



SUMMIT CHEERING ATHLETICS

★SCA Handbook Packet★ 2015-2016

★Mission Statement★

Our mission is to give the best quality of instruction by certified and experienced coaches. We strive to offer all aspects of Cheerleading for all levels and abilities. Summit Cheering Athletic coaches & staff are dedicated to creating a better athlete by practicing *sportsmanship* through success and failure, learning *teamwork* by way of friendship and collaboration, and building *character* and *confidence* in a safe, fun and enthusiastic environment through competitive cheerleading and dance.

Thank you for your interest in **Summit Cheering Athletics** and the exciting world of competitive cheerleading.

Summit Cheering Athletics has been instructing cheerleading in Missoula and surrounding areas since 1998. As the cheerleading industry increases in popularity, Summit consistently grows with it. We are pleased to offer classes for all levels, regardless of age and ability.



Congratulations and Welcome to the Summit Family!



Summit's past titles

- 2014-2015 - 4 state Grand champions, 4 out 5 teams placed top 13th in their division day one of PacWest nationals, 2 National titles Junior 2 and Senior 2.
- 2013-2014 - 3 nationals' titles; senior 4first year competing level 4, Senior 3 and Junior 2
- 2012-2013 - 1 National Title 1Grand champions
- 2011-2012 - Senior Co-Ed level 3 took 2 Grand Champions
1 Judge's Choice Award and
National Title Senior Co-Ed 3 took First place all year except at USA Championships in California placing 2nd
- 2010-2011 - Summit's teams and specialty division brought in 29 1st places & 4 National titles, Teams won 2 Grand Champion titles. , 3 team State titles, junior level State Grand Champion Titles.
- 2010- Was a great year for all of Summit's teams Jr level 2 and Sr. level 3 all took State Champion Titles.
- TNT competed at a level 3 and took the State Championship and 3rdplace at Nationals in California.
Summit increased their title count to include State and National Grand Champions.
- 2009- 1st in Excellence in Oregon.
TNT competed as a level 2, took 3rd place at the American Championship in California
- 2008- First year in our Senior Co-ed Level 3 team placed 5th at Nationals in Las Vegas.
- 2007- Junior Level 2, M-80's, placed 3rd at the Ultimate Cheering Championship in Florida.

We believe in teaching a strong work ethic and good sportsmanship with positive praise in a discipline oriented environment.

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★ Code of Conduct ★

If you ever have a problem/concern/question, please don't hesitate to contact your coach, all-star director, or owner, but most concerns can be dealt with by leaving a suggestion in the suggestion box by the front door. We are here for YOU. Please keep in mind the middle of a practice would not be an appropriate time to approach your coach.

If your questions or concerns need immediate attention, please use the following chain of command:

1. Coach
2. Director

You must arrive at all practices, competitions, or any scheduled event on time. Punctuality is a MUST.

Be prepared for practices that may be changed or added at any time during the season.

It is your responsibility to wear the appropriate practice wear (including briefs, sports bra, and proper shoes) to EVERY practice or event.

Any additional items (clothing: sweats, sweatshirts, etc., cell phones, school or gym bags must be left in locker room and stored neatly.

NO GOSSIP about any other teams (all-star or school), NO GOSSIP about a child on your team or another team. NO GOSSIP about coaches and staff. It is much better to address a problem than to listen to idle gossip.

No profanity or abusive language.

Never post any negative comments about Summit (teams, athletes, or coaches) on any websites or chat rooms. Posting while wearing Summit clothing of any kind that is not deemed morally acceptable by a coach or parent will be asked to take post down immediately.

All team members will conduct themselves in a professional and appropriate manner when ever representing Summit Cheering Athletics (Summit Explosion) or any Summit affiliates including but not limited to Eagles Lodge. Representing Summit in positive and respectful manners includes proper wearing of Summit Uniforms. Summit uniforms will not be worn with skirts unzipped & rolled down; uniform tops will not be worn at any time rolled up. There will not be overly affectionate public displays while traveling, at competitions or at any practices. We only want participants that are honest, hard working and dedicated to their teams, coaches and gym.

No arguing or questioning of the coaching staff's decisions at competitions.

All squad and routine decisions are left to the discretion of the coaches.

Every year we go through losses and additions of team members. The dismissal/addition of a team member is solely the coach's decision.

We want to keep an open door policy during practices, however, interruptions are costly and distracting.

NO ONE is allowed to yell onto the floor or try to make contact with students and coaches during classes. Summit coaches are certified to instruct the levels they are instructing and need to be respected as such. These distractions can be dangerous, disrespectful and will not be tolerated.

The coaches reserve the right to close practices at ANY time for ANY reason.

Anyone threatening to quit or pull their child from a squad will be dismissed from the program immediately.

Withholding a child from a practice or a competition should never be used as a form of punishment.

It is the parent's responsibility to know what is going on with your squad. Please check your emails and our website regularly. Summitcheerathletics.com & or summit parent Facebook (summit parents-private)

All Summit Cheerleaders and Summit Cheer family/friends will show good sportsmanship at all times.

The All-star director may change, add or subtract any rule at any time.

All athletes will have adult/ supervision in their rooms when traveling. If you are not willing to chaperone your athlete you will need to appoint a chaperone there are NO exceptions to this rule.

You cannot create or sell your own SCA clothing. Our Name and LOGO is copyrighted. All ideas for apparel must be emailed and approved by Owner.

Appropriate attire at competitions is required of all athletes. This includes wearing hair the same throughout the gym unless otherwise specified.

Remove all piercing!!!

Social Media Guidelines

With all of the social media available today, people carefully post things online related to their activities and hobbies. Because my business depends on a healthy and professional image, I want to remind my clients and student athletes that we must adhere to certain standards of common decency in public communication.

Things that I consider proprietary to Summit Cheer include the logo, storefront, cheer wear, colors and the name of the business, so please treat these with care. We are all trying to raise well-grounded young people as well as developing student athletes, and it's to their benefit to know the limits of proper conduct.

Any of these not followed or respected will be grounds for permanent dismissal.

	GOOD SPORTSMANSHIP, POLITE MANNERS, AND RESPECT 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.	

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Program Cost

Summit is a 12 month program. Mandatory classes: September 1st to Try outs at the end of May/April- practice 2 days a week. June to August- 1 to 2 days of practice are highly suggested to maintain or advance skills. We ask monthly tuition obligations be paid each month by the 1st of the month. All travel, competition and coaches fees obligations are due 3-5 months before scheduled competition. You may also benefit from participating in the variety of fundraisers offered throughout the year!

Tuition Costs

The cost of monthly tuition is based on how many hours each athlete participates on a weekly basis.

1 hour/week:	\$40.00/month
2 hours/week:	\$60.00/month
3 hours/week:	\$80.00/month
4 hours/week	\$100.00/month

Ultimate Cheerleader Package (UCP) \$109.00/month

**UCP is for the cheerleader who wants to do it all, be on one or two teams from September to May plus one specialty class a week. (Specialty class includes; individual routine, tumbling, stunting, strength and flexibility classes.)*

Retail price for UCP is \$160.00-\$200.00

Additional Cost

COMPETITION/TRAVEL FEES: Approximately \$200 and \$3000 depending on team and level

MUSIC: \$35 (applies to Junior and senior team)

UNIFORM: New uniform are \$200 – \$400 depending on Team(s)

Used Uniforms are sold at discretion of wear and tear of uniform

SUMMER CAMP/Choreography: \$50–\$250

PRACTICE CLOTHING: \$50–\$150 depending on team and level

OTHER FEES: Annual Summit registration for USASF Membership \$35-\$50 per person

Refunds will not be issued due to quitting or removal from a team

Fundraising funds are only to use at team sponsored event

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New athletes are always welcome and their individual evaluations will need to be scheduled at coaches' discretion and availability.

The age of the competitor as of August 31, 2015 will be used for 2015-2016 competition season.

Team Placement

Athletes will be selected according to tumbling abilities. Knowing we must have enough flyers and bases on each team, we will ask specific cheerleaders to cross over to another team to help fill it out. Teams will be selected right away but not finalized until August. Any cheerleader can request to practice on a higher team than their ability level, but remaining on that team after July will depend on his/her tumbling abilities and strengths in other skills to help that team succeed.

Projecting Teams

We are striving for the 2015-2016 Open senior level 5, Senior level 4; Senior level 3; Junior level 1, Junior level 2; Youth level 1 or 2 and a mini level 1. Actual teams will depend on current athletes as of August 2015

We will be following this general model for selection and formation of teams:

*First teams will be formed by skill levels 1-4

*Then by age group; mini- 8 & younger; youth- 11 & younger; junior- 14 & Younger and senior- 18 -12, Open senior 14 and older

Crossovers:

It is very common in the all-star industry to have cheerleaders who compete on more than 1 team. We will be asking many of our cheerleaders to crossover to help them develop their skills and abilities and help teams be more successful. Their fees will be the "Ultimate cheer package".

Tumbling:

All-star cheer is so dependent on teams having a majority of the team doing tumbling skills, we will have team tumbling times for each level. This is HIGHLY encouraged for each team member, but only mandatory for team members who do not have the required tumbling skill for their team. Ex) At level 3, you must have a round-off back hand spring or a round-off back tuck. If you cannot do these skills when asked by a coach, you will be required to take tumbling classes.

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TRY OUTS

In September, we will have a re-evaluation for returnees and new team members; this will be a final evaluation for team levels and individual placement for the coming year.

Try outs are closed to all parents and spectators!

Tryout Check List

- ✓ **Registration Form**
(On our website under "forms" as "Participation Waiver")
- ✓ **USASF Athlete Membership Form**
(Filled out please NEW members only)
- ✓ **Parent code of conduct**
- ✓ **Birth Certificate Copy**
- ✓ **Skill Form**
- ✓ **Financial Commitment Form**
- ✓ **Signed Commitment to Excellence**
- ✓ **Copy of Insurance**
- ✓ **Picture**

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TRY OUTS SKILL REQUIREMENTS

Tryouts will be for Youth, Junior and Senior levels.

Team Levels will be determined in September by age and skill.

<u>Level</u>	<u>Standing Tumbling Requirements</u>	<u>Running Tumbling Requirements</u>
1	No Requirements	No Requirements
2	Single back handspring	Round-off (RO) Back Handspring
3	Single Toe Touch/ Double Back Handspring	RO Handspring Tuck/ RO Tuck Front Tuck
4	Standing Tuck	RO Handspring Layout/Specialty Tuck
5		RO handspring layout/full

<u>Level</u>	<u>Jump Requirements</u>	<u>Execution</u>
1	No Requirements	No Requirements
2	Single Toe Touch Jump	Novice Execution
3	Double Toe Touch Jump/Pike/Hurdler	Level Height
4	Double Toe touch Jump/Pike/Hurdler	Level/Hyper Extension

<u>Level</u>	<u>Flexibility Requirements for Flyers</u>
1	No Requirements
2	Scorpion
3	Scorpion/Heal Stretch L/R
4	Scorpion Swing Grab/Heal Stretch L/R

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SKILL FORM

Name _____

Age as of August 31, 2013 _____

Birth Date _____

Grade 2012-2013 _____ Grade 2013-2014 _____

Have you cheered before? _____ NO _____ YES If so, where? _____

✓ Check all tumbling skills you can throw on the **floor & WITHOUT spot**

STANDING	STANDING SERIES TUMBLING	RUNNING
<input type="checkbox"/> None or back walkover	<input type="checkbox"/> None	<input type="checkbox"/> None or Round-off
<input type="checkbox"/> Cart Wheel	<input type="checkbox"/> Cartwheel back walk over	<input type="checkbox"/> Round off back walk over
<input type="checkbox"/> Power round off	<input type="checkbox"/> Step step back handspring	<input type="checkbox"/> Round off back handspring
<input type="checkbox"/> Back handspring	<input type="checkbox"/> Cart-off back spring	<input type="checkbox"/> Round off back handspring back tuck
<input type="checkbox"/> Back tuck	<input type="checkbox"/> Back handspring Back handspring	<input type="checkbox"/> Round off back tuck
	<input type="checkbox"/> Toe touch back handspring	<input type="checkbox"/> Front tuck
	<input type="checkbox"/> Double toe touch back handspring	<input type="checkbox"/> Front tuck step out round off back handspring
	<input type="checkbox"/> Back handspring Back tuck	

List Any specialty Skills:

At which stunt position do you have experience?

___None ___Flyer ___Base ___Back Spot

Check your most advanced stunting level

___**Level 1** (no experience, thigh stands, preps)

___**Level 2** (EX- Preps, Extensions, Straight Cradle Dismounts and Straight Tosses)

___**Level 3** (EX- Extended One Legged Stunts, Full Twisting Two Legged Dismount, Basket Tosses)

___**Level 4** (EX- Extended One Legged Stunts, Double Twisting Two Legged Dismounts, Kick, Full Baskets)

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Financial Commitment

Payment Policy

Everyone will provide a credit card number for monthly payments. You must provide full credit card/debit information; this will be held on file and used *only for the minimum monthly tuition*. **Tuition is due on the 1st of every month. If you are delinquent and have not paid your monthly tuition by the 5th of the month, your credit card/debit card will be automatically drafted.**

RESPONSIBLE PARTY: _____

Name as it appears on the card: _____

Type of Card: _____

Credit Card Number: _____

Exp. Date: _____

Signature: _____

CVN number: _____

Zip Code: _____

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Commitment to Excellence

Conduct:

As a Summit Cheering Athletics athlete, parent and/or legal guardian, I have read and understand the expectations outlined in the Code of Conduct and all pages of this packet. I am willing to abide by these expectations and I recognize the importance of fulfilling these obligations. Should I fail to abide by this conduct, I clearly recognize my involvement will be jeopardized.

Parent or Legal Guardian Signature *Date*

Parent or Legal Guardian Signature *Date*

Athlete Signature *Date*

Expectations:

I have read and understand what is expected of my time as an athlete and parent. I understand that it is my responsibility to follow through with my commitment and obligations associated with the 2015-2016 competition season. Should I fail to meet these expectations I clearly recognize that my involvement will be jeopardized.

Parent or Legal Guardian Signature *Date*

Parent or Legal Guardian Signature *Date*

Athlete Signature *Date*

Owner Signature *Date*

Parent Code of Conduct Summit Cheerleading Athletics

I therefore agree:

1. I will refrain from coaching my child or other players during practices and competitions.
2. I will not approach or talk to judges and/or facilitators!
3. I will remember that children participate to have fun and that the competition is for youth athletes, not adults.
4. I will inform the coach of any physical disability or ailment that may affect the safety of my child or the safety of others. (Putting it on social media will not be considered informing a coach)
5. I will learn the rules of the League/competition companies.
6. I (and my guests) will be a positive role model for my child and encourage sportsmanship by showing respect and courtesy, and by demonstrating positive support for all players, coaches, officials' directors and spectators at every game, practice or sporting event.
7. I (and my guests) will not engage in any kind of unsportsmanlike conduct with any official, director, coach, player, or parent such as booing and taunting, refusing to shake hands, or using profane language or gestures.
8. I will not encourage any behaviors or practices that would endanger the health and well-being of the athletes.
9. I will teach my child to play by the rules and to resolve conflicts without resorting to hostility or violence.
10. I will demand that my child treat other players, directors, coaches, officials and spectators with respect regardless of race, creed, color, sex or ability.
11. I will teach my child that doing one's best is more important than winning, so that my child will never feel defeated by the outcome of a competition or his/her performance.
12. I will praise my child for competing fairly and trying hard, and make my child feel like a winner every time.
13. I will never ridicule or yell at my child or other participants for making a mistake or losing a competition.
14. I will emphasize skill development and practices and how they benefit my child and will not compare my child's ability or skill against another child athlete.
15. I will promote the emotional and physical well-being of the athletes ahead of any personal desire I may have for my child to win.
16. I will respect the officials and their authority before, during and after competition.
17. Practice is mandatory during September to tryout and choreography.
18. I understand that any violation of this code of conduct will be cause of dismissal, suspension or permanent expulsion form future athletic contest.
19. I will not use Summit Cheering Athletics social media to express personal opinions or to berate a coach, athlete or another parent.
20. Parents working Summit fundraiser events will wear Summit T-Shirts and or casual business attire.

Communication rules:

Summit Cheering Athletics will not tolerate hostile, aggressive confrontations between a parent and any official, a parent and any coach, a parent and any athlete, or a parent and any other parent, regardless of whether the coach, athlete or other parent is a member of the Summit cheering athletics gym. It is inappropriate for an athlete or a parent to approach other SCA members to complain about problems the athlete or parent is having with a SCA coach, about objections to coaching decisions, or about disagreement with an administrative decision. PLEASE READ CAREFULLY:

- Asking uninvolved persons to take sides in an issue is unfair to those third parties and to the SCA. Competitive team athletics, by its very nature, creates situations where everyone may not be happy all the time. For the psychological health of the athletes and Summit as a whole, grievances need to be handled between the parties involved.
- Any SCA member who is approached and asked to listen to or express an opinion about matters between two parties in SCA is strongly encouraged to refer the complaining party to take the matter up with either the coach in question and/or SCA director, and to refuse to list further.
- Any member who, as a third party, hears remarks or stories about SCA athletes, it's employees or its policies, that cause the member to be concerned is encouraged to call SCA director immediately to determine the facts.
- It is detrimental to all persons involved to repeat complaints you hear (or overheard) to other uninvolved parties. By the time a story gets to the third or fourth party, it frequently bears little resemblance to the facts of the situation.
- It is also detrimental to your athlete and disruptive to her team to complain about the coach, the coaches' style or SCA policies.
- When discussing your child to a coach or another parent, please refrain from discussing other athletes.
-

Parent/Guardian Signature _____ Date: _____

Parent/Guardian Signature _____ Date: _____

Athlete name: _____

Fundraisers for 2015-2016 teams

Sponsorship T-Shirt August – September

Bazaar November and showcase

sponsorship shirt January/February

Competition floor (set up & break down of summit's floor)

Other fundraisers to participate in: Christmas wreaths, spring flowers, butter braid breads. We have one to two fundraisers a month to take advantage of.