



*Inspire Elite
Competitive Cheerleading*

**Cheer Team Handbook
2017-2018**

Section I: General Information

WISC Inspire Elite MANAGEMENT

Cheerleading Program Administrator: Natalie Barnett
Head Coach: Promise Johnson
Assistant Coaches: Marqueun Delk

WISC Inspire Elite Mission Statement

The WISC Inspire Elite is a year-round training program with the goal of developing the full potential of every individual cheerleader.

WISC believes in using safe and effective skill progressions to ensure that every athlete learns the correct fundamentals that will lead to the athlete's desired level of execution.

The WISC coaching staff strives to instill self-confidence, mental toughness and a positive self-image through the teaching of cheerleading. At WISC, the focus is not on winning at all costs, rather the process of developing champions in and out of the gym. The staff is able to do this by finding a quality within each child that makes him or her special and developing a unique bond with each athlete. The staff provides a positive influence while helping each athlete set and achieves their goals.

TEAM REQUIREMENTS and EXPECTATIONS

PRACTICE EXPECTATIONS

Each athlete is expected to attend training on a regular basis. Athletes are expected to notify their coach if they are going to be absent. Notification via email or phone call no later than 30 minutes before the scheduled practice time is accepted. It is expected that each athlete will arrive in a timely manner ready for practice, meaning they will have hair up, proper workout attire and all pertinent equipment. Do not attend practice if you have a fever or contagious illness.

The WISC Inspire Elite competitive cheer program is more disciplined than the recreational programs by design; therefore, the expectations of the athlete are higher. These expectations include, but are not limited to the following:

- * WISC Inspire Elite Team Member is expected to enter the gym with a positive attitude.
- * WISC Inspire Elite Team Member is expected to have FUN while learning.
- * WISC Inspire Elite Team Member is expected to set reasonable goals.
- * WISC Inspire Elite Team Member is expected to respect her instructors, her teammates, and him/her.
- * WISC Inspire Elite Team Member is expected to TRY his/her best.
- * WISC Inspire Elite Member is expected to be on time and maintain good attendance. When unable to make a scheduled training session or arriving late, the parent is expected to phone the office to inform the Head Coach of their daughter's absence or tardiness.
- * WISC Inspire Elite Team Member is expected to maintain good academic standing.

Priorities of WISC Inspire Elite Team:

- Family/Religious Commitments
- Academics
- WISC Inspire Elite Team
- other activities where commitments have been made

PRIVATE LESSONS

At WISC we offer private lessons. Athletes are required to attend training on a regular basis. Private lessons are not to be used instead of practice, but rather to work on specific skills or areas with the athlete. When considering an investment in private lessons, please schedule with the WISC Inspire Elite Cheerleading Coach.

Private Lesson Fee:

\$60/hour paid to WISC.

- Email Natalie Barnett at nbarnett@thewisc.com AND the Cheer Coach to set up a time in the gym.
- Natalie will set up the invoice in the computer and set it to charge on the day of the lesson.

PRACTICE ADDITIONS/CANCELLATIONS

Inevitably, over the course of a year, there will be a few practice cancellations due to competition conflicts, holidays, or other team functions. We do our best to keep these at a minimum. Likewise, there will be occasions when additional practices may be conducted in an effort to prepare for a championship or other important competition. We will make every reasonable effort to make up practices, but some circumstances are beyond our control.

INJURIES

Injured athletes are expected to participate in their normal practice sessions. In many cases, it is possible to work around injuries and turn a difficult situation into something positive by giving the injured athlete a specialized training plan to work on flexibility, strength, and specific skills not related to her injury. There is no reduction in tuition except in very limited circumstances. If the injury takes the athlete completely out of the gym for over one month with an injury that prohibits her participation in any way, tuition *may* be adjusted in the discretion of WISC Inspire Elite depending on the circumstances. Injured athletes are expected to attend practice in any capacity possible.

MEDICATIONS

Athletes must have a note from their parent in order to take **any** medication at the gym. This includes Tylenol, ibuprofen and all other medications. Any prescription medication must be in the original bottle with the athlete's name on it. Athletes are **not** permitted to share medications.

