



**All Star Program  
2011-2012**

**Cheerleader and Parent Handbook**



Dear Parents,

The All-Star cheerleading program was established in 1994 with the opening of the parent corporation, Young's Gymnastics & Cheerleading, Inc. The program name was changed to the **Wake Forest All-Stars** in 2003 when it was decided to increase the competitiveness of the teams. In past years we have had to limit the number of teams that we could field to only 5 or 6 because of space limitations in our main gym. In February of 2009 we moved our WFAS program into its own facility beside our main gym, Young's Gymnastics & Cheerleading, Inc. So now, the **Wake Forest All-Stars** program has its own gym as well as access to the main gym giving our athletes more spring floor square footage to practice than any other gym around! We have two regulation 42' x 54' spring competition floors, a 36' x 42' spring floor, and a 12' x 50' spring tumble strip as well as 2 tumble tracks!

In the past, due to space limitations and the increased skill levels of our current athletes, we had to implement tryout standards and not everybody always made a team when trying out for our program. At our last tryout for the 2008-2009 season, all girls 9 and older were required to have a minimum of a back handspring and a round off back handspring in order to make a team. Our 18 and younger team was required to have a toe touch back tuck and at least a round off back handspring layout. Eight year olds and younger do not have requirements as of yet and are placed on their age appropriate team. With the move into the new **WFAS** gym, standards and requirements will be relaxed somewhat this year as we will be able to field more teams than in years past. All athletes ages 4-11 **WILL** make a **WFAS** team for the 2011-2012 season! Since the inception of the **WFAS** program, our teams have grown tremendously in both skill and confidence and we are looking forward to the 2011-2012 competitive season.

At **WFAS**, we believe in building the whole athlete. Our program does not place emphasis solely on physical strength and competitive achievement, but we also believe in developing the character and values of each of our athletes. Competitive cheerleading provides an excellent opportunity for participants to develop self confidence, leadership, effective time management and teamwork. We take a personal interest in each of our athletes and believe that our commitment to personalized and individual attention allow each cheerleader to reach their full potential and achieve all of their goals both in the gym and in life.

In just 8 seasons, the **Wake Forest All-Stars** have already proven themselves to be a strong force on the All-Star cheerleading circuit. Our talented and **stable** coaching staff, innovative choreography, committed athletes, devoted parents, and strong organizational foundation have all contributed to the success of our program and enabled our gym to advance at an unparalleled pace! It is our intention to establish **WFAS** as a powerful contender for many years to come and we welcome all athletes who are looking to build and grow with us.

We measure success on the positive influence we have on our athletes!

**Shannon and Alan Young**



Welcome to the Wake Forest All Star program. We are delighted that you have chosen to become a part of one of the most prestigious all star programs in the state. Our mission at Wake Forest All Stars is to enrich the lives of the children and their family through the sport of competitive cheerleading. Our goal each day is to teach our athletes the value of commitment, hard work, integrity, leadership, self confidence, positive attitude and a love for the sport. It is our goal to be the very best All Star program in the country. Each and every family is important to us and our program. We invite you to come and see what it is like to be "A member of the PACK"!

**Take a moment to read through the entire packet, as we have made several changes!**

After you have read and understood the tryout packet, **please fill out the following pages prior to tryout:**

Financial Commitment/ Credit Card Info, Information for Team Rep, Tryout Form, Member Information Form, Rule compliance Form, and liability waiver form .

**Any Questions may be addressed to:**

\*Lisa Pitzer/Office Manager: [office@youngsgym.com](mailto:office@youngsgym.com)

\*Stephanie Poole/All Star Manager: [Stephanie@wakeforestallstars.com](mailto:Stephanie@wakeforestallstars.com)

\*Shannon Young/Owner: [Shannon@youngsgym.com](mailto:Shannon@youngsgym.com)

**ALL GYM FEES FROM THE PRIOR SEASON MUST BE PAID IN FULL BEFORE YOUR CHILD WILL BE ALLOWED TO TRYOUT FOR THE UPCOMING SEASON.**



## Teams:

<b>Name</b>	<b>Division</b>	<b>Level</b>
<b>Wolf Pups</b>	<b>Mini</b>	<b>1</b>
<b>Timber Wolves</b>	<b>Youth</b>	<b>2</b>
<b>Red Wolves</b>	<b>Youth</b>	<b>TBA</b>
<b>Gray Wolves</b>	<b>Senior</b>	<b>2</b>
<b>Black Wolves</b>	<b>Junior</b>	<b>TBA</b>
<b>Alpha Wolves</b>	<b>Senior</b>	<b>5</b>
<b>Silver Wolves</b>	<b>TBA</b>	<b>Fall Team</b>
<b>Tundra Wolves</b>	<b>TBA</b>	<b>Fall Team</b>

These are the possible teams that we may field in a season. The determination for which of the above teams are used in a season, if not all, is made after tryouts when appropriate ages have been determined and skill levels of athletes have been evaluated.

All team levels will be announced at the end of the summer to make certain that each team is placed in its most competitive division with the greatest chance for success. Announcing levels at the end of the summer allows our coaches to work with their respective teams for 2 months and properly evaluate the team's progress. The exception to this is the Wolf Cubs, our Tiny team which can only compete in the Level 1 division.

