



Season 2 Cheer

February - April
2023



2023 Cheer Information

Age Groups

Birth Year

Totally Tiny: 2015-2019

Mini: 2013-2014

Youth: 2010-2012



Program Options

Classic

This program is perfect for those looking for an introduction to cheerleading. This program is geared for ages 4-12. The Classic Season 2 runs February-April 2023. Cheerleaders will perform a 1.5 minute routine packed with stunts, dance, jumps and tumbling. Classic teams will compete in the Novice Division. Teams are graded, not ranked.

Classic teams will compete at local competitions. Some cities include Nashville, TN, Clarksville, TN & Franklin, TN.

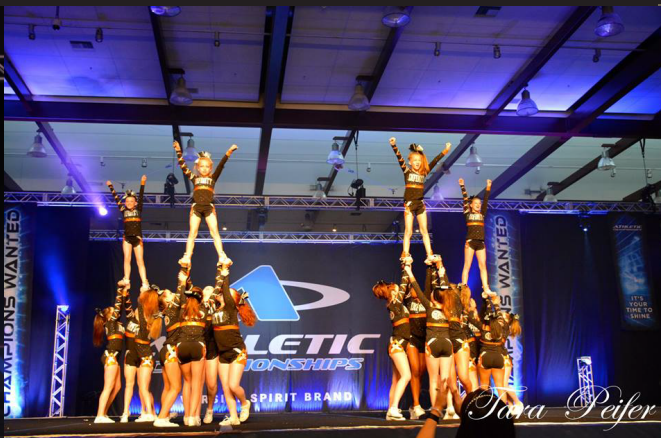
The Competition Schedule is listed later in the packet.

Practice Schedule

Totally Tiny
Mondays
5:00-6:00pm

Mini
Wednesdays
6:00-7:00pm

Youth
Wednesdays
7:00-8:00



Practice

Championships are won at practice, not competition.

Classic- 1 Hour Team Practice 1 Day/Week

Tumbling- All athletes will take a level appropriate tumbling class. Parent's can schedule this class at the front desk.

Flex Zone- Flexibility Class available to all athletes. We highly recommend flyers take this class.

Extra Practice- Practices may be added throughout the season. We will have an extra practice before most competition. This is called "Program Practice".

Practice Viewing- Parents are welcome to sit in our viewing area for any regular team practice. Occasionally, we will close a program practice due to ti



Choreography

Classic Teams will learn their routines during practice.

Practice Gear

Athletes must wear the designated team practice uniform as soon as they receive it. If an athlete is not wearing the correct practice uniform, he or she is required to purchase a new set. Any extra practice gear will be charged to the card on file. Practice typically takes 4-8 weeks to arrive if we have to order it.



Attendance

All forseen absences must be emailed to the front desk (info@clarksville-tumbling.com) 2 weeks in advance. If your child needs to miss practice the day of practice, please call the gym at 931-572-0089.

Competition Season Practice: Competition Season begins February 2023 and goes through April 2023. During competition season, practice is mandatory. We do not differentiate between excused and unexcused absences. Once a cheerleader reaches 5 absences, he or she may lose a choreography spot, sit out a competition or be placed on a team with a smaller time commitment.

All practices the week before a competition are mandatory. No exceptions. If an athletes misses practice during this time, they may forfeit their oppertunity to compete that week.

Competition: Competitions are mandatory. Missing a competition will result in immediate dismissal from the program.

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.



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.

Practice Expectations

1. Cheer shoes must be worn to all team practices.
2. Proper practice gear must be worn.
(Sports bra or leotard is recommended under practice gear)
3. Hair should be pulled up.
4. Cell phones must be on silent in your bag.
5. Bags should be left in the cubbies.
6. No jewelry.
7. Only water is allowed on the floor.
8. All cheerleaders should bring a water bottle to practice.
9. Cheerleaders should arrive to practice on time.
10. Cheerleaders should be picked up on time. If you are running late, please call the front desk.



Communications

In order to have a great season, communication is very important. All information about practice & competition schedules as well as extra practices, fundraisers and any other gym information will be emailed and posted on team facebook pages. Email is our main source of communication. Please check your email often for important team information. Below is a list of our communication lines.

Email- Again, this is our main source of communication. We email all information as soon as it is available. Please be sure to provide a valid email address that you check in order to receive all important information. If you do not check your email, you will be out of the loop on what is going on in the gym.

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

Team Facebook Page- Each team will have a team facebook page for parents. We will post information here as well. This is a great place to share practice and competition photos too.

Competition Expectations

1. Cheerleaders should arrive early to competitions.
2. 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.
3. Competitions are all day events, plan your calendar accordingly.
4. Each cheerleader is required to have a suitable chaperone at all competitions and appearances.
5. Information regarding arrival time, performance time, etc will be emailed as soon as the information becomes available. **This is typically on the Thursday prior to the event.**
6. Cheerleaders 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.
7. Cheerleaders should have proper undergarments that do not show, while in uniform.
8. When the entire team has checked in and is competition ready, the coaches will then take the team to warmups. This may be earlier than listed on the master schedule.
9. Parents and other spectators are not allowed in the warm-up room at any competition for any reason.
10. When cheerleaders meet for awards, they should be in full uniform including shoes and bow.
11. No cell phones in warm ups or awards.
12. All athletes should attend their awards ceremony. Any awards given will be forfeited if the athlete is not there.
13. Remember, you represent Infinity Cheer & Tumbling at all times. Any unsportsman-like conduct will not be tolerated. This rule applies to athletes, parents and fans.
14. Neither parents nor athletes shall contact competition companies. All questions or concerns must be directed to ICT.
15. 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.

Competition Dress Code

Athletes have a few options that may be worn during competition. Please have hair and make up completed BEFORE your meet time. Cheer shoes should be worn the entire time. No Jewelry is permitted at competition.

Acceptable Competition Day Attire

1. Full Uniform (Must be worn from "Meet Time" to "Awards")
2. Official ICT Warmup
3. ICT Team Jersey
4. Official ICT T-shirt and matching pants/shorts.

ICT Cheer or Fan Apparel

1. All ICT apparel should be ordered through the Proshop.
2. To protect the integrity of our brand, no parent, athlete, or fan is permitted to use ICT logos without permission from the owner. This includes but is not limited to: Team names, mascot, logos, ICT logo or any gym initials.

If you have an apparel idea, please email it to the owner.
(brooke@clarksville-tumbling.com)

Role of the Gym & Staff

Our Staff at ICT is highly trained, motivated and invested in the success of all of our athletes. You can expect the following from us:

1. We coach for the love of the sport and the athlete.
2. We show integrity and lead by example.
3. We demonstrate a positive coaching style.
4. We remain safe and realistic with athlete progression while also challenging the athlete to reach her or his highest potential.
5. We strive to provide a fun, safe and overall positive experience for your athlete, while focusing on the importance of healthy competition.

Role of the Cheerleader

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

1. You cheer for FUN!
2. You are gracious when you win and when you don't.
3. You will show good sportsmanship and class at all times.
4. You 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 from the team.
5. You will put the team first.
6. You are expected to be accountable for your own actions.
7. You will 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.
8. Athletes will not text or call coaches on their personal cell phone. They will contact staff members through the gym phone or email.

Role of the Parent

We expect parents to do the following:

1. Parents should do everything possible to make the athletic experience positive for your child and others.
2. Parents should view the routine with TEAM goals in mind.
3. Parents should be an encourager. Encourage athletes to keep their perspective in both victory and defeat.
4. Parents should BE YOUR CHILD'S BIGGEST CHEERLEADER!
5. Parents should encourage their cheerleader to always treat fellow teammates, parents, coaches, and ICT staff with respect.
6. Parents will not express their opinions during practice or coach their child from the sideline.
7. Parents will not use 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.
8. Parents should not listen, participate or instigate idle worthless gossip. It is a detriment to team unity and chemistry.
9. Parents are responsible for their athlete's activities and behavior at all events.
10. Parents must understand that competitions are a time for the athlete to focus and should be fully committed to the team and ICT through the end of the event.
11. If a parent/guardian cannot attend an 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.
12. Parents will not text or call coaches on their personal cell phone. They will contact staff

Travel

Travel fees are not included in the monthly payments. You will be responsible for transportation for your athlete. ICT Staff will not be responsible for finding a way to practice, competitions or performances for your athlete.

Gym Closings or No Team Practices

We do not have team practice over spring break. We will have tumbling classes during this time if you are in town and available.



Quitting/Rechoreography Fee

Our Program requires a commitment from the athletes, parents, 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 they join the team. The amount is \$250 for Classic Team Members and \$500 for Deluxe Team Members. The total will immediately be applied to your account and will be autodrafted from your card on file 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. In addition to this fee, you will also be responsible for the next 3 monthly installments. This does not apply to anyone who moves more than 50 miles away.



Competition Schedule

Classic Season 2		
Date	Location	Venue
February 25th or 26th	Nashville, TN	TBA
April 1st	Franklin, TN	TBA
April/May	Clarksville, TN	Infinity Cheer & Tumbling
Deluxe		
Date	Location	Venue
February 19th	Sevierville, TN	Sevierville Convention Center
February 25th or 26th	Nashville, TN	TBA
April 1st	Franklin, TN	TBA
April 15th	Nashville, TN	Municipal Auditorium
April/May	Clarksville, TN	Infinity Cheer & Tumbling



Financial Commitment

Your Monthly Installments Include:

- 1. All team practices including any additional practices scheduled
 - 1A. Classic: February 2023-April 2023
- 2. One spot in a weekly tumbling class (based on individual skill 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

Installments do not include: Uniforms, Jerseys (optional), Warm-ups (optional), Shoes (Classic- White Shoes, Backpacks (optional) and Makeup (optional for classic). These items will be ordered separately as needed. Travel expenses and awards ceremony are also not included. This is a complete season commitment and all fees are non-refundable.

Classic Teams will keep the same uniform used in 2022.

Classic Cost (Full Season): \$545*

*Includes: Monthly Installments & Registration Only

Classic	Cost	Due Date	Notes
Registration	\$185.00	February 1st	
Monthly Installments	\$120.00	February-April	
Uniform	\$175.00	February 15th	Not required if you already have one.
USASF Membership Fee	\$49.00	February 15th	Parents will create a membership for their child.

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