

Cheer Zone Athletics
17296 W Wortham Rd.
Saucier, MS 39574
www.cheerzoneathletics.com

Cheer Zone Athletics Athlete & Parent Handbook



At Cheer Zone Athletics, we strive to provide excellent service in the cheer, dance, and tumbling industry. We also strive to give our kids of all ages and all ability levels an opportunity to excel safely in cheer, dance, and tumbling while also becoming productive members in society by learning life skills in their everyday lives. It is through hard work, work ethic, and mental toughness that we teach this and beyond.

The Cheer Zone Athletics brand and logo is legally trademarked, Cheer Zone Athletics pro shop apparel, and any item associated with Cheer Zone Athletics are only allowed to be purchased through the gym, or through the online Pro-Shop. Parents/Family/Friends ARE NOT authorized to create, sell, or purchase non-authorized apparel or accessories.

CZA Contact Information

Front Desk Saucier (228) 343-2317 email info@cheerzoneathletics.com

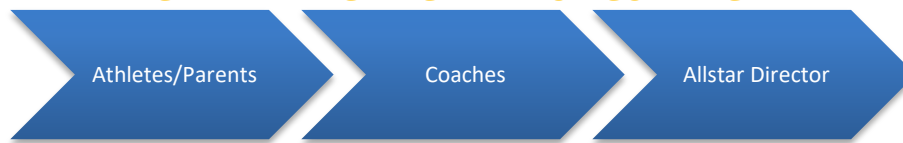
Front Desk Long Beach (228) 314-3488 email info@cheerzoneathletics.com

Information Regarding:	Who to contact:
Athlete Registration/Camps/Clinics/Special Events/	Contact the gym or register for any events at info@cheerzoneathletics.com
General CZA questions/billing/allstar fees account/class schedules/payments	Contact the gym or email info@cheerzoneathletics.com
Anything allstar related/Team questions/specific team athlete questions/coaching questions	Shalon Patterson shalon@cheerzoneathletics.com

Cheer Zone Athletics Social Media

CZA Social Media Outlets is our website: www.cheerzoneathletics.com Facebook: www.facebook.com/pages/cheerzoneathletics Email blasts and our facebook group is your source for important information regarding announcements, calendars, competition information, practice schedules and class registration. Instagram and Facebook are our outlets for exciting announcements, athlete and team “shout-outs,” last minute updates, picture/video posting and contests throughout the year.

CZA HIERACHY CHART OF CONTACT



Healthy & Productive Communication

General Communication

- Shalon Patterson is your point of contact regarding your allstar experience and all of the coaching decisions made with All-Star Teams. Please contact Shalon Patterson via email regarding any information and questions you may have.
- Coaches will be available following classes and team practices to answer any questions regarding your athlete, their needs and their individual progress.
- Coaches will not entertain questions regarding specific strategic decisions (placements made in formations, decision of why an athlete was moved, added, removed, or replaced in stunts and tumbling sections) in a public setting.
- If you or your athlete would like a better understanding of routine placements, team decisions, etc., please email your allstar director. We will then set up a meeting with you, your athlete, the allstar director and the athlete's coach. CZA keeps an open door policy with communication to help each parent and athlete understand every decision in which they are involved.
- It is inappropriate for an athlete or a parent to approach other CZA members about a problem they have with a CZA coach or teammate, regarding personal objections to coaching decisions, or disagreements with an administrative decision. This leads to unnecessary drama and will result in immediate dismissal from the CZA Program.
- We strongly encourage parents to have their athletes speak with the coaches directly in regards to, but not limited to, the following issues, should they arise: Routine Element Questions, Individual Skill Preparedness, Group Skill Preparedness, Injury, Illness, Outside Events that may affect Performance (*In cases where the athlete is too young to articulate the issue, we ask that the parent aid in the communication appropriately.)
- If there is a matter that seems to remain unresolved, or if the athlete has clearly legitimate concerns that speaking to the coach will not or cannot possibly resolve the matter, please bring the concern directly to the allstar director.

Communication with Staff

- The CZA Program, Staff, Athletes and Parents are all considered a part of the CZA Family. Athletes and parents should feel comfortable speaking to the staff, in the appropriate setting, with any questions and/or concerns. This "open communication" is needed to ensure that there are no oversights within our teams and that situations involving or affecting the athlete are handled appropriately.
- We strongly encourage that parents have their athletes speak with coaches directly in order to remove any feelings of a communication barrier.

