Mission Statement

Our mission is to have an important positive impact on your child’s future! We are not only committed to helping each child become the best athlete they can be, but to ensure they become champions in cheerleading and in life! We hope that our athletes will take with them the character traits learned in our gym, when it is time to move onto their next phase in life!
We will always value character over winning and that you win from within!

Team Philosophy

Members of the Dynamite Cheer All Stars agree to put their team ahead of themselves, the individual athlete. All decisions will be made in the best interest of the team and program, above the individual.

Competitive Cheerleading Commitment

The decision to enter competitive cheerleading is an important and exciting step in the life of your child! With that said, we ask that you examine very carefully the financial, and time commitment required to be a member in good standing with our program and what is required from both the athlete and parent.

Our Commitment

Our goal and commitment to our athletes and families is to help them go as far in cheerleading as their ability and desire will take them. Our coaches will place cheerleaders where they will be happy, safe and confident. This means every cheerleader must be able to perform the skills and routines required at a given level comfortably. The skills should not be at the edge or beyond their ability level. We can never ask or expect our athletes to perform skills or routines in a competition, which they cannot perform consistently in practice.

WHAT IS THE VALUE OF SPORTS TO MY CHILD?

The cheerleading world provides an exceptional opportunity for every child to experience individual growth and development in a number of area’s. Your child can reap the benefits of physical, social and mental growth by being involved in competitive athletics!
Participation in athletics trains young people to become more aware of their bodies physical capabilities. They will develop greater cardiovascular capacity, strength, and flexibility. In general, they will become more physically fit, a dimension that becomes more important as we get older. In addition, the concern for fitness can become a life-style for them early on rather than something they must develop later in life. The social benefits for sports participation are numerous. Meeting new and different friends from various cultural, religious and ethnic backgrounds provides a solid base for interpersonal interactions. Learning the efforts and rewards of individual and team cooperation and sharing toward a common goal builds values that have long-range effects, not only in young people’s social and personal lives, but later in their professional lives as well. The list of character attributes that can be attained through sports is indeed very long. Self-esteem, leadership, independence, assertiveness, pride and confidence are just some of the traits necessary to a successful competitor in athletics. More important, they are traits with carry-over values that will enable your child to be better prepared in any walk of life.
HOW CAN COMPETITIVE CHEERLEADING BE IMPORTANT TO MY CHILD?

Competitive cheerleading is one of the greatest experiences that can be achieved in sports. The amount of dedication necessary is equal to any other obligation, and the lessons learned through cheerleading are life long, in repaying themselves. To be able to rejoice in the success, as small or large as it may be, is the ultimate goal of the competitive cheerleader. At Dynamite Cheer All Stars we have made it a priority that our program delivers more than just physical development but also; self esteem, motivation, confidence, discipline, dedication, accountability, work ethic, time management, team work, cooperation, spirit, leadership and sportsmanship! When our cheerleaders are done in their sport they will have established a base of life long skills that will assist them through the rest of their lives! We measure our success not by number of trophies on the wall, but rather on what each child can take with them once they leave the sport of cheerleading!

Compliance and adherence to the following will ensure another successful year!

Rules and Regulations:

1. No smoking, drinking of alcoholic beverages, or use of drugs. This will warrant dismissal from program.

2. Challenging the authority of the coach or person in charge, by athlete or parent, will be an automatic dismissal from program.

3. Abusive behaviour, lying or any form of negative behaviour will warrant dismissal from program

4. Each athlete will follow all rules and regulations given by a member of staff or person in charge

5. Any negative behaviour towards our program, regardless of medium used, will warrant dismissal from program

6. No athlete will wilfully damage or vandalize the property of others, which includes but is not limited to the following; hotel rooms, facilities at competitions/practices/events, Dynamite Cheer All Stars property, property of a team-mate or coach

Athlete Expectations

1. Athletes will behave in a manner that appropriately and positively represents the Dynamite Cheer All Stars at all times

2. Each athlete must be aware of the responsibilities and commitments required of them

3. Each athlete is expected to work hard towards goals set for themselves and the team

4. Athletes must be dressed accordingly for all practices, competitions and events as set out by the coaches
5. Athletes must keep their apparel in good condition and will be responsible for replacing lost or damaged items

6. Athletes understand that a one year commitment is required. This commitment will be considered fulfilled at the completion of the final competition of the season.

