

## **Raptors All-Star 2009-2010 Information Packet**

Dear Prime Tyme All-star Candidate and parent,

Thank you so much for your interest in Prime Tyme! As we prepare for our sixth season, we are anticipating a very exciting and successful year. We want you to know that we are dedicated to giving each cheerleader the ultimate cheerleading experience. We look forward to getting to know each individual, help them set and achieve goals, learn the value of commitment and teamwork, and ultimately see their dreams become a reality.

We have prepared the following information to help each family understand the commitment level that we expect. Please take the time to thoroughly read over the packet in full. For you veteran families, you will notice some changes in policies and procedures. For our new members, please take the time to read all of the materials. This is not a “recreation” program. Prime Tyme is a competitive, cutting edge program that has high expectations. We know that the level of commitment (time and financial) is not for everyone, so please take the time to discuss the following information with your child. If your child elects to participate in the all-star program, please continue to encourage your child throughout the season and help your child stay focused on the desired goals.

It is the goal of Prime Tyme Cheerleading to mold the leaders of tomorrow by training the cheerleaders of today. In competitive cheerleading, as well as in life, success comes from talent, hard work, a healthy lifestyle, self-discipline, and determination. Prime Tyme helps cheerleaders be successful in both. Our coaching staff has trained many national champions and is always looking for ways to improve the cheerleaders, the staff, and the world of competitive cheerleading. The Prime Tyme staff makes every attempt to encourage the athletes to feel good about themselves, about the teams that they are a part of, and the progress they make in their skills and abilities.

### **WINNING IS IMPORTANT, BUT IT IS NOT EVERYTHING.**

Once again, thank you for considering being a part of Prime Tyme All-stars. We hope that you find this packet informative and that it will answer any questions you may have concerning our program. Please sign and return all forms. All forms must be completed and on file before your placement on a team is finalized. Additionally, your child’s spot is not secure until your account is complete online (including autopay info and waivers).

## **Section 1: Tryouts/Team Placement**

Squads are initially grouped by, but not limited to, the following criteria: Age; Motion Technique; Tumbling Skills; Jumps; and Stunting Skills. Prime Tyme reserves the right to evaluate all cheerleaders on their previous years of participation. Attendance, attitude, moral conduct, and parental behavior are just some of the areas that will be looked at. The Prime Tyme staff will place individuals on teams so that the individual's ability level and experience closely matches the other team members. This not only ensures that each team is as competitive as possible, but it also ensures that each team member will have the opportunity to maximize his/her potential. The best interest of the athlete comes first at Prime Tyme. Since advancement is an incentive within our program, throughout the season, the staff may determine that an athlete has earned the right to be placed on the travel team. Likewise, athletes whose skills digress may be moved from their present team to another team more appropriate for their skill level.

## Section 2: Costs and Payments

(All costs are approximate)

The following fees are paid to *Prime Tyme Athletics*:

★ Start up fees - includes: registration + 2 t-shirts \$55.00

Unless items are already owned, the following fees are paid to the *Prime Tyme Pro Shop*:

★ Uniform (Skirt & Top) **\$200**

All fees will be paid through IClassPro by Autopayment. You will have ample time to plan for these expenses, and you will know well in advance when fees are due. If an account is past due, the athlete will not be allowed to participate in practice.

If you have a problem paying for expenses, please approach the gym manager immediately. **DO NOT MAKE US APPROACH YOU!!** Your coach will not be able to provide you with the answers you need, your questions will need to be addressed to Katie Lindsey, personally. The program will do its best to work with your situation, but do not let it get out of control. Outstanding balances could result in your child losing their spot on a squad. If you have financial troubles, you may participate in fundraisers.

There will be no refunds (competition fees, gym fees, clothing, etc.) to anyone for any reason. Anyone who quits or is dismissed from the team is responsible for all debts.

### **Section 3: Booster Club & Fundraising**

Competitive cheerleading is not a cheap sport. There are a lot of costs incurred when attending competitions, which include: registration fees, coach's fees, staff travel and other various expenses. We recognize this and want to do everything in our power to make it as affordable for you as possible. The booster club will be responsible for setting up fundraisers for the gym. The amount of money that you raise will depend on how much you are willing to work. We have had families pay for their entire season (uniform, competition fees, gym fees, and hotel expenses) by working hard with fundraising. All monies raised will be used to reduce the cost of YOUR competitions and uniforms. The harder you work to fundraise, the less you have to pay out of your pocket.

Each squad will have a Team Parent appointed at the start of the season. The Team Parent will assist the coaches with communication and organization. Team Parents are volunteers and should be highly praised for their dedication to the job. Please treat them with courtesy and consideration for their efforts. A list of Team Parents will be posted in the front office along with information on how to contact them. If you have questions or concerns about the squad, please ask the Team Parent for assistance.

We will be participating in staffing the concession stands at LP field again this year. This is a very successful fundraising program. Another successful fundraising opportunity is the cookie dough sale. These sales are in May and October and are very popular especially with the younger age groups. There will be a different fundraiser for every month, May through November. We are always interested in other fundraisers. If you have an idea, please let us know.

**But, please understand that there is usually a delay between when you participate in a fundraiser and when the funds can be applied to your account. Please plan for this in advance and be patient! All money will be transferred to your gym account.**

You may use your booster club money to pay for any cheerleading related expenses. If you need a check to cover upcoming expenses, you will need to submit a request **NO LESS THAN 2 WEEKS IN ADVANCE** to ensure delivery of your money. No requests will be processed without a detailed "invoice" of what cheerleading-related expenses this money will cover.

Possibly will have **Mandatory** team fundraisers (2 to 3) to replenish the Raptor account.

### **Section 4: Competitions**

The following is the tentative competition schedule for the 2009-2010 season. The dates and locations may change during the season because some of these companies have not finalized their plans. Not all teams will attend all of the competitions.

<b>Competition</b>	<b>Date</b>	<b>Place</b>
PT Cheer Festival	September 19th	JPII High School
CheerSport State	October 24th	Nashville
NCA Regional	November 8 <sup>th</sup>	Nashville
Music City Jam	January 30 <sup>th</sup>	Nashville
CheerSport Nationals	February 5th-7th	Atlanta
WSF Nashville	March 28th	Nashville- Pending
Athletics Destin, FL	April 9 <sup>th</sup> -11 <sup>th</sup>	Destin- Pending

## **Section 5: Gym Dress Code/Rules and Regulations**

At Prime Tyme, we strive to be the very best. It is evident that our athletes excel when it comes to competing in cheerleading. That is a goal of ours, but we at Prime Tyme want our athletes to achieve more than just being winners. We expect our athletes to be courteous, truthful, honest, considerate, determined, and respectful and have a high self-esteem. In order for our organization to achieve this, we must set our standard high.

Each athlete will conduct him/herself in such a manner as to credit the Prime Tyme organization. Each cheerleader will know and abide by the rules and regulations set before them in this information packet.

- If you ever have a problem with anything, please do not hesitate to call us. We will help whenever and wherever we can.
- Each athlete must be aware that no person has a right to be on a Prime Tyme squad. It is a privilege.
- Each athlete and parent must be aware of the responsibilities required and the commitment he/she is making to the team.
- Each athlete **MUST** assume a role which is best suited for their team. It is important that everyone accept his or her role and position on the team in which they are placed. **THIS IS A TEAM SPORT. THERE IS NO POSITION MORE IMPORTANT THAN THE OTHER.**
- Each athlete is responsible for giving messages directly to his/her coach. Never send information through someone else. Each cheerleader will be given a contact number for his/her coach. If you cannot talk to the coach in person, please leave a message at the contact number.
- No GOSSIP about any other team (school or all-star) or especially about another member of the team, via any medium (i.e. internet).
- Insubordination is unacceptable. The following actions will not be tolerated:
  - Temper tantrums, outbursts
  - Profanity, abusive language
  - Showing disrespect to instructors by talking back, eye rolling, etc.
  - Showing disrespect to fellow team member
  - Lack of participation or poor attitude
  - Unnecessary and excessive talking
  - Use of cell phones for non-emergency calls

- Every year we go through the loss and addition of athletes. The dismissal or addition of an athlete is the coach's decision.
- Practices may be changed and/or added throughout the season.
- It will be the parent/guardian's responsibility to see what is going on from week to week. Important information is often times difficult to convey through the athlete. With that said, email correspondences are the most valuable method of communication. The Team Mom of each squad will create an email distribution list. We urge all parents to participate.
- Anyone threatening to quit or pull his or her child from the team will be dismissed from the program. Power plays do not work. Losing someone talented is always difficult, but often the loss is easier than the disruption that the attitude creates.
- Practice and competitions are not to be used as punishment for your child's behavior away from the gym. You not only punish your child but everyone else on the team as well. There are many people investing a lot of time and money into this program.
- If you participate in other extra-curricular activities and your extra curricular coach/sponsor refuses to work around our mandatory dates and competitions, you may have to choose where you would rather be.
- **NO JEWELRY!** This includes: ear, nose, tongue, toe, eye brow, and belly button rings, necklaces, bracelets or rings. Wearing these items could result in serious injury to your child or another child.
- All cheerleaders are required to wear proper cheerleading attire including shoes, shorts, and a proper top. It is recommended that ALL female cheerleaders wear briefs/bloomers and a sports bra under your practice clothes. (Yes, even the "little" girls). Shirts to be tucked in by both males and females.
- All cell phones and pagers must be turned off and left outside of the practice area.
- Fingernails must be kept short. No fake fingernails please.

## **Section 7: Practice, Tardiness and Absences**

All-star cheerleading, as with all competitive team sports, involves a serious commitment from both the athlete and the athlete's parents/guardians. All-star cheerleading is unique in that the absence of just one team member may hinder the effectiveness of practice for the entire team. Once selected for a Prime Tyme team, it is your obligation to attend all practices. When one member is absent, it can keep a whole team from achieving their goals for that practice. A practice schedule will be available each month at the gym. It is the team member's responsibility to look at the calendar for practice times. Each coach will determine the attendance policy for his/her team.

You will have mandatory practices weekly.

Tardiness is defined at 5 minutes late or having to leave early. Excessive tardiness and absences may result in dismissal from the team. Team members that arrive late or leave early disrupt and distract practice.

## **Section 8: Safety & Health**

All-star cheerleading is a very strenuous sport. Therefore, all of the athletes in our program are expected to be in top physical shape. This includes flexibility, strength, and endurance.

All team members are expected to take care of their bodies. This means no drugs, alcohol, or tobacco. If anyone is caught drinking, smoking, using drugs, or if there is an eating disorder, that person will be expected to seek help to remedy the situation. We will help in any way we can.

Parents need to be aware that cheerleading can be a dangerous sport. The stunts and tumbling could lead to injuries. We at Prime Tyme take every precaution to limit these injuries from happening. Unfortunately, we cannot prevent them all. The most common injuries include but are not limited to: bruises, pulled and strained muscles, torn or sprained ligaments, broken bones, and dislocations.

In the event that your child is injured, we will take every necessary step to ensure your child's well being. One of our corporate sponsors, Star Physical Therapy, specializes in dealing with our most common injuries. Star Physical Therapy has been very generous in supplying us with an exam table and supplies. We would like to thank Star Physical Therapy for all of their assistance and look forward to an outstanding partnership.

Part of your yearly registration fee covers the athlete's secondary insurance. In the event of a doctor/hospital visit resulting from an accident at the gym, the insurance will cover whatever expenses are not covered by the primary insurance of the athlete.

If a cheerleader is injured and cannot compete in a competition, we will try to find a replacement.

## **Section 9: Alternates**

Every year athletes quit the team or are injured and are unable to perform. In this case, a situation may arise where we need to use an alternate. There may or may not be alternates for each team. If you are an alternate, you are expected to follow the same rules as everyone else on the team. Alternates may change throughout the season.

## **Section 11: Uniforms**

Each cheerleader is required to have a Prime Tyme uniform and practice clothes, which may be purchased through the Prime Tyme Pro Shop. The uniforms include a top and skirt or pants. The cost of the uniform can be paid half at the time of fitting and half when the uniform comes in. All uniform cost and additional items purchased are non-refundable. Parents are required to attend the uniform fitting and sign a confirmation of your athlete's order. Prime Tyme will not be responsible for uniforms that do not fit upon arrival. We will do our best to help you get any problems resolved with the uniform company.

## **Section 12: Holidays/Snow Policy**

Please make note that the gym will be closed for some holidays. They are listed on the important dates sheet at the end of the packet.

We ask that you please try to schedule your vacations during the designated summer break. Also, if both Davidson and Sumner County schools are closed for snow, the gym is officially closed. If there is a question, please call the gym and listen to the voice mail message.

### **Section 13: Attitude**

A positive attitude with T.E.A.M. (Together Everyone Achieves Miracles) oriented goals is expected from each athlete and parent at all practices and official Prime Tyme events. Being a member of a competitive all-star team is NOT about self-glorification and self-promotion, but rather about being a TEAM player in whatever capacity is asked of you by the coaching staff. The athlete should always exhibit a positive attitude and a willingness to participate respectfully.

The attitude of the parent has a huge impact on the attitude and performance of a child. We have watched cheerleaders shut down because they have had too much parental pressure. Children listen to what parents are saying and it affects their behavior. If you act disrespectfully toward a coach, cheerleader, or another parent, your child will mirror the behavior. We welcome constructive criticism and want to address all of your concerns as a parent. However, we also believe that “Attitudes are Contagious”. Negative parents will not be tolerated. We would much rather surround ourselves and our athletes with positive minded people.

Finally, good sportsmanship, polite manners, and a kind disposition are MANDATORY at all competitions. This program prides itself on setting a high standard of behavior. Please help us continue in this endeavor.

### **Section 14: Academics**

Academics are very important to us at Prime Tyme. Though we cannot require a certain GPA for team members to participate as a non-school affiliated team, we absolutely encourage and promote healthy attitudes and work ethics towards school and academics...current and future. If at any time grades or behavior become a problem with your all-star, we ask that you immediately contact your coach. Our coaches will work with you to try to correct the problem. Please do not use “grounding” from practice time or competitions as a punishment for your child. This also unfairly punishes the rest of that team. Prime Tyme Athletics is serious about wanting its team members to properly time manage in order to maintain high grades and potentially strive for scholarships, academic recognition, and more in an effort to be well-rounded, successful cheerleaders AND individuals.

### **Section 15: Competition Rules & Regulations**

At competitions, please remember that you are representing Prime Tyme. We want to be a uniform, professional program in appearance and actions.

- Each cheerleader is responsible for having a chaperone at each competition. It is not the responsibility of Prime Tyme Cheerleading to be your chaperone.

- Parents, relatives, friends, and cheerleaders are not allowed to speak with competition officials for any reason.
- A true family supports each other in all situations. We at Prime Tyme like to think of you as our family. All cheerleaders are required to watch at least two other Prime Tyme teams at every competition. Prior to each competition, you will be told which teams you are required to watch. The athletes appreciate the noise and it creates a strong presence. Anyone who leaves the competition without the coach's consent will be held accountable.
- All cheerleaders and affiliates will show good sportsmanship at all times.
- There will be no arguing or questioning the coaching staff's decisions at competitions.
- Absolutely, no fingernail polish at competitions!
- You must arrive in complete uniform attire to awards. Anyone dressed otherwise will not be allowed on stage. The only exception is if someone from another team is borrowing your uniform. If that is so, you must still arrive in Prime Tyme clothing.
- Under no circumstances is a cheerleader to walk around with her skirt unbuttoned or unzipped. If your skirt is that uncomfortable, change into shorts or warm-ups (not jeans).

## Section 16: Parents and Relatives

- Parents are to encourage and support your athlete to be the best he/she can be.
- Parents are to fulfill any financial obligations.
- No one is allowed in the practice area other than the cheerleaders and the staff.
- If you choose to remain during practice, you must stay in the parent observation area. No one is allowed to yell on to the floor or to speak to any team member or coach while practice is in session. *This is extremely distracting to all involved.*
- NEVER speak TO or ABOUT anyone else's child other than your own. NEVER talk disrespectfully about another coach or team in our gym. If you do, you will be asked to leave the program immediately.
- Please remember that the Prime Tyme name and logo are trademarks of Prime Tyme Athletics. You MUST have permission before using the name or logo in print or otherwise.
- We want to hear from you. We understand that it is not always easy to contact your team coach before, during or after practice. Please remember that we run a tight schedule and we do not want to take away coaching time from another athlete. You may need to make an appointment to get the undivided attention of the coach. In order to maintain an open line of communication, we will give you many avenues to contact us with your concerns and suggestions. If you have any questions that need immediate attention, use the following chain of command
  - Team Mom
  - Coach
  - Gym Manager

All problems and concerns should be addressed in a proper manner through the proper chain of command.

- Loyalty to Prime Tyme is what makes us great. We appreciate the loyalty that you have shown during previous seasons. Your support has been phenomenal. Loyalty is just one factor that helps us achieve our goals. If at any time you feel that your loyalty to our company diminishes for any reason, please come to the Prime Tyme staff before you go to other parents or those outside of Prime Tyme. This can lead to false information being circulated and does not represent Prime Tyme in the manner that we would like.

**Please remember that we are here for the same reasons... TO LEARN, TO HAVE FUN,  
AND TO WIN!!!**

## Prime Tyme Commitment

I have received a copy of the Prime Tyme Athletics All-star Packet. I have read all of the information provided in this packet and agree to abide by all of the rules and regulations of Prime Tyme. In addition, I will commit myself to the time involved in practice, camp, and competitions. I am fully aware that competitive cheerleading is a large financial responsibility and I will commit to Prime Tyme as per the financial requirements of a team member. I further acknowledge that I am aware that actions that do not align with the expectations of Prime Tyme according to the rules and regulations will result in removal of the athlete. In order to be successful this 2009-2010 season, I will commit to Prime Tyme with a POSITIVE ATTITUDE.

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Athlete Signature

Date

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Parent Signature

Date

**Please initial beside each statement below, acknowledging that you have read them and agree.**

- Fundraised and Booster Club money will be credited to your gym account. Those who pay their year in full will have the option to use booster money for travel expenses.
- Your allstar is required to wear the assigned outfit to practice (as determined by coach/team mom), practice bow, and cheer shoes.
- All Practices, Competitions, and Camps are Mandatory. (See list of important dates)
- At competitions, your allstar must have hair in a high, straight ponytail with a bow in, the assigned PT attire or uniform (no mixing), and tennis shoes.
- At competitions, your allstar **MUST** stay for awards in full uniform.
- At competitions, you will be required to watch and support other PT teams, maybe even all PT teams.
- For out-of-town competitions, your allstar may have to miss school since we plan to meet/practice Friday evenings.
- I have reviewed the Important Dates Sheet.
- Have read and agree with additional fees per pg 17

## **Important Dates**

### **Fees Billed**

Start up Fee August

### **Competitions (Subject to Change)**

Cheer Festival	September 19 <sup>th</sup> , 2009
CheerSport State	October 24 <sup>th</sup> , 2009
NCA Regionals	November 8 <sup>th</sup> , 2009
Music City Jam	January 30 <sup>th</sup> , 2010
CheerSport Nationals	February 5 <sup>th</sup> -7 <sup>th</sup> , 2010
WSF	March 28 <sup>th</sup> , 2010 - Pending
Destin	April 9 <sup>th</sup> -11 <sup>th</sup> , 2010 - Pending

### **Holidays**

Father's Day	June 21 <sup>st</sup> , 2009
Summer Break	June 19 <sup>th</sup> -July 5 <sup>th</sup> , 2009
Labor Day Weekend	September 5 <sup>th</sup> -7 <sup>th</sup> , 2009
Halloween	October 31 <sup>st</sup> , 2009
Thanksgiving Break	November 25 <sup>th</sup> -29 <sup>th</sup> , 2009
Holiday Break	December 21 <sup>st</sup> , 2009-January 3 <sup>rd</sup> , 2010
MLK Day	January 18 <sup>th</sup> , 2010
Presidents Day	February 15 <sup>th</sup> , 2010
Easter Weekend	April 3 <sup>rd</sup> -4 <sup>th</sup> , 2010

## **Non-Travel & Travel Teams**

### **Non Travel Team**

Start up fee \$55.00  
(Reg fee & 2 t-shirts)

Approx additional cost \$150  
depends on # of cheerleaders  
(coaches gifts)  
(donations for special occasion)  
(team shirt)

### **Travel Team**

Start up fee \$55.00  
(Reg fee & 2 t-shirts)

Approx additional cost \$625  
depends on # of cheerleaders  
(coaches gifts)  
(coaches hotel room)  
(donations for special occasion)  
(hotel expenses/parking 2 nights)  
(team shirt)

**ALL COSTS APPROXIMATE** (depends on # of cheerleaders)

