
GEORGIA ALL STARS

2023-2024 INFO PACKET



YEAR 33

"Pride of the South!"

WHO WE ARE

Georgia All Stars continues to be a leader in All Star Cheer instruction. Established in 1990, we are proud to announce our 33rd Anniversary this year! We have instructed kids all over the country and continue to push the boundaries in the industry. We pride ourselves in being trend setters and family oriented with quality, competitive instruction. It is our mission that each cheerleader will develop socially through practice and competition, physically through hard work, and psychologically through increased emotional maturity, and discipline. This requires a perfect balance of academic preparation in school, time management, and skill preparation in the gym. We continue to provide a big industry name with a small family feel. We pride ourselves on being a family environment and teaching our kids respect, humility, punctuality, good sportsmanship, dedication, commitment, and core values.



COMMITMENT

Commitment starts with the parent and follows through to the athlete. It is a known privilege to be a Georgia All Star Cheerleader. The success of your team will depend on each individual/parent's commitment and dedication to the team. This program is not about the individual. We will not tolerate "individual" attitudes. We feel that the member on the back row is just as important as the member on the front. The first tumbling pass is just as needed as the last. It takes a TEAM to win. The team will always come first in making selections and decisions. Athletes with excessive absences or lack of commitment will be removed.

TEAM PRACTICE

Athletes will have 2/3 team practices per week. Typically 2 weekdays and one Sunday. Sunday Practices begin in September. Additional practices will be added at the coach's discretion during the heavy competition season, November through February. Typically there will be additional practices the week and weekend before a competition.

You are allowed to miss 4 summer practices prior to August 7th in addition to the Calendar Holidays given. It is important to have each athlete at summer practices to allow the kids to bond, the coaches to formulate stunt groups, finalize the routines, and for the teams to progress in skill and prepare for the upcoming season. Vacation forms are located in the back of this packet and at the front desk. All vacations MUST have the appropriate form and approval to be excused. Vacation forms turned in less

than 2 weeks in advance will not be approved. Vacation requests after August 7th will NOT be approved. Vacation dates will not be approved if two weeks before a scheduled competition. Vacation requests via phone or text will not be approved. If you cannot attend a practice it must be personally pre-approved by your coach. If you will be late, out sick, etc; you must contact your coach. If you are sick, but not contagious, you will be required to come watch practice so you are aware of any changes made to the routine. The coach will decide participation level at practice if an athlete is sick. If you are continually late, missing numerous practices, or injured longterm, you may be dismissed from the team. If you are absent during the week of a competition, you may be replaced with an alternate crossover athlete. Homework is not an excused absence. Studying for a test is not an excused absence. Concerts, Birthdays, Anniversaries, School Breaks, Field Trips, and Family trips are not excused absences. School trips that are not documented for a grade are not excused absences. Outside sports conflicts are not excused absences.

If you are receiving a grade on a school activity you must fill out the absentee form, located in the back of this packet. Absences due to graded events will be approved. The coaches will do everything in their power to work around graded conflicts by moving practice, but it is not promised. Make-up practices may be called so that the team may practice as a whole. If you are on a varsity cheer team it is important that you bring a copy of your scheduled practices, events, and coach's information to your All Star Coach. They will attempt to work around any conflicts the best they can. We can not

guarantee that every conflict will be solved. We will not work around sideline cheer conflicts, middle/JV, basketball cheer, or other outside sports. Please take note of this policy before trying out for winter or spring sports. All Star cheer is a very timely commitment and should be your first priority.

