

# TITANS



# Year 1

# TITANS

CHEER AND GYMNASTICS

## A NEW TRADITION OF

**Growth  
Excellence  
Confidence  
Accountability**

**In This Gym We...**



**EXPECT EXCELLENCE. CELEBRATE GROWTH. SET GOALS. LEARN FROM OUR MISTAKES. WIN WITH GRACE. LOSE WITH CLASS. FACE ADVERSITY. NEVER GIVE UP. LAUGH. TELL THE TRUTH. GIVE COMPLIMENTS. LOVE. WORK HARD. PLAY HARD. EXPERIENCE LIFE TOGETHER. COMPETE WITH THE BEST. CREATE FOREVER MEMORIES.**

**WE ARE FAMILY. WE ARE TITANS.**

**WE BELIEVE IN THE POWER OF UPLIFTING BUT DISCIPLINED COACHING TO INSTILL THE VALUES OF HARD WORK, ACCOUNTABILITY, SPORTSMANSHIP, POSITIVE ATTITUDES, AND ATHLETICISM. WE BELIEVE BOTH FUN AND STRUCTURE ARE VITAL TO CREATING AN ENVIRONMENT WHERE KIDS THRIVE!**

**To our future family,**

**Our goals and mission are simple but lofty: providing safe & fun experiences for children, an unparalleled customer experience, and the highest quality coaching of all-star cheerleading that the state has ever seen.**

**Our staff is driven and motivated by these goals in every aspect of coaching and planning for the perfect season for our teams. No detail is too small, and every decision made about our program experience has been painstakingly thought through.**

**Our mission is to not just make our first season as big of a success as possible, but to create a sustainable environment for our program to thrive for years to come.**

**We want to thank you for considering making Titans your child's home away from home.**

**-Titans Cheer & Gymnastics Staff**

# Titans All-Star Cheer Program

## What Is All-Star Cheer?

**All-Star Cheer** is the sport of action packed routines consisting of jumps, tumbling, stunts, pyramids, baskets, and dance.

**Showmanship and choreography** are greatly rewarded and routines are expected to be both fast paced and technically sound. It is truly the ultimate team sport!

**Elite teams** are divided into 6 levels, coed or all-girl, and by one of 6 age divisions.

**Divisions** such as novice and prep are also offered in a variety of age and skill groups. Novice is the introductory level of all-star cheer. Prep is the first step into the world of competition cheer. Both offer lower time commitments compared to our Elite program.

**Our Elite program** is designed for highly competitive teams and athletes who want the ultimate in competitive team sports experience.

**Teams** will compete both locally and nationally while competing for division titles and bids to end of season events. Which bids will be accepted is determined by the coaching staff on a team by team basis.

## Time/Travel Commitment

### NOVICE

**Novice teams** practice once a week for an hour.

**They will compete locally 4 times.**

### PREP

**Prep teams** practice once a week for two hours.

**They will compete locally 4 times.**

**1 required weekly tumbling class** is included in tuition.

### ELITE

**Elite teams** practice twice a week for two hours.

**They will compete locally 4 times and travel 3 times and compete both days of 2-Day Events.**

**1 required weekly tumbling class** is included in tuition.

**\*\*\*ALL TEAMS** may expect extra and/or extended practices whenever needed. These are mandatory and may be *numerous* in competition season.

**ARE YOU READY TO BECOME A DAY  
1 TITAN?**



**TITANS**  
CHEER AND GYMNASTICS

# Tryout Process

**1**

## **Register & Pay Tryout Fee**

**Fill out all of the required forms at the end of the packet and turn them into our front-desk. You must also register your child in our Parent Portal.**

**2**

## **Evaluation**

**Your athlete will need to come to the gym during one of our eval times. May 16th or 17th anytime from 3-6 PM.**

**3**

## **Call-Backs**

**Come back to the gym during the call-back time(s) listed on your child's evaluation sheet.**

**4**

## **Team Reveal**

**The team reveal will take place on Wednesday, May 20th at 5:00 PM.**

# #TITANup



# TITANS

CHEER AND GYMNASTICS

# **More Tryout Information**

## **Information Meetings**

**We will have three informational meetings. April 2nd, April 20th, and May 12th at 7 PM.**

## **Tryout Cost**

**Our tryout fee is \$50. Fee must be paid before evaluations either via portal or the front desk.**

## **Can't Make An Eval?**

**Call or email us at [tcgallstars@gmail.com](mailto:tcgallstars@gmail.com) to set up a private evaluation. Private evaluations will be \$65 instead of \$50.**