TEAM FEES

(These fees are reviewed in the spring. Changes are made effective June 1 of each year)

Team is year-round. The decision to join our team is a big one and reflects a significant year round family commitment. **Tuition is due regardless of attendance.** Team tuition is calculated on a yearly basis and then divided by 12 to arrive at the monthly amount. We take into account 4 weeks off throughout the year (including Spring Break, the week of August 22nd and the week after Christmas) although we never miss a full 4 weeks during this time. This is what provides us the flexibility to allow for weather related practice cancellations and competition related practice cancellations. It is important to make this next point clear – team members do not move onto and off the team based on illness, injury, vacations, camps, schedule conflicts, or the like; ***you are either on the team or off the team.***

Monthly team fees include monthly team training at WISC with coaching staff. Fees are due according to the payment schedule via Credit or Debit auto payment. You can select the 1st or the 15th of the month for your auto payment to occur. Any payment not honored by your bank will be assessed a \$30 service charge. If the current payment is not rendered, the gymnast's workout privileges will be suspended. The gymnast will not be allowed back to practice until the account is made current.

THE DIFFERENCE BETWEEN TUITION AND COMPETITION FEES

Please be aware of the important distinction between tuition and competition fees/expenses. Monthly *tuition* is paid to WISC and this revenue is used to pay expenses associated with *your athlete's training*. *Competition fees/expenses* are used to pay expenses associated with *competing* (competition entry fees, coaches' traveling expenses, etc).

These fees are mandatory.

Registration Fee: Includes Tryout fee and May tuition

Early Bird Registration (March 17th-April 7th)

Tiny's and Mini's: \$100

Youth, Juniors & Seniors: \$130

Regular Registration (April 8th-April 22nd)

Tiny's and Mini's: \$120

Youth, Juniors & Seniors: \$150

Late Registration (after April 23rd)

Tiny's and Mini's: \$155

Youth, Juniors & Seniors: \$185

Tuition:

Tuition is based on the number of athletes we get on a team and the time spent in the gym. These are tentative prices and will be updated after the tryout.

Tiny - \$65/month

Mini - \$65/month

Youth - \$85/month

Junior - \$85/month

Senior - \$85/month

Competition Fees:

Expect 10 competitions throughout the season. Entry fees for competitions vary from \$65-105 per event. The level of competition, the location and the nature of the competition are all factors in the host setting their entry fee. The Championship season is April and May. These competitions will require travel via bus or airplane. Please keep this in mind when weighing the commitment of this team. Travel expenses of the athletes are paid by the parents.

Choreography Fee:

Tiny's and Mini's: \$100

Youth, Juniors & Seniors: \$160

*Due July 1st

Uniform Fee:

Competition Uniform/Bow: \$375* estimated

Payment Plan:

50% (\$187.50) due on August 1st

50% (\$187.50) due on September 1st

Practice Wear: \$75 Due May 5th

Shoes Suggestions: **Must pick one**

Nfinity.com Vengeance \$89.99

Evolution \$79.99

WORKOUT ATTIRE

Athletes are expected to come to practice ready to work. All athletes are required to wear Cheer appropriate workout wear. Sweats may be worn during the warm up only. Hair is to be secured tightly away from the face. No jewelry allowed for the safety of all athletes. Please pack more than one hair tie! All athletes must have a practice bag, and bring it to each practice.

PARENTAL CONDUCT

Parents are expected to refrain from unproductive and poor behavior such as (a) bad mouthing other athletes, coaches or programs in a public setting, and (b) gossip amongst other parents, teammates, or members or staff members of WISC. We have worked hard to create a positive, rewarding environment at WISC.

Therefore, inappropriate talk at the gym or outside of the gym will not be tolerated as it will undermine what we are trying to accomplish here at WISC.

If there are any problems, concerns, or questions that may arise please bring it to us DIRECTLY. We are ready and willing to hear all of our members' concerns, but we expect that this will be handled within the proper forum. Proper forums **do not** include approaching a coach or other parent before, after or during practice or competitions. Coaches may be reached by phone or through email to schedule a meeting.

