



CT HART CHEER 2022-2023 ALL STAR CHEERLEADING HANDBOOK

Who is CT Hart Cheer?

Established in 2017 CT Hart Cheer is a member of the US All Star Federation. CT Hart Cheer provides athletes of all abilities with access to competitive cheerleading programs that vary based on regulations/standards set by USASF as well as full year and half year team membership. Owner Alexis Safo-Agyeman established CT Hart Cheer with a mission of providing athletes of all backgrounds and abilities with the opportunity to learn, progress, and excel in their athletic goals as well as their academic and personal endeavors outside of the gym with examples of leadership and instilling a mindset of success. With a team of coaches that reflect the diversity of the world that

we live in and with over 40 plus years of experience in the sport of cheerleading combined, it is our goal as coaches to provide our athletes with the ability to be supported in our roles as coaches. CT Hart Cheer has been fortunate to see our current and past athletes take on leadership roles in the communities that they reside from and reflect the lessons of sportsmanship and character development in their everyday lives. CT Hart Cheer takes great pride in developing the aspects of our athletes that are important for them to go into with a mindset that is ingrained in success.

Our Philosophy and Coaching Mindset:

CT Hart Cheer and our coaches are dedicated to the athletes and families that we serve. CT Hart Cheer recognizes and celebrates that each one of our members and their families come from a diverse background, have different lived experiences, and have cultural influences. We pledge to always have our families feel accepted and valued for who they are. CT Hart cheer is committed to foster and build a relationship both with our families as coaches, as well as promote inter family relationship building to better develop a strong, united gym, and a great example for our athletes. We are humbled and thankful for all of our members and their families, and 100% committed to ensure that the season is successful and enjoyable for all.

Season Commitment:

It is imperative that parents, families, and their athletes please understand that you are making a commitment to the entire season from start to finish. It is unfair and inappropriate to make the decision to not show up to practices, events, or competitions, or make the decision to quit prior to the season being over. Not only are you contractually responsible for all of the season's fees (including tuition and additional fees) but it is morally a characteristic that will have its effect on the entire team. We ask that you review the entire team booklet, look over your personal schedules, and discuss the notion of commitment as a family prior to making the decision to join a team. If there is any question that your athlete cannot fully commit to the season we appreciate your honesty and are more than willing to support you in finding other routes to still be involved in our program such as recreational classes.

Parent/Family Commitment and Involvement:

We understand that every parent/family does not have the same schedule and ability to be involved in team and program related events but we do require that every family participate in supporting events in any aspect of their ability. Please make sure to respond to your team parent/adult leader and or the booster club to help support/fill roles as it pertains to your athletes team and gym events. This is the only way to ensure a cohesive and supportive environment for all athletes including your own.

Inclusive & Positive Environment

CT Hart Cheer is built on the philosophy of being inclusive and providing our athletes, families, and coaches with a positive environment. We will not tolerate any negative talk about other athletes or coaches or negative behavior that interrupts our gym environment. An inclusive and positive culture will align with our success as a gym.

ATTENDANCE POLICY

Our attendance policy is very clear and easy to follow.

All athletes need to be at practice in order to perform the routine safely, confidently, and successfully.

All athletes are required to attend ALL practices, this is not negotiable. In addition, all team members are required to attend one level appropriate class weekly, attend camp/clinic, choreography session and special event.

ATTENDANCE POLICY INFORMATION:

Practices begin on the week of June 13th, 2022. Athletes practice 2 times a week and attend Tumbling class on Thursday (depending on their skill level). All athletes are required to participate in all practices and tumbling classes.

Athletes will begin to practice on Sunday (3x a week if team permits) beginning the week of September 11th.

Summer Attendance:

Athletes are able to miss up to 4 practices between June-August that do not coincide with our choreography or clinics without penalty. An absence form must be filled out in order for your missed practices to be accepted. Athletes who have more than 4 absences, do not fill out an absence form, or do not attend a mandatory summer date, will be dismissed for the season and responsible for full season dues.

Absences and Late Arrival:

Each athlete receives 2 unexcused absences Sept-April (We do not have April Break off) in the duration of the season. NOTE: Any athlete that arrives to practice more than 15 minutes tardy will be considered an unexcused absence. Athletes who accumulate 3 unexcused absences will be charged \$50. 4 absences will result in alternate status or removal from the team.

