

NORTH STAR ALL STAR COMPETITIVE CHEER/TUMBLING

Founded 2004 – Non-Profit Organization for Youth

Location: 705 Hickory St, Rome, NY 13440

CELEBRATING 20 YEARS THIS SEASON

The goal at North Star is to be a gym that touches the spirits of all athletes, parents, and coaches which makes this a true Family Environment. North Star is a small gym with a big heart, where family is family. North Star gym is a community where athletes grow! We hold our staff and athletes to high standards of sportsmanship and integrity. North Star is a family-oriented program and very proud of the life lessons learned each day here at our gym. We want everyone in this program to be positive and motivated in every way needed.

At North Star we train everyone to be exceptional athletes, but most importantly help them to be exceptional people. Through this sport of cheerleading, we give our athletes opportunities to develop strong leadership skills and the value of making a difference in the world around them. It is crucial that parents support the athletes and the coaches. Every person on the team is equally important.

We have prepared this information to help you decide if this is the sport you may want for your you and your child. Please take the time to read over all the information we have provided. We look forward to another successful season at North Star. We want you to be a part of a program that you love to see the athletes flourish and excel.

All Star Elite is the highest performance level that All-Star Cheer has to offer. The North Star Cheer Program is ideal for athletes with strong cheer training and solid technique ability. Please know that we will challenge each athlete to help them develop self-confidence and encourage them to become great leaders.

All Star Cheerleading is scored based on the difficulty and technique of the execution of tumbling, jumping, dancing, motion technique, tosses, stunting, performance, and choreography. ALL are important in putting together a successful team(s). Athletes will be placed on a team based on their age and ability levels in ALL of the above-mentioned categories.

We are sanctioned by USASF and they set the standards for All Star Programs. We follow their age grid and safety rules, which helps where and how to place athletes.

www.northstarcheer.com

Lorrie Wallis 315-245-2686 or 315-334-2139

Lwallis2@verion.net (email me anytime)

WHAT IS ALL STAR CHEERLEADING?

- Competitive Cheer Teams Only (travel and non-travel teams)
- Disciplined in gymnastics, cheer, stunts, pyramids and dance.
- UNISEX Sport- This sport is for everyone from ages 3 and up.
- Learning new skills daily
- Teams are based on age and level of skills.

CONSIDERING ALL STAR CHEER?

- There is a team for everyone, beginners, advanced cheer/gymnast and abilities. EVERYONE Makes a team.
- You become Family.
- Coaches are trained, certified and great mentors.
- Fundraising offered monthly to help offset expenses.
- Prices start as low as \$30 p/team or \$12.50 weekly for Gymnastics Classes.
- Camps and Private Lessons Offered.
- Great feeling to watch your child excel and strive to be better day after day.

HOW TO GET STARTED

- CHOOSE to be on a team (travel outside of NY or travel local)
- Engage in Gymnastics Classes
- Join a Summer Team
- Take Private Lessons

WHERE and WHEN TO GET STARTED

- North Star All Star Cheerleading – 18 years of Champions!
- Located at 705 Hickory St, Rome, NY
- Make an appointment to visit our gym and see our SUCCESS STORY
- Email for more information – lwallis2@verizon.net or call at 315-245-2686 LM
- www.northstarcheer.com

We look forward to the opportunity to meet and work with you.

NORTH STAR CHEER...your 1st choice for the 23-24

WHAT NORTH STAR OFFERS

TEAMS

- CHEERABILITIES Team (non-competitive/competitive) ages 5 and above
- SUMMER Team (non-competitive) ages 6 - 18
- HALF YEAR Team (competitive – less time restraints) Sept – May (ages 8-18)
- ELITE Teams-competitive (July/August – May) (ages 6 and up)
- PREP Teams -Competitive (August – May) (ages 8 and up)
- GYMNASTICS Only Classes-non-competitive(open to everyone)YEAR ROUND

GYMNASTICS

DATES	Day of Week	Times
June 1 st – May 31 st	TUESDAY's	5:30 – 8:30pm

Charges for Gymnastics applies to Everyone.