We know that the respect level that athletes have for their coaches is often a reflection of the level of respect that their parents have for their coach. If there is something that you do not understand or about which you have questions or concerns, please respectfully bring them to the Head Coach's attention. It bears repeating that we will not tolerate disrespectful behavior from athletes. We need to work together to instill a positive working environment for your athletes.

*Below is an overview of the **Athlete/Coach/Parent Triad**. This relationship is an exercise in compromise, communication and discipline. The athlete must always remain at the top of the pyramid, the purpose and motivation for the existence and necessity of the coach and parent. We expect our parents to be aware of and follow this model.*

The Athlete

First and foremost, the athlete is essential or we would not exist. The athlete must have the desire to train, the dedication to face and overcome obstacles, and the perseverance to push on when the going gets tough. The athlete is on the team to learn from their coaches, from their teammates and from themselves. The athletes may make mistakes, make corrections and drive themselves to transcend beyond their perceived limitations. In our sport, athletes compete individually, against themselves. However, they are not alone...their coaches, their teammates and their parents are by their side lending support and cheering them on. In the end, the athlete will learn and remember the sum total of the entire experience in the sport.

The Coach

The coach is a mentor and a guide. The coach plans the training and competitive cycle for every athlete on the team. The coach leads by example and the team follows in their footsteps. The coach is not always right and sometimes makes mistakes too. The coach is constantly learning and striving to find new ways to teach, motivate, inspire and propel their athletes to the next level of performance. The coach is a communicator and mediator interrelated to the athlete, the team, the parent, the coaching staff and rival teams.

The Parent

The parent supports the athlete, the coach and the team. The parent is a spectator, allowing the athlete and the coach to perform their roles. The parent is a role model for the athlete, demonstrating disciplined behavior, showing respect and performing their duties to the highest level. The parent is strong enough to watch their athlete fail and tender enough to give a hug when they need one. The parent provides balance, encouragement, and love.

VIEWING POLICY

Concentration is vital to the development and progression of your child. Constantly viewing every single practice is counterproductive to your child's progress. There is mounting evidence that the over-involvement of parents in their child's practices can lead to increasing the prevalence of fear in the gym. It can also be a factor in why an athlete "burns out" and leaves the sport. The best way to support your child in this difficult and complex sport is to be consistently encouraging in good times and in not-so-good times. Please keep this in mind throughout the season.

Section II: Athlete's responsibilities

Athlete Code of Conduct

- Commitment to the TEAM - *Practices are not optional*. Athletes are expected to attend all practices (in their entirety) and if absences or late arrivals must occur we require that you let the coaches know in advance whenever possible. We all have commitments outside of the gym and these must be fulfilled; however, they should be the exception.
- Support for Teammates - the definition of a TEAM is a group of people working together for a common cause. Your job as a team member is to do your best to support each other and build confidence in each other. This can be accomplished through positive encouragement (cheering on good days and consoling on bad days).

- Respect for Coaches- Your coaches are your teachers, just like in school. We deserve and we request that you respect our guidance. Talking back, rolling your eyes and other signs of a negative attitude will not be tolerated. We believe in you and want you to succeed. We work here because we love the sport and want you to be successful. **Show us your support by giving us 100% every day.**
- Respect for Teammates- Respecting your teammates is just as important as the respect you show towards your coach. Talking about each other in a negative way will only bring the team spirit down and ultimately cause conflict. If you can't say something nice, don't say anything at all. Physical violence of any sort will not be tolerated and may result in immediate dismissal from the gym.
- Respect for Yourself- You have chosen to participate in a sport that requires a lot of time commitment, mental and emotional strength as well as physical skill. There will be times that will challenge you. Your coaches and parents realize that nobody is perfect and that everyone will make mistakes. It is important to believe in yourself in good times and in challenging times.
- Code of Conduct for competitions- Crying and negative behavior is not acceptable at competitions. You may be removed from a competition if you are unable to control your emotions.