# Tryout Checklist

**You must have all of the below items complete before attending an evaluation.**

- Attend one of our informational meetings**
- Register for tryouts in iClassPro**
- Fill out all required forms:**
  - Payment Policy Form**
  - Parent Code of Conduct**
  - Athlete & Parent All-Star Cheer Contract**
  - Acknowledgement, Authorization, And Liability Release Form.**
- Make payment for tryout costs.**
- Attend an Evaluation Session or schedule a private evaluation.**

# Team Timeline



## **Important Dates/Closings:**

**Memorial Day - May 24-25th**

**Labor Day - Sep 6-7**

**Thanksgiving - Nov 25-27**

**Christmas - Dec 20-Jan 2**

**Jan 3 - Practices Resume for All Elite Teams**

**May 20th- Team Reveal**

**June 1 - Practice Schedule Starts**

**July 12th - Stunt Choreography**

**August 1-3 - Routine Choreography**

**November - Team Showcase**

**December 12 - World Tour Starts**

# **TITANS WORLD TOUR**

## **One Day Events**

**Turkey Jam**  
**December 12 - Hot Springs**

**Celebrity**  
**January 23 - Fort Smith**

**One Up**  
**February 21 - Hot Springs**

**All Competitions Are Subject to Change**

# **TITANS WORLD TOUR**

## **Two Day Events**

**Jamfest Super-Nationals  
January 16&17 - Indianapolis**

**Rockstar Nationals  
Feb 13&14 - Tulsa**

**NCA All-Star Nationals  
February 26-28 - Dallas**

**COA Nationals  
April 10&11 - Hot Springs**

**All Competitions Are Subject to Change**

**WE ARE FAMILY. WE ARE TITANS.**



**TITANS**

**CHEER AND GYMNASTICS**

# Financial Commitment

**Novice**

**\$150**

**Prep Team**

**\$200**

**Elite Team**

**\$310**

## **Monthly Tuition Includes:**

**Music**

**Make-Up**

**Stunt Camp**

**Tumble Class**

**Coach's Fees**

**Choreography**

**Practice Wear Set**

**Competition Entry Fees**

## **What Isn't Included:**

**Shoes\*\***

**Uniform**

**Travel related expenses**

**USASF Athlete Membership\***

**End of Year Bid Competitions**

**\*\*Athletes may be required to purchase a specific brand and/or style of shoes.**

**\*All USASF Athletes must pay and make their accounts this year. This is a new rule.**

**EACH team will be receiving high end routine choreography, stunt choreography, and music. Make up competition hair accessories are included in tuition costs.**

**Tuition is only 11 months for season 1.**

**SpiritFX, Brandon Mathieu, and SpiritVibe are some of the great companies we will be working with season 1!**

**Sibling discount will be \$50 per athlete.**

# 2020-2021 Financial Commitment

## Policies

**Monthly Tuition is due each month from June 2020 - April 2021. Covered items in tuition include all training expenses, choreography, skills camps, practice wear, make-up, hair accessories, music, and registration fees. Also covered is all coach's competition related expenses, including hotels, competition pay, and other travel related expenses.**

**Tuition is billed on the 25th of each month for the upcoming month and charged to the card / checking account on file on the 1st of the month.**

**Example: June tuition will be billed on May 25th and charged to your payment method on June 1st. All accounts not current after this time must contact the office.**

**Any late / unpaid tuition or invalid cards on file will result in your child not being allowed to participate in the program until the accounts are made current.**

## Fundraising

**We have many exciting fundraisers planned. Here is a sneak peak of our fundraising calendar from now through November:**

**May/June - "Sponsor My Uniform"**

**July/August- TBD**

**October - Sheets fundraiser**

**Nov/Dec - Doublegood Popcorn**

## Payment Options

**We offer three different payment options.**

**You may also choose our front-loaded payment option. For Elite teams June-November you may pay \$418. From December-April the price will be \$150 with this option.**

