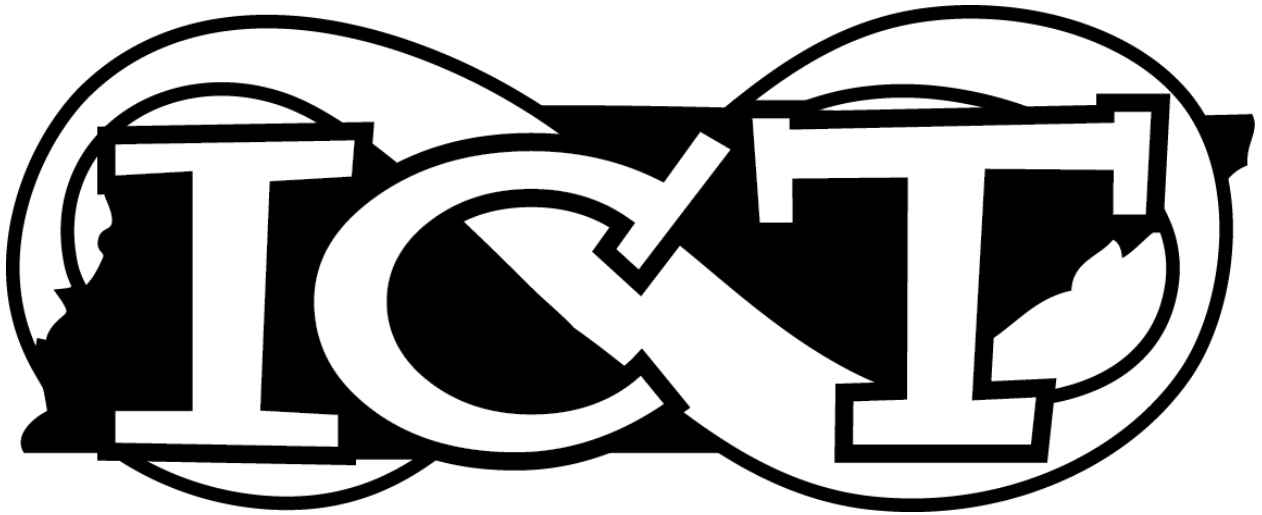


Infinity Cheer Tennessee  
Packet



2017-2018 Season





Dear Parent and Athlete:

Welcome to Infinity Cheer Tennessee'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 every 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 parents and athletes make when they decide to become 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 complete the entire season. This overview will help you to better understand each commitment aspect of our program.



## Pre-Team Placement To Do List

1. Anytime Monday thru Thursday between 5-7pm 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 is necessary so simply bring a friend and come on out!
2. Join us for private lessons, mini-camps, clinics, open gym, cheer prep classes or tumbling classes. This is a great way to become familiar with the gym, our staff and the athletes work on the skills need for team placement. You may register for clinics 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 Traks (1-30 Foot and 1 60 foot)
- Spotting Belt
- Resi-Pit
- 2 Double Mini Trampolines
- Carpet bonded foam floor
- Comfortable Parent Area with TV viewing
- Free wifi
- Pro Shop
- American Twisters Trampoline and Tumbling

**Age Guidelines (as of Aug. 31, 2017)**

- Totally Tiny 3-6
- Tiny 5-6
- Mini 7-8
- Youth 9-11
- Junior 12-14
- Senior 15-18



## Tumbling Guidelines

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 SYNCH 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, and 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 squad 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 19-21<sup>st</sup>

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

- ¥ Registration Fee
- ¥ Birth Certificate
- ¥ Headshot (casual snapshot/selfie)
- ¥ Parent Driver's License
- ¥ Debit/Credit Card or Check



## **Team Options**

### **Totally Tiny**

New this season, ICT will offer 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 (Nashville area) 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**

Also, new this season, ICT will offer teams that will compete in local competitions only. This program is designed for both new and experienced athletes. We will offer both prep and all-star teams. Athletes will enjoy lighter time and financial commitments than our excel teams. These teams will compete in the Nashville area. Competitions will generally be on Saturdays.

### **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 at 3 local 1-day events and 4 2-day events.

### **Infinity “Team” Policy:**

Members of ICT agree to put their team ahead of the individual athlete. 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 the love of the 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 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. You are your child's cheerleader.
- Encourage their 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 yourself, your family, 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 competitions are a time for the athletes 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 evenings 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 it is available to them.
- If a parent/guardian cannot attend an out of town event, you 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**

New this year! 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 covered by monthly tuition.

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 1.5-6 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. Athletes will attend at least 1 strength, conditioning and flexibility practice/week.

### **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 22-August 13th.

### **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 22-August 13.



## Competition Season Practice

Totally Tiny 1 hour/week + Tumbling Class  
Standard- 2 Hours/week + Tumbling + Jumps and Conditioning  
Excel- 4 Hours/Week + Tumbling + Jumps and Conditioning

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 (July 22nd 2017-May 2018). 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 3 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.

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 Tennessee 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 with a bow.
- Male Athletes should have hair out of face
- Cell phones must remain on silent and stay in your bag
- Bags should be left in 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 plan on arriving 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 to 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 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 if all athletes are ready.
- Parents are not allowed in the warm-up room at any competition for any reason.
- Please meet at the appropriate time for awards in full uniform
- All athletes must attend their awards ceremony at every competition. Athletes should wear their full uniform. This includes cheer shoes and competition bow.
- If you are not present at awards, you will forfeit any awards and prizes you may win. We will do our best to collect outstanding prizes (jackets, back packs, medals, etc.), but it is not guaranteed.
- Remember that you represent Infinity Cheer Tennessee at all times. Any unsportsmanlike conduct will not be tolerated. This rule applies to athletes, parents, and fans.
- Parents and athletes may not contact the 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 Warm up
3. Official ICT t-shirt and matching pants/shorts
4. Hair and makeup should be completed before entering the arena.
  1. Please have make-up and hair completed BEFORE 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 apparel should be ordered through ICT
2. To protect the integrity of our brand, no parent or athlete is permitted to 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.
3. 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 Practice

May 29th Memorial Day  
 July 2nd-9th Summer Break  
 September 4th Labor Day  
 October 31st Halloween  
 November 22nd-26th Thanksgiving  
 December 20th-January 2nd Winter Break  
 March 26th-April 1st Spring Break

### Crossovers

- Athletes are first and foremost a rostered member of their primary team.
- Athletes must attend all practices of both their primary and secondary team.
- Athletes do not gain additional level tumbling when participating on multiple teams.
- It is at the discretion of coaches/staff to discontinue having an athlete crossover at any time.

### 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 (Individual level)
3. Choreography fees and music
4. competitions
5. 1 set of practice gear
6. 2017-2018 USASF Membership fee
7. Coaches fee for the regular season
8. 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.

Families have the option to purchase a used uniform for 50% the cost of a new one.

This is a complete season commitment and all fees are non-refundable. Dismissal from any team for any reason is non-refundable.

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

## 2017-2018 Infinity Cheer & Tumbling Payment Schedule

	Totally Tiny	Limited Travel	Full Travel
<b>Registration</b>	\$175.00	\$275.00	\$275.00
<b>Monthly Fee (June-April)</b>	\$117.00	\$164.00	\$206.00
<b>Season Paid by June 15th, 2017</b>	\$1315.00	\$1871.00	\$2286.00



### Other Fees

	Totally Tiny	Limited Travel	Full Travel
<b>New Uniform</b>	\$200.00	\$300.00	\$300.00
<b>Make-up</b>	\$35.00	\$35.00	\$35.00
<b>Crossover (Optional)</b>	N/A	\$50.00	\$50.00

### Tentative Competition Schedule

#### Totally Tiny

Date	Location
<b>October</b>	Nashville, TN
<b>November</b>	Nashville, TN
<b>January</b>	Nashville, TN
<b>February</b>	Nashville, TN
<b>March</b>	Nashville, TN
<b>April</b>	Nashville, TN

#### Standard

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

### Excel

Date	Location
<b>October (1-Day)</b>	Clarksville, TN
<b>November (2-day)</b>	St. Louis, MO
<b>December (2-day)</b>	Nashville, TN
<b>January (1-day)</b>	Chattanooga, TN
<b>February (1-day)</b>	Nashville, TN
<b>March (2-Days)</b>	Sevierville, TN
<b>April (1 Day)</b>	Nashville, TN
<b>April/May</b>	*Any Bid Winning Events



### **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.

### **Fundraisers**

We have many fundraiser opportunities to help pay for the season in its entirety or partially. To best serve our families, we offer sales based fundraisers as well as sponsorship fundraisers. Several of our families have earned between \$2000-\$5000 this season alone. You are not required to participate.

### **Contract Termination**

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 45 miles away.