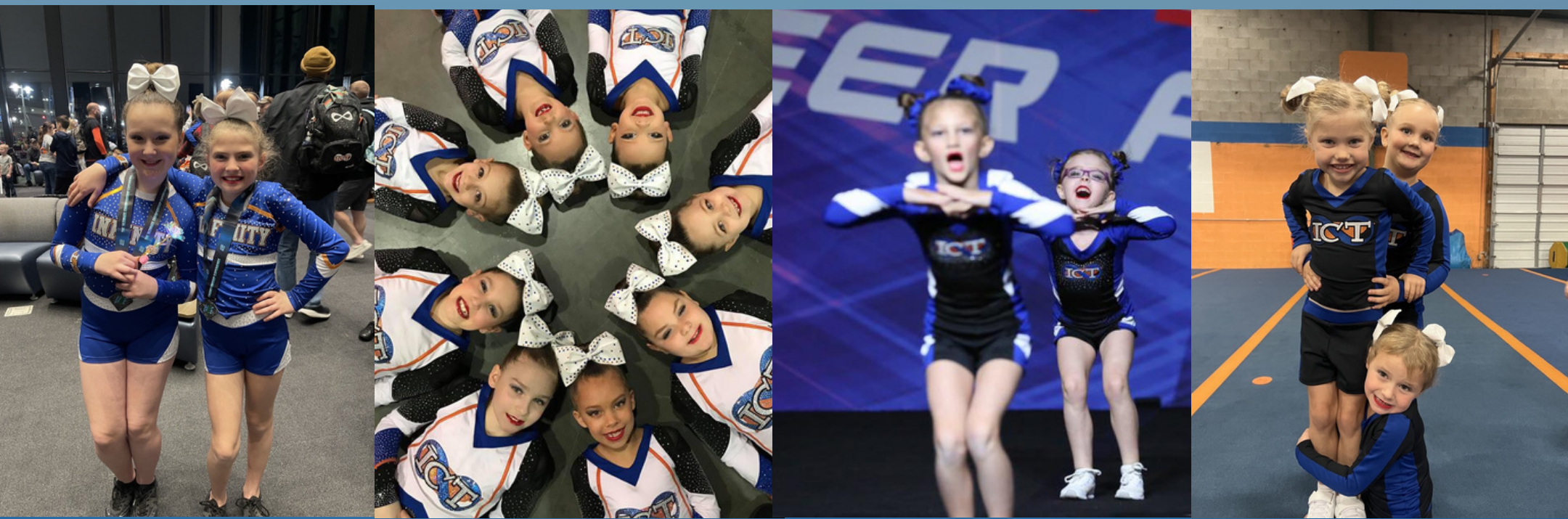


INFINITY CHEER & TUMBLING



Cheerleading Handbook

Evaluation Information

Each cheerleader will attend an evaluation where they will be evaluated on tumbling, jumps, dance and stunt skills.

Team placements 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 chance for success at competition.

We have 2 days of evaluation clinics available. You must attend one clinic but are welcome to attend both. If you are unable to attend, please call 931-572-0089 or see the front desk to schedule a private placement.



Evaluation Pricing



SCAN ME

Cost:
\$50

To register, scan qr code or visit
<https://app.iclasspro.com/portal/infinityct>

Evaluation
Days
& Times

Tuesdays 5:15
Wednesdays 7:00
Saturdays 12:45

438 Kelly Lane
Clarksville, TN 37040
like us on **facebook**



931-572-0089
info@clarksville-tumbling.com
follow us on Instagram

What to bring to Evaluations?

Parent

- Child's Birth Certificate
- Drivers License
- Registration Fee

Cheerleader

- Athletic Shoes
- Athletic Clothing
- Hair Pulled Back

How can I prepare?



Private Lessons: Contact the front desk and schedule a tumbling, stunt or cheer private lesson. Lessons range from \$25-\$50.

Open Gym: Join us on Tuesdays from 7-8pm. We have equipment open and coaches available to assist skills. The cost is \$15.