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- During practices, coaches are needed to coach and instruct the team. Parents should never approach a coach during class or practice. Any issues that arise during a class or practice will be discussed at the end of practice. If an issue is urgent, please have the front desk notify the coach immediately.
- During competitions, coaches are needed to coach and instruct the team. Parents should never approach a coach with an issue at competitions. Any issues that arise during competition will be promptly addressed the following week. Please email your allstar director to discuss these matters.
- While in the gym, verbal communication regarding athletes, parents, classes, etc., should be held in private. Coaches will be available to discuss concerns regarding your athlete and only your athlete.
- We have a strict policy in place stating that Coaches are not available to discuss: Information regarding other CZA athletes and/or parents, CZA Coaches who do not coach their athlete, Decisions made by the Administrative Staff, Issues that involve any type of comparison of their athlete to another athlete, Coach-to-Coach, or CZA to any other cheerleading training facilities.
- At Various points throughout the competitive season, we will provide parents with written feedback detailing your athlete's progress both individually and in a team setting. These will go out in the months of August, November, and February.

Cheer Zone Athletics Certification and Safety USASF

Credentialed Staff and Certified Gym

- The mission of the United States All Star Federation (USASF) is to enrich the lives of our All Star athletes and members. We provide consistent rules, strive for a safe environment for our athletes, drive competitive excellence and promote a positive image for the sport.
- Each athlete within the CZA program will be required to become a member of the USASF. CZA will complete this for each athlete.
- Each coach has been background checked and "greenlighted" by the USASF in order to coach your athlete at our gym.
- Athlete health and safety is of utmost concern within the CZA program. We are committed to maintaining a safe environment at all times. CZA is sufficiently prepared to respond to emergency situations with appropriate emergency-response plans.
- To ensure a safe environment at CZA, all coaches will be trained and educated in effective spotting of stunts and tumbling. They are also required to record and evaluate proper progression of skills. The CZA staff receives over 15+ hours of training each year.

CZA "Team" Philosophy

- Athletes will set individual and team goals for the season. Along with the staff, the athlete will work hard to obtain and even exceed those goals, building a strong work ethic for the future. CZA is focused on developing the lifelong success of the athlete, not on merely winning championships.
- Members of CZA agree to put the team ahead of the individual athlete. All decisions are made for the benefit of the team's performance, scoring and success. Although the individual athlete is very important to the CZA program, some decisions, initially, may not seem to be the best to the athlete or parent. We ask that each athlete take the time to see what the overall routine entails. If he/she still has a question or does not understand a decision, they should then speak with a coach.
- If it is in the best interest of the program, an athlete may be moved from one team to another team.

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- Athletes being moved to a different team should not be perceived as a negative consequence. The decision to move an athlete will be based off of one or more of the following reasons:

Athlete's Routine Positions (side base, back base, top girl), Athlete's Skill Level (tumbling, stunting, jumping, etc.), Athlete's Attitude, Athlete's Willingness to Learn and Improve in a Group Setting, Team's Need for Competition, Loss of Athlete from another Team, Injury

- Athletes may request to be moved to a lower level team if he/she feels they are not sufficiently utilized throughout a routine or if they become overwhelmed by the routine.

Role of Athlete

We expect the following from ALL athletes as members and alternates of both full season and prep teams. These expectations will be strictly enforced at CZA, during practices, clinics, competitions and all CZA events.

Athletes are expected to:

- Treat fellow teammates, coaches, staff, and parent with respect at all times.
- Not Participate in Gossip.
- Show good sportsmanship and class at ALL times.
- Not Bully. This includes all forms such as electronic, verbal, physical, mental, media based, monetary, etc.
- Not use profanity and/or abusive language.
- Accept both constructive criticisms, along with praise for a job well done.
- Not consume alcoholic beverages and/or illegal behavior
- Use social networking and electronic media as a means of publicizing and spreading the word of CZA in a positive and appropriate manner.
- Refrain from using any social networking, messaging services or electronic media to distribute negative or inappropriate information that could be detrimental to yourself, your family, and the CZA family or reputation in any way. This is ground for immediate dismissal from the program.
- Remain mindful that your decisions, whether you are actually wearing anything displaying the CZA brand or logo at the time or not, affect and can be a negative reflection of yourself, your parents, fellow teammates, coaches, staff, and the entire CZA program. Athletes should take pride in wearing the "CZA colors" and conduct themselves accordingly to uphold our reputation.

