

# ROCK STARZ

## ATHLETE AND PARENT HANDBOOK

### 2019-2020 Season

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120 Pheasant Run Newtown, PA 18940  
215-968-1008  
www.rockstarzallstarscheer.com  
Contact: Rockstarz@newtownathletic.com

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Message from our Director:

Welcome to Rock Starz! As we enter into our 13<sup>th</sup> season we now have over 10 competitive cheerleading teams for athletes ages 3 and up. A few highlights from our previous season include:

- At-Large Bid to The WORLD Cheerleading Championship
- Won Bid to the SUMMIT D1
- Earned 4 National Championships and 12 first place finishes
- US Finals Champions
- Training facility for high school National Champions

Our cheer and tumbling gym is home to many teams and tumblers who want to better their skills. Rock Starz is a place for anyone who has a love of cheer, a love of tumbling, or the thrill of competing! We have teams for all ages and levels located in the NAC's sport training facility.

The most important aspect to being on successful team is the commitment required to the sport of All-Star Cheerleading. The program requires dedication, time, support, sportsmanship and respect for your child as well as others, both inside and outside of the organization. It is imperative that each child and parent be dedicated, flexible and supportive. Competitive cheerleading is a huge commitment on both the cheerleader and their family. Our coaching staff is 100% dedicated to your children and their growth in this sport. Many of us are parents who understand the demands and sacrifices that sometimes need to be made for a competitive team.

We would like to welcome all new athletes to our program. We promise it will be a life-changing experience! We would like to thank our returning members for continuing to be a part of our family!

Sincerely,

Chris Lanctot

Program Director Rock Starz All Stars

## **Tryout Process**

Tryouts are determined based on age. The day and time is based on the athlete's ages as of August 31<sup>st</sup>, 2019 as per USASF (United States All Star Federation).

- Tryouts are closed to parents or guests. We kindly ask that family members do not remain in the building during tryouts to ensure the comfort of the athletes being evaluated.
  - Athletes are assigned a tryout number
  - Tryout info sheet will be available to be completed upon arrival
  - Athletes will be scored on tumbling, stunts and jump combinations
  - Tentative Level(s) practices will be posted on [www.rockstarzallstarscheer.com](http://www.rockstarzallstarscheer.com) by May 24, 2019.
  - You will receive an invitation to join Team Snap and GroupMe to be included on all the team and program information. Please accept the invite (this will ensure you are keep up to date on all information for your team and RS), fill out your athlete's profile and check yes to receive emails and texts
  - Complete all necessary paperwork prior to the first night of practice
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## **Training Facilities**

We have top of the line quality equipment in a fully air conditioned facility featuring 2 full spring floors, 8,000 square feet of space, tumble track, rod floor, Euro tramp trampoline, foam pit, and parent viewing and waiting area that can also be used by athletes as a homework station.

Valuables in the Gym: We recommend not bringing valuables into the gym. Rock Starz will not be responsible for any lost or stolen items. The best way to avoid losing valuables is to leave them at home or locked in the trunk of your car.

NO PARKING ALONG THE CURB: We have noticed that cars are parked along the curb out front of the building making it difficult for those in parking spots to pull out. Do not wait in the fire lane.

PARKING: There is parking along the side and front of our building

HANDICAP PARKING: Please respect our athletes and parents and use handicap parking only if you have a valid handicap sticker. Your handicap sticker must be displayed. These spaces should not be used for quick drop offs or pick-ups. These spaces need to be reserved for those who need them.

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## **Code of Conduct for Athletes and Parents**

As a program, we pride ourselves on not only our talent, but also on the class and dignity of its members. As a Rock Starz parent, you are bound to the same level of expectations as your athletes. You represent our program and your child and your behavior should not be a distraction to either. All members of our program are bound by the policies described below.

### Athlete Behavior

- A member and a member's family must at all times be a strong representative of Rock Starz and a positive reflection of their team.
- Abusive behavior, personal attacks, lying or any other form of negative behavior is grounds for removal of the team.
- ***The use of alcohol or any other recreational drug is strictly forbidden. You will be subject to immediate removal.***
- Many people communicate with other parents, athletes, and other organizations through social media. Anything you say on Facebook, Twitter, Instagram, email, and message boards is a direct reflection of Rock Starz.
- *If you are found communicating negatively, or sending rude, or inappropriate messages you will be subject to immediate removal.*
- All athletes are expected to be at every practice. Excessive unexcused absences will not be tolerated and are grounds for removal of the team.
- Treat all athletes and coaches from opposing teams with respect.
- Demonstrate good sportsmanship before, during, and after competitions.
- Be modest when successful and be gracious in defeat.
- Show respect for the coaches, fellow teammates, other Rock Starz athletes, parents, judges, officials and spectators. Disrespectful behavior will result in dismissal.

