CGA 2020-2021 Allstar Cheer Team Evaluations

May 4th-7th

(912) 230-9130

CGAcheer.com

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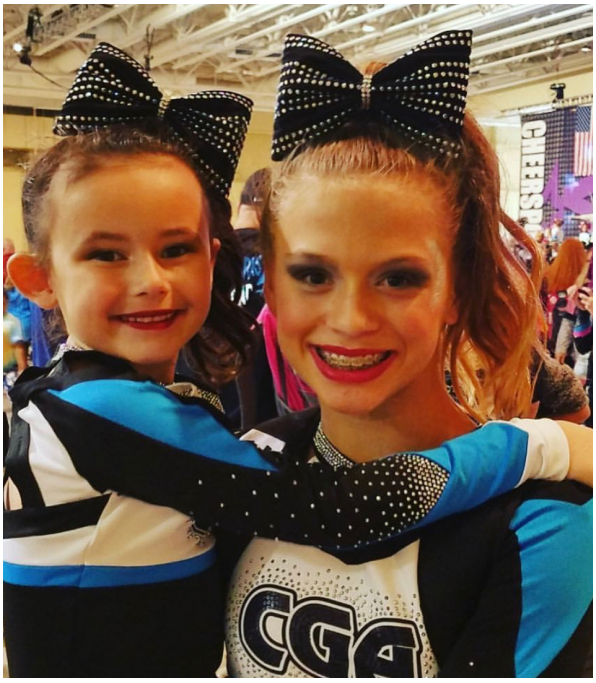
CGAcheer.com

2020-2021 CGA Allstar Information Packet

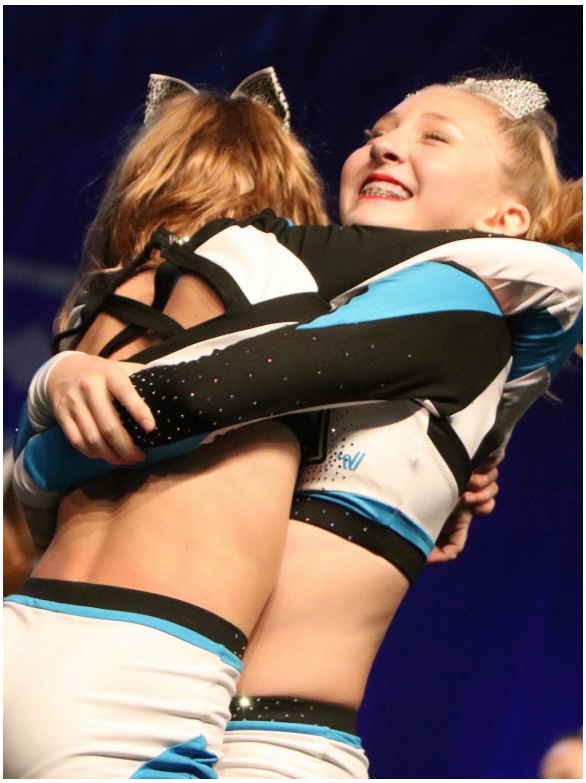
The following packet contains vital information concerning the requirements of becoming a competitive cheerleader for Coastal Georgia Athletics. Competitive cheerleading is one of the most demanding of sports. Desire, Dedication, Determination and Discipline are all required elements in order to ensure success. We ask that you carefully review ALL of the enclosed material before you join CGA and have all of your questions answered beforehand. There are many commitments you must make as a cheerleader and as a parent in order to participate in our program and we want to make sure that you are aware of them and are committed to them before you join. We will be more than happy to answer any questions you may have.



I would like to thank you for your interest in Coastal Georgia Athletics' Allstar Cheerleading Program. As we enter our 13th season, we are excited to grow as a family. By joining CGA, you are not just joining a "cheer gym," you are joining a family. We are a very close knit group that believes in supporting one another in all aspects. From practice to competition and everywhere in between, the CGA family, from the coaches to the cheerleaders to the parents, will exceed your expectations in every way.

Established in 2008, we are dedicated to teaching the best skills, form and technique in every aspect of the sport. While pushing our athletes to be the very best, we take pride in creating the safest environment possible. Our energetic, mature and experienced USASF certified coaches are passionate and professional about their jobs. From the moment you join, you will experience what it means to be part of the CGA Family!