Role of Parent

Parents are expected to:

- Encourage their athlete to always treat fellow teammates, coaches, and CZA staff with respect.
- Not express their opinions during practice or coach their athlete "from the sideline," i.e., from the parent-viewing area or the lobby.
- Defer to the coaches' discretion regarding team decisions. Inevitably, we will lose or gain team members through the course of a season. Any dismissal or addition of a team member is solely at the discretion of the Coach, or Owner.

- Withholding a child from practice or competition should never be used as a form of punishment. This punishes not only your child but every other team member and parent.
- Refrain from threatening to quit or pull their child from a team. This is unacceptable parent behavior that will not be tolerated. Any such threats will subject parents to disciplinary actions, including removal from the team. Parents should not listen, participate or instigate idle, worthless gossip. Parents should not “manipulate” other parents and CZA members while present at CZA practices and competitions. Any perceived issues and concerns must be resolved directly, in accordance with the “Issue and Conflict Resolution ” section below.
- Use social networking and electronic media as a means of publicizing and spreading the word of CZA in a positive and appropriate manner.
- Understand that the parent viewing area is open as a privilege and not a right. If the viewing area becomes a parent issue, we have the right to close the area at any time without prior notice.

Parent Travel Obligations

- Parents are responsible for their athlete’s activities and behavior at out-of-town events.
- Parents must understand that competitions are NOT vacations and that athletes' time and focus should be fully committed to the team and CZA throughout the time of the event.
- Please note that on all out of town events, you must arrive on Friday and you may also need to leave the event on a Monday, due to scheduling by the Event Company.
- If a parent/guardian cannot attend an out of town event, you must arrange for another CZA parent, or responsible adult, to travel with your athlete. They will assume responsibility for the athlete and ensure the athletes’ adherence to all CZA rules and policies throughout the entirety of the event. This is also not to be abused.

Role of the Team Mom

Team Mom/Representatives are expected: This is a very important job responsibility and is a very important role for the team. If you are interested in this responsibility and would like to be considered for this position, please inform Shalon Patterson. If you choose to be a team representative, you will be responsible, but not limited to, the following duties:

- Become the main contact for information regarding the team schedules.
- Roll call at all team competitions and special events.
- Communication with parents and athletes via email, text, phone.
- Developing team specific announcements, emails and reminders.
- Individual team Social Media set-up and maintenance.
- Becoming the “voice” for the parents and relaying any questions and concerns to the team coach.
- Team management at competitions from arrival time to release time.
- Organizing and preparing team outings and team bonding activities.

Attendance Policies and Procedures

Practice Attendance Policy

- Attendance at practice is critical to your athlete’s progress and integral to the success of the team and athletes should be at practices during the summer season as well as all season.

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- Athletes are allowed up to 5 unexcused absences for the ENTIRE season. Once your miss over 5, your account will be billed a \$40 fee per absence over your 5 threshold. This fee must be paid with you next monthly tuition billing. Excused absence is a doctor's note. Bring it in or email a copy to Shalon@cheerzoneathletics.com for removal of the absence from your account.
- Practice attendance is absolutely mandatory and compliance with the attendance policy will be strictly enforced. An athlete's team position can/may be jeopardized for noncompliance with all the following terms of the attendance policy.
- Practices may be changed or added at any time during the year. Parents must check our Cheer Zone secret facebook group and emails on a daily basis to stay on top of the practice schedule for updates on day and times.

Excused Absences - An "excused absence " must be either:

- A. School Functions that result in a grade.
- B. Doctors Note

You are NEVER allowed to miss practice the week of a competition unless you can provide a doctors note.

Only Shalon has the discretion to approve an absence during this time. Failure to attend practice may result in your child being removed from his/her position until further notice. She/he may be removed from an upcoming competition.

Unexcused Absences "Unexcused absences " are simple; ALL other absences that do not meet the above allowances are unexcused. Examples include: Academics: School is definitely a high priority and we stress the importance of education however; homework, projects, and studying are unexcused absences. Proper time management is expected so that this does not become an issue.

Extra Curricular Activities and Jobs: Extracurricular activities and jobs need to be scheduled around the commitment to CZA. This includes school clubs, etc.

Illness, Injury or Family Emergency **Illness:** Athletes are expected to be a practice unless they have a fever as fever can mean that an athlete is contagious. Practice participation will be situation-based and at the Coach's discretion. When absences due to illness perpetually occur, a doctor's note listing the treatment and length of recovery is required. **Injury:** In the event that an athlete is injured, you should notify your coach immediately. Please ensure to update the coach with information details concerning the prognosis, recovery time and any change in circumstance affecting their ability to perform. We will re-choreograph routines based on the athlete's injury and length of recovery. It is not guaranteed that an athlete will be choreographed back into the routine upon recovery. Injured Athletes must continue with fee payments in full and attend all remainder practices and competitions unless released by Shalon Patterson.

Unexpected/Family Emergency: Contact your team coach ASAP so we may plan accordingly. Missing a competition may result in dismissal from the program.

Competition Attendance Roll will be taken at the beginning and end of each competition day. Prior to each competition, Athletes will be given the following set of team-specific times for each competition:

- Meet time- when your team is required to meet with coach and congregate at a specific place designated by the team rep. Team Reps will take roll as the athletes prepare to walk to warm ups. Athletes must leave all backpacks, purses, make-up, warm up jackets and pants etc., with parents at this time.
- Performance time- the time when the team is scheduled to perform

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- Award time- the time of the awards ceremony that your team has been scheduled to receive its award
- Release time - when you are officially dismissed and allowed to leave the competition venue. If you leave before your release time, your child will have 2 weeks of conditioning at CZA the following week. If you miss a competition, there is a fee of \$125 which will be charged to your account.

Dress Code

Practice Dress Code We will not require practice wear this season but we will offer practice wear in the retail for optional purchase. Your child should wear any athletic wear, tennis shoes, and hair pulled away from the face, no jewelry. Boys must wear compression shorts under their shorts.

Financial Policies and Procedures/Payment Authorization

Just as you have a monthly bill at CZA, CZA has monthly bills as well. We depend solely on your allstar fees to pay on your child's items such as uniforms, competition fees, choreography, etc. We set up a payment plan to help you stay on track and us as well. We have deadlines to make our payments and we expect you to do the same.

Tuition is due on the 1st of each month.

Tuition is late after the 15th of each month.

If your child's tuition has not been paid by the 20th, your child may not participate in practices until the bill is brought current or you have made a payment arrangement with the front desk.

If your child has to sit out due to non payment, they must still attend practice to note of any choreo changes.

You have a parent portal where you can easily access your account to view your account and or make a payment. You may log on by going here: <https://app.jackrabbitclass.com/portal/ppLogin.asp?id=512819>

Team Placement

Team Selections for full season and allstar prep teams are May 20-23. We will hold team selections at both locations. You are only required to attend ONE day. Evals take about 15-20 minutes. Please select any day or location during the times listed. Just show up and the staff will be ready to eval your child. No fee for tryouts.

- May 20th 5:30-7:30pm, May 21st 5:30-7:30pm, May 22nd 5:30-7:30pm, May 23rd 5:30-7:30pm
- May 24th will be the official announcements of the teams. Families will receive an email letting the athlete know the team, and team practice day, and when to begin. There is a mandatory parent meeting at the first team practice. At this meeting you are required to have all the following:

The allstar packet signed via docusign

1st installment payment. If an athlete decides to not continue with their CZA team, he or she forfeits any money paid entirely.

- Athletes will be sized for shoes within the first few team practices.

Financial Options and Availability

1. Monthly Payments

2. Sponsorship-. You may obtain sponsors for your athlete(s). 100% the sponsorship proceeds go directly to your family/athlete’s account. Forms are available in our retail or you can find it on our free app, Cheer Zone Athletics for download.

Athlete: _____ Person responsible for paying: _____

Please check which option you will be paying:

Circle the option you would like to pay	Please sign your name next to the option
Pay one time in full	
Pay monthly fee	

Will you be on our auto draft program? Yes or No? _____

If yes, what day would you like us to process your payment? 1st or the 15th? _____

Would you like to sign up for the add on unlimited classes for an extra \$50/month? _____

Financial Obligation

Type	Monthly Price	Months Due
Full Season Athlete	\$300 due at 1 st team practice	\$300 fee due week of May 27
	_____	\$278.30 due June-March
Prep Athlete	\$194.50	August-January
Tiny Novice (ages 3-6)	\$99.00	August-January
Novice (ages 7 and up)	\$99.00	August-January

Full Season teams will receive 4 hours a week of training. Each practice will consist of 30 minutes of tumbling/strength training and 1.5 hours of cheer/routine work.

Prep Teams will receive 1.5 hours a week. Each practice will consist of cheer/routine work.

Novice Teams will receive 1 hour a week. Each practice will consist of cheer/routine work.

You may add an unlimited class add on package for an additional \$50/month

Full Season Teams: If we receive a bid to The D2 Summit, our team/s will attend. These costs typically as follows to give you an idea of what the cost will be if we are awarded the bid to this event.

-Travel package-roughly between \$299.00-\$600.00 per athlete

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-Other fees may include(coaches travel package, practice wear for athlete, Summit music upgrades/edits, Summit choreo upgrades, etc) roughly between \$200-\$300 per athlete.

Competition Schedule

<u>Date</u>	<u>City</u>	<u>Comp Company</u>	<u>Venue</u>	<u>Teams Attending</u>
TBA	Saucier, MS	CZA Shownight	CZA Saucier	All Teams
12/8	Jackson, MS	UCA	Conv Center	Full Season teams
12/14	Biloxi, MS	American Allstar	MS Conv Center	Prep/Novice teams
1/11	Biloxi, MS	Cheersport	MS Conv Center	All Teams
1/18	Mobile, AL	All Out Champions	Civic Center	All Teams
2/8	Biloxi, MS	GLCC	MS Coliseum	Full Season teams
3/22	Baton Rouge, LA	Jamfest	Baton Rouge River Center	Full Season Teams
4/18-4/19	Ft. Walton Beach, FL	Athletic Championships	Emerald Coast Conv Center	Full Season Teams
May	Orlando, FL	Varsity	Disney	Summit Bid Teams (Fees not included in your monthly payment plan will be added) We must win a bid.

Tentative-Updated 2/24

*Dates are not final. These are based on last year's events and are an estimate. We will update the schedule as dates are finalized. As soon as Varsity releases their bid event calendar, we will update. This is a tentative schedule on the events we feel will be bid events.

***Once we set the final schedule for the year, it is final. No changes will be made at that time unless of a change from the competition company/venue or allstar director.

Important Dates and Calendar-

Mandatory Choreography for full season teams July 6-9-any child who misses will have a \$200 fine. This fee will cover the expense of our staff to reteach the material missed. Exact Times TBA

Mandatory Choreography for prep teams August 10th-any child who misses will have a \$200 fine. This fee will cover the expense of our staff to reteach the material missed. Exact Times TBA

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A yearly calendar of closings/events will go out as soon as schools release the upcoming year calendar.
Please check the app.

CZA Commitment

Ok! I'm ready to commit. What are my next steps:

1. Sign this packet via docuSign.
2. Attend 1 day of tryouts at the location of your choice.
3. Attend parent meeting at child's first team practice (week of May 27)
4. Bring \$300 payment at your first team practice. You may pay this in advance if you wish.
Email shiela@cheerzoneathletics.com to pay in advance.
5. Bring your child's birth certificate if you're new joining our program or sat out a year
6. Please add Shiela Hajjar Perry as a friend on fb if you have so we may add you to our secret fb group.



As the parent/guardian and athlete, we have read and completely understand the rules, requirements and regulations as outlined in this packet. We promise to uphold and abide by the rules set forth herein. We realize that CZA reserves the right to change, amend or assess the stated policies and procedures as deemed necessary on a case-by-case basis. I have read and understand the financial obligation and procedures.

I understand that it is my responsibility as a parent to follow through with my- child's financial obligations associated with tuition and other fees during the 2019-2020 Competition season. Should I fall behind or fail to make payments, I recognize that my child's involvement will be jeopardized. If you quit or are released from the team you WILL continue to be financially responsible for fees in full. These fees are to be paid on the assigned payment schedule

Parent/Guardian Name _____

Parent Signature _____

Date _____

This packet is signed for athlete name: _____