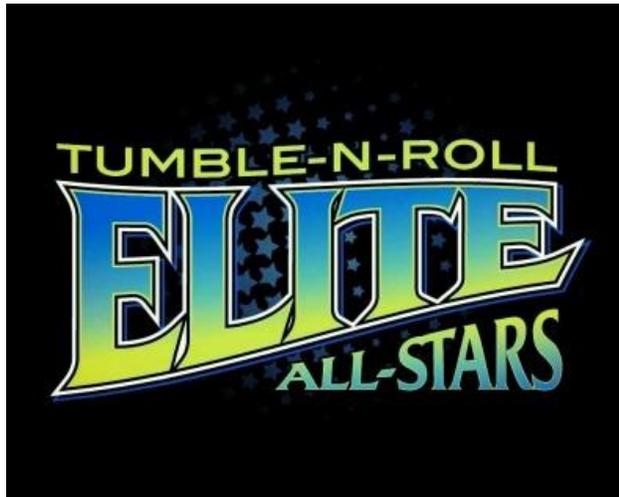


2018-2019 TumbleN-Roll

Handbook



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The contents of this handbook are effective as of the date of initial distribution, May 21, 2018 for the 2018-2019 competitive cheer season. Guidelines and operational procedures pertaining to the cheerleading program may be modified or changed at any time by the owner/director. If a change / modification occurs, notification will be made to all Tumble-N-Roll Elite All-star cheerleaders and Parents via e-mail, website, or our various communication portals. Any gender references included in this handbook are meant to apply to all male and female cheerleaders.

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Welcome to Tumble-N-Roll Elite All Stars Cheerleading! We are proud of our cheerleading program and are especially proud of those team members who make up our award-winning squads. Competitive cheerleading is a rapidly growing sport in the United States and make no mistake about it...it IS a sport. It has all the traditional elements of a sport: competition, teamwork, training, practice, coordination, and communication.



This handbook is designed to include information we feel you might need that will hopefully help you in reaching a decision about whether participating in the Tumble-N-Roll's All Star Cheerleading Program is the right decision for your child and your family. Acceptance into the program requires a commitment, not just from the cheerleader but from the family also. Because a solid, consistent team is critical for success, we want to ensure that you are fully informed and understand the obligations essential with acceptance into the Tumble-N-Roll's All Star Cheerleading Program. Please read through it carefully and ask any questions which may not be addressed here.

At Tumble-N-Roll, we also have a commitment to you. You can expect your child to train in a safe, supportive environment with qualified and experienced coaches. When you entrust your child to our program, our coaching staff will teach, encourage, support and yes, maybe sometimes even discipline him/her. We want our athletes to be more than just winners on the competition floor. We expect them to be courteous, truthful, considerate, determined, and respectful. We set our standards high and expect the same from everyone involved in the All Star program. We insist on and help develop a strong work ethic in your cheerleader. Be assured that we will never put the well-being, health, safety or future of our athletes at risk in the pursuit of better performance.

After a year with the Tumble-N-Roll All Star cheerleading program, we believe you will be amazed at the positive changes you will observe in your child, both as a team member and as a person. Parents have frequently mentioned that their children seem to develop a more mature use of independence, accepting responsibility for their own behavior and performance in training, in competition, the classroom, and even in their social life. Time management skills are improved with older children. Younger children become less self-centered – their focus becomes “we” as opposed to “me”. Physical fitness, nutrition, and setting specific personal goals become more important. We appreciate your interest in our All Star Cheerleading Program.

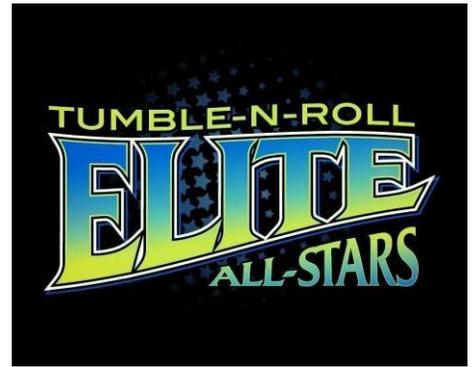
Christina Penegar-Tucker
Owner/Program Director

Welcome to the Family

300 S. Main Street ~ Lancaster, South Carolina 29720

Website: www.tumble-n-roll.com T: 803-320-3547

Like us on Facebook, Twitter, & Instagram



What is All-Star Cheerleading?