# Summer Training Schedule & Costs

## Summer Training Schedule: June - August

For the summer months, June-August, we will be running practices TWICE per week. We strongly recommend that all athletes use their “off-season” training time to work on new skills and get extra training time in.

We do understand that most families take vacation in during the summer; however, we ask that you work with us to keep missed practices to an absolute minimum. **We ask that you notify us immediately of any dates that you will be out of town so that we can plan practice accordingly and work around vacation time.**

Below please find the Summer Practice Schedule and summer monthly tuition costs. Should you have any questions please do not hesitate to contact us. **We will fill in teams at the time of Tryouts!**

**\*This is a skeleton of a schedule that will be filled in once team selections have been made!**

Monday	Tuesday	Wednesday	Thursday
<b>4:30-6:30 Red Wolves Practice (new gym)</b>	<b>3:30-5:30 Alpha Practice (new gym)</b>	<b>4:30-6:30 Red Wolves Practice (new gym)</b>	<b>3:30-5:30 Alpha Practice (new gym)</b>
<b>6:15-8:15 Black Wolves Practice (new gym)</b>	<b>5:30-6:30 Jr/Sr/Red wolves Conditioning (old gym)</b>	<b>6:15-8:15 Black Wolves Practice (new gym)</b>	<b>5:15-6:45 Timber Practice (new gym)</b>
<b>4:30-5:30 Jr/Sr Conditioning Class (old gym)</b>	<b>5:15-6:45 Timber wolves Practice (New gym)</b>	<b>4:30-5:30 Jr/Sr Conditioning (old gym)</b>	<b>6:30-8:30 Gray Wolves Practice (old gym)</b>
	<b>6:30-8:30 Gray Wolves Practice (old gym)</b>		<b>6:30-7:30 Pups Practice (new gym)</b>
	<b>6:30-7:30 Pups Practice(New gym)</b>		

After tryouts, when it is determined exactly which teams we will be fielding for the season, you will be told which of the above summer practice times applies to your athlete.

Note: This schedule is for **JUNE-AUGUST ONLY!**

## Summer Costs:

TEAM NAME	TUITION
<b>Wolf Cubs</b>	<b>\$70.00/month</b>
<b>Wolf Pups</b>	<b>\$70.00/month</b>
<b>All Other Teams</b>	<b>\$90.00/month</b>



## WFAS Summer Team Camp:

**\*Dates & Times May Be Added With The Possibility Of More Teams After Tryouts**

. Our stunt clinics will be instructed by Amy Tyler. She is former all star gym owner and current judge for various national events.

### Stunt Clinics: June 9th-12th

Thursday, June 9th	Friday, June 10th	Saturday, June 11th	Sunday, June 12th
<b>3:30-9:30 Alpha</b>	<b>5:00-6:30 Pups</b>	<b>8:30am-10:30am Timber</b>	<b>9:00-11:00 Timber</b>
	<b>5:00-7:00 Red</b>	<b>8:30-11:00 Black</b>	<b>11:00-1:00 Red</b>
		<b>12:00-2:30 Black</b>	<b>2:00-4:00 Gray</b>
		<b>12:00-1:30 Pups</b>	
		<b>2:30-4:30 Gray</b>	



## WFAS Summer Choreography Camp:

**\*Dates & Times May Be Added With The Possibility Of More Teams After Tryouts**

Choreography is **MANDATORY** for **ALL WFAS** team members! If an athlete has a conflict with choreography dates that cannot be resolved she will be placed as an alternate on that team!

<b>June 17th-19th</b>	<b>Timber Wolves</b>
<b>June 24th-26th</b>	<b>Red Wolves</b>
<b>July 15th-17th</b>	<b>Wolf Pups</b>
<b>July 22nd-24th</b>	<b>Black Wolves</b>
<b>July 28th-31st</b>	<b>Alpha Wolves</b>
<b>August 5th-7th</b>	<b>Gray Wolves</b>

Choreography camps are **ALL** weekend long! Team bonding events will be planned for each team. Former **WFAS** cheerleaders will attest that these are long, exhausting weekends in which great amounts of material are taught; however, much reward and satisfaction is attained by learning and absorbing an entire routine in a weekend! This achievement, when combined with the fun team bonding, makes for an enjoyable and memorable occasion for all of the athletes and coaches involved.

# 2011-2012 Season Schedule & Costs

## (September 2011-March 2012)

### Season Schedule:

Monday	Tuesday	Wednesday	Thursday	Saturday	Sunday
<b>4:30-6:30</b> Red Wolves Practice (new gym)	<b>4:30-6:30</b> Timber Wolves Practice (new Gym)	<b>4:30-6:30</b> Timber Wolves Practice (new gym)	<b>4:30-6:30</b> Red wolves Practice (new gym)		<b>1:00-3:00</b> Alpha Practice (new gym)
<b>6:15-8:15</b> Alpha Wolves Practice (New Gym)	<b>5:30-7:30</b> Gray Wolves Practice (Old Gym)	<b>6:15-8:15</b> Black Wolves Practice (New Gym)	<b>6:15-8:15</b> Gray wolves Practice (Old gym)		<b>3:00-5:00</b> Black Wolves Practice (new gym)
	<b>5:30-7:00</b> Wolf Pups (old gym)		<b>5:30-7:00</b> Wolf Pups Practice (old gym)		
	<b>6:30-8:00</b> Silver Wolves Practice (fall team) (New gym)		<b>6:30-8:00</b> Silver Wolves Practice (fall team) (New gym)		
	<b>7:00-8:30</b> Tundra Wolves Practice (fall team) (old gym)		<b>7:00-8:30</b> Tundra Wolves Practice (fall team) (Old gym)		

### 2011-2012 Season Costs:

TEAM NAME	TUITION
Wolf Cubs	<b>\$115.00/month</b>
Wolf Pups	<b>\$115.00/month</b>
All Other Teams	<b>\$125.00/month</b>



## 2011-2012 Costs:

- |                           |   |
|---------------------------|---|
| 1. Registration Fee       | \$35 for 1 <sup>st</sup> child child/\$20 each additional child |
| 2. 3 Team T-shirts        | \$45 (\$15 each)  |
| 3. Hair Bow               | \$25  |
| 4. Uniform                | \$280 (\$300 For Alpha)   |
| 5. Wind Suit              | \$75  |
| 6. Team Clinics           | Stunt: \$45(lev 1&2) \$65(lev 3-5)                              |
| 7. Choreography/Music Fee | \$175 per cheerleader per team except Alphas \$250              |
| 8. Coaches Travel Fee     | \$135 Alpha Wolves \$150  |
| 9. Make-up                | \$50(?)   |
| 10. Shoes                 | \$80  |
| 11. Team parties(2)       | \$35 (\$20 for Christmas party and \$15 end of yr banquet)      |
| 12. Monthly Tuition       | Varies per team   |
| 13. Competition Fees      | Varies per team   |

**Please note that transportation and lodging fees are not included in these amounts and must be arranged and paid for by each individually and separate from the Wake Forest All-Stars Program.**

# Wolf Cubs and Pups Information

**June-Aug tuition \$70 per month      September-March tuition \$115 per month**

**Registration Fee \$35 for 1<sup>st</sup> child/\$20 each additional child**

**Uniform \$280**

**Shoes \$80**

**3 team t-shirts \$45 (\$15 each)**

**Wind suits \$75**

**Hair bow \$25**

**Coaches Travel Fee \$150**

**Choreography/Music Fee \$175**

**Make-Up \$50(?)**

**Stunt Clinic \$45**

**Team Parties \$35**

**Competition Fees: \$823**

## **Competition Schedule:**

<b>Nov 6<sup>th</sup></b>	<b>\$65</b>	<b>Concord, NC</b>	<b>Cheersport Competition</b>
<b>Nov 13<sup>th</sup></b>	<b>\$65</b>	<b>Raleigh, NC</b>	<b>Cheersport Competition</b>
<b>Nov 19<sup>th</sup></b>	<b>\$45</b>	<b>Greensboro, NC</b>	<b>UCA Regional Competition</b>
<b>Dec 10 -11<sup>th</sup></b>	<b>\$115</b>	<b>Atlanta, GA</b>	<b>All-Star Challenge, Battle Under the Big Top</b>
<b>Dec 17<sup>th</sup></b>	<b>\$75</b>	<b>Raleigh,NC</b>	<b>Champion Cup, One day National</b>
<b>Jan 7<sup>th</sup></b>	<b>\$50</b>	<b>Charlotte, NC</b>	<b>Spirit Sports, Queen city classic</b>
<b>Jan 14<sup>th</sup> -15<sup>th</sup></b>	<b>\$128</b>	<b>Charlotte, NC</b>	<b>Spirit of Hope Nationals</b>
<b>Jan 21<sup>st</sup></b>	<b>\$45</b>	<b>Raleigh, NC</b>	<b>Champion Cup Regional</b>
<b>Feb 12<sup>th</sup> -13<sup>th</sup></b>	<b>\$105</b>	<b>Raleigh,NC</b>	<b>All-Star Challenge, King of the Jungle</b>
<b>Mar 3<sup>rd</sup></b>	<b>\$35</b>	<b>Raleigh,NC</b>	<b>Spirit Xpress Regional</b>
<b>Mar 24<sup>th</sup> -25<sup>th</sup></b>	<b>\$95</b>	<b>Myrtle Beach, SC</b>	<b>Spirit Sports, Battle at the Beach</b>

**Total: \$2,833**

# All other team Information

**June-Aug tuition \$90 per month      September-March tuition \$125 per month**

**Registration Fee \$35 for 1<sup>st</sup> child/\$20 each additional child**

**Uniform \$280**

**Shoes \$80**

**3 team t-shirts \$45 (\$15 each)**

**Wind suits \$75**

**Hair bow \$25**

**Coaches Travel Fee \$150**

**Choreography/Music Fee \$175**

**Make-Up \$50(?)**

**Stunt Clinic \$45**

**Team Parties \$35**

**Competition Fees: \$993 (this is the highest, could be lower depending on level of team)**

## **Competition Schedule:**

<b>Nov 6<sup>th</sup></b>	<b>\$65</b>	<b>Concord, NC</b>	<b>Cheersport Competition</b>
<b>Nov 13<sup>th</sup></b>	<b>\$65</b>	<b>Raleigh, NC</b>	<b>Cheersport Competition</b>
<b>Nov 19<sup>th</sup></b>	<b>\$45</b>	<b>Greensboro, NC</b>	<b>UCA Regional Competition</b>
<b>Dec 10 -11<sup>th</sup></b>	<b>\$115</b>	<b>Atlanta, GA</b>	<b>All-Star Challenge, Battle Under the Big Top</b>
<b>Dec 17<sup>th</sup></b>	<b>\$75</b>	<b>Raleigh, NC</b>	<b>Champion Cup, One day National</b>
<b>Jan 7<sup>th</sup></b>	<b>\$50</b>	<b>Charlotte, NC</b>	<b>Spirit Sports, Queen city classic (Levels 1-2)</b>
<b>Jan 14<sup>th</sup> -15<sup>th</sup></b>	<b>\$128</b>	<b>Charlotte, NC</b>	<b>Spirit of Hope Nationals</b>
<b>Jan 21<sup>st</sup></b>	<b>\$45</b>	<b>Raleigh, NC</b>	<b>Champion Cup Regional</b>
<b>Feb 12<sup>th</sup> -13<sup>th</sup></b>	<b>\$105</b>	<b>Raleigh, NC</b>	<b>All-Star Challenge, King of the Jungle</b>
<b>Mar 3<sup>rd</sup></b>	<b>\$35</b>	<b>Raleigh, NC</b>	<b>Spirit Xpress Regional</b>
<b>Mar 10<sup>th</sup> -11<sup>th</sup></b>	<b>\$220</b>	<b>Orlando, FL</b>	<b>UCA All Star Nationals (levels 3-5)</b>
<b>Mar 24<sup>th</sup> -25<sup>th</sup></b>	<b>\$95</b>	<b>Myrtle Beach, SC</b>	<b>Spirit Sports, Battle at the Beach</b>

**Total: \$3,133**

# Alpha Wolves Information

**June-Aug tuition \$90 per month      Sept-Apr tuition \$125 per month**

**Registration Fee \$35 for 1<sup>st</sup> child/\$20 each additional child**

**Uniform \$300**

**Shoes \$80**

**3 team t-shirts \$45 (\$15 each)**

**Wind suits \$75**

**Hair bow \$25**

**Coaches Travel Fee \$150**

**Choreography/Music Fee \$250**

**Make-Up \$50(?)**

**Stunt Clinic \$65**

**Team Parties \$35**

**Sports Bra \$35**

**Practice Bow \$20**

**Competition Fees: \$993**

## **Competition Schedule:**

<b>Nov 6<sup>th</sup></b>	<b>\$65</b>	<b>Concord, NC</b>	<b>Cheersport Competition</b>
<b>Nov 13<sup>th</sup></b>	<b>\$65</b>	<b>Raleigh, NC</b>	<b>Cheersport Competition</b>
<b>Nov 19<sup>th</sup></b>	<b>\$45</b>	<b>Greensboro, NC</b>	<b>UCA Regional Competition</b>
<b>Dec 10 -11<sup>th</sup></b>	<b>\$115</b>	<b>Atlanta, GA</b>	<b>All-Star Challenge, Battle Under the Big Top</b>
<b>Dec 17<sup>th</sup></b>	<b>\$75</b>	<b>Raleigh, NC</b>	<b>Champion Cup, One day National</b>
<b>Jan 14<sup>th</sup> -15<sup>th</sup></b>	<b>\$128</b>	<b>Charlotte, NC</b>	<b>Spirit of Hope Nationals</b>
<b>Jan 21<sup>st</sup></b>	<b>\$45</b>	<b>Raleigh, NC</b>	<b>Champion Cup Regional</b>
<b>Feb 12<sup>th</sup> -13<sup>th</sup></b>	<b>\$105</b>	<b>Raleigh, NC</b>	<b>All-Star Challenge, King of the Jungle</b>
<b>Mar 3<sup>rd</sup></b>	<b>\$35</b>	<b>Raleigh, NC</b>	<b>Spirit Xpress Regional</b>
<b>Mar 10<sup>th</sup> -11<sup>th</sup></b>	<b>\$220</b>	<b>Orlando, FL</b>	<b>UCA All Star Nationals</b>
<b>Mar 24<sup>th</sup> -25<sup>th</sup></b>	<b>\$95</b>	<b>Myrtle Beach, SC</b>	<b>Spirit Sports, Battle at the Beach</b>

**TOTAL: \$3,428**

**Worlds Will be held at the End of April!**  
**Expect around \$650 per girl for this trip!**

**Payment Schedule:**

**May Deposit:** 1/2 uniform, \$140 (Alpha: \$150), Shoes \$80, T-shirts: \$45, Hair bow, \$25  
Sports Bra if required, \$35, and Stunt Clinics, \$45-levels 1&2 or \$65 for levels 3-5

**TOTAL: \$335 or \$400**

**June 1st:** Tuition of \$70 or \$90

**June 15th:** Windsuit \$75, 1/2 choreography & music \$87.50, (\$125 for Alpha), Make Up \$50

**Total payment: \$282.50 or \$340 (Alpha)**

**July 1st:** Tuition of \$70 or \$90

**July 15th:** Balance of Choreography \$87.50 or \$125 for Alpha, Competition fees payment \$125

**Total Payment: \$282.50 or \$340 for Alpha**

**August 1st:** Tuition of \$70 or \$90

**August 15th:** Uniform Balance \$140 or \$150 for Alpha, Competition fees payment \$125

**Total Payment: \$335 or \$365 for Alpha**

**September 1st:** Tuition \$115 or \$125

**September 15th:** 1/2 Coaches Fee \$75, Competition fees payment \$125

**Total payment: \$315 or \$325**

**October 1st:** Tuition \$115 or \$125

**October 15th:** Balance of coaches fee \$75, Competition fees payment \$125

**Total Payment: \$315 or \$325**

**November 1st:** Tuition \$115 or \$125

**November 15th:** Team parties \$35, Competition fees of \$125

**Total Payment: \$275 or \$285**

**December 1st:** Tuition of \$115 or \$125

**December 15th:** Competition fees \$125

**Total Payment: \$240 or \$250**

**January 1st:** Tuition \$115 or \$125

**January 15th:** Competition Fees \$125

**Total Payment: \$240 or \$250**

**February 1st:** Tuition \$115 or \$125

**February 15th:** Competition fees Balance

**Total Payment: Varies depending on team**

**March 1st:** Tuition \$115 or \$125

**March 15th:** Alpha's only, Worlds Payment

**April 1st:** Alpha Tuition only \$125

**April 15th:** Alpha Worlds payment

## **WFAS Booster Club:**

To help offset the expenses of All-Star cheerleading, parents may choose to participate in the **WFAS** Booster Club. Membership is optional. Booster club finances are completely separate from Young's Gymnastics & Cheerleading, Inc. and are held in a **WFAS** Booster Club account. Disbursement and division of funds are the responsibility of Booster Club officers. **WFAS** management and ownership of Young's Gymnastics & Cheerleading, Inc. have no involvement, financial or otherwise, with the **WFAS** Booster Club. Activities and fundraisers held by the **WFAS** Booster Club are the sole responsibility of its officers and members.

Participation in the **WFAS** Booster Club can significantly decrease the expenses for All-Star cheerleading! Active involvement can result in credits of upwards to \$500-\$1000 to an account over the course of a season.

For the 2011-2012 Season, Anne Travis will be the President of the **WFAS** Booster Club. Anne has been a **WFAS** mom for 5 years and she has two girls that participate on **WFAS** teams. Anne will introduce herself and provide additional information about the **WFAS** Booster Club at our initial parent meetings held in May.



## FAQ'S

Q: How Much Does it Cost?

A: Each month you will pay 2 payments. One will be your tuition and the other will be the extras. You are looking at around \$3000-\$3500 a year for a brand new cheerleader.

Q: How do we get our uniforms?

A: We will have uniform fitting in the summer. You will have your uniform before the first competition.

Q: When Can my child "move up"?

A: We reserve the right to move a child at any given time.

Q: How do we select teams?

A: We select teams to be the most competitive at each level. We base our selections off of tumbling and stunting skills.

Q: If my daughter can tumble the same as that girl then why didn't they make the same team?

A: We base our teams on age, skill, and position. If we have a small team we might be in need of a certain position such as a base, flyer, or back spot. That other girl filled that position better.

Q: Why did my daughter/son lose his/her "spot" in the routine?

A: There are no assigned "spots." Adjustments are constantly made to routines. We will adjust formations as needed for the flow and choreography of the routine.

Q: Can my daughter fly?

A: If the coach feels that your daughter should be a flyer, she will be.

Q: Can my child cheer for school and all stars at the same time?

A: We do not have a policy in place that says you cannot cheer for school. We do tell you that All Stars has to come first in your priorities, which might mean that you will have to miss a school practice or game for All Stars. Be prepared for this when going into the season. We give you our schedule in May so when you try out for school you can give the schedule to your coach at that time.

Q: Does the roster change for the Worlds teams?

A: The teams attending Worlds will be the best of the best we have to offer. This means, there may be some roster changes. The coaches reserve the right to replace an athlete that has lost a certain skill that put them on their team originally. Also, if there are monies outstanding to Wake Forest All Stars that athlete may be removed from their team.

Q: Why do some parents sit in the lobby area and bad mouth the coaches, kids or other teams?

A: **We have no idea!**

**All teams will have a very informative meeting during the week of May 9-12th. This meeting will go over the coach's expectations of your new team. They will go over their attendance/tardy policy. Dress code and practice attire will be addressed and as competition season approaches they will go over what to wear to competition and your competition wear.**

**Please make sure you are present for your team meeting!**

**Please Print, Fill Out, and Turn in BEFORE Tryouts!**



# Payments, Terms & Conditions:

**WFAS** management reserves the right to remove any athlete or family from the **WFAS** program at any time for any reason that is deemed by management to be detrimental to the success of the program!

Monthly payments are auto-drafted on the 1st and 15th of each month! Athletes will **NOT** be permitted to participate in any extra gym activities, private lessons for example, until the balance is paid. At the end of the month, Athletes whose parents have outstanding balances on their accounts **WILL** be replaced with an alternate. If this situation occurs and in fairness to the alternate, after 1 week if the delinquent account is still outstanding, the alternate **WILL** become the permanent replacement. If it is a week prior to competition, the alternate **WILL** compete at the event!

A **\$30** fee will be posted to any account to which a check is returned for any reason! If two checks are returned from the same account, **NO** future checks will be accepted for that account. Payments will need to be made with cash, debit or credit card!

**NO REFUNDS OR CREDITS** will be given to any account for which an athlete quits during the season!

Athletes that choose to quit during a season will **NOT** be allowed to tryout for the **WFAS** program the following year!

**All uncollected debts will be pursued through the Wake County Small Claims court system!**

A valid credit card is required to be kept on file. At the end of a month, any unsettled balances that have not been paid will be charged to the card on file unless other arrangements have been made and accepted by management!

**Financial Commitment**

I have read and fully understand my financial commitment to The Wake Forest All Stars outlined in this packet. I understand that my commitment is for the 2011-2012 All Star competitive season. I understand that I am giving my credit card/debit card information, that information may be used if I do not meet payment deadlines to Wake Forest All Stars. I understand that I will forfeit any monies paid if I choose to leave a team or am asked to leave the program. I understand that I am entering into this program of my own free will.

Parent Signature \_\_\_\_\_ Date \_\_\_\_\_

Name as it appears on the card: \_\_\_\_\_

Billing address: \_\_\_\_\_

Type of Card: \_\_\_\_\_ Card

Number: \_\_\_\_\_

Exp. Date: \_\_\_\_\_

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Cheerleader's Name: \_\_\_\_\_

For Office Use Only:

May Dep:	Aug 1st:	Oct 15th:	Jan 1st:
June 1st:	Aug 15th:	Nov 1st:	Jan 15th:
June 15th:	Sep 1st:	Nov 15th:	Feb 1st:
July 1st:	Sep 15:	Dec 1st:	Feb 15th:
July 15th:	Oct 1st:	Dec 15th:	March 1st:

**Please Print, Fill Out, and Turn in BEFORE Tryouts!**



## **Release of Liability Agreement**

By signing below, I understand and acknowledge that participation in gymnastics and/or cheerleading can be hazardous and realize that no one should enter this activity unless the participant is medically able. By permitting my child(ren) to participate in classes, cheer teams, track out day camp, birthday parties, open gym, parent's night out, summer camps or other events at Young's Gymnastics and Cheerleading, Inc., I understand and acknowledge the fact that cheerleading, gymnastics, and gymnastics related activities always involve certain degrees of risk of injury to the participant, including but not limited to: death, serious neck and/or spinal injuries resulting in complete or partial paralysis, brain damage, and serious or minor injury to virtually all bones, joints, muscles and organs; further understanding that all the mats, pits and other equipment provided for my child's protection, including the active participation of an instructor who may spot or assist in the performance of certain skills, may not be able to prevent injury. I hereby release Young's Gymnastics and Cheerleading, Inc., its owners and employees, jointly and severally, from any and all personal injury claims arising through or from participation in activities as a student or participant of Young's Gymnastics and Cheerleading, Inc., whether occurring upon the premises of Young's Gymnastics and Cheerleading, Inc. or while participating in competitions or exhibitions off the premises. I assume full financial responsibility for any medical treatment obtained in the event of injury or illness.

Print Name: \_\_\_\_\_

Sign Name: \_\_\_\_\_

Date: \_\_\_\_\_

**Please Print, Fill Out, and Turn in BEFORE Tryouts!**



**Information for Team Mom**

Cheerleader Name: \_\_\_\_\_

Street Address: \_\_\_\_\_

City: \_\_\_\_\_ Zip Code: \_\_\_\_\_

School: \_\_\_\_\_ Grade: \_\_\_\_\_

Birth Date: \_\_\_\_\_ Home Phone Number: \_\_\_\_\_

Medical Conditions/Allergies: \_\_\_\_\_

Cheerleader Cell: \_\_\_\_\_ E-Mail: \_\_\_\_\_

Mom Name: \_\_\_\_\_ Cell: \_\_\_\_\_ Email: \_\_\_\_\_

Dad Name: \_\_\_\_\_ Cell: \_\_\_\_\_ Email: \_\_\_\_\_

List other information here (guardian name & #, work #'s etc): \_\_\_\_\_

Emergency Contact & #, other than parent: \_\_\_\_\_

**Please (\*) cell numbers you wish to receive team text messages on.**

\_\_\_\_\_

Please circle T-shirt and Jacket Size:

T-shirt: Youth S Youth M Youth L Youth XL/Adult XS Adult S Adult M Adult L

Jacket: Youth S Youth M Youth L Youth XL/Adult XS Adult S Adult M Adult L

Shorts: Youth S Youth M Youth L Youth XL/Adult XS Adult S Adult M Adult L

Hoodie: Youth S Youth M Youth L Youth XL/Adult XS Adult S Adult M Adult L

**Please Print, Fill Out, and Turn in BEFORE Tryouts!**

**Tryout Form**



Attach a Photo Here

Name: \_\_\_\_\_  
 Age as of August 31st, 2011 \_\_\_\_\_  
 Birth Date: \_\_\_\_\_ Height: \_\_\_\_\_  
 Grade: \_\_\_\_\_ School: \_\_\_\_\_

Check <b>ALL</b> tumbling skills You throw <b>ON THE FLOOR &amp; WITHOUT A SPOT!!</b>		
STANDING	Standing SERIES TUMBLING	RUNNING
___ None or Back Walkover ___ Back Handspring ___ Standing Tuck ___ Jumps to Tuck ___ Standing Full	___ Multiple Back Handsprings ___ Two BHS to Tuck ___ Back Handspring Tuck ___ 2 BHS to layout ___ 1 BHS to Layout ___ 2 BHS to Full ___ 1 BHS to Full	___ None or Round-off ___ Round-off BHS ___ Round-off BHS tuck ___ Round-off BHS layout ___ Round-off BHS full ___ Round-off BHS double
<b>List any Specialty Skills:</b>		

Cheer Experience		Stunt Position (Circle all that Apply)
Where	Age and Level	
1.		None Fly Base Backspot
2.		None Fly Base Backspot

**Check your most advanced STUNTING skill level**

- \_\_\_ **Level 1** (No experience or level 1 stunts, preps)
- \_\_\_ **Level 2** (Ex: Preps, extensions, straight cradle dismounts and basket tosses)
- \_\_\_ **Level 3** (Ex: Extended 1 leg stunts, full twist 2 leg dismounts, single trick basket toss)
- \_\_\_ **Level 4** (Ex: Extended 1 leg stunts, double twisting 2 leg dismounts, kick-full basket tosses)
- \_\_\_ **Level 5** (Ex: double twisting 1 leg dismounts, kick double full basket tosses, full-ups)

Are you willing to cheer for any Wake Forest All Star Team, regardless of level? Yes \_\_\_\_\_ No \_\_\_\_\_ If no, please explain why: \_\_\_\_\_

<b>FOR STAFF USE ONLY</b>			
Standing	Running	Jumps/Motions	Flex

**Please Print, Fill Out, and Turn in BEFORE Tryouts!**



**Wake Forest All Stars  
1213 South Main Street  
Wake Forest, NC. 27587  
(919)554-0606**

## Member Information Form

### **Guardian Information**

#### **Mother's Name**

First: \_\_\_\_\_ Last: \_\_\_\_\_

#### **Father's Name**

First: \_\_\_\_\_ Last: \_\_\_\_\_

#### **Billing Address**

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

**Email Address:** \_\_\_\_\_

Cell Number: \_\_\_\_\_ Phone Number: \_\_\_\_\_

### **Student Information**

First Name: \_\_\_\_\_ Last: \_\_\_\_\_

Birthday: \_\_\_/\_\_\_/\_\_\_ School: \_\_\_\_\_ School Squad: Yes No

### **Insurance Information**

Insurance Carrier: \_\_\_\_\_ Policy #: \_\_\_\_\_

Carrier's Phone: \_\_\_\_\_ Group #: \_\_\_\_\_

**Please Print, Fill Out, and Turn in BEFORE Tryouts! Also we suggest you keep a copy for yourself!**

**Wake Forest All Star Program Rules  
Parent/Cheerleader Codes of Conduct**



- If you ever have a problem, with anything, please do not hesitate to contact the gym, your coach, the All Star Director or the owner. We are here for YOU.
- If you have any questions or concerns that need immediate attention please use the following chain of command:  
1. Head Coach 2. All Star Director 3. Owner/ President
- It is your responsibility to wear the appropriate practice wear to every practice.
- There are NO CELL PHONES allowed in the gym at any time by an athlete. There will be a cell phone drop box they can be placed in before entering or they should be left at home!
- Attendance at all practices is a must. If you are going to be absent you MUST contact the head coach or office manager before practice! DO NOT send notification with another parent or cheerleader! Excessive absences will result in removal from the team.
- Participation in the All Star program take precedence over ALL other extracurricular activities, INCLUDING SCHOOL CHEER!
- If an athlete is absent from competition without telling the all star director prior to that day, they will be removed from the program.
- Please do not leave ANY personal items in the hallways, lobby, or on the competition floors. Any valuables should be left at home or with a parent. The gym is NOT responsible for lost or stolen items.
- NO GOSSIP** about any other teams (all star or school), **NO GOSSIP** about a child on your team or another team. **NO GOSSIP** about coaches and staff. It is much better to address a problem than to listen to idle gossip.
- No profanity or abusive language.
- Please keep in mind the gym is not a babysitting service. We want our all stars to use the gym as often as possible, but no child should be dropped off at the gym unsupervised.
- You must arrive at all practices, competitions or any scheduled event on time. Punctuality is a MUST!
- During Practice your opinion does not count. All squad and routine decisions are left to the discretion of the coaches.
- Please feel free to talk to your coach about anything; just remember to do it at the appropriate times. For Examples, approaching a coach in the middle of a practice would not be an appropriate time.
- Never post any negative comments on any websites or chat rooms.
- You may not use the words "wake forest all stars" or any derivative of that word, your team name or team nickname in any form as a user name websites or in your email address.
- Every year we go through losses and additions of team members. The dismissal/addition of a team member is solely the coach's decision.
- Practices may be changed or added at any time during the season.
- Anyone threatening to quit or to pull their child from a squad will be dismissed from the program immediately.
- Only cheerleaders and coaches are allowed in the gym.
- No one is allowed to yell onto the floor or try to make contact through the parent viewing area window during practices or tumble classes. **This is extremely distracting to all involved.**
- The coaches reserve the right to close practices at ANY time for ANY reason. In this event, the team mom will remain at practices.
- It is the parent's responsibility to know what is going on with your squad. Check your emails and the website regularly.
- Athletes should be able to handle school work and All Star practices, homework is NOT and acceptable excuse for missing practice. Withholding a child from a practice or a competition should never be used as a form of punishment.
- Each team will be assigned teams to watch at competitions. We would love to have everyone there all day which is not always possible, so at the very least, you are obligated to watch your assigned teams.
- Parents, relatives, friends, and cheerleaders are *never* allowed to speak with competition officials for any reason.
- Parents are *never* allowed to represent Wake Forest All Stars under any circumstances concerning accommodations, competitions, or any other situation.
- There will be no arguing or questioning of the coaching staff's decisions at competitions.
- If a problem arises between you and a team mate or another parent, the problem will be addressed with all parties involved at a meeting with your coach and the All Star director.
- Your child must be present for mandatory practices. If your child is absent, for any reason, the week of a competition and/or a mandatory practice, they will be replaced in the routine, for that competition.
- Anonymous emails/letters/texts/twitters, etc. will be ignored.
- The All Star director and/or Owner may change, add, or subtract a rule at any time.

**Wake Forest Athletes, Families and Friends: Good Sportsmanship, Polite Manners and a Kind Disposition are Mandatory at ALL Competition and Practices. This Program Prides Itself on Setting A High Standard of Behavior. Please Help Us To Continue in This Endeavor!!**

By Signing below I, \_\_\_\_\_ have read all the booklet and rules for the Wake Forest All Stars for the 2011-2012 Season. I, understand that by signing below I will agree to follow all of the rules set forth by the Wake Forest All Star staff, and if I do not follow the above rules I may be dismissed at anytime for my actions or any reason that the All Star Director and/or Owner see fit.

Parents Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Cheerleaders Signature: \_\_\_\_\_ Date: \_\_\_\_\_



## Wake Forest All Stars Fall Team Program

### History of this team.

This is the second year that Wake Forest All Stars has had a Fall Team. This team will be making memories and new friends. We have lined up great coaching staff to ensure that this teams creates great memories and accomplishes everything in their ability.

### What do we expect out of our Athletes?

We truly believe that all of our cheerleaders are ATHLETES and will be treated as such. We expect them to be fully committed to this sport during their time on a team. They must attend all practices and miss only when absolutely necessary. If one person is missing it is very hard for the team to stunt or practice their pyramid. This sport also requires a lot of physical and mental toughness. The athletes will receive bumps and bruises like any other sport they participate in. We expect that they practice hard with a positive attitude.

### What is the reason for a Fall team?

We have had so many interested athletes in our history that could not commit to a full season team for one reason or another, whether it was financial, or other sports that the child was involved in. We wanted to start a team that was less expensive than a normal full season team and that was in general less time consuming. This is also a great way to introduce a child into the all star cheerleading world. This team will also travel no further than Charlotte, NC. This makes it much easier and cheaper on a busy family.

### Practice Times and Important dates:

**Signups for this team will start the in August. Registration will occur through our online system. This is different from last year. After we see how many kids we have registered for the program we will then decide on the number of teams. Parent meetings will be held September 8th. We will have all kids that sign up come to a few sessions at the end of September to determine the best way to split the teams. We are planning on practicing the teams for 2 nights a week for 1 1/2 hours each night. Tumbling will be practiced at one of these practices.**

**Choreography Will Be OCTOBER 1st and/or OCTOBER 8th depending on the number and size of the teams!**

## 2011-2012 Season Costs

### Cost:

Registration Fee:	\$35
Uniform:	\$150 (Due September 8th, at parent meeting)
Hair Bow:	\$5
3 Practice Shirts:	\$45
Choreography fee:	\$50
Monthly Tuition:	\$90/month (6 months = \$540 total)
Competitions fees:	\$260 total
	- Dec. 17th, Raleigh, NC: \$75
	-Jan 21st, Raleigh, NC: \$45
	-Feb. 12th-13th, Raleigh, NC: \$105
	-March 3rd, Raleigh, NC: \$35

TOTAL FOR SEASON: \$1,085 (this is an estimate)

\*the uniform would need to be paid for at the parent meeting! and \$35 reg fee when you register so remaining balance: \$900 to split: approximately 6 Monthly payments of: **\$150/Month**

## Optional Costs:

Wind Suit: \$75 (Just Jacket: \$50)

Infinity Cheer Shoes: \$80 (You can order these yourself off of [www.varsity.com](http://www.varsity.com))

## Payment:

Monthly drafts will occur on the first of each month. Each family must have a credit card on file. You may pay with cash or a check as long as it is turned into the office before the draft date. Each member MUST register online for the program. Once the first payment is made the child will officially be on the team and may attend practices. They may not attend practices until this occurs. You will need to pay for your child's uniform at the parent meeting/uniform fitting the week of September 12th. Each payment thereafter will occur on the first of the month.

## Important Dates:

**October 1st and/or October 8th 9am-8pm**

-Yes, this is an all day event!! This is the day that the girls will learn their entire routine!! It is very important that everyone attend!