

Information Packet
Divine Athletics 2017-2018 Season



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Divine Athletics

Team Handbook

Please read this handbook thoroughly and carefully as it was designed to answer most of your questions about the sport of Allstar Cheerleading, our training philosophy and the policies we have at Divine Athletics.

INTRODUCTION

Welcome to Divine Athletics and the exciting world of Allstar Cheerleading. As a new gym, we are very excited to work with all of our families and athletes. Divine Athletics has partnered with Flips Gymnastics, and prides ourselves on teaching technically correct tumbling skills. At Divine Athletics our mission is to create a safe, supportive and FUN environment. Our program is designed to remain family oriented, along with staying competitive in the world of Allstar Cheer. We believe that cheerleading is more than just a sport. We strive to create not only talented and confident athletes, but all around amazing individuals. Thank you for choosing **Divine!**

As a Divine Athletics team member, we understand that you and your athlete have made a big commitment to our program. Not all of the answers will be in this handbook. If you have any questions, comments or concerns while reading through this handbook, please do not hesitate to contact the Program Director, Courtney.

Courtney Dickens

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THE SPORT OF ALLSTAR CHEERLEADING

Allstar Cheerleading is a sport that has grown and changed tremendously since it began. The expectations and guidelines have become more difficult and challenging for athletes and coaches.

Allstar Cheerleading is made up of a variety of skills and abilities. Each routine is set to music and composed of elements including tumbling, jumping, stunting and dance. Each routine is judged at a competition based on difficulty, technique, execution and entertainment value.






Please remember that Allstar Cheerleading is a **TEAM** sport, which requires commitment and dedication. Each team relies heavily on every teammate attending **ALL** practices, choreography dates, events and competitions.

TRAINING PHILOSOPHY

Our training philosophy at Divine is to ensure that practices, competitions and events remain educational, challenging and most importantly FUN. It is our goal to make sure your athlete reaches their full potential. We do our best to make sure the athletes are working for the entire duration of practices. We structure our practices in this manner so our athletes can spend less time in the gym to prevent burn out, but will still remain competitive in the Allstar world.

At Divine we believe in more than just winning and trophies, although it is an added benefit. We believe in creating life long friends, family and memories, along with developing athletes into young adults who are ready to conquer the real world. There are so many life lessons in the sport of Allstar Cheerleading, and Divine takes pride in teaching them.

Some of the life lessons your athlete will learn from Allstar Cheerleading...

-  Leadership
-  Confidence
-  The benefit of hard work
-  Team work
-  Self Discipline

A few things to remember!

- Every athlete will be challenged at their own level and pace.
- Fear can be a big part of cheerleading; we will do our best to help your athlete in any way possible, to conquer it.
- Some athletes may never prosper in a competitive environment.
- The relationship between athlete and coach is extremely important in the success of each athlete's individual goals, and the progress of the team as a whole. Please talk to your athlete's coach with any questions, comments or concerns that may arise.

Tumbling:

Although a portion of all practices will be spent working on tumbling, athletes will not be working on new tumbling skills during practice time. Athletes will work on tumbling that is performed in the routine, or skills that are appropriate for that level.



All team athletes are required to join a tumbling class that coincides with the skills they need to be working on. This will be a day that works best for the athlete and family. Tumbling classes may not conflict with scheduled practice times.

Tumbling classes are required for every team athlete, and will be at an additional cost. All classes will be taught by highly trained gymnastics instructors who focus on technique and appropriate and safe skill progression.



TEAM PLACEMENTS

The score sheet is more technical now than it has ever been. As 75% of team skills is still in the high range, in order to be competitive teams should have 90-100% of skills needed. Each team member is suggested to have **ALL/MOST** level required skills, including a specialty or elite skill.

Coaches will occasionally make exceptions to level requirements to make sure each team is well rounded and will be successful in every section of the score sheet. Please leave these decisions to the coaching staff.

Flyers only make up about 25% of a team. This is an extremely competitive position. ALL flyers must possess body control, flexibility and skill. Bases make up about 75% of the team. **EVERY** athlete should learn to be a good base.

Divine Athletics has full discretion when building team rosters. Please trust the process.

Cheerleading is not like school. It is unlikely that every athlete should move up a level every year. In the interest of safety and fairness, athletes are expected to demonstrate mastery of level appropriate skills before moving up, as well as demonstrating mastery of current required skills before competing them.

Perfection before Progression leads to confident and well-rounded athletes in every aspect of cheerleading, along with technically correct skills. It also creates a safer skill building environment. **Please keep this in mind during team placements.**

Divine Athletics is a small program with tremendous growth potential. Please understand that within the first year or so, there may not be a team for every level and age group. Although this may be the case, if your athlete is placed on a team that may not be their appropriate level, we will not prevent your athlete from working on skills appropriate to keep them learning and progressing.



LEVEL REQUIREMENTS (TUMBLING)

• LEVEL APPROPRIATE SKILLS • **STRONGLY RECOMMENDED LEVEL SKILLS** • **SPECIALTY LEVEL APPROPRIATE SKILLS**

<u>Level</u>	<u>Standing Tumbling</u>	<u>Running Tumbling</u>
1	<ul style="list-style-type: none"> • FORWARD ROLL • HANDSTAND • HANDSTAND FORWARD ROLL • FRONT LIMBER • FRONT WALKOVER • CARTWHEEL • ROUND OFF • BACKWARD ROLL • BACK EXTENSION ROLL • PUSH UP TO BACKBEND • STANDING BACKBEND • BACKBEND KICK OVER • BACK WALKOVER • BACK WALKOVER CONNECTED SKILLS • CARTWHEEL/BACK WALKOVER 	<ul style="list-style-type: none"> • CARTWHEEL BACK WALKOVER • FRONT WALKOVER TO CARTWHEEL BACK WALKOVER • FORWARD ROLL TO CARTWHEEL BACK WALKOVER • ROUND OFF CARTWHEEL 1/2 TURN FRONT WALKOVER • FRONT WALKOVER TO CARTWHEEL MULTIPLE BACK WALKOVER
2	<ul style="list-style-type: none"> • STANDING BACK HANDSPRING • BACK HANDSPRING STEP OUT • BACK EXTENSION ROLL BACK HANDSPRING • BACK WALKOVER BACK HANDSPRING 	<ul style="list-style-type: none"> • ROUND OFF BHS • ROUND OFF BHS STEP OUT ROUND OFF BHS SERIES • ROUND OFF BHS SERIES • ROUND OFF BHS SERIES STEP OUT ROUND OFF BHS • FRONT WALKOVER TO RO TO BHS SERIES
3	<ul style="list-style-type: none"> • SERIES BHS • JUMP TO BHS • JUMP TO BHS SERIES • BHS SERIES JUMP BHS SERIES • BHS STEP OUT BHS COMBO 	<ul style="list-style-type: none"> • ARIELS • PUNCH FRONT FORWARD ROLL • PUNCH FRONT • ROUND OFF TUCK • ROUND OFF BHS BACK TUCK • ROUND OFF BHS SERIES TO BACK TUCK • FRONT WALKOVER TO ROUND OFF BHS BACK TUCK • FRONT WALKOVER TO ROUND OFF BHS SERIES BACK TUCK • PUNCH FRONT HURDLE TO ROUND OFF BHS BACK TUCK
4	<ul style="list-style-type: none"> • STANDING BACK TUCK • BHS BACK TUCK • SERIES TO BACK TUCK • JUMP BHS BACK TUCK • 2 BHS TO LAYOUT 	<ul style="list-style-type: none"> • CARTWHEEL BACK TUCK • ROUND OFF LAYOUT • ROUND OFF BHS LAYOUT • ROUND OFF SERIES TO LAYOUT • FRONT WALKOVER/PUNCH FRONT THROUGH TO LAYOUT • ROUND OFF BHS SERIES TO LAYOUT • ROUND OFF BHS WHIP BHS TO LAYOUT • PUNCH FRONT STEPOUT BHS WHIP BHS TO BACK TUCK
5 Youth/ Restricted	<ul style="list-style-type: none"> • JUMP BACK TUCK • BHS SERIES TO FULL • JUMP BHS SERIES TO FULL BHS • JUMP TO BHS SERIES TO FULL 	<ul style="list-style-type: none"> • ROUND OFF FULL • ROUND OFF BHS FULL • FRONT WALKOVER THROUGH TO FULL • PUNCH FRONT STEPOUT TO FULL • ROUND OFF WHIP BHS TO FULL
5	<ul style="list-style-type: none"> • JUMP BACK TUCK • STANDING FULL • BHS FULL • SERIES JUMP TO TUCK • JUMP BHS FULL • BHS SERIES TO FULL • JUMP BHS SERIES TO FULL • BHS WHIP TO BHS SERIES TO FULL • SERIES TO DOUBLE FULL • JUMP BHS SERIES TO DOUBLE FULL • BHS WHIP TO BHS SERIES TO DOUBLE FULL 	<ul style="list-style-type: none"> • CARTWHEEL FULL • ROUND OFF FULL • ROUND OFF BHS FULL • FRONT WALKOVER THROUGH TO FULL • PUNCH FRONT STEP OUT TO FULL • ROUND OFF BHS WHIP TO FULL • ROUND OFF BHS FULL BHS SERIES TO FULL • ROUND OFF DOUBLE FULL







LEVEL REQUIREMENTS (FLYERS)



Flyers must execute precise and controlled body positions on a regular basis. Flyers must be able to do all required body positions on the floor, on a flyer stand and/or in the air. Flyers that do not have appropriate body positions will be put on “alternate status” and required to attend classes or privates until body positions are consistent.

