



**Infinity Cheer & Tumbling**  
**2018-2019**  
**Cheer Packet**

Dear Parent and Athlete,

First, welcome to Infinity Cheer & Tumbling's All-Star Cheerleading Program. We are delighted that you have chosen to be a part of our cheer family. Outside of training amazing athletes, we pride ourselves on developing great adults as well. Our goal each day is to teach our athletes values of commitment, hard work, integrity, leadership, self-confidence, positive attitude and a love for the sport! Each and every family is important to our program and us. We invite you to come and see what it is like to be a part of the "Infinity Nation".

This packet of information is designed to help you understand the commitments and requirements both parents and athletes make when they decide to become a part of our ICT family. This information will enable you to make an educated decision about the commitment level required to be a part of a competitive cheerleading program. Please read it thoroughly and do not hesitate to contact us if you have any questions.

It is also important for the cheerleader and the parent to evaluate the level of both time and financial commitment to ensure that it is feasible for your family. Once a commitment is made, the team is depending on your cheerleader to compete the entire season. This overview will help you to better understand each commitment aspect of our program.

### Pre Team Placement To Do List

1. Come in and take a tour. Anytime Monday through Thursday between 12-7pm, you are invited to come to our facility for an evaluation. You will be greeted by one of our amazing staff members where they will give you a tour of the facility, introduce you to the staff, answer any and all questions about our program and finally, evaluate your athlete, letting you know what level your child is currently. No appointment necessary so simply bring and friend and come on out.
2. Join us for private lessons, mini-camps, clinics, open gym, cheer classes or tumbling classes. This is a great way to become familiar with the gym, our staff, and our athletes and work on the skills you need for team placement. You may register for clinics and classes online, by phone or email.
3. Sign up for tryouts. This can be done at the front desk.

## Welcome to Infinity Cheer and Tumbling

Infinity Cheer and Tumbling offers athletes of all ages and abilities the opportunity to develop and grow under the supervision of our professionally trained coaches. At ICT, we make it our mission to motivate each athlete at both an individual and team level. Success is impossible without a strong work ethic. Our philosophy is to teach athletes the value of accountability and earning success on and off the mat. From our coaching staff to our facility, ICT is proud to offer the premier All-Star program in the area. Our 15,000 square-foot building offers all the amenities you associate with a championship organization:

3 Spring Floors

2 Rod Floors

4 Full Size Trampolines

2 Tumble Tracks (1-30 ft and 1-60 ft)

Spotting Belt

Resi-pit

2 Double Mini Trampolines

Carpet Bonded Foam Strips

Comfortable Parent Area with TV Viewing

Free Wifi

Pro Shop

### **Age Guidelines**

Totally Tiny 3-6

Tiny 5-6

Mini 7-8

Youth 9-11

Junior 12-14

Senior 11-18

## Tumbling Guidelines and Progressions

Infinity Cheer & Tumbling:  
Where ALL children are given a  
positive environment to achieve  
their goals, grow as athletes, and  
grow as individuals.



AN ATHLETE HAS MASTERED A  
SKILL WHEN THEY CAN PERFORM  
IT CONSISTANTLY, CONFIDENTLY  
AND IN SYNC WITH ANOTHER  
ATHLETE

### Cheerleading Tumbling Progressions

	<b>BEGINNER</b>	<b>INTERMEDIATE</b>	<b>ADVANCED</b>
<b>LEVEL 1</b>	FORWARD ROLL BACK ROLL BRIDGE CARTWHEEL ROUND OFF	BRIDGE KICK OVER BACK BEND - STAND UP JUMP TO FRONT ROLL HAND STAND ROLL FRONT LIMBER	BACK WALK OVER SERIES FRONT WALK OVER BWO CW RO BACK ROLL FWO CARTWHEEL RO BWO
<b>LEVEL 2</b>	BACK HANDSPRING (BHS) BHS PAUSE BHS RO BHS FRONT HANDSPRING	T JUMP BHS BWO BHS BHS STEP OUT RO SERIES BHS FWO RO	FWO RO SERIES BHS BHS STEP OUT RO BHS RO BHS STEP OUT RO BHS BHS T JUMP BHS
<b>LEVEL 3</b>	STANDING 2 BHS JUMP TO BHS RO TUCK RO BHS TUCK	STANDING 3 BHS 4 JUMPS TO BHS JUMP 2 BHS FWO RO BHS TUCK PUNCH FRONT	PUNCH FRONT SKIP RO BHS PUNCH FRONT SKIP RO TUCK STANDING SERIES JUMP SERIES STANDING 5 BHS CARTWHEEL BACK TUCK
<b>LEVEL 4</b>	STANDING TUCK BHS TUCK JUMP BHS TUCK RO BHS LAYOUT PUNCH FRONT STEP OUT	4 JUMPS TO BHS TUCK STANDING BHS LAYOUT FWO RO BHS LAYOUT AERIAL RO BHS WHIP BHS	RO BHS WHIP BHS LAYOUT RO BHS BACK PIKE STANDING BHS WHIP BHS RO WHIP BHS TUCK DIVE ROLL
<b>LEVEL 5</b>	BHS BHS FULL RO FULL RO BHS FULL 4 JUMPS TO TUCK RO WHIP WHIP	BHS FULL JUMP 2 BHS FULL STANDING FULL FWO RO FULL PUNCH FRONT RO FULL RO BHS DOUBLE FULL	2 BHS DOUBLE FULL RO BHS 1 1/2 FULL STEP OUT... RO BHS DOUBLE FULL STANDING WHIP COMBOS RO BHS FULL BHS DOUBLE FULL

