



2022-2023

**Competitive Cheer Program
Information Packet**



WELCOME TO YOUR CHEER FAMILY!

Welcome to the CESG All Star Cheer Competitive program! We are excited to have you join our cheer family for the 2022-2023 competitive season! This packet includes all of the preliminary information regarding team placements, financial investment, practice schedules, competition schedule and commitments.

As always, at CESG we focus on fun, teamwork, and skill development in a positive environment. All of our coaches are passionate about cheer and fostering the love of our sport in our athletes. We do this while pushing them to be their very best, with the focus not just on winning, but developing life skills that will be beneficial to them long after they have hung up their uniform for the final time.

Fundamentally, cheer is a team sport and we believe that exposure to team building at an early age helps to foster a strong feeling of self-esteem and confidence both individually and in a group setting. Your athlete will develop a sense of belonging in cheer, second to no other sport, by developing trust and confidence in her teammates. There is something special about being part of a team, working together to achieve a common goal. Teamwork is the cornerstone of our program, making connections and memories to last a lifetime while doing something you love.

TEAM PLACEMENTS

Team placements are not meant to be stressful and the coaching staff works very hard at putting the best teams together for the upcoming season! During the placement sessions, athletes showcase their current skills in a low pressure environment. We assess each child to decide how to best build the teams and ensure the right fit for all of our athletes. There are many gyms that have Crossover Athletes – this means that an athlete is on more than one team for a competitive season. This does incur more costs and time commitments. We always welcome crossover



athletes, but it is not required. If you are NOT willing to crossover, keep in mind that you will be placed on the team that will most benefit the program as a whole – not necessarily the oldest or highest level team. **Individual team placements will be held on May 24th, you will sign up for a short time slot to assess tumbling and jumping skills. We will then have group placements on May 25th. You will attend the appropriate level based on the individual evaluation.**

Team placements are a complete commitment to CESG. Athletes may not take instruction at any other facility or from any other individual outside of the CESG staff without prior approval. This does not apply to school cheerleading or dance teams, open gyms, or parent's night out programs.

COMMITMENT & ATTENDANCE

Cheerleading is a commitment; this is a team sport where attendance is imperative to the positive experience of all athletes on the team. We realize that the commitment lies with not just the athletes, but the family as well. Please read the following carefully as it is integral to understanding your commitment to CESG! We want the best possible experience for all athletes. A huge part of this means having as many team members in the gym as possible at every practice. When you commit to signing your athlete up to be a member of a competitive team you not only make a financial commitment, but a commitment of your athlete's time as well.

Failure to attend practice during competition season may result in changes to the athlete's role in the routine or the athlete may have to "sit out" of a competition. This should not be considered a punishment, but a natural consequence to not being present in the gym. In order to service all athletes, provide a safe environment, and uphold a high standard of care, we have to be up to date on what we know works for the team, in the safest possible scenario. We respect all the athletes' commitments to the team equally; your athlete missing their team practice affects every member on the team. We expect all athletes to respect the time invested by their teammates and their families. Please read below for our Commitment & Attendance Policy.

Your athlete may have a total of 4 unexcused absences for the length of the contracted season, June 2022 through May 2023 before a meeting will be called to discuss further participation on the team.

Unexcused absences include, but are not limited to, family vacations, weddings, birthday parties, concerts, attending sibling's events, studying for tests/exams/schoolwork that they have not yet completed. Of course, we believe school is of utmost importance, and in keeping with that, learning to manage one's time wisely is one of the many benefits of being in a competitive program at a



young age. Time management is a life skill that will serve your athlete well as they move forward in their schooling and forward through life. Part of being on a team is learning to respect all members of that team and your athlete's good attendance at practice translates to respect for their teammates, their coaches, and your own investment in your athlete's progress. **When your athlete makes a commitment to their team, you essentially cross off their calendar those times & days your athlete is committed to practices, performances and competitions! ALL events listed are required for every member of our competitive cheer teams! Other performances could be added during the year and we will notify you of these additions as soon as possible! This may seem harsh but it is consistent to any team sport!**

Sickness – If your athlete is vomiting or has a fever then we do not want them at practice, even the week of competition. However, this is still counted as an unexcused absence and changes to the routine may need to be made. If your athlete simply is not “feeling well” they need to attend practice.

