

ROCKSTAR

WWW.ROCKSTARCHEERATLANTA.COM



C
H
E
E
R
A
T
L
A
N
T
A



SEASON

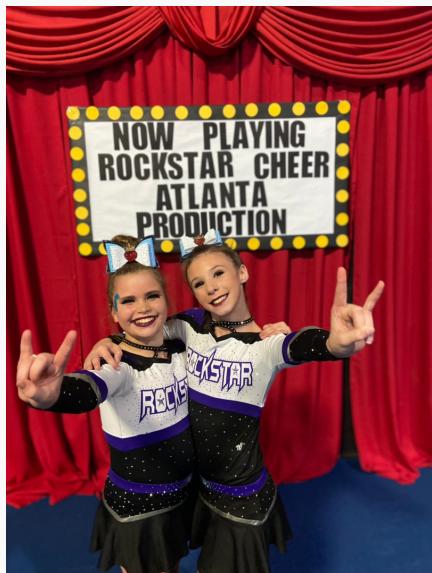
7

#smashseason7

COMPETITIVE INFO PACKET

WWW.ROCKSTARCHEERATLANTA.COM

WELCOME TO ROCKSTAR



Our goal at Rockstar Cheer Atlanta is to be your trusted source for competitive cheerleading in Georgia.

We are entering our 7th season as part of the Rockstar brand of gyms. This location is owned by Carolyn and Glenn Garrison.

We strongly believe in the philosophy that while we have separate squads, we are all

ONE GYM – ONE FAMILY.

We choose our teams with the philosophy of program first, team second, & individual third.

Competitive cheerleading is a team sport.

We place athletes on squads where we feel the individual will bring their greatest strengths to the team.

Being part of a year-round sport requires dedication from the athlete and family. We hold our coaches and staff to the same standards of commitment as we do our athletes. We are **ALL** in this **TOGETHER**.



www.rockstarcheeratlanta.com



info@rockstarcheeratlanta.com



facebook.com/rockstarcheeratlanta



[@rockstarcheeratlanta](https://instagram.com/rockstarcheeratlanta)



[@rockstar_atl2](https://twitter.com/rockstar_atl2)



At Rockstar, we believe in FAMILY. We believe in HONESTY. We celebrate ADVERSITY. We create GOALS.

We WIN & CELEBRATE. We LOSE & LEARN.

We PRAISE. We PUSH. We TEACH. We GUIDE. We LOVE. We LEARN.

We DEVELOP. We TRAIN. We ACCEPT. We VALUE. We RESPECT.

We have EXPECTATIONS and ACCOUNTABILITY.

We value COMMITMENT.

We believe in TEAM.



ROCKSTAR EVALUATIONS



We want YOU



REGISTER ONLINE: www.rockstarcheeratlanta.com
Create an account (if a new member)

Register under "classes named 2022-2023 Tryouts:
for the session of your choice.

*All forms and documents must be completed in full before an
athlete will be able to participate in evaluations.

**WHAT TO
EXPECT**

Evaluation Dates & Times

	Use age as of 12/31/23 *Must be 3 by 6/1/22	*pick one day to attend
Tuesday, May 17	Ages 3-6:	4:00-5:00
Wednesday, May 18	Ages 6-11	5:00-7:00
Thursday, May 19	Ages 12 and over	7:00-9:00

\$40 EARLY BIRD - BEFORE 4/1

\$50 ON TIME - BEFORE 5/1

\$75 WALK-IN

**Open Tumble & Training
May 10, 11, and/or 12 @ 6:00-8:00**



ROCKSTAR

ATTIRE

T-shirt/sports bra
Athletic shorts
Cheer/Tennis shoes
Hair secured away from face

PROCESS

Our evaluation process is through a low-stress environment where the athletes are asked to perform JUMPS, TUMBLING, AND SKILLS they can demonstrate independently.

Flyers will be asked to demonstrate body positions on the floor. All athletes will take home a skill card with skills demonstrated circled.

ROCKSTAR CHEER ATLANTA

WHAT LEVEL IS MY CHILD?

At Rockstar we want your child to be challenged and successful in a progressive and safe environment. We place our teams by evaluating tumbling, jumps, experience, performance, age, and competitive maturity with the focus for all teams on have success on stage.



- 1**
- Beginning level of competitive cheer *Cartwheel
*Roundoff *Back Walkover
 - **BONUS:** Cartwheel to back walkover
- 2**
- STANDING TUMBLING**
- Back Handspring *Back Walkover Back Handspring *Back Handspring Step Out
- RUNNING TUMBLING**
- Roundoff 2 back-handsprings *Front walkover roundoff 2 back-handsprings
 - **BONUS:** Front handspring roundoff back-handspring
- 3**
- STANDING TUMBLING**
- 3 back-handsprings *2 BHS toe touch *BHS Toe Touch Back Handspring
 - **BONUS:** BHS step out 2 back-handsprings
- RUNNING TUMBLING**
- Roundoff BHS tuck *2 step aerial *2 step punch front *Front walkover Roundoff BHS Tuck
 - ***BONUS:** punch front pause, roundoff tuck
- 4**
- STANDING TUMBLING**
- Standing back tuck *2 BHS tuck *BHS tuck Back walkover back tuck
- RUNNING TUMBLING**
- Roundoff BHS layout *cartwheel tuck *RO whip tuck
 - **BONUS:** RO whip layout Punch front RO BHS layout
- 5**
- STANDING TUMBLING**
- Toe touch back tuck *BHS to layout *Back-handspring whip tuck
- RUNNING TUMBLING**
- Roundoff BHS full *Roundoff full
 - **BONUS:** Roundoff whip 2 BHS full *Punch front RO BHS full
- 6**
- STANDING TUMBLING**
- 1 BHS full *2 BHS full
 - **BONUS:** standing full *Cartwheel full *Standing whip pass to double full
- RUNNING TUMBLING**
- Roundoff BHS double full *Roundoff double full *Specialty to full
 - **BONUS:** Specialty pass to double full

*Evaluation card is attached to this handbook. This card is an exact replica of what your child will be evaluated on at tryouts. Every child will leave with this specific evaluation that lists out what skills your child has perfected and what skills they still need to work towards. We want every athlete on each team to have all skills mastered and perfected.

ROCKSTAR CHEER ATLANTA

PRACTICE SCHEDULE

We are a **developmental** gym where goal setting, hard work, and commitment are standard.

2021 Paid Bid to WORLDS, 6 Summit Bids Earned, 3 Allstar Worlds Bids Earned

May - July (Summer Training)

Teams will have 2 practice days per week: Mon/Wed or Tues/Thurs.

Practice start times will vary per team and will normally begin between 5-8pm. All practices will be for 2 hours per day.

Each team is also given a tumbling time block on Friday am for 1.5 hours.

When in town all 3 practices are **mandatory**.

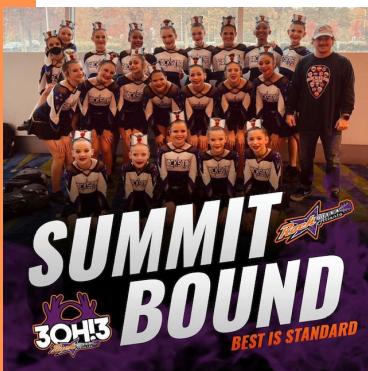


August - December (Academic-Year training)

Practice calendar will shift to add in **SUNDAY** as a **mandatory** training day. Practices on Sunday will be between 1-7pm.

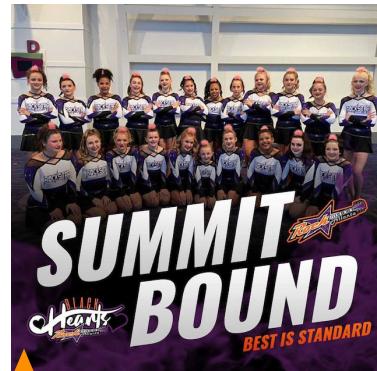
In addition to Sunday your original practice days (Mon/Wed or Tues/Thurs) will shift and one will become a practice day and one will become your team tumble block.

At this time of the year all squad practices are considered **mandatory** and the attendance policy will be enforced.



January - April

At this point in the season athletes should expect to be in the gym 3 days per week as we are in the peak activity for cheer. They may be perfecting skills for their routine or putting in extra classes to nail down skills in preparation for evaluations just around the corner. This is definitely CHEER SEASON!



Attendance Policy

Athletes must make Rockstar Cheer practices their number one priority over other extracurricular activities. All practices, competitions, skills camp, and choreography sessions are mandatory.

Anyone failing to attend practice without notification will be considered as no longer wanting to participate and will be removed from roster/team immediately.

If you miss a practice the week of a competition for any reason (illness, injury,etc.) a replacement will be brought in to fill-in for your child. For CheerSport Nationals and NCA/DALLAS you cannot miss any practice for **TWO** weeks prior to the events. ***There are NO exceptions to this rule.***

All absences from practices should be reserved for emergencies, fevers, or contagious illness only.



ROCKSTAR CHEER ATLANTA

IMPORTANT DATES

May

S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

June

S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

July

S	M	T	W	T	F	S
			1	2		
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

August

S	M	T	W	T	F	S
1	2	3	4	5	6	
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

September

S	M	T	W	T	F	S
			1	2	3	
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

October

S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

November

S	M	T	W	T	F	S
1	2	3	4	5		
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

December

S	M	T	W	T	F	S
			1	2	3	
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

January

S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

February

S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28				

March

S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

April

S	M	T	W	T	F	S
			1			
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

- TRYOUTS
- GYM CLOSURES
- OPEN WORKOUTS (NON MANDATORY)
- WINTER BREAK (SR TEAMS PRACTICE)

- SKILLS CAMP (MANDATORY)
- CHOREOGRAPHY (MANDATORY)
- SHOWCASE/COMPETITIONS

- BLACKOUT DATES (MANDATORY)
- END OF SEASON SEND OFF
- WORLDS

- SUMMIT

ROCKSTAR CHEER ATLANTA

COMPETITION SCHEDULE

Rockstar Cheer Atlanta

Competition Schedule

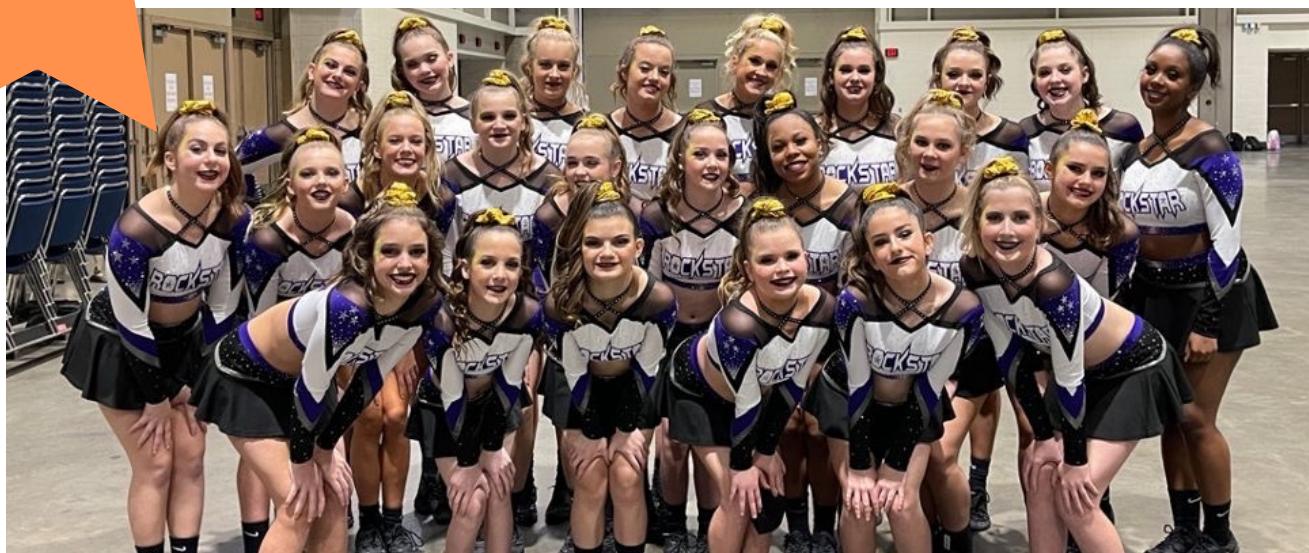
2022-2023

			NOVICE	PREP	MINI	YOUTH	JR	SR	WORLDS
SHOWCASE	11/13/22	WOODSTOCK, GA	★	★	★	★	★	★	★
COMPETITION	11/20/22	LOCAL	★	★	★	★	★	★	★
COMPETITION	12/10 & 12/11	TRAVEL		★	★	★	★	★	★
COMPETITION	1/14 & 1/15	TRAVEL			★	★	★	★	★
COMPETITION	1/28	LOCAL	★	★	★	★	★	★	★
CHEERSPORT	2/18 & 2/19	ATLANTA, GA			★	★	★	★	★
NCA NATIONALS	2/24-2/26	DALLAS, TX					★	★	
COMPETITION	3/4	LOCAL	★	★	★	★	★	★	
UCA	3/11 & 3/12	ORLANDO, FL							★
COMPETITION	3/25 & 3/26	TRAVEL	★	★	★	★	★	★	★
*REGIONAL SUMMIT	TBA	TBA			★	★			
*ALL STAR WORLDS	TBA	ORLANDO, FL			★	★			
*WORLDS	4/21-4/24	ORLANDO, FL							★
*SUMMIT	4/27-4/30	ORLANDO, FL					★	★	

*END OF SEASON EVENTS REQUIRE A BID TO PARTICIPATE

***All dates and locations are subject to change **

Exact competitions and locations will be made available in July.



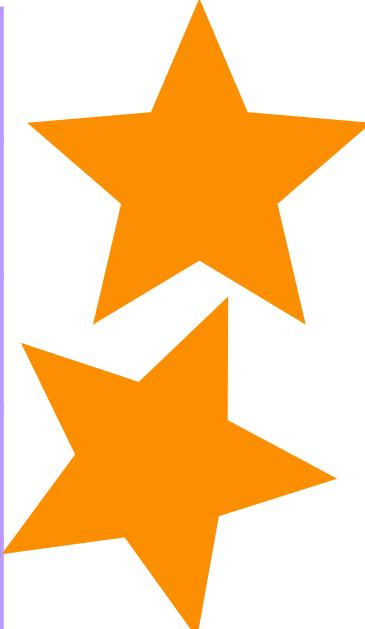
ROCKSTAR CHEER ATLANTA

SEASON ENDING COMPETITIONS

Each season Rockstar teams work to earn bids, or invitations, to compete in season-ending events. These events are not included in your competition fees for the season and are billed separately. Your account must be in good standing for your child to be rostered for one of these events. A separate detailed email will be sent if a bid is received.

Competition	Eligible Teams	Dates	Location
Regional Summit	Novice, Tiny, *Mini, Youth	TBA	TBA
Allstar Worlds	*Mini, Youth	TBA	Orlando, FL
Summit	Junior, Senior	April 28-May 1	Orlando, FL
Worlds	Worlds	April 21-25	Orlando, FL

*Mini/Youth would only attend ONE event. Rockstar will decide best option for teams.



TRAVEL INFORMATION

A complete travel packet will be made available to each parent with step-by-step instructions on how to book your travel for the entire season.

Preliminary info at tryouts and an in-depth packet in July.

Travel for each competition is not covered by your competition fees or payments to Rockstar. You will be responsible for hotels, gas, food, etc incurred at travel competitions.

*Some of the competitions will have an affiliation with Team Travel Source, a national housing company party. To participate in certain competitions you are required to book and stay at TTS hotels. There are very few exceptions to this requirement. One exemption is the ability to cover your ENTIRE hotel stay on points.

Having family in the area is no longer considered an exemption.



Spectator entry fees can range from \$10-\$25 and is normally cash at the door.

ROCKSTAR

ROCKSTAR CHEER ATLANTA

CHEERABILITIES

Welcome to our CheerAbilities program!
Current reigning top 3 team in the Nation!



This program is a low to no-cost program operated incorporation with volunteers and full support of Rockstar.

SUPREMES: Our competitive cheer squad. This program is an attendance-based score driven squad which works to teach skills, teamwork, goal setting, and leadership skills. This team will do some moderate travel as they compete to reach their goal of earning a bid to The Cheerleading Worlds competition, a prestigious competition reserved for the top 5 teams in the country. This team is required to pay competition fees for the larger two-day events.

TRIUMPH: Our performance cheer squad. This program works to teach the basics of cheerleading, introduction to cheer, athletic expectations, teamwork, strength and listening skills while taking the stage at local competitions. This is the perfect start for any cheer enthusiast!

Our program started as a senior project by Katelyn Boyer during her senior year of high school. She brought her vision to gym owner, Carolyn Garrison, who shared her vision for programs for all. Together, along with Katelyn's mother, Tracey, the program which started as a group of 7 has grown into 2 teams with over 25 athletes combined. We are excited to build on our success from last season. Please reach out to carolyn@rockstarcheeratlanta.com with any interest or questions!

POSSIBLE ADDITIONAL FEES

Uniform: approx \$100

Practice Wear: approx \$50

The team mom may collect additional fees for items specifically for the team and/or the kids. For example, a special t-shirt, a team party, etc. - estimated at \$150



ROCKSTAR CHEER ATLANTA

PROGRAM COMPARISON

	Tiny Novice Ages 3-6	All-Star Elite Levels 1 - 5 Ages 5- 18	All-Star Elite Worlds Level 6 Ages 12-18	All Star PREP Levels 1 - 3.2 Ages 3 - 16
Season Commitment	June - April	June - April	June - April	November - April
Practices	3 hours per week 1 hour tumble	4 hours per week 1.5 hour tumble block	6 hours per week	4 hours per week
Uniforms	\$400	\$400	\$400	\$150
Competition Schedule	4 competitions Minimal Travel	7-8 competitions plus 1 season ending event Travel required	7-8 competitions plus 1 season ending event Travel required	3 competitions plus 1 season ending event Minimal Travel
Additional Info	Tryout Required	Tryout Required Skill Maintenance Required Summit/ASW Eligible	Tryout Required Skill Maintenance Required Worlds Eligible	Evaluation Required Emerald Coast Nationals eligible
Potential Teams	Tiny Novice	Levels 1 - 6 Tiny/Mini/Youth Junior/Senior Open	Level 6 Senior	Level 1.1 Leve. 2.1 Level 2.2 Level 3.2 Tiny, Mini, Youth, Junior

We have a variety of programs for everyone.

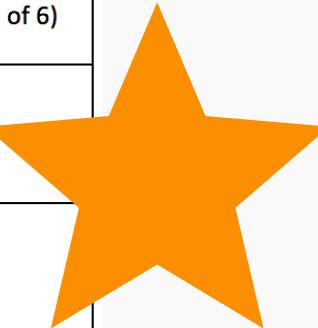
From tumbling, flex, flight and competitive cheer - we have a place for you.

ROCKSTAR CHEER ATLANTA

TINY & NOVICE FINANCIAL INFORMATION

Monthly Tuition of \$125 is paid June 2022 – April 2023 Your monthly tuition includes 2 team practices per week, one team tumble block per week, one additional class of your choice (tumble, flight, flex or conditioning), open gym time.		
May \$48 Reg \$100 \$148	June \$125 tuition \$150 camp \$175 *shoes if needed	July \$125 tuition \$175 choreography \$200 *uniform if needed
August \$125 tuition \$100 comp fee (1 of 6) \$225 *backpack if wanted	September \$125 tuition \$100 comp fee (2 of 6) \$225	October \$125 tuition \$100 comp fee (3 of 6) \$225
November \$125 tuition \$100 comp fee (4 of 6) \$225	December \$125 tuition \$100 comp fee (5 of 6) \$225	January \$125 tuition \$100 comp fee (6 of 6) \$225
February \$125 tuition \$125	March \$125 tuition \$125	April \$125 tuition \$125
May \$75 Unlimited tumble for Tryouts		

- ***Items required:** *Uniform (\$400), backpack (\$100-\$125), *warm-up jacket (\$125), shoes (\$110), practice wear (\$125), USASF registration fee
- Sibling Discount of 25% for 2nd child and 50% off 3rd child; applies to base tuition only
- Additional classes may be added for \$25/month
- All fees paid to Rockstar are non-refundable.
- We do not prorate any tuition, competition fees, camp fees, choreography fees for any reason.
- Additional fees may include: season ending event fees including registration and coaches fees
- Each team creates a team fund with their team mom. This team fund supplies fun gifts, decor and treats for celebrations, for your child and their team and coaches. Participation is voluntary; however, you must pay to participate.
- *Travel expenses; such as, hotel, flight, gas, etc are the responsibility of each family.*
- *Some travel competitions will have stay-to-play obligations. All athletes are required to stay at team hotels.*
- Season-ending events you are required to stay in the hotel block created by Rockstar for Rockstar families - there are no exceptions to this rule.



ROCKSTAR CHEER ATLANTA

MINI-AGE SQUAD FINANCIAL INFORMATION

<p style="text-align: center;">Monthly Tuition of \$175 is paid June 2022 – April 2023 Your monthly tuition includes 2 team practices per week, one team tumble block per week, one additional class of your choice (tumble, flight, flex or conditioning), open gym time.</p>		
May \$48 Reg \$100 \$148	June \$175 tuition \$200 camp \$275 *shoes	July \$175 tuition \$200 choreography \$275 *uniform if needed
August \$175 tuition \$133 comp fee (1 of 6) \$308 *backpack if wanted	September \$175 tuition \$133 comp fee (2 of 6) \$308	October \$175 tuition \$133 comp fee (3 of 6) \$308
November \$175 tuition \$133 comp fee (4 of 6) \$308	December \$175 tuition \$133 comp fee (5 of 6) \$308	January \$175 tuition \$133 comp fee (6 of 6) \$308
February \$175 tuition \$175	March \$175 tuition \$175	April \$175 tuition \$175
May \$75 Unlimited tumble for Tryouts		

- *Items required: *Uniform (\$400), backpack (\$100-\$125), *warm-up jacket (\$125), shoes (\$110), practice wear (\$125), USASF registration fee
- Sibling Discount of 25% for 2nd child and 50% off 3rd child; applies to base tuition only
- Additional classes may be added for \$25/month
- All fees paid to Rockstar are non-refundable.
- We do not prorate any tuition, competition fees, camp fees, choreography fees for any reason.
- Additional fees may include: season ending event fees including registration and coaches fees
- Each team creates a team fund with their team mom. This team fund supplies fun gifts, decor and treats for celebrations, for your child and their team and coaches. Participation is voluntary; however, you must pay to participate.
- Travel expenses; such as, hotel, flight, gas, etc are the responsibility of each family.
- Some travel competitions will have stay-to-play obligations. All athletes are required to stay at team hotels.
- Season-ending events you are required to stay in the hotel block created by Rockstar for Rockstar families - there are no exceptions to this rule.



ROCKSTAR CHEER ATLANTA

YOUTH AND JUNIOR-AGE SQUADS FINANCIAL INFORMATION

<p>Monthly Tuition of \$200 is paid June 2022 – April 2023</p> <p>Your monthly tuition includes 2 team practices per week, one team tumble block per week, one additional class of your choice (tumble, flight, flex or conditioning), open gym time.</p>		
May \$48 Reg \$100 \$148	June \$200 tuition \$225 camp \$425 *shoes	July \$200 tuition \$250 choreography \$450 *uniform
August \$200 tuition \$167 comp fee (1 of 6) \$367 *backpack if wanted	September \$200 tuition \$167 comp fee (2 of 6) \$367	October \$200 tuition \$167 comp fee (3 of 6) \$367
November \$200 tuition \$167 comp fee (4 of 6) \$367	December \$200 tuition \$167 comp fee (5 of 6) \$367	January \$200 tuition \$167 comp fee (6 of 6) \$367
February \$200 tuition \$200	March \$200 tuition \$200	April \$200 tuition \$200
May \$75 Unlimited tumble for Tryouts		

- ***Items required:** *Uniform (\$400), backpack (\$100-\$125), *warm-up jacket (\$125), shoes (\$110), practice wear (\$125), USASF registration fee
- Sibling Discount of 25% for 2nd child and 50% off 3rd child; applies to base tuition only
- Additional classes may be added for \$25/month
- All fees paid to Rockstar are non-refundable.
- We do not prorate any tuition, competition fees, camp fees, choreography fees for any reason.
- Additional fees may include: season ending event fees including registration and coaches fees
- Each team creates a team fund with their team mom. This team fund supplies fun gifts, decor and treats for celebrations, for your child and their team and coaches. Participation is voluntary; however, you must pay to participate.
- Travel expenses; such as, hotel, flight, gas, etc are the responsibility of each family.
- Some travel competitions will have stay-to-play obligations. All athletes are required to stay at team hotels.
- Season-ending events you are required to stay in the hotel block created by Rockstar for Rockstar families - there are no exceptions to this rule.



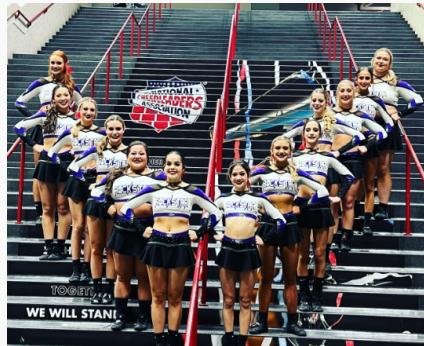
ROCKSTAR CHEER ATLANTA

SENIOR AGE SQUAD

FINANCIAL INFORMATION

Monthly Tuition of \$200 is paid June 2022 – April 2023 Your monthly tuition includes 2 team practices per week, one team tumble block per week, one additional class of your choice (tumble, flight, flex or conditioning), open gym time.		
May \$48 Reg \$100 \$148	June \$200 tuition \$225 camp \$425 *shoes	July \$200 tuition \$250 choreography \$450 *uniform if needed
August \$200 tuition \$200 comp fee (1 of 6) \$400 *backpack if wanted	September \$200 tuition \$200 comp fee (2 of 6) \$400	October \$200 tuition \$200 comp fee (3 of 6) \$400
November \$200 tuition \$200 comp fee (4 of 6) \$400	December \$200 tuition \$200 comp fee (5 of 6) \$400	January \$200 tuition \$200 comp fee (6 of 6) \$400
February \$200 tuition \$200	March \$200 tuition \$200	April \$200 tuition \$200
May \$75 Unlimited tumble for Tryouts		

- ***Items required:** *Uniform (\$400), backpack (\$100-\$125), *warm-up jacket (\$125), shoes (\$110), practice wear (\$125), USASF registration fee
- Sibling Discount of 25% for 2nd child and 50% off 3rd child; applies to base tuition only
- Additional classes may be added for \$25/month
- All fees paid to Rockstar are non-refundable.
- We do not prorate any tuition, competition fees, camp fees, choreography fees for any reason.
- Additional fees may include: season ending event fees including registration and coaches fees
- Each team creates a team fund with their team mom. This team fund supplies fun gifts, decor and treats for celebrations, for your child and their team and coaches. Participation is voluntary; however, you must pay to participate.
- *Travel expenses; such as, hotel, flight, gas, etc are the responsibility of each family.*
- *Some travel competitions will have stay-to-play obligations. All athletes are required to stay at team hotels.*
- Season-ending events you are required to stay in the hotel block created by Rockstar for Rockstar families - there are no exceptions to this rule.



ROCKSTAR CHEER ATLANTA

WORLDS FINANCIAL INFORMATION

2022 PAID Bid to Worlds Recipient

Monthly Tuition of \$200 is paid June 2022 – April 2023 Your monthly tuition includes 2 team practices per week, one team tumble block per week, one additional class of your choice (tumble, flight, flex or conditioning), open gym time.		
May \$48 Reg \$100 \$148	June \$200 tuition \$225 camp \$425 *shoes	July \$200 tuition \$250 choreography \$450 *uniform if needed
August \$200 tuition \$233 comp fee (1 of 6) \$433 *backpack if wanted	September \$200 tuition \$233 comp fee (2 of 6) \$433	October \$200 tuition \$233 comp fee (3 of 6) \$433
November \$200 tuition \$233 comp fee (4 of 6) \$433	December \$200 tuition \$233 comp fee (5 of 6) \$433	January \$200 tuition \$233 comp fee (6 of 6) \$433
February \$200 tuition \$200	March \$200 tuition \$200	April \$200 tuition \$200
May \$75 Unlimited tumble for Tryouts		

- ***Items required:** *Uniform (\$400), backpack (\$100-\$125), *warm-up jacket (\$125), shoes (\$110), practice wear (\$125), USASF registration fee
- Sibling Discount of 25% for 2nd child and 50% off 3rd child; applies to base tuition only
- Additional classes may be added for \$25/month
- All fees paid to Rockstar are non-refundable.
- We do not prorate any tuition, competition fees, camp fees, choreography fees for any reason.
- Additional fees may include: season ending event fees including registration and coaches fees
- Each team creates a team fund with their team mom. This team fund supplies fun gifts, decor and treats for celebrations, for your child and their team and coaches. Participation is voluntary; however, you must pay to participate.
- Travel expenses; such as, hotel, flight, gas, etc are the responsibility of each family.
- Some travel competitions will have stay-to-play obligations. All athletes are required to stay at team hotels.
- Season-ending events you are required to stay in the hotel block created by Rockstar for Rockstar families - there are no exceptions to this rule.



ROCKSTAR CHEER ATLANTA

INJURIES, TARDINESS & ABSENCES

Injuries

Cheer is a highly energetic, competitive, intense, and dangerous TEAM sport. Stunts and tumbling can lead to injury. If an injury occurs which requires ice or missing more than half of the practice the parents will be contacted. If an injury, either in the gym or outside of the gym, requires modification of practice expectations a doctors note must be submitted by email to katie@rockstarcheeratlanta.com. Just telling your coach will not guarantee modifications on the floor.

All athletes are required to attend all practices while injured.

Tardiness

You have set practice times. There is a quote, "Early is on time, on time is late and late is unacceptable." Learn to live this and you'll be an awesome adult!

Tardiness is defined as being 10 minutes late to practice or leaving early from practice.

Excessive tardiness, as defined as more than 45 minutes late, will result in an unexcused absence plus a \$50 fee being added to your account.

Absences

You are part of a team that requires training, commitment, time and attendance for the team to have safe and steady progression. Your coaches and other team members are counting on you to all have the same level of commitment. For reference, the coaches have the EXACT same practice absence/tardy policies as the athletes.

We are all IN THIS TOGETHER!

- During the summer you are encouraged to vacation. If you are in town you are required to attend practices. We ask you to plan fun summer activities, such as trips to Six Flags, etc around your practice schedule.
- During the academic year ALL practices are mandatory. You are allowed 3 excused absences from August - April. You will receive an email from your All-Star Director with each absence.
- Excused absences are defined as a death in the family or a fever over 101. *If you miss practice due to illness please present a doctors note.*
- Unexcused absences or tardiness over 45 minutes will result in a \$50 unexcused absence/tardy fee. This will be charged to accounts immediately and payment must be met to participate in training.
- Only 1 unexcused absence is allowed. On the second occurrence you will be removed from the team.

Parents

- Every rule, every expectation, every frustrating limitation is set to provide the greatest safe, progressive and competitive experience for your child and their team.
- Homework is not an excuse for missing practice. We are teaching time management skills!
- Getting braces, headaches, over-tired are not excuses for missing practice.
- Using cheer as a punishment/consequence for behavior is not appropriate. You punish the entire team with this discipline choice.

ROCKSTAR CHEER ATLANTA

ADDITIONAL INFO

Mandatory Camp

June 10-12, 2022

*Camp is a contractual obligation. This fee is required even if your child is not able to attend.

Mandatory Choreography

July 11-15

***exact days/times will be assigned after placement**

If you have a preplanned event; such as a wedding, you **MUST** find a fill-in athlete to be at choreography in place of your child. If you do not find a fill-in your child will not be choreographed into the routine.

Hair/Make-Up

All teams will vote on a hairstyle during choreography. Once decided pictures will be sent showing our standard for how the hair will be worn.

Make-up will be natural smokey eye with lip color chosen by Rockstar. You may use your own products/brands for face and eyes.

Band Managers

Each team will be assigned two band managers, aka, Team Moms. Our band managers are the liaison between coach and the parents. Band managers are in charge of meeting the teams at competitions, checking off athlete readiness at each competition, handing out wristbands, creating a team budget for season celebrations, assisting with team functions, and communication.

Band managers are not involved in gym decisions, coaching or accounting issues.

Communication

When you need help, we are here!

Communication is very important to us. We use a variety of methods of communication and ways that information is relayed to you. We will relay information through:

- **Groupme:** This is an assigned group chat used for team specific information. This is an open-chat format and all communication should be respectful and meant for everyone to read. This is not a format for negative comments or complaints. Anyone not following the groupme policies will be removed from the group.
- **Weekly Updates:** Every Tuesday the gym will send an email through mailchimp which will contain the lastest program-wide information, as well as, links to the handbook, important dates, financial info, groupme policies, etc. Please add our weekly updates to our your mailing list and do not unsubscribe from any email blasts.
- **Financial Information:** All financial information will be sent to the email on file with our program database, goMotion.

The very best way to reach us is through email.

ROCKSTAR CHEER ATLANTA

CONTACT INFO

Who should we contact?

Coach (name) @rockstarcheeratlanta.com or DM on groupme	Office info @rockstarcheeratlanta.com	Katie All-Star Director katie @rockstarcheeratlanta.com	Carolyn Gym Owner carolyn @rockstarcheeratlanta.com
If your child will be late/absent or notification of injury	Make a payment	Questions about competitions	Late payments, billing, or financial policies that cannot first be answered by the office staff.
Questions regarding athlete progress	Add/remove classes	Team or coach related issue that cannot be resolved by speaking directly with the staff member.	To discuss issues regarding payments or child-specific concerns which are sensitive in nature.
Concern about practice	Questions about how to pay online, registration, etc.	Tryout Info, tryout process, team progression, program expectations, individual assessments.	Issue with a coach and/or any employee that has been addressed but not yet resolved.

Meeting Requests

- We ask that in-person meetings be reserved after all efforts through the chain of command have been exhausted.
- Meetings must be coordinated through gym owner, Carolyn Garrison, and it is at her discretion who will attend.
- Most in-person meetings that involve coaches will need to be before 4pm; Zoom calls are an option.
- Coaches cannot be expected to interrupt training hours, 4-10pm for meetings.
- Except for the most dire of situations all calendars are blocked out for the month of February.

Communication @ Competitions

Youth sports can be an emotional experience. Parents/guardians are asked to respect the 24-hour rule for contacting any coach, admin, or gym owner with any negative comments or complaints.

If parents respect the 24 hour rule, their concerns are MORE likely to be fully addressed in a reasonable discussion. More importantly, the kid's enjoyment of the competition won't be marred by an ill-timed confrontation. The intent of this rule is to move an emotional and confrontational discussion away from the presence of the players, and to allow the parties to 'cool off', compose themselves, and put the incident or situation that occurred in perspective before meeting to discuss it.

ROCKSTAR CHEER ATLANTA

GENERAL COMPETITION POLICIES

All Rockstar Showcases and Competitions are REQUIRED.

Every time an athlete puts on a uniform and performs is HUGE for us. We want our athletes to feel the power of positive vibes and energy from their friends and family.

Please read the following competition day policies:

- **Arrive on time:** All athletes should arrive to the competition at the designated MEET time READY for the day; this includes, make-up on, hair up, uniform on, uniform jacket on, and cheer shoes on. Athletes with improper hair and make-up will be required to fix it prior to meeting your coach for check-in.
- **No jewelry** is allowed at competitions per the USASF guidelines.
- **Fingernails:** Only white, black, nude or french color is allowed. Nail length must be trimmed to a safe length. Long nails, whether real or fake, will not be allowed due to the safety issues it causes for athletes in stunt groups. Coaches will trim if necessary.
- **Modesty:** USASF requires all senior-age squad athletes with a 2-piece uniform to have on their warm-up jacket any time they are not backstage or on the performance surface.
- **Travel:** There must be a parent in every room. Your cheerleader must have a chaperone at every competition. Your coach, team mom, or any Rockstar employee cannot be your child's chaperone.



ROCKSTAR CHEER ATLANTA

TEAM PRACTICE RULES

GENERAL

- You have set practice times. There is a quote, "Early is on time, on time is late and late is unacceptable." Learn to live this and you'll be an awesome adult!
- If you will be late you must notify your coach. If you will be absent you must notify your coach.
- NO GUM for any reason allowed in the gym.
- No excessively long fingernails.
- Practice clothing must be worn as scheduled on your team monthly calendar.
- Lost, damaged, or misplaced items will be replaced at your expense.
- You are expected to treat your teammates and coaches with mutual respect.
- Anyone late or dressed incorrectly will stay after practice for a conditioning consequence.

COMMUNICATION & SOCIAL MEDIA

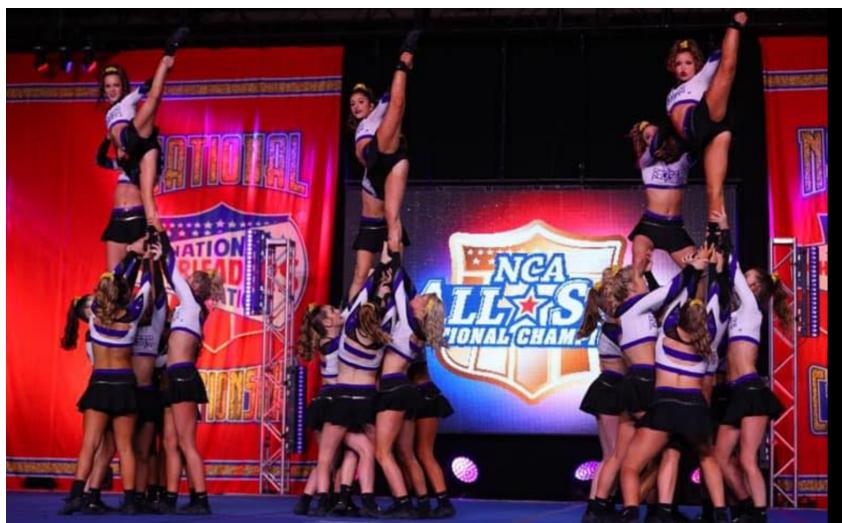
- Most communication is through the groupme app. Athletes are expected to have access to this group and will be held responsible for the information sent. If an athlete does not have a phone it is the parent's responsibility to relay all information to their child.
- If you are caught sending inappropriate messages on social media you will be removed immediately.
- Many of you have friends at other programs. You communicate through snapchat, twitter and Instagram to name a few. Anything you say is a direct reflection on this program. Learn the power of social media and use it positively.
- A member of Rockstar Cheer Atlanta must at all times be a good and positive reflection of his/herself and teammates. Abusive behavior, lying, and or any form of negative behavior are grounds for removal. We have a ZERO tolerance policy for alcohol and drug use. We will not tolerate negative comments about members of your team, the program or other teams and their programs.

TEAM POSITIONS

- Every year an athlete will have the opportunity to fly, base, back spot, front spot or tumble. Being one position one year does not guarantee that position every season.
- If you are a flyer you will have a separate groupme for posting body positions, or flex exercises outside of practice days. This is a requirement to remain as a flyer.
- Flyers unable to meet requirements must learn to base or be moved to another team.
- You are expected to maintain the skills demonstrated by you at tryouts. Tumbling classes will become mandatory to any athlete who loses any skills throughout the season.

ABSENCES: 3 excused and 1 unexcused absence

- EXCUSED:
 - Contagious illness supported with a doctors note, graded school function, death in the family
- UNEXCUSED:
 - homework, school dance, football games, traffic, tired, no transportation



ROCKSTAR CHEER ATLANTA

MISC INFO

You are part of a brand, a program, and a gym family.

ROCKSTAR SUPPORT

- We ask our fans and family to support Rockstar at every event. By wearing rockstar colors or Rockstar brand apparel you solidify your support of your child, their team, the gym and the program.
- There is no place for negativity. Your child's time in youth sports is too short to be spent complaining.

COMMUNICATION

- It is a parents responsibility to know what is going on with your child's team at all times. Please stay up-to-date with groupme notifications, emails, etc.

GOSSIP AND LOBBY ETIQUETTE

- The lobby area is for your convenience to watch your athlete practice.
- Siblings should not be left unattended in the facility nor are they to be running around the facility.
- Our lobby should be a POSITIVE environment. It is your job as a parent to love and support and to leave the coaching to us. We will not tolerate any gossiping about other children, your team, your coaches.
- No negative comments on any social media platform of any kind. If negative comments are brought to the owners you will be dismissed immediately.
- Anyone threatening to quit or pull his/her child from a team will be dismissed immediately.

NEW YEAR - NEW SEASON

- Rockstar team members are not allowed to train at another facility during the all-star season; May-April. If you are caught doing so you will be removed from the program immediately.
- Every year an athlete will have the opportunity to fly, base, back spot, front spot or tumble. Being one position one year does not guarantee that position every season.
- Tuition does not pay for the right to perform. Individuals must meet level skill requirements in order to compete.
- Coaching decisions are final decisions.
- Athletes who are selected as flyers must maintain flexibility and skill requirements. You should understand coaches will require submission of body positions and/or stunt sequences. It is the flyer responsibility to follow these instructions without reminders. If you do not post you will not fly.
- Rockstar reserves the right to change divisions or levels at anytime throughout the season. .

PRIVATE LESSONS

- Private lessons are scheduled and paid directly with the coach of your choice. \$40/half-hour, \$70/hour. This can be paid in cash or via venmo. Payment is expected at time of services.

SEASON-ENDING COMPETITIONS

- All season-ending bids (invitations) belong to Rockstar not to an individual. Rockstar will make the decision about which events to attend and reserves the right to replace an athlete for any reason to provide the very best Rockstar has to offer.

TUITION, FEES AND PAYMENTS

- All monthly fees are added to accounts on the first of the month and are expected to be paid by the 9th. On the 10th of the month a late fee of \$10 will be added to the account. Once added, this fee cannot be removed without written authorization from the owner.
- Monthly tuition is not prorated for any reason including, vacations, injuries, illness, etc.
- All fees paid to Rockstar are non-refundable.

EARLY TERMINATION FEE

- Rockstar will require a \$500 early termination fee to anyone deciding to end (quit) their season after choreography (July). This fee is meant to show the level of commitment we expect from our athletes and families. Every person on the team is making both a time and a financial commitment based on every single person alining with the same goals.

ROCKSTAR LOGO AND BRAND LIKENESS

- The logos of Rockstar Cheer and Rockstar Cheer Atlanta belong to the owners of Rockstar. You cannot sell or create your own apparel or other items. This includes team names in reference to cheer, and any likeness to the Rockstar name or brand without expressed written permission of the owners.
- ***Rockstar reserves the right to change, add, or subtract any rule in this packet at any time.***

ROCKSTAR CHEER ATLANTA

FAQ

Some answers to a few FAQ

What are the possible days and times of practices?

- Exact days and times of practices will be included in your placement letter. We divide the season into two training seasons; summer and academic year.
- Practice days will use a combination of Monday/Wednesday or Tuesday/Thursday for practice days plus Friday for team tumble in the summer. In August, practice will shift to a mandatory Sunday practice day plus either M/W or T/Th for practice and team tumble.
- Practice times vary. Most teams are 6-8, 6:30-8:30 7-9 or 8-10. The older teams are later. And, the younger age teams, tiny or mini, could start as early as 4 or 5.
- During the academic year training on Sunday practices will begin after 1:00
- Most Mini/Tiny will have a M/W/F or T/Th/F for a year-round practice schedule.
- Most other teams will shift and have mandatory Sunday practices during the academic year.

○ Summer

- Summer is defined as June until school begins.
- Teams will have 2 practice days; typically Monday/Wednesday or Tuesday/Thursday. Plus, a team-tumbling block on Friday morning.
- If you are in town all practices are mandatory.
- All vacations are allowed and encouraged. Please submit notifications via email to Katie.
- We do not train on the weekends, when possible, over the summer

○ Academic Year

- Once school begins - May.
- Teams will continue to have 2 mandatory practice days; one on Sunday and one during the week from their original practice schedule, either Mon/Wed or Tues/Thurs. The remaining weekday practice will become the team tumble block.
- Attendance is mandatory and is taken on practice days.
- Attendance is NOT taken during the team tumble block. There will be times when this practice time will shift and become mandatory.

My child has no cheer experience. Can they still make a team?

Yes. No experience is necessary. A desire and a willingness to make a commitment and learn is all that is needed.

Will my child learn new tumbling skills while on a team?

We are a **developmental** gym. This means we teach skills at every single practice. We **NEED** your athletes to develop, learn, grow and master skills throughout the season.

My child wants to be on a team with a friend? Or, my child also participates in another activity. Can you accommodate these special requests?

We love to see friends come into the program together; however, we place our teams based on individual skills and possible position on the team; therefore, we cannot guarantee any friend requests. It is possible to participate in other sports or extra curricular activities while being an all-star cheerleader but our practice schedule is firm and our attendance policy protects the team from too many absences which will hinder the progress of the team.

ROCKSTAR CHEER ATLANTA

HOW TO REGISTER



Step 1:

- Head over to www.rockstarcheeratlanta.com
- Create an account (if a new member)
- Search under "classes" for 2022-2023 Tryouts
- Select the day/time of your choice



Step 2:



- Stay on www.rockstarcheeratlanta.com
- Click the "Tryout Forms" and complete

**must be completed to participate in tryouts*



ROCKSTAR CHEER ATLANTA

EVALUATION FORM



INDIVIDUAL EVALUATION

NAME: _____

BIRTH DATE: _____

MY STUNT EXPERIENCE IS: (CIRCLE ONE)

MAIN BASE SIDE BASE BACKSPOT FLYER NEW TO THE SPORT

MY GOAL THIS SEASON IS TO MAKE LEVEL: (CIRCLE ONE)

1 2 3 4 5 6

OUR PLAN IS TO HELP EACH ATHLETE ACHIEVE THEIR PERSONAL GOALS WHILE ALSO KEEPING IN MIND THE TEAM AND PROGRAM GOALS. ANY ATHLETES THAT PERFECT AND GROW THEIR SKILLS OVER THE SUMMER MAY BE MOVED TO A DIFFERENT LEVEL. PLEASE KEEP IN MY MIND THAT TUMBLING IS NOT THE ONLY AREA CONSIDERED WHEN PLACING TEAMS.

LEVEL 1
BACK ROLL
BACK WALKOVERS
ROUNDOFF
FRONT WALKOVER
BWO SERIES
CARTWHEEL BWO
FWO, CARTWHEEL, BWO

LEVEL 2
STANDING BHS
BACK WALKOVER BHS
ROUNDOFF BHS
ROUNDOFF 2 BHS
FWO RO BHS
BHS STEP OUT BWO BHS
BHS T JUMP BHS

LEVEL 3
STANDING BHS SERIES X3
RO TUCK
RO BHS TUCK
PUNCH FRONT
TOE TOUCH 2 BHS
SPECIALTY PASS TO TUCK
ARIEL

LEVEL 4
STANDING TUCK
STANDING BHS TUCK
CARTWHEEL TUCK
RO BHS LAYOUT
RO WHIP TUCK
BWO TUCK
PF THRU TO LAY
WHIP THRU TO LAY

LEVEL 5
STANDING 2 BHS TO LAY
STANDING BHS LAY
STANDING BHS WHIP TUCK
RO BHS FULL
ARABIAN
SPECIALTY PASS TO FULL
TT BACK TUCK

LEVEL 6
STANDING 2 BHS TO FULL
STANDING BHS TO FULL
CARTWHEEL FULL
STANDING FULL
RO WHIP FULL
RO BHS DOUBLE
3 BHS TO DOUBLE
SPECIALTY TO DOUBLE

JUMPS
BELOW EXPECTATIONS
MEETING EXPECTATIONS
EXCEEDS EXPECTATIONS

FLYER FLEXIBILITY
BELOW EXPECTATIONS
MEETING EXPECTATIONS
EXCEEDS EXPECTATIONS

LEARNING PERFECTED

LEVEL 1	LEVEL 1
LEVEL 2	LEVEL 2
LEVEL 3	LEVEL 3
LEVEL 4	LEVEL 4
LEVEL 5	LEVEL 5
LEVEL 6	LEVEL 6

HIGHLIGHTED SKILLS WERE PERFORMED WITH PERFECT TECHNIQUE.
CIRCLED SKILLS WERE PERFORMED AND STILL NEED TECHNIQUE WORK.