## **All-Star Cheerleading Overview**

All-star cheerleading is a competitive team sport incorporating skills from gymnastics, dance, stunting and Cheer. All-star cheerleading teams do not cheer for other sports teams; they are the team!

They differ from other sports in that every team member is vital to the team and the performance. There are no benchwarmers. Everybody has an important and necessary part! Each member of the team is trained in all aspects of the sport in order to develop their skills to reach their maximum potential.

Competition routines are typically 1.5-2.5 minutes in length. They are packed with stunts, dances, jumps and tumbling. Each element is perfectly choreographed to music. The routines are judged based on EXECUTION, difficulty, creativity, and showmanship. Each team only has one opportunity to get it perfect. Athletes will be placed on teams based upon their age first, then ability and attitude.

## **Team Placement**

All tryout athletes will demonstrate their skill in jumps, tumbling, and stunting. Team placement will be based on age and overall abilities across all skill sets. In some cases, an athlete may not have the required minimum tumbling skills to make a certain level team, but possess other skills that would be beneficial to a certain team. Team rosters will be compromised of members whose talents provide the best chances for success at competition. Do what you know you can do well. The rule at our gym is: TECHNIQUE IS KING! All returning member accounts must be current to tryout.

## **Team Placement Dates**

May 18th-20th

## **Things to Bring to Team Placement**

¥ Registration Fee

¥ Birth Certificate

¥ Headshot (casual snapshot/selfie)

¥ Parent Driver's License

¥ Debit/Credit Card

## **Team Options**

### **Totally Tiny**

ICT offers a new and exciting program for young cheerleaders. This program is for children ages 3-6 who are looking for an introduction into the all-star cheerleading world. These cheerleaders will perform at local (Example: Nashville, TN, Paducah, KY) competitions. As per USASF rules, these cheerleaders will perform a 1.5-minute routine packed with tumbling, dance, limited stunting, and motions. This program is perfect to instill a love of cheerleading in your young athlete.

### **Standard**

ICT also offers a program for cheerleaders who wish compete in local competitions only. This program is designed for both new and experienced athletes. Athletes will enjoy lighter time and financial commitments than our excel teams. These teams will compete locally (Example: Nashville, TN, Paducah, KY).

### **Excel**

This program is designed for athletes who are interested in a bigger time and travel commitment. These teams will compete locally, regionally and nationally. Excel teams will compete in both 1 and 2 day events. Some events WILL require a hotel stay and may require your child to miss school. If at any time, a parent or ICT staff feels an athlete or family may not be able to fulfill the time or travel commitment, the athlete may be moved to a standard team.

### **Infinity “Team” Policy:**

Members of ICT agree to put their team ahead of the individual athlete. Our motto is Program > Team > Individual. If it is in the best interest of the program, an athlete or coach may be moved from one team to another team in age or level appropriate divisions. Please be mindful of the fact that routine positions are always fluid and never absolutely “set in stone”. Athletes will naturally progress over time, some more rapidly than others. ICT recognizes and rewards hard work and dedication. Therefore, it is not safe to assume that because your athlete is doing a certain role in the routine during summer months and even at the time of choreography that he or she will be doing the same thing at the end of the season.