Injury – If your athlete is injured during a practice and it is necessary, they will be allowed to sit out of the remainder of that practice. If the athlete will not be able to come to the following practice at 100%, then they must see a doctor and have a note stating the current restrictions and length of time. You must still attend practices even if you are not practicing! We will require a doctor's release note to allow an athlete to participate again after an injury.

School Cheer and Dance – We feel that participating in school cheer or dance team is very rewarding for our athletes and support those functions at the gym. Absences for these events are not counted toward your 4 absences. **We do require a calendar of all practices that will be missed due to these events in advance so we can plan practice accordingly.** If a game or practice is canceled at school, you are expected to be at CESG practice! Please attend any portion of CESG practice that does not directly conflict.

Other Sports & Extracurricular Activities – We realize that our athletes have other interests, but we do not give excused absences for these events. We have chosen to do practices on Wednesdays (for our oldest teams) because it generally does not conflict with other school events. However, we have to have limitations to be fair to the team. **You can't miss cheer practice for other sports interests!**

All absences must be reported to Staci (417-399-3077) via text or phone call BEFORE practice. We plan practices to optimize gym time for all athletes & proper warning creates much less disruption for all other members of the team. We appreciate advance notice for all absences due to vacation, as they are obviously booked ahead of time and can be reported directly.

Again, in the interest of all of the athletes on the team, we expect you to honor the commitment to CESG & respect the other families' commitments as well.

This is a team sport that requires the commitment of an entire team of athletes!



PRACTICE SCHEDULES

For the month of June/July we will do team tumbling/skills during their regular practice time.

Tiny Twinkle:

Practice will be Mondays 4:00-4:45. They are also required to be in a separate tumbling class. More details about summer schedule will be given out after placements.

All other teams will practice Wednesdays and possibly Mondays (Mondays would only be at 4:00) We will not know exact practice times until after placements. More details about the summer schedule will be given out after placements.

Skills camp will be during the day June 13th - 15th. Times will be announced after placements.

Choreography camp will be during the day in July for all squads except Tiny. Exact days/times will be given after placements.

Crossovers will attend each practice for the teams they are on!



COMPETITION/EVENT SCHEDULE

We have attached the proposed competition & performance schedule for the 2022-2023 season. As always, we have planned these competitions & performances based on the schedules released by the event producers and what we imagine our teams to look like after placements. These dates are as secure as we know at this time but are subject to change. Any changes to this schedule will be communicated as soon as possible. All of the listed events are REQUIRED!

November 12, 2022 - Rockstar Cheer Competition (Kansas City, MO)

December 2022 - CESG Christmas Recital (date and location TBA)

January 14, 2023 - State Fair Spirit Classic (Sedalia, MO)

January 28, 2023 - Redline Cheer Competition (Kansas City, MO)

February 18, 2023 - MCDA Joplin Jam For The Jackets (Joplin, MO)

March 11, 2023 - All Out Cheer Competition (Branson, MO)

April 8, 2023 - MCDA Springfield Showdown (Springfield, MO)

May 2023 - CESG Spring Recital (date and location TBA)

YEARLY INVESTMENT

This season we are doing an all-inclusive price for our competitive teams. All-inclusive pricing does NOT cover your uniform (approximately \$300 – except Tiny which will likely have a less expensive uniform this season), or REQUIRED shoes (\$40-60 depending on size). Half of the uniform cost is due in June when we do our uniform fitting and the other half is due August 1st. We use our uniforms for two years, this is a new year! We truly believe that you are investing in your athlete and we want to provide the best possible experience & deliver the highest quality experience possible. Inclusive pricing includes our 6 regular season competitions. Should we decide to do an end of season event, that would be an additional cost.

ALL STAR CHEER TEAMS – NOT TINY

Inclusive Pricing \$190 / Month

- 2.5 hours of instruction per week
- Competition bow
- 6 Competition fees
- Coaches' fees
- Choreography
- Music licensing

TINY CHEER TEAM

Inclusive Pricing \$130 / Month

- 1 hour and 45 minutes of instruction per week
- Competition bow
- 6 Competition fees
- Coaches' fees
- Music licensing
- Choreography

CROSSOVER ATHLETES – add \$70.00 to monthly payment for crossing between our All Star teams.

ADDITIONAL CLASSES (another tumbling, dance, or recreational cheer) – can be added at the current rate which could fluctuate during the year.

OTHER PERSONAL COST INCLUDE – travel, meals, optional bag and warm ups, etc.

IMPORTANT FINANCIAL INFORMATION – PLEASE READ CAREFULLY

All Star payments and additional class tuition is charged to your account on the 1st of the month. Payments will be automatically charged to your credit card after the 10th unless payment has already been made. In the event the card is declined, you will be given 24 hours to make the payment, and if it is not up to date at that time, your child will have to sit out of practice and any competitions until the account is up to date. A \$25 late fee will also be charged to your account. We highly encourage you to sign up on our parent portal. You can make payments and view your account at any time. We also accept cash and checks. Your monthly payment is based on what squad(s) your child is on, plus additional

classes. Your monthly fee will be calculated and added to your personal contract for the 2022-2023 season. In the event your child drops or adds additional classes, you must notify the office (not a coach or teacher) and update your contract. As a member of our All Star program, your account must be in good standing at all times. This includes additional classes, optional competition entry fees and any miscellaneous items charged to your account. CESG reserves the right to charge your credit card on file for any outstanding balance on your account after the 10th of the month.

The coach is given a “sit list” before each practice, which is automatically sent from the office. In the event of non-payment your child will be placed on this list. The child is still required to attend and view practice, but it will count as an absence. Your child’s role in the routine could also change due to missed practice. **ABSOLUTELY NO EXCEPTIONS MADE ON OUR PAYMENT AND SIT LIST POLICY. DO NOT ASK TO POSTPONE YOUR PAYMENT. OUR MISSION IS TO BE FAIR TO EACH AND EVERY FAMILY IN OUR PROGRAM.**

Discontinuing Cheer Team Mid-Season



In the event your athlete is unable to finish the season (injury, moving or personal choice) you are still required to finish your contracted payments for the year.

PERFORMANCE & PRACTICE GEAR

We want our CESG teams to look professional at all times! This requires the teams to look alike not only at competition, but at practices and events as well. You will get a choice of items next season for practice wear. There will be a t-shirt, tank top, and sports bra to choose from, then ALL black bottoms of your choice. You may purchase 1 piece, 2 pieces, all 3 – whatever you want, but it **MUST** be worn to every practice! You may wear black shorts, leggings, or pants but they need to be ALL black, no stripes or other colors! You must have shoes to practice in & hair put up! Practice wear is NOT included in your monthly cost – you must purchase one of the 3 shirt options!

All hair & make up will be required to be alike at competitions. Team members are expected to keep all uniforms and gear in good clean condition! If it is not in good condition or you have grown out of gear, then you will be required to replace the items. If you lose or have to replace an item, it must be done immediately! Borrowing other team members items will not be allowed (unless it is an alternate position). If an athlete’s participation is terminated for any reason, CESG has the right to borrow the athlete’s uniform, practice wear, etc. for the rest of the contract season. The items will be returned at the end of the contract period in good condition!



ADDITIONAL PARENT INFORMATION

If you need to talk with CESG staff regarding your athlete, please follow the communication process outlined below:

Set up a meeting with the coach with the office or email the coach at the address below.

Ashley Vest cheerselitespiritgym.ashley@gmail.com

Staci Wendland cheerselitespiritgym.staci@gmail.com

Lauren Cloyd cheerselitespiritgym.lauren@gmail.com

The coach will then consult with the rest of the CESG staff. Someone will then follow up with you.