2022-2023 TUITION:

- 2022-2023 Full Year team Tuition: \$137 monthly/\$132 Legacy members
- 2022-2023 Half Year team Tuition: \$122 monthly/ \$117 Legacy member
- 2022-2023 Tiny Novice Team Tuition: \$85 monthly
- Cross over fee: \$ 25 additional per month (no exceptions)
- SIBLING DISCOUNT 25% OFF TUITION MEMBERSHIP FEES: 1st Child
- SIBLING DISCOUNT: 50% OFF TUITION MEMBERSHIP FEES : 2nd Child

PROGRAM FEES 2022-2023

CHOREOGRAPHY CLINIC/ CAMP/MUSIC:

- Full Year Team: \$300
- Half Year Team: \$175
- Tiny Novice Team: \$50

Note: Crossover fee an additional \$50 per athlete for choreography

PRACTICE PERFORMANCE GEAR

- Full year \$120
- Half Year: \$75
- Tiny Novice- Not required

UNIFORM and Bow

- Full year new:\$350
- Half year new \$200
- Tiny Novice new \$150

Note Crossover athletes will be required to possess 2 uniforms (Uniform rental is NOT guarenteed)

COMPETITION FEES

- Full Year \$1,200 *Estimated for 7 competitions
- Half Year : \$400 *Estimated 4 competitions
- Tiny Novice: \$300 *Estimated 3 competitions and local performances

End of season competition (Summit and Worlds)

This season we will be accepting any bids to Summit or Worlds if your athletes team is awarded the bid at any time during the season. These competitions come at an additional cost (not included in competition fees) that are associated with travel, a coaches fee for this competition (\$150 per family), practice gear, rental of practice space, and the fee charged by Varsity. Please keep this in mind from the beginning of the season and allocate fundraising aside for this.

Coaches Fee:

- Full Year Team : \$175
- Half Year Team: \$100
- Tiny Novice \$50

USASF REGISTRATION

\$75 All Star athletes must register (Including Tiny Novice)

** NOT INCLUDED IN PAYMENT SCHEDULE BELOW**

TRAVEL FEES

All families at CT Hart Cheer are responsible for their own travel costs. This includes any driving cost, airfare, and hotel stays. Please note that out of state competitions are 100% about competition. All family vacation plans or activities cannot be planned around competitions, no exceptions.

BOOSTER CLUB

Membership for the CT Hart Cheer booster is STRONGLY recommended. There is a \$25 fee to become a booster club member that should be paid directly to the booster club on the first day of tuition in the 2022-2023 season.

Competition List by teams:

<https://docs.google.com/spreadsheets/d/1BfR4nG8Pn84q-DnawDKr3EMNICTYF2DEiV2vRz394jQ/edit?usp=sharing>

2022-2023 PAYMENT SCHEDULE(S)

Full Year

Full year team practices 3x weekly (only 2x June-August) and have 1 tumbling class included in tuition

	<u>June</u>	<u>July</u>	<u>Aug</u>	<u>Sept</u>	<u>Oct</u>	<u>Nov</u>	<u>Dec</u>	<u>Jan</u>	<u>Feb</u>	<u>March</u>	<u>April</u>
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Tuition Due on the 1st	\$100	\$137	\$137	\$137	\$137	\$137	\$137	\$137	\$137	\$137	\$137
Additional Fees Due on the 15th	1/2 uniform \$175	1/2 choreography \$150	1/2 choreography \$150	1/2 uniform \$175	1/4 comp fee \$275	1/4 comp fee \$275	1/4 comp fee \$275	1/4 comp fee \$275	1/4 comp fee \$275	1/4 comp fee \$15	

Tiny Novice FULL YEAR

Tiny Novice team practices 2x weekly and has 1 tumbling class included in tuition June-November

Tuition Due on the 1st	June \$50	July \$85	Aug \$85	Sept \$85	Oct \$85	Nov \$85	Dec \$85	Jan \$85	Feb \$85	March \$85	April \$85
Additional Fees Due on the 15th	Choro \$50	1/2 uniform \$75	1/2 uniform \$75	1/4 comp \$87.50	1/4 comp \$87.50	1/4 comp \$87.50	1/4 comp \$87.50				

Half Year

Half year team practices 2x weekly. No Tumbling class is included in tuition. Class is discounted

Tuition Due on the 1st	Oct \$122	NOV \$122	DEC \$122	JAN \$122	FEB \$122	MAR \$122	APR \$122	May \$122
Additional Fees Due on the 15th	Practice Gear \$75	uniform fee \$200	Choreography fee \$150	1/2 comp fees \$250	1/2 comp fees \$250			

Tiny Novice HALF YEAR

Tiny Novice team practices 2x weekly. No Tumbling class is included in tuition. Class is discounted