### Practice-For Athletes and Parents

- Attendance is taken at every practice. Our policies are more lenient in the summer due to vacations, however once school starts the teams are working on routines and prepping to be ready to compete in December 2019.
- Only 3 unexcused absences are allowed before dismissal from the team.
- Practices may be changed or added at any time during the season with proper notice. If a practice is cancelled due to holidays, weather, etc. make-up practices may or may not be added at the discretion of the director.
- If your athlete is sick (and not contagious) or has an injury s/he still needs to attend team practice. It is important that they watch from the sidelines for any changes that may affect them.
- If you are running late to practice please notify your coach.
- If your doctor recommends your athlete refrain from practice due to an illness or injury, a written note is required from the doctor. PLEASE NOTIFY YOUR COACHES IMMEDIATELY IF AN INJURY OCCURS.
- No food, gum, candy, or sodas are permitted in the gym area.
- Birthday treats are welcome at the end of practice on the mezzanine.
- Please do not tumble in loose fitting t-shirts or shorts. This is a safety hazard to our instructors and the athlete during spotting.
- NO Absences ALLOWED THE WEEK BEFORE COMPETITION! Coaches reserve the right to replace an athlete who misses practice the week before a competition. Any athlete missing a practice the week before a competition will be assessed a \$75.00 fee.

### Practice-For Athletes Specifically

- Athlete cell phones must be placed in their bag on silent
- All bags must be placed upstairs on the mezzanine level and are not to be kept downstairs!
- Respect the privilege of the use of our facility
- All routine decisions are left to the discretion of the coaches.

### Practice-For Parents Specifically

- Closed practices
- The gym viewing area is a privilege. Please respect our athletes and staff and refrain from negative remarks in the viewing areas.
- No one is allowed to yell onto the floor or try to make contact during practice or tumbling classes to either child or coach. This is extremely distracting to all involved.
- It is the parent's responsibility to know what is going on with the team. **Check and read your emails, team snap, Band, GroupMe as well as the website regularly.**
- Winter vacations are not an option as this is the height of our season and all athletes must be in attendance at each and every practice.
- Vacation should only be taken when the gym is closed from September to early May.
- Update TEAM SNAP throughout the season to help with scheduling of practices and stunt clinics. Please include all activities that may interfere with a practice or clinic, especially school cheer, sports or religious schedules.

### Disciplinary Policy

Rock Starz will normally adhere to the following progressive disciplinary process:

- Verbal Warning: An athlete will be given a verbal warning when a problem is identified that justifies a verbal warning or the athlete engages in unacceptable behavior. Any warning is documented and placed in the athlete's file and parents are notified by the coach and/or asked to come in for a meeting.
- Written Warning: This is more serious than a verbal warning. A written warning will be given when an athlete engages in conduct that justifies a written warning or the athlete engages in unacceptable behavior. Written warnings are kept in the athlete's file and a copy is given to the parent.
- Removal: An athlete will be removed from a team when he or she engages in conduct that justifies removal or does not correct the matter that resulted in less severe discipline.

While Rock Starz will generally take disciplinary action in a progressive manner, it reserves the right, at the coaches' discretion, to decide whether and what disciplinary action will be taken in a given situation. Rock Starz reserves the right to dismiss an athlete from the program at any time due to policy infractions. We also reserve the right to deny gym access to any parent(s) whose conduct doesn't foster a supportive environment.

### **NEW and IMPROVED this Season**

- Summer Team camps: 2 days per team with level specific skill curriculum
- Block Party to kick off the season at NSTC parking lot May 29th
  - 7 pm
- Upon placement there will be level recommendations for tumbling & flex classes.
- Tumbling Team of Coaches: Coaches bi-monthly meetings to discuss progress of teams, individuals & needs of teams for scoring.
  - Tumbling Report Cards with class recommendations
  - Tumbling Level Buttons
- Rock Starz Rap Sessions: This is a time for teams to bring up any questions or concerns with their coaches.
- Spring Break Vacation Policy (see page 6)
- ALL teams wearing practice gear to practice
- Incorporation of tumbling in to one of the weekly fall practices.
  - Classes are still recommended
- Leveled Flex Classes
  - Flex& Stretch for everyone
  - Body position flex for flyers

- Advanced skills & body positions

### **Competitions**

The competition schedule will be available during the summer. Teams will compete from December 2019-May 2020. Please note the competition schedule may be subject to change. In an effort to encourage competitiveness, we may attend competitions in Maryland, Pennsylvania, Virginia, Rhode Island, Georgia and New Jersey. This will provide our athletes the opportunity to compete against adequate teams. The amount of travel depends on the age and level of the team and total number of competitions can vary during one season. There will be at least 3 overnight stays on the schedule for the older teams. Younger teams will have at least 1 overnight stay. ANY conflicts with competition schedule must be communicated IMMEDIATELY.