**Or you may pay a levelized amount each month June-April. This is the advertised price for each tier of cheer.**

**Contact us for discount pricing for paying up season up front.**

# **Estimated Costs of Items Not Included In Tuition**

<b>Uniform (Elite):</b>	<b>\$450</b>
<b>Uniform (Prep/Novice):</b>	<b>\$200</b>
<b>USASF Fee:</b>	<b>\$30</b>
<b>Shoes:</b>	<b>\$60-110</b>
<b>Optional Warm-Ups:</b>	<b>\$100</b>
<b>Optional Backpack:</b>	<b>\$120</b>
<b>End of Year Bid Events:</b>	<b>\$100-\$600</b>

**Uniform costs will have 3 payment options. Pay in full by June 15th, two installments on June 15th & July 5th, or four installments on June 15th, July 15th, August 15th, & September 15th.**

**Shoe styles are still to be determined. For practice any proper cheer shoe will be allowed. Styles and/or colors for competition shoes are to be determined by the coaching staff, which is taking design, customizability, function, and price into consideration when choosing.**

**USASF Registration will need to be completed by October 15th. Please await instructions before registering your athlete. This can no longer be paid by gyms directly.**

**End of year event possibilities include US Finals & D2 Summit.**



## PARENT CODE OF CONDUCT POLICY

### Parent Accountability:

Our culture is predicated on **POSITIVITY** and we hold our parents accountable the same as we do our athletes.

We WILL NOT tolerate the following actions from parents:

- Gossip or rumors in and around the program.
- Negativity towards other parents, athletes, coaches or staff.
- Withholding practice attendance or competition attendance as punishment.
- Any violations of our communication policy stated below.
- Repeated delinquent payments for tuition, fees, classes and programs.
- Inappropriate behavior at events / competitions, you as the parent are an extension of Titans Cheer & Gymnastics, therefore representing the program just as the athlete does.

We fully understand that competitive cheer is just that... competitive and that sometimes emotions can run high on all sides of the spectrum. We also understand that we as coaches / staff and parents are held accountable for our actions especially in front of our athletes and we will not tolerate repeated instances of the actions above or below. We will handle each situation on a case by case basis and operate on a **2 Infraction policy**. First infraction will be a warning and the second will terminate the relationship / agreement of Titans Cheer & Gymnastics with the parent / athlete.

### Parent-Coach Relationship:

Both parenting and coaching are extremely difficult roles especially in competitive cheerleading. By establishing an understanding of each role, we are better able to accept the actions of each other and provide a greater benefit to our children. Parents, when your child becomes involved in our program, you have the right to understand what expectations will be placed on your child. This begins with clear communications from the Coach of your program.

Communications to expect from your child's Coach:

- Squad requirements (uniform/attendance).
- Competition/practice schedule and updates.
- Squad rules, guidelines and consequences for any infractions.
- Injuries, Extra practices.

Communications Coaches expect from athletes/parents:

- Any concerns are expressed **DIRECTLY** to the Coach.
- Advanced notification of any schedule conflicts.
- Advanced notification of any illness or injury – when possible.
- It is the goal of everyone that each cheerleader will experience some rewarding moments in these growing years. It is important to understand that there may be times when things do not go the way you and/or your child wish. When this occurs, discussion with the Coach is encouraged. It is the first and most integral step to understanding and resolution.

Concerns are to be expressed at the appropriate time, that IS NOT:

- During a practice
- During a team meeting
- During an Event/Competition (**EVER**) These can be emotional times for both the parent and the coach. Meetings of this nature usually do not promote positive resolution.
- In front of the athlete

Appropriate times are:

- We operate on a 24 hour cool down period, if you have an issue give it 24 hours before you contact the coach or director.
- After a practice is complete and in private.



- Scheduling a sit-down meeting with the Coach.
- The days following a competition or event (**NEVER DURING**)

#### Appropriate Concerns to Discuss with Coaches:

- Treatment of your child.
- Ways to help your child improve.
- Concerns about your child's behavior.
- Coaches are professionals. They make decisions based on what they believe to be in the best interest for the squad and for all the cheerleaders involved. Certain things can be and should be discussed with your child's Coach. Other concerns must be left to the discretion of the Coach.