NON-MEMBERS: - \$25 registration fee, valid for one year
Then \$12.50 per each 1 hour class with a max of 2 classes per night.

REGISTERED MEMBERS: \$4 per one class or \$6 per 2 hours of class. This will continue throughout the season.

2023 SUMMER TEAM:

- OPEN TO ANYONE ages 6 & UP (No Experience needed)
- MUST SIGN UP Before July 1st - \$85 p/person(includes a tee shirt)
- Practice Dates –
 - Monday July 10th 6:30 – 8:00pm
 - Wednesday July 12th 6:30 – 8:00pm
 - Monday July 17th 6:30 – 8:00pm
 - Wednesday July 19th 6:30 – 8:00pm
 - Monday July 24th 6:30 – 8:00 pm
 - Wednesday July 26th 6:30 – 8:00pm
 - Monday July 31st 6:30 – 8:00pm
 - Monday Aug. 2nd 6:30 – 8:00pm
 - Wednesday Aug 7th 6:30 – 8:00 pm
 - Monday Aug. 9th 6:30 – 8:00pm (showcase at the gym for Friends/Family at 7:30pm)



TEAM PLACEMENTS – HOW DOES THIS WORK?



EVERYONE MAKES A TEAM here at NORTH STAR

NO TRY-OUT's required – Be Evaluated and placed on a TEAM!

We can Meet and Greet & Sign Up (call us for the Sign UP Dates)

- Everyone ages 6 and up can be evaluated for a team placement (under age 6 sign up only)
- We evaluate in groups on cheer skills, jumps, tumbling, overall appeal
- YOU must attend one night of evaluations to make a team (if over age 6)
- Wear shorts, tee shirt and have hair pulled up and back; out of face
- Once evaluations are completed, the athlete will be placed on a team per their age and skill level
- Once all teams are formed, coaches will contact you, introduce themselves, and let you know when practices will begin
- A Mandatory parent meeting will be scheduled once all teams have been formed. This will be the time for all questions and concerns regarding the upcoming season.
- Registration paperwork and money is due before evaluations/Sign Up's.
- At the time you register and pay, you will also receive \$50 of CASH RAFFLE Tickets that you have the option to sell. If you choose to sell them, you keep the money from the sale, return sold tickets to front desk with your child's name on the back of each ticket sold. If you don't sell them, put your own name on these for a chance to win cash prizes.
- Siblings receive discounts on registration and monthly fees.



REGISTRATION/SIGN UP INFORMATION



The First and most important aspect of evaluations at North Star is that the atmosphere be relaxed and comfortable. We want each athlete to be excited and let us help them reach their potential. All evaluations are closed to the families.

WHAT To Wear at Evaluations - Black Shorts and tee shirt; Hair pulled up and back out of face; clean sneakers in gym

Sign Up's/Evaluations at GYM



EARLY BIRD SPECIAL/MAY: \$70 for first member

- **Stop in, call us for an appointment and must be before June 1st**
 - Complete and submit Registration paperwork to lwallis2@verion.net
 - Submit Payment by Cash App/Venmo (Paypal add 3.9% if not family/friends)
 - Example on Payment $\$60 \times 3.9 = 62.34$; that is what you will send Paypal



JUNE SPECIAL: \$75 for first member (-\$10 siblings)

- **Stop in, call us for an appointment and must be Before June 30th**



PRICING AFTER JUNE 30th: \$85 for first member (-\$10 sibling)(discounts based on years w/NS)

- **Stop in, call us for an appointment**

Prices above do not include a \$49 USASF Fee which everyone has to pay. You must set up an account and register your child at usasf.net once you have joined. This gives the child access to competitions, scholarships and information on classes.

★ Everyone will be evaluated or placed on a team. Ages 6 and under that wish to stay on a Tiny or Mini Team will not be evaluated, just placed on that team. EVALUATED athletes will be scored on Tumbling Skills, jumps, technique, and overall appeal.

