



2021-2022 TEAM INFORMATION

We are a training facility where we teach strong values, good sportsmanship, and give positive praise in a disciplined, structured environment. With our exceptional coaching staff, we pride ourselves in teaching skills necessary for everyone to obtain highly competitive goals.

Important Dates

Mandatory Parent Meeting: May 11 @ 6 P.M.

Mandatory Signing day: May 13th at 5:30 P.M. (\$100 down payment due)

Mandatory First month tuition due: June 1st

ALL STAR **NOVICE** DIVISIONS

Rule Differences from All Star Elite (Traditional All Star)

- A.** Routines may not exceed 1:30 minute
- B. No Tosses** permitted
Clarification: This includes "Sponge" (also known as Load In or Squish) tosses.
Clarification: All waist level cradles are illegal.
- C.** Performances may be performed on spring floor or carpet bonded foam.
- D.** Novice can be offered at both 1 and 2 day events. HOWEVER, if offered at 2-day events, Novice divisions will perform ONE TIME ONLY.
- E.** Teams will be evaluated on a rating system (Outstanding, Excellent, Superior) and not scored against other teams.
- F.** Tumbling skills are allowed and will follow the level rules for that level but will not be rated/required.
- G. Level 1 additional rules:**
 - 1.** Single leg stunts are **only allowed at waist level** (Stunts C2-3 not allowed)
 - 2.** Two leg stunts may not immediately pass through an extended position
 - 3.** Up to a ¼ twist allowed (Stunts D2-4 not allowed)
 - 4.** Transitions **TO** prone position are not allowed
 - 5.** Straight pop down dismounts are not allowed

USASF All Star Cheer NOVICE TIER Divisions 2020-2021					
Target Ages	Birth Year	Level	Division	Female/Male	Number on Team
3-6 years old	2013-6/1/17	1 w/Restrictions	Tiny	Female/Male	3 + Members
5-8 years old	2011-2015	1 w/Restrictions	Mini	Female/Male	5 + Members
5-11 years old	2008-2015	1 w/Restrictions	Youth	Female/Male	5 + Members
6-15 years old	2004-2014	1 w/Restrictions	Junior	Female/Male	5 + Members
10-18 years old	6/1/01-2010	1 w/Restrictions	Senior	Female/Male	5 + Members
5-8 years old	2011-2015	2 w/Restrictions	Mini	Female/Male	5 + Members
5-11 years old	2008-2015	2 w/Restrictions	Youth	Female/Male	5 + Members
6-15 years old	2004-2014	2 w/Restrictions	Junior	Female/Male	5 + Members
10-18 years old	6/1/01-2010	2 w/Restrictions	Senior	Female/Male	5 + Members
5-11 years old	2008-2015	3 w/Restrictions	Youth	Female/Male	5 + Members
6-15 years old	2004-2014	3 w/Restrictions	Junior	Female/Male	5 + Members
10-18 years old	6/1/01-2010	3 w/Restrictions	Senior	Female/Male	5 + Members

Please refer to the USASF 2020-2021 Cheer Rules for routine rules and guidelines. The specific page number is referenced in the Table of Contents of the USASF 2020-2021 Cheer Safety Rules.

ALL STAR NOVICE GUIDELINES

- **Tiny Novice Athletes** must be at least 3 years old on 6/1/20 which is the start of the USASF Member Term.
- All teams are combined female/male - novice teams will not be classified as co-ed, regardless of the number of males on a team.
- An Event Producer may offer a team of less than 5 participants, as long as they meet the age restrictions of the Age Grid. Prior approval from the Event Producer is required.

LCCT Team Guidelines and Expectations

Financial:

- A \$100 deposit will be due at signing day on May 13th. Practice wear will be covered with this deposit.
- Tuition will be automatically withdrawn on the 1st of every month.
- \$25 off tuition discount for siblings.
- **LATE FEE:** All tuition and fees are due by the 5th of every month. **If an account remains unpaid after the 5th of the given month, a \$25 late fee will be added to the account and your child will not be able to attend practice or events until your account is up to date.** Athletes may be held out of activities or competitions until the account is brought current. **YOUR ACCOUNT MUST STAY CURRENT AT ALL TIMES!!!!**

Refund:

- NO REFUNDS OF ANY KIND WILL BE GIVEN AT ANY POINT DURING THE CHEER YEAR!!
- If you quit or are removed from the team at any point of the season, you will not receive a refund of any kind. This includes any prepaid amounts, practice wear, shoes, etc. You are required to pay the following months tuition. You are also required to sell your uniform at half price to the coach if the uniform is needed.

Social Media:

- As a parent of a Lake Charles Cheer Training athlete, please know that you and your athlete are a HUGE representation of the company as well. We do not condone an athlete or parent cursing, swearing, speaking negatively about our program, our coaches, any of our athletes, their parents, and/or families, or posting inappropriate pictures or anything deemed to be inappropriate on social media. This also includes speaking negatively of another cheerleading company. If anything of this sort is brought to our attention, you may be asked to remove it. Please use your best judgement regarding this matter. If there are any issues that need to be addressed, please bring it to a coach's attention immediately. Again, please go to the proper line of communication when there are any issues so that we may handle and resolve the problem.

Competitions:

- At competitions, the athletes and parents are expected to act in a manner that sheds a positive light on the company. We encourage cheering for each and every team. We believe that cheering on all athletes pushes them to excel.
- Also, no parents, athletes, or coaches are allowed to drink alcoholic drinks while representing LCCT at an event.
- **Being late to a competition will be grounds for removal from your team.**

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Practices (all practices are closed practices) :

- **Practices will be on Mondays and Wednesdays.** More practices will be scheduled during the week when we get closer to competitions. Competition week is crazy!! Please stay flexible with your time.
- **No practices during the thanksgiving holiday.**
- **Mandatory Christmas schedule:** No practice December 23rd-January 2nd. We will resume practices on January 3rd.
- All trips and vacations must be scheduled on non-practice days. Your child must be in attendance during these practices. VERY IMPORTANT!!!!
- All practices are closed practices. ONLY ATHLETES WILL BE ALLOWED IN THE GYM DURING PRACTICE TIME.
- Every athlete is to ONLY WEAR designated practice wear to practice. The athlete's hair needs to be pulled back in a ponytail.
- **Being late to practice more than three times is grounds for removal.**
- If an athlete has 3 unexcused absences, it is grounds for removal from the team.
- **You must turn in your vacation dates two weeks prior to vacation.**
- A 24-hour notice is required for any missed practices. There will be consequences if this is not followed.
- Valid excuses for missing practices are:
 - Contagious illness (must have doctor's excuse)
 - Death in family
 - School Cheerleading (required event)
 - excused Vacation

Sportsmanship:

- Lake Charles Cheer Training has always remained a high level of sportsmanship in and out of the gym.
- We give respect to each and every member affiliated with the company and to other cheer companies as well.
- We do not condone unsportsmanlike conduct and disciplinary action will be taken if it becomes an issue, at any coach's discretion.
- No athlete on team is allowed to tumble at another gym while on team at LCCT.

Contacting Coaches:

- We use the Remind app to send out all schedules and reminders. You must have this app!
- If you need to contact a coach, please do so by emailing the gym @lccheertraining@gmail.com
- Please contact Kerrigan to set up a meeting with Jaime if needed.
- Please do not text any coach's phone for questions or concerns. Email the front desk if you need any questions answered. Please give us at least 24 hours to reply to any email.

Initial here: _____



Expense	Amount
Monthly tuition	\$100 Due: 1 st of every month
USASF membership (you sign up on your own) usaf.net- make your own account	\$30 Due: August 15
Practice wear	\$75 Due: May 13 th
Hair Accessory	Estimate: \$40 Due: August 1 st
Uniform Cover Up	TBA
Back pack	Estimate: \$110 Due: September 1 st
Cheer shoes	Estimate: \$85 Due: June 1 st
Competition uniform:	Estimate: \$250 Due: August 1 st
Music and choreography	Approximately \$150 Due: July 1st
Competition fees-	Estimate: \$70 each competition. Approximately 4 competitions

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Code of Conduct

- At all times, team members and their families must be a strong representative of LCCT and a positive reflection of their team.
- Abusive behavior, lying, or any other form of negative behavior by a parent or child is grounds for removal from the team.
- All athletes are expected to be at every practice. **5 unexcused absences** will be grounds for removal. A doctor's excuse must be given directly to a coach.
- I understand the importance of punctuality and will arrive at all practices and scheduled events on time. If you are late, there will be consequences.
- I understand that the coaches reserve the right to suspend any athlete's or parent's participation in activities at LCCT or at LCCT functions as disciplinary action.
- Anyone threatening to quit or pull their child from a team may be dismissed from the program immediately.
- As a parent, I will not hold or threaten to hold my child from practice or competition as a form of punishment.
- I understand that all athletes are required to wear the appropriate practice attire to every practice.
- I will maintain all skills that were performed at tryouts and try to improve my skills during the season.
- I will conduct myself with respect and integrity, displaying positive sportsmanship at all times.
- I will not use inappropriate language.
- I understand that it is sometimes necessary for athletes to be moved from one team to another (crossovers).
- I understand that I am obligated to make all of my payments on time and have my account up to date by the 5th of every month.
- I understand that there are no refunds ever given.
- No athlete shall drink alcohol or use any form of drugs including cigarettes while in LCCT attire or at a LCCT event. You will be subject to immediate removal.

I understand and agree to this "Code of Conduct" throughout the 2021-2022 season:

Athlete Signature: _____ Date: _____

Parent Signature: _____ Date: _____



Initial here: _____

Financial Commitment Contract

Team tuition is due by the 5th of every month. I understand my financial commitment to Lake Charles Cheer Training as outlined previously. I understand that all payments are made in a timely manner and upon due date. I understand that if all fees are not paid by the 5th of the month, then I will have a \$25 late fee added to my account. I understand that my child will not be able to participate in practices or events until my account is up to date. I understand that I will forfeit any money paid to date, including monthly tuition, competition fees, and any other prepaid fees if I choose to leave the team, or if I am asked to leave the program.

Parent Signature: _____

Date: _____