

ACX MB All-Star Handbook 2011 - 2012

Table of Contents

| | |
|--------------------------------------|-----|
| Welcome Letter..... | 2 |
| Gym information..... | 3 |
| Roster Selection..... | 4 |
| Policies, Rules and Regulations..... | 5-7 |
| Financial Obligations..... | 8 |
| Competition Schedule..... | 9 |
| Competition Day..... | 10 |





Welcome,

I cannot express in words how grateful and humbled I am to welcome you to our program, some returning, some for the first time. I want you to understand what your commitment means to us. We promise to give each and every kid every tool necessary for them to advance as far as their hard work will take them. We take a personal interest in EVERY athlete that wears an ACX uniform. We will challenge them, push them and motivate them to go further than they have ever gone before with their training, discipline and dedication.

Our program is not only dependant on our athletes and coaches, but our parents as well. You are the key to our program being successful. We appreciate the sacrifices you make for our schedules. We understand you may have other children in other activities. We realize you work very hard for the funds to pay for our sport. With this being said---we take this very seriously. We will not EVER take for granted your support for our program. We will always make decisions that are best for your child's team.

For the new families--You are about to embark on a journey like no other sport. The rush you get when your child takes the mat, the feeling of pride when you walk around competitions because you are wearing ACX on your chest and people are coming up to you complimenting our teams. There is nothing like it!

It's a new season but the outcome will be the same. We will dominate!! You are now an ACX Jag. You are a part of an organization that is 3 locations and 1 family. You are future national champions and world champions. It all starts now and we can't do it without you. We are what we are because of you and we thank you for allowing us to be a part of your child's life.

As the season starts to get underway, just know our staff is always here for you. If you need anything or have questions at anytime just ask. Once again, welcome to the family. We look forward to an awesome year.

Lots of Cheer,
Randy Dickey
Owner



Locations and Office Hours

Columbia

112 Ministry Drive
Irmo, SC 29063
www.acxcheer.com

Contact Us :

Phone: (803) 749-6734
Fax: (803) 749-1556
E-mail: info@acxcheer.com

Office Hours – Subject to change

8:30am – 2:30pm Monday-Friday
Closed Saturday
Closed Sunday

Charleston

108 Elliana Way
Summerville, SC 29483
www.acxcheer.com

Contact Us :

Phone: (843) 873-6119
Fax: (843) 873-6442
E-mail: info@acxcheer.com

Office Hours – Subject to change

1:00pm – 8:00pm Monday-Thursday
Closed Saturday
Closed Sunday

Myrtle Beach

579 Burcale Rd
Myrtle Beach, SC 29579
www.acxcheer.com

Contact Us:

Phone: (843) 236-9021
Fax: (843) 236-4367
E-mail: Office@acxcheer.com

Office Hours - TBA

Website – Members Area (www.acxcheer.com)

Our website is the single most informative source that we have. Please make a habit of visiting the website daily as this is where each team will find practice schedules, competitions itineraries, gym holidays and closings, fundraising opportunities, exciting news, awards, and other important information. You must log on and become a member in order to view ACX All-star information. To become a member:

Gym Holidays & Closings

If schools in Lexington Richland District 5, Dorchester District 2 or Horry County School District are closed due to inclement weather, ACX will inform you of any closings on our website under "Latest News" for your convenience.

| | |
|--|--|
| May 30 th | Closed – Memorial Day |
| June 6 - 10 | Closed - Summer Break |
| June 19 th | Closed – Fathers day (will practice on Sat. 18 th) |
| July 3 rd – 4 th | Closed – 4 th of July Holiday |
| August 12 th – 14 th | Choreography Days (Your team will be given a day and time session) |
| Sept. 4 th – 5 th | Closed Labor Day |
| November 20 th * | ACX Thanksgiving, Show offs and Gym dinner. |
| November 23 rd – 26 th | Thanksgiving Break |
| December 22 – Jan. 1st | Christmas and New Years Break |



Roster Selection

Rosters for our teams are designed, as best we can, to give each team a roughly equal chance for success within their division. Much like other sports, a variety of skills, abilities, and even body types are necessary to give teams the best opportunity to place highly at competitions. We try to match up the athletes as best as we can, but please remember that maturity, physical stature, stunting, pyramids, jumps, dance, motions, and age are huge factors as well. It is simply not feasible (or desirable) for every team to have 36 exactly matched identical athletes. Some will be stronger tumblers than others. Some will help us out with stunts more than others. Every athlete is on a team for a reason - please trust the staff. This season we are working harder than ever to push every athlete to improve their skills, even if it means working on skills that are above what is allowed in routines at their team's current level.