- You are required to attend ALL competitions. Missing a competition will result in dismissal
- The Rock Starz schedule is your first priority. We cannot work around an athlete's school sports schedule (soccer, track cheerleading, etc.). Please Schedule College visits when you do not have a practice or competition.
- Our staff will have sole communication with the competition companies. Do not contact our vendors directly.

AWARDS: All athletes are expected to be at awards. If an athlete does not stay for awards and the team wins a prize, the athlete may forfeit their prize.

### **Travel Expectations**

When traveling for a competition you will represent Rock Starz with the utmost respect and class.

- All athletes MUST stay with a parent, guardian or designated chaperone.
- Parents will provide airfare reservations for their athlete.
- All athletes will follow the curfew set by their coaches. Any athlete caught in the hallways after curfew may be suspended from the team.
- No boyfriends or girlfriends allowed! Competing and socializing with your teammates is the priority. If caught breaking this rule, you could be subject to dismissal from your team.
- **The use of drugs, tobacco, alcohol & abusive language is prohibited. This behavior will result in immediate dismissal from the Rock Starz program. No excuses or exceptions.**
- All athletes and parents will demonstrate good sportsmanship at all times to our staff, parents, judges, officials, spectators, and opposing teams/parents.
- All parents are expected to support their assigned teams.
- Parent/Guardian is solely responsible for travel accommodations such as lodging, airfare, food and other expenses. These fees are in addition to the monthly payment schedule.

Hotel Blocks: Prior to the start of competition season we will email out our hotel block information.

- It is not required that you book your reservations within our hotel block. However, if it is a Stay to Play competition, you are required to stay at one of the hotels on the approved list and you must book your hotel through the designated housing company.
- For some blocks, there will be multiple hotel options. Pick which ever you prefer.
- Reservations should be made ASAP once the hotel information is made available to ensure enough rooms are in the block for all our families. There are booking deadlines to every block and reservations are first come, first serve.

Some competitions either start very early or end very late. We DO NOT have this information, as to the exact time your team will compete, until 4-5 days prior to the competition. We will inform you of these instances as soon as we have the information. However, if you book a hotel room, please know that you may determine that you may or may not need the reservation. Please understand that this is the nature of our sport. Most cancellation policies are 48 hours in advance, but not always. Please understand that there is always some risk in booking your hotel rooms until the exact schedule is known.

### **Bids to Summit OR Worlds**

These competitions are NOT included in the fee. Whether a team receives a paid bid or at large bid, parents are responsible for any additional costs associated with attending these competitions (airfare, additional costs for rooms, etc.) including covering expenses for coaches. The approximate fees are \$1200-\$1500 for levels Youth thru Senior.

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### **Attendance Policy**

Attendance is mandatory. Absences will be reviewed on an individual basis. More than 3 unexcused absences will result in dismissal from the team. A master absence log is kept throughout the year to record all absences and the nature of the absence. A coach should be notified PRIOR to missing any practice so we can change our practice plans. Starting in September, each unexcused absence will result in a \$20.00 fee that will be added to your account.

Excused absences include, but are not limited to:

- Death in the family
- School related function that reflects a grade (**notice is required**)
- A contagious illness with a doctor's note

Unexcused absences include but are not limited to:

- Jobs
- Sickness, cramps
- Social events (dances, birthday parties, concerts, banquet, family reunions, weddings, etc.)
- School projects, homework and/or tests
- High school sports practices, events or college visits
- Traffic or long distance drive. Take that in to consideration and plan accordingly.
- Last minute notification of excused absences.

Absolutely NO ABSENCES ALLOWED THE WEEK BEFORE COMPETITION! Coaches reserve the right to replace an athlete who misses practice the week before a competition. Any athlete missing a practice the week of a competition will be assessed a \$75.00 fee.

Please report to practice 15 minutes prior to your scheduled practice time dressed and ready. Repeated lateness to practice is grounds for dismissal from the program.