## **ICT Staff, Athletes, and Parents**

### **USASF Certified Gym**

The mission of the United States All Star Federation (USASF) is "to support and enrich the lives of our All Star athletes and members. We provide consistent rules, strive for a safe environment for our athletes, drive competitive excellence, and promote a positive image for the sport." Each athlete within the ICT program will be required to become a member of the USASF. More information can be found at [www.usasf.net](http://www.usasf.net)

### **Role of the Staff**

- The staff at ICT is highly trained, motivated and invested in the success of all of our athletes. You can expect the following from the ICT Staff:
- Coach for the love of the sport and athlete
- Show integrity and lead by example
- Demonstrate a positive coaching style
- Remain safe and realistic with athlete progression, while also challenging the athlete to reach his or her highest potential.
- Strive to provide a fun, safe, and overall positive experience for your athlete, while focusing on the importance of healthy competition.

### **Role of the Athlete**

We expect the following from all athletes in the gym, at competitions, as well as in the community and on social media:

- Cheer for fun!
- Be gracious when you win and when you don't.
- Show good sportsmanship and class at all times.
- Athletes are expected to be respectful to staff, parents, and teammates, both in the gym and at competitions. Inappropriate behavior can result in expulsion from practice or immediate dismissal without refund.
- Put the team first.
- Be accountable for your own actions.
- Refrain from using any social media networking, messaging services or electronic media to distribute negative or inappropriate information that could be detrimental to yourself, your family, and the ICT reputation in any way. These are grounds for immediate dismissal from the program.



## **Role of the ICT Parent**

Parents are expected to do the following:

- Do everything possible to make the athletic experience positive for your child and others.
- View the routine with TEAM goals in mind.
- Be an encourager. Encourage athletes to keep their perspective in both victory and defeat.
- Be your child's cheerleader and biggest fan!
- Encourage your athlete to always treat fellow parents, teammates, coaches and ICT staff with respect.
- Not express their opinions during practice or coach their athlete from the sideline
- Refrain from using any social media networking, messaging services or electronic media to distribute negative or inappropriate information that could be detrimental to any child, parent, and the ICT reputation in any way. These are grounds for immediate dismissal from the program.
- Parents should not listen, participate or instigate idle, worthless gossip. It is a detriment to team unity and chemistry.

## **Parent Travel Obligation (Excel Teams Only)**

- Parents are responsible for their athlete's activities and behavior at out of town events.
- Parents must understand that competition are a time for the athlete to focus and should be fully committed to the team and ICT through the time of the event.
- The athlete may need to arrive at a designated time on Friday evening of a two day event for scheduled practice times at the event. It is also possible that awards for some teams could be late Sunday evening. The gym will give you this information as soon as we receive it.
- If a parent/guardian cannot attend an out of town event, they will arrange for another ICT parent or responsible adult to travel with your athlete to and from the event, and to be responsible for the athlete during the entire event.

## **Athlete's Commitment**

### **Team placement**

If an athlete demonstrates a skill at tryouts they are expected to have the skill throughout the season. If an athlete loses that skill they have two weeks to regain it. If after two weeks, the athlete has not regained the skill they possessed at tryouts, they will be moved to a more appropriate team. All team placements, routine positions, and stunt spots are fluid at the discretion of the coaches and director and can be changed at any time.

### **Practice**

In addition to regular practices, all cheerleaders will attend a level appropriate tumbling class each week. Athletes are expected to attend their chosen level tumbling class as if it were a regular team practice. You get to choose the day and time of this class.

Championships are won at practice, not competitions. We expect ALL team members to be at every practice. Because this is a team sport where each member is crucial, when one person misses, the entire team can't practice.

Teams will practice anywhere from 1-4 hours per week (depending on the age group). The team must use practice time productively if we are to meet our goals for each competition. If there is a need for extra practices during the year, we will inform you as soon as it becomes necessary. These are generally during the competition season. Practices are closed to spectators. Spectators are allowed to be in the viewing area the first and the last 10 minutes of practice.

### **Summer Practice**

Each cheerleader will attend their scheduled team practice(s) and a level appropriate tumbling class. Flyers will attend an additional Flex Zone class each week. There is no additional fee for this class, but it is a requirement for all flyers.

### **Choreography Camps**

All teams are required to participate in our choreography camp where we learn our routine for the season. Our choreography camps are scheduled for July 23-August 12th.

### **Vacations:**

Attendance at practice is critical to your athlete's progress and integral to the success of the team. Athletes should be at practice during the summer season. However, summer practices are designed to accommodate family vacations, mission trips and various camps. We recommend any vacations or trips to happen before choreography camp July 23-August 12. We will release the choreography schedule as soon as possible after team announcements.