TEAM PLACEMENT

Athletes will be placed on a team at the discretion of the coaching staff based on their ability and what is needed on each team. It is very important to understand that technique and execution of a skill go into placing teams. It is very important to also understand stunting requirements for each level. It is not only important to "land" a skill, but to execute it while landing it repeatedly over and over. Athletes must also provide strong technical stunting skills at the required level as well. Coaches reserve the right to move a child to a different team during the season if the child's skills do not mirror that of his or her peers on the team. A child may be dismissed or placed in an alternate position if the skills are not where he or she can be used on a team in the gym. A child may be moved to a different team during the season depending on what is needed by that team (ie. base, fly, tumbler), or if their skills are not where they should be during the progression of the season. We may merge teams, change team levels, or delete a team during the season. We will exhaust every possibility before deleting a team. If you have a question about what level your child should be, please go to our skills chart for tumbling requirements. If you are unsure of what stunting level your child may be, please speak with a coach.



Allstar Tumbling Level Assessments

ENTRY LEVEL

ADVANCED

ELITE

Level 1 Standing	Forward Roll Straddle Roll Pushup to Backbend Backward Roll	Handstand Cartwheel Handstand Forward Roll Backbend Kick Over Standing Backbend Front Limber/Back Limber	Front Walkover Back Walkover 1 Arm Back/Front Walkover Back Extension Roll Back Walkover Switch Leg Valdez
Level 1 Running	Cartwheel (CW)	Front Walkover (FWO) Round Off (RO)	Cartwheel - BWO FWO - Cartwheel/Round Off FWO - CW - BWO FWO - CW - BWO Switch Leg
Level 2 Standing	Back Handspring (BHS) Back Handspring Step Out	Back Extension Roll - BHS Back Walkover - BHS BWO - BHS Step Out	BWO - BHS Step Out - BWO BWO Switch Leg - BHS BHS Step Out - BWO - BHS Valdez - BHS/BHS Step Out
Level 2 Running	Cartwheel - BHS Round Off (RO) - BHS RO - BHS Step Out	RO - BHS Series	Series Front Handsprings Bouncer/Flyspring FWO - RO - BHS/BHS Series RO - BHS Step Out - BWO - BHS Series
Level 3 Standing	BHS Series Jump - BHS	BWO - BHS Series Jump - BHS Series BHS - JUMP - BHS	BHS Series - Jump - BHS Series Jump - BHS - Jump - BHS BHS Step out - BHS/BHS Series BHS Step out - BWO - BHS/BHS Series BWO - BHS - Jump - BHS/BHS Series
Level 3 Running	Aerials Punch Fronts Round Off - Tuck	Round Off - BHS - Tuck Round Off - BHS Series - Tuck	FWO - Aerial RO - BHS Step Out - RO - BHS - Tuck FWO - RO - BHS - Tuck FWO - RO - BHS Series - Tuck Bouncer/Flyspring - RO - BHS - Tuck
Level 4 Standing	Back Tuck	BHS Series - Back Tuck BHS - Back Tuck	Jump - BHS Series - Back Tuck Jump - BHS - Back Tuck BWO - Tuck Onodi
Level 4 Running	Cartwheel - Back Tuck Round off - Layout Round off - BHS - Layout/Layout step out	Round off - Onodi - through to Tuck Front Walkover - RO - BHS - Layout Aerial - Back Tuck Front Handspring - Punch Front	Punch Front step out - RO - BHS - Layout Round off - Whip - BHS - Back Tuck Front Handspring Front - RO - BHS - Tuck Round off - BHS - Whip - BHS - to Layout PF step out - RO - BHS - Whip - BHS - Layout Front Handspring - Front - RO - BHS - Layout
Level 5 Standing	Jump - Back Tuck BHS Series - Whip BHS - Whip	BHS - Whip - BHS - Tuck BHS Series - Whip - BHS - Tuck Jump - BHS Series - Whip - BHS - Tuck BHS Series - Layout BHS - Layout Jump - BHS Series - Layout	Jump - BHS - Whip - BHS - Tuck BHS - Whip - BHS Series - Layout BHS - Whip - BHS - Layout BHS Series - Whip - Layout BHS - Whip - Layout Jump - BHS Series - Whip - BHS - Layout Jump - BHS - Whip - BHS - Layout
Level 5 Running	RO - Full RO - BHS Series - Full RO - BHS - Full	Front Walkover - RO - BHS Series - Full Front Walkover - RO - BHS - Full Round off - Arabian	PF step out - RO - BHS - Full Front Handspring - PF - RO - BHS - Full RO - Whip - BHS - Full Front Handspring - Front Full PF step out - RO - Whip - BHS - Full Front Handspring - Front - RO - BHS - Full
Level 6 Standing	Jump Back Tuck BHS Series - Full	BHS - Full Jump - BHS Series - Full Jump - BHS - Full BHS - Whip - BHS Series - Full Standing Full Jump - Full	BHS Series - Double Full Jump - BHS Series - Double Full BHS Series - Whip - Double Full BHS - Whip - Double Full Jump - BHS - Whip - Double Full BHS Series - Full - Whip - Full/Double Full
Level 6 Running	Cartwheel - Full RO - BHS - Full FWO - through to Full Aerial/Front Aerial/Onodi - through to Full Front Handspring - Full	Punch Front Step out - through to Full Round off - Whip - Full Round off - BHS - Whip - through to Full Front Handspring - Front - RO - BHS - Full Round off - Arabian - Round Off - BHS - Full Round off - Half Full - through to Full	Round off - BHS - Double Full Punch Front Step out - through to Double Full Round off - BHS - 1.5 Full - through to Full Round off - BHS - Whip - BHS - Double Full Round off - Arabian - through to Double Full Round off - BHS - 1.5 - through to Double PF - RO - BHS - Whip - BHS - Double Full RO - BHS - Double Full - Whip - Double Full