### **Vacations**

Unfortunately Winter & Spring vacations are **not an option** as this is the height of our season and all athletes must be in attendance at each and every practice. There WILL be practices during Spring Break as well as during WORLDS. Please continue to write in Team Snap throughout the season to help with weekend scheduling of practices and stunt clinics. Please include all activities that may interfere with a practice or clinic, especially school cheer, sports or religious schedules. Once September arrives, coaches must be notified of absences in addition to Team Snap

NOTE: Siblings & friends of SR5/6 who are RS athletes still in comp season may not attend WORLDS as their teams will be practicing.

Spring Break Vacations: Practices will continue over Spring Break. Many of our athletes have different spring breaks & days off. Athletes who go on vacation may lose their right to compete at Worlds & Summit. The gym will close from April 10-12, 2020.

### Summer Practices and Vacations

Our training season begins in June, right after tryouts. It is vitally important that all athletes participate in summer training. DO NOT skip summer training with the intention of joining in the fall; there may not be a space for your athlete. If there is space for your athlete please keep in mind that the fees associated with the summer will have to be paid before any athlete is placed on a team (choreography, music, Woodward, etc.) In addition, your athlete will be working on skills and stunts training that will be used for choreography. A family vacation is permitted. Day trips to the beach should not be scheduled on practice nights.

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### Uniform & Practice Wear

Athletes will purchase their uniforms and practice wear through Rock Starz.

A uniform deposit of \$200 will be due at the time of fitting. The uniform costs for Levels 1 thru 4 are approximately \$400-\$475. The cost for Level 5/6 teams is approximately \$400-600 per uniform. The cost for Tiny and Special Needs uniforms are approximately \$100-\$150.00.

Additional costs include, but not limited to, white cheer shoes, hair bows, warm up outfits, practice gear and make up.

Hair and Make-Up are important parts of the overall Rock Starz look. Your coach will instruct you on your team's hair and make-up requirements.

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### Tumbling Skills Camps

In-house Camps (Levels 1-5): A MANDATORY "in house" camp for all Level 1-5 athletes will be held October 19- October 21. The cost for the camp is \$150.00. Included in the price are athlete evaluations, open tumbling and specialized classes based on level. Details will be communicated once finalized. Athletes may NOT opt out. No refund unless a doctor's note is given related to an injury. This is built into your monthly billing!

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### Level Requirements & Team Placement

Team placement is determined by USASF guidelines both in age and tumbling level. For more information about all-star levels or guidelines please log on to [www.USASF.net](http://www.USASF.net).

There are a number of factors that determine team placement however there are two key factors

- Tumbling and jumps are the most important of these factors
- Experience & stunt ability is crucial. They are both weighted heavily on the higher level teams.
- Stunt technique is closely evaluated during June

Our goal is to have all teams strong, have all our athletes be challenged, and be successful. IN order to do this we need to build stunt groups with the appropriate amount of flyers, bases and back spots. We need the highest percentage of tumbling on each team. However, occasionally a child without all the highest levels skills will make a team because of his or her stunting ability and experience. The opposite may occur as well. A high level tumbler may be placed on a lower level team to give the athlete

the chance to master that level stunts. Building the appropriate amount of stunt groups and utilizing every athlete in the routine is critical to the team's success. The coaching staff has full discretion when it comes to building the team rosters.

**For the first few weeks of June, we may assign athletes to 2 different team practices. This time is critical to review & evaluate stunting technique and consistency of tumbling skills, both specialty running passes & standing skills. After extensive evaluations we will release final team placements. Attendance during this time will be considered. This is a great chance for athletes to work, stunt, practice & tumble in a time period that is greater than a night or 2 of tryouts.**

Practices will include tumbling. However, they will focus more on level appropriate stunts. Tumbling classes are highly encouraged as we can evaluate consistency & progression very easily.

Team placements are subject to change through the summer and cheer season based on individual progress. Any changes for athletes will be communicated directly to the parent and athlete.

Please remember cheer is not like school. Please do not assume that your child will move up every year as that is simply not the case. We want to offer the chance for a child to master her or his level prior to moving up so they are better prepared to transition to that next level and our teams are in the greatest position to succeed. There is nothing more important than a confident athlete!

**Please refer to attached USASF ages, tumbling and stunting skills required at each level.**

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### **Tumbling**

Tumbling is a crucial element to All-Star cheerleading routines. Tumbling skills determine the level of each team. The large majority of the team needs the highest skills of each level to score well. Please refer to our website for the open and level class schedules. Athletes are welcome to come to additional open level tumbling classes, special tumbling camps and clinics as well as utilize the coaches for private lessons. Private tumbling fees and packages are available at [www.rockstarzallstarscheer.com](http://www.rockstarzallstarscheer.com) or contact [cheerinfo@newtownathletic.com](mailto:cheerinfo@newtownathletic.com) for additional information.

