

# **SALEM CHEER CATZ PARENT HANDBOOK**

# WELCOME TO SALEM CHEER CATZ

Hello and welcome to the Salem Cheer Catz. Thank you so much for checking out our Cheer family! We started our program from scratch 2 years ago with a limited meet season and had so much fun watching the girls learn and grow as athletes we decided to make SCC a permanent part of our program.

Our goal is to provide a safe, fun, and uplifting environment for our Cheer Catz to practice and hone their skills so that they can be well prepared and confident for their season. All of our cheerleaders have equal and exceptional value whether they are brand new to competing, or have years of experience. We are truly a family both on and off the mat and we are so happy to have your child/children cheering for us.

Please read through these pages and fill out and sign anything that needs to be returned. Make sure that you have a tuition account set up and as always if you have any questions or need further clarification or information please call or text 5039996359, or email [mysalemgymnastics@gmail.com](mailto:mysalemgymnastics@gmail.com) and Tracy or Alexa or Karrin will reach out as soon as possible.

## CATZ CREW The Year at a Glance

End of May: Pre Season ends & Parent meeting outlining different program options  
End of May : Fundraising/Sponsorships papers handed out  
June: Teams solidified: Practices begin | Practice gear fitted  
July : Uniforms Fitted and ordered  
Aug: Choreography Begins  
Aug: Practice gear arrives  
End of Aug: Routine Workshop  
Sept/Oct : Receive Competition schedule  
Oct/Nov: Receive Uniforms  
Jan-Mar 1: Competition season starts  
Mar: End of year Celebration  
Mar 1: Pre Season Training begins for next year

## **Salem Cheer Catz: Rules and Guidelines Agreement**

1. Anyone participating in SCC activities, the athletes, their parent/guardian, must have signed and completed all paperwork including, but not limited to: Rules and guidelines agreement, code of conduct, waiver and release of liability, member contact information, and image release. If more forms become necessary to participate as a member of SCC, you will be provided the form and required to return it.
2. A copy of participants valid birth certificate must be provided if required for competitors or age verification. For our Game Day, Mini Prep, and Junior Elite teams there are online requirements to provide birth certificates so that the athletes can get their USASF #. Please have it handy so it can be done in a timely manner.
3. If the participant is taking a prescription drug that will prevent the participant from performing and practicing safely, parent must notify the staff of SCC immediately. We will discuss the removal or limited participation of the participant if necessary for safety.
4. Please help keep our atmosphere upbeat and positive and treat teammates, fellow parents, and Salem Cheer Catz coaches and staff with respect.
5. Do not loan out any piece of the SCC uniform at any time, to anyone. Unity on a cheer team is important so please do not have any outside t-shirts or gear made. If there is something we do not have that you would like, bring the idea to the front desk so we can see about getting that for you.
6. SCC is not responsible for any lost or stolen items. Check lost and found by the lobby for any items left at the gym.
7. It is mandatory that all team members wait inside the facility after practice for parent or guardian pick up.
8. Safety is the number one concern for our team. Dangerous and illegal maneuvers should not be attempted without a coach present and aware. Also, if a person is not participating in a class, they are not to be performing any cheer maneuvers without the direction of a staff member. This applies before practice, during practice breaks, and after practice.
9. All accidents or injuries must be reported immediately to SCC staff, so proper actions can be taken. Should a child's accident or injury cause them to miss practice for recovery time, a doctor's note and a SCC medical clearance form will be required to return to participation.
10. Although all cheer teams at SCC need a consistent level of attendance, our Mini prep, and especially our All star Elite require 100% commitment from the parent and family to be successful. Attendance is absolutely essential, and pursuing other sports or activities will not be able to happen if it interferes with practice or competition times.

