



Infinity Cheer & Tumbling
2020-2021
Excel Cheer Team 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.

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:

Age Guidelines

Teams are placed first by age and then by skill level. We will sometimes combine 2 age groups to make one team.

Youth 9-11 (ages 6-8 by invite only)

Junior 12-15

Senior 15-18

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 2-2.5 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, dance 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. We have 2 days of team placement clinics available. If you are unable to attend, please call or see the front desk to schedule a private placement.

Team Placement Dates

Dates & Time:

Friday, June 19th

4:30-6:00 Ages 4-8

6:30-8:00 Ages 9 & Up

Saturday, June 20th

12:30-1:30 Ages 4-6

1:30-3:00 Ages 7-8

3:30-5:00 Ages 9 and Up

Cost: \$40

Things to Bring to Team Placement

¥ Registration Fee

¥ Birth Certificate

¥ Headshot (casual snapshot/selfie)

¥ Parent Driver's License

¥ Debit/Credit Card

Excel Program Information

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.

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

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.
- Parents will not text or facebook message coaches or gym owner.
- Parents should drop off on time and pick up on time. If a parent is more than 15 minutes late, ICT may charge a \$25 late fee to the card on file.

Athlete's Commitment

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 chose the day and time of this class. This is a mandatory practice. You may add an additional tumbling class for \$35/month.

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 together for 4 hours per week. 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 lobby/viewing area the first and the last 10 minutes of practice to prepare for pick up.

Summer Practice

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

Choreography Camps

All cheerleaders are required to participate in our choreography camp where we learn our routine for the season. Our choreography camps are scheduled for August 5th-9th, 2020.

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 August 5th-9th, 2020. We will release the choreography schedule as soon as possible after team announcements.

Competition Season Practice

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 as soon as it arrives. If an athlete does not have on the correct practice uniform, he or she is required to purchase the correct practice gear. Any extra practice gear will be charged to the card on file. 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 2021). 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 just a few 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 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.
- All cheerleaders should bring a water bottle to every practice.
- 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. 1-4 below are acceptable things to be worn at any competitions.

1. Full Uniform
2. Official ICT Warmup
3. ICT Team Jersey
4. 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 owner.

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)

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

- September 7th Labor Day Weekend
- October 12th-16th Fall Break
- November 26th-28th Thanksgiving
- December 21st-January 2nd Winter Break
- March 8th-12th Spring Break

Financial Commitment

Your Monthly Installments Include:

1. All team practices including any additional practices scheduled (July 2020-April 2021)
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. Competition Bow
8. Coaches Fees for the regular season

Does not include: Uniforms, Jerseys, Warm-ups (optional), Shoes (BLACK cheer shoes required), 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. Please make sure all travel plans are refundable. Travel plans can change.

Cost: \$2625 (does not include uniform, make up, usaf, jersey)

2020-2021 Infinity Cheer & Tumbling Installment Schedule

Full Season amount if paid by July 1st, 2020. \$2525 (\$100 Discount)

	Excel Teams	Due Date	Notes
Registration	\$275.00	July 1st	
Monthly Installments	\$235.00	Monthly (July2020-April 2021)	
Uniform	\$350.00	July 15th	(Not required if you already have one)
Make-Up	\$45.00	July 15th	(Not required if you already have one)
USASF Membership Fee	\$35.00	August 15th	Parents will create their child's membership profile.
Jersey	\$55.00	July 15th	(Not required if you already have one)

Tentative Performance & Competition Schedule

As far as travel goes, will will alternate years where we travel further. This year, all travel competitions will be in our region. (3-4 hours away). We are still waiting on event producers to release their final schedules before we can release the final schedule. It will look something like this.

Date	Location
October	Clarksville, TN
November	Nashville, TN
December	Nashville, TN
January	French Lick, IN (Paoli Peaks 3 hours from ICT)
February 2nd	Evansville, IN
March	Louisville, KY
April	Clarksville, TN
April	Gatlinburg, TN/Nashville, TN/ St. Louis, MO/ Atlanta, GA

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. Make sure you only book refundable travel arrangements. Travel plans will change from time to time. 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 July 15th, 2020. The amount is \$500 and will immediately be applied to your account and will be drafted upon quitting. If your auto-pay declines these fees, you will be turned over to our attorney for collections. You will also be responsible for paying ICT's attorney fees for this process. 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.