438 Kelly Lane
Clarksville, TN 37040
like us on **facebook**.



931-572-0089
info@clarksville-tumbling.com
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AGE GROUPS

Birth Year

Totally Tiny: 2018-2020

Tiny: 2016-2018

Mini: 2014-2015

Youth: 2011-2013

Junior: 2008-2010

Senior: 2004-2007

*Age groups may be combined

Program Options

Classic

This program is perfect for those looking for an introduction to cheerleading. It is geared for ages 4-12. The Classic Season runs August 2023-January 2024.

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 Clarksville, TN, Nashville, TN, Owensboro, KY and Hopkinsville, KY.

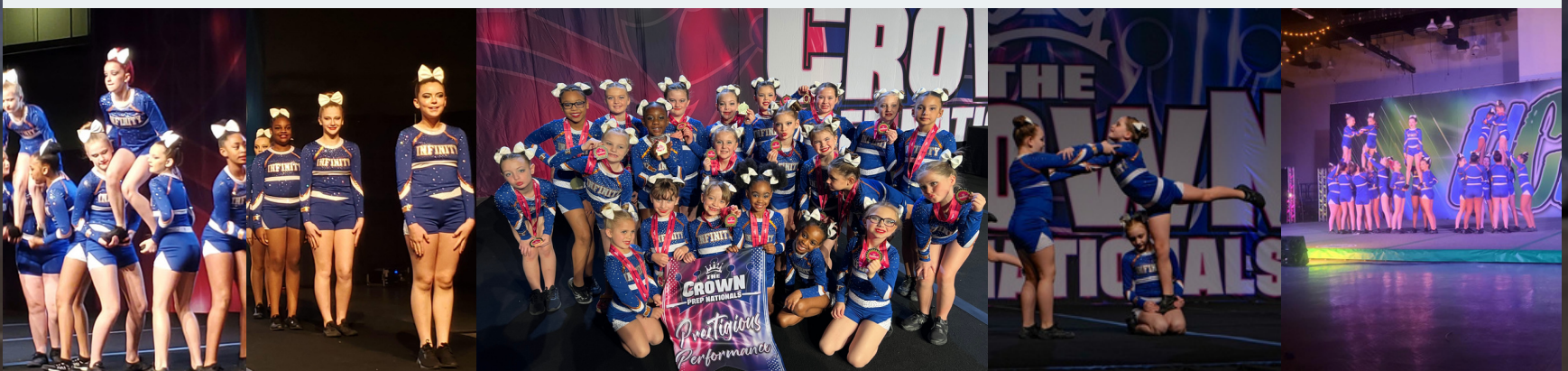
The competition schedule will be released in September.

Deluxe

This program is perfect for those looking for more. It is geared for ages 6-18. The season runs June 2023-May 2024. Cheerleaders will perform a 2-minute routine packed with dance, jumps and tumbling. Deluxe Teams will compete in the prep division.

Deluxe Teams will compete at local and travel events. Locations include Nashville, TN, Paducah, KY, Gatlinburg, TN and Louisville, KY.

The competition schedule will be released in September.



Practice

Championships are won at practice, not competition.

Deluxe- 2 Hour Team Practice 1 Day/Week

Classic- 1 Hour Team Practice 1 Day/Week

Tumbling- All athletes will take a level appropriate tumbling class. Parent's can schedule this at the front desk. This class can be changed any time a child progresses to the next level or the family has a schedule change and needs a different time slot.

Flex Zone-Flexibility class available at no cost 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 many competitions. This is called "Program Practice".

Practice Viewing- Weekly Practices are open for viewing. The only exception is Program Practice. These practices are closed due to limited time and space in the gym with all of our athletes practicing together.



Choreography

Deluxe Teams will have routine choreography in August. Choreography is mandatory. This is where athletes will learn the routine they compete all season.

Classic Teams will learn their routine during the first few practices.

Practice Gear

Athletes must wear the designated team practice uniform beginning in August 2023 (or when practice gear arrives). If an athlete is not wearing the correct practice uniform, she/he is required to purchase a new set. Any extra practice gear will be charged to the card on file.

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 phone must be on silent and in 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 on time.
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 communication lines.

Email- Again, this is our main source of communication. We email all information as soon as it's 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.

Team Reach- We often send out short quick updates through the "Team Reach" app. As our teams are set up, we will pass out the information you need to text in order to be included on the This is a great place to share practice and competition photos too.

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.





Attendance

All forseen absences must be emailed to the front desk (info@clarksville-tumbling.com.com) two weeks in advanced. If your child needs to miss practice the day of practice, please call the gym at 931-572-0089. Please leave a message and the front desk will get it to the coaches asap.

Summer Practice: Athletes should attend summer practices when possible, however, summer practices are designed to accomodate things like family vacations, camp, visitation, etc. We do not have an attendance policy in the summer.

Competition Season Practice: Competition Season begins August 2023 and goes through May 2024 (January 2024 for Classic Teams). During Competition Season, practice is mandatory. We do not differentiate between excused and unexcused absences. If your child misses practice, 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 athlete misses practice during this time, they may forfeit their oppertunity to compete at the upcoming competition.

COMPETITIONS ARE MANDATORY. Missing a competition will result in immediate dissmisal from the program.

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. 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 the 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.

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 cheerleaders 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.** I know that this can make planning difficult. We will get this information out as soon as we receive it.
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 represented 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. The 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 competitions. 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.

ICT Cheer or Fan Apparel

1. All ICT apparel should be ordered through our proshop or purchased in our pro shop.
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 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 will put the team first.
5. You are expected to treat the staff, coaches and parents with respect both in the gym and at competition. Inappropriate behavior can result in being sent home from practice or dismissal from the team.
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 all 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 behaviors 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 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 members through the gym phone or gym email.

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

July 3rd-7th Summer Break

September 4th Labor Day

October 9th-13th Fall Break

October 21st Annual T&T Meet

November 22-23rd Thanksgiving

December 22nd-January 4th

Christmas Break

March 4th-8th Spring Break



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 auto-drafted 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 Cheer		
<u>Date</u>	<u>Location</u>	<u>Venue</u>
November	Clarksville, TN	Infinity Cheer & Tumbling
December	Hopkinsville, KY	The Bruce Convention Center
January	Owensboro, KY	Owensboro Convention Center

Deluxe Cheer		
<u>Date</u>	<u>Location</u>	<u>Venue</u>
November	Clarksville, TN	Infinity Cheer & Tumbling
December	Nashville, TN	Music City Center
February	Paducah, KY	Paducah Convention Center
February	Sevierville, TN/Louisville, KY	TBA
March	Owensboro, KY	Owensboro Convention Center
April/May	Clarksville, TN	Infinity Cheer & Tumbling
May	Nashville, TN	TBA

Financial Commitment

Your Monthly Installments Include:

- 1. All team practices including any additional practices scheduled
 - a. Classic: August 2023-January 2024
 - b. Deluxe: June 2023-May 2024
- 2. One spot in a weekly tumbling class (based on individual skill level)
- 3. Choreography Fees
- 4. 1 set of practice gear
- 5. Competition Bow
- 6. Coaches Fees for the regular season

Installments do not include: Uniforms or shoes (Classic- white, Deluxe- Black), and Makeup. USASF, travel expenses and awards ceremony are also not included. This is a complete season commitment and all fees are non-refundable.

Classic & Deluxe teams will keep the same uniform from the previous season.

Classic Cost (Full Season): \$975
Deluxe Cost (Full Season): \$2923

Includes: Monthly Installments and Registration

Classic	Cost	Due Date	Notes
Registration	\$195	June 1st	
Monthly Installments	\$130	Aug 23-Jan 24	
Uniform	\$185	July 1st	Not required if you already have one
USASF Membership Fee	\$49	Sept 1st	Parents do this seperately

Deluxe	Cost	Due Date	Notes
Registration	\$295	June 1st	
Monthly Installments	\$245	Aug 23-May 24	
Uniform	\$335	July 1st	Not required if you already have one
USASF Membership Fee	\$49	Sept 1st	Parents do this seperately