All-star cheerleading is a competitive sport that involves boys and girls performing a 2min 30 second routine composed of tumbling, stunting, pyramids, and dance segments. This routine is performed and scored against other competitive teams at various local, regional, and national competitions.

The main difference between High School cheer and All-star cheer is that High School cheerleading teams primary purpose is to support a local schools sports team and keep the crowd excited. An All-star team performs purely for the challenge, thrill, and competition of the sport. Other differences include All-Star seasons run one year. All-Star cheerleaders are not required to be from the same school or area, and skill set required for All-Stars is more difficult.

Placement on a Team

All-Star cheer teams are separated by age and skill level. All athletes have been evaluated on strength and growth areas. All athletes will train 'together' for a matter of a couple of weeks to ensure adequate opportunity for growth and final team placement decisions are made. Team selections are based on a candidate's age, abilities, and team needs. All team selection decisions are entirely up to the coaching staff and are final. Once teams are selected, stunt positions are assigned based on experience, team needs, and potential. Parental and candidate input is not needed nor permitted during these processes.

Based on skills gained (or lost) changes can be made throughout the season. Our goal is to form strong, competitive squads that continue to grow and be successful throughout the season!

Note from Christina:

Competitive cheerleading combines amazing athleticism of tumbling and stunting plus much showmanship in a highly choreographed routine in a 2min 30sec performance. What goes into that short span time? Hard work, practice, teamwork, development of character and friendships, loyalty, trust, discipline...just to name a few. I strongly believe these traits our athletes are developing together, will carry them far in life and anything they choose to do.



A Season at a Glance

Summer

Summer workouts are critical to a team's success as this is when major skills are developed and lasting team relationships start forming. All athletes will condition to improve their overall health including strength, flexibility, and endurance. Each cheer squad will have cheer practice one day per week plus a day of tumble each week. There will be several skills camps and a choreography camp for each team. Choreography is a continually evolving refinement of the original routine that will be fine-tuned throughout the year. We will also have many bonding activities for athletes throughout the season.

Fall

Fall is when all skills are perfected and integrated into a complete, choreographed routine ready to be performed at competition. Beginning in September, following Labor Day, all cheer squads will add an additional day of cheer practice.

Winter/Spring

November – April: Competition Season!! Leading up to competitions, often times, we have additional practice days and times to perfect routines.

All-Star Cheer is a Team Sport

This point cannot be emphasized enough. While it is possible for team members to participate in other activities, your Tumble-N-Roll cheer team **MUST** be first priority. Our cheer teams cannot have an effective practice even with one member missing. **See attendance policy for information on missing practices.

Being a close-knit group, a FAMILY, is important. We want our athletes to pull together in support of each member's efforts and parents to join in together in the support. Please make an effort to attend cheer outings and any other group activities that are scheduled over the course of the season for you and your family to bond with others. With all of us working together, we will continue to grow, improve, and have a good time doing so.

SKILL GROUPS

Teams compete at various skill levels based on the difficulty of the tumbling and stunting performed. Listed below are the tumbling skills required to compete in each level. Many factors are considered when dividing our athletes in their appropriate skill level. Stunting, jumps, and work ethic are also considered in placement.

<u>LEVEL 1</u>	<u>LEVEL 2</u>	<u>LEVEL 3</u>	<u>LEVEL 4</u>	<u>LEVEL 5 – Youth or Restricted</u>
Back walkover	Standing back handspring	Standing toe touch back handspring series	Standing back tuck	Toe Touch back tuck
Front walkover	Round off back handspring	Round off back handspring back tuck	Toe Touch back handspring back tuck	Standing back handspring/series to a full
Round off	Round off back handspring series	Combination passes with step outs and walkovers to a back tuck to achieve specialty pass!	Round off back handspring layouts	Round off back handspring full
Combinations passes with walkovers to achieve specialty pass!	Combination passes with step outs and walkovers to series of back handsprings to achieve specialty pass!		Combination of whip pass, step outs, walkovers to a layout to achieve specialty pass!	Combination of whip pass, half twists, or arabians to a full to achieve specialty pass!

Tumble-N-Roll's All-Star Cheerleading Standards

Tumble-N-Roll is committed to athleticism, Character, Teamwork, and Family. By choosing to be a member of our program, you will be instructed on and be held to high standards and exemplary behavior. Your athletic abilities will be challenged and refined. Your character will be exercised and transformed. And, your definition of "team" will be transformed. The following are our standards and expectations:

Athleticism

- Be All-Star...All the Time! Give your very best at all practices, and you and your team can achieve the very best! Giving less than 100% limits you and your team, and will only result in frustration, team division, and harder coaching.
- Take pride in your sport. Work hard to achieve your goals. Being good is fun---being Elite is amazing! It will not be handed to you – those who work for it will be fulfilled in their accomplishments!
- Be dedicated to personally work on growth outside of practice.
- Maintain good physical fitness. All-stars will be running, conditioning, and doing core-strengthening exercises on a regular basis. All athletes should be able to perform their entire routine with energy and vigor.

Character

- Be courteous, friendly, and respectful to others.
- Be honest and truthful regardless of the consequences.
- Have a positive CAN DO attitude. I will coach you to reach your potential – join my efforts.
- Have a healthy sense of self-esteem. This means refrain from negative self-talk and excessive acts of attention-seeking, and say thank you when given a compliment.
- Be an active listener and accept constructive criticism.
- Have good time management skills in order to balance personal time, family time, school work, and cheer.
- Participate in regular team talks, character challenges, a team bonding events and activities.

Teamwork

- Be supportive of your teammates' successes.
- Be reliable. Unlike other sports, there are not people sitting on the bench or subs who can effectively fill-in for you. Tumble-N-Roll Elite All-Stars have to step out on FAITH to rely on each other – to count on teammates to be at practice, giving full effort, and caring about their squad's goals.
- Contribute positively to the working environment for your teammates. Whining, complaining, and laziness cheapen the sport, limit you from reaching your potential, and hinder your team from reaching its goals.

The following behaviors are NOT Acceptable at Tumble-N-Roll

- Insubordination or disrespect of any kind, including temper tantrums, outbursts, lack of participation/effort, talking back, eye rolling, etc.
- Challenging the authority of the coach at any time.
- Gossip (regardless of the subject)

- Any partaking of tobacco products, alcohol, or illegal drugs.
- Being in the presence of illegal activities (underage drinking, drug use, etc.)
- Instigating, encouraging, or engaging in any physical violence or verbal altercations.
- Use of vulgar or profane language.
- Excessive public displays of affection, including inappropriate dancing.
- Inappropriate behavior in school.
- Inappropriate attire -- in or out of practice.

Violations will be addressed immediately and be handled at the discretion of the coaching staff.

Social Media

Please remember you are a reflection of Tumble-N-Roll, all athletes, and cheer families at Tumble-N-Roll. Be conscious of how you carry yourself, not only at Tumble-N-Roll but where ever you go. Be conscious of your posts on social media. It is important that any individual choosing to keep a Snap Chat, Vine, Twitter, Instagram, Facebook, or any other social media profile to recognize there are certain expectations in terms of acceptable material. If you have any pages of the sort, your page will be monitored, and must be maintained accordingly. Here are a few guidelines:

- No photos with TNR cheerleaders with alcohol, appearing intoxicated, or wearing excessively revealing clothing.
- No content that consists of aggressive, vulgar, or immature behavior.
- No foul, vulgar, profane language is permitted. This includes posts from others as well.
- No videos of Tumble-N-Roll choreography may be posted publicly without prior permission from Christina.

So PLEASE, think before you post. Even if you delete, screen shots and recordings can be made. If you put it out there expect, it to get out and be seen. Again, violations will be addressed immediately and be handled at the discretion of the coaching staff.

All-Star Cheer Practice Expectations

- Practice attire is to be worn at every practice. If you lose your practice attire or if it is damaged, you will be required to replace it within two weeks.
- Practice time is NOT social time – excessive chit chat wastes team time. Anyone not giving full effort will condition or be asked to leave practice.
- Cell phones are NOT allowed in the practice area. Phones will be taken if pulled out at any time. NO EXCEPTIONS!
- When you hit the practice floor, your time is my time. You should not be running around playing or socializing in the lobby.
- All athletes and parents should treat our facility with respect and tidiness.

Tumble-N-Roll Elite All-Stars Attendance Expectations

All-Star cheerleading is a TEAM sport. Without everyone present, the team cannot accomplish its goals. Practices are mandatory and absences should be avoided whenever possible. Any absence or tardiness results in the entire squad being inconvenienced, and others sacrificed time becomes ineffective and unrewarding. Please consider the other members of your team when coordinating your schedule.

Our scheduled practice days and times change on very rare occasions. I try my very best to stick to our practice schedule from week to week. Please be cognitive and mindful of these times when scheduling appointments and other activities.

- School is a top priority for every athlete. However, procrastinated schoolwork is NOT an excuse to miss practice. Plan ahead!!

- An athlete is NOT allowed to miss practice for any reason the week prior to a competition. Doing so adds a lot of pressure to your teammates and coaching staff. There will be a \$20 fine for each occurrence.
- All competitions and exhibition performances are mandatory. Missing one adds hours of extra practices and unnecessary re-choreography for your teammates and coaches. Competition fees are still your responsibility if you are miss. All fees are non-refundable.
- We ask that all absences be submitted in writing (so we don't forget!) Absence request forms are available on the Tumble-N-Roll website and must be turned in 2 weeks prior to any absence. Please info us of any summer vacations or planned activities that are on your schedule that will prevent you from attending practice.
- Be ready to practice at the scheduled practice time. Ready is defined as proper attire on, hair up, shoes on, bladder empty, jewelry off. Tardiness results in staying late after practice to do gym chores.
- Illness and injury are unfortunate. Unless contagious, we ask that you attend practice and watch for any changes in choreography or modifications of the routine.
 - In the event that an athlete is injured you should notify the coach immediately and keep us informed on the doctor's prognosis and length of recovery. In the event we re-choreograph the routine, the injured athlete may or may not be re-choreographed back in their original position. Injured athletes must continue to pay tuition.
- Attendance records will be displayed on a board in the lobby. Due to excessive tardiness and absences in the past, we will implement the following:
 - More than 2 tardies in one month count as one absence.
 - Beginning in September, after three unexcused absences, your tuition will increase \$10 per month each occurrence until the end of the season.
- Extra practices are often called leading up to competitions. Please understand that it is vital to have every team member of the team at these practices to ensure an efficient and effective practice. Cheerleaders and parents should expect extra practices the week prior to competitions and plan their schedules accordingly. □
 Parents, friends, and relatives of cheerleaders are not allowed to watch practices. All practices are closed. Parents or family members should drop off their cheerleader and immediately leave the area. If you need to speak with the coach, do so quickly then leave. We need every minute of practice time with your athlete and your presence is distracting.

Departure from the Team

A coach may dismiss a cheerleader from a team if, in the opinion of the coach, the cheerleader is hampering team progress in any way. Threats (implied or blatant) to leave, quit, not attend a competition, or anything that may hurt the team will be cause for immediate dismissal. This applies to both, cheerleader or parent. Team commitment is critical and cheerleader departures are disruptive to the team.

Following choreography camp, any cheerleader who "Quits" or is dismissed from their team, will be charged a \$500 quitter's fee as re-choreography and replacing a member is taxing on the team and coaches.

Publicity Release

Performances, practices, and miscellaneous activities will be photographed and/or videoed. Tumble-N-Roll and Christina Penegar-Tucker reserves the right to utilize these photos/videos in appropriate manners. No royalties or compensation will be provided for their use.