The most common confusion or misconception from parents and athletes relates to tumbling ability. Proper technique is more crucial now than ever to achieve high scores. Simply being able to complete a skill without falling to the ground is no longer the standard for when athletes "have" skills. You must perform the trick with perfect or nearly perfect form and be able to do it consistently, on a spring floor, under pressure, in nearly any scenario. Many athletes and parents greatly overestimate the ability and form of the athlete against this standard. A parent's version of "my child has a layout" can often be dramatically different from the coaching staff's and this can lead to confusion about team placement.

The second most common confusion comes from dramatically overestimating the importance of tumbling compared to other factors. As mentioned already, there are many factors that go into determining the best spot for an athlete, not just how well they can tumble.

Please note that no athlete has an absolute guarantee of a roster spot on a particular team. The coaching staff reserves the right, at any time, without notice, to change the rosters of the teams by adding, rearranging, or removing athletes to or from teams for a performance, practice. However, we attempt to make roster changes infrequent and with as much warning as possible.

Athletes may be removed from our program at any time for reasons which may include but are not limited to: attitude problems, absences and/or tardies, talent level, lack of improvement, lack of financial responsibility, fitness level of an athlete, and personality conflicts between athletes, coaches, parents, or anyone else involved in our program. There will be no refunds of tuition given after removal from a team.

Please also note that no athlete has a right to any particular role or location in a routine. Coaches change formations and stunt groups for a variety of reasons, many of which have nothing to do with the relative ability of the athletes in question. Many times the flow of choreography or formations dictate changes be made in which athletes are doing certain skills. While you are always free to ask the coaches (at appropriate times) to explain any of their decisions, making demands or threats regarding placement in routines are never successful and may result in the immediate dismissal of the athlete from the program.

Cross Competitors Policy

If your child is asked to crossover to another team, they will need to participate in the age appropriate and lower level team first then crossover. You will be responsible for all costs and fees that occur while crossing over.



Practice Sessions

- It is your responsibility to wear the appropriate practice wear to every practice.
- Any additional clothing items (sweats, long pants, gym bags, cell phones, etc. must be stored in the cubbies. No items are to be left in the gym hallways and cell phones must be turned off when practice starts.
- Everyone must treat the gym with respect and follow the gym's guidelines. Due to Insurance Liability, only coaches and athletes are allowed in the practice area; everyone else must stay in the observation area during practices. ACX reserves the right to restrict anyone or everyone from the gym or observation area during practices, camps, or choreography.
- Coaches reserve the right to close practice at any time, for any reason.
- No one is allowed to yell onto the floor or try to make contact from the observation area during practices or tumble classes. This is extremely distracting to all involved and could cause injury.
- **Due to liability, no athletes are allowed on any equipment before or after class or practice.**

Tardiness and Absences

- Tardiness is defined by 1 minute late to practice. Excessive tardiness or absences will result in dismissal from your team. Tardiness or absence from competition will result in immediate dismissal from your team.

Choreography Days

All teams will have mandatory Choreography Days. The choreography may start during the morning or early afternoon, please make arrangements for your athlete to be present. Choreography days give the athletes a chance to get to know their fellow team members and other athletes in the organization. **Attendance at choreography is MANDATORY!** We are competing earlier this year than last year. Please make your arrangements now to be there. Choreography days are listed below. Your team will be assigned a day and time.

All music, cheers, dances, stunts, and any choreography or ideas that are presented to athletes during practices are to remain confidential and should not be discussed, taught, or given to others outside our program. ACX does not allow any postings of ACX Videos on Facebook, MySpace, YouTube or any other social networking site. The coaching staff puts great effort into creating or hiring a choreographer to create original material for our teams, and we do not wish for it to be shared with friends, school teammates, athletes, or parents in other All-Star programs. You may not use any of our material for your school team!

Choreography Days are August 12th – 14th. Your team will be given a specific day and a time period. (You are not in the gym for 3 days straight) This is mandatory - we will see you there!

Injuries and Conditioning

- Cheerleading is a highly competitive and dangerous sport. Stunts and tumbling can lead to injuries. These include but are not limited to: bruises, pulled/strained muscles, torn/strained ligaments, broken bones, dislocations, paralysis, or even death. We at ACX take every precaution to limit these injuries. Unfortunately, we cannot prevent them all. In the event that your child is injured, we will take every step necessary to ensure your child's well-being.
- All-Star cheerleading is a very strenuous sport. Therefore, all of the athletes in our program are expected to be in top physical condition; this includes flexibility, strength, and endurance. If needed, you may be required to take an additional tumble class or stunt class. Extra classes will be billed to your ACX account.
- All team members are expected to take care of their bodies. This means absolutely NO DRUGS, NO ALCOHOL, and NO TOBACCO. If anyone is caught drinking, smoking, or using drugs, or if there is an eating disorder, they will be expected to take the necessary steps to quit and/or receive help. We will, of course, help in any way we can.



Viewing Area

All parents should remain in the viewing area or in the lobby during practices. Please refrain from "coaching" or otherwise distracting athletes or coaches during practices. If parents wish to bring younger siblings to watch, please make sure they are under your constant supervision and are not being excessively noisy or distracting to other spectators or anyone in the main gym. Small children waiting in the viewing area, lobby, or other areas must be within arm's reach of their parent or guardian. Parents who are excessively negative, derogatory, loud, overbearing, or distracting will be barred from the gym and/or have their athlete permanently removed from our program.

For some reason, there are occasionally some parents who seem to enjoy spreading negativity and spite. Sitting around griping to other parents does nothing but make people miserable. Please don't be a bore and burden on the majority of parents who simply want to watch their child enjoy themselves. If you have a problem or concern, please speak to the coach. Complaining to other parents cannot solve your problem, nor can we solve them if we do not know about them.

If you respect us enough to allow us to play a large role in your child's life, please respect us enough to know that we have your child's best interest at heart. Decisions that are made in regards to your child's training, level and team are made in what we feel will best help your child be successful.

The viewing area WILL BE CLOSED for tryouts and any choreography days.

Trademark & Logo

The name "American Cheer X-treme / ACX / ACX Logo" are the property of American Cheer X-treme, Inc. and are protected under law. Randy Dickey's permission is required before anyone may sell or produce any product that uses or displays our name or logo. This includes making T-shirts, jackets, or any other item that will display anything pertaining to ACX cheerleading. ALL ACX ITEMS HAVE TO GO THROUGH THE GYM.

Behavior

A positive attitude with T.E.A.M. (Together Everyone Achieves Miracles) oriented goals is expected from each athlete and parent at all practices and official ACX events. Being a member of a competitive all-star team is NOT about self-glorification and self-promotion, but rather about being a TEAM player in whatever capacity is asked of you by the coaching staff. The athlete should always exhibit a positive attitude and a willingness to participate respectfully.

Sportsmanship and family are very important to our organization. Please be courteous and considerate to all teams and athletes. This includes other all-star programs and other ACX teams at each gym. Please don't speak negatively about any person, decision, or result. This includes "cheering" or showing excitement for other teams' mistakes as well as posts on the Internet and message boards!

The attitude of the parent has a huge impact on the attitude and performance of a child. Too much parental pressure may cause a cheerleader to shut down. If a parent acts disrespectful towards a coach, cheerleader, or another parent, a child tends to mirror the behavior.

We strive to teach our cheerleaders respect and sportsmanship. Anyone who behaves in a manner in or out of the gym that we view as inappropriate may be asked to leave our program. Cheerleaders whose parents are excessively negative or disrespectful will be removed from the program. We are trying to create a positive, pleasant learning environment for our athletes.

Profanity, abusive language, and inappropriate photos or behavior are not allowed. This includes the Internet, emails, Facebook pages, etc. Parents, relatives, friends and cheerleaders are **never** allowed to speak with competition officials for any reason. If you have an issue or concern that you wish to address about a competition, please contact your team rep who will direct the concern to the appropriate ACX staff member. Parents are never allowed to represent ACX concerning accommodations, competitions or any other situation.



Team Rep Volunteers

Small teams (1-20 Members) will have ONE Team Rep appointed at the start of the season. Large teams (20 or more members) will have TWO Team Reps appointed at the start of the season. Team Reps are the primary contact person for a great deal of information including: competition schedules, changes in practice times, and other pertinent information. The Team Reps will also assist with collecting forms, practice gear and uniform sizing for athletes. They will be in charge of making sure that hair and make-up is "performance ready."

We will hold a training class with the Team Rep Volunteers giving detailed instructions of how the make-up is to look. Team Rep Volunteers will also be checking for jewelry (clear belly-rings included) and color nail polish (polish is ok if worn by entire team). Team Rep Volunteers will accompany the teams/coaching staff in warm-ups at competition. Team Reps are volunteers and should be highly praised for their dedication to the job. Please treat them with courtesy and consideration for their efforts. A list of Team Reps will be posted in the main office along with information on how to contact them.

Uniforms

We will be getting a new uniform this season for all athletes. More information to follow.

- Each cheerleader is required to have an ACX uniform, makeup (girls only), shoes, ribbon, and practice clothes. ACX will not be responsible for uniforms that do not fit upon arrival. However, we will do our best to help you get any problems resolved with the uniform company.
- Athletes may not alter their apparel in any way unless told to do so. Do not have anything added to your wind suit, uniform, etc. (i.e. embroidered team name, athlete's name). Everyone's uniform and other All-Star apparel must be identical. Once all uniforms are delivered, all skirts (new and used) will be checked for length.

All-Star Financial Policies

- If your child makes an ACX All-Star team, he/she is committed for the entire season-including practices, competitions, camp, etc. Refunds are not given. If a child quits or is dismissed from the all-star program, all monies paid will be forfeited. You will still be held responsible for any payments that we have made on the behalf of the cheerleader (example: competition fees paid three months in advance) for fees May 2011 through April 2012.
- **Failure to keep up with tuition will result in the removal from the program.**
- All gym expenses from previous seasons must be paid in full before anyone will be placed on a team.
- Tuition is not prorated for holidays, missed practices, injuries, etc. Tuition is a set fee that all all-star athletes must pay for the duration of the season (May 2011 - April 2012). Failure to attend practices due to injury or other reasons does not waive any athlete's tuition fees. Long-term injuries will be handled on a case-by-case basis.
- ACX will email invoices/statements on the 1st of every month. If you do not receive your email, you are still responsible for payments will all applicable late fees.
- Tuition and other fees are subject to change at any time.
- Tuition Fee: We must have your bank account and/or credit card information on file for ALL STUDENTS. All fees are due no later than the 10th of the month for the current month. If payment is not received by 6:00pm on the 10th, your account will be drafted. There will be a late fee of \$10 assessed each month on the 11th for any unpaid balance. NO EXCEPTIONS. If your account information is declined or check returned a \$30 fee will be charged and participation in any classes will be suspended until the account is current. Tuition can be paid at the main office during office hours or mailed to ACX. Mailed payments must be received by the 10th of the month. ACX also offers an automatic draft tuition payment plan to save you additional cost and worry, please contact the office for more details.
- NSF Charges: \$30 NSF charge for all returned checks and declined account information. ACX will attempt to charge your account for the returned check amount as well as the NSF fee of \$30.



Monthly All-Star Payments (Paid to ACX) (Tuition Will go to Gym Inc.) Breakdown to follow

• The monthly tuition fee includes weekly All-Star team practice, competition entry fees, team choreography, music, camps, and coaches’ competition/travel expenses. Additional cost will include: uniforms, shoes, bags, makeup, warm-ups and travel expenses (hotel, transportation, spectator tickets, meals, etc.). If you cross-compete (compete on more than 1 team), there will be an additional charge per month for additional competition fees. In the event that a competition is cancelled, adjustments will be made to your account immediately. The competition prices listed are only an estimate (we do get a surprise from a competition company once in a while).

- *TUITION RATES ARE NOT REFLECTED BY THE SCHEDULED PRACTICE TIMES OR LENGTHS.*

Monthly Financial Obligations (Tentative and May be slightly Different for MB)

| Month | Tinys | Minis, Youth, JR, SR |
|--|-------|--|
| May | \$170 | \$285 |
| June | \$160 | \$310 |
| July – December | \$100 | \$185 |
| December * Teams Traveling to NCA only | N/A | \$145 (for selected teams) |
| January - February | \$65 | \$100 |
| March | \$85 | \$120 |
| April | N/A | \$75 - \$135 (for selected teams, by coaches decision) |

Cross Compete Fee = \$60 (May – December)

Competitions

Our regular competition season runs from December 2011 to April 2012. We plan to attend several local, regional, and national competitions in the upcoming season. Some competitions will take place out of the state. As an ACX All-Star team member, you are obligated to attend all competitions. There are no exceptions. ATTENDANCE IS MANDATORY. It is the team member’s responsibility to adhere to the competition schedule. Competition/Itinerary information will be available at www.acxcheer.com for each competition. It is imperative that all directions are followed and respected.

• During the regular competition season, teams may receive additional bids (awards) to attend additional competitions. These competitions usually take place in April after our regular season has ended. **If ACX chooses to accept the bid (award), ACX reserves the right to replace any athlete not obtaining required skills.**

• Please do not schedule vacations or family functions 1 week prior to any competition, as attendance at extra practice is mandatory. You will be given a schedule of extra practices as soon as possible, with plenty of time to make future plans. Please make it a priority to refer to the competition schedule when scheduling other functions.

• Under NO circumstances should anyone other than the coaching staff contact the hosting competition companies with questions or requests for information. ACX will provide you with everything you need to know at the appropriate time.



2011 – 2012 Competition Schedule

| | | |
|---|--------------------------|------------------|
| December 10 th – 11 th | Battle Under the Big Top | Atlanta, GA |
| January 7 th * | Jamfest | Columbia, SC |
| January 14 th – 15 th * | Spirit of Hope | Charlotte, NC |
| February 5 th | NCA One Day | Atlanta, GA |
| February 11 th – 12 th | King of the Jungle | Raleigh, NC |
| ** February 25 th – 26 th | NCA Nationals | Dallas, TX |
| March 3 rd – 4 th * | UCF | Columbia, SC |
| March 10 th – 11 th | Athletic Championships | Sevierville, TN |
| March 24 th – 25 th * | Spirit Sports | Myrtle Beach, SC |
| ** TBD April ** | All Levels | Atlanta, GA |
| ** TBD April ** | Worlds | Orlando, FL |

** = selected teams.

* = competitions that Tinys will Attend

Travel Arrangements

• During competition season, it will be necessary to travel outside of the local area for regional and national competitions. Hotel accommodations are the sole responsibility of parents/caregivers. ACX will coordinate blocks of rooms, but will not reserve them for you. ACX blocks hotel rooms as a courtesy and encourages that you reserve immediately. You are responsible to attend and be on time to all meetings and practices. All cheerleaders must have a parent/guardian staying in the hotel room. Each cheerleader must have a chaperone at every competition. It is not your coach's responsibility to be your child's chaperone.

• For all of the presently scheduled 2-day events, we ask that each athlete arrive in the city where the competition is held on Friday evening. Teams may have a designated practice time at the competition venue Friday night. You may have to take time off from work or school. We have no control over competitions running on time some may run late so be mentally prepared.

Hotel block info/rates and booking codes will be sent out after teams are selected.



Competition Day

Parents will not be allowed in the meeting room. With so many kids in the program we don't have the space to warm up our teams when all the parents are in there.

Make-Up (females only): Your make-up is to be applied as if it is your Prom/Pageant day.

Hair: Twisted up the back, up to a high ponytail, with a poof in the front. (Don't worry, we will make sure you know how to do it.) **NO unnatural HAIR COLORS and no loose hair.**

Upon Arrival: You will meet with your Team REP. BE COMPETITION READY - HAIR, MAKE-UP DONE AND READY TO GO. Athletes should be dressed in their ACX UNIFORM, white footie socks (no balls please) and cheer shoes. Please look presentable. Absolutely NO long nails or colored nail polish. NO JEWELRY! At this time, make-up and hair will be checked by Team Reps.

- As soon as the whole team is with the team mom or coach, parents should go find a seat in the performance hall. Parents, please remain out of the warm-up area. This time is crucial in mentally preparing our athletes for their performance.
- Coaches and team reps will be present to assist younger athletes with last minute touch-ups of hair/make-up and will reapply lipstick/gloss. ACX is NOT responsible for finding hair ribbon(s) for any athletes who have lost/forgotten theirs-- borrow from a friend on another ACX team. ACX is not responsible for any lost items.

5 Minutes before Performance Time: PIXIE POWER!

Performance Time: It is important that all team members, families and fans to come to watch their designated teams on both days of competition. Nothing is worse than for one of our teams to be performing late in the competition and have no one there to support them. This means you may need to arrive earlier or leave later than necessary for your team's performance/awards.

Be Ready for Anything! Some competitions do not allow teams onto the practice mat until 15 minutes prior to their performance time. Please do not assume anything on competition day. The team reps and coaches will inform the athletes of any preparation changes. Please refer all questions to a coach or to a team mom. Competition companies have been known to do just about anything, so be prepared and flexible.

Awards Ceremony: All athletes must be present and in full uniform for his/her team's awards ceremony. Athletes who are not present for the awards ceremony will suffer the consequences (determined by the coaches) at the next practice. Removal from the program is a possibility. All athletes are expected to display a high level of sportsmanship, applaud for every team and to congratulate all winners.

Other Reminders:

- Only your ACX Attire, wind suit or uniform are acceptable to wear at the competition venue.
- Poor sportsmanship displayed by athletes **or** parents may cause dismissal from the program or other consequences. This includes, but is not limited to, bad-mouthing other teams, athletes and/or judges.

We are looking forward to an amazing season! Welcome to the JAGUAR FAMILY!