Tuition Due on the 1st	Oct \$85	NOV \$85	DEC \$85	JAN \$85	FEB \$85	MAR \$85	APR \$85	May \$85
Additional Fees Due on the 15th	Choro \$50	1/2 uniform \$75	1/2 uniform \$75	1/4 comp \$87.50	1/4 comp \$87.50	1/4 comp \$87.50	1/4 comp \$87.50	

Full Year Important Save the dates: June-August

- Tuesday, July 12th: Stunt Clinic/Choreography 5:00-8:00pm (Level 2 & Senior Elite)

- Wednesday, July 13th: Stunt clinic/choreography 5:00-7:00pm (Tiny & Level 1)
- Friday, July 29th: Tumbling Clinic with Coach Erin (Level 2 & Senior Elite) 5pm-8pm
- Choreography Week: TBA by 7/1/22

This document will be updated by July 1st 2022 to reflect later months.

Gym Closed:

- Sunday, May 30th: Memorial Day
- Friday, July 1st - Sunday, July 10th: Gym Vacation
- Sunday, September 4th and Monday, September 5th Labor Day weekend/day
- Thursday, November 23rd - Sunday, November 27th Thanksgiving vacation
- Friday, December 23rd -Monday, December 26th Winter Vacation
- Sunday, December 31st- Monday, January 1st- NYE Break

CT Hart Cheer Financial Obligations:

Please read in its Entirety

GoMotion: Our new system for EVERYTHING:

CT Hart Cheer uses the application system : GoMotion for everything cheer. All team registration/program fee payments, class and private lessons sign up.

<https://www.gomotionapp.com/team/cthc/page/home>

2022--2023 PROGRAM FEES

It is our goal in this packet to provide all cheerleaders and families with a cost breakdown for the 2022-2023 season in its entirety. The reality is some of these costs are ESTIMATES. When an exact cost is not available (such as competition fees and uniform), we have tried to provide an estimated price range.

Please note:

WE REQUIRE ALL FAMILIES HAVE CREDIT/DEBIT CARDS ON FILE.

NO EXCEPTIONS (NONE)

Monthly Tuition:

Monthly tuition will be paid on autopay via GoMotion on the 1st of every month beginning June 1st, 2022

Our tuition is due on the 1st of each month . Our tuition includes one tumbling class and your weekly practices. Tuition will not include additional classes that are being offered but we will offer discounts to our program team members. Payments are expected to be on time as your athlete will not be able to participate in any practices with an outstanding balance. No athlete will be permitted to participate in any classes, private lessons, and competitions with a past due account. **NO EXCEPTIONS (NONE)**

Additional Fee Structure:

Additional fees will be paid automatically on autopay via GoMotion on the 15th of every month beginning June 15th, 2022

We will be charging eight payments for additional fees due the 15th of each month. These payments will be paid out to vendors. This fee is based on an APPROXIMATE cost as of this time. Please understand, once we have the exact cost of competition fees, uniforms, etc., you may have a credit that will be applied to your account, or a small balance that is owed.

REFUNDS

PLEASE READ THIS RULE THOROUGHLY MONIES ARE NON-REFUNDABLE AND NON

TRANSFERABLE. Any payment for uniforms, competition fees, trips, tuitions, camps, clinics, choreography, etc. are non-refundable, even deposits. If your athlete decides to leave our program, or is asked to leave the program, you will not be reimbursed for any deposits or payments made. In the case of a shut down due to a pandemic, health crisis, natural disaster, or any other event that is outside of our programs control, we will seek reimbursements for any events we are unable to attend. If a refund is issued to us we will refund our families.. If we are not refunded, we will not be able to issue refunds. Tuition will still be charged throughout any future closure as we will convert to a virtual Zoom platform.

Additional Rules/Policies

GENERAL RULES:

1. Only registered athletes are allowed in the practice areas. Siblings, family members, friends, etc. are not allowed at practice at any time, or on the practice area at any time. Students who are waiting for their class to begin must sit on the bench in the waiting area.
2. No food, gum, or drinks allowed in the practice area at any time. There will be designated areas to eat during camp/clinics.
3. No cell phones are allowed at practices and competitions. In the instance of emergencies coaches/CT Hart Cheer staff will be equipped with a phone to receive calls and make calls.
4. All choreography and music is highly protected and should not be shared. Only CT Hart Cheer staff have the rights to share our music with you. Please do not continue to share the music if it is shared with you.

5. Late pick ups will result in \$15 per 15 minutes. Coaches will be compensated for their time due to late pickup.
6. No athlete will exceed more than 2 unexcused practices. This is non-negotiable. *Refer to the policy above.
7. No athlete, parent, or family member should speak negatively about anyone in our program or at any other gym, school, or social organization in CT Hart Cheer. Please leave it outside.
8. CT Hart Cheer reserves the right to change any athlete's position on their team at any time.
9. Coaches, staff, and volunteers of CT Hart Cheer are employed in other organizations/business during the workday, please be aware of their schedule outside of CT Hart Cheer employment hours.
10. No one may use the CT Hart Cheer logo or name for any clothing, novelties, or any other use unless authorized by owner Alexis Safo-Agyeman
11. No parents/guardians, any or family/friends are allowed to enter the gym prior to 5 minutes before your athletes practice ends. You may not come early to view practice without an invitation.
12. NO athlete of CT Hart Cheer will be allowed to compete on our team if they are competing with any other all-star program. NO EXCEPTIONS! Please consult if you are on a school/youth team.
13. No jewelry is allowed in practice.
14. Athletes must wear practice gear to practice at all times.
15. No Athlete can be in the gym without a CT Hart Cheer staff member present.

CT HART CHEER SOCIAL MEDIA POLICY

The following social media policy should be reviewed by all athletes and parents/guardians of CT Hart Cheer

2. Mean spirited, negative talk, personal rants, offensive language, or inappropriate comments of any forms your personal social media or any CT Hart Cheer social media regarding any athletes, coaches, staff, or other programs allowed.
3. No athlete should post inappropriate and or illegal photos in any CT Hart Cheer gear or uniform. Photos deemed inappropriate will be brought to the attention of an athlete's parent/guardian and then to the owner and coaches of the athletes. Posting inappropriate photos can result in disciplinary actions and or dismissal from the program.
4. Do not post any videos of the routine on your personal social media without the permission from CT Hart Cheer. Please realize that posting the entire routine online can put us at a less of a competitive advantage.

WEEKLY COMMUNICATION

1. CT Hart Cheer emails weekly communication emails to all team members on Sunday. Please make sure to check your email regularly.
2. The Band App will also be another means of communication. Please make sure to join your team's Band within the first week of practices.
3. Please do not post any personal or controversial views or comments on our team's Band App. Anyone posting comments that violate our rules of appropriateness will be blocked from the Band App.

HEALTH

- 1.) You must provide CT Hart Cheer with the most up to date health insurance information during our yearly registration.
2. Any athlete with serious health conditions (previous or current) should make CT Hart Cheer aware not only in written communication.
3. Any injuries obtained at CT Hart Cheer must be reported to staff members as soon as it occurs.
4. Provide a written physician's note if you are unable to participate, including the duration of time that your participation is limited.
5. Any athlete that visited a medical physician for an illness or injury sustained in or outside CT Hart Cheer must submit a note from a medical professional clearing them to participate. Athletes will not be allowed to compete in any performances or competitions without attending one practice after they are medically cleared. This gives CT Hart Cheer staff the assurance that

athletes are safely able to return to compete. Please note that in the case of injury and illnesses CT Hart Cheer staff has the right to place any alternates and or crossover athletes in the missing spot to ensure the team can still The decision will be made by the coaches and the owners

6. I voluntarily agree to assume all of the foregoing risks and accept sole responsibility for any injury to my child(ren) or myself (including, but not limited to, personal injury, disability, and death), illness, damage, loss, claim, liability, or expense, of any kind, that I or my child(ren) may experience or incur in connection with my child(ren)'s attendance at the CT Hart Cheer or participation in CT Hart Cheer programming ("Claims"). On my behalf, and on behalf of my children, I hereby release, covenant not to sue, discharge, and hold harmless CT Hart Cheer its employees, agents, and representatives, of and from the Claims, including all liabilities, claims, actions, damages, costs or expenses of any kind arising out of or relating thereto. I understand and agree that this release includes any Claims based on the actions, omissions, or negligence of CT Hart Cheer, its employees, agents, and representatives, whether a COVID-19 infection occurs before, during, or after participation in CT Hart Cheer program.

SPORTSMANSHIP/CONDUCT

1. **We lead by example. This is our pledge as a gym and we hope that all families adopt this.**
2. Be respectful of all coaches, choreographers, and to one another as team members.
3. Gossip and mean spirited behavior will not be accepted. This can result in removal from the program.
4. Verbal and or physical altercations can result in removal from the program.
5. No athlete or family member can speak on behalf of CT Hart Cheer in any setting at any time.
6. We are one team. We will always cheer for all of our teams and other teams from other gyms.
7. Only coaches can discuss scores, issues, or address judges, and or competition staff