All music, dances, stunts, choreography, and/or ideas presented to athletes during practices are to remain confidential and should not be discussed, taught, or given to others outside of our program. Tumble-N-Roll does NOT allow and postings of videos on Facebook, Twitter, Instagram, or other social networking site.

Parent Expectations

Again, being a close-knit group, a FAMILY, is important. The Tumble-N-Roll Family consists of coaches, athletes, and their parents. We want it to be an exciting, positive experience for all members of our family. We ask that parents support and encourage standards and expectations and provide a positive example for all-star athletes around them.

- Parents are asked to set an example of positive behavior and conduct for all team members. This includes refraining from rude, vulgar language, negative comments, gossip, and other inappropriate behaviors while in the presence of our athletes or cheer families.
- Please keep in mind that we are trained and equipped and do not need parental assessments of their athlete's skill level, abilities, etc. The coaches must make the best athletic decisions for the team. Please help your athlete and the coaches by not placing value on specific positions, formations, and activities.
- All practices are CLOSED! Only coaches and athletes are allowed in the gym/practice area. However, throughout the season, you will be invited to view practices. This is an exciting opportunity to see the growing process that leads to the final product. Parents are there as spectators and not as coaches or critics. During open practices we ask parents to refrain from interacting with the cheerleaders.
- Be prepared for the inevitable: On occasion, there will be practices where your athlete walks away feeling frustrated, discouraged, or with hurt feelings. As the adult, he/she is going to vent to, please help him/her process feelings in a healthy manner and regain perspective.
- There will be weeks where your cheerleader is busy with school, cheer, birthdays, etc. Please help your athlete stay organized, efficient, and ultimately successful.
- Please be creative and proactive in consequences for your athlete's misbehavior at home or in school. Prohibiting him/her from attending practice punishes the coach and every other athlete on the team. However, TNR is committed to your athlete's academic and personal success, as well as, athletic success. We are available to get involved to come up with a creative solution that will encourage higher levels of conduct and fair consequences for misbehavior.
- When a question or concern arises, we ask that parents exercise healthy communication and time boundaries when seeking clarity. If for some reason you become unhappy with a decision or process, we ask for a 24 hour buffer before contacting the coach/Christina. This allows for balanced emotions and perspective which leads to quality conflict resolution. All parents should refrain from negative discussions with other parents or their athlete before resolution. This will result in having a negative effect on all parties involved.
- If a parent becomes problematic in behavior, attitude, or financially, the athlete's ability to participate may be affected.
- Communication is provided primarily in the following ways:
 1. Via Text
 2. Remind
 3. www.tumble-n-roll.com
 4. Your squads Facebook Page
 5. Tumble-N-Roll Facebook Page
 6. Parent Meetings
 7. Monthly Newsletters
 8. Via the Team Rep
 9. Posted announcements and handouts given at gym

It is solely your responsibility, as a parent, to keep up with the updates.

Choreography Camp

Attendance at all Choreography dates is **MANDATORY**. ***Please submit all planned vacations or dates your athlete can NOT attend to me immediately, so I can work to plan our camp dates accordingly. Choreography Camp fees are set by the choreographer. We also must order custom music and purchase copy rights to all music used. The choreography camp fees are all-inclusive (choreography, music, & copy right purchase).

Practice wear and Uniforms

Each cheerleader is required to have Tumble-N-Roll uniform, make-up, competition bow, shoes, and practice wear.

Upon registering for evaluations, all athletes received a t-shirt. All athletes should wear this t-shirt to all cheer practices with black shorts and hair pulled up. We will be ordering new practice wear in the next few weeks. Practice wear is being designed at this time.

Team Rep Volunteers

Team reps will be appointed at the start of the season. They are the primary contact for a great deal of information including competition details, practices, etc. Your team rep will be your primary contact at competition. The coaches need to be able to focus on the athletes, warm-ups, and performances. The team rep will also ensure hair and make-up is performance ready. We will hold a training class with the team rep volunteers giving detailed instructions on the “how-to’s” to be competition ready. I will do my best to secure passes for team reps at competitions.