#### Inappropriate Concerns to Discuss with Coaches:

- Squad placement.
- Squad Strategy and Stunts.
- Cheer selection.
- Other athletes.

#### WE ARE THEIR ROLES MODELS!

The critical factor in determining whether your child has a positive experience is the quality of their adult leaders, their parents and coaches.

#### What can a parent or coach do if the discussion did not provide a satisfactory resolution:

- Call and discuss the situation with **The Director of Operations**.
- The appropriate next step then can be determined.

#### 10 expectations of Good Sportsmanship:

- No taunting, trash talk, and intimidating behaviors have no place in our program.
- Attending competitions / events does not give you the right to abuse coaches, judges, athletes and other spectators.
- Treat others as you want to be treated.
- Be a positive role model
- Control your emotions at practices and competitions/events
- Whether we win or lose, we will uphold a level of sportsmanship to the other teams and programs.
- Respect your child's coaches. Communicate with them in a positive way.
- Sportsmanship begins with you as a parent.
- Your child is always watching
- Always look for that moment to lift someone up

I \_\_\_\_\_, have read and understand the Parent Code of Conduct Policy.

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



## TITANS CHEER & GYMNASTICS ATHLETE / PARENT ALL-STAR CHEER CONTRACT

Athletes and Parents: In order to run a successful competitive cheer program, expectations must always be followed and met during the year. **THIS IS A YEAR LONG COMMITMENT!!** If at any time any of these rules are broken, it will result in dismissal from Titans Cheer & Gymnastics All-Star Cheer Program. Athletes and parents, please initial by each rule giving your acknowledgement that you have fully read and understand each line.

Athlete Initials	Parent Initials	
_____	_____	Athletes are required to commit to a full year of competitive cheer and will not quit on their teammates unless injured.
_____	_____	Athletes are required to attend ALL competitions and showcases / events during the year.
_____	_____	Athletes are required to attend ALL practices and extra practices 2 weeks prior to each competition. This is <b>MANDATORY</b> .
_____	_____	Only 3 unexcused absences will be given during the competitive season. The athlete must give proper notice to their coach in a timely fashion.
_____	_____	School functions for a grade are an excused absence. It is the parent/child's responsibility to let Titans Cheer & Gymnastics know 2 weeks in advance.
_____	_____	Athletes and parents are expected to present themselves with a positive attitude to training and towards the Titans Cheer & Gymnastics program. This includes the staff, the athletes and other parents throughout the year.
_____	_____	Athletes and parents must respect all coaches / staff of Titans Cheer & Gymnastics. If a problem shall arise, the situation will need to be handled at the appropriate time by setting up a meeting with the coaches or director of operations.
_____	_____	Athletes and parents must arrive to all competitions on time. Athletes must have their hair and make-up done along with the correct uniform. Athletes must be in <b>FULL UNIFORM</b> attire when representing Titans Cheer & Gymnastics at any competitions / events / showcases.
_____	_____	Parents and Athletes: Please understand that if at any time during the competition season you are not performing the required skills for your level team, you may be removed from your current team and placed with another team at your coach's discretion.
_____	_____	Athletes and parents are responsible for checking the website, social media and messaging system for all updated information.
_____	_____	Athletes are required to wear the scheduled practice clothes to each practice. Athletes who do not wear the correct clothing for that practice will be disciplined at practice.
_____	_____	Athletes and parents understand that choreography and music learned at Titans Cheer & Gymnastics is property of Titans Cheer & Gymnastics and may not be used, distributed or taught to anyone else.
_____	_____	Titans Cheer & Gymnastics owners must approve all designs bearing the Titans Cheer & Gymnastics name and logo. Anything representing Titans Cheer & Gymnastics is NOT to be sold independently.
_____	_____	Athletes and parents will be required to give written consent from doctors for illnesses, sicknesses or injuries for non-participation during practices.
_____	_____	Athletes and parents: If you are removed from a squad or leave Titans Cheer & Gymnastics for any reason during your 12-month contract, <b>you will forfeit all funds that have been paid already to Titans Cheer &amp; Gymnastics.</b> Tuition for the remaining months will be drafted until your contract is up. Failure to do so will result in being turned over to collection.
_____	_____	Parents must contact their athletes' coach if your athlete is sick or will miss practice.
_____	_____	The athlete and parent will ALWAYS be a positive representative of Titans Cheer & Gymnastics, trash talk, gossip and negativity will not be tolerated. Being part of a Titans All-Star Cheer Team is a privilege and should be treated as such.

