



THE Heat Wave All Star Cheerleading Team Handbook

Welcome to the HEAT! The Heat Wave All Star Cheerleading team is entering its inaugural season and we are so excited to have you along for the journey. This season will be filled with hard work, fun, and competition. Here at LSC HeatWave All Star Cheerleading, our main goal is to inspire our athletes today, to become champions tomorrow. Our mission is to encourage each athlete to show up as themselves, confidently and comfortably, everyday at practice. We curate and facilitate an environment that encourages learning, positive self-talk, and a fun space to just be. Here at Heat Wave, your athlete will gain the technique, skills, confidence, sportsmanship, and drive to be the best that they can be in all areas of life, while making friendships that last a lifetime.

As a competitive team, everything that we do is for the health and betterment of the TEAM. For our inaugural season, instead of a try out, we will be holding evaluations for athletes willing to share their talent with us. Each athlete will be placed on a team according to age, skill, maturity, and team needs. Even though we are open to accepting those willing to share their talent, we will still be choosing athletes based on what is best for the team. We want athletes that will try their best, work hard with minimal redirection, and are excited to cheer! As a parent, we understand that some children do need a little push to live up to their greatest potential, however, we are not a babysitting service. As coaches, we can always tell when an athlete's heart is not in it.

Before committing to our team, please keep in mind that the Heat Wave All Star Cheerleading team will take priority over all other sports and activities that your athlete may participate in. You will not be allowed to miss practices or competitions to participate in other activities for any reason. It is your duty to make sure there are no conflicts within your schedule.

Let's go HEAT!

-Heat Wave All Star Cheerleading Team

All Star Cheerleading

The U.S. All Star Federation, also known as, the USASF is the governing agency over All Star Cheerleading in the USA, this is the agency we will register our memberships through. According to USASF, “All Star Cheer is a high energy, team-based, performance sport that is athletic, artistic and acrobatic. It involves athletes competing with a 2 and a 1/2 minute routine composed of tumbling, stunting, pyramids, dance and cheer segments. While some skills are individually developed, such as tumbling or dancing, partner stunts, pyramids and tosses require a great deal of teamwork and routines require synchronization and team uniformity.”

As an All Star team, our priority is developing and perfecting tumbling, stunting, and dance skills. This season, we will be entering competitions in two divisions, **All Star Tiny Novice** and **All Star Prep**. Some of the qualifications for each team are listed in the table below.

Level	All Star Tiny Novice	All Star Prep
Level 1	Forward Roll, Cartwheel	Forward/Backward Roll, Cartwheel, Round Offs, Backbends, Walkovers, Handstands
Level 2	N/A	Dive Roll, Front/Back Handspring
Division	Routine 1:30 minutes No tosses Non-competitive (Outstanding, Excellent, Superior) Tumbling not rated/required Born in (2015-2017)	Routine 2:00 minutes Competitive-Beginner friendly Born in (2010-2016)

FINANCIAL

	Tiny Novice	Youth Prep Level 1
USASF Membership Fee (Paid directly on site before 1st practice)	\$50	\$50
Tuition	Registration Fee(once/year) \$40 Summer \$99/mo 3hrs/week Season \$99/mo 3hrs/week	Registration Fee(once/year) \$40 Summer \$175/mo 4hrs/week Season \$175/mo 5hrs/week
Competition Fees	\$200* Attendance to Daytona Competition is optional amongst team/parents. (\$50 add'l fee)	\$432* CheerSport ATL is optional and may be added during the season. If added add'l \$175.
Uniform	\$120* Includes: Custom top and skirt, brief	\$120* Includes: Custom top and skirt, brief
Practice Wear	\$50 (One two piece set, One Heat Tshirt)	\$50 (One two piece set, one Heat Wave t-shirt)
Warm-ups	\$70	\$70
Bag with name (Optional)	\$70	\$70
Choreography & Music Fees	\$50*	\$100*
Choreography Camp (Full week of camp 07.25-07.29)	\$225	\$225

*Some fees are estimates. Fees will be updated as necessary.

Payment Schedule

- **June 10th:** Choreography/Music + Practice Gear (\$100/\$150)
- **July 1st:** Camp Fee (\$225)
- **August 1st:** Uniform, Warm up, and Bag Fee* (\$190/\$260*)
- **September 1st: Competition Fee #1** (\$100/\$216)
- **November 1st:** Competition Fee #2 (\$100/\$216). If Novice decides to go to Daytona \$50 add'l.

All accounts must keep an active card on file. Tuition will be withdrawn the 1st of every month. Team fees will also be automatically processed on the day they're due. All returned payments will be charged an additional \$20 fee. If you have any issues with payments, or if you want to pay in full, please call the LSC phone number or send an email!

UNIFORM & PRACTICE WEAR

Your uniform fee will include a custom made top, skirt, brief, and bow. For practice wear you will receive a custom made practice uniform, a Heat Wave Cheer shirt, and a bow. Each practice will have a uniform. During the season, one practice a week will be a free practice where your athlete can wear what they would like. Please always wear something fitted and appropriate to practice.

Your are responsible for the following:

- White Cheer shoes
- White ankle socks
- Black shorts
- Water bottle with name written on it for each practice

CODE OF CONDUCT

Heat Wave is a zero tolerance team. On our team, we speak words of kindness and breathe life into each other with our actions. We are supportive of one another and always encourage each other to be the best that we can be. We are a family. Bullying will not be tolerated from students nor parents. Parents, just like their students, are expected to speak words of kindness. Not only to other athletes, coaches, and parents, but to their own athletes. On our property, there will be no verbal or physical abuse tolerated, EVER. Physical violence will not only terminate your spot on the team, but at LSC Gymnastics as a whole.

Sideline coaching is when a parent is giving their athletes direction outside of the coaches direction during practice. Sometimes, it's difficult for athletes to focus with parents present. Parents are expected to be invisible, so that we can't hear or see you.

At competitions, you are an extension of the HeatWave All Star Cheer team, therefore you are expected to follow the code of conduct at all times, in the gym, and at competitions.

PRACTICE

Practices will be held twice a week during the summer, and three times a week during the school year for All Star Prep. Tiny Novice will practice two times a week during summer, and two times a week during the season. In the summer, practice may be held at a different location (a field, school gym, etc.) within a 3 mile radius of LSC Gymnastics. We will give you a week's notice for any practice changes.

During the summer we value family bonding and vacation. If you are planning a family trip try to plan those trips for when there is no practice. If that's not possible, just let us know what days you will be traveling and we can accommodate with no penalties. When you are in town, practice is **mandatory**.

Though our practices are scheduled throughout the year, impromptu practices can happen, especially during competition season. These practices will be held on Saturdays or Sundays. You will have a few days to a week notice for practice changes.

Athletes should come to practice in the practice uniform for that day, hair pulled up and out of the face, gum and candy free, and **ON TIME**. Every practice is valuable time to gain knowledge and skills and we need 100% attendance. If one base is missing from practice, that's three other students that will not get to practice their stunt that day. We understand that Atlanta traffic can be unpredictable sometimes, so we will excuse **3 tardies** throughout the year. You will still have to contact the coach to let them know. After the 3rd tardy, your student will NOT be allowed to practice for that day, however, they will still need to be present.

During the season, you will be allowed **3 unexcused absences**. Excused absences are as follows but not limited to, death in the family, injury, and graded school projects/trips. There will be NO absences the week before a competition. ANY absence the week before a competition may result in being pulled from the competition that week. No call, no shows may result in termination from the team. We do not give out refunds for ANY reason, as our team fees Please reach out as soon as possible for any absences that you may have.

All practices are closed. Parents will drop off their athletes in the lobby. Feel free to check back in as you see fit, however, parents are not allowed to linger or wait in the practice area.