Coaches reserve the right to make tumbling classes mandatory if the needs & expectations of the team are not being met. Unlimited classes are included in your tuition.

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### **Choreography**

Choreography dates will be confirmed in mid-July. Below is a listing of tentative dates. Each athlete must be present to maximize the benefits of each choreography session. Tentative dates below:

- Mini – Senior: July 30 & 31, Aug 13 & 14
- Diamonds & Level 4: Aug 3 & 4 OR Aug 17 & 18
- Tiny's and Shining Starz October date TBD

All routines/choreography including dances, stunts and transitions should be highly protected. No videos of routines/choreography should ever be uploaded to any online site such as You Tube or Facebook. Violation of this rule will be grounds for dismissal from the program. We also expect that our routines, stunts, or choreography will not be sent to participants in other programs.

Pricing for Choreography & Music is broken down with the June and July payments. Choreography fees will be communicated as soon as the details and dates are finalized.



- Late joins to the program will still be responsible to pay music & choreography fees. These will be added to the remaining tuition months that the athlete will be in the program.
- Our billing manager will meet with late joins to set up a payment schedule.

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### **Team Representatives and Communication**

Parents are strongly encouraged to become as involved as possible. Everyone has the opportunity to become part of a parent committee and is strongly encouraged to be as active as personal schedules allow.

Updates regarding weather related closures, classes, clinic, etc. will be posted on social media. Notices will also be sent via Team Snap and GroupMe & Band. Parents are strongly encouraged to accept the invites that are sent out for both of these outlets to stay informed.

Each team has a team representative to help with communication and paperwork. They are responsible for sending out information for the coaches/director. Team Representatives are not employees and are not the voice of the coaches.

Team Representatives will receive a 10% discount for tuition, camp and clinics. In addition they receive unlimited tumbling classes for the season. Representative contact information will be given out after team assignments.

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### **Financial Policy & Information**

**Monthly costs vary by age and team level. Factors that affect tuition amounts are the number of competitions attended and hours of coaching in the gym.**

**Please refer to attached fee schedule for Tuition, Choreography, Competition and USASF costs**

★ Please note: Coaches do not have the authority to offer discounts of any kind to athletes at any time. Coaches cannot waive crossover fees or fees associated with filling in on a team.

The NAC policy requires a credit card, debit card or checking account information to be kept on file. All financial information is encrypted for your safety. We understand financial hardships happen, so please keep us informed if a payment plan is needed. If a team member falls two months behind in tuition the team member will be dismissed. We are willing to work with you, just please let us know how we can help to make it feasible for you.

If for some reason you cannot continue in the program, please notify the coaches and the director as soon as possible. You are also required to fill out and return a termination form. This allows us to stop your next billing. You may continue with tumbling classes through the end of the month.

**NAC Policy requires new and returning Rock Starz Athletes to return the Rock Starz membership form and billing information at the first practice.**

**Once the RS account is created or reactivated you will receive a user name and password to view your account online 24/7 thru the [www.newtownathletic.com](http://www.newtownathletic.com) website. Billing information can be changed, transactions can be viewed and payments can be made online.**

Note: A valid credit, debit card or checking account is required to be on file; however, you may pay cash if paid PRIOR the 1<sup>st</sup> of the month. After the first of the month billing cannot be canceled by cash or check payments. Checks must be made payable to

the "NAC".

\*If using a checking account with a voided check, the NAC will give you 2 free guest passes to the NAC. (\$62 value)

→ Please Note: Inconvenience Fee – A returned check or billing reject from checking account will incur a \$31 fee. This is a flat fee the bank charges the NAC and does not reflect the amount of the check.

Fundraising Credits: Any fundraising credits will be applied to your account after the figures have been finalized.

### Fundraising

Optional fundraisers will be offered to offset individual expenses. Funds raised will be tracked and credited to individual accounts. These funds can be used for uniform costs and/or gym fees.

Anyone who has any ideas or would like to help with a fundraiser, please contact the gym and a team representative will contact you. Someone will get back to you with approval and time frame for the fundraiser to run.

***Failure to meet the deadline for payments, and lack of reasonable and fair communication regarding payment, will result in your child's loss of services (sitting out of practice) and/or dismissal from the program. Please note: coaches reserve the right to replace the athlete if this happens.***

If your account is delinquent, Rock Starz reserves the right to:

- Withhold services, by sitting your athlete out of practice or competitions
- Restrict scheduling of private lessons, classes until your account is brought up to date
- Withhold uniforms, practice wear, warm-ups, bows, etc.

