



All-Star & Parent Member Handbook of Rules and Information

This handbook provides the rules required to be followed for membership to a Cheer Haven All-Star team and which correspond to signing the Team Contract Agreement for the season.

2020-2021



a place of safety; offering favorable opportunities or conditions

MISSION STATEMENT

Our mission is to provide all families with a positive introduction to all-star cheer. We aspire to deliver high-quality coaching for all things cheer & tumbling in levels 1-3. Although our goal is to make each team competitive, we also aim for our athletes to learn lifelong lessons in leadership, teamwork, loyalty, and helping others.

SEASON OVERVIEW

RETURN TO ALLSTAR CHEER DURING THE COVID-19 PANDEMIC

Because we know that athlete safety knows no season, we're offering your family new ways to train and prepare for all-star cheer in 2020-2021.

In preparation for returning to cheer amid the COVID-19 pandemic, we have contacted the Pennsylvania Department of Health, the USASF, our insurance carrier, the Washington Crown Center Mall Management, applied and received an Organized Camp permit from the state of PA and purchased recommended safety equipment suggested by the CDC. Our top priority is to ensure all families a safe experience. We continue to make decisions for the upcoming season based on updates from our local and state officials. 5.21.20

SUMMER OUTDOOR TRAINING CAMP

At Cheer Haven we recognize that most beginner athletes cannot fully showcase their true ability or potential in a traditional *tryout* atmosphere or designated virtual time frame. Thus, we encourage any prospective all-star members to participate in our pre-season indoor/outdoor training camp. This experience will provide an opportunity to develop a rapport with our staff and awareness of the physical requirements and pace of an all-star practice. At the same time, our staff will be able to evaluate the skill level, maturity and potential of each child - in a low pressure atmosphere. Since the covid-19 situation is very fluid, we are doing our best to plan for all possible scenarios for the upcoming month:

- ✓ **Weeks 1 and 2 of Training Camp:** athletes will train based on age + previously demonstrated skills
- ✓ **Weeks 3 and 4 of Training Camp:** *Progress Performance* groups will be announced
- ✓ **Skill Evaluation Day:** Assessment of current skills
- ✓ **Team Placements Announced:** Sunday, June 28th*

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On **Skill Evaluation Day**, we'll only evaluate what skills can be performed independently. **All athletes who participate in skill evaluation will be placed on a team.** Our Cheer Haven *Season Three Choreography Week* has been tentatively scheduled for [July 21-27](#). Specific times for each team will be announced.

REGISTRATION

- ✓ **CAMP HAVEN REGISTRATION (Returning L2+) TUESDAY, MAY 26th 3:00-5:00PM**
- ✓ **NEW MEMBER + TINY/FUNDAMENTALS REGISTRATION - WEDNESDAY, MAY 27th 3:00-5:00PM**
- ✓ **CAMP HAVEN REGISTRATION DAY (Returning L1+ Tiny Novice) THURSDAY MAY 28th 3:00-5:00PM**
- ✓ **SEASON 3 TEAM PLACEMENT ANNOUNCEMENT: SUNDAY, JUNE 28th**
- ✓ **SEASON CONTRACTS & FIRST MONTH PAYMENT DUE: WEDNESDAY, JULY 1st**

Not available at your designated time listed above? We will schedule individual registration sessions with our Haven Staff.

What to bring to Camp Haven Registration (Returning Athletes):

- Camp Haven 2020 Tuition \$90 (Includes 2 weekday practices for 4 weeks)

What to bring to Camp Haven Registration (New Athletes):

- Signed Haven Registration Waiver
- Camp Haven 2020 Tuition \$90 (Includes 2 weekday practices for 4 weeks)

***Optional Summer Camp Practice Wear:**

Bra Top: \$35 | Shorts \$35 | Safety Mask \$15 | Package \$85

*Tank Option \$45



CAMP HAVEN PRACTICE WEAR

BRA TOP \$35 | SHORTS \$35 | SAFETY MASK \$15 | \$85 PACKAGE

*TANK OPTION \$45

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REGULAR SEASON

As with all competitive team sports, a serious commitment from both the athlete and the athlete's parents/guardians is required. During the summer, our routines will be taught, learned, perfected, modified, and performed. Commitment involves time. Competitive teams will practice two days per week in the regular season. Additional practices may be added as needed during competition season – typically the evening prior to the competition we will schedule a practice to help the team prepare.

Parents, your athlete's participation with school and rec cheer teams are respected at Cheer Haven! We have created our competition schedule based on local youth football league schedules to accommodate extra-curricular and community sport participation. Thus, we ask that you consider the possibility of attending both rec cheer and Cheer Haven all-star practices on some Sundays, for example.

