



# Competition Cheer Rules and Regulations

## CLASSES:

Competition Cheer Team members are required to take the weekly Competition Cheer Class *and* the 30 minute Competition Cheer Tumbling Class during the year. The Competition Cheer class will focus on stunting and the routine as a whole with both coaches, while the Competition Cheer Tumbling Class will focus strictly on tumbling and conditioning. You are encouraged, but not required, to take any *additional* open gym, cheer, tumbling, or dance classes that you wish, as they would all be beneficial to you.

## ATTENDANCE:

Attendance is very important for a competition team. Every person must use their best effort to attend all regular, technique and competition classes. **Members are allowed 3 unexcused absences from their competition class during the year.** Upon the 4th unexcused absence, the member will immediately and unfortunately be dismissed from the team.

*Excused: Family event (wedding, funeral), Contagious illness (accompanied by a Dr's note), School functions where a grade is received*

*Unexcused: Non-contagious illness, Injury, Sports/Extra curricular functions, Homework, Work, Tardies*

As a general rule, if they were sick from school, or sent home from school, they should not participate that evening. If they are contagious, they will be excused with a Dr's note. However if they are not contagious, it's a good idea to have them attend and observe so they do not get behind. Tardies will not be tolerated; it is important to be on time. **For every two tardies, you will receive an unexcused absence. If a student is tardy for a performance or competition it will count towards his/her allotment.** All team members must be present at the last practice before a competition or performance. Important information is given at that time, along with any last minute corrections or changes. An unexcused absence the practice before a competition/performance will result in not participating in that competition/performance.

## CLASSROOM ATTIRE:

Classroom attire is very important, especially for safety while stunting and tumbling. The instructors need to be able to see your body lines to make sure you are doing the movement correctly. **Shorts and cheer shoes are a requirement!** For your safety, no baggy clothing will be allowed. You may wear cover-ups (such as pants, capris, sweatshirts, etc.) during warm ups, but will be asked to remove them after stretching is completed. Hair needs to be pulled back out of the face and off the neck; ponytails, buns and braids are best. If a member fails to adhere to the classroom attire guidelines, they will not be able to participate in class and it will be counted as an unexcused absence.

## COSTUMES & SHOES:

These costumes will be worn at all competitions throughout the season, in addition to extra performances and the recital. Cheerleading uniforms are made according to each member's measurements and for the activities of cheer. The cost is \$200.00, which includes the uniform, bloomers and hair ribbon. Uniforms will be used for two seasons (2011-2012 is the first year of this rotation for Orion, and second year of this rotation for Hydra). Therefore, all members of Orion, and new members of Hydra will need to order a new uniform. Measurements will be taken at summer camp and uniforms will be ordered the following week in order to receive them in time for our first competition. New members will also need to purchase new cheer shoes, the cost is \$50.00. Cheer shoes will be used for two seasons (2011-2012 is the second year of this rotation). We will order shoes for those that need them at camp.

## WARM-UPS:

Warm-ups are required and can be purchased for \$115.00 for both the jacket and pants. Warm-ups also protect the costumes from getting spilled on or damaged. Returning members will not need to purchase this, as the same warm-up will be used for several years, so please order large.

## MAKE-UP/GLITTER AND HAIRPIECES:

All girls are required to wear "stage" make-up and glitter to each performance/competition. A unison look is best and when team members have different colors on their faces, it breaks up the continuity of the group and overall look of their performance. Team

members are required to purchase a make-up kit from the studio for a cost of \$35.00. The same make-up will be used from last year, so only new team members are required to purchase this item for 2011-2012. All team members are also required to wear a ponytail hairpiece, this is an additional cost of \$35.00 and will be ordered during camp.

### **COMPETITIONS:**

The Competition Cheer team will attend 5 competitions this year in the midwest. We will have one back-up option in case a competition is cancelled, or some other reason beyond our control. We will only attend the back-up competition if one of the scheduled competitions is cancelled (it will not be voted on as an optional additional competition). **All competitions are MANDATORY.** That is the entire purpose of joining the team – to compete. There will be consequences for any member that does not attend a competition and will be determined at the discretion of the directors.

We are a traveling team. Some competitions can be scheduled for Friday-Sunday of a given weekend. Please clear your **ENTIRE** weekend for the competition. Unfortunately, the competitions will not advise us as to our performances times until a week before each competition. Therefore, it is impossible for us to know when your child will perform – it could be at any time! As soon as we find out the schedule, we will let you know. We will give you a meeting time, performance time, and award ceremony time. It is crucial that you arrive on time, in costume and warm-up with make-up and hair done and ready to go, as some competitions run ahead of schedule.

For some competitions a hotel stay is required. A member of the Superstars staff will reserve a block of rooms at a chosen hotel. Booking and paying for your hotel room will be your responsibility. To enhance team bonding, the entire team will stay at the same hotel.

Scoring cheer competitions is point based and subjective. There are usually between 3-5 judges watching the routines and scoring on the categories of technique, entertainment value, performance aspect, costume, music choice, age appropriate, skill appropriate, etc. The award ceremony begins after all of the teams have performed for that level and age group. Every team goes to the mat and sits together. The coaches will designate 1-2 team members to go collect the trophy and represent the studio. Award ceremonies are mandatory as well.

Please remember at all competitions and public performances, you are representing the Grimes Superstars. We all need to be on our best behavior at all times. Please act appropriately and show respect for the competition, other cheer teams and ourselves. All cheerleaders need to be with their parents or a chaperone until their coaches take them to the warm-up area. Your coaches will be too busy during the competition to watch over the students.

### **FUNDRAISER:**

Competition team members only will be eligible to participate in a fundraiser in the fall. All profit earned will be credited to each student's individual account. This credit will be deducted from the following month(s)'s automatic payment amount.

### **ACCOUNTS:**

It is essential that all accounts remain in good standing throughout the year so that we can continue to offer this wonderful opportunity to our students. **Those students with a past due balance on their account will not be allowed to audition for any competition team.**

### **RECITAL:**

Members of the team will perform in ALL recitals. In addition members of each competition team at the studio will perform in the Finale. Participating in all shows and finale is a tremendous honor.

### **SPECIAL PERFORMANCES:**

Members of the competition team are the ones who represent the studio to the community. Throughout the year, the Superstars are asked to perform at special events such as parades, community and semi-pro basketball games, Grimes Governor's Days, etc. As a competition member, you are expected to participate in all events. \*Important: The cheer teams bring along their mats for safety, and we ask each parent to volunteer and help us transport the mats to these performances.

***Our goal is to have fun while working hard and pushing ourselves to the next level. All competition classes and functions should be approached with this theory in mind.***

*\*We reserve the right to alter these rules/guidelines as we see necessary in order to best benefit the studio and team.*

*\*Grimes Superstars follows the zero tolerance policy regarding drugs and alcohol. Any team member under the influence of these substances will be immediately dismissed from the team. No refunds will be given for paid tuition or previously purchased items.*

# Grimes Superstars Competition Cheer 2011-2012 Required Dates\*

(revised 8/1/11)

Cheer Camp	Wednesday-Friday, August 3 <sup>rd</sup> -5 <sup>th</sup> Saturday, August 6 <sup>th</sup>
2011 Dallas Center Fall Festival Parade	Saturday, August 27 <sup>th</sup> , 2011
Competition #1: Winterfest	Ankeny/Des Moines, IA Sunday, November 13 <sup>th</sup> , 2011
Competition #2: Hawkeye Championship	Des Moines, IA Saturday, December 10 <sup>th</sup> , 2011
Christmas Show	December 17 <sup>th</sup> , 2011
Competition #3: Spirit of America	Minneapolis, MN Sunday, January 22 <sup>nd</sup> , 2012
Competition #4: JamFest Wacky Jam	Omaha, NE Saturday, February 4 <sup>th</sup> , 2012
Johnston HS BB Halftime Performance	Friday, February 10 <sup>th</sup> , 2012 ( <i>tentative</i> )
Competition #5: Rolling Prairie Challenge	Des Moines, IA Saturday, February 11 <sup>th</sup> , 2012
Iowa Energy BB Game Performance	Tuesday, February 21 <sup>st</sup> , 2012
Back-up Competition: Cheer Stunt Academy	Quad Cities, IA February 25 <sup>th</sup> , 2012
DC-GHS BB Halftime Performance	(Date TBD)
ISU or Drake BB Halftime Performance	(Date TBD)
Picture Day	April 28 <sup>th</sup> , 2012
Staging Rehearsal and Recitals	May 11 <sup>th</sup> -13 <sup>th</sup> /18 <sup>th</sup> -20 <sup>th</sup> /June 1 <sup>st</sup> -3 <sup>rd</sup>
2012 Grimes Governor's Days Practice, Parade and Performance	June 9 <sup>th</sup> , 2012

\*Dates/Events are subject to change. Members of the competition team are the ones who represent the studio to the community. Throughout the year, the Superstars are asked to perform at unexpected special events. As a competition member, you are expected to participate in all events. *This is especially important for the Cheer Teams because if one member is not in attendance, the team will be unable to perform their stunts as usual.*

# Grimes Superstars Competition Cheer 2011-2012 Price List

Superstars' student fees such as Registration Fee and Recital Fee also apply. No discounts apply to these classes and they are not considered when figuring Sibling or Additional class discounts.

## ★ Tuition:

Hydra Competition Cheer class & tumbling class	\$55.00/month
Orion Competition Cheer class & tumbling class	\$65.00/month

★ Summer Cheer Camp /August Tuition: \$100.00

## ★ Entry Fees:

\$55/routine x 5 competitions \$275.00 ÷ 4 months = \$68.75

## ★ Costume:

Uniform, Bloomers & Hair Ribbon \$200.00  
\*Will be used for 2 years; 2011-2012 is the 1<sup>st</sup> year of this rotation for Orion & 2<sup>nd</sup> year for Hydra

★ Warm-Up Outfit: \$115.00

\*Same as 2010-2011

★ Merchandise: \$ \_\_\_\_\_

- Cheer shoes (\$50.00)  
\*Will be used for 2 years; 2011-2012 is the 2<sup>nd</sup> year of rotation
- Make-up/Glitter kit (\$35.00)  
\*Same as 2010-2011
- Hair Piece required for all performances (\$35.00)  
\*Same as 2010-2011

## ★ Not Included:

- Team apparel (optional) will be available to order during camp (\$20.00-\$30.00).
- Competition travel expenses including gas and hotel.

# Grimes Superstars Competition Cheer FAQ's

We understand as a new competition team parent, there can be many questions and concerns about what takes place. We've gathered a few of the questions we've received from students and parents and tried to answer them to the best of our abilities. Please don't hesitate to contact the coaches or the studio for further information.

## **1. WHY IS THERE SO MUCH GOING ON IN DECEMBER, JANUARY AND FEBRUARY – CAN'T WE SPREAD THINGS OUT TO MARCH AND APRIL?**

Unfortunately, competition season occurs during basketball season so it is a very busy time (Dec-Jan-Feb). There aren't opportunities in the later half of March or into April, but this also gives us time to change the routine up a bit for recital in May and learn our Finale routine!

## **2. HOW EARLY DO THE GIRLS NEED TO BE THERE PRIOR TO A BALLGAME PERFORMANCE?**

The specific meeting times will be emailed out the week before. We usually meet an hour before in uniforms with hair and make-up done. At this time, the girls will go with the coaches to warm-up and stretch together, then run the routine a few times.

## **3. ON PERFORMANCE NIGHTS AT THE BALLGAMES, DO THE GIRLS (AND PARENTS/SIBLINGS) RECEIVE PASSES FOR ENTRY?**

Performers will enter at no charge. The parent/sibling entry fees vary for each of the basketball games, the parents will be responsible for the cost of admission.

## **4. DO YOU FORESEE NEEDING ADDITIONAL PRACTICES BEFORE THE FIRST COMPETITION?**

No. Our last practice will be a dress rehearsal before our first competition.

## **5. WILL THE TUMBLING NIGHT CLASS BE USED TO RUN THROUGH THE ROUTINE CLOSER TO COMPETITION TIME?**

Potentially the week of the competition the team will run through their routine, but tumbling class is designated to work on individual tumbling. This is to ensure progression in the girls' tumbling growth.

## **6. WHAT ARE THE EXPECTATIONS ON HOW THEY'LL MATCH UP IN COMPETITIONS? (DIVISIONS/LEVELS)**

U.S. All-Star Federation (USASF) establishes the age brackets, divisions, and levels for All-Star cheerleading. A complete listing of rules can be found at <http://usaf.net/safety/cheerrules/>. Level 2 attached.

**DIVISIONS:** Each competition is different and divisions aren't required or applied at each competition. There may be 2 other teams they compete against or there may be 10 other teams. We never know until the week before when we receive our competition times.

**LEVELS:** The level rules help make sure that the teams we compete against have the same rules and regulations, so we are not going up against a team that has twice as many kids or experience. This year our goal is to have Hydra compete at Level 2 Youth; Orion competes at Level 2 Junior. Grimes Superstars teams do not compete against one another at any competition.

## **7. DO THE GIRLS SHOW UP TO THE PERFORMANCES FULLY DRESSED OR DO THEY CHANGE INTO THEIR UNIFORMS WHEN THEY ARRIVE?**

They should arrive in their warm ups with their uniform underneath (top) and their skirt in their bag (usually because it's cold!). Their shoes should be in their bag but their hair and make-up should be ready to go.

## **8. WILL WE BE THERE ALL DAY AND WHAT TIME DO WE ARRIVE TO A COMPETITION?**

In most instances, it is an all day event. We will not know our performance time until at least a week prior to the event. We will pass on the information as soon as we receive it.

## **9. WHAT WILL THE COMPETITION DAY BE LIKE?**

Students are responsible for their own transportation to and from all competitions. Teams will arrive *at least* an hour before performance time to register (time TBD week prior to event). Both teams will stay with the coaches for warm-ups outside the

performance area. Teams will get to practice their routine at least twice on the warm-up mats in the rehearsal area before they perform on the competition floor. Once Hydra performs, they will stay in uniform to cheer on Orion (or vice versa depending on performance times). Following all of the performances will be the awards ceremony. After the awards are complete, they'll be free to leave. Most competitions do not allow video or photography, but you can purchase the entire competition DVD from the vendor. Also, there is usually a spectator fee to enter the competition and there are always concessions and cheerleading apparel vendors.

#### **10. WILL THEY HAVE SPOTTERS AT THE COMPETITIONS?**

Most of the time, the competition host will provide spotters. If they do not provide spotters, the coaches can ask to be on the mats with the girls to spot but we will not be able to "help" get a stunt up or spot a tumbler. Again, the spotter situation varies by competition.

#### **11. I'M CONCERNED ABOUT THE MAKE-UP AND HAIR!**

Think "stage make-up" – too much is probably barely enough! In most instances, the girls will perform under lights more than 30 feet away. The make-up application demonstration is online at <http://www.bastar.com/store/cheer/bestsellers/> and click on the "Rock N Roll" kit.

The hair was demonstrated at camp, but we'd be more than happy to show you again if you bring it to class with your questions. The ponytail should be as high up on the head as possible and use as many bobby pins as possible. Once you have it in place on her bun, have her throw her head around and make sure it doesn't come loose. This year, the girls can wear their bangs how they chose, but they need to be OUT OF THEIR EYES. If they are long enough to get in the way of their face/eyes, they need to be pinned back! New members will receive their ribbon hair-ties in the next few weeks.

If there is something more specific regarding your daughter's appearance for competitions, please don't hesitate to ask the coaches. We will have a dress rehearsal so all team members have a "practice round" of hair, make-up, and performing in their uniform.

#### **12. MY DAUGHTER IS EXTREMELY NERVOUS/ANXIOUS ABOUT THE COMPETITIONS. HOW CAN I EASE HER FEARS?**

It is a natural reaction to be nervous and anxious about competitions, which is why we are continuing to work on their routine in its entirety, every Tuesday night as many times as possible. And most times, the parents are more nervous than the cheerleaders. During each competition, the coaches and other competition team will get to sit at the front of the mat to cheer on their fellow Grimes Superstars. If a stunt drops, the girls have been told they should "spirit" but keep track of their counts so they continue with the rest of the routine. We invite parents to be our audience during our dress rehearsal and our first competition is really small, hopefully preparing the girls for what is to come. Everyone makes mistakes; it's all part of the learning process.

#### **13. WHAT DOES MY DAUGHTER NEED TO WORK ON?**

Your daughter can always be working on her motions (chant/dance) and tumbling, but competition cheerleading is a team sport. We will continue going through their routine over the coming weeks, breaking it down into pieces so each "part" gets concentrated on. If you feel there is a specific area of the routine your daughter is having trouble with, please ask the coaches specifically how she can improve.

#### **14. HOW CAN PARENTS HELP?**

*LEARN THE COMPETITION TEAM CHANT!* Both Hydra and Orion perform the same chant (with different motions) so it's important we get lots of parent response when our girls are on the competition mats! *"Watch out, we're back – the pink, black and white! The Superstars are number one – that's right!"*

*HELP WITH MATS!* For each non-competition performance on the schedule, we roll up the blue practice mats from the studio and take them to the venue where we are performing. Without the mats, we cannot perform. Unfortunately the studio does not own a vehicle to transport these mats, which is where we need your assistance! Anyone with a truck, large SUV, or van that can help transport these mats, should sign up with the receptionist. The help doesn't stop there! These mats are very heavy so even if you don't have a vehicle, we still need your assistance loading and unloading. More information before each performance will be sent to the parents regarding the time and place to meet for mats.

*BE ENTHUSIASTIC & SHOW GOOD SPORTSMANSHIP!* Think about supporting your favorite sports team – you wear their logo and team colors proudly, right? It's the same for parents attending cheerleading competitions! We value healthy rivalry and encourage team spirit! We want to train our athletes to be strong in body and mind while showcasing their talents and hard work. Whether we finish first or last, we hope the team members enjoy the experience, learn from it, and HAVE FUN! After all, that's what it's all about!

# REMINDERS . . .

- ★ Please come to camp THIS Friday, August 5<sup>th</sup> to help size uniforms, warm-ups, shoes & hair!  
Hydra Parents 7:00-7:30 (*Returning Hydra members: please bring your uniforms*)  
Orion Parents 7:30-8:00
- ★ Lock-in Info Saturday, August 6<sup>th</sup> from 6:30pm-10:00am  
(Remember to bring your decorated picture, ribbon, pillow, sleeping bag & \$10 for the lock-in)
- ★ "Bring It On" ticket payments (\$40.50/ticket) are due the first week of class (Tuesday, August 30<sup>th</sup>)

# NEW THIS YEAR . . .

- ★ CHEERLEADERS WILL GET MORE TUMBLING TIME IN THE GYM!

*Wednesday 7:00-8:00pm (open to the public)*

*Saturday 9:30-10:30am (open to competition cheerleaders only!)*

Cost is only \$5/class! Punch cards available: 6 weeks for \$25!  
Supervision and spotting is provided for safety and encouragement; come in and work on your individual goals!



## ★ Meet our NEW FUNDRAISING MOM:

Dawn Ekdorn will be organizing and running fundraisers throughout the year for both the dance and cheer competition teams. These will help raise money for your individual studio accounts and/or team goals.

- ★ Check our website for copies of competition notes & information sent home. . .

<http://www.grimessuperstars.com/competition.htm>



- ★ Find us on facebook. . . we will post pictures after competitions and events, and invite you to share your pictures and comments, too. . .

<http://www.facebook.com/pages/Grimes-Superstars/102780899796189>