No parents are allowed on the floor.

Team	Summer 2022 (June, July)	Season 22-23 (August-April)
All Star Tiny Novice	Wednesday 4:30pm-5:45pm Friday 4:30pm-5:45pm	Wednesday 4:30pm-5:45pm Friday 4:30pm-5:45pm
All Star Prep	Wednesday 4:30pm-6:30pm Friday 4:30pm-6:30pm	Wednesday 4:30pm-7:00pm Friday 4:30pm-7:00pm Saturday 1:00pm-2:00pm*
Camp BOTH TEAMS	July 25th-July 29th 8:30am-3:30pm	

*This is a proposed schedule and all practice schedules are subject to change at any time.

There will be no practice for the following days/weeks:

June 24th (Makeup day TBD)

July 4th - July 8th

July 25-July 29th (Camp, no regular practice)

August 1st-August 5th (School Year Practice starts August 10th)

November 21st-November 25th

December 19th-December 30th (Competition Season: Practice starts January 4th)

Last day of Practice April 29, 2023

Team Celebration: May 1, 2023*

*Start time TBD

COMPETITIONS

Throughout the season we will compete in multiple competitions all over the southeast. Tiny Novice will compete in 4 competitions throughout the season, and Youth Elite will compete in 7 competitions throughout the season. Most competitions will be local to GA, mostly the metro Atlanta area. We will be traveling to Daytona Beach Florida for our final competition during spring break. **Tuition and fees do not cover your costs of travel. Parents are responsible for flights, hotels, and other travel expenses.**

At competitions, athletes should be dressed in full uniform under warm ups, with the skirt tucked in, upon arrival. We will discuss hair and makeup for competitions in advance. Hair and makeup should be age appropriate, and secure. Hair pieces are only allowed when sewn in and secure. Hair pieces should be natural, and mimic your natural hair texture. During competitions, please contact your coach or team mom if you are running late. If you can not make a competition for a legitimate reason, please contact us right away. **No call no show to competitions will result in immediate termination from the team.** It isn't fair to other athletes who will be greatly affected by an absence. Parents and athletes are expected to follow the Heat Wave code of conduct at competitions.

Date	Company	Location	Fee (Novice/Elite)
12.04.22	CheerSport	Cartersville, GA Lakepoint Sports Indoor facility	\$77/\$49
01.28.23	National Cheer Association	Atlanta, GA Georgia World Congress Center	\$77/\$49
02.04.23	NCA	Nashville, TN Nashville Municipal Auditorium	\$77/\$49
02.18.23*	CheerSport	Atlanta, GA Georgia World Congress Center	\$193/\$109
03.04.23	CheerSport	Atlanta, GA Georgia international Convention Center	\$77/\$49
03.25.23	CheerSport	Chattanooga, TN Chattanooga Convention Center	\$77/\$49
04.02.23	NCA	Daytona Beach, FL The BandShell Ocean Center	\$77/\$49

*02.18.23 CheerSport Competition may be added depending on team readiness and parent's discretion.

- > Tiny Novice Competitions
- > Optional Competition

COMMUNICATION

Communication is key here at HeatWave All Star Cheer. We will communicate through Group Me. You will also be given your coach's personal number to reach them in case of an emergency. Please do not text or call your coach at inappropriate hours unless it's an emergency. Please use GroupMe as your first mode of contact for questions about practice, competitions, etc. If you have financial questions feel free to call LSC gymnastics for assistance.

If you find out you will be absent last minute, or running late, please contact Coach Tylasia. Send a text if it is during practice.

If you would like to meet with your coach, schedule a time with them outside of practice. Coaches are not available for meetings during practice times.

In addition to The Heat Wave All Star Cheerleading Handbook, parents are to complete, sign, and return a copy of LSC Gymnastics Handbook.

I, the guardian of (student name)_____ have read and understood the information presented in this handbook.

Parent Signature_____ Date_____