COMPETITION SEASON

Competitions will tentatively begin in January 2021 and continue thru in April 2021. We will compete with a goal for each team to earn a bid to a season ending championship. Each team is a top priority to our Cheer Haven staff. We ask that the commitment you make to your team take precedent over social events and other non-academic activities throughout the season. Anyone missing a practice during the week of a scheduled competition may be pulled from a competition if the coach is able to replace the athlete to benefit the team. If a member of a team cannot attend a competition, it may affect the team competing in that particular competition.

SICKNESS & FLU FAQ'S

Should my child attend cheer camp or practice if he or she is sick? **No.** Your child should stay home to rest and to avoid spreading flu to other children.

When can my child return after having flu? Keep your child home for at least **24 hours** after their fever is gone. (The fever should be gone without the use of a fever-reducing medicine.) A fever is defined as 100°F (37.8°C)* or higher.

What cleaning measures will the gym staff take to help prevent the spread of the flu? We will follow the [CDC guidelines](#) for cleaning to prevent the flu.



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COMPETITION SEASON OVERVIEW

TEAM PRACTICES

Standard practice attire is solid black shorts and a plain black tank top or sports bra. Black Nike Pro or similar designs are comfortable and very popular. Hair should always be fully pulled back and either cheer or tennis shoes should be worn.



During the regular season, all team practices are CLOSED. We will continue to make safety and security our top priority and provide amenities inside the gym for parents. We invite families to wait in our office, browse the new Pro Shop area, or walk/relax in the mall until the last 5 minutes of scheduled practice time. We will announce regular opportunities for parents to watch showcases and performances.

Practices are the single most important activity for our competitive team. We will work to upgrade skills, strength, endurance and flexibility all year. We respect family obligations and understand occasional absences; however, we ask that you make the weekly practice a top-priority.

In an effort to make every practice effective and meaningful for all team members, we request that parents complete an **absence form** (available in the office or online) and submit to your child's coach. We will do our best to find a substitute to fill-in for a scheduled vacation or similar obligation.

CHOREOGRAPHY CAMP

Cheer Haven aims to provide the best in cheer, dance, stunts, pyramids, and motions to beginner thru intermediate level athletes! Choreography camp is a highly productive event! It will assist in greatly enhancing the skills our athletes need to work as a team. Routine Choreography will require additional hours at the gym. These camps are 100% mandatory.

Each athlete is required to be present to maximize the benefit of choreography camp. Routine formations are impossible to execute when a team member is absent. Please reserve **July 21-27** for our Cheer Haven choreography. *Specific times for each team will be announced. We will schedule a **DANCE CHOREO** schedule later in the summer.

COMPETITIONS

COMPETITION SCHEDULE

A full season event schedule will be available prior to the required contract signing date. The USASF is working to communicate with event producers regarding the guidelines set forth for safe return to all-star nationwide.

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COMPETITIONS

All hair and makeup should be finished prior to the announced team meet time.

Throughout the competition, cheer uniforms and/or warm-ups are the **ONLY** allowed attire. Boots, slippers, sweat pants under skirts, etc. are not suitable while representing your team. During awards, we require our athletes to wear their uniform & cheer shoes on the floor with no exceptions. During awards every member must be present and will be expected to sit together.

Parents are responsible for ensuring their child has **transportation** to and from all local competitions. This is not the responsibility of the coaches or other parents in the program. If you, the parent, cannot attend a competition, you must make arrangements for another adult to be responsible for your child at the competition.

Please look online to find the most up to date schedules, directions and entry fees for all competitions. It is critical that every team member arrive an hour early to meet their team mom. Allow yourself plenty of time to get to the competition (taking into consideration traffic, weather, getting lost, etc.).

All competitions are MANDATORY.

If you are unable to attend a scheduled competition, a written excuse must be submitted to the head coach at least 1 month prior to the competition date. That will provide us with adequate time to replace your position with a substitute for that competition. .

Please note our goal is to attend competitions with substantial teams to compete against. However, we cannot predict the amount of teams and levels that will be present at each competition.

ADDITIONAL PRACTICES

Throughout the season, we may require additional practices based on the competition or based on performance. Additional practices are **MANDATORY** and will count toward your total absences for the season.

CHEER HAVEN FACILITY

Cheer Haven All-Stars is located at 1500 W Chestnut Street, Washington, Pennsylvania 15301 at the Washington Crown Center Mall. Athletes are not permitted to play or tumble on gym equipment outside of designated practice or instructional time. No exceptions. We appreciate your cooperation.

According to our lease, we are not permitted to move ANY fixtures or furniture outside of our store location. The fire code indicates that mall patrons must not congregate near the windows.

