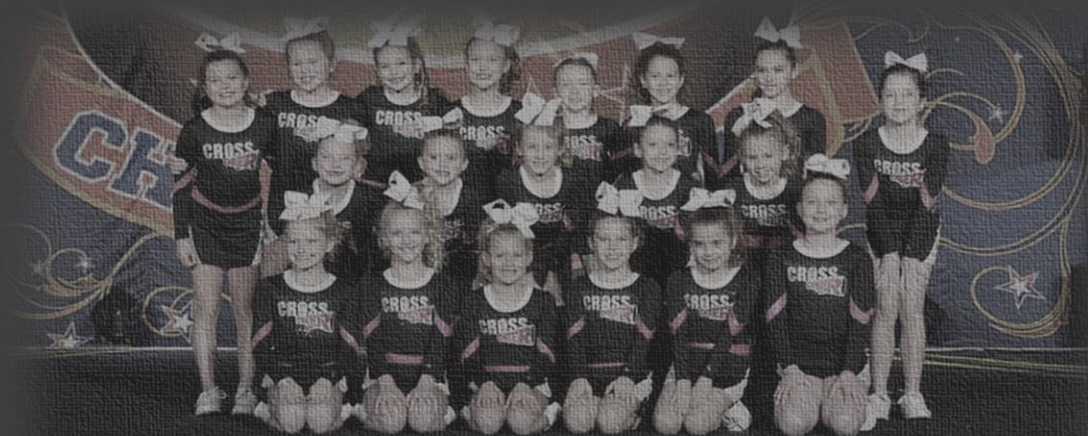


CROSS CHEER ALL STARS

All Star Cheerleading in a Christian Environment

2020-21 Cross Cheer All Star Packet





Dear Cross Cheer Family,

We are excited to be back for our second year of Cross Cheer All Star! As we all know, this is an unprecedented year. As we began to ponder this upcoming season, we were in awe of the overwhelming interest in continuing our tradition of offering All Star Cheer in a Christian Environment.

We are excited to be offering our Cross Cheer All Star program in partnership with Elevate Gymnastics this year. Many of the challenges of operating out of a church (mostly the mat situation!) will be solved by operating out of Elevate Gymnastics, where we will have a spring floor, trampolines, a tumble trak, wedge mats, etc. This will benefit us greatly! The only downside is due to Elevate's full schedule, we will need to conduct our weekly practices on Sunday. As a Christian organization, this wasn't ideal, but we encourage you all to still celebrate the Sabbath with your families another half day of the week. We won't be interfering with traditional church time, but we will be practicing on Sunday afternoons.

Our program will offer two types of teams—an all-star novice team and an all-star prep team. Our Novice team will practice once a week for 1.5 hours per practice. The prep team will practice for two hours once a week, adding a second practice for 1 hour in January and February. Both teams will perform three times, hoping that two will be at local competitions.

All Star cheerleading is a competitive sport that requires commitment and dedication from both athletes and parents. EVERY spot on our teams is important, and athletes are thoughtfully placed on teams based on skill level, age, attitude, and the needs of each individual team.

Finally, the safety of our athletes, their families, and our staff is of utmost importance to us. To that end, these plans are based on optimistic assumptions about when we may safely practice and compete/perform.

Cheers!

Erika Toney

Cross Cheer All Star Director and Coach



Cross Cheer All Star Mission

- Mission: To offer an All Star cheerleading experience throughout the schoolyear in a Christian environment.
- Goal: To introduce young girls to a competitive cheerleading environment with a focus on glorifying God through healthy competition, while using appropriate music, movements and uniforms.
- Activities: Our CCASP teams are Level 1 or 2 All-Star Novice or Prep teams that focus on all elements of an All Star Routine,
- All-Star routine: stunts, tumbling, jumps and dance for beginners 5 -11 years old (must be 5 and cannot turn 12 prior to Aug 31, 2020).
- Vision: Our desire at Cross Cheer All Star is that every girl would walk away from this experience feeling loved, encouraged, valued, and pointed towards a relationship with Jesus, all while learning the fundamentals of cheerleading.

CROSS CHEER ALL STARS

All Star Cheerleading in a Christian Environment

Team: Our 2020-2021 teams will be a beginner teams in the All Star Prep and Novice Divisions.

*All-Star routine elements: stunts, tumbling, jumps and dance for beginners.

Competition Season: September 13th – February 28th (6 months)

Practices: Elevate Gymnastics: 17815 Davenport Rd # 101, Dallas, TX 75252

Cross Cheer Saints: Sundays from 1:30-3:30

Cross Cheer Angels: Sundays from 3:00-4:30

*There will be some Tuesday/Wednesday evening practices from 7:30-8:30 as we get close to competitions.

Evaluations: The first practice will be an evaluation to determine the placement on each team.

Performances/Competitions: 3 Performances/Competitions in the DFW Metroplex

Who: Girls that have completed K -11 years old (cannot turn 12 prior to Aug 31, 2019)

Skill Requirements: No prior cheerleading experience needed. Everyone will be evaluated and then offered a spot on a squad. Squads will be dependent on girls that register and their skill level.

Costs: Monthly Tuition: \$145 monthly tuition: includes coaching, facility usage, routine music/choreography, practice shirt, competition fees.

(\$40 registration fee at Elevate Gymnastics and \$35 USASF fee if we go to USASF competitions)

New Uniform Fee: \$180: includes new uniform, built-in briefs, bow

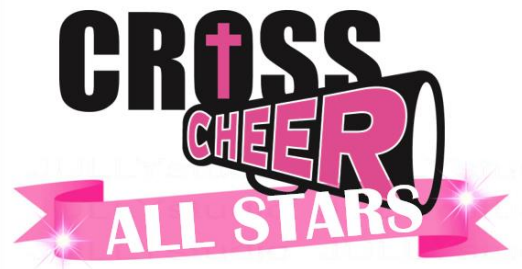
Used Uniform Fee: \$90 (as available through resale)

Coaches: **Erika Toney** is a mom, former SMU cheerleader and current cheerleading coach at TCA with over 20 years in the cheerleading industry! **Sarah Richardson** and **Tiffany Ruffcorn** are both former collegiate cheerleaders and current teachers!

Register for Cross Cheer All Star at:
<https://campscui.active.com/orgs/CrossCheer?orglink=camps-registration>



Learn more about our All Star Program, go to:
www.crosscheer.com/all-star-team



We are new to this! What is all-star cheer?

All-star cheerleading is the sport of competitive cheerleading. A team of similarly-skilled cheerleaders prepares a 2 minute 30 second routine of tumbling, stunting, dance, jumps, and pyramids to compete before judges that score the team against the others in the competition.

What is the difference between an all-star prep and novice team?

A novice team is for our beginner cheerleaders who are just developing their tumbling skills, but are ready to put all the cheer elements together in a routine. They are evaluated at competitions, but not ranked. Prep Teams are girls that have mastered basic tumbling skills and have some experience with stunting. They are scored and ranked at competitions. However, they practice less than an Elite All Star team.

Who are Cross Cheer All-Star coaches? The CCAS will be led by Erika Toney, who has over 20 years of experience in the cheerleading industry. She was a collegiate cheerleader at SMU, and has coached high school cheer for 11 years. Our all-star coaches have significant experience both as cheerleaders and as coaches. Our All-Star Staff coaches all have a desire to disciple these athletes to love the Lord and ultimately show the joy of the Lord through cheerleading.

How many times will they perform?

Due to the COVID outbreak, these dates are subject to change, but the teams will perform/compete three times. Please plan, unless otherwise notified for these dates.

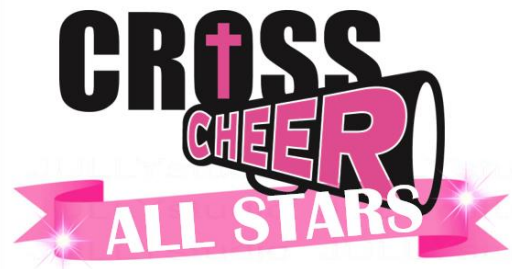
Sunday, January 24th: Exhibition for friends and family at Elevate Gymnastics

Saturday, February 6th: Competition

Saturday, February 20th: Competition.

Are there any prerequisites to joining the Cross Cheer All-Stars? Your athlete must have been born starting in 2014 (preferable completed kinder) and can't have turned 12 before August 31st, 2020. We will place all athletes on a team as long as athletes meet the minimum age.

How will you determine which team? We will have an evaluation the first day of practice, September 13th. Although tumbling is an important component to the Evaluation, athletes will also be evaluated on the level of other skills. Many factors, from skills to age to team needs, go into team placements, but every placement is thoughtful with the expectation that each athlete will thrive in her/his placement.



2020-21 Cross Cheer All Star Pricing

Six monthly tuition payments of \$145

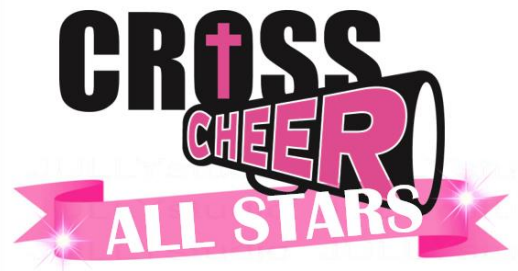
- Total tuition: \$870
- First Month required at Registration
<https://campscui.active.com/orgs/CrossCheer?orglink=camps-registration>
- Auto Draft through Active Registration System
 - *the 5th of every month, October-February

Includes

- One (1) practice/week
- Any extra practices
- Competition Fees
- Choreography Sessions
- Music Production
- Practice T-shirt
- Gymnastics Facility Usage

Other Costs:

- Uniform and Bow: New- \$180, Used- \$90 As available for resale
- Annual registration fee for Elevate Gymnastics-\$40
<https://app.iclasspro.com/portal/elevategymnastics/dashboard>
- Annual USASF Fee- \$35
- Provide your own white cheer shoes and black practice shorts.



Policies and Expectations

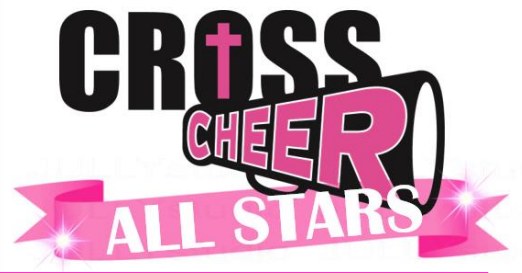
- Cross Cheer All Stars are strongly encouraged to take an extra tumbling class with Elevate Gymnastics to continue to see progress with tumbling. Register on their parent portal.
- No Jewelry. Wear the practice shirt for practices.
- Payments are non-refundable, and will be autodrafted on the 5th of every month.
- You may choose a payment plan or pay in full. The payment plan will be direct deposit. There is a processing fee.
- Please attend ALL practices, except in the case of sickness, family emergency or school functions that result in a grade. Every team member is valuable and necessary. If absent, please contact your coach.
- Bring a water bottle for every practice, but no food.
- Hair in a ponytail for practice.



Health and Safety

Covid-19 Precautions

- Stay home if there are any symptoms.
- Wear slip on shoes to the gym, and change into your cheer shoes when you arrive.
- Coaches will wear masks.
- Athletes need to wear masks in lobby and bathroom, and have available for stunting.
- We will sanitize/wash hands before and after practice.
- The gym will be sanitized before and after practice.
- Please do not bring siblings into the gym.
- Physical distancing when possible.
- If we have to cancel practice, we will have a zoom practice.
- If competitions are cancelled, we will either do a virtual competition, or have another local performance.



Agreement to CCASP

I have read and agreed to the terms, conditions and policies set forth in the Cross Cheer All Star Program Packet.

Parent Signature

Date

Athlete Signature