★ **OVERALL TEAM PLACEMENTS:** If an athlete demonstrates an exceptional strength in another area besides tumbling, jumps, dancing, basing, back spotting or flying, they may be placed on a squad that is higher than their individual tumbling skills. On the reverse side, simply having the necessary tumbling skills does not mean that an athlete will automatically make that level. We are looking for well-rounded athletes with strong work ethic and positive attitudes.

★ **Private Evaluations** – If you wish to have a **PERSONAL EVALUATION AT THE GYM** -Price of Registration Plus \$25

★ **Parent Viewing Area** – The cameras will not be on during evaluations for parent viewing. They will continue to be active and video any activity in the gym. Cameras in parent area will be off from time to time, usually weeks prior to competition. This allows for greater focus from your athletes during practices and allows our parents to celebrate the growth of the team from week to week. If the viewing area becomes a negative environment at any time in the season, the viewing area will be closed and camera's off.

★ Once athletes have signed up or has made a team, we strongly encourage getting the athletes into gymnastics classes to improve on skills and technique.



MONTHLY FEE'S PER TEAM and SCHEDULE OF PRACTICE DAYS



Monthly fee's - are due the 1st of each month. If there is a balance owed to North Star after the 10th of each month, a late fee is charged, and fees apply for returned check payments

Monthly Fee's and registration include: USASF fees for coaches; coaches training and certifications; insurance fee's, rental fees, practice wear, bow, choreography, music, coaches' expenses for competitions, competition fee's, eye make-up, \$10 towards banquet expenses and misc. fees for operating expenses. These fees are divided up amongst the months you pay. The only time we would credit your account is if a competition is cancelled for any reason. You are responsible to pay all expenses p/month even if the season shuts down early, minus again the competition fees.

Additional Fee's not included in the Monthly Fee's:

- Uniforms – Starting at \$175 and up (good for 2 seasons) (Elite Teams \$450+approx)
- Sneakers - pending what team
- Transportation and Lodging for out of town/state competitions.
- USASF Fee - \$49 annually

TEAM	AGES	MONTHLY FEE'S		PRACTICE DAYS	Start Dates
Tiny Team	4 – 6	\$ 145 (Sept.) \$ 115 (Oct) \$ 95 (Nov – April)	Non competitive	Tues 5-6:30pm SEPT - MAY	Sept. 6, 2022
Tiny Team	5 – 6	\$ 145 (Sept.) \$ 115 (Oct) \$ 95 (Nov – April)	Competitive	Tues 5-6:30pm SEPT - MAY	Sept. 6, 2022
Mini Team	5 – 8	\$ 180 (Sept.) \$ 150 (Oct) \$ 130 (Nov – April)	Competitive	Mon/Thurs 5-6:30pm SEPT - MAY	Sept. 8, 2022
Youth Team	5 - 11	\$ 188 (Sept.) \$ 158 (Oct) \$ 138 (Nov – April)	Competitive	Mon/Thurs 6-8:30pm AUG. - MAY	Aug. 11, 2022
Junior Team	6 - 15	\$ 220 (Sept.) \$ 190 (Oct) \$ 170 (Nov – April)	Competitive	Mon/Wed. 6-8:30pm AUG. - MAY	Aug. 10, 2022
Senior Team	12 – 18	\$ 245 (Sept.) \$ 220 (Oct) \$ 195 (Nov – April)	Competitive	Tues/Thur/1 Sun p/mon JULY - MAY	July 7, 2022
Half Year	8 - 18	\$ 130 (Sept.) \$ 130 (Oct) \$ 100 (Nov – April)	Competitive	Sun. 12:30-2:30pm NOV - MAY	Nov. 6, 2022
Cheerabilities	5 & UP	\$ 30 (Nov – April)	Non & Competitive	Wed 5-6:30pm NOV - MAY	Oct. 5, 2022
Summer Team	6 & UP	\$85 (one-time fee) JUST SIGN-UP Tee-Shirts +\$20	Non-Competitive DEMO TEAM	July/Aug 2x's p/wk 6:30 – 8:30pm	July 10, 2023

