

Showtime Spirit

CHEER • DANCE

**HANDBOOK
2009-2010**

TABLE OF CONTENTS

INTRODUCTION	4
GENERAL RULES	4
QUESTIONS, CONCERNS OR SUGGESTIONS	5
TEAM PLACEMENTS	5
PRACTICE POLICIES	7
<i>TEAM COMMITMENT</i>	<i>7</i>
<i>TARDINESS</i>	<i>7</i>
<i>ABSENCES</i>	<i>7</i>
<i>PRACTICE ATTIRE</i>	<i>8</i>
<i>BRINGING VALUABLES TO PRACTICE</i>	<i>8</i>
INJURIES	8
COMPETITIONS	9
<i>COMPETITION DRESS CODE</i>	<i>9</i>
<i>COMPETITION TRAVEL</i>	<i>10</i>
<i>SUPPORTING OTHER SHOWTIME TEAMS</i>	<i>10</i>
<i>COMPETITION ATTENDANCE</i>	<i>10</i>
USE OF SHOWTIME NAME, LOGO, PICTURES & VIDEO	11
FINANCIAL COMMITMENT	11
DISCLAIMER	12
IMPORTANT DATES	13
<i>Mandatory Summer Practice Dates</i>	<i>13</i>
<i>Camp and Choreography</i>	<i>13</i>

Competition Dates

13

Gym Closings

14

INTRODUCTION

Welcome to Showtime Spirit. We are delighted that you have chosen to become a part of our program.

We are excited to begin what we know will be another successful year at Showtime Spirit. We are providing you with this handbook which will address the important policies and guidelines for participation with Showtime Spirit. We believe that with support and dedication from our owners, staff, coaches, parents and athletes, we can build Showtime Spirit into an organization that will be a leader in our industry. As a business we will not only focus on developing our team members' cheerleading and dance skills, but we will insist on setting high standards of behavior for staff and athletes. We pride ourselves on having everyone associated with Showtime Spirit act as role models for our sport and our community. We welcome you and your athlete into our family.

GENERAL RULES

- ★Only staff members and team/class members are allowed in the gyms/studio.
- ★Absolutely no food, drinks, or gum allowed in the gyms/studio.
- ★Do not attempt to communicate with team/class members during practices/classes while they are in the gyms/studio as this is extremely distracting to coaches and athletes.
- ★Use of profanity is prohibited.
- ★Derogatory or abusive language is prohibited.
- ★Gossip about Showtime Team Members or any other team is prohibited. (This includes posts to social websites or message boards.)
- ★Only staff is allowed to be behind the front desk.
- ★Athletes may not "play" in gyms/studio while they are waiting for practice to start or a ride to come.
- ★Athletes should only be at the gym/studio if they have practice or tumbling. If a team member needs to come to Showtime more than 15 minutes before practice or stay more than 15 minutes after practice due to transportation issues, please communicate with the front desk to make sure that staff is aware of this.
- ★We encourage you to report incidents of general rule violation to the front desk.

QUESTIONS, CONCERNS OR SUGGESTIONS

If you ever have a question, concern or suggestion regarding your experience with Showtime Spirit, please feel free to contact our staff. It is our goal to provide you with excellent customer service.

Please address your questions, concerns or suggestions to our staff in the following order:

1. Front Desk
2. Head Coach
3. Director
 - Dance: Tora
 - Tumbling: Debbie
 - Cheer: Saleem
4. Owners
 - Andre and Saleem

You may call the office at 859-317-8737.

You may email us at info@showtimespirit.com.

Please do not attempt to raise a question or concern with a coach right before or during a practice. We want to give your issue our full attention. Please choose a time when we may effectively do so.

We will do our best to resolve concerns in a matter which is agreeable to both the staff and the member. Please do not threaten to remove your athlete from the team as a means of coercing the staff to resolve concerns in your favor.

TEAM PLACEMENTS

- ★Athletes will be credentialed according to USASF level guidelines.
- ★Athletes will be placed on the appropriate team at the discretion of the coaches.
- ★Athletes may be moved from one team to another at the coach's discretion.
- ★Teams will compete at the level and in the division deemed most appropriate by the staff to maximize success for the team.
- ★Please be assured that our staff and owners are highly skilled cheerleaders, dancers and instructors. Careful deliberation and consideration is made with regards to decisions about our teams and their members. We trust in your ability to parent your child, and we ask that you trust in our ability to coach your child.

DOUBLE COMPETING

- ★Athletes may be asked to compete on more than one competitive Showtime Team at the coach's discretion. In the event that a coach asks a team member to double compete and the athlete accepts, entry fees for the second team will be paid by the competitor.
- ★Athletes may request to compete on more than one competitive Showtime team. If the request is approved by the coaches, all entry fees for both teams will be paid by the competitor.

JOINING A TEAM AFTER TRYOUTS

- ★Persons wishing to join a Showtime Team in the "middle of the season" will be evaluated by the coaches and may be added to a team at the coaches' discretion.

LEAVING A TEAM IN THE MIDDLE OF A SEASON

- ★Violation of Showtime policy may result in a member's removal from the team.
- ★If you choose to cease to participate on a Showtime Competitive team before that team's season is complete, you must communicate your intentions to the Showtime staff in writing.
- ★Please be aware, that leaving a Showtime competitive team in the middle of a season, may jeopardize your opportunity to participate on a Showtime team in the future.

PRACTICE POLICIES

TEAM COMMITMENT

We are asking that Showtime Team Members give participation on a Showtime Team their highest level of commitment. Keep in mind that cheerleading and dance are team sports, and we accomplish the most with every team member in attendance. Absences and tardiness affect much more than the late or absent individual. Please be respectful to your teammates' time and money by coming to practices and arriving on time.

- ★Please pay careful attention to the list of important dates in this handbook and do your best to schedule vacations and activities around these times.
- ★Be responsible about knowing your practice times which may change from time to time due to holidays, special events, etc.
- ★Check your email regularly or sign up to follow Showtime Spirit on Twitter if you prefer to receive text messages.

TARDINESS

- ★Arrive to all practices early. Be ready to begin practice on time.
- ★If a team member is late to a practice, it will result in extra conditioning time for the entire team after practice.
- ★If you know you will be late to practice, please call the front desk and let our staff know. (859) 317-8737.
- ★Excessive tardiness to practice may result in your athlete being asked to leave the team.

ABSENCES

- ★If a team member must miss a practice, please send an email to info@showtimespirit.com or call (859) 317-8737. Whether or not an absence is considered excused will be up to the discretion of the coach.
- ★Excessive absences from practice may result in your athlete being asked to leave the team.

PRACTICE ATTIRE

- ★Practice clothes will be worn at practices both in our gym and at competitions.
Please treat spirit pack clothing as part of your uniform. Wash and wear it carefully so we will look our best throughout the year.
- ★Team members must wear appropriate practice wear to every practice.
- ★Cheerleaders are required to wear shoes at all times during practices and classes.
- ★Practice clothes will be included in the “spirit pack” each team member is required to purchase.
- ★Before spirit pack items are available through We ‘R’ Spirit, please wear Showtime colors to practice. (blue, black, grey/silver and white)
- ★During the season you may substitute other Showtime shirts of the same color for the “official” practice shirt if the “official” item is not available for some reason.
- ★Hair should be secured in a ponytail with matching hair bow.
- ★For safety reasons, athletes may not wear jewelry of any kind to practice.

BRINGING VALUABLES TO PRACTICE

- ★Avoid bringing valuable items to the gym/studio. (There is locker space available – we highly recommend locking up valuables if you must bring them.) Showtime Spirit cannot be held responsible for loss or theft of valuables.
- ★If athletes must bring a phone to practice, they will be asked to place their phones in the “phone basket” before practice begins so that it is not a distraction to them during practice.

INJURIES

We realize that team members may be injured while cheering, dancing or participating in other activities outside the gym.

If a team member cannot participate at Showtime Spirit due to injury, please bring a note from a doctor stating:

- ★the nature of the injury,
- ★the restrictions on the athlete’s participation, and

★a date the member will be able to return to participating.

The doctor's note is required for practices to be considered excused.

Injured team members are still expected to attend practice.

If an injury is long-term, then other arrangements can be made. Please speak directly to the coach in the case of a long-term injury.

COMPETITIONS

COMPETITION DRESS CODE

It is our goal to have our teams present a uniform, professional, classy appearance at competitions; therefore, we are implementing a very strict dress code for competitions this year.

At the venue, Team Members must wear either:

- ★your complete uniform
- ★your complete warm up (jacket zipped and pants)
- ★do not wear your skirt over your warmup pants.

Only approved team shoes are allowed as footwear at competitions.
(Ugg boots, flip flops, and other athletic shoes are not permitted)

Only team socks, lollies, and sports bras should be worn to competitions.

Team members should arrive at the competition venue with competition hair styled and competition makeup applied. Competition hair and make-up styles will be determined by Showtime Staff and Coaches. All team members are required to wear their hair and make-up as specified by your coach.

If you are not competing, finished competing or have been dismissed from team obligations, you may wear your Showtime Team Warm-up and a Showtime T-shirt. You must continue to wear team approved footwear. You are still representing Showtime Spirit and we want to present that same uniform, classy look.

Athletes may not wear any jewelry of any kind to competitions. Competition rules prohibit jewelry and wearing it may result in disqualification of your team!

COMPETITION TRAVEL

- ★ Showtime Spirit will book blocks of rooms for all team members for all overnight trips.
- ★ Team members will be responsible to make their own reservations in the selected “Team Hotel”.
- ★ All team members are required to stay in the “Team Hotel.”

SUPPORTING OTHER SHOWTIME TEAMS

- ★ We strongly encourage every member of every team to watch and support every Showtime Team when we are at competition.
- ★ If it is not possible or practical for every team to watch and support every other team, then we will group teams together and ask them to support each other.
- ★ Crowd support is very important to our teams’ success. The athletes need your support and scoresheets can include crowd appeal categories.
- ★ Please be supportive of teams other than your own as you would want a large crowd to cheer on your team.
- ★ Parents, relatives, friends and athletes are never allowed to speak with competition officials for any reason.
- ★ Parents, relatives, friends and athletes should not present themselves as representatives acting on behalf of Showtime Spirit concerning accommodations, competitions, etc.
- ★ Parents, relatives, friends and athletes should always conduct themselves in a sportsmanlike manner at all times at hotels, competitions, performances, etc.

COMPETITION ATTENDANCE

- ★ Showtime Spirit will do its best to work with team members regarding other extra curricular and school activities; however, being late to or missing a competition may result in your athlete being asked to leave the team.

USE OF SHOWTIME NAME, LOGO, PICTURES & VIDEO

- ★The name Showtime Spirit and its logo are protected.
- ★At this time We 'R' Spirit has the sole right to produce merchandise with our name and logo.
- ★Please do not go to any other vendor to have apparel or other items made with the Showtime name or logo.
- ★No one is allowed to post Showtime Spirit routine music, choreography, routines, stunts, etc. on the internet. (This includes, but is not limited to myspace.com, facebook.com, and youtube.com)
- ★Never post derogatory comments or gossip about Showtime teams, other teams or members on any website.

FINANCIAL COMMITMENT

- ★All team members will need to select one payment option at the beginning of the season. A detail of each plan is available at the front desk.
- ★A detailed estimate of the seasons expenses can be made available upon request.
- ★All Showtime Spirit Team members are encouraged to put a credit card on file with our office. Willingness to leave a credit card number, even if only as a “back up” payment, results in discounts for the team member’s account.
- ★All Showtime Spirit Team fees are due by the 1st of the month. This includes budget plan payments, monthly tuition payments, and lump sum payments (in their given months).
- ★Payment amounts and total yearly expenses vary by team.
- ★Showtime Spirit does offer “family discounts” and “referral credits”.
- ★If you choose to leave your credit card on file as a backup, payments will be run for you prior to your athlete being asked to sit out of practice and late fees will be reduced.
- ★If an account has a balance due and it is not paid by the 1st of the month, a \$10.00 late fee will be assessed on that account.

- ★Payments made to Showtime Spirit team member accounts are not refundable even if a team member chooses to leave a team in the middle of the season. There may be special circumstances, (i.e. in the case of an injury) under which a member may be able to retain a credit on an account. This determination would be made at the discretion of an owner.
- ★If you choose to cease to participate on a Showtime Competitive team before that team's season is complete, you must communicate your intentions to the Showtime staff in writing. Once we have your resignation in writing we will charge any balance due to your credit card on file and then discontinue to charge future payments.

DISCLAIMER

While great effort has been put into compiling these rules/policies as a complete guide to participation on our competitive teams, Showtime Spirit Owners reserve the right to change, add or subtract any rule/policy as the year progresses and circumstances warrant such additions, subtractions or alterations.

IMPORTANT DATES

Mandatory Summer Practice Dates

Regularly scheduled summer practices will be on weekdays and we will be understanding about absences due to summer activities; however, we are planning to practice on selected weekends. These weekend practices are mandatory.

June 6-7
June 27-28
July 11-12

Camp and Choreography

Showtime will be hiring a choreographer to help design our routine and choreograph our dances. Time with these experts is precious. Please make every effort to have your team member at camps.

Camp Dates are:

July 20-23 – Dance Camp
July 27-30 – Cheer Camp
August 29-30 – Choreography Camp (Tentative) (cheer and dance)

Competition Dates

(This schedule is tentative)

November 14-15 - AmeriCheer - All Cheer & Dance
Columbus - Columbus Convention Center

December 5 - JAMfest “Winter JAM” - All Cheer & Dance
Lexington - Lexington Center

December 12-13 - World Spirit Federation “Indianapolis Super Nationals” - All Cheer Teams
Indianapolis - Indiana Convention Center

January 16-18 - JAMfest “Cheer Super Nationals” - Senior Black, Junior Black, Junior Blue
Indianapolis - Indiana Convention Center

January 31 - JAMfest Live! “Live! Cincinnati” - All Dance & Youth Blue
Cincinnati - Duke Energy Center

February 12-14 - JAMfest “Dance Super Nationals” - All Dance
Cincinnati - Duke Energy Center

March 13-14 - Athletic Championships - All Cheer & Dance not going to the Motor City Showdown

Gatlinburg - Sevierville Events Center

March 20-21 - Great Lake "Motor City Showdown" - Senior Black & Junior Black

This event will only be attended if a team is attempting to qualify for Worlds
Detroit - Cobo Center

April TBA - US Finals - All Blue Teams

This is an Invitation Only event open to All Teams. Registration Fee is Determined by Bid. Location will be decided by January 31st. Location options were Cincinnati, Las Vegas, Oklahoma City, and Virginia Beach in 2009. Cincinnati will be the default location if an agreement cannot be made to attend in another location.

April TBA - USASF Cheerleading Worlds - All Black Teams

This is an Invitation Only event open to Senior & Junior Level 5 teams. The event is held in Walt Disney World in Orlando, typically the last week of April.

Gym Closings

May 22-25, 2009

June 29-July 10, 2009

September 4-7, 2009

November 25-28, 2009

December 21, 2009 – January 2, 2010

Memorial Day

Dead Period for High Schools & Independence Day

Labor Day

Thanksgiving

Winter Break

****Note:** Due to the fact that we add extra practices throughout the year as necessary to get ready for competitions, we do not adjust tuition in months with gym closings. We will be fair to teams and make sure they get the practice time they need to be prepared to compete.

Showtime Spirit

CHEER • DANCE

261 Ruccio Way
Lexington KY 40503

Phone - 859-317-8737
Email - info@showtimespirit.com
Web - ShowtimeSpirit.com