

The Gems Parent Handbook 2011-2012



We don't sweat...we SPARKLE!

WELCOME TO THE ALL-STAR CHEER PROGRAM! This handbook was prepared to help each cheerleader and her parents better understand the responsibilities, both personal and financial, of being on the squad here at K2 Academy. Use this booklet throughout the season to help answer any questions you may have about the program.

Coaches Biographies

Lauren Rendon: Lauren was a JV and Varsity cheerleader for Cypress Ridge High School. She was voted Varsity Cheer Captain in '05' and '06, nominated twice to be an All American Cheerleader under NCA and became an 05' NCA National Champion. Lauren coached cheer classes at Houston North and is now a part of K2 Academy's Cheer program. Lauren was the Gems Team Leader at K2 Academy for the 2010-2011 season and is excited to be returning for her second year as the program's Team Leader.

Natalie Burgess: Natalie grew up cheering for the Cy-Fair Sports Association. Natalie also attended the school of dance under the direction of Carolyn Roberts where she perfected the basics of tap, jazz and ballet. Natalie coached for the Cypress Creek YMCA cheer department and is currently a cheer and gymnastics coach at K2. In addition to her cheer coaching, Natalie is the After School Care Team Leader. Natalie coached the Gems for the 2010-2011 season and is looking forward to another great year.

Team History

The Gems All-Star team kicked off their first season in November 2010. In their first season as a team, the Gems took home a Mini-National Title and a State Championship title in their Division and Level of All-Star Rec Level 1.

Contact Information

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K2 Academy's GEMS Squads

The Sapphires \$115/month

The Sapphires are the first level of competitive All- Star teams at K2. Cheerleaders ages 5 thru 8 that have a forward roll, backward roll and have or are learning a cartwheel are eligible to join the team. The team spends 3 hours in the gym per week and focus on skill repetition, strength and flexibility. It is highly recommended, although not required, that Sapphires attend a tumbling class in addition to their cheer practices.

The Diamonds \$167/month

The Diamonds are the second level of competitive All-Star teams at K2 Academy. Cheerleaders ages 5 thru 12 that have a round-off and have or are learning a bridge kickover are eligible to join the team. This group of Cheerleaders will be in the gym 4 hours per week. They will attend cheer practice twice per week and they will attend a tumbling class. Students can choose the day/time of tumbling that best fits their level and schedule.

A note on tuition

K2 Academy's team tuition is calculated on a yearly basis which we allow our team members to pay as a monthly fee. For this reason tuition is not prorated for months in which a class is cancelled for a holiday. Similarly they are not increased in the months in which more practices fall or additional practices are scheduled.

Make-Up Classes

If your child will miss a regularly scheduled workout, they may do a make-up class in a tumbling class or in a Cheer Level 3 class. Please call K2 Academy's Customer Care Team to schedule a make-up class. You can also choose to schedule a private lesson with one of the cheerleading coaches, for an additional charge, to make-up the skills missed in class.

In the event a competition is scheduled for a Saturday, cheerleaders will have a make-up workout scheduled for the day before, Friday, from 4:30-5:30 to prepare for the competition.

Note: The Gems do not follow K2 Academy's recreational class schedule. Example; K2 Academy does not hold recreational classes the week before summer, the week before fall and they take two weeks off at Christmas. The GEMS will have modified workout schedules for those weeks, but they will not be off completely.

ATTENDANCE

Attendance is very important to the sport of cheerleading. It is a very technical sport and requires CONSISTENT REPETITIONS of positions, movements and exercises. It is impossible to progress in this sport if your cheerleader is inconsistent with her attendance.

COMPETITION WEEK WORKOUTS: If a cheerleader **MUST** miss a scheduled workout, during the week prior to a competition, she **MUST** make arrangements to come in on a non-scheduled workout day (as long as it has been cleared by the coaching staff) or a private lesson.

QUALITY VS QUANTITY: Because we do not work out the same amount of hours as most competitive gyms, we have to work twice as hard during workouts. It is extremely important for the girls to make good use of their time while at workout. If the cheerleader is not making good use of her time in the gym she will be given a warning. If a second warning is needed, she will be asked to leave the gym until she is ready to work. After the third warning she will be sent home.

Private Lessons

Coach Lauren and Coach Natalie are available for private lessons if your child would like some additional work outside of their tumbling and cheer classes. Private lessons are set up directly with the coach and are billed to your K2 Academy account.

Prices are:

30 minutes	\$25
45 minutes	\$35
60 minutes	\$40

EXPENSES AND EQUIPMENT

The following represents most of the costs for your competitive cheerleader.

We encourage cheerleaders to participate in fundraising for some of these expenses.

	The Sapphires	The Diamonds
Annual Cheer Dues Due: April or upon joining	\$50	\$50
Cheer Uniform Due: June	\$150	\$150
Cheer Hoodie/Pants Due: October	\$80	\$80
Cheer Shoes Due: April or as needed	\$45	\$45
Practice Outfits Due: May or as needed	\$80	\$80
Cheer Bag Due: May or upon joining	\$32	\$32
Make-Up & Bag Due: October	\$35	\$35
Competition Fee's Due: 6 Installments beginning in September	\$90-\$150/meet x 5 meets 2011-2012 Fees not yet published	\$90-\$150/meet x 5 meets 2011-2012 Fees not yet published
Summer Camp Due: June	\$80	\$80

1. **ANNUAL CHEER DUES:** This will pay for coaches' continuing education, and safety certifications
2. **CHEER UNIFORM:** We require a new competitive cheer uniform for each girl at the start of the season.
3. **CHEER HOODIE AND PANTS:** At the competitions the girls will wear a zip-up hoodie and pajama pants over their competition uniform.
4. **CHEER SHOES:** All team members will wear the same cheer shoes. Shoes will be worn to workout and competition. Please do not wear your cheer shoes anywhere but the gym and to competitions. They should not be used as street shoes.
5. **PRACTICE OUTFITS:** Each cheerleader will have two practice outfits to wear to camp and to workout. Practice outfits will consist of shorts, top and sportsbra. Girls will be required to wear specific outfits to practice. If you are concerned about getting the outfit dirty or losing it, we highly recommend you purchase two of each.
6. **CHEER BAG:** This is to help to keep your cheerleaders belongings together at the gym as well as at competitions. Bags should contain hair care equipment, water bottle, healthy snack and a roll of athletic tape. The same bag will be used for several seasons.
7. **MAKEUP AND BAG:** All cheerleaders wear the same makeup and glitter. Each cheerleader will receive a personalized makeup bag with the makeup for the upcoming season. This will be given out in October.
8. **COMPETITION FEE'S:** An entry fee for each competition. The competition fee will also include payments given to the coaches for their time at the meet.
9. **SUMMER CAMP:** The girls will attend a Saturday/Sunday camp

What is All-Star Cheerleading?

All-Star Cheerleading Squads compete choreographed routines that include tumbling, dance, cheer, stunting, and jumping. Cheerleaders draw attention by encouraging audience participation. All – Star cheer is made up of teams not related to schools or an athletic association and include 6- 36 members per team. All-Star cheerleaders are placed into divisions that are grouped by age, gender and ability level.

Competitive Age Divisions

Tiny: The tiny all-star team includes girls ages 5 and under

Mini: The mini all-star team includes girls ages 8 and younger

Youth: The youth all-star team includes girls ages 11 and younger

Junior: The junior all-star team includes girls' ages 14 years old and younger

Senior: The Senior all-star team includes girls ages 18 and younger

A team's age division is determined by the oldest member on their squad.

Competitive Level Determination

A decision will be made regarding the level our teams will compete based on the skills they have achieved by September 1, 2011.

CURRICULUM

Our competitive program is a year round experience. At these levels the year is usually broken down as follows:

Tryouts	Skill Development	Routine Development	Competitions
April	April – August	September- October	November- March

During the **SKILL DEVELOPMENT** phase, the major emphasis is on learning new skills on each event. The required skills will be taught in order for the squad to compete in the appropriate level.

The **ROUTINE DEVELOPMENT** phase is a time where routines will come together. There will be a lot of repetition and critiquing during this time.

During the **ALL-STAR COMPETITION SEASON** the hard work pays off for our squads. We will continue to perfect routines and make small changes according to judge's critiques. After the competition season, cheerleaders are evaluated and placed into groups for training towards the next season.

TRYOUTS for the following year will be held the month following our last competition. All girls that tryout for the Gems will be placed on a team according to their skill level.

PROGRAM GOALS & REQUIREMENTS

GOALS

The main goal of the cheer program is to prepare each cheerleader for competition physically, mentally and emotionally through consistent training and evaluation.

REQUIREMENTS

In order to remain a member of the cheer program, cheerleaders must “pass” a series of general requirements as listed below:

- **EXCELLENT ATTENDANCE** In order for a gymnast to compete she must be present for 90% of the workouts. Taken into consideration illness, academics and maintaining family responsibilities as needed.
- **PROPER USE OF TIME WHILE ATHLETE IS AT PRACTICE** this means practice is not used purely for socializing.
- **POTENTIAL** to move up in the Gems all-star program.
- **PSYCHOLOGICAL AND EMOTIONAL STRENGTH TO ACCEPT INSTRUCTION** and makes changes.
- **ABOVE AVERAGE STRENGTH AND FLEXIBILITY** within the K2 Academy cheerleading program.
- Ability of the parent to allow their athlete to win & fail, to struggle and to triumph, to travel, to practice, to learn and to interact with other teammates.

CHEER PARENTS

Behind the scenes of a competitive team...

Each level on The Gems will occasionally need volunteer Team Mom's or Dad's.

Social Event Planning

We will be looking for parents to help plan/organize some of the following. Other events may be incorporated.

- 1) Summer Pool Party
- 2) Camp "Small Group" Slumber Parties
- 3) Mother-Daughter Competition Make-Up Party
- 4) Restaurant Locations for after competitions
- 5) Christmas Party
- 6) End of Season Party

Competition Treat

At each competition the girls will receive a "goodie bag" or small gift of some kind. For each competition, a group of two to four parents will be responsible for purchasing a putting together the goodie bag for the upcoming meet. The parent groups will be determined one month prior to the first competition so you and your group can plan ahead. Some ideas to consider: "cloth strip" flip flops, personalized cheer bows, cheer picture frame, painted glass jar filled with candy. The price ranger per competition is \$6-\$8 per girl.

Fundraising

The Gems will participate in two or three fundraisers to help with the costs associated with competing and uniforms. Participation in the fundraisers will be optional. Money that you raise will go to your account.

COACH SUPPORT

K2 Academy's programs are led by Team Leaders that coach the classes, create lesson plans, develop report cards and skill progression, choreograph routines, communicate with team parents, manage and work with one to five coaches and are involved with some fiscal management of the program. The team leader for the GEMS for the 2011-2012 competition season is Lauren Rendon.

Helping Lauren with the coaching duties and some organization/planning of the GEMS is Natalie Burgess.

Both Lauren and Natalie will coach workouts and attend all competitions.

COMMUNICATION

Our goal is to over communicate with you regarding "all things GEMS" this upcoming season. The GEMS team will communicate primarily thru email and the GEMS information board; located to the right of the vending machines.

The majority of the emails you receive will come from Lauren or Natalie, however, please feel free to respond to Kay directly, or cc her, if you feel an issue would best be handled by her directly.

Some emails will require feedback in a day or two's time, so please keep your most current email address, and the email address you check most frequently, on file with K2 Academy.

OWNER SUPPORT

The owner, Kay Rodgers, is always available to answer questions you have regarding the cheer program. Specific questions regarding your child's skill achievement will require feedback from the coaches.

The owner's role within the cheer team is to support and lead the team leaders and to communicate with parents on monetary issues and potentially sensitive issues.

Kay will also lead a parent meeting at least once per year.

PARENT SUPPORT

Parents' support, understanding and encouragement are needed within the realm of competitive cheerleaders. Be careful not to confuse the term "parent support" with that of "parent coaching". It can be VERY easy to become over involved in your daughter's success and failures. Over involvement only puts added pressure on a

young athlete.

What you as a parent are welcome to do is involve yourself with the team and its goals. That is, to help with fundraising, competition schedules, phone trees, cheer functions and overall our spirit. To conclude, let the coaches do the coaching and the parents do the encouraging.

As a parent you have a right to know how your child is developing, how your hard-earned money is being spent and what your child is getting out of the sport. Unfortunately in our society it seems that only the negative gets recognition... that is if “Julie” misbehaves, we call and tell her mom. Society seldom takes the time to call and say how well “Julie” is doing. Most of the time parents only get the chance to see how their daughter is doing when it is in a competition situation, which is the most stressful time for cheerleaders. This often gives the parents a very unrealistic view in their child’s improvement. We invite you to come occasionally and watch practice, ask questions, travel with the team and show your daughter you care about her interests.

Cheerleading for children is a very difficult sport. It requires more strength, conditioning and flexibility than do most sports. What seems a relatively simple skill may take months to achieve. It takes a special type of person to be a cheerleader. The discipline, patience and maturity that these children learn will last a lifetime and will help to mold them into a responsible adult and natural born leader. Because of the difficulty of the sport, several times during your daughter’s “career,” she may come to you upset at failing to reach a goal or win an award at a competition. Try to help her understand if she feels that she has improved that is what is important. Letting the coaches know there is a problem is important too, as sometimes we miss a small problem that can turn into a big one.

As we teach the kids, **communication** plays a vital part in the success of your child in this sport. By reading this booklet you know that you will be investing a lot of time, energy and money in your child in the next year. One of the best ways that we as coaches can communicate with you parents is through e-mail. PLEASE make sure that we have your correct e-mail address and update the front desk when any changes are made.



K2 Academy of Kids Sports

Philosophy



Mission Statement

1. To provide children with a sense of self-worth and accomplishment through the learning process.
2. To provide a safe, clean and friendly environment for our clients and their children.
3. To create a passionate and responsible culture for staff, students and their parents, that embraces creativity and the decision making process.

12 Teaching Principles

1. Unconditional Honor
2. Keep the Kids Safe
3. Clearly Communicate Expectations
4. Catch Kids Doing Things Right
5. Discipline with Natural Consequences
6. Be Enthusiastic
7. Daily Challenges
8. Daily Successes
9. Perpetual Motion
10. Creativity, Variety, Fun
11. Love, Empathy, Compassion
12. Build Relationships with Parents

NOTES