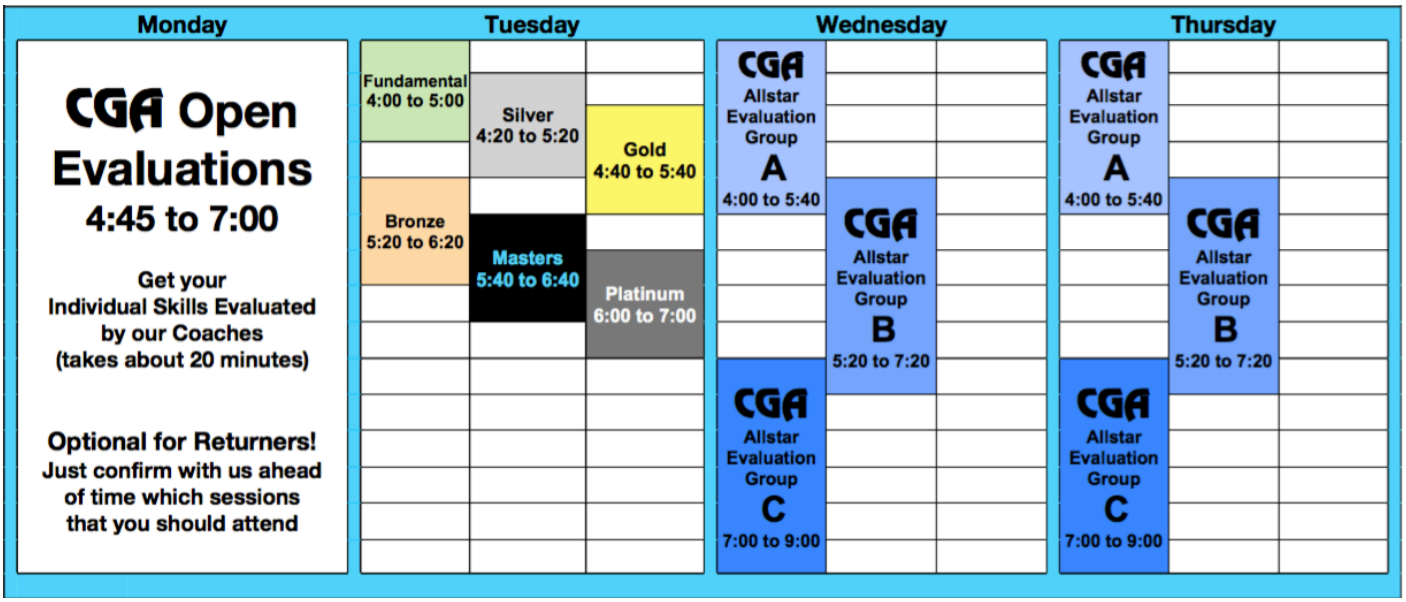
The most direct way that we help the athletes in our program is by improving their skills and helping them reach their athletic potential; but we also believe our program serves a greater purpose. Throughout their lives, everyone will be put in situations where they must work together with others to achieve common goals. Life lessons such as work ethic, responsibility, accountability, dependability and teamwork help build strong character. No other sport builds self-esteem and grit for youth more than Allstar Cheerleading. The hours, weeks, months, even years of work that go into improving stunts, tumbling, jumps, and motions will improve your fitness and skills while teaching your child about patience and perseverance. Moreover, Athletes learn about sportsmanship, overcoming obstacles, working together towards goals, and developing the competitive drive to be the best they can be. We are most proud of the life lessons that we've been able to give our athletes at CGA! We teach life lessons and core values that last a lifetime and strive to be the best teams we can be- on and off the mat. Don't settle for less, elevate your experience and become a CGA Allstar!



Prior experience in cheerleading and/or tumbling is not required- We pride ourselves on the level of instruction we provide to bring our athletes up to speed quickly and safely. Athletes are expected to attend all practices, competitions, performances and awards ceremonies, giving 110% every day. As long as you have a positive attitude, respect yourself and others, try your best, attend practices and performances, and are ready to have a great time, you meet the requirements to be a part of the CGA Family!!!

By trying out at CGA, you are accepting a spot in the CGA Cheer program. CGA is a family of teams; therefore, we run our teams as one program- one family. We design our program so the teams come first, and the individual second. We take into consideration, both age and skill level when determining team placements.

Our evaluation process is designed to place minimal stress on our athletes, giving them the opportunity to perform their best in all aspects of Allstar Cheerleading! On May 4th, Athletes will show their skills to one of our coaches and be assigned their group. Then on May 6th and 7th, the coaches will complete evaluations as the athletes practice and perform their skills in groups, similar to a regular team practice. This Team Evaluation Period gives our coaches the best opportunity to make the strongest teams across the entire program, while also seeing which level each athlete will perform best at to have a successful year while also being challenged. Teams will be revealed on May 9th.



We would love for each team to have a full squad of athletes with the maximum tumbling skills allowed for that level. However, that is not the case in most instances. For example, while your athlete may be a Level 3 tumbler, this doesn't automatically mean being placed on a Level 3 team. Your athlete may not be a level 3 jumper, stunter or dancer. We must choose our teams according to bases, backspots and flyers, which make up the stunt groups, while also taking into account the USASF Age Divisions. All teams must have stunt group combinations that will give each team the opportunity to be successful. On the flip side, we need many athletes on the team to have high end and perfected level appropriate tumbling. Balance is key in creating our teams, and we make every effort to make sure all of our teams are set up to give them the best opportunity to do well.

Level 1	Forward Roll	Backward Roll	Cartwheel
Level 1 adv	Back Bend Kickover	Back Walkover	Front Walkover
Level 2	Back Handspring	Front Handspring	Round Off Handspring
Level 2 adv	BWO Handspring	FWO Ro BHS	Ro 3 Handsprings
Level 3	St 3 BHS	Ro BHS Tuck	Punch Front (stick)
Level 3 adv	Power Hurdle Ro BHS Tuck	FWO Ro BHS Tuck	Aerial
Level 4	2 BHS to Tuck	Standing Tuck	Ro BHS Layout
Level 4 adv	Punch Front --> Layout	Whip --> Layout	Whip Punch Layout
Level 5	Jump to Tuck	2 BHS to Layout	Ro BHS Full
Level 6	Specialty to Full	Standing Handsprings to Full	Ro BHS Double

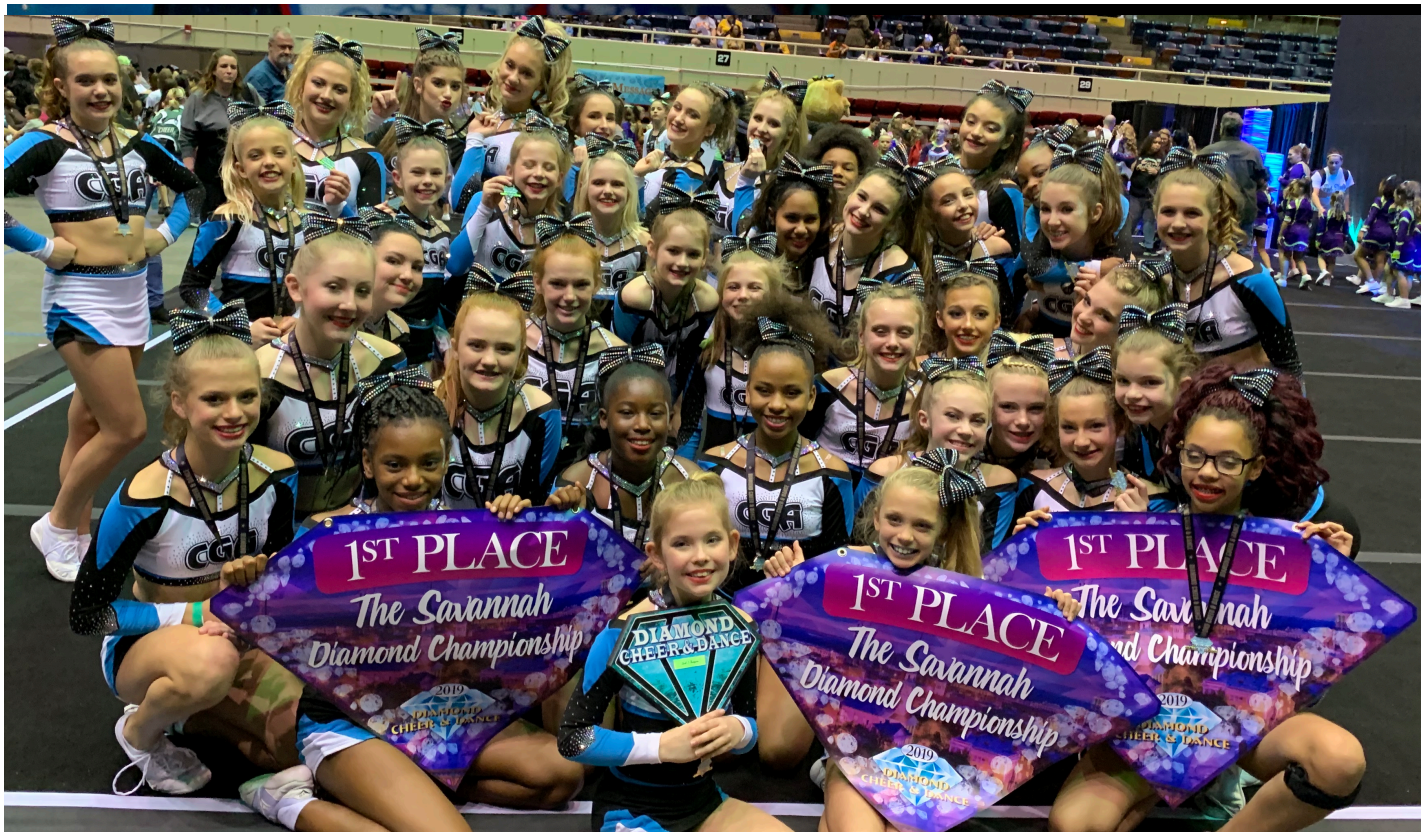
(You can also use this chart to see which Color Tumbling Classes you may attend)

Athletes look, perform, and feel their best when they have mastered and perfected skills prior to the start of the competition season for the level they are placed on and can fully contribute to their team. Judges give the best scores to routines that display a high level of difficulty, mastery and perfection of the skills of the level in which the team is competing. Therefore, we aim to place athletes at a level where they have already mastered a good portion of the skills within that level during team evaluations for both the athlete's and the team's well being.

Practice is mandatory

We make our practices and competitions fun, rewarding, and productive. We strive to create a positive learning environment at CGA. We push the athletes to be the best they can be. We set goals as a team and individuals while teaching accountability. We expect our athletes to improve their technique and progress their skills through efficient practices with maximum participation.

There is no bench in All Star Cheerleading! Every single athlete is important to our program and an integral part of our routines. We are very serious about everyone attending our practices. Attendance is one of the most important factors in our team's success. Having even one athlete missing from practice can severely impact the productivity of that practice. Please take this into consideration when asking for your athlete to be excused from practice. During the summer, attendance is required when you are in town. Please fill out the Summer Vacation Form in this Packet to let us know when your vacations are and we'll do our best to schedule Team Events when everyone can be in attendance. Throughout the school year, we understand that there may be the occasional rare absence, however if at any time an athlete's attendance becomes an issue and is hindering the progress and success of the team, our staff will contact you to discuss possible solutions, which may include moving to a different team, changes in choreography, or removal from our program.



Competition Philosophy

To achieve excellence in our athletes, instead of focusing on 1st place, we will focus on building qualities that make a 1st place squad. It is our philosophy that as long as we are dedicated, working hard to the best of our ability and improving, we have already won before even stepping a foot onto the performance floor. We are a very disciplined program and intend to stay that way. We aim to attract families and athletes who also value dedication, preparedness, hard work and commitment.

Competitions are Mandatory

All athletes are expected to attend competitions and performances on time and will stay for their awards ceremony. From team meeting time through end of awards ceremony, athletes can expect to be at competitions about 3 to 6 hours per team. Please leave the entire day open for competitions, we will publish our CGA itinerary a few days prior to the event.

Crossover Athletes

Crossovers will get the opportunity to compete with 2 CGA teams. These are athletes that we feel will be able to make both teams stronger while also becoming more well-rounded athletes. They may fly on one team and base on the other or mainly tumble on one team while improving their stunting ability on the other team. This Opportunity comes at a minimal cost of only $75 a month starting in June which also includes the ability to take Unlimited additional tumbling or cheer classes each week.

Parent Policies

Communication

Text messaging, website, email, handouts and Team Facebook Groups are some of the ways that we communicate in our gym. A schedule for the entire year will be available by the end of July, which will include all gym closings, special events. Competition Itineraries are laid out in detail for every team including timelines, venue maps, and special notes on the event. Team Facebook Groups and Email are used for reminders and special announcements. We strive to make sure everyone knows what is going on at all times throughout the year.

Tuition, Fees & Payment Policy

A $35 Late Fee is applied on all payments that are more than 10 days past due, athlete sits out on the 21st day, athlete is replaced after the 30th day.

Tuition and fees that have already been paid are non-refundable. A $300 cancelation fee will be charged to your account if you quit or are dismissed from our program before the season ends.

Social Media

All athletes, fans, and family must promote good sportsmanship and a positive attitude towards CGA and our athletes, as well as our competitors gyms and athletes at all times. This extends to competition companies, the USASF as well as other cheer related organizations and activities.

Practices

There is a viewing area designated for all parents, family and fans. Parents, family and fans are asked to stay in that designated area and not come into training area. We want your athlete to get the most out of every practice. In order for this to happen, we need their full attention. If a parent or anyone is observed speaking negatively about a team, coach, parent, or athlete, he/she will be talked to and/or asked to leave. If this kind of behavior continues to be an issue, the athlete will have to be removed from the team. We will not tolerate this type of conduct. If a parent verbally assaults or threatens a student, coach or parent, the family will be immediately dismissed.

Travel/Competitions

During the competition season, cheerleaders will be asked to travel to national events out of state. Transportation to/from competitions, hotel stay if required, and all meals, snacks, and other expenses associated with traveling are the responsibility of each team member and their family. We will make every effort to provide information in a timely manner.

Positivity

We request positivity at all times. If there is a question, concern, or something you view as negative, please contact our staff to discuss in a professional manner. We will be happy to provide further explanation of any misunderstandings or address any issues that may arise. We encourage all parents to sit together and support all CGA teams. Parents are also encouraged to show support by wearing CGA clothing to competitions. Showing respect for the coaching staff, other teams and hosting organizations is expected. Please remember you are representing CGA, and we want to uphold our reputation of good sportsmanship and professionalism at all times.

Initial_____

Athlete Policies

Attendance

Attendance is mandatory and crucial to team success. All absences must be approved by the Team's coach. Please let your coach know if you will be late or missing from practice.

Social Media

All athletes, fans, and family must promote good sportsmanship and a positive attitude towards CGA and our athletes, as well as our competitors gyms and athletes at all times. This extends to cheer competition companies, the USASF as well as other cheer related organizations and activities.

110% Effort

We only get what we give! 110% effort is expected at every practice and competition. The only way to improve and meet our goals is for everyone on the team to strive to be their absolute best at all times.

Positive Attitude

Attitudes are contagious - is yours worth catching? Life is not happening to you, it is responding to you. Motivation is what gets you started. Habit is what keeps you going. A positive attitude is extremely important to your personal and team's growth and success.

Uniforms & Attire

Please keep all CGA clothing, warmups and uniform in good condition. The assigned practice wear and bows must be worn on designated days. Please report any lost or damaged uniform items to your coach. The cost of replacement will be the responsibility of the cheerleader. NO jewelry at practice or competition. CGA assumes NO responsibility for lost jewelry or other valuable items.

Travel/Competitions

During the competition season, cheerleaders will be asked to travel to national events out of state. Transportation to competitions, hotel stay if required, and all meals, snacks, and other expenses associated with traveling is the responsibility of each team member and their family. All team members will wear the uniform, warm-ups or designated CGA clothing to each event.

Team Placement

Age, ability, and experience all factor into placement. Please understand that athletes may be repositioned, moved, or replaced at anytime at the discretion of the coaches. Any changes that are made are to benefit the program and the teams as a whole.

Alcohol & Drug Use

The use of alcohol or any recreational drugs by CGA athletes at practices, competitions, or team events is strictly forbidden.

Discipline

If any of the CGA rules, policies or values are compromised, the following will occur:

1st Violation:
Meeting with the athlete defining the problem

2nd Violation:
Meeting with the athlete and the parent(s)

3rd Violation:
Written notice of possible dismissal

4th Violation:
Athlete removal from the team or program

Please note that depending on the severity of an issue, we may go straight to the disciplinary actions of the 2nd, 3rd, or 4th violation. No refunds or credits will be provided for athletes dismissed due to disciplinary issues.

Athlete Initial_____ Parent Initial_____

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Financial Commitment Form

CGA Allstar Team Payment Options Circle Your Preferences Below for Payments and Uniform		
Options	**May Payment**	**Remaining Payments**
Flat Rate	$300	11 Payments of $250 (June - April)
Finish Sooner **(Save $75)**	$425	6 Payments of $425 (June - November)
Pay in Full **(Save $150)**	$2900	No Additional Payments **(Use Cash or Check and Pay Only $2850)**
This is a New Uniform Design Year ($TBD) May be Paid in Full or broken into 2 Monthly Payments (June-July)		
In Full		**2 Payments**

The above payment terms cover practically everything involved with being a CGA Allstar Cheerleader- Including All your Team Practice Time, Competition Fees, Choreography, Music, Shoes, Bow, Practice Shirts and an additional Team Clinic from a Guest Coach

This does NOT include any optional Team Bonding Activities/Camps, End of Season Bid Events or Travel Costs.

Late Payment Terms:
A $35 Late Fee is applied on all payments that are more than 10 days past due, athlete sits out on the 21st day, athlete is replaced on the 30th day.

This Contract is for the following Athlete:

_____
(Cheerleader's Name)

I, _____,
(person responsible for payment)
agree to the payment terms indicated above and am fully aware that I am committing to the Entire CGA Competitive Season. I further agree that if I leave the program for any reason after July 20th, 2020, that I am responsible for all payments through the Current Month's Payment as well as an additional $300 cancelation fee and will forfeit any unreceived CGA items. I acknowledge that there are NO REFUNDS for any reason and agree not to dispute these payments with my bank or credit card company.

Signature_____ Date_____

Time Commitment Form

----------Practices----------

Teams practice 2 times per week.
Additional practices may be called as necessary.

Allstar Cheer is unique in that it is a complete team sport. Subsequently, attendance by the entire team is necessary to have a fully functional practice.

More than 3 unexcused absences between August and April may result in removal from the team. During the week of a competition, practices are absolutely mandatory. Absences the week of a competition may result in a suspension.

----------Choreography----------

Choreography Camps will be held between July and October. Each team will be designated 1 to 3 weekends in which they will learn their routine for the season. These are very crucial weekends. Therefore, attendance is mandatory. The choreography schedule will be posted shortly after team selections.

----------Competitions----------

All Competitions, Performances and Awards Ceremonies are Mandatory
(Meet Time through Dismissal Time)

There will be approximately 7 competitions for all of our Allstar Travel Teams
(Subject to Change - Competition Schedule is typically set in June)
With about half being Local (between Savannah and Jacksonville)
and half being Travel (within about a 5 hour drive)

I,_____, am fully aware of the time commitment involved with being on a competitive team at CGA and that it is my responsibility to

have _____ at all of his/her practices, events, choreography and competitions on time. I understand that we are committing to CGA through the last competition of the season. I also acknowledge that it is my responsibility to keep up with my child's schedule and to regularly check for updates available via Email, CGAcheer.com, Team Facebook Pages, Handouts and posted at CGA.

Guardian Signature_____ Date_____

Athlete Signature_____ Date_____

Material, Uniform, Property & Policies Agreement

1. Coastal Georgia Athletics, Material Agreement:

As a member of the Coastal Georgia Athletics All-Star Cheerleading Program, any material (cheers, chants, pyramids, partner stunts, transitions, dances, music, routines, etc.) may not be used or taught for any purpose, to anyone outside the Coastal Georgia Athletics family. All material is owned by Coastal Georgia Athletics and may not be reproduced or taught in any manner without prior written consent from Coastal Georgia Athletics. Anyone violating this agreement may be expelled immediately from the Coastal Georgia Athletics Allstar Cheerleading Program.

2. Coastal Georgia Athletics, Uniform Agreement:

Any and all parts of the Coastal Georgia Athletics Allstar Cheerleading Program uniform may only be worn during specific and official Coastal Georgia Athletics Allstar Cheerleading Program activities. The uniform may not be worn for any other activity without prior written consent from Coastal Georgia Athletics. No part of the uniform may be loaned to any person that is not a current member of the program. Appropriate measures will be taken against anyone violating this agreement including but not limited to removal from CGA, forfeiture of uniform and legal action.

3. Coastal Georgia Athletics, Property Rights Agreement:

No CGA, Coastal Georgia Athletics or Coastal Georgia Athletics Allstar Cheerleading Program related items may be sold without prior written consent from Coastal Georgia Athletics. **No person shall, for any reason, print, embroider, screen or, by any other means, transpose the Coastal Georgia Athletics logo or name onto any material without prior written consent from Coastal Georgia Athletics.** The company name and its entity are solely owned by Coastal Georgia Athletics. Any violation of this agreement may result in legal action.

4. Coastal Georgia Athletics, Parent and Athlete Policies Agreement:

I have read the Parent and Athlete Policies contained in this document and agree to abide by them and uphold the standards set forth by Coastal Georgia Athletics.

I accept this as a valid legally binding document and agree to abide by the terms and conditions established within this document.

Parent Signature _____ Date _____

Athlete Signature _____ Date _____

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Summer Vacation Form

Indicate on the calendar below any dates that you'll be out of town.
Please keep in mind that choreography starts in late July.

Name_____

May						
Su	Mo	Tu	We	Th	Fr	Sa
					1	2
3	4	5	6	7	8	9
	Evaluation Week					
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
	Closed					
31						

June						
Su	Mo	Tu	We	Th	Fr	Sa
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				
	Closed					

July						
Su	Mo	Tu	We	Th	Fr	Sa
	1	2	3	4		
	Closed					
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

August						
Su	Mo	Tu	We	Th	Fr	Sa
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
	Closed					
16	17	18	19	20	21	22
23	24	25	26	27	28	29...

CGA will be closed on the following dates:

May 25th - May 28th
June 29th - July 4th
August 10th - August 14th
September 7th
November 23rd - November 28th
December 19th - January 2nd
April 4th - April 9th

Coastal Georgia Athletics, Inc

1303 Grant Street, Brunswick, Ga 31520

CGA Automatic Payment Authorization Form

Schedule your payments to be automatically deducted from your bank account, or charged to your Visa, MasterCard or Discover Card. Just complete and sign this form to get started!

Here's How Recurring Payments for Allstar Cheer at CGA Work:
You authorize regularly scheduled charges to your checking/savings account or credit card. You will be charged the amount indicated below each billing period until you let us know to stop them. A receipt will be emailed for each payment and the charge will appear on your bank or credit card statement. You agree that no prior-notification will be provided unless the date or amount changes, in which case you will receive notice from us at least 10 days prior to the payment being collected.

Please complete the information below:

I _____ authorize Coastal Ga Athletics to charge my account

indicated below for **$**_____ **now** and then **$**_____ per month on the _____ of each month

for _____ months following the _____ Payment Option for

_____ (Athlete's Name)

Billing Address _____ Phone#_____

City_____ State _____ Zip _____ Email _____

Checking/ Savings Account

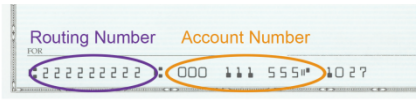
Checking Savings

Name on Acct _____

Bank Name _____

Bank Routing # _____

Account Number _____



Credit Card

Visa MasterCard AMEX Discover

Cardholder Name _____

Account Number _____

Exp. Date _____

CVV (3 digit number on back of card) _____

SIGNATURE _____ DATE _____

I understand that this authorization will remain in effect until the designated expiration date or until I cancel it in writing, whichever comes first, and I agree to notify Coastal Georgia Athletics in writing of any changes in my account information or termination of this authorization at least 10 days prior to the next billing date. If the above noted payment dates falls on a weekend or holiday, I understand that the payments may be executed on the next business day. For ACH debits to my checking/savings account, I understand that because these are electronic transactions, these funds may be withdrawn from my account as soon as the above noted periodic transaction dates. In the case of an ACH Transaction being rejected for Non Sufficient Funds (NSF) I understand that Coastal Ga Athletics may at its discretion attempt to process the charge again within 30 days, and agree to an additional $25 charge for each attempt returned NSF which will be initiated as a separate transaction from the authorized recurring payment. I acknowledge that the origination of ACH transactions to my account must comply with the provisions of U.S. law. I certify that I am an authorized user of this credit card/bank account and agree not to dispute these scheduled payments with my bank or credit card company; provided the transactions correspond to the terms indicated in this authorization form.