All private lesson or cheer training payments should be made payable to "Cheer Haven" and inquires related to our program should be directed to Cheer Haven via phone 878-218-1465, email cheerhavanallstars@gmail.com or in person. Thank you for your cooperation and patience.

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MEDICAL INFORMATION



The U.S. Center for SafeSport has partnered with the USASF as part of a mission to make athlete well-being the centerpiece of our nation's sports culture through abuse prevention, education and accountability. All gym owners, coaches and personnel members will be required to complete the U.S. Center for SafeSport™ Trained online course to be considered an Eligible Member of the U.S. All Star Federation. The SafeSport™ Trained online course is the best-in-class course specifically ***developed to address sexual misconduct and physical and emotional abuse in a sports environment.***

Our Cheer Haven Staff recognizes the potential risk for injury in this competitive sport. In an effort to ensure the safest possible environment for our young athletes, we have all completed the CDC "***Heads Up Concussion***" Training to help Understand a concussion and the potential consequences of this injury. This training teaches coaches to:

- Recognize concussion signs and symptoms and how to respond,
- Learn about steps for returning to activity (play and school) after a concussion, and
- Focus on prevention and preparedness to help keep athletes safe season-to-season



Parents are responsible to inform the coaches of any current or underlying condition their children may have (i.e. injuries, food allergies, etc). The gym will supply ice packs and basic first aid items.

COMMUNICATION

We know that it is very important to communicate clearly with our athletes and their families. Cheer Haven will continue to use the **Group Me** App that allows us to post specific team information. We use this app for information regarding practices, competition itineraries, and any announcement that pertains to our competitive program. It is available to download free on Android and iPhones. You can also access **Group Me** on your desktop computer.

We will send gym-wide emails for general information. We also use our Cheer Haven All-Stars social media [**Facebook** and **Instagram @cheer_havenallstars**] to post important information.

UNIFORM AND TEAM APPAREL

In an effort to excuse families from extra financial fees this year, we have arranged for the former Motionwear manufacturers to create replacement pieces, replica uniforms and sublimation style uniforms for lower level/new teams. Information regarding sizing and specific payment is listed below. Our Motionwear sales rep will be available to visit and help with sizing at the end of July. If a uniform is lost or damaged; it is the financial responsibility of the parent to purchase a replacement immediately.



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Motionwear Top, Bra & Skort - \$295

Motionwear Sublimation Style Uniform \$150*

Cheer shoes must be purchased separately. We will provide details after Camp Haven. All-star cheer shoes are designed for indoor competitive cheerleading only; not worn outside the gym. Prices for all-star cheer shoes vary between \$75-\$125.

Cheer bows will also be purchased separately. Prices for all-star cheer bows vary between \$25-\$35. **Fundraising opportunities** (i.e. Scratch-Offs, Sarris' Candy Bars, etc.) will be available for those interested.

Team Apparel/Spirit wear-We will provide options for Cheer Haven All-Star spirit gear throughout the year. It is not mandatory to purchase spirit wear but is encouraged so that our teams and parents show their spirit competitions!

PRIVATE LESSONS

Private lessons are encouraged throughout the season. **Gym tuition and competition fees MUST be current first in order to take private lessons.** Multiple last minute cancellations will also result in forfeiting your time slot. Since our gym time is limited, our semi-private lessons are a popular option. *Coaches may arrange or pair-up athletes with similar skills to maximize time effectively on drills and spotting.*

30 minute private lesson \$35 / 30 minute semi-private lesson \$50 / 30 minute junior-private lesson \$25

TUITION

Team members will be expected to pay full tuition and competition fees on the 1st of every month. Payments need to be current at ALL times. If monthly tuition is not paid in full by the 15th of the month, your child will be unable to participate on the team until payment is received.

NEITHER THE GYM NOR THE COMPETITION FUND SHALL REFUND ANY MONIES PAID; INCLUDING, BUT NOT LIMITED TO, IN THE EVENT THE ATHLETE LEAVES THE PROGRAM OR IS DISMISSED FOR ANY REASON PRIOR TO THE COMPLETION OF THE 2020-2021 SEASON.

Payment Options: We except cash, check or credit card payments. If paying by check, make payable to Cheer Haven All-Stars for lessons or class. **We request that all team members register for monthly auto-payment for tuition.** This will ensure a streamline system and avoid sending athletes into the gym with checks, etc. **A form is attached for parents to complete at registration day**

YOUTH SEXUAL ABUSE PREVENTION POLICY & PROCEDURES



As a USASF Member Program, Cheer Haven All-Stars LLC. considers the safety and well being of the youth in our program a top priority. We prohibit abuse and strive to proactively address reports of this type of conduct. We want to hear about problems or concerns, and we will strive to act on them in a fair way in accordance with our policies and those policies set forth by the U.S. All Star Federation.