EXPECTATIONS

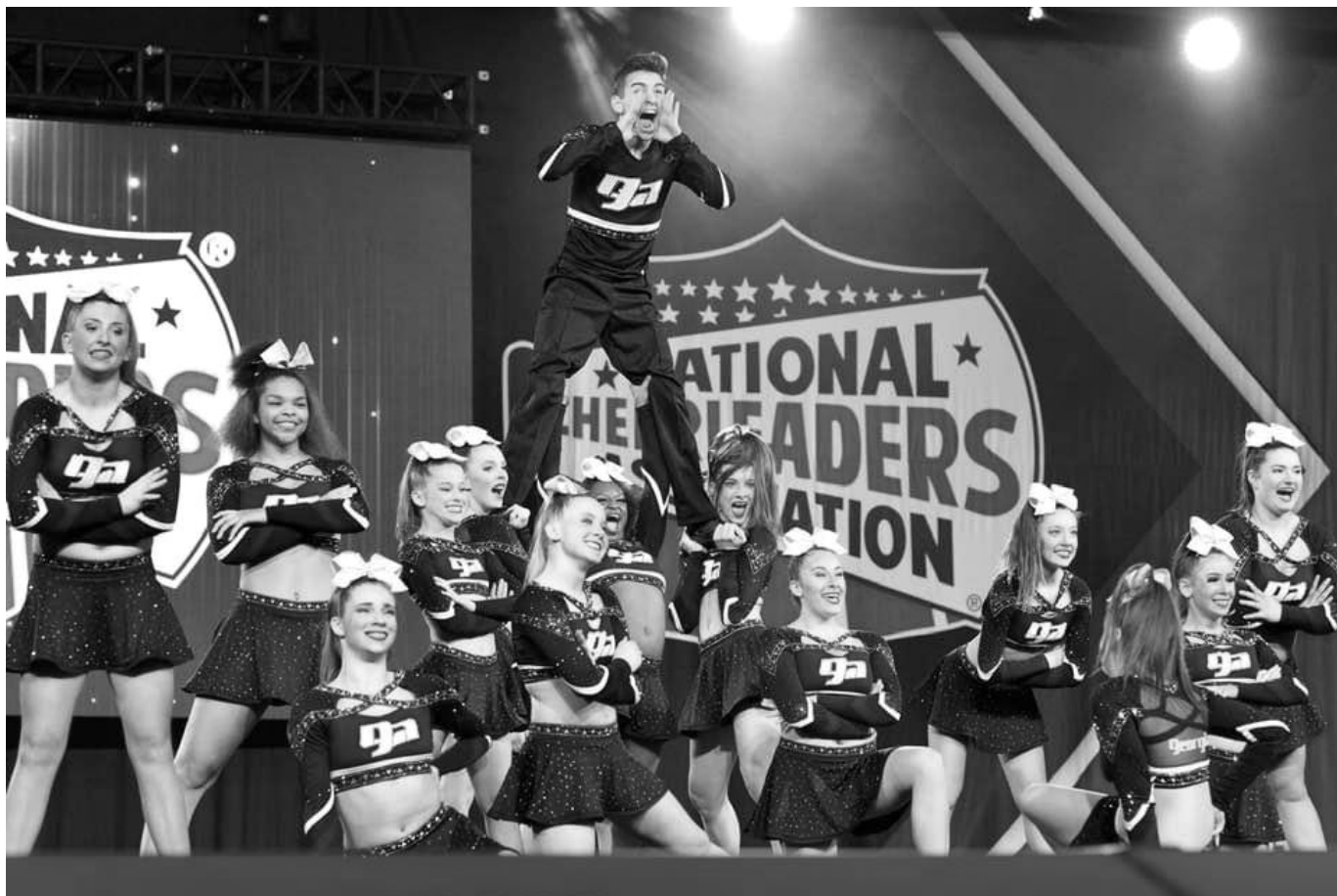
Your coaches and team reps are here to work with you. You are expected to show respect and be courteous to your coaches and teammates at all times. When asked a question at a practice, students are to reply in a respectful manner to coaches. No negative or inappropriate comments are to be made on any social forum websites such as Snapchat, Tick Tock, Twitter, Instagram, Facebook, etc. about any member of the GA teams/staff, competitions or other fellow gyms. Do not post any pictures of yourself or others, in a GA uniform or attire acting in a negative manner that would discredit the gym's branding.