Team reps are volunteers and should be highly praised for their dedication to the job. Please treat them with courtesy and consideration for their efforts.

Team Gifts

It is not uncommon for Team Reps to organize team gift to give athletes at competitions. This by no means is required, and should not become a financial burden on the team rep or parents.

Financial Policies

Being placed on a Tumble-N-Roll All-star team is a full season of commitment to practices, camps, competitions, etc. There will be NO refunds for athletes that quit or are removed from a team. If a child quits or is dismissed from the program, all monies will be forfeited. You are responsible for all fees for the entire season. All tuition is due by the 7th of each month. Failure to keep up with payments will result in removal from our program. Payments can be made in our lobby or online through the payment portal. TNR offers automatic draft to save you additional costs and worry. See us for more details.

All athletes must have a credit card on our online class portal. There will be a \$10 late fee assessed on the 10th of each month to any account with an unpaid balance. NO EXCEPTIONS. If your payment is declined, a \$30 fee will be charged and participation in classes will be suspended until the account is current.

Tuition is a set fee that all all-star athletes must pay for the duration of the season (May '18 – April '19). It will not be prorated for holidays, missed practices, injuries etc. Failure to attend practices due to injury or other reasons does not waive any tuition fees.

May 2018 – April/May 2018. Beginning Wednesday, all teams will begin practicing. Pricing for tuition is as followed:

Mini and Youth Teams:

- Tuition is prorated for May to \$30.
- June – August tuition is \$80 per month. This includes one day of cheer and one day of tumbling.
- September – April tuition is \$100 per month. *We add an additional day of cheer to our practice schedule

Junior and Senior Team:

- Tuition for May is prorated to \$30.
- June – August tuition is \$100 per month. This includes one day of cheer and one day of tumble.
- September – April, tuition is \$125 per month. *We add an additional day of cheer to our practice schedule.

**IF you have multiple athletes, we extend discounts. Please see Coach Christina for your rate!

Mandatory Items

Practice wear: Shirts will be provided once they have been received. Black Shorts. You will also be ordering a bling custom practice wear set. Cost is \$50-\$55.

Shoes: Athletes should have clean, white, presentable cheer shoes for competition.

Make-up & competition bow: Purchase when competition season approaches

Uniform: Athletes will be fitted for appropriate sizing. You will order directly from the uniform rep. You will also have the option to purchase a gently used uniform.

Competition fees are the responsibility of the athlete/parent. Fees are determined by the competition company. All parents will be notified of fees with plenty of time to prepare for payment. Fees vary from event to event.

Optional Items

Warm-ups, t-shirts, hoodies: Warm-ups are not required, but look nice to wear at competitions. At competitions, athletes may wear any Tumble-N-Roll jacket, hoodies, or pants or any plain black jacket or pants. **Plain black means no piping or colors of any kind. Sizing for warm-ups will be in the fall.

Cross Competitors

In the event of having crossovers, the parent will be responsible for crossover fees (competition fee). No additional tuition charge.

Discounts

Families with multiple athletes: See Coach Christina

Vanishing Tuition: For athletes who have been LOYAL members of Tumble-N-Roll All-Star Cheer, I will begin extending discounts to my loyal athlete's as followed for this upcoming year moving forward:

- | | |
|---|--|
| - 4 Years: Minus \$10 off monthly tuition | - 5 Years: Minus \$15 off monthly tuition |
| - 6 Years: Minus \$20 off monthly tuition | - 7 Years: Minus \$25 off monthly tuition |
| - 8 Years: Minus \$35 off monthly tuition | - 9 Years: Minus \$45 off monthly tuition |
| - 10 – 11 Yrs: ½ Price tuition | - 12 Years: ½ Price + \$500 Scholarship at end of season |

**For your athlete's discount, please see Christina.

Fundraisers

We will be doing active fundraising all season long to help offset costs and fees. There will be gym-wide fundraising opportunities, as well as, fundraisers per squad.