

STORM Allstars

Tryout Pack 2013-2014



Thank you for your interest in joining STORM Allstars for the 2013-14 season!! We hope that the information included here will answer all of your questions and help you throughout the year.

STORM Director & Head Coach:

Vickie Bracken sheffieldstorm@hotmail.com Mobile: 07944488112

STORM Allstars 2013-2014 Cheer Teams

• Age for the season is determined by the Athlete's age **AS OF 31 AUGUST, 2013**. (Example - If an athlete is 12 as of 31 August, 2013 and turns 13 in September 2013, their age for the season is still 12)

Ignite and the mini team will only be formed if there is seen to be a demand.

Team Name	Age/Level	Tumble Ability	Stunt Ability	Training Times
	5-7yrs Mini Level 1	Forward & Backward Roll, Handstand, Cartwheel, Round-Off, Front & Back Walkover	Single Leg Skills below shoulder level, Braced Extended 2 Leg Stunts, No Tosses, No Twisting	Thursday 6-7.30pm or Saturday 3-4pm
Utopia	7-11yrs Youth Level 1	Forward & Backward Roll, Handstand, Cartwheel, Round-Off, Front & Back Walkover	Single Leg Skills below shoulder level, Braced Extended 2 Leg Stunts, No Tosses, No Twisting	Thursday 6-7.30pm
Apex	12-14yrs Junior Level 2	All of the above + Front Handspring, Standing Back Handspring, Round-Off Back Handspring & Series	Single Leg Skills at Shoulder Level, Extended 2 Leg Stunts, ½ Twists, Straight Tosses	Tuesdays 7-8.30pm Saturdays* 3-4.30pm
Ignite	14 + Senior Level 1	Forward & Backward Roll, Handstand, Cartwheel, Round-Off, Front & Back Walkover	Single Leg Skills below shoulder level, Braced Extended 2 Leg Stunts, No Tosses, No Twisting	Thursdays 7.30-9pm
Electric	14+ Senior Level 3/4	All of the above + ¾ Front Flip, Jump -Flip Combination, Round-off tuck and back Handspring tuck	Extended Single Leg Skills, Twisting Entries & Dismounts, Trick Tosses	Thursdays* 7.30-9pm Saturdays 3-5.30pm

Younger athletes may be invited to join teams older than their age range in exceptional circumstances.

*These sessions are designed to work on existing skills, condition, stretch and catch up if sessions missed.

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STORM Allstars 2013-14 Try Out Information

Try outs for teams will take place over the course of a week. All athletes attend a tryout camp, where they learn the try out material of jumps and dance and will be assessed on standing and running tumbling. Following this workshop they will then attend a specified evening training during the week where they will perform and be assessed on the jumps and dance (learnt previously) and assessed on stunting.

Trials will take place at Rotherham School of Gymnastics Cornish Way, Barbot Industrial Estate, Parkgate, Rotherham.

Try out fees are:
£6 for all athletes

Tryout Camps – Wednesday 21st & 28th August 2013

Saturday 31st August 3-5.30pm (senior)

Tuesday 3rd September 7-8.30pm (junior)

Thursday 5th September 6-7.30pm (youth and mini)

All athlete will be informed of the team they are offered a place on within 3 days of their tryout date via text message and email.

Team training commences as follows:

Electric – Saturday 7th September

Apex – Tuesday 10th September

Utopia – Thursday 12th September

Ignite – Thursday 12th September

All teams will remain in the USASF Small category limiting the number of places per team to 20 athletes.

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STORM Allstars Membership Costs, Uniforms and Fees

STORM is a non-profit programme. We try to keep costs to an absolute minimum throughout the season and fundraise whenever possible. All members are expected to pay their fees on time and participate in fundraisers in order to share in funds. If for any reason you are unable to fulfil your STORM Membership, ALL FEES ARE NON-REFUNDABLE. Goods will not be distributed without payment in full.

All fees will only be payable via monthly standing order or bank transfer. This is to ease the amount of admin that collecting fees requires so that coaches are able to spend more time coaching. Payment dates will be at the end of the month so as to coincide with pay-day. Payment information is below.

If there are any problems with payment please don't hesitate to contact Vickie to discuss this.

<u>Fee Description</u>	<u>Amount</u>	<u>Due Date</u>
STORM Allstars New Athlete Membership This covers bow, t-shirt, shorts & insurance	£50 (£30 for youth/mini)	10 th /12 th /14 th September 2013
STORM Allstars Returners Membership	£10	
STORM Allstars Uniforms. All uniforms are custom made and unique to the program		
Electric	£90	TBC
Apex	£75	TBC
Utopia	£55	TBC
Ignite	TBC	TBC
Cheer Shoes Shoes must be plain white with a plain white sole and only worn indoors		
Any style or type Can be purchased at www.excheer.co.uk www.livingcheer.co.uk	£20-55	As soon as possible
Training Fees: Payable monthly by standing order or transfer. This pays for gym hire, coaching & will help subsidise comp entry fees and additional costs		
Electric	£6.50 per session	Paid monthly
Apex	£5.50 per session	Paid monthly
Utopia	£5.50 per session	Paid monthly
Ignite	£5.50 per session	Paid monthly
Crossovers:		
Discussed with STORM staff separately		

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STORM Allstars Monthly Payment Plan

Must be paid by standing order, direct debit or transfer by the 1st of each month.

To Account:

Name: STORM Allstars

Sort Code: 40-42-49

Account No: 91760947

Reference: Athletes Name

Amounts are as follows:

	By 9th Sept 2013	By 1st Oct 2013	By 1st Nov 2013	By 1st Dec 2013	By 1st Jan 2014
Electric	£26	£26	£26	£26	£26
Apex	£16.50	£22	£22	£22	£22
Utopia	£16.50	£22	£22	£22	£22
Ignite	£16.50	£22	£22	£22	£22
	By 1st Feb 2014	By 1st Mar 2014	By 1st Apr 2013	By 1st May 2013	By 1st Jun 2014
Electric	£26	£26	£26	£26	£26
Apex	£22	£22	£22	£22	£22
Utopia	£22	£22	£22	£22	£22
Ignite	£22	£22	£22	£22	£22

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STORM Allstars 2013-14 Season Training & Competition Dates

PLEASE NOTE: Training Dates may be subject to change. When necessary, extra training sessions may be added. Every effort will be made to give advance notice of changes.

STORM MEMBERS MUST COMMIT TO ALL OF THESE DATES!

Please ensure that you can fully commit to the team. If you have any conflicts with the dates below, please speak to us as soon as possible. Only graded school and family emergencies are considered reason enough to miss training and competition. We all make social sacrifices for these dates!

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STORM Allstars Attendance Policy

Please be aware that we do not mean to scare anyone with our attendance requirements. However, All-Star Cheerleading is a demanding team sport that takes full commitment from both athletes and parents. The following Excused and Unexcused policy is not bendable and applies to every team member. Please remember that one person can affect the entire team. As STORM are a competitive programme it is crucial that athletes take part in ALL scheduled competitions and training sessions.

EXCUSED

Graded School Event Homework/Revising (feel free to bring homework to training)
Illness with fever/vomiting Birthdays/Birthday Parties
Family Death

UNEXCUSED

Family celebrations/Parties
Recreational Sports
Holidays

1. Athletes may not miss any training dates in the 3 weeks leading up to Competition for any reason.
2. Athletes may not miss Competition dates.
3. Any events that conflict with dates on the STORM Calendar must be communicated by email from a parent/guardian no later than 4 weeks before a Unity event. Approval of the absence is always up to the STORM Coach's discretion.
4. 3 Unexcused Absences within the season will result in loss of position on the team

STORM Allstars 2013/14 Competition Calendar

ICC Northerns - 25th January 2014 ALL TEAMS

FC Heart of England – 15th/16th February 2014 ALL TEAMS

ICC Nationals – 29th/30th March 2014 - Electric & Apex

UKCA Nationals – 15th/16th March – Manchester – Utopia & Ignite

JAMFEST Europe – 21st/22nd June 2014 - Liverpool – ALL TEAMS

ICC Summer Jam – 19th July 2014 – Blackpool - TBC

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TRYOUT FORM

2013-2014

Please bring this completed form with you on the day of your tryout or email/post if you can't attended but want to join us next season.

For office us only
Tryout # _____
Tumbling Level _____
Stunting Level _____
Position _____
Team(s) _____

£6 tryout fee paid _____

Name _____
Age as of Aug 31, 2013 _____ Birth date ____/____/____
Height _____' _____"
Schoo/Uni: _____
Email Address: _____

Mobile Number: _____
The email and mobile number given will be used to contact you regarding team placements after tryouts.

How did you learn about STORM tryouts? _____

Please list any prior tumbling/cheerleading/dance experience you may have:

How many times a week would you be willing to train? 1____ 2____ 3____

Are you willing to cheer for any STORM team regardless of level? ____ Yes ____ No

If no, which levels? _____

And why only those levels?

Why do you cheer/want to start cheer?

What are you wanted to achieve from cheerleading?

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STORM Allstars Code of Conduct & Commitment

If I am successful in gaining a place on the STORM Allstars Programme:

1. I accept the invitation to join and hereby commit myself to STORM Allstars Cheer Team(s) for the 2013-2014 Cheer Season.
2. I understand that this is a full, one year COMMITMENT and that a team is depending on me to fulfil my responsibilities as a team member. I will attend ALL TRAINING SESSIONS and COMPETITIONS. Failure to do so will result in loss of position within the routine or removal from the routine. Should a serious scheduling conflict arise, I commit to providing my coaches with as much advance warning of absence as possible. If a training session is missed within 3 weeks prior to competitions, I understand I will not be allowed to compete.
3. I will not use inappropriate language or participate in inappropriate behaviour. I will not participate in illegal consumption of tobacco, alcohol or drugs. I understand that all of my actions both inside and outside the gym are a reflection of STORM Allstars and should model good behaviour.
4. I will come to practice with a positive ATTITUDE, and I will follow the instructions given by all STORM Allstars coaches and will work hard to achieve goals set by these coaches.
5. I will display good sportsmanship at training and competitions, and not disrespect any team member, coach, parent or competitor from STORM Allstars or any other gym for any reason at any time. This includes face-to-face, telephone, text, email and social networking sites.
6. I will wear the scheduled practice clothes to each practice. I will arrive at all competitions on time with my uniform, hair and make-up completed to STORM Allstars standards.
7. I understand that all material, music, and routines are the property of STORM Allstars and are not to be used for any other purposes including school squads, talent shows, social networking sites, personal web pages and internet video sites.
8. I commit to paying STORM Membership and training fees by the due dates provided to me and/or will adhere to payment plans that have been arranged. I understand that should I not complete the STORM Allstars season, all fees are non-refundable. All uniform fees must be paid whether I complete the season or not.
9. I will help participate in fundraising events that are for the benefit of myself and the team when possible.
10. I understand that breaking any of the above may result in suspension or dismissal from STORM Allstars without refund of any fees paid.

Athlete Signature: _____

Athlete PRINT: _____

Parent Signature: _____

Parent PRINT: _____

Date: _____