We will report suspected abuse to the proper law enforcement agencies.

POLICY AND PROCEDURES:

Cheer Haven All-Stars LLC. has adopted the following Policy and Procedures in an effort to provide a safe environment for our coaches, athletes, and their families:

1

THE EMPLOYEE HIRING & VOLUNTEER APPOINTMENT PROCESS TO INCLUDE THE FOLLOWING:

- a) **Application** – Every individual that may have the opportunity to interact with youth must complete our organization's written application that sets forth appropriate background information, requires disclosure of any prior claims or allegations of sexual abuse or other inappropriate conduct, and provides the names of at least two individuals as references.
- b) **Screening** – A designated representative(s) of the organization will interview each prospective employee and volunteer.
- c) **Background Check** – Prior to interacting with minors, any potential employee or volunteer will be subject to a background check, including appropriate inquiries regarding any previous record of sexual abuse or other unlawful activity. This background check will be updated at least every two (2) years for each employee or volunteer. All current employees and volunteers are required to update their background check every two (2) years. This is in addition to the required screening by the U.S. All Star Federation for all eligibility as program owners, coaches and personnel at USASF Sanctioned events.

2

OUTLINING PROHIBITED BEHAVIOR

As Member Program of the U.S. All Star Federation, we are bound by the USASF SafeSport Code which includes the Policies of the U.S. Center for SafeSport and outlines Abuse and Misconduct. Some examples of prohibited behavior are:

- a) Use of degrading language or behavior. Coaches are also responsible for stopping disrespectful behavior between team members, including sexual harassment.
- b) Threatening or intentionally inflicting physical injury upon anyone, especially a minor. Coaches are also responsible for stopping threatening behavior by athletes.
- c) Committing any sexual offense against a minor, or engaging in any sexual contact with a minor.
- d) Making any sexual advance, or engaging in other verbal, or physical conduct of a sexual nature with a minor.
- e) Non-related one-adult/one-child interaction except in an emergency where following this policy would be dangerous to the child. In an emergency situation, the coach or volunteer must contact a representative of the organization's management to inform him or her of this contact and the reason for it. If a child is receiving individual instruction or working with a private coach, this activity must be in a public setting rather than behind closed doors.

3

EDUCATION AND AWARENESS TRAINING TO INCLUDE THE FOLLOWING:

- a) An Abuse Prevention Orientation conducted annually:
A member of our management team will review this policy with coaches, volunteers and parents each year. The Positive Coaching Alliance/Kidpower video, "Protecting Youth Athletes from Sexual Abuse", will be shown and the companion information sheet, "Protecting Youth Athletes From Sexual Abuse: Key Actions for Parents and Coaches", will be distributed to every coach, volunteer and parent.
- b) The acknowledgment and support by our Program of the following statement: Parents are an important part of the solution, as we all work together to prevent abuse in sport. We will share with the parents in our program resources to educate themselves on preventative measures and steps to take if they believe misconduct has occurred. At minimum the program we will share via email and on our website links to such resources.
- c) Consistent and ongoing training for all adults in our Program who have interaction with minors. Our staff is educated on the prevention and reporting of child abuse as well as training that allows them to see and recognize problematic behaviors before a minor is abused

4

REPORTING OF SUSPECTED CHILD SEXUAL ABUSE

- a) A member of our management staff or other official representative will be designated to receive reports of sexual abuse or other inappropriate conduct. This representative will promptly notify the proper law enforcement agencies.
- b) All coaches, volunteers, parents and program participants are directed to report any incident of abuse or suspected abuse that they witness or that is reported to them to the designated representative. Note: This does not preclude individuals from reporting abuse or suspected abuse to the proper law enforcement authorities.
- c) The designated representative will keep the owner(s) and management members fully informed.
- d) The Program Owner or designated representative will report any incident of abuse or suspected abuse to the USASF. Note: This does not preclude individuals from reporting abuse or suspected abuse to the proper law enforcement authorities.
- e) Should a suspected incidence of abuse be reported, the coach/volunteer in question may be temporarily suspended from duties while an investigation takes place.

This resource stems from a Positive Coaching Alliance Trusted Resource - Kidpower - a nonprofit leader in abuse and violence prevention for children and adults. The Positive Coaching Alliance granted permission to the U.S. All Star Federation to use the policy as a basis for creating this membership policy and inclusion of the video and handout they created.

ATHLETE ABSENCE FORM



**Please complete and submit to your head coach
at least 2 weeks prior to the dates of the absence.**

Date Submitted: _____

Name of Athlete: _____

Parent Contact Number: _____

Squad(s): _____

Practice(s) To Be Missed: _____

Detailed Reason for Absence:
