

**Firebird Allstars
Information Packet
2011-2012 Season**

Welcome to the Firebird Allstars program. We are delighted that you have chosen to become a part of our family. In the following pages you will find an outline of our:

- Program Rules, Parent/Cheerleader Codes of Conduct
- FIREBIRD ALLSTARS Team Policies
- Important Dates
- Frequently Asked Questions (FAQ's)
- Financial Commitment
- And much more.

Please take the time to read and understand all of the material enclosed.

Our mission at FIREBIRD ALLSTARS is to enrich the lives of the children and their families through the sport of competitive cheerleading and dance. Our goal each day is to teach our athletes the value of commitment, hard work, integrity, leadership, self confidence, positive attitude and a love for the sport.

It is our goal to be the best program possible. Each and every family is important to us and our program. For those athletes and parents that have been with us in the past, there are some important changes that have been made so please read this information carefully.

After you have read your packet thoroughly, please complete:

- *Tryout Form*
- *Member Information Form*
- *Medical Release Form*
- *2010-2011 Season Financial Policies Form*

Please be prepared to turn in all of these pages on **May 7th, 2011** and provide a copy of your cheerleader's birth certificate before **June 1st, 2011**.

*You may keep the remaining parts of the tryout packet to reference throughout the season.
Any questions may be addressed to:*

Mary & Lenny Byrd – Owners
Jervis Williams – All-Star Director
Firebird Allstars
1859 W Grant Rd. #109-110
Tucson, Arizona 85745
520-792-4337

Firebird Allstars Information Packet 2010-2011 Season

Firebird Allstars Program Rules

Parent/Cheerleader Codes of Conduct

- If you ever have a problem, with anything, please do not hesitate to contact the gym, your coach or the owner. We are here for YOU.
- If you have any questions or concerns that need immediate attention please let us know immediately.
- It is your responsibility to wear the appropriate practice wear to every practice. This includes a black tank top, black shorts, socks and cheer shoes for girls; for boys a black t-shirt, black shorts or sweats, socks and cheer shoes.
- Any additional clothing items (sweats, long pants, etc.), cell phones, school bags, or gym bags must be taken into the central team room and stored in the shelves. NO items are to be left in other areas of the gym.
- **PLEASE NO GOSSIP** about any other teams, **NO GOSSIP** about an athlete on your team or another team. **NO GOSSIP** about coaches and staff. It is much better to address a problem directly than to listen to idle gossip.
- No profanity or abusive language. We want all of our Athletes, Parents and Staff to be great role-models!!
- Please keep in mind the gym is not a babysitting service. We want our athletes to use the gym as often as possible, but no child should be dropped off at the gym unsupervised without checking in with us.
- You must arrive at all practices, competitions or any scheduled event on time. Punctuality is a **MUST** and affects everyone on your team.
- During practice, please reserve your opinion and talk with your Coach after practice. All squad and routine decisions are at the discretion of the FIREBIRD ALLSTARS Staff.
- Please feel free to talk to your coach about anything; just remember to do it at the appropriate times. For example, approaching a coach in the middle of a practice would not be an appropriate time.
- Never post any negative comments on any websites or chat rooms.
- Please do not use "FIREBIRD ALLSTARS" or "Desert Cheer" or any derivative of those words in any form as a user name on websites or in your email address. i.e. FIREBIRDALLSTARSMom@aol.com , Desertcheerlocks@comcast.net, etc.
- No one is allowed to post team music, choreography, routines, stunts, etc on any websites without prior approval. This includes, but is not limited to "My Space", "Face Book", "You Tube", etc.
- Every year we go through losses and additions of team members. The dismissal/addition of a team member is solely the staff's decision.
- Practices may be changed or added during the season. We will try to provide as much notice as possible.
- Please do not take valuables to the gym; we are not responsible for unattended items.
- Only Athletes and Coaches are allowed in the gym during practices. Guests please use the comfortable Parent Viewing Room.
- No one is allowed to yell onto the floor or try to make contact through the gym door window during practices or tumble classes. This is extremely distracting to all involved. Ask the staff to assist you if you need to contact someone during practice.
- The staff reserves the right to close practices to insure the best opportunity for the team to focus and be successful.
- It is the parent's responsibility to know what is going on with your Athlete's squad. Check your emails and the website regularly.
- Withholding a child from a practice or a competition should never be used as a form of punishment. This hurts the entire team, not just your athlete!! (See "Absences" below)
- Each team will be assigned teams to cheer on at our competitions. We would love to have everyone there supporting all of the Teams, but at the very least you are obligated to support your assigned teams.
- Parents, relatives, friends and cheerleaders are never allowed to speak with competition officials for any reason. This can cause damage both at the current competition and future competitions!
- Parents are never allowed to represent Firebird Allstars under any circumstances concerning accommodations, competitions or any other situation unless specifically authorized.
- All FIREBIRD ALLSTARS Athletes and FIREBIRD ALLSTARS Family/Friends will show good sportsmanship at all times.
- There will be no arguing or questioning of the staff's decisions at competitions.
- **GOOD SPORTSMANSHIP, POLITE MANNERS AND A KIND DISPOSITION ARE MANDATORY AT ALL COMPETITIONS AND PRACTICES. THIS PROGRAM PRIDES ITSELF ON SETTING A HIGH STANDARD OF BEHAVIOR. PLEASE HELP US TO CONTINUE IN THIS ENDEAVOR.**

Tardiness

You are considered tardy to practice if you are not on the practice floor ready to practice when your practice BEGINS. This means; appropriate practice wear on, shoes on and tied, hair up, snacks and drinks taken care of, ready to go.

Absences

Competitive Cheerleading is the equivalent of a “travel” baseball/softball team or an “allstar” volleyball or soccer team but we have no “bench” of extra athletes to draw from. We and your teammates expect 100% dedication to your team. That means attendance is **mandatory** because your team cannot practice or perform without you! This will require you to manage your time and keep up with your other important responsibilities but we can not allow your failure to do so to damage the rest of your team.

Excused Absences include:

- A school function that results in a grade for that class.
- A death in the family.
- A contagious sickness, but you must first talk with your coach.

Unexcused Absences include, but are not exclusive to:

- Jobs
- Dances, birthday parties, concerts, banquets, family reunions, weddings, etc.
- School projects and homework or tests. (School IS IMPORTANT, Plan Accordingly!)
- Traffic or long distance driving. If you are driving an hour to tryouts, you will be driving an hour to practice at least twice a week. Please take that into consideration. Traffic in our area can be a problem due to trains, rush hour, etc. plan accordingly.

There are precious few hours that we have these teams together, every moment must be used. It is extremely important that you get to practice on time and try not to miss. Excessive tardiness or absences may result in dismissal from your team. If you are tardy or absent from a competition you will be *immediately* dismissed. Also, you must attend practice if you are sick but not contagious, let your coach know what is going on, but your presence will be needed at every practice.

No absences will be allowed during the week leading up to a National Competition (no exceptions).

We cannot stress how important your attendance is, there is choreography, stunting and formations taught at every practice, if you miss that information, you hold the entire team back.

Injuries and Conditioning

- Parents need to note that cheerleading is a highly competitive and dangerous sport. The stunts and tumbling could lead to injuries. These include but are not limited to bruises, pulled or strained muscles, torn or strained ligaments, broken bones, dislocations, paralysis or even death. We at Firebird Allstars take every precaution to limit these injuries. Unfortunately, we can not prevent them all. In the event that your child is injured we will take every necessary step to ensure your child's well being.
- Cheerleading is a very strenuous sport. Therefore, all of the athletes in our program are expected to be in top physical condition. This includes flexibility, strength and endurance.
- All team members are expected to take care of their bodies. This means absolutely NO DRUGS, NO ALCOHOL AND NO TOBACCO. If anyone is caught drinking, smoking or using drugs or if there is an eating disorder they will be expected to take the necessary steps to quit and/or receive help. We will, of course, help in any way we can.

Travel

- All Team Cheerleaders/Dancers will use the team selected accommodations at all overnight competitions. We have experimented with everyone doing their own thing and our Athletes and Parents have almost unanimously agreed that this is the best course of action.
- There must be a parent in every room, *no exceptions*.
- **Each cheerleader must have a chaperone at every competition.** It is not your Coach's, Team Mom or Firebird Allstars staff responsibility to be your child's chaperone unless specifically arranged in advance.
- It is your responsibility to pay the hotel directly for your room.
- Proper traveling attire will be discussed with each team prior to an out of town competition.
- Firebird Allstars will reserve a block of rooms at a hotel (We really like to use Embassy Suites whenever possible). Be prepared to pay around \$120.00 – \$150.00 a night for accommodations. We will do our best to negotiate a lower rate; however we want everyone to know what to expect.)
- This season we are planning to go to the American Championships held at the Anaheim Convention Center right next to Disneyland.

Practice Dress Code

- Part of your registration fee will include a mandatory practice outfit. This outfit will include Firebird Allstars shorts, and Firebird tank top or T-shirt. The athletes must also wear no show socks and cheer shoes.
- No "sport bras only" except Open Teams (Stunt Safety). Sport bras should always be worn under t-shirts or tank tops. We have a lot of male staff/athletes that have no need to see the girl's undergarments. Parents, please help us enforce this rule!
- Hair will be kept in a ponytail at practice with a hair bow.
- **NO JEWELRY AT ALL!** Wearing jewelry of any kind could result in an injury to your child or to another child.
- Fingernails need to be kept short, please no fake fingernails.

Competition Dress Code

- You must wear your full uniform when arriving at a competition. You may wear warm-ups, but must keep your skirt on and tucked into the warm-up pants at all times.
- You must wear clean white cheer shoes during competitions.
- Under no circumstances are you allowed to wear jewelry at any time during the competition day. This could result in your team being disqualified.
- All hair and makeup must be complete before entering the competition venue.
- If you are not competing or have been dismissed from your team obligations by your coach, you may wear your warm up pants, a Firebird Allstars tank top or t-shirt and tennis shoes. You are still representing Firebird Allstars and must present yourself in such a way.

Competitions

- All competitions will be chosen by the coaching staff.
- All teams will travel.
- Some teams may travel more than others.
- Competition season begins in November 2011 and will run through April of 2012. The International All-Level Competition and/or the U.S. Finals are at the end of April. We may have teams competing in this event.

2011-2012 Important Dates

May 7th - Tryouts 11:00-3:00

May 8th - Mother's Day

May 15th – Team practices begin. Registration fee due (\$50). There will be a mandatory Parent Orientation during your athlete's first team practice. (Athletes may not participate in tumbling or team practice until at least one parent has attended orientation).

May 28th to 30th - Memorial Day Weekend, gym closed

May 31st – June 4th - Mandatory uniform fitting during your weekly practice

June 10th - Uniform Fees due

June 19th - Father's Day, no practice

July 3rd and July 4th -Fourth of July holiday, No Practice

July 6th- Choreography and Music Fees due

August 1st - Mandatory practice begins, 1st Competition Installment due

September 1st- Bag and Jacket Fees Due

September 3rd to September 5th - Labor Day Weekend, gym closed

October 1st – 2nd Competition Installment due

January 3rd – 3rd Competition Installment due

Competition Schedule will be determined during the Month of July !!!!

Team Choreography dates will be announced as soon as we have them scheduled.

FAQ'S

- Q: How much does it cost?
- A: Season tuition can be paid monthly, quarterly or annually in advance. If paid monthly, tuition is \$120.00/Month. If paid quarterly, the tuition is \$330.00/Quarter. If paid annually, tuition is \$1200.00. The Choreography and Music Fees for higher level teams are estimated to be \$250 and will be finalized when the teams are set. Tuition is due for the following month on the 25th of the previous month. For example, September's tuition is due on August 25th. If payment is not received by the 10th of the month your credit card on file will be automatically deducted.
- Q: How much do our Competition Uniforms cost?
- A: This is the most critical change for this year. Uniforms will be bought by the athletes. The cost is approximately \$200. The FIREBIRD ALLSTARS Booster Club is a 501©3 Federal Non-Profit Corporation and provides a tax deduction at the end of the year for the uniform cost
- Q: What happens if I lose or destroy my uniform?
- A: You will be responsible for the replacement cost of the lost or destroyed parts. If it happens during the competition season we will hopefully have spares in your size, however, if we do not you may also be charged for any expediting fees that are necessary to get the replacement in time for the competition, if possible.
- Q: How do we get our uniforms?
- A: We will have uniform fittings on May 31st – June 4th, 2011. It is mandatory to get measured/fitted during this time or before this date if you are going to be away on vacation. Uniforms take 10 to 12 weeks to arrive. You will have your uniform before the first competition.
- Q: When can my athlete "move up"?
- A: There are a number of factors that go into this type of decision including but not limited to: Team Space, Athlete Skill, Team Fit, Athlete Maturity, etc. We will do what is best for the Team(s) involved.
- Q: How do you select teams?
- A: We select teams to be the most competitive in each level. We do not push our teams to a higher level until they can be competitive at that level.
- Q: Can my son/daughter fly?
- A: If the coach feels that your athlete should be a flyer, she/he will be.

We are looking forward to another outstanding season. Please help us by following the guidelines set forth in this packet. It is much easier for the coaches and cheerleaders to do their job when they do not have to worry about outside issues. When you have read and understood everything in this packet, please fill out completely all appropriate forms and turn into the office before **May 7th, 2011**. Incomplete paperwork will not be accepted.

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

Welcome to the family! Let's Go FIREBIRD ALLSTARS!

Firebird Allstars Booster Club (FIREBIRD ALLSTARS BC)

The FIREBIRD ALLSTARS Booster Club is a 501©3 Federal Non-Profit Corporation (currently registered under the name "Desert Cheer Athletix Booster Club" that exists to help us make All-Star Cheerleading and Dance as affordable as possible for our Parents. For items that are required for our Athletes to participate as a team in the sport of Competitive Cheer and Dance, the FIREBIRD ALLSTARS BC will hold numerous fundraising activities throughout the year to support our teams. The main areas that the Booster Club impacts are Uniform costs, Choreography and Team Competition Fees.

In the Area of Cheer Uniforms, the Booster Club actually purchases the uniforms and sells them to you. The donation that you make each season for your uniform is fully tax deductible. Personal items required for the Uniform that are not sharable (Cheer Shoes, Bloomers, Bows, Socks) must be purchased by the Athlete separately and do not go through the Booster Club. We provide these items during the season through our Pro Shop.

We also utilize professional choreography and music for our higher level teams, these fees benefit the entire team and will also utilize the Booster Club to provide for tax deductions for our parents.

Lastly, we apply our fundraising dollars to first reduce any outstanding liabilities for the Booster Club and then the costs of competition fees as we go through the season. This year the estimated total competition fees are approximately \$400.00 if we as parents had to pay for all of them from our pocket. As we raise funds we will first work to offset the costs of our selected National Competition in Anaheim in April 2011. If we are successful enough at fundraising to fully cover that cost, we will then go to reduce the cost of the next competition in line.

Annual Uniform Donation (per Athlete) ~ \$200.00 (but not above this)
Choreography/Music Fee per family~ \$250.00

Each cheerleader will be required to have a pair of black Firebird cheer shorts, Firebird T-shirt, bloomers, sports bra to be worn under your uniform top (males excluded, of course), a pair of white no show socks and a pair of Nfinity shoes. We will offer the shorts, bloomers, socks and shoes through the gym on fitting day. You may purchase them then or later in the Team Store or on your own. Shoe fittings will take place during the summer. More information will follow.

Firebird Allstars and the Firebird Allstars Booster Club accepts checks, money orders and all major credit cards. All correspondences to the Firebird Allstars Booster Club must be made through the office or directly to the Secretary of the Firebird Allstars BC. Account Statements will be emailed to you periodically regarding the status of your accounts.

If you have any questions about either account please, do not hesitate to call us.

If there is a financial problem, please talk to Aidee Wilcox immediately. Your coach will not be able to advise you on these matters.

There will be no refunds made to anyone who is asked to leave the program or that quits a team. This includes all monthly fees and any monies paid into your Firebird Allstars BC account.

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

**2011-2012
Statement of Commitment**

I have read and fully understand my financial commitment to Firebird Allstars outlined in this tryout packet. I understand that my commitment is for the 2010-2011 Allstar competitive season. I understand that I am giving my credit card/debit card information, that information may be used if I do not meet payment deadlines to Firebird Allstars or to Firebird Allstars BC. I understand that I will forfeit any monies paid if I choose to leave a team or am asked to leave the program. I understand that I am entering into this program of my own free will.

Parent
Signature _____ Date _____

Policies and Expectations Commitment

I have read and fully understand all codes, rules and expectations in this tryout packet. I understand that I am entering into this program of my own free will. I understand what is expected of me as a Parent and an Athlete. I will conduct myself in a sportsmanlike manner and uphold the standards that are expected of me as a Firebird Allstars Athlete.

Parent
Signature _____ Date _____

Cheerleader
Signature _____ Date _____

2011-2012
Tryout Check List

1. Have you read the entire tryout packet?
2. Did you fill out the *Credit card/debit card information sheet*?
3. Did you sign the *Statement of Commitment page*?
4. Have you filled out the *Tryout Form*?
5. Have you completed the *Firebird Allstars Member Information Form and Medical Release Form*? All cheerleaders must fill out these forms, including returning cheerleaders.
6. Did you include a copy of your child's birth certificate?
7. If all forms are complete, please turn in to the front office by **May 7th, 2011**. If you have any questions, do not hesitate to call.
8. Do you feel overwhelmed? If so, take a deep breath, it really will be okay!

**Let's Go
FIREBIRD ALLSTARS!**

If you bring a new Athlete to tryouts and they make a team and join the program, you will receive a \$50.00 credit to your FIREBIRD ALLSTARS account!

Firebird Allstars 2011-2012 Tryout Form

Name _____ Age as of August 31, 2011 _____

Birthday _____ Height _____ Grade For 2011-2012 School Year _____

Have you cheered before? ___ Yes ___ No If so, where? _____

Check ALL tumbling skills you throw on the FLOOR & WITHOUT a spot		
Standing	Standing Series Tumbling	Running
___ None or Back walkover	___ Multiple Back Handsprings	___ None or Round-off
___ Back Handspring	___ Two BHS to tuck	___ Back handspring
___ Standing Tuck	___ Back Handspring Tuck	___ Back tuck
___ Jump Tuck	___ Two BHS to Layout	___ Layout
___ Standing Full	___ Back Handspring Layout	___ Full
	___ Two BHS to Full	___ Double full
	___ Back Handspring Full	

List any Specialty Skills: _____

At which stunt position do you have experience? **NONE FLYER BASE BACKSPOT**

Check your most advanced Stunting skill level

- ___ **Level 1** (No experience or level 1 stunts, preps)
- ___ **Level 2** (Ex. Preps, Extensions, Straight Cradle dismounts and baskets tosses)
- ___ **Level 3** (Ex. Extended one-legged stunts, Full twisting two-legged dismounts, single trick basket tosses)
- ___ **Level 4** (Ex. Extended one-legged stunts, Double twisting two-legged dismounts, kick-full basket tosses)
- ___ **Level 5** (Ex. Double twisting one-legged dismounts, Double twisting basket tosses, full-ups)

What are your strengths? _____

What would be your best contribution as a team member? _____

FOR STAFF USE ONLY

Standing Tumbling	Running Tumbling	Jumps/Motions	Stunts/Flexibility