To reach our potential, it is imperative that you adhere to all of the rules stated above. If there is a pattern of behavior that is inconsistent with the Code of Conduct, the following procedure will apply:

3 Strike Rule:

1st time- Warning

2nd time- Sit out for a specified period of time and coach will talk with parent

3rd time- Sent home and coach will talk with parent

Repeat behavioral offenders may be asked to leave the team **without refund**. All disciplinary decisions will be administered at the discretion of WISC Inspire Elite staff.

We want you to be a part of WISC's competitive cheerleading team program and will work hard to help you achieve your goals. Your success relies on more than just being a good athlete; you must also show good sportsmanship, work hard and have a positive attitude.

SPORTSMANSHIP and CONDUCT

Good sportsmanship occurs when teammates, opponents, coaches, and officials treat each other with respect. This is the atmosphere we are trying to achieve at WISC. We are here to support each other, and not tear one another down. Unsportsmanlike behavior will not be tolerated and will be dealt with immediately.

This is a reminder of the Facility rules here at WISC:

- Persons will be held financially and criminally responsible for the destruction or abuse of WISC property (this includes all equipment, the building- walls, bathrooms etc.)
- Abusive language and fighting will not be tolerated
- Shoes must be worn in any area outside of the gym.

We are all here to be our best. It is imperative for all athletes, parents and coaches to work together to reach our goals.

SOCIAL MEDIA:

- All personal conduct guidelines that are listed in the handbook and applicable in the gym also apply to all social websites. Remember that you are a WISC athlete and you represent WISC both inside the gym and outside – this includes social media sites. This includes being a supportive teammate and never saying or posting content or pictures that could cause another team member harm, either physically or emotionally.
- As a WISC gymnast, you are personally responsible for the content you publish online, whether in a blog, social computing site or any other form of user-generated media. Be mindful that what you publish will be public for a long time — protect your privacy and take care to understand a site's terms of service.
- If you publish content online relevant to WISC in your personal capacity it is best to use a disclaimer such as this: "The postings on this site are my own and don't necessarily represent WISC's positions, strategies or opinions."
- Respect copyright and fair use laws. Do not plagiarize content or misuse copyrighted material including music, pictures or copyrighted logos.
- Don't provide WISC's or a teammate or coach's personal, confidential or other proprietary information and

never discuss issues from the gym, teammates or other sensitive matters about a teammate, coach or the gym publicly on social media sites or other public avenues.

- Don't cite or slander The WISC or other teams' policies, rumors or other sensitive information. When you do make a reference to another team, gymnast or article, link back to the source and do not publish content that might allow inferences to be drawn that the content originates from you. Never repost negative, slanderous or other information that could cause reputation or emotional damage to a gymnast or reputational or financial damage to the gym.
- Don't use ethnic slurs, discriminatory remarks, personal insults, obscenity, or engage in any similar conduct that would not be appropriate or acceptable inside the gym. You should also show proper consideration for others' privacy.
- Be aware of your association with WISC in online social networks. If you identify yourself as a WISC Athlete, ensure your profile and related content is consistent with how you wish to present yourself with teammates, coaches and the public.
- Don't misuse WISC or WISC Inspire Elite logos or trademarks and only use them if you have the authority to do so from the gym.
- All parents are expected to reasonably monitor their gymnast's behavior outside the gym including on social media sites. Parents are also expected to abide by the above guidelines and any other provisions in the parental conduct section of this handbook in the gym and outside the gym, as well as on social media sites.

Overview of competition

You will arrive at the competition with your coach at the time assigned the week of. At this time you should be fully dressed with hair and makeup done, shoes on, as if you were ready to compete. You may wear jacket and sweats over uniform but uniform must be on once everyone is together. We will get everyone checked in and head inside and wait for warm ups. Then competition will begin. Parents, the week of the competition, you will be given an itinerary with the time to arrive at the competition, warm-up time, performance time and awards time.

What to do before competitions

Make sure you have your uniform top and bottom.

Check for:

- Competition bow
- Socks and shoes
- Make-up
- Cheer bag

Competitive Dress Code

All team members will wear their Inspire Elite competition uniform top and bottom and all additional accessories.

Spectator Fees:

There will be a spectator fee at most venues. Please check in advance to be prepared for this.