Athletes Signature: _____	Date: _____
Parent Signature: _____	Date: _____
Titans Cheer & Gymnastics Representative: _____	Date: _____



## TITANS CHEER & GYMNASTICS, LLC (aka TCG ALLSTARS) ACKNOWLEDGMENT, AUTHORIZATION AND LIABILITY RELEASE FORM

I, the undersigned parent/legal guardian, do hereby give consent for my son/daughter to participate in the training and activities provided by **TITANS CHEER & GYMNASTICS, LLC (aka TCG ALLSTARS)**.

I understand and acknowledge (child's name) \_\_\_\_\_'s participation in the activities provided by **TITANS CHEER & GYMNASTICS, LLC (aka TCG ALLSTARS)** includes but is not limited to all aspects of cheerleading, tumbling, stunting, trampoline, dance training and/or competition, as well as travel to or from any related events. I am fully aware of the nature of the activities involved and the possibility of physical illness or injury (minimal, serious and catastrophic - including death) which may arise from participating in such activities. I understand any such injury could be sustained while at the **TITANS CHEER & GYMNASTICS, LLC (aka TCG ALLSTARS)** facility or at any one of many competition facilities. If I feel conditions are unsafe, I acknowledge that I have full authority to remove my child from the event.

I certify my child is in good health and proper physical condition to participate in cheer related activities. In the event of injury, I grant permission to any representative of **TITANS CHEER & GYMNASTICS, LLC (aka TCG ALLSTARS)** to authorize any emergency medical transportation, medical attention, treatment, surgery or administration of drugs by qualified and licensed medical professionals. I understand the emergency contact(s) listed below will be notified as soon as possible in the event of such emergency, and that any and all transportation, medical or other expenses associated with such injury will be entirely assumed by me or my insurance company. I hereby agree to voluntarily release, hold harmless, indemnify and covenant not to sue **TITANS CHEER & GYMNASTICS, LLC (aka TCG ALLSTARS)**, including its officers, agents, coaches and employees for any and all claims of liability, injury, negligence, actions or rights of action, which are in any way related to, arise out of, or are in any way connected to my child's participation in **TITANS CHEER & GYMNASTICS, LLC (aka TCG ALLSTARS)** activities. This further includes, but is not limited to, claims of dangerous condition, premises liability, failure to warn, negligent supervision, negligent maintenance, negligent hiring and improper or dangerous equipment

I understand **TITANS CHEER & GYMNASTICS, LLC (aka TCG ALLSTARS)** produces promotional materials, and that my son/daughter may be included in videos or photography taken during practices, competitions or other cheer related events. I hereby grant **TITANS CHEER & GYMNASTICS, LLC (aka TCG ALLSTARS)**, its successors, assignees, licensees, sponsors, television networks and all other commercial exhibitors the exclusive right to photograph and/or videotape my son/daughter; and further to utilize my son/daughter's name, face, likeness, voice and appearance in advertising, promotions, websites and social media without reservation or limitation. In granting this license, I understand **TITANS CHEER & GYMNASTICS, LLC (aka TCG ALLSTARS)** is under no obligation to exercise such rights, licenses or privileges granted herein.

I certify that I have read this 'Acknowledgement, Authorization and Liability Release Form' in its entirety and understand that by signing it I am freely giving up substantial rights without any inducements or assurances, and intend for it to be a complete and unconditional release of any and all liability to the greatest extent allowed by law, and agree that if any portion of this agreement is found to be invalid, the balance notwithstanding shall continue in full force and effect.

CHILD'S LEGAL NAME: \_\_\_\_\_ AGE: \_\_\_\_\_

EMERGENCY CONTACT NUMBER(S): \_\_\_\_\_

PARENT/LEGAL GUARDIAN'S NAME: \_\_\_\_\_

PARENT/LEGAL GUARDIAN'S SIGNATURE: \_\_\_\_\_ DATE: \_\_\_\_\_

TITANS CHEER & GYMNASTICS, LLC (aka TCG ALLSTARS) WITNESS: \_\_\_\_\_