7. All practices are closed to family, friends and visitors

8. All cell phones must be turned off while in the gym and left in the change room

9. All female athletes are required to wear tight fitting shorts or a pair of bloomies under their shorts at all times

10. No jewelry or piercings can be worn during practice or competition. If an athlete has a new piercing and wishes to keep it in for practice, it must be taped. Any injury caused by the piercing/jewelry is the fault of the athlete/parent

11. An athlete may not perform or compete with any other competitive cheerleading team with the exception of a school squad so long as it does not conflict.

12. Remain mindful that your decisions, whether you are actually wearing anything displaying the gym or team logo at the time or not, affect and can be a negative reflection of yourself, your parents, your team and the program. Athlete’s should take pride in wearing the team colours and conduct themselves accordingly to uphold the legacy of the Wolverines.

13. Accept both constructive criticism and praise for a job well done

14. Will Not Bully! Dynamite Cheer All Stars is a BULLY FREE ZONE!
Our desire is to work in a positive way with all athletes. Should a problem arise rest assured that we will make every effort to find an acceptable and creative solution, while also enforcing our policies, in a fair and consistent manner.

**Attendance Expectations:**

1. All practices are mandatory

2. All competitions are mandatory. Being absent for a competition can result in dismissal from the program

3. Athletes must be on time all the time. Lateness is disruptive.

4. No practices can be missed the week of competition. In the event you are absent or not participating in practices the week of competition you will be removed from the routine and not compete. All decisions will be made in the best interest of the team, not the individual.

5. Missing or being late/leaving early multiple times will result in disciplinary action and could mean dismissal from team/program
6. Any athlete or parent being dishonest regarding an absence will be removed from the program immediately.

7. A parent must contact the gym regarding any absence via phone or email. Texting/facebooking from athlete or parent will not be accepted as notice.

8. Failing to notify the coach that you will be absent from practice will be counted as a no show and could result in routine changes/removal from choreography.

9. There are no makeups for missed practices.

**Illness**: When an athlete is ill (excluding; fever, vomiting or contagious illness) they must attend practice and do what they can safely. If they must sit out and cannot participate they still need to attend to not fall behind in changes/new material. Those who are absent are responsible for catching up on missed material before their next practice. Athletes who are sitting out of practice will be given conditioning and stretching they can do safely.

**Injury**: In the event the athlete is injured coaches need to be notified immediately. Coaches need to know severity of injury, length of recovery and what they athlete can and cannot due while recovering. All injured athletes missing or sitting out of practices must present a doctors note to return to participation. Injured athletes must continue to pay their tuition and attend practices as usual to keep up to date for their eventual return to the routine. Athletes who are sitting out of practice will be given conditioning and stretching they can do safely.

**Family Emergency**: Please refrain from using this term lightly, however, in the event of an emergency please contact the gym.

**School Work**: School is considered your first priority and we stress the importance of your education, however, school work cannot be used as an excuse to be absent from practice. Athletes are expected to manage their time to complete school work and study ahead for test and projects so that it does not interfere with the athlete’s responsibility to their team.

**Extracurricular and Jobs**: Extra curricular and jobs need to be scheduled around the commitment to your team.

**School Trips**: School trips will be excused within reason i.e required for a grade. Early communication with your coach is key! If the trip falls in close proximity to a competition a discussion needs to take place well in advance with your coach and a parent. Competitive cheerleading is a TEAM sport. Commitment to your teammates is of utmost importance. Unlike other sports, cheerleading has no second string. If someone is missing we cannot pull from the bench to replace them. Attending practice is mandatory in order to participate. The greatest benefit of being part of a team is the sense of belonging; this can only be achieved by being dedicated, being reliable, and following the rules.
Competitions

1. Athletes are expected to attend competitions through to the end of the awards ceremony.

2. Athletes must arrive on time dressed according to guidelines set out later in this handbook.

3. If you are ill we still need you to attend and compete. We will modify your choreography as best we can to help reduce your work load but the team needs you there to perform a complete routine.

Safety

1. Jeopardizing the safety of oneself or any other athlete or coach is reason for dismissal from program.

2. Gum, candy, and jewelry/piercings are prohibited at practice.

3. Only water is permitted in the gym! No juice, gatorade etc.

Parental Obligations

1. Please ensure your son/daughter arrives on time to practices and competitions.

2. Parents are to inform the gym of lateness or absence.

3. Parents are to fulfill financial obligations on time.

4. Parents are to ensure their athlete is dressed accordingly at all functions.

5. Parents are to conduct themselves in a sportsmanlike manner at all times.

6. Parents will respect that practices are closed.

7. Parents will treat all staff, coaches, athletes, other teams, parents and officials with the utmost respect.

8. You will raise any concerns you may have with coaching staff or administration in a respectful manner and in an appropriate time and place.

9. It is the parent’s responsibility to notify the coach if you feel your daughter is not at full capacity to practice. This must be done ahead of time, not at the beginning of practice.

10. Threatening to remove your child from the program will result in immediate dismissal from the program.

11. Practices and competitions are not to be withheld as punishment for your child’s behaviour. This punishes the whole team and could jeopardize your child’s spot on the team.
12. Only Dynamite Cheer All Stars staff may teach or spot skills! It is possible that an athlete may have to leave our program due to the actions/inactions of their parents. While we never want to punish a child for the actions of his/her parents, we will not tolerate parents who, by their words or actions, do not support the policies and values of our program.

As a parent you will not agree with every decision we make. The staff makes decisions based on the best interest of the entire team and program and not for any one individual. All rules and regulations will be enforced. We ask that you are willing to trust in the program’s history and past accomplishments and the staff to provide the best experience possible.

Communication With Your Athlete

Make sure your athlete knows that win or lose; you love them and are proud of them. Some times comments made are not intended to hurt the athlete but do. Try your best to be completely realistic and honest about your child’s actual athletic abilities, attitude, sportsmanship, work ethic and skill level. Do not compete with the coaches. If your athlete is receiving mixed messages from two different authority figures it can create confusion and disrupts progression. We will not attempt to parent your child, please refrain from coaching them. Do not compare skill, attitude or position of your athlete with any other. Your athlete is unique and special in their own way. Remember children tend to exaggerate both with praises and critiques/criticisms, temper your reaction and investigate before acting.

Communication With The Coaches

Any concern or question you have should be brought to the attention of the coaches and gym owner, not other parents. We cannot address or solve any issue if we are not aware of it. Please avoid spreading negativity and gossiping. Parents must chose an appropriate time and place to have discussions with staff. Do not approach a coach during a practice. If you are not able to speak with them before or after practice, you can email or call the gym. Do not confront any staff member if you are emotional. Please observe a 24 hour cooling off period. Meetings with coaches or owner are not to be discussed with other parents.

Uniform Policy for competitions

Athletes must be in full uniform or none at all. Athletes are permitted to wear a Dynamite Cheer All Stars athletic jacket with their uniform, but nothing else. Athletes cannot wear any shoes but cheerleading shoes with their uniform, i.e no ugggs, flip flops etc. At no time can an athlete have their top or skirt unzipped or rolled up or down. Injured athletes who are not competing must still be in full uniform for awards and team photos.

Practice Dress Code

Athletes are required to wear proper athletic attire to all practices, Proper attire includes: Dynamite Cheer All Stars t-shirt, tank top and shorts (if loose fitting must wear bloomies underneath). All athletes on a junior team or above must have a pair of cheerleading shoes. The following are the brands permitted: Kaepa or Asics, no outdoor shoes can be worn in the gym.
Traveling Dress Code

When traveling with the Dynamite Cheer All Stars each athlete must be dressed appropriately. Athletes will not be permitted to wear short shorts, short skirts, short dresses, or low cut tops (capris and mid length skirts or dresses will be permitted). All athletes will need to be in either a Dynamite Cheer All Stars jacket or sweater at all times.

Travel

Each year the Dynamite Cheer All Stars teams travel to out town of competitions. This trip is designed so that our athletes have a chance to compete against great teams, and also get to watch live some of the World’s best teams. It is also a great opportunity for learning and development as an athlete and as a person! Athletes will have the opportunity to develop time management, money management, decision making and more! It is mandatory that all athletes traveling out of country have a valid pass port. Proof will be requested by your coaches in the fall. Junior, Senior and Open team athletes will travel and room with their teammates. Parents may opt their athlete out of the travel dates (and incur the extra costs) however, their trip fee will not change as it is not fair to increase the fee of those athletes with parents not attending. An itinerary will be provided and will include the times that the athletes must be with their team and coaches, Athletes will remain with the team and coaches at all times.

Stunting Outside of Practice

At no time may any athlete participate in stunting/tumbling outside of our facility, unless in a supervised environment with a qualified coach and proper equipment. i.e no stunting/tumbling in the backyard, school yard or pool.

Communication Agreement

Each week an email blast will be sent out to all parents. It is the responsibility of each family to provide an email address you check regularly and keep us up to date of any address changes. Any important information will be sent via email and uploaded to the website (increased use of the members area this season). It is the parent’s responsibility to stay informed.

Material Agreement

As a member of the Dynamite Cheer All Stars, any material (cheers, pyramids, stunts, transitions, dances, music, routines or any choreography) may not be used or taught to anyone outside the program. All material is owned and may not be reproduced or taught in any manner without prior written consent. Anyone violating this agreement may be removed from the program. Subsequently; no videos, or music may be posted online unless asked to do so by a coach. This includes but is not limited to facebook, twitter, message boards, my space or you tube. Please share this policy with your friends and family.

Logo Agreement

Any item (clothing, promotional or other) bearing the Dynamite Cheer All Stars name or logo must be pre-approved in writing. Anything created without consent or approval violates trademark laws and cannot be worn or sold independently.
Team Placement and Choreography

All routines, choreography, stunt position, routine placement and skill inclusion are at the full discretion of the coaches. Parents may discuss with the coach how their child could move up in a formation, have a skill in the routine etc but they may not question the decisions of the coaches. Athletes and parents do not have a say in routine formation, stunt position etc. Routine choreography is the result of a time intensive, complex and comprehensive process that takes many factors into consideration. To name a few: athlete’s ability, athlete’s potential, athlete’s attitude, athlete’s concern for safety and technique, and athlete’s position and versatility.

Tumbling

Each athlete will have access to tumbling instruction in the gym. It is important that parents are aware that all athletes will progress at different rates and everyone’s motivation levels are different. No skill is ever guaranteed and there is no price tag on tumbling skills. Athletes will all be given the same tools and coaching and will acquire new skills at their own rates.

Sportsmanship

No athlete is permitted to engage in any type of unsportsmanlike behaviour through, but not limited to, any of the following mediums; facebook, my space, you tube, fromspring, message boards, in person or through text/email.

Competition Information

We do not receive competition information until one week prior to the event. The Monday before the competition you will receive an email with all the event details. Please do not request this information sooner as we do not have it. Schedules can change multiple times throughout the week leading up to the event, be sure to continue to check your emails.

Inclement Weather Policy

In the event we must close due to extreme weather we will notify each family via email, as well as update our website, phone message, and facebook page. If it is close to a competition the Coach may call an additional practice (at no extra charge to parents) to prepare for the event.