Any funds paid towards the above will be forfeited and applied to the athlete's past due account.

Phone calls and emails for delinquent accounts and past due letters are a courtesy. A payment schedule is supplied at the beginning of the season and it is your responsibility to make your Rock Starz payments on time and in full.

All payments (tuition, choreography, or uniforms) are NON-REFUNDABLE. Rock Starz reserves the right to turn over all delinquent accounts to a collection agency, and the parent/athlete will be responsible for all additional costs incurred.

### ADDITIONAL PAYMENT INFORMATION

Rock Starz is not responsible for reimbursing travel expenses to team members or individuals in the unforeseen cancelling of an event, athlete's loss of skills, or athlete's removal from the Program.

Please note that all competitions are subject to change and all monies are NON-REFUNDABLE. If a competition is cancelled by Rock Starz, we will make the decision to replace it with a comparable event if we are able to and we will adjust fees accordingly.

Fundraising Credits: Any fundraising credits will be applied to your account after the figures have been finalized.

### Tuition fees:

Will be spread out over the entire twelve (12) month period for all athletes except Special Needs and Tiny Teams. Billing is thru the NAC on the first of the month beginning on June 1, 2019 and last payment on May 1, 2020. Tiny team is thru September 2019-April 2020. Special Needs is October 2019-May 2020.

### Competition fees:

Once all competitions have been confirmed and pricing has been totaled the billing for the competition fees will be equally spread out over a (9) month time period beginning August 2018 with the first payment and the last payment will be April 2020.

**The use of the NAC facilities is NOT included with the Rock Starz tuition.**

**Please refer to attached fee schedule for Tuition, Choreography, Competition and USASF costs**

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### Gym Closures

During the dates listed below, all classes and practices will be cancelled. Some team practices and private lessons will still occur during gym closures. Check with your coach to be sure.

- Memorial Day: Closed Friday, May 24 – Monday, May 27. Reopen Tuesday May 28
- Independence Day: Closed Saturday, June 29 – Friday, July 7. Reopen on Saturday, July 8
- Labor Day: Closed Friday, August 31 - Monday September 3. Reopen on Tuesday, September 4
- Thanksgiving: Closed Wednesday, November 21 – Saturday, November 24. Reopen on Sunday, November 25
- Christmas & New Year's: Closed Sunday, December 22 - Wednesday, January 2 for classes only. **There is a modified team practice schedule during this week. Reopen for classes and regular team practice on Thursday, Jan 2nd.**
- Easter & Passover: Closed Friday, April 10 – Sunday, April 12. Reopen on Monday, April 13
- Jewish Holidays: Excused absences provided you notify coaches in advance.

### Social Media

The use of social media is now a normal part of life for many people and it is used for entertainment, communication and self-expression. In addition to protecting children in the club, members of any club or organization have a responsibility to the organization, its staff and officials, and other members to maintain a positive image of the organization and this extends to the use of social member publication. Parents are encouraged to monitor their children's use of social media in order to protect them and guide them in its appropriate use.

The purpose of this policy is:

- To ensure that relationships between coaches and athletes remain professional
- To protect athletes, coaches, and parents from allegations of inappropriate conduct
- **To ensure that there are clear guidelines for parents, coaches and athletes with regard to the use of social media**
- To preserve the reputation and positive image of the club, its staff, volunteers, and members.

If you experience any contravention to this policy please let your head coach or cheer director know as soon as possible, even if you don't think it is a problem. If you are unsure about anything, please contact the cheer director.

#### Guidelines for appropriate use of social media:

The following guidelines refer to any posts: photographs, video, status updates and any other items that can be published on social media which directly or implicitly mentions or directs attention to Rock Starz at the Newtown Athletic Club. Athletes and parents should avoid posting any remarks, photographs, or video that could be disparaging or embarrassing to the teams, club, its staff or volunteers or members in any social media facility. Athletes should avoid social chat with coaches, or officials via instant message service. Athletes or parents should inform the director of Rock Starz if at any point they notice a contravention to these guidelines or the guidelines for coaches and instructors.

**Please also note the following guidelines for Coaches and Instructors:**

Coaches and instructors should avoid chatting to athletes on the instant messenger facility on Facebook or any other instant messaging service. If you receive a message about a training or competition arrangement please reply to the athlete's parent, not the athlete. Coaches and officials face serious reprimands and possible termination if it is found that young people in their care have been exposed to inappropriate material via their social media pages.

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**Crossovers**

Some athletes enjoy being on more than one team and are referred to as CROSSOVERS. Athletes must commit to and compete on more than one team. If you are interested in being considered as a crossover please let us know at tryouts. You must be able to uphold ALL commitments to the multiple teams you are assigned to including but not limited to practice schedule, competition schedule and additional fees. This option is not for everyone. The commitment of time and money is greatly increased. Notes: coaches cannot make exceptions to the crossover fees.

Crossovers are responsible to pay:

- Tuition for the highest level team
- ½ of Choreography and Music Fee for their second team
- Competition Fees applied to crossovers. The range can be \$50 to \$145 per competition.

**Fill-Ins:** If an athlete fills in for an injured athlete, the parent must meet with Chris to discuss additional fees such as competition fees, competition prizes, etc. Every situation is different and will be addressed on an individual basis. **Note: coaches cannot make exceptions to the fees associated with filling in.**

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**Special Needs Teams**

The special needs team will be performing at a few local competitions this season. Practices are held once a week and will include cheer and gymnastics instruction. The team is designed for both male and females of any age who have an interest in cheerleading, want to learn more, make friends and have a good time. Please contact [cheerinfo@newtownathletic.com](mailto:cheerinfo@newtownathletic.com) for more information

Shining Starz will perform at 3-4 local competitions.

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**Who's who at Rock Starz**

Program Director:

Chris Lanctot-[chrisl@newtownathletic.com](mailto:chrisl@newtownathletic.com)

Assistant Director:

Pamela Weisner [cheerinfo@newtownathletic.com](mailto:cheerinfo@newtownathletic.com)

Summer Camp Coordinator:

Brooke Lanctot- [brooke11130@gmail.com](mailto:brooke11130@gmail.com)

Competition & Choreography Coordinator:

Pam Weisner-[RSbilling@newtownathletic.com](mailto:RSbilling@newtownathletic.com)

Tuition, Accounts & Billing Information:

General Program Information & Schedules:

Travel Coordinator:

Sam McCandless- [rockstarztravel@gmail.com](mailto:rockstarztravel@gmail.com)

Tumbling Director:

Scott Georgescu

Front Desk

Danielle Kennish

Fundraising Committee Head:

Kim Hogan

Social Media and Marketing Coordinator:

Alexa Cohen- 267-799-6846

Rock Starz Coaches and Tumbling Coaches

Jamie Anhalt  
Andrea Brooks  
Karley Bruschini  
Alexa Cohen  
Alexa Dultz  
Casey Ellis  
Ali Georgescu  
Scott Georgescu  
Shannon Joseph

Eric Kats  
Brooke Lanctot  
Chris Lanctot  
Aly Pandolfini  
Chloe Robertson  
Debbie Senko  
Nicole Valetto  
Caitlyn Haynes (JR Coach)  
Ryan Link (JR Coach)

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**Next Steps**

**Practices start June 3rd! Schedules will be released on the website & social media after tryouts.**

Once you have read through the handbook, please be sure to complete the necessary paperwork.

At tryouts or clinic (if you plan to attend both) you will need to hand in the following forms/information:

- 2019 Tumbling Liability Waiver Form
- Medical Information Form
- Rock Starz Team Member Information Form
- Payment form for clinics and/or tryouts

INCOMPLETE PAPERWORK WILL NOT BE ACCEPTED. NO EXCEPTIONS

Required Paperwork

- Rock Starz Temporary Membership Form
- Billing Authorization Form
- Handbook Acknowledgment Form for Social Media Policy, Parent Promise, Billing Policy, Code of Conduct
- Cheerleading Constitution
- Note: June tuition must be paid within the first 3 leveled practices of the season.

**If you have any questions, please don't hesitate to contact us. Thank you and welcome to Rock Starz!**

**Pricing Overview**

Included in Tuition

- Team practices
- Discounts for special camps/ clinics
- Fully certified coaches
- Top of the line quality equipment
- 2 full spring floors
- A fully insured program
- Building maintenance and repair
- Medical supplies
- End of season team banquet
- End of season team gifts
- USASF Certification
- Unlimited tumbling classes

\*Additional classes being charged at \$10 per class. Punch cards are available at a discounted rate

**MONTHLY TUITION**

TEAM	ANNUAL COST	MONTHLY FEE
TINY EXPO	\$680	\$85 PER MONTH
TINY	\$792	\$99 PER MONTH
MINI	\$1428	\$119 PER MONTH
YOUTH	\$1428	\$144 PER MONTH
JR LEVEL 1-3	\$1428	\$144 PER MONTH
SR LEVEL 1-3	\$1428	\$144 PER MONTH
JR 4 & SR 4	\$1920	\$160 PER MONTH
SR 5/6	\$2040	\$170 PER MONTH

USASF Fee: \$35

Choreography & Music: **TBD**

Competition Fees vary by team and level. Tiny: approximately \$200-350 per season, Mini: \$400-550 per season, Youth: \$650-950 per season, JR & SR: approximately \$850-1200 per season. This is estimate; it is impossible to finalize fees in advance because many companies do not finalize their schedules and fees until much later. Reminder that the competition fees will be totaled and broken out between 9 payments between August 2019 and April 2020.

