



Fall Team:

TUNDRA WOLVES

2010-2011

Parent and Cheerleader 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 2010-2011 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 2010-2011 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 7 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 WFAS Family!

**We are glad that you chose our
program and excited for the new
season to get started!!!**

What is All Star Cheerleading?

All Star cheerleading is a highly competitive sport. The athletes compete a 2 minute and 30 second routine to music. This routine must consist of Motions, Jumps, Tumbling, Stunting, Pyramids, and Dance. The divisions are broken up by age and level. The oldest person on the team determines the age of the team. The level of the team will be determined by the skills that the majority of the team has. For example if there are not majority back hand springs then the team will go level 1. We will always put our athletes in the division that will bring them the most success.

History of this team.

This is the first year that Wake Forest All Stars has had a Fall Team. This team will be making history and writing their own destiny. We have lined up great coaching staff to ensure that this teams creates great history.

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 in the all star cheerleading world. This team will also travel no further than Raleigh NC. This makes it much easier and cheaper on a busy family.

2010-2011 Season Schedule

Practice Schedule:

Thursday: 6pm-8pm (FULL TEAM practice)

Optional Tumble Days:

Level 1: Sunday 2:00-3:00pm
(No certain tumble element required)

Level 2: Tuesday 6:30-7:30pm, or Sunday 2:00-3:00pm
(MUST have a Back handspring to attend this level)

Level 3: Sunday 4:30-5:30pm
(MUST have a round off back handspring tuck to attend this level)

2010-2011 Season Costs

Cost:

Registration Fee: \$30

Uniform Rental: \$75

Hair Bow: \$5

3 Practice Shirts: \$45

Monthly Tuition: \$90/month (6 months = \$540 total)

Competitions fees: \$235 total

- Dec. 18th, Raleigh, NC: \$65

- Jan. 8th, Wake Forest, NC: \$30

-Feb. 11th-12th, Raleigh, NC: \$105

-March 5th, Raleigh, NC: \$35

TOTAL FOR SEASON: \$930

6 Monthly payments of: **\$155/Month**

Optional Costs:

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

Infinity Cheer Shoes: \$80

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. First payment will be charged upon registration. Each payment thereafter will occur on the first of the month.

Important Dates:

October 16th 9am-8pm

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