Injury - NEW

Cheerleading is inherently a high risk sport. We want all parents to be fully aware of the risk involved in the sport of Cheerleading. With speed, motion, height, flight and difficulty of skills, we make every effort to achieve and maintain a safe environment for our athletes. An athlete may sustain an injury during training, competition or outside of cheerleading. While we work vigorously to prevent injuries through conditioning, flexibility, training, proper supervision, correct technique and progressions, some injuries can occur. Because each athlete and each injury are unique, the following guidelines apply:

If you are concerned, seek medical attention and report to your coach. Training will continue with modifications if needed. Please be sure to seek advice from your doctor about what you can and can’t do, as well as how to rehabilitate the injury. Keep communication open with your coach about your recovery. You must have a written statement from your doctor to resume activity.
Fundraising

Fundraisers will be offered to all athletes throughout the year. All fundraising goes into an account held for the athlete. One mandatory fundraiser will be done each year with all proceeds staying with the gym. At no time is the fundraising paid out to the family. It will be paid out on your behalf for competition fees, apparel, tumbling lessons, etc. Fundraisers are optional with the exception of our full gym fundraiser. All fundraising amounts must be used up by the final competition of the season and will not roll over to the following season.

Financial Policies

Monthly Fees

Monthly fees are fees that are broken into four equal payments for your convenience. Fees are not prorated for closures as this is already taken into consideration in the tuition fee.

These are due on the 1st of each designated month. Payment methods accepted are bank draft, cheque or cash.

A void cheque or automatic with drawl form is required to be on file. In the event we do not receive the monthly payment on the 1st of the month, on the 5th your account will be charged including the $10 late fee. If the payment is declined all gym activities will be suspended until full payment including late fees are made.

Payments not received on the 1st of the month will be assessed a late fee of $10.00. After 2 weeks your child will be suspended from all gym activities until the total amount including late fees is brought up to date. This may mean being removed from the competition routine and not competing at events in that month.

NSF Fee’s

Any payment that is returned or declined will be subject to a $25 fee
In the event 2 payments are declined all future payments will be due in cash by the 20th of the previous month.

Balances

After 30 days unpaid balances will be sent to collections.

Refunds

Registration fees, clothing fees, cheer camp fees are NON-REFUNDABLE

Travel Fees will only be refunded if paid in full, however once any aspect of our trip has been booked and paid for then that portion of the trip fee will be NON-REFUNDABLE. Also all travel fees will be NON-REFUNDABLE 60 days prior to the trip.
Monthly fees (this includes coaching and tumbling fees) will only be refunded if paid in full and will only be for remaining months that have not been used. Once an athlete has attended one practice in any given month that month becomes NON-REFUNDABLE.

Fundraising money is NOT eligible for refunds

Leaving the Program

Any family leaving the program on or after December 15th 2013, unless for injury or moving away a distance of more then 50 kilometers, will not receive any refund. You will also be required to pay for the remainder of the season. This creates an immense hardship on the team and should be avoided at all costs.

*Athletes deciding to leave the program or who have been removed form the program will not be released to any other team for the remainder of the current cheerleading season.*

Payment Arrangements

In the event more then one person is making payments on an athlete's behalf, the gym must be notified of the arrangement in writing.

Discounts

Sibling Discount: Families with 2 or more children in the program will receive a discount 10% off the first payment for the 2nd and subsequent siblings.

This is only applicable for family that register at the June try-outs.

Competition Hair and Makeup

At this time we have not made the final decisions on hair and makeup for the upcoming season. This will be discussed with each team prior to their first competition. You can also inquire with your Coach in the fall. A parent meeting will be held to demonstrate all hair and makeup!

Please complete the last page of this document and turn in at the end of the parents meeting.
Handbook Agreement

I have read and understand all information, policies, rules, regulations and guidelines included in the handbook. I understand it is my responsibility to be knowledgable about all policies and procedures contained in this handbook and that Dynamite Cheer All Stars will not make exceptions for me should I compromise my involvement with the club as an athlete or parent. I realize that Dynamite Cheer All Stars reserves the right to change, amend, or assess the stated policies and procedures as deemed necessary on a case by case basis.

Athlete Name: ______________________________________

Athlete Signature: __________________________________

Parent/Guardian Name: _______________________________

Parent/Guardian Signature: ____________________________