**Ways to Save**

- Newtown Athletic Club members: 10% discount off tuition
- Team Representative: 10% off tuition and unlimited tumbling for their child. If interested, please let your athlete's coaches know
- The 2 above discounts cannot be combined you will only receive one of the discounts.
- Sibling discounts: 10% off tuition for 2<sup>nd</sup> athlete, 15% off 3<sup>rd</sup> athlete, 20% off any additional siblings
- Fundraising
- Sponsor

**FEE SCHEDULE OVERVIEW**

Month	Tuition	Fees	Competition	Uniform	Notes
<b>June</b>	<b>Mini-Senior</b>	USASF, ½ Choreography			<b>Crossover ½ choreography</b>
<b>July</b>	<b>Mini-Senior</b>	Final Choreography			
<b>August</b>	<b>Mini-Senior</b>	Special Camp (Woodward)	All-Comp Fee Payment #1		
<b>September</b>	<b>All Teams</b>	Tiny-USASF	All -Comp Fee Payment #2	Uniform Deposit	*If applicable*
<b>October</b>	<b>All Teams</b>	Tiny- Choreography	All -Comp Fee Payment #3	Uniform Installment	*If applicable*
<b>November</b>	<b>All Teams</b>		All -Comp Fee Payment #4	Final Uniform Payment	*If applicable*
<b>December</b>	<b>All Teams</b>		All-Comp Fee Payment #5		
<b>January</b>	<b>All Teams</b>		All-Comp Fee Payment #6		

<b>February</b>	<b>All Teams</b>		All-Comp Fee Payment #7		
<b>March</b>	<b>All Teams</b>		All-Comp Fee Payment #8		
<b>April</b>	<b>All Teams</b>		All-Comp Fee Payment #9		
<b>May</b>	<b>Mini-Senior, Special Needs</b>				

## TENTATIVE COMP SCHEDULE--

**THIS WILL CHANGE!**

**This is just a guideline to help you plan.**

Date	Competition	Summit/ Worlds Bids	All	Mini	YTH-SR	Int. Teams	Diamonds
Dec. 6,7, or 8 <sup>th</sup>	<b>Showcase</b> Location: NSTC		★				
Dec. 14-15 <sup>th</sup>	<b>One Up</b> Location: Baltimore, MD	AL-5			★		
Jan. 18 <sup>th</sup>	<b>Coastal</b> Location: Trenton, NJ	WC-3	★				
Jan. 25-16 <sup>th</sup>	<b>Battle at the Boardwalk</b> Location: Atlantic City, NJ	AL-6 PD-3 INT-4		Maybe	★	★	★
Feb. 1-2 <sup>nd</sup>	<b>Battle at the Capitol</b> Location: National Harbor, MD	AL-6 PD-3 INT-4			★	★	★
Feb. 8 <sup>th</sup>	<b>Cheer LTD</b> Location: Trenton, NJ	WC-3	★			X	X
Feb. 15-16 <sup>th</sup>	<b>CHEERSPORT</b> Location: Atlanta, GA	Division winners				★	★

*Feb. 22 <sup>nd</sup>	<b>WSF Liberty Bell Championships</b> Location: Philadelphia, PA	WC-3	★				
*Feb. 21-23 <sup>rd</sup>	<b>Mid Atlantic Championships</b> Location: Wildwood, NJ	AL-6 PD-3 INT-4		★	★	★	★
Feb. 29 <sup>th</sup>	<b>Spirit Unlimited PA Championships</b> Location: Reading, PA	WC-3			★		
March 15 <sup>th</sup>	<b>NCA Northeast Classic</b> Location: Asbury, NJ	WC-3			★		
March 21 <sup>st</sup>	<b>American Cheer Power** If needed</b> Location: Trenton NJ	WC-3					
March 28-29 <sup>th</sup>	<b>Reach the Beach</b> Location: Ocean City, MD	AL-6 PD-3 INT-4			★	★	★
April 18 <sup>th</sup>	<b>Jersey Shore Beach Championship</b> Location: Trenton, NJ		★				
	<b>Worlds</b> Location: Disney						
	<b>The Summit</b> Location: Disney						
	<b>US Finals</b> Location: Providence, RI						