Parent Communication at Competitions

Parents are not allowed to talk to any personnel from the competition. If problems arise concerning scores, format, etc. talk to the coach NOT to a judge or competition worker. Parents are not permitted to call the host club for any reason, this includes asking for competition times or directions, refunds or otherwise. This can all be handled by going through a coach.

COMPETITION ATTENDANCE POLICY

To ensure that all athletes are at their best when it counts most, at competition time, WISC emphasizes that all athletes should make every effort to attend practices. This is a team sport and it requires a strict attendance policy.

Some of these rules may seem severe, but they result from years of successful travel and competition. Please discuss all of these rules with your child. **Ultimately it is the parent's choice to accept these rules or not.** We wish each athlete and family a rewarding and enjoyable season at WISC!!

Scoring Guide for Spectators

Scoring is based off of how many points out of 100 that each judge awards us. The total of the scores together from each judge and is our total.

Support your Teammates by cheering in a courteous manner, and congratulating them. Be friendly and polite to all Judges, Coaches and other athletes ***regardless of whose team they are on. TEAM MEMBERS SHOULD REMAIN IN THE COMPETITIVE AREA UNTIL AFTER THE AWARDS CEREMONY UNLESS INSTRUCTED TO DO OTHERWISE BY THE COACHES.***

Receiving Awards in Public

Regardless of the type of awards offered at a competition, it is important to remember that it is not the winning that counts, but the effort and sense of personal accomplishment that an athlete feels when doing her "personal best".



Terms of Commitment, Payment Guidelines and Team Handbook

For this Period Term of the 2016/17 year, the completed registration package must be completed and submitted to the **Director no later than April 28th, 2017**

Period Term: May 2017 – April, 2018

Payment Schedule: Payments will be due monthly June 1st, 2017 – April 30th, 2018

Please indicate which day you would like your payment, either the 1st or the 15th of the month. Mark on the next page.

Tuition Fees:

Tuition includes: training at WISC with WISC Inspire Elite Coaching Staff

Types of Payment: Credit Card or Debit Card

Please note: Members wishing to take personal time off when regular training is scheduled; tuition fees will not be waived or pro-rated.

Competitive Cheerleading requires a commitment from each family for the entire competitive season in order to be successful. We do however realize situations occur which make continuing at this higher level difficult, if not impossible. Such circumstances resulting in the athlete withdrawing from team before completion of the season must be approved by the Gymnastics Director on a case by case basis.

Exiting the commitment before completion of the terms will result in a penalty of \$300 and must be given with at least 30 days notice. Initial _____

Medical Issues:

In the event of an injury, extended illness or other special medical circumstances lasting more than a month in length, an athlete may request in writing to WISC Gymnastics Director to waive fees for lost time. A medical note must accompany the request from a physician, indicating the nature of the injury and the expected time of recovery.

Please address all billing issues to Natalie Barnett, nbarnett@thewisc.com.

Please Print and Return BY April 28th, 2017

I have read and understand my responsibilities as a cheerleader on WISC Inspire Elite cheer team. I will follow these guidelines and I understand that if I am unable to, I may forfeit my place on the competitive team.

Athlete's Name

Date

Parent's Name

Date

Parent Release Form for Media Recording

I, the undersigned, do hereby grant permission for WISC to use the image of my child

(Child's name) _____ Such use includes the display, distribution, publication, transmission, or otherwise use of photographs, images, and/or video taken of my child for use in materials that include, but may not be limited to, printed materials such as brochures and newsletters, videos, and digital images such as those on the WISC website and Facebook pages.

I grant permission to use my child's image in the following ways:

I give unrestricted permission for my child's image to be used in print, video, and digital media. I agree that these images may be used by for a variety of purposes and that these images may be used without further notifying me.

Parent/Guardian
Signature _____ Date _____

Exiting the commitment before completion of the terms will result in a penalty of \$300 and must be given with at least 30 days notice.

Athlete Signature _____ Date _____

Parent/Guardian
Signature _____ Date _____



WISC Inspire Elite Cheer Team Registration Form
(Please Print & Return w/Registration)

Fill in completely. Do not turn this in without the payment portion completed. It will not be accepted.

DOB _____
Child's Name (First, Last) _____

Address: _____

City: _____ State: _____ Zip: _____

Email: _____

Parent's Name: _____

(First, Last)

Work Phone: (____) _____ Home Phone: (____) _____ Cell ph :(____) _____

Email: _____

Parent's Name: _____

(First, Last)

Work Phone: (____) _____ Home Phone: (____) _____ Cell ph :(____) _____

Email: _____

Emergency Contact: _____

Emergency Contact Phone: (____) _____

Payment Information

Credit/ Debit Card Information: REQUIRED! Card Type: **VISA** ↑ **MASTERCARD** ↑

Date to charge account: 1st of the month _____ or 15th of the month _____

Account Number _____ 3 Digit Security Number _____

Expiration Date (MM/YY) _____

Card Holder Name _____

Billing Address _____

City _____ State _____ Zip _____

Office Use Only Amount Charged _____ Date To Charge _____



WAIVER AND RELEASE

Williamsburg Indoor Sports Complex

INDIVIDUAL AGREEMENT: I intend to use or participate in some or all of the activities, facilities, equipment, programs and services offered at or by Williamsburg Indoor Sports Complex LLC ("WISC"). WISC's facilities are below referred to as "the WISC".

1. In consideration of gaining membership or being allowed such use or participation at WISC, in addition to the payment of any fee or charge, I do hereby waive, release and forever discharge WISC and its owners, officers, agents, employees, representatives, executors, successors and assigns from any and all responsibilities or liability for injuries or damages resulting from any participation in any aspect of any activities or programs or my use of equipment or machinery in WISC's facilities or arising out of any activities or events occurring at the WISC.

Please Initial _____

2. I understand and am well aware that strength, flexibility, fitness, exercise and sports activities, including the use of equipment, is potentially hazardous and there is the risk of injury and even death. I also understand that everyone (including myself) has a different capacity for participating in physical activities. I am also aware that all activities, facilities, programs and services at the WISC are educational, recreational, social, or self-directed in nature. Knowing that, I agree that my participation in any and all of the activities at WISC is strictly voluntary and has not been requested or required by WISC. I further agree that my participation in any and all of the activities at WISC is at my own risk and that I assume any and all risk of injury, illness, damage or loss that might result. I also agree to assume all risk of damage, loss or theft to or of any of my personal property.

Please Initial _____

3. I hereby declare myself to be physically sound and suffering from no condition, impairment, disease, infirmity or other illness that would prevent my participation in any of the activities at the WISC. I acknowledge that I have either had a physical examination and have been given a physician's permission to participate in these activities, programs, facilities and services at the WISC, or that I have decided to participate without the approval of my physician. Accordingly, I do hereby assume all responsibility for my participation in such activities, programs, facilities and services, as well as for my use of any and all equipment and machinery in connection with them.

Please Initial _____

4. Finally, I understand that the activities, facilities, equipment, programs and services offered at the WISC may sometimes be conducted by persons who may not be knowledgeable, licensed, certified or registered instructors or professionals. I accept the fact that the skills and competencies of WISC employees, agents, representatives or volunteers will vary according to their training and experience. I also understand that no claim has been or is being made by WISC to offer assessment or treatment of any mental or physical disease or condition by those who are not duly licensed, certified or registered and employed by WISC to provide such professional services.

Please Initial _____

PARENT/GUARDIAN-CHILD AGREEMENT: I am hereby giving my consent and permission for my child/children

(List child/children's names in the lines provided.)

To be an active member of the WISC and to participate in the activities and programs for which they are registered. I understand that under certain circumstances they will be able to work out or participate in activities without direct supervision. I acknowledge that I am responsible for their actions, and that if they are not demonstrating proper usage of machines, facilities or equipment or exhibiting proper behavior, they will face appropriate disciplinary actions. I understand that WISC is a family atmosphere and that my child/children need my support, motivation, encouragement and supervision to succeed in a fitness or sports program, and I agree to provide it.

Participant Name: _____ Date: _____

(Please Print)

Participant's Signature: _____ Date: _____

(If member is under 18 – Parent's Signature)

WISC Representative: _____ Date: _____