



All-Star Cheerleading



2014–2015 Season

Thank you for your interest in USA Starz! In this handout we will introduce you to our program; the commitment and skills required and the estimated costs of a competition season. We ARE the largest cheer program in the Valley and the largest youth training facility overall in Arizona.



Our Philosophy

Through the skills taught in our facility, Starz team members will develop a positive self-image through guidance and motivation from our coaches. We are committed to providing a fun and rewarding atmosphere at all times. The USA All-Star Cheerleading program is designed to focus on the achievement of both the individual athlete's goals and the team's collective goals. The cheer team's focus is on building trust and confidence in their teammates while encouraging the personal best from every member of the team. Coaches at USA recognize the importance of the team members being confident both on and off the competition floor.

We have developed our cheer program to build strength, flexibility and the technical skills to be successful in the sport. Our USA cheer coaches are former college cheerleaders with years of All Star experience, and our tumbling coaches are college and/or level 10

gymnasts who are USASF Certified. USA has been coaching competitive sports in the East Valley for over 30 years! USA Starz offers cheer teams ranging in age from Tiny (ages 3 – 5) to International (ages 14 and up).

Our motto is: *Friends, teammates, family...for life!* We believe that a team that works well together will compete well together. While competing and winning are a fun aspect of this sport, we also know that through team bonding, priceless life-long friendships and memories are made. This is what makes our program unique; we are a family who support one another, the teams and the coaches. Our foundation for the entire gym is *Believe, Achieve and Succeed..*

Tryouts

USA will host an Open House Tuesday, May 6! Clinics for the 2014–2015 season are Wednesday and Thursday, May 7 and 8. Tryouts are held Friday evening and Saturday, May 9 and 10 by appointment. The cost for the clinics and tryouts are: \$30 for current team members and \$40 for new members: Clinic times are:

- 4:30 – 5:30 Ages 4 to 8
- 5:30 – 7:00 Ages 9 to 13
- 7:00 – 8:30 Ages 14 and up

USA holds annual tryouts in spring for the following season. The audition process includes clinics where past and future members learn basic motions, tumbling skills, stunts and jumps. Final team placements are adjusted mid-summer for the following season.

Team Placements and Travel

USA follows all USASF guidelines and rules for all teams. Each level has requirements that are carefully considered in all decisions. USA places levels that are best fit for the team strengths and all decisions are final. Competitions are also picked carefully by the coaching staff. USA retains the right to attend nationals and/or world competitions based on team performances

The majority of our competitions are held in the Phoenix area. Hotel costs and travel costs are not included in the estimated PSO competition fees. USA Starz teams make arrangements for team hotels out of town.



Practice

Teams will have assigned practice times at the gym and additional practices as needed. Some teams may have multiple practices and extra classes may be required as an element of being on a level 4 and 5 team. Additional practices may also be called prior to competitions if necessary. Team members are required to be at practice ON TIME and in the appropriate and/or assigned practice attire. Hair should be swept back from the face in a high pony tail. Wearing improper or inappropriate practice clothes may create safety issues and will not be permitted.



Financial

An estimate of the fees for the 2014-2015 competition season is attached. We have outlined a preliminary schedule of payments to help with the “cash-flow” aspect of the competition fees. While every effort is made to work with parents, being on a competitive team does involve a financial commitment. The largest discounts are available when registrations are paid early and it is imperative that the fees be paid as outlined in this handout.

Included is an attachment that specifies the fees that are required to be paid directly to the gym. The fees include, but may not be limited to: monthly gym tuition, camp fees and uniforms. All competitive teams at USA Youth Fitness Center participate in a Parent Support Organization. The USA PSO is a 501c3 non-profit organization. The PSO maintains a separation between the fees that run through the “for-profit” gym and the competition fees that can be paid through the USA PSO, Starz unit. The USA PSO, the Starz parent organization, provides several fundraisers for the team members to help offset the competition fees for team members. Gym fees may not be offset by fundraising.



Tumbling Skills Required for Team Levels Placement:

Level 1

Required: No specific tumbling required

Level 2

Required: Round off to a back handspring with a spot
Standing back handspring
Running round off back handspring / front handspring

Level 3

Required: Standing back handspring
Running round off back handspring
Running back handsprings back tuck
Toe touch to two back handsprings
Running front tuck

Level 4

Required: Standing back handspring back tuck
Running round off back handspring layout
Running front tuck
Standing back tuck

Level 5

Required: Running round off back handspring layout / and full
Triple toe touches to a back tuck
Standing back tuck
Running front tuck
Two back handsprings to a full

Preferred: Standing full
Running double full

ESTIMATED Competition Fees Paid to PSO
2014 – 2015 USA Starz Competitive Cheer Teams:
Parent Support Organization will sponsor several fund raisers for the teams

Estimated Fees paid to the Booster Club: (Final Fees provided in the Fall)

Booster Club Fee: \$75 Pays for such items as the Year-End Awards Party, Christmas Party, Team Gifts, Summer Party, etc. The PSO votes on team activities every fall. The team fee will not change. Additional \$25 to register each team member with USASF.

Competition Fees Tiny/Mini: Estimate of \$325 for the instate competitions

Competition Fees: Estimate of \$600 - \$700 Includes 5 in state competitions fees and two out of town trips. *Travel cost not included.

Other Out of State: Higher level teams will attend 1 or 3 more trips

Higher Level Teams: Will travel to additional out of state competitions

Fees for teams will be increased for Summit or Worlds Bids.

** Booster Club fees are paid either through PayPal located on the web site or in the payment box at the front desk. This box is accessible only by PSO Officers.

At the time of Registration: Each team member is required to fill out a credit card form for the Booster club. Funds raisers are held during the summer and the fall to offset a team member's competition fees. If the fees are not paid in full by Dec 1; the PSO will apply the outstanding fees to the credit card held on file.

Estimated Uniform, Camp and Gym Fees

2014 – 2015 USA Starz Competitive Cheer Teams:

USA offers Family / Multiple Class Discounts:

- 20% discount off of the second child/class tuition.
- 30% discount off of the third child/class tuition.

Registration Fee: Annual registration is **\$35 per child**. USA offers several benefits for being a member including reduced gym activity fees, open gym access, monthly coupons (via email) and a free USA T-shirt.

<u>Monthly Tuition:</u>	Tuition \$170 Month	Youth, Junior and Senior Teams
	Tuition \$150 Month	Mini Team
	Tuition \$125 Month	Tiny Team
	Tuition \$50 Month	International Team

**** Level five teams will be required to take an additional tumbling class.**

Tumbling Classes: USA offers beginning, intermediate and advanced tumbling classes specifically designed for cheer team members. USA Starz Cheer Team members receive a 50% discount on all Tumbling Classes.

Choreography Camp: Camp for high level teams is scheduled for the third week in July! All other teams will hold camp on the weekend in July or early August. The weekend is focused on Team Building activities and complete choreography for the routines. Camp is mandatory for all team members. A Choreography fee is due whether the team member attended camp or not. Tiny and Mini team participated in a shorter version of camp for a lower fee.

Uniform fees:	100% Due when ordered
<u>Full Uniform /Bow/ Shoes:</u>	\$450 – \$500 (Estimate)
<u>Practice tank and shorts:</u>	\$65 (additional for Levels 4 and 5)
Jacket and Pants:	\$180 USA Starz Sweats (optional – not required)

Camp Weekend fees: **\$300 * 1 – 2 days onsite and team building activities**
Camp Fee is due in the July / Aug to the gym