023 season. The fee will be paid directly to USASF and will be your responsibility to register your athlete and upload the birth certificate or any information required to make them eligible.

### Competition Fees:

Competition fees are NON-REFUNDABLE (even if the athlete quits, is removed or becomes injured.) All-star teams will attend up to 8-10 events per season, Prep elite will attend up to 7-8 events, novice will attend up to 5-6 events per season. Competition fees include event registration for the season. The 2022-2023 ASR competition schedule will be determined based on school squad conflicts, event location, other competitors and other various factors to ensure a competitive and successful year for all teams. Once this schedule is set the exact fee will be calculated and broken into three equal installments due in September, October and November 2022.

**Please note that the above fees do not include travel and lodging for out of town events.**

**NOT REQUIRED: The Summit (All Stars) and The Cheerleading Worlds (Freedom) are invitation only events. Should a team receive a bid and decide to attend, there will be additional ASR fees at the time of accepting that bid as well as travel/lodging costs and a potential registration fee (at large bids). We also suggest waiting on booking flights/hotels until you are given the mandatory practice details..**

## COMPETITIVE TEAM COMMITMENTS

All-Star Revolution is an organized program. Competitive athletes are expected to attend all competitions and practices as a team. We realize that many children and/or young adults are involved in a variety of activities, however, we cannot make exceptions for schedule conflicts. We expect top priority and 100% commitment and attendance. ASR reserves the right to remove athletes from the program for failure to adhere to any of the guidelines in this agreement packet.

### Practices and Absence Policy:

★Each All star and prep team will have a 2 hour practice twice a week. One practice will be a weeknight and the 2<sup>nd</sup> could be on a Friday, Saturday or Sunday, but it is not guaranteed. This will start immediately in the month of June so practicing twice a week is the minimum (even during the summer months). Extra practices could also be called on an as-needed basis. The two weekly practices and any extra practices are included in the monthly tuition. Tuition does not increase for months where teams practice 10 times and does not decrease for months where teams may only practice 3 times. It is an average that will not be prorated or discounted for absences.

★The same policies go for our novice programs which practice once a week but could potentially have an extra practice scheduled closer to competition time.

★The only excused absence is a mandatory school cheer function or a school function that results in a grade. All other absences are unexcused. Part-time jobs, dances, concerts, musicals, banquets, long distance driving, family reunions, weddings, recitals, school/church socials, and any other non-related school activities are unexcused.

★**Absences are NOT allowed for any reason the weekend prior to a competition or the week of a competition.**

★Every athlete will be allowed to miss **four** practices during the summer. **CHOREOGRAPHY CAMP IS MANDATORY.**

★If for any reason there is a need to miss a practice you must submit the Absence Request Form at least 2 weeks in advance and it will either be approved or denied via email by Edgar Ruiz. (*Absence request form at back of packet or pick one up at the front desk.*)

★Forms left on a desk will not be valid – you must fax or email the form to [office@all-starrevolution.com](mailto:office@all-starrevolution.com). Faxed forms the day of a scheduled practice will not be accepted. This includes school cheerleading, gymnastics, choir, band, and all other school sports. Your school activities are planned well in advance. Please submit your request in advance. A completed form does not automatically excuse the absence.

★**ALL absences must be approved by Edgar Ruiz**, no other staff member has this authority. If an emergency arises the day of a practice, you will need to communicate directly with your head coach which will then notify Edgar. Other staff cannot excuse athletes or pass along messages.

★We will verify with school administration and the teaching staff if we think that someone is being dishonest with an absence request. Be prepared to show documentation from a teacher or instructor. You will be removed immediately if the request is falsified. No absences are permitted the week of an event. The greater the team's attendance, the less **extra** practices will be needed.

★If an athlete is injured, please notify ASR staff immediately. ASR staff reserves the right to replace an injured individual for some or all of the remaining events.

★**All ordered items are final and non-refundable.**

★All-Star Revolution practice wear must be worn to all practices. If an athlete is missing any practice wear pieces at practice, a replacement item will be provided and charged to your ASR account (this includes the bow). Athletes represent his/her team at all times – it is imperative to be disciplined.

★Cheer shoes are not optional. We are a cheer gym so please keep your shoes on at all times.

★No jewelry can be worn in the gym at any time.

★Only water is aloud in the gym area.

★Any tattoos must be covered at all times.

★We are here to work so please turn your cell phones off. ASR is not responsible for lost or stolen items so please use discretion when bringing valuables to the gym.

★There is a lost and found, however, any unclaimed items will be donated bi-weekly.

★You must arrive to practice on time. Five minutes early is better than five minutes late!

★**If you are not working on a skill and you arrive early to practice, please stay off the equipment, sit/stretch quietly and wait for your practice to start without disturbing other classes in the gym. Please stress to your athlete that our trampolines are not made sit on or play on for long periods of time. They are strictly made for training for one athlete at a time with coach supervision ONLY.**

★If you are not an All-Star Revolution athlete or staff member, do not enter the gym area at any time. Parents are NEVER allowed to spot an athlete at the ASR facility or at an ASR event.

★Parents (including team moms) should NEVER coach a team, call extra practices or provide any kind of cheer instruction for athletes.

★No unsupervised tumbling! An instructor must be present at all times.

## Practices & Absence Policies Cont.

- ★ASR reserves the right to close practices to parents or any other spectators.
- ★Please try and stay healthy both in and out of the gym to help prevent any injuries from occurring. We encourage athletes to eat healthy, stay active and get plenty of rest.
- ★Every athlete must be respectful to teammates, staff and parents at all times.

### Competitions:

- ★The tentative All-Star Revolution competition schedule for the 2022-2023 season will be determined and sent out no later than July 31, 2022.
- ★ALL COMPETITIONS ARE MANDATORY FOR EVERY ATHLETE.
- ★Every athlete must not only attend every competition, but they must be available the entire week/weekend of the event and the entire week/weekend leading up to the event. Failure to do so will result in permanent removal from the ASR program.
- ★Athletes should be prepared to practice the entire weekend prior to and the week leading up to any event/competition, even if practices are scheduled last minute. Please be aware that once the competitions start, **it will be very time consuming.**
- ★Upon arriving at competition, every athlete must be in full uniform from head to toe. This means a clean uniform top and bottom, ASR warm-ups, hair out of face w/assigned competition bow, full make-up, no show white socks, clean white cheer shoes and no jewelry, nail polish, or gum. No cell phones tucked into skirts. Appropriate undergarments should be worn at all times so as not to distract from the uniform design (i.e. no hot pink). Athletes will remain in uniform the entire time he/she is at an event – even after performing. This means every article of the uniform must stay on, zipped, buttoned and in place. Cheer shoes/bow stay on at all times.
- ★All athletes must attend ALL awards ceremonies pertaining to their team.
- ★For awards athletes should look “performance ready” – meaning no backpacks, no cell phones, no warm-ups and no t-shirts. Athletes should still be in full hair and make-up and look as if as if they are about to take the floor to compete.
- ★Remember that you are representing All-Star Revolution at all times. Please represent us, *and yourself*, well.
- ★Athletes should have great sportsmanship, regardless of whether we win or lose. This includes respect for athletes, parents, coaches *AND* toward other programs. We strive to always be a class act program so please act accordingly.
- ★Athletes and parents should NEVER post something on social media that can be perceived as negative toward ASR, another athlete, team, program or coach, etc.
- ★We expect for every athlete to watch and cheer for other All-Star Revolution teams. This may mean you may have to arrive earlier or leave later than required for your own performances/awards. Poor sportsmanship by athletes or parents may result in removal from the program.
- ★At competitions the main priority of a coach is to safely prepare the athletes for their performances. After that, our next priority is to support our teams as they perform. Depending on the schedule, this means that all of our team’s coaches may not be able to stand with a team as their awards are handed out, or, in rare cases (at events with multiple venues) during a performance. We will do anything we can to get as many of the coaches there, but sometimes it is just not possible.
- ★Some competitions may require us to compete on a Friday and/or may require your athlete to miss a part/full day of school. When selecting competitions for our program, this is one of the first things we take into consideration. We will strive to keep our athletes from missing as much school as possible, but sometimes it is inevitable.
- ★ASR has a reputation of very enthusiastic fans at competition and we would like to keep it that way! It is important for our parents to be loud and supportive for ALL of our ASR teams. In fact, it should sound like you are at a play-off game cheering on your favorite pro sports team. Face paint optional!

#### Hotel Accommodations:

- ★Stay to play applies to most out of town events and ASR will provide a block for our families via the required booking company.
- ★We will select team hotels after we release our competition schedule so you are able to make reservations months in advance. This is a wonderful time for athletes and parents to get to know each other.
- ★Teams may be required to meet or practice at the team hotel any time throughout the weekend of an out-of town competition at the coach's request. Athletes should be available the evening before an event for practice and remain flexible in case other practices and/meetings need to be scheduled during a competition weekend.
- ★Feel free to find a roommate on your own to cut costs. Some families prefer to travel with siblings and spouses, which is also fine. Parents will be responsible for athletes in the hotel. ASR will not assist with finding roommates.

#### Choreography Camp:

- ★All prep and all star teams will attend camp in the ASR facility during the summer to learn routines. This is mandatory for all athletes.
- ★All star teams will have a 2 or 3-day camp and prep teams will have a 2-day camp.
- ★Each camp will run from 9AM-3PM with an hour lunch break from 11:30-12:30pm.
- ★For the safety of our athletes, they will not be allowed to leave the premises. Please be sure to pack a nutritious lunch.
- ★These choreography camps are closed to parent viewing. You may drop off lunch for your athlete at noon, but you will not be allowed to stay. This time is intended for athlete bonding.
- ★Dates for all team choreography camps will be released no later than the end of May.

#### **2022-2023 ASR Team Breaks:**

There will be no regular practices for any ASR team members on the following dates.

#### **These “holiday” closures apply to ALL classes:**

Sunday, June 19th 2022 (Father's Day)

Sunday, July 5th 2022 (Independence Day Weekend)

Monday, September 5th 2022 (Labor Day)

Monday, November 21st -Friday, November 25th 2022 (Thanksgiving)

Monday, December 19th 2022 – Sunday, January 1st 2023 (Christmas/New Years)

Monday, March 14th - Friday, March 17th 2023 (Spring Break)

***Dates are subject to change to be in alignment with our local school districts.***

**TRAVEL TEAM ATHLETES WILL HAVE MANY EXTRA PRACTICES THROUGHOUT THE YEAR AND THIS COULD INCLUDE GYM CLOSURES.**

## PROGRAM RULES AND REGULATIONS FOR ATHLETES AND PARENTS

- ★I will treat my teammates, staff and other parents with respect. I will treat and talk to others in the same manner I wish to be spoken to.
- ★I understand if I threaten to quit or pull my child from a squad/class, I may be dismissed from the program immediately and indefinitely.
- ★I understand that competitive athletes are required to wear the appropriate practice attire to every practice and if they do not, a replacement item will be issued at my expense.
- ★I understand the importance of punctuality and will arrive at all practices and scheduled events on time.
- ★I will not participate in negative gossip in any way. This includes on-line communication. Please remember that anything you ever say is a direct reflection on this organization and its members.
- ★I understand that comments about other teams and their programs will not be tolerated. We should respect their teams, as we expect respect in return.
- ★I will strive to maintain and improve upon the skills I have and set goals to acquire more skills.
- ★I understand there must be perfection before progression. I will not attempt to learn advanced tumbling skills before perfecting the basics. If parents and students do not have a clear understanding of our teaching methods, they should not be cheering at ASR.
- ★I understand that ONLY perfected skills will be choreographed into an ASR routine.
- ★I will not keep my child from practice or performing as a form of punishment.
- ★I will maintain good sportsmanship at all times when representing All-Star Revolution. Furthermore, I understand that I must be a strong representative of All-Star Revolution at all times and a positive reflection of my teammates. Abusive behavior, lying, and/or any other form of negative behavior are grounds for removal from this program.
- ★I will not use foul language in practice, at events, or at any time while representing ASR or in ASR attire.
- ★I understand that at times an athlete will need to be moved from one team/class to another. I will be flexible and understanding if such a situation arises.
- ★I understand that apps such as GroupMe are used for communicating information from ASR office, team parents and coaches. Any group chats that bring negativity to the team, program, staff, families, athletes or program could result the athlete/family removal from the program.
- ★I also understand that ASR reserves the right to change a team level or division at any point during the season.
- ★I understand that parent viewing areas should be a positive place, and I may be prohibited from using the parent viewing area if I cannot maintain a positive attitude or keep comments to myself. Furthermore, I understand that the parent viewing lounge is not my personal workshop, living room, dining room, party room or day care. I will respect others and use it for the sole purpose of viewing my child.
- ★I understand that all communication with ASR staff should be between the PARENT and the coach – athletes should not communicate with coaches via text or email or social media. I understand that such interactions will jeopardize the coach's position at ASR.
- ★I understand that parents should not collect or request money for ANYTHING without approval from Edgar Ruiz. Cheer is an expensive sport and excessive team gifts or get-togethers may add more financial pressure for participants. ASR teams may organize occasional parties, gifts and/or goodie bags ONLY with approval from ASR management.
- ★I understand that I am making a year round commitment and will honor that commitment. If I fail to honor this commitment, I understand that I may be asked to resign my position at ASR indefinitely.
- ★I understand that I am not to contact any competition companies or their officials with any questions or comments. If I have any questions I will contact Edgar Ruiz.
- ★I understand that uniforms are to be used only at competitions and should only be worn by All-Star Revolution athletes. I will take very good care of my uniform and will be responsible for replacing a damaged or dirty uniform piece.
- ★I understand that all routines and choreography including cheers, dances, stunts, transitions, and tumbling should be highly protected and should not be shown or discussed with others. ASR choreography should never be copied or taught to anyone without consent from Edgar Ruiz. This also includes any and all portions of music. NO VIDEOS of routines, practices, competitions or any choreography should be uploaded to any online site such as YOUTUBE or other forms of social media!
- ★I will not make or try to sell any All-Star Revolution items. Use of All-Star Revolution logo or any part of the logo is strictly prohibited. I understand that any violation to this agreement will result in legal action and indefinite removal from ASR.
- ★I understand that solicitation on ASR premises is not permitted. I will not try to promote my personal business or interests while at the ASR facility or at an ASR function. Furthermore, I will not use ASR contacts or email addresses to promote my personal interests and/or business.
- ★I will not hold ASR responsible for any lost or stolen items since it is not possible to monitor all valuables brought into the facility. I understand that any items left over 14 days will be donated.
- ★I understand that if I plan to drop from any ASR class and/or team, I must give withdrawal notice to [office@all-starrevolution.com](mailto:office@all-starrevolution.com) by the 15<sup>th</sup> of any month to avoid being charged for the next month's tuition.
- ★I understand that if I quit or am removed from the program/class or become injured at any point during the season, I will not get any form of refund.

**Please note that ASR reserves the right to refuse training any athlete due to unacceptable behavior and or outstanding money owed. ASR reserves the right to ban anyone from the premises for being disruptive, uncooperative or threatening to any staff, athlete or other customer.**

**By registering at All-Star Revolution, I am acknowledging that I have read and understand the 2022-2023 information packet(s) and agree to abide by all guidelines set forth by All-Star Revolution. I understand that failure to adhere to any of these policies will result in removal from the program with no refund.**