Size is not a determining factor of a good flyer or base. Just because an athlete is small, does not mean he or she is guaranteed to fly. Each flyer has flexibility and body control responsibilities that will need to be kept up with throughout the season. Every athlete should learn how to be a good base, regardless of their size.

REQUIRED BODY POSITIONS

-  Heel Stretch (Both Legs)
-  Scale (Both Legs)
-  Arabesque (Both Legs)
-  Scorpion (Both Legs)

ELITE BODY POSITIONS

-  Bow and Arrow
-  Needle

*Please be aware that if a situation arises that a team has too many flyers, the coach has full discretion when choosing who will fly and where. Flyers with adequate body positions will be first choice, but a coach will set and decide stunts based off the needs of the team, with safety as a first priority.

COMMUNICATION

There will be a designated Team Rep for each team. Team Reps are the connection between the parents to the coaches, and the coaches to the parents. Team Reps are volunteers and are not paid for their duties. They are the message carriers of the program and should be treated with respect. Team Reps are not babysitters or travel agents. Disrespect or questioning of the Team Rep will not be tolerated. Team Reps are simply passing on messages from the coaches and/or program director. Although they are not in charge of making any decisions, they should be your first point of contact when you have any concerns or questions about your team. The Team Rep will be in constant communication with coaches and the program director and will be sure to inform them of any issues.

We know that all parents want what’s best for their children, we also recognize that cheer parents are passionate. Please consider waiting 24 hours before contacting a coach or the program director when upset. It is often difficult to address issues while angry or upset.

Divine parents, coaches and athletes are expected to behave professionally and respectfully at **ALL** times. In the event that you are upset, rude or disrespectful displays of behavior will not be tolerated. Confronting fellow parents, athletes, coaches, or directors in an aggressive, disrespectful or inappropriate manner will be deemed grounds for dismissal. Directors reserve the right to dismiss or suspend an athlete or parent due to inappropriate behavior.



ABSENCES/SICK/INJURY/LATE POLICIES

Allstar Cheerleading is a team sport and requires the commitment of all athletes. While we understand that emergencies are part of life, we expect that short of an emergency or scheduled absence, athletes are expected to be at ALL practices, competitions and events. We understand that athletes belong to families and have parents who schedule vacations. At the beginning of the season, we require that families update Teamsnap to reflect their athlete's scheduled absences and tardies so coaches can maximize practices despite absent and late athletes.

We understand that families go on vacation. As allstar cheerleading is a team sport and each and every practice requires every teammate, we ask that all vacations are scheduled around our competition season to the best of your abilities. Depending on the competition schedule practices may be held during spring break and/or winter break. There will be absolutely no absences the 2 weeks before a competition.

If your athlete is sick, it is up to the parent and athlete to determine whether or not the athlete is well enough to participate in practice. We understand that some athletes may want to attend regardless of illness; however, we encourage athletes to consider what they are capable of doing given their level of illness. If an athlete is sick and unable to attend practice, it is the athlete and parents responsibility to contact their teams coach directly. Injuries will be handled on a case-by-case basis, as it is possible to learn and work on strength and flexibility while under the weather or injured. We expect all team members to be apprised of developments and changes to the routine, which is obviously easier when in attendance.





Athletes are expected to be in attendance and on time for every practice. If your athlete is not in the gym and ready to practice, they will be marked as late. Excessive tardinesses that impact the team's ability to develop stunts and formations may impact the (habitually late) athlete's responsibilities on his or her team. If you know that your athlete will be late for a practice please let your coach know at least 1 hour before your athletes scheduled practice time via text.



COMPETITIONS

Competitions are a fun, exciting and sometimes stressful time for parents and athletes. Please be sure to plan accordingly to ensure a smooth and positive competition day.

Each athlete/parent should..

-  get plenty of rest the night before a competition (sleepovers discouraged)
-  have a good idea of where the competition is being held
-  plan plenty of time for travel as rushing often stresses both parents and athletes
-  arrive competition ready at scheduled arrival time

All athletes are required to arrive at the designated time and stay through awards. Each athlete must stay in **FULL** uniform until the completion of their awards ceremony, as you are representing Divine. Athletes may change out of their uniform immediately following their award ceremony. Competition arrival times will be sent out by the team rep the week before each competition.

Competition arrival times are set 1 hour before a team's scheduled warm up time. During this time, each team will warm up, run through routines and promptly check into the warm up area. It is vital that all athletes arrive **ON TIME and COMPETITION READY***. Being late to competition at scheduled times, leads to shortened warm up time. Without proper warm ups, athletes and teams have a higher risk of injury. **ALL** athletes must arrive on time! Please consider traffic and other possible barriers to arriving on time.

***Competition ready includes being in full uniform, makeup and hair done, white no show socks and no nail polish or jewelry.**

If at any time the coaching staff determines that a team is not adequately prepared for a competition, the team may be pulled and rescheduled. We will do our best to keep to the schedule determined in the beginning of the year as we respect your families' time beyond the gym.

Lodging and other travel-associated costs are the sole responsibility of the family. In the event that a team receives a bid to a large competition (i.e., US Finals, The Summit, Worlds), the coaches will decide whether or not they will attend. As these competitions are not guaranteed, costs to attend these events are not included in the regular competition fees, therefore, attendance will result in additional charges.

**All Half Year teams plan to attend U.S. Finals as their last/nationals competition. This competition will result in an additional fee. Based off of whether the team receives a 1st, 2nd or 3rd place bid, registration fees may vary.



COMPETITION ETIQUETTE

At Divine, we expect our parents and athletes to be respectful and display good sportsmanship at every competition. This includes a positive attitude regardless of performance and respecting other teams. Commenting on other teams or athletes in a negative way will **NOT** be tolerated. As well as showing good sportsmanship for every team, it is expected that if you are at the venue when another DAC team is performing, that all athletes go to the fan viewing area to cheer them on. Coaches will make every effort to bring teams to the viewing areas to support every DAC team. This is beneficial for the athletes performing, and also shows that the gym has a strong and supportive core. Cheerleading is not only about winning. Cheerleading is a form of support and a way of life for many people. It is our job as a gym to promote positivity and encouragement to every single team.

Competing on an allstar team is a privilege not a right. Athletes are expected to be on their best behavior at all times. Athletes are not only representing Divine, but as themselves as young athletes. Rudeness and any unsportsmanlike behavior will not be tolerated. These rules apply to parents as well.

TO THE PARENTS OF AN ALLSTAR ATHLETE

Allstar cheerleading is not an easy sport and takes much mental toughness; remember this when your athlete struggles with an irrational fear. It is a coach's job to coach. The Divine Athletics coaching staff has experience dealing with different situations and dilemmas and 9 times out of 10 will know how to motivate your child in the gym. Feel free to make a suggestion, in an appropriate manner, to your coach to help them better help your child. Our coaching staff spends many hours a week with your athlete and knows if your athlete does better with pressure, or praise, or if they need assurance.

Cheerleading is a huge time and monetary commitment. Understand that your child is participating in this sport because they love it. Be careful if you get upset with your athlete or yourself with a poor performance at competition, and/or pushing them too hard at home. Although every parent wants their child to be their best and to be successful, if we take the fun out of the sport the athlete will not stay the course.

Every athlete will progress at their own pace. Some athletes may advance to new skills every year, others may take a bit more time to gain new skills. Please do your best not to compare your athlete to other team members, as this will not help your athlete to succeed.

Divine Athletics prides our athletes and parents to be of the best. Please make sure that your athlete gets appropriate amounts of sleep, nutritional foods, and takes care of their health. Reward your athlete for accomplishing goals, getting over fears or getting new skills. It is just as important to motivate and encourage them when they are feeling down. If you take this advice to heart, your athlete will have a successful and stress free career in allstar cheer.



PARENT AGREEMENT

Behavior:

- Parents are asked to serve as role models for their athletes and their teammates. We ask that parents remain respectful at all times towards coaches, staff, athletes, other parents, judges, officials and spectators.
- Good sportsmanship, positive conduct, and professionalism are expected at all competitions and practices.
- Parents are expected to demonstrate good sportsmanship towards all athletes, teams, coaches, judges and officials.
- We expect the well-being of your child and their team is placed before parent's personal desire to win.
- We expect parents with concerns to contact the appropriate Dynamite representative rather than voice their concerns in a negative way to other parents.
- Threats to quit will be taken seriously. In the event you wish to discontinue your athlete's membership, please send an email to the program director.
- Please refrain from disciplining or reprimanding someone else's child.

Practices:

- The parent viewing area is a privilege. Gossiping, negative remarks, and disrespectful behavior in the lobby and/or parent viewing area are strongly discouraged. If a parent exhibits these behaviors, please let the coaching staff or the program director know immediately. This may result in the parent being put on "drive by" status.
- Disrespectfulness, inappropriate behavior, excessive absences, tardiness, lack of effort, delinquent tuition payments etc. is grounds for suspension or dismissal of your athlete.
- Practices may be changed and/or added at any point throughout the season.
- If your athlete is sick or has an injury, he or she is still expected to attend team practice based off severity. Even if your athlete is absent he or she is responsible for any changes or adjustments made to the routine.
- Only cheerleaders and coaches are allowed in the gym, unless directly asked by a coach or instructor
- Please check your emails, Teamsnap and the Parent and Team Facebook pages regularly, as important information will be continuously updated on these sites.
- If you have any questions or are unsure of anything, please contact your team rep.
- Your Team Rep should be your first point of contact. Please contact a team rep before contacting a coach and/or the program director.
- Parents, relatives, family members or friends are not allowed to approach a coach with any disrespectful comments at practice and/or competition. Disrespect towards Divine staff will not be tolerated. If you have any worries or concerns please contact the program director and a meeting will be set up to discuss the matter.
- Practices for the two weeks leading up to competition are required. It is left to the coach's discretion to replace athletes that do not show up for practice the week of competition, regardless of the situation.



Social Media:

- No parent may post any disrespectful pictures and/or messages in regards to athletes, coaches, other parents or the DAC program on any social media platform.
- Inappropriate pictures or messages posted to social media involving the Divine logo, uniform or name will not be tolerated.
- Bullying will not be tolerated in any form; in person, social media, group chats, etc. I have read and agree to all expectations that are held as a DAC Parent.

I understand that membership on a Divine Team is a privilege, and as a representative of DAC, I agree to conduct myself in a positive and professional way. I also understand that should my behavior negatively impact my athlete, their teammates, team coaches or the gym in general, my athlete and myself are subject to suspension or dismissal.

Athlete Name: _____ Parent Name: _____

Parent Signature: _____ Date: _____



ATHLETE EXPECTATIONS

Behavior:

- Athletes must show respect at all times towards coaches, teammates, other DAC athletes, parents, judges, officials and spectators.
- Disrespectful behavior will not be tolerated.
- Good sportsmanship, positive conduct, and professionalism are expected at all competitions and practices.
- All Divine athletes must show class and dignity at all times when representing the gym.
- Gossiping about fellow teammates, other teams, parents and or athletes will not be tolerated.
- Any athlete threatening to quit will be immediately dismissed from practice and a meeting will be scheduled to discuss his or her continuance on the team.

Practice:

- All personal belongings must be kept in cubbies during practice time.
- Cell phones must be kept in cubbies for the duration of practice. No cell phones will be permitted in the gym.
- Cheer shoes must be worn to every practice. Practicing barefoot or in street shoes will not be tolerated.
- Cheer shoes that are worn on the gym floor **MAY NOT** be worn outside. If you cheer for high school as well, please maintain a pair of shoes that are not used outdoors.
- All squad and routine decisions are left to the coach's discretion. Disrespect and questioning of coaching staff will not be tolerated.
- Respect must be shown towards the gym at all times. Destroying or dirtying of gym property will not be tolerated. Athletes are expected to clean up after themselves.
- No food, gum, drinks etc will be allowed in the gym.
- If you are sick or have an injury, you are still expected to attend team practice based off severity. Even if you are absent you are still responsible for any changes or adjustments to the routine.
- If you are running late to practice, you must contact your teams admin coach. Excessive tardiness will not be tolerated.
- Practices for the two weeks leading up to competition are required. It is left to the coach's discretion to replace athletes that do not show up for practice the week of competition, regardless of the situation.

Social Media:

- No athlete may post inappropriate pictures and/or messages on any social media platform.
- No athlete may post any disrespectful pictures and/or messages in regards to fellow teammates, coaches, parents or the DAC program on any social media platform.
- Inappropriate pictures or messages posted to social media involving the Divine logo, uniform or name will not be tolerated.
- Bullying will not be tolerated in any form; in person, social media, group chats, etc.



I have read and agree to all expectations that are held as a DAC Athlete. I understand that membership on a Divine Team is a privilege, and as a representative of Divine, I agree to conduct myself in a positive and professional way. I also understand that should my behavior negatively impact my teammates, coaches or the gym in general, I am subject to suspension or dismissal.

Athlete Name: _____

Athlete Signature: _____ Date: _____