## **Competition Season Practice**

Totally Tiny- 1-hour team practice + tumbling class

Standard- 2-hour team practice + tumbling class

Excel- 4-hour team practice (2 hours/day) + tumbling class

Until Choreography, athletes may wear whatever they wish to practice. Athletes must wear the designated team practice uniform all year beginning at choreography camp. **If an athlete does not have on the correct practice uniform, he or she is required to purchase the correct practice gear and it will be charged to your ICT account. This will begin during your scheduled choreography.**

## **Attendance**

Attendance is crucial to the success of the team. All missed practices must be documented in writing. Absences will be documented beginning with choreography camp through the end of the competition season (Choreography-May 2019). After 5 Absences during a competition season, disciplinary action will be taken. This may be but is not limited to: extra conditioning, athlete taken out of choreography, sitting out a competition or being placed on a different team. Any foreseen absence must be turned into the front desk in writing at least 2 weeks before the absence will take place. We do understand that there may be conflicts, however, we ask you to let the coaches know by completing the absentee request form. This form can be found at the front desk.

Practices are mandatory the week prior to a competition. No absence is excused. If an athlete misses a practice during this time, they may forfeit their opportunity to compete and no refunds will be given. No exceptions.

## **Absences**

The following are examples of unexcused absences: Job (cheerleader or Parent's), dances, concerts, banquets, long distance driving, family reunions, weddings, recitals and school/church socials, birthday parties.

Academics: School is a huge priority and ICT stresses the importance of education. However; schoolwork, including homework, projects and studying for tests are unexcused absences. Athletes are expected to maintain proper time management so this does not become an issue.

Missing a competition will result in immediate dismissal from the program. Attendance is **MANDATORY** for all practices, competitions, and any other Infinity Cheer & Tumbling related events. We do not have make-ups for any missed practices. There will be no pro-rated monthly tuition or fees because of VACATIONS, ABSENCES OR TEAM DISMISSAL.

## **Time for Time (Tardiness)**

Every time an athlete is late for practice, they will be expected to condition after practice for the amount of time they missed. If your child is 10 minutes late to practice, he or she will have to stay after practice 10 minutes to condition. This is called TIME 4 TIME.

## **Practice Rules**

- Shoes must be worn at all times.
- Proper practice gear must be worn.
- Female athletes should style hair in a high ponytail.
- Male athletes should have hair out of his face.
- Cell phones must remain on silent and stay in your bag.
- Bags should be left in the cubbies
- No jewelry; it's a safety issue.
- No food or drinks allowed in the gym except water.
- We are honored to work with your children and we do not take that task lightly. Please also understand that participation in the program is a choice and a privilege. Any parent or athlete who displays negative behavior or is counter-productive to the overall success of the program can be dismissed from the program at any time without warning.

## **Competition Rules**

- On competition day, you should arrive early to give yourself plenty of time.
- Parents should sit in an area with other ICT families. This makes it easier for the athletes to keep their schedules and build team spirit. These events are all day events, plan your calendar accordingly.
- Each athlete is required to have a suitable chaperone at all competitions and appearances.
- Information regarding arrival time, performance time, etc., will be emailed out as soon as the information becomes available. This is typically sent on the Thursday prior to the event.
- Athletes will arrive on time and ready to compete based on the ICT schedule. It is not the responsibility of ICT staff to do hair, make-up, etc.
- When the entire team has checked in and is competition ready, the coaches will then take them to warmups. This may be earlier than listed on the master schedule.
- Parents and other spectators are not allowed in the warm-up room at any competition for any reason.
- When athletes meet for awards, they should be in full uniform including shoes and bow.
- All athletes must attend their award ceremony at every competition.
- If you are not present at awards, you will forfeit any awards and prizes you may win.
- Remember that you represent Infinity Cheer & Tumbling at all times. Any unsportsmanlike conduct will not be tolerated. This rule applies to athletes, parents and fans.
- Neither parents nor athletes shall contact competition companies. All questions or concerns must be directed to ICT.
- Good sportsmanship, polite manners and a kind disposition are essential at all competitions. ICT prides itself on setting a high standard of behavior. This includes respecting your coaches, team parents and other competitors. Show class, have pride and display character.

## **Dress Code**

### **Athletes**

Athletes have a few options that may be worn during competition. 1-3 below are acceptable things to be worn at any competitions.

1. Full Uniform
2. Official ICT Warmup
3. Official ICT t-shirt and matching pants/shorts
  1. Please have make-up and hair completed BEFORE your meet time
  2. Cheer shoes should be worn the entire time. No flip flops, Uggs, boots, etc,
  3. No jewelry is permitted at competition.

### **ICT Cheer or Fan Apparel**

1. All ICT apparel should be ordered through the ICT Proshop.
2. To protect the integrity of our brand, no parent or athlete is permitted to use ICT logos without permission from the owner
  1. This includes but is not limited to: team names, mascot, logos, ICT logo or any gym initials.
  2. If you have an apparel idea, please submit them to the cheer director.

## **COMMUNICATIONS:**

In order to have a great season, communication is very important. All information about times for competitions & events, extra practices, monthly calendars, and other gym events will be posted and updated weekly through email. Email is our main source of communication. You may also find updates and details by way of the other forms of communication listed below.

**Email-** This is our main source of communication. We email all information such as camps, calendars, and schedules. Please be sure to provide a valid email address that you check in order receive this information. If you do not check your email, you will not be in the loop on what is going on in the gym.

**Texting App-** We often send out short quick updates through the texting app Remind Now. As our teams are set up we will pass out the information you need to text in order to be included on this list.

**Parent's Corner – Website:** We will always have current information for our gym posted on Parent's Corner. ([www.clarksville-tumbling.com](http://www.clarksville-tumbling.com))

**Bulletin Board in Parent Area:** We will post all info about current events and competition information on our bulletin board for easy access to parent's while your child is at practice! This bulletin board is to the left of the door to the warm up/stretch room

## FAQS

### Gym Closings or No Regular Practice

- May 28th Memorial Day
- July 1st-8th Summer Break
- September 2nd-3rd Labor Day Weekend
- October 8th-14th Fall Break
- November 22nd-25th Thanksgiving
- December 24th- January 5th Winter Break
- March 24th-31st Spring Break

### Financial Commitment

Your Monthly Installments Include:

1. All team practices including any additional practices scheduled (June-April)
2. One spot in a weekly tumbling class (based on individual level)
3. Choreography Fees
4. Music Fees
5. Competitions
6. 1 set of practice gear
7. 2018-2019 USASF Membership Fee
8. Coaches Fees for the regular season
9. Competition Bow

Does not include: Uniforms, Warm-ups (optional), Shoes, Backpacks (optional). These items will be ordered separately as needed. Travel expenses and banquet are also not included.

This is a complete season commitment and all fees are non-refundable.

Travel fees are not included in the monthly installments. You will be responsible for paying hotel fees.

### 2018-2019 Infinity Cheer & Tumbling Payment Schedule

	Totally Tiny	Standard	Excel
<b>Registration</b>	\$175.00	\$275.00	\$275.00
<b>Monthly Installment (June-April)</b>	\$119.00	\$174.00	\$216.00

## Other Fees

	Totally Tiny	Standard	Excel
<b>Uniform</b>	\$200.00	\$250.00	\$300.00
<b>Makeup</b>	\$45.00	\$45.00	\$45.00
<b>Crossover (By invite only)</b>	n/a	\$50.00	\$50.00

## Tentative Performance & Competition Schedule

### Totally Tiny & Standard

Date	Location
<b>October</b>	Nashville, TN
<b>November</b>	Nashville, TN
<b>December</b>	Nashville, TN
<b>January</b>	Nashville, TN
<b>February</b>	Paducah, KY
<b>March</b>	Clarksville, TN
<b>April</b>	Nashville, TN

### Excel

Date	Location
<b>October</b>	Nashville, TN
<b>November</b>	TBD
<b>December</b>	Nashville, TN
<b>January</b>	Nashville, TN
<b>February</b>	Evansville, IN
<b>March</b>	Louisville, KY
<b>March</b>	Clarksville, TN
<b>April</b>	Orlando, FL

## **Travel Expenses**

Travel fees are not included in the monthly payments. You will be responsible for paying hotel fees and transportation for your athlete. It will be your responsibility to book your hotel rooms. We will have blocked hotel rooms reserved and information will be available later in the season. ICT Staff will not be responsible for finding a way to practice, competitions or performances for your athlete.

## **Quitting/Re-Choreography Fee**

Our program requires a commitment from the athletes, parent, families and coaches. To help ensure this level of dedication, we have implemented a fee charged to any athlete who quits his or her team after choreography camp begins. The amount is \$500 and will immediately be applied to your account. Please note that you are still responsible for your monthly commitment plus any remaining fees on your account after you quit the team. This does not apply to anyone who moves more than 50 miles away.