## **Practice and Competition Guidelines**

- 1.Participants must have a positive attitude and work ethic.
- 2.All team members agree to work hard in practice and conditioning exercises to improve performance and prevent injury.
- 3.Competitive Cheerleading is a team sport that requires regular attendance by all team members. Once a schedule is published, the practice dates are firm and all team members are required to attend. Exceptions can be made if given advance notice but cannot be the norm.
- 4.All practices are mandatory. Team members must make their commitment to the team a priority. Illness, family emergency, or pre arranged absence is the only reason to miss practice.
- 5.Participants must take part in every practice the week of a competition/performance or else you may not be able to perform. Certain circumstances can be discussed.
- 6.If the participant is injured, it is asked that the participant will still come to practice and watch.
- 7.Additional practices may be called by the coach as necessary during the performance/competition season. We plan to stick to the given schedule as much as possible but if we assess the situation and feel that additional practice time is needed then participants will need to follow through with that additional requirement.
- 8.Removal from a team can happen if (not limited to) there are excessive absences, misconduct that represents the program poorly in any manner, or being unkind during practice to coaches or teammates.
- 9.All participants must be dressed in proper practice attire which includes proper shoes during a workout. This is defined as: T-shirt, Cheer shorts, and proper cheer-type shoes., and bow.Practice gear will be determined by the coach and will be available ASAP after the team is formed.
- 10.Jewelry is prohibited during practices and competitions as per state rules. Team members should not get any new piercings during the season. If they do they may not be able to participate in practices or competitions. They do random checks at competitions.
- 11.Hair must be worn up and away from your face at practice. Hair must be worn as requested at competitions.
- 12.Nails must be kept short at all times for both practices and competitions. The use of any nail polish other than clear is prohibited for competition unless approved by the coach. Artificial nails must not exceed the tip of the nail upon which they are applied.
- 13.All uniforms must be clean, shoes clean and white, and hair and make up done for all competitions. Bras, sports bras, or any undergarment worn beneath the uniform must be matching in color. They must blend in and not stand out.
- 14.All scheduled competitions are MANDATORY. The schedule will be provided by November. Be sure your personal calendar is clear, and your cheerleader is ready and able to attend all practices and competitions scheduled.
- 15.On the day of the competition, cheerleaders are to stay in uniform the entire time. Additional clothing of any kind is not permitted unless it is approved SCC gear and even then your athlete will need to be changed back into the uniform prior to the awards ceremony.
- 16.Cheerleaders must stay seated during all performances. It is polite and respectful thing to do.
- 17.Cheerleaders must stay with their team throughout the competition day. Your coaches must know where you are at all times. All Catz must stay for awards.
- 18.Cheerleaders and parents are to show good sportsmanship at all times please.

## **Additional Attendance and Representation Policies**

### **Attendance to Practices and During the Meet Season:**

While we are fully aware that there may be many things that come up in life that may require your athlete to miss practice, Cheerleading unlike any other sport is truly a team effort. Once the formations begin to be set and take hold as well as the year's routine, a missing athlete can make it where sequences cannot be performed and as a result can directly effect our ability to be competitive. This becomes even more important during season. There is no bench for cheerleaders. Every athlete has a distinctive and vital role to play for the success of the whole. When an athlete misses, formations are no longer visible, stunts can't go up, and tumbling spacing and timing are equally effected adversely. To that end, if your child cannot attend at least 70% of all practices they may not be eligible to continue on the team for the season in question. Your athlete should be in attendance the majority week of competition in order to compete that weekend.

Our season is not very long and runs for 2 months, possibly longer for our Elite team. During those two months if any other school opportunity presents itself like an after school activity or an additional sport or extra curricular activity we ask you to please honor the commitment to the cheer catz team first. If anything else comes up and it does not conflict with practice times or meets scheduled then of course we are fully supportive of our athletes being involved in multiple things. But if anything outside does conflict please do not come and ask us if your athlete can do anything that would take away from the priority commitment to this team which will remain our focus until the season finishes.

### **Representation:**

Please make sure you are doing your best to represent yourself, your team and our gym in the very best possible light AT ALL TIMES. Each of your words and actions as well as those of your child/children directly represents our Cheer catz teams, families, and our business as a whole. Keep it positive with regards to any conversation with and about any other gyms, routines, cheerleaders, judges ect. Please keep any comments only to things you would be proud of others hearing.

If at any time you are unhappy at practice or at a competition please wait until the competition or practice is over and bring your concern to the coach or to Tracy (503) 9996359 directly so that we may get any questions cleared up, or address anything that needs a discussion to the best of our ability. Please do not sit in the stands and talk, not realizing that you are an ambassador for our team and our program and your words should uplift and enhance at all times while out in public, and anything else should be handled back in the gym and with the appropriate people involved. If for any reason a coach is not available directly after a practice or a meet and you would like to discuss something we will make an appointment to speak as soon as possible.

## **Parent Guidelines**

- 1.If you have any concerns regarding your child, or another athlete or staff please contact Tracy directly or let the front desk person know that you need Tracy to reach out. 5039996359.
- 2.Parents are not to coach or instruct their child or other athletes during practices or competitions, unless asked to by a SCC staff or coach. No parent is allowed out on to the floor.
- 3.Parents are expected to have a current email on file with SCC. E-mailing is one of the primary ways we communicate with regards to important updates and information. Please also as soon as you can go and join the **Salem Cheer Catz Crew** private group on Facebook.
- 4.Parents must agree to accept coaching decisions as final and in the best interest of the athlete.
- 5.Parent meetings may be held periodically.It is strongly recommended that at least one parent attend each meeting.

## **Financial Guidelines**

- 1.Monthly tuition is due via the parent portal which is found on the SGC website