



Communication

Most information is sent out via e-mail in addition to being placed on the team web page, and on the team board at the gym. Please check your email, team web page, team board regularly. It is the parent's responsibility to know what is going on with your team.

If you ever have a problem with anything, please do not hesitate to contact the gym, your coach, the program directors or the owners. Questions or concerns can be addressed before or after practice, by phone or e-mail. Please do not delay or interrupt practice. If you have any questions or concerns that need immediate attention please use the following chain of command: Head Coach, Program Director and Gym Owner.

As a parent, you may not agree with every decision. Please remember that the coaches and staff members make all decisions for the program. We value your opinion, but must make decisions that will be in the best interest of the program as a whole.

Team Placement

Although age is a factor in team placement, children of the same age may be placed on different teams due to their skill level and/or the needs of that particular team. Members may compete on multiple teams at the coaches' discretion. Members may be added throughout the season at the coaches' discretion.

Tiny: 5 yrs old and younger

Mini: 8 yrs old and younger

Youth: 11 yrs old and younger

Junior: 14 yrs old and younger

Senior: 11-18 years old

Age divisions are based on age as of August 31. There may be more than one team for any age group depending on number of cheerleaders and skill levels of cheerleaders. This will be determined at coach's discretion and may change from season to season

Teams compete not only by division of age, but by division of skill as well. These divisions limit the difficulty of both tumbling and stunting. The following skills are expected in a competitive routine by the majority of the team at each level:

Level 1 – cartwheels, round-offs, back walkovers, elevators

Level 2 – back handsprings, round-off back handspring, front handsprings, extensions, single leg stunts

Level 3 – round-off handspring tucks, back handspring series, jump back handsprings, extended single leg stunts, full downs

Level 4 – Standing tucks, handspring tuck, layouts, whips, fulling from one-legged stunt

Level 5 – Jump tucks, fulls, double fulls, handspring fulls, double downs from extended one-legged stunts

Teams will range in size. They are comprised of athletes with a variety of skills and abilities and should be well-rounded athletes. Athletes are expected to maintain the skills they threw at tryouts. Those who show great improvement in skills will be moved accordingly.

Summer Training

Summer training allows us to focus on each athlete's individual skills. If an athlete "skips" summer training they will not only miss the opportunity to improve, you will see their skills deteriorate and they will miss an

opportunity to bond with the team.

From September through April, the focus at practice is working on the routine

During the summer we know there will be family vacations and summer camps. Coaches should be made aware of these absences in writing 30 days before the actual absence.

Team Rules

All team members and parents must be respectful of team and gym rules. Abusive, uncontrollable, irresponsible or any other form of negative behavior in or out of uniform will be grounds for immediate suspension and/or removal from the team. If for any reason a team member is removed, there will be no refunds.

Strict standards will be set for behavior both in the gym and will be followed regardless of attendance of a parent. We expect all members to behave with good sportsmanship at all times and specifically at all competitions.

Athletes must be in direct supervision of a coach to enter the gym facility or be on any equipment at any time. This includes private lessons.

Parent and Relatives Rules

Good sportsmanship and polite manners are mandatory at all competitions and practices. We expect everyone to obey all rules the competition may have regarding parents (such as saving seats, using profanity or videotaping). Please do not coach your child from the viewing area. Do not yell on to the floor or try to make contact through the parent viewing area during practices. This is extremely distracting to all involved. If we feel you are interfering with the coaching of your child, you will be asked to leave the gym. Parents are not permitted to pull their child out during practice if they are unhappy with the child's performance or anything else that might occur during practice. You are encouraged to discuss it with their coach AFTER practice has ended.

Parents must remain out of the gym. Only athletes and coaches are allowed.

The coaches reserve the right to close viewing of practices at ANY time for ANY reason.

Parents must pay necessary tuition, uniform, entry and coaches fees when due or your athlete will not be allowed to participate in practice.

If you share visitation/custody with another parent, you will need to make sure this will not prevent your child from full participation in the programs.

Parents ARE NOT allowed to spot skills.

Practice

Athletes are expected to attend practice on time, in practice clothes including shoes. Practice clothes include a Fremont Flyers tank/shirt, shorts, cheerleading shoes and socks.

Hair should be pulled off face before practice starts.

All cell phones must be turned off or placed on silent during practice.

NO JEWELRY AT ALL! Wearing jewelry of any kind could result in an injury to your child or to another child.

Fingernails need to be kept short, no fake fingernails.

Loss of composure during practice will require cheerleader to leave the room until they have regained composure to continue practice.

Attendance Policy

We have a very strict attendance policy! If you know in advance you will be absent, please notify your squad's head coach in writing or via e-mail.

If you have an unexpected absence due to an accident or illness, you must call the gym prior to practice.

Excessive absences may cause athletes to be demoted to an alternate status or removed from the team. This is at the coach's discretion. No refunds will be given in the event of an expulsion or a member quitting. Valid reasons for missing practice are:

- Fever/Vomiting
- Family Emergency/Death
- Mandatory attendance at a school function
- Attendance at a school extracurricular activity during the summer or fall, NOT during our main competitive season November thru April. Do not expect to be excused from practice due to work or participation in a school extracurricular activity from November thru April. Fremont Flyers All-stars must be your extra-curricular priority.
- If your child can't participate due to an injury, they are still expected to attend practice.

Withholding a child from a practice or a competition should never be used as a form of punishment. You're not only punishing your child, but every other team member and parent on their team.

Do not schedule appointments or family commitments during practice times

Practice must not be missed the week prior to a competition or the routine may be re-choreographed and your athlete taken out of the routine.

If you miss a competition, you will be removed from the team. Do not schedule other obligations during these weekends.

Absences may result in change in choreography or removal from the team. This is at the program director's discretion. If a team member is removed or becomes injured and unable to perform, that team member may be replaced by an alternate or appointed substitute.

Make Up Policy

Fremont Flyers are allowed make ups in Friday Night Open Gym.

Tuition

Athletes must be members of Bay Aerials Gymnastics. This is an annual \$45 individual membership fee. This fee is non-refundable and non-transferable. Each member will receive a FREE Fremont Flyers T-shirt and discounts on birthday parties.

Tuition: \$180 per month.

Tuition is based on minimum of (4) weeks each month (4 hours each week).

Tuition is due the last week of each month for the following month.

All Team members are required to sign up for auto pay.

Payment received on the 1st is subject to a \$25 late fee.

Summer Cheer Camps

Each team will have a camp to be determined. Summer cheer camps will range in cost from \$50.00 to \$135.00 depending on numbers days and hours spent in the gym. Times to be announced.

Competition Season Expenses:

Uniform Expense -\$310

Item Cost Uniform (items required: top, skirt) \$175

(Warm-ups, Training bag, 2 pairs shorts, Bow, T-shirt, Cheer make up) \$135

Choreography/Music Fee -\$50

Choreography and Music fee is \$50 per cheerleader.

The Uniform and Choreography/Music Fee payment will be divided into two equal payments of \$180 due by:

June 1st

July 1st

Competition Registration and Coaches Fees-\$600

Total of 5 competitions

Approximate total cost for the list below (including both athlete's entrance fee into the competition as well as coaches' fees) is \$600.

Payments will be broken into 3 equal payments of approximately \$200 and will be due by:

October 1st

November 1st

December 1st

Cheerleader competition registration fee: \$75-\$90 per competition.

Coaches' fee includes: Meals: \$40.00 per day maximum (\$10 breakfast, \$10 lunch, \$20 dinner).

Mileage: (.50 per mile).

Competition coaching fees: \$75/performance.

A tentative competition schedule for the season is as follows

October – TBD, November – TBD, December – TBD

January – TBD, February – TBD

Total- \$960 for the season

Please make checks payable to Bay Aerials Gymnastics for all Competition Season Expense payments.

Dates and Payment Reminders

June 1st – First Uniform Payment

June 30th – Tuition due

June 1st – Final Uniform Payment

July 31st – Tuition due

August 31st – Tuition due

September 31st – Tuition due

October 1st - First Competition Payment

October 31st – Tuition due

November 1st - Second Competition Payment

November 30th – Tuition due

December 1st - Final Competition Payment

December 31st – Tuition due

Travel

For competition within driving distance, we will meet at the event/hotel at an appointed time.

Each cheerleader must have a chaperone at every competition. It is not your coach, team mom or the cheer staff's responsibility to be your child's chaperone or to arrange one for you.

All cheerleaders should attend the performances of other Fremont Flyers All-stars teams while attending competitions unless told otherwise by their coach.

Team

The Team aspect of cheerleading is quite different from the recreational program. By joining the team, you and your child have undertaken a commitment of time, energy and money among other things. Congratulations!

Bay Aerials Gymnastics:

510-651-5870

Website: www.bayaerials.com

Email: flip4fun@bayaerials.com

X. FREMONT FLYERS ALL STAR CHEER SIGNATURE PAGE

PLEASE FILL IN THE FOLLOWING INFORMATION

PARENT'S E-MAIL ADDRESS _____

HOME TEL # (_____) _____

SCHOOL ATTENDING _____

GRADE _____

I HAVE READ AND UNDERSTAND THE INFORMATION CONTAINED IN THE FREMONT FLYERS ALL STAR CHEER 2011-2012 TEAM HANDBOOK. I UNDERSTAND THAT THIS IS POLICY AND WILL BE FOLLOWED AT ALL TIMES BOTH IN THE GYM AND OUT OF THE GYM.

I UNDERSTAND THAT AS A MEMBER OF THE FREMONT FLYERS ALL STAR CHEER TEAM PROGRAM, I AM REQUIRED TO ATTEND MANDATORY PARENT MEETINGS.

I HAVE READ AND UNDERSTAND WHAT MY FINANCIAL OBLIGATIONS ARE AND WHEN PAYMENTS ARE DUE.

I UNDERSTAND THAT MY CHILD WILL NOT BE ALLOWED TO COMPETE IN USASF SANCTIONED MEETS UNTIL WE HAVE READ, SIGNED AND RETURN THIS SIGNATURE PAGE TO THE OFFICE.

-

Father's signature: _____ Date _____

Work Phone (_____) _____

Cell Phone (_____) _____

Mother's signature: _____ Date _____

Work Phone (_____) _____

Cell Phone (_____) _____

All Star Cheerleader signature: _____ Date _____

AFTER CAREFULLY REVIEWING THIS HANDBOOK, PLEASE STOP BY THE OFFICE AND SIGN A COPY OF THIS PAGE FOR OUR RECORDS.