Ages may change based on USASF rules



COMPETITION INFORMATION



- You will receive a tentative schedule around Oct /Nov. (it is not for advertisement -keep to yourself until it is finalized)
 - Once the tentative schedule is posted, It will be your responsibility to make sure there are no conflicts with your child attending since they cannot miss a competition(automatic dismissal)
 - NO CHEERLEADER can miss a competition or 2-week practice prior to competition
 - All Vacations, school activities for a grade should be listed on your EVENT/CONFLICT/VACATION form and handed in at front desk. All Vacations prior to final comp schedule and all school activities for a grade 2-3 weeks prior. Without notification the child will be marked absent.
 - Sept/Oct the actual Competition schedule will be posted – Finalized in Oct.
- At any time, an event can be cancelled and then we must rush to replace so even though our schedule is set it doesn't mean that it is in stone. We cannot foresee or expect what the companies will do
- Travel mainly on the East Coast and stay local for the younger team's
- Additional information will be posted at front desk as we receive it from the competition company.
- THE Performance times are never posted until the week of the competition (to many changes by the companies so they won't post it until they are final) AGAIN, once we have the information, we will share this, email this and post this at the front desk.
- PARENT(s)- You are responsible to book your own rooms with your child, we will block rooms if we as coaches must stay. Otherwise, you may book wherever you like.
- SOME Companies make us book at certain hotels; we will inform you of this
- PARENT Expenses: Own Transportation; Own Hotel Room; Parking Fee's and Admission Fee's p/competition
- PARENT(s) can purchase a North Star Shirt/Hoodie/Jacket – ask at front desk
- NO Cell Phones the day of the competition for athletes. We ask that they shut them off (distraction) and you may contact the coach if needed. They can have them back after they compete.
- NO Negative remarks or behavior while on trips or at any event. We will forfeit and return home if any problems arise (no refunds).
- Coaches will let you know what time and where to meet once at the competition venue.
- UNIFORMS stay on until after AWARDS!! (Makeup and uniform)
- BRING Practice wear to each competition in case the team must practice.
- If you book a vacation after the final schedule is out and your child misses a competition, they will be removed from the team for remainder of the year. It takes the entire team to compete.

THERE WILL BE NO POSTING VIDEOS of the TEAM ROUTINES ON SOCIAL MEDIA. THIS IS GROUNDS FOR DISMISSAL. Still Photos are fine. We pay for our Music and Choreography and if we leak any of our new skills other teams can use them. We only post personal items on the North Star FB page and that is for our parents and athletes only. PRIVATE information like travel dates and teams are listed here and we don't want this out to the general public.

ADDITIONAL INFORMATION

★ **CHOREOGRAPHY** dates are very important and require mandatory attendance. We will get the dates set by June/July for August Choreography. PLEASE make sure you complete the EVENT/Conflict/Vacation form in advance to help us set our dates.

★ **MATERIAL AGREEMENT.** As a member of North Star Cheer Program, any material (cheers, chants, pyramid, partner stunts, transitions, dances, music, routines; North Star Name/Logo – ANY part of choreography etc.) may not be used or taught for any purpose to anyone outside of North Star. All Material is owned by North Star and may not be reproduced or taught in any manner at all. If this occurs, a \$500 Fine will be incurred to the family that is responsible for this action or full dismissal from the program. No refunds will apply to your account.

★ **UNIFORM AGREEMENT.** As a member of North Star, your uniform represents our program. You are responsible for the uniform including not to loan to anyone that is not a member of our program.

★ **PROPERTY RIGHTS AGREEMENT.** The name of North Star or any part of our trademark/logo may not be used without prior written consent from North Star. The company name and entity are solely owned by North Star. Any violation of this agreement may result in legal action.

COMPETITIONS

- Travel outside of NYS (NY, PA, SC, NJ, FL, Mass, OH)
- Take care of own transportations to and from Competitions
- We will block rooms if necessary but your responsible for booking your own room
- North Star Uniforms; make-up; and hair stays up until after award ceremonies
- Parents will have expenses at each competition (parking, admission and food)

FUNDRAISING

- We will try to offer one fundraiser per month
- You will have to participate in a few gym fundraisers (portion of proceeds)

COMMUNITY SERVICE

- Sign Ups will be posted for multiple services such as:
 - Ringing the bell for Salvation Army
 - Attend Heart Walk or Cancer Walks, Relay for Life Walks
- These will be posted for sign up's

Parents

- Be responsible at all events (fundraising, Competitions, any North Star Event)
- IT IS IMPORTANT that your child be at practice 10 minutes early
- Be RESPECTFUL to others in the Gym and especially at Competitions and all NS Events
- PLEASE, no negative comments (if public hears this, it belittles our organization)
- BE PROFESSIONAL at times
- We cheer on our teams and other teams at every competition



ADDITIONAL ORGANIZATION INFORMATION



★ **ATTENDANCE Policy-** You will get 5 Unexcused Absences a year; 3 late arrivals will count as 1 absence; excused absences are prior commitments on EVENT/VAC form or a death in the family or a school event for a grade. You must submit all season vacations on event form before final Competition Schedule is out.

★ **North Star is a year-round Gym.** Registration in May/June and athletes can start participating as soon as they REGISTER and continue until the following May.

★ **SIX Parent Meetings** a year (Jan/March/May/July/Sept/Nov). It is up to you to get the information for updates throughout the season.

★ **NORTH STAR SHOWCASES** – twice a year, Jan and May. Mandatory for all teams

★ **PRIVATE LESSONS** – member \$15 p/half hour with a coach of your choice. HIGHLY Recommended.
non-members \$20 p/half hour with a coach of your choice

★ **BIRTHDAY PARTIES** – Please ask at front desk for details and application

NORTH STAR COACHES are USASF Certified, CPR/First Aid Certified, Volunteer, Level Training by USASF

411 ABOUT ALL STAR CHEERLEADING

All Star cheerleading is a competitive sport that requires performing a 2 minute and 30 second routine composed of tumbling, stunting, pyramids, dancing, and cheering. Parents and athletes should be aware that All Star Cheering is a very large time commitment. Practices tend to be 2-3 hours long and 2-3 times a per week, which usually includes tumbling instructions. Practices are mandatory due to the fact than many elements of a routine cannot be successfully completed without everyone there, that means your child.

DATES GYM CLOSED:

May 31st GYM Closed – Memorial Weekend

July 4th GYM Closed

Sept. MONDAY GYM CLOSED for LABOR DAY

Nov. THURSDAY GYM Closed- Thanksgiving

Dec. 24th & 25th GYM Closed – Christmas

Dec. 31 & Jan 1st GYM Closed – New Year

NORTH STAR ALL STAR COMPETITIVE CHEER/TUMBLING

We Hope This Information Helped

REGISTER TODAY FOR ANY OF OUR TEAMS...

- ★ FULL YEAR
- ★ HALF YEAR
- ★ SUMMER TEAM(
- ★ CHEERABILITIES TEAM
- ★ GYMNASTICS ONLY (don't have to be a member)
- ★ PRIVATE LESSONS (don't have to be a member)

***** WE HAVE A PLACE FOR EVERYONE! ******

- START by Completing your Registration Forms
 - Email us and we will attach forms to your email.
 - Email back the completed forms or bring to Sign Up's
 - Send Registration Fee through Pay Pal/Friends & Family; Venmo or Cash APP or pay at the gym during Sign UP's
- ONCE you are registered and paid you can start Fundraising early to get money on your account before the season begins.

IF YOU STILL NEED MORE INFORMATION – Contact Us

Lorrie 315 245 2686 or 315 334 2139

Lwallis2@verizon.net

2023 Awards: 2 Bids to D2 Summit; Paid bid to THE ONE; Stunt Award; Tumbling Award; Showmanshp awards; Sportsmanship Awards; Choreography Award and many 1 – 3rd place wins throughout the teams!

Be a Part of an All Star Team that takes pride in their Performances

#NORTHSTARSTRONG

#NORTHSTARSEASON20