Cell phones are NOT allowed during practice or competition warm-ups/awards. Cell phones must be turned in at the beginning of practice to the cell phone basket. Anyone with continued behavioral problems will be removed from the gym and all monies will be forfeited. Parents are expected to withhold to these same standards. Athletes can be removed due to parents' actions. There is no place for negativity or drama in our facility. If you quit a team at any time during the season or are asked to leave a team, 100% of all monies given to the gym will be forfeited. Any outstanding or posted bills up to the date of dismissal will be collected and are the responsibility of the student, parent, and/or guardian. Any outstanding balances not collected will be turned over to a collection agency. Once registered through USASF and placed on a rostered team, the gym has the right to not release the athlete ID number from the program until the completion of the calendar season.

UNIFORM/ATTIRE

Practice wear, uniforms, practice bows, and warmups will be ordered for the athletes at the start of the season. Once it arrives, athletes will be expected to wear the designated clothing items to their assigned practice blocks each week. These items also will be used during the season and at competitions to show unity. Team shirts may be added for larger competitions during the year at an average cost of \$25. Practice Wear does not include shoes, uniform, competition bow, or backpack. Those are billed separately. Athletes are required to supply their own solid black sports bra and solid black shorts.





COMPETITIONS

Athletes are required to attend all competitions. It is the discretion of the coaches to choose competitions they see as a best fit for each of the teams. There is a possibility that a competition may be added or cancelled during the season. If an athlete misses practice the week of a competition, an alternate crossover may be used. If an athlete misses a competition for any reason, he/she may be dismissed from the team. The Owner will keep you informed of all competition updates/changes.

We have secured mandatory hotel blocks for all travel competitions. It is **MANDATORY** for all team members to stay in the assigned team hotel with an adult guardian and must arrive at the hotels on Friday during a designated time. Typically the arrival time is prior to 9pm. Travel must be planned on Friday. Teams will have practice the Thursday night before a competition. **DO NOT PLAN TRAVEL ON THURSDAY.** You may not return home until Monday or Sunday if stated in the competition itinerary. Transportation is up to each family's discretion. Hotel links will be provided by the Owner or office staff. Your team may travel for one or more of the competitions listed. Please note that when traveling, you are there for the purpose of competition and not vacation. Be respectful of others at all times.

FEES

Once selected for a team, an acceptance/commitment fee of \$100 will be paid to reserve your placement, and a \$50 Registration/Insurance is due. Registration/Insurance Fees are Annual and cover our Insurance Calendar year from May-April. Registration/Insurance fee is only paid once yearly whether it is for All Star, School Team, or Class Enrollment. Once enrolled, everyone should familiarize themselves with the website and parent portal. Families are required to create an account. Please contact the front office if you have forgotten your login/password. Please **DO NOT** create a new/duplicate login/password. If any issues arise, please contact lorenzo@gaallstars.net. Please make sure to keep your email, address, and phone number current with the parent portal. Also, our accounting system is set up on auto-pay. Your credit card will be billed on the 1st of the month for monthly gym fees. Fees are late on the 5th of each month. Competition Fees are billed on the 15th of the month. You will get a statement each month with all fees due and their due dates. Non-auto-pays MUST be pre- approved by the Owner.

Athletes will be dismissed from the program if fees become delinquent. Athletes may not try out the following year if he/she owes a remaining balance. Any and all past due fees will be turned over to collections at the end of the competitive season. Any returned checks or late payments will be assessed a charge of \$25 per occurrence.

ALLSTAR ELITE BREAKDOWN OF FEES

(DOES NOT REFLECT NON TRAVEL TEAMS)

Due at Parent Meeting

\$50 Insurance/Registration Fee
\$100 Commitment Fee
\$115 Practice Wear

June

\$165 June Tuition
\$250 Competition Fee
\$300 Deposit for NEW Uniform/Warm Ups

July

\$165 Tuition
\$250 Competition Fee
\$300 Balance for NEW Uniform/Warm Ups

August

\$165 Tuition
\$250 Competition Fee
\$30 Competition Bow

September - February

\$165 Tuition
\$250 Competition Fee

March

\$165 Tuition Only

April

\$165 Tuition Only

Tuition covers monthly athlete training and facility use. Competition fees cover competition registrations, choreography fees/edits, music fees/edits, coaches certification, and coaches lodging/travel/expenses. Teams selected for The Varsity Summit will require extra fees. Estimated fees are \$450 plus travel.

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NON-TRAVEL TEAM BREAKDOWN OF FEES

Due at Parent Meeting

\$50 Insurance/Registration Fee
\$100 Commitment Fee
\$115 Practice Wear

June

\$105 June Tuition
\$150 Competition Fee
\$220 Deposit for NEW Uniform/Warm Ups

July

\$105 Tuition
\$150 Competition Fee
\$220 Balance for NEW Uniform/Warm Ups

August

\$105 Tuition
\$150 Competition Fee
\$30 Competition Bow

September - February

\$105 Tuition
\$150 Competition Fee

March

\$105 Tuition Only

April

\$105 Tuition Only

Tuition covers monthly athlete training and facility use. Competition fees cover competition registrations, choreography fees/edits, music fees/edits, coaches certification, coaches registration, and coaches travel/expenses.

GEORGIA ALL-STARS CALENDAR 2023-24

May 18th-21st	Season 33 Team Evaluations
May 22nd	New Parent Meeting
May 23rd	Returning Parent Meeting
May 24th	Make-up Parent Meeting
June 5th	Practices Start (Monday)
July 1st-9th	Summer Break - CLOSED
July 15th-22nd	Choreography Camp (MANDATORY)
Sept 1st-4th	Labor Day - CLOSED (reopen Tuesday 9/5)
September 10th	Sunday Practices Start
October 8th-10th	Extended Weekend (reopen Wednesday 10/11)
November 21st-25th	Fall Break - CLOSED (reopen Sunday 11/26)
December 20th-Jan 1st	Winter Break CLOSED (reopen Tuesday 1/2)
December 28th & 29th	Holiday Workouts (highly recommended)
January 2nd	Practices Resume (MANDATORY Tuesday)
January 7th	Mandatory Saturday Practice
March 29th-Apr 7th	Spring Break - CLOSED (reopen Monday 4/8)

*Clear your schedule for the week BEFORE every competition. There will be extra mandatory practices added those weeks. Possibly even Saturday before. No absences will be approved. NO EXCEPTIONS!!!

DO NOT plan travel the Thursday before a competition. Coaches will schedule practice.

ABSENT REQUEST FORM

Please list up to 4 absences that will affect your team practices. Explain your reason for the absence such as vacation, custody agreement, school grade event, etc. All absences must be pre-approved by the coaches. You are allowed 4 total absences prior to August 7th. Dates after August 7th will not be accepted.

GA has built in days in July and during the fall/winter when the gym will be closed for the holidays. If possible, please try to take your vacations during this time, so that it does not affect the practices of your child's team. Practice attendance is important if we want to produce winning teams. WE DO NOT FOLLOW YOUR SCHOOL HOLIDAY CALENDAR. Please plan accordingly. Athletes will be removed if absences become excessive.

Cheerleader's Name: _____

Team: _____

Date:

Reason:

.....
Initial Below:

Parent

Coach

Date Received: _____

GEORGIA ALLSTARS FINANCIAL AGREEMENT

DUE AT INFORMATIONAL MEETING

I, _____ Parent/Guardian of
(Print name of parent/legal guardian)

(Print name of team member)

understand and agree to the following financial agreement:

- _____ I understand and agree that fee/tuition payments are due on the 1st of the month and Competition Fees are due on the 15th of the month.
- _____ I understand the Acceptance Fee, Registration/Insurance fee, Practice Wear Fees are all non refundable.
- _____ I understand that I am subject to a late fee charge of \$25.00 after the 5th of the month. Excessive tardiness in payments will be grounds for dismissal and my account balance will be sent to a professional collection agency in Fulton County. Signee is responsible for any court and legal fees applied. Any legal collection proceedings will be filed in Fulton County.
- _____ I also understand and agree that as a parent/guardian signing the contract; I am solely responsible for Monthly Tuition on the 1st, Competition Fees, Insurance/Registration fees, USASF Fees, as well as any additional fees if applicable such as uniform, warmup, bows, t-shirts, makeup, etc. All fees/monies once paid are Non-refundable and i have read/received a copy of the parent handbook/contract available to me and online.
- _____ I understand that the all star season begins with tryouts in May, and ends with the last tuition for the month of April and/or USASF Worlds/Varsity D2 Summit. If I choose to leave or am dismissed from the program prior to the end date in April/May, I am subject to any fees or balances charged/owed to my account prior my leaving or dismissal date.

I understand the above rules and stipulations and agree to authorize Georgia All Star Cheerleading to charge the credit card and/or bank check card that I have provided to them via autopay.

Parent/Guardian Signature

Date:

ATTACH PHOTO HERE



Athlete Information Form

Shirt Size: YS YM YL AS AM AL AXL

Athlete Name: _____ Age: _____ Birthdate: _____

Email: _____ Cell Phone: _____

Do you have any previous cheerleading experience: YES NO

If so, where or which team/level: _____

(The following information is subjective and does NOT guarantee team placement)

CIRCLE AGE PREFERENCE: TINY 6-7yrs MINI 7-9yrs YTH 8-12yrs JR 9-15yrs SR 13-19yrs

PARENT INFORMATION:

Parent 1: _____ Home Phone: _____

Email: _____ Cell Phone: _____

Parent 2: _____ Home Phone: _____

Email: _____ Cell Phone: _____

Mailing Address: _____

City: _____ State: _____ Zip: _____

Emergency Contact: _____

Phone: _____ Relationship: _____

Do you have any previous or current medical conditions/injuries: YES NO

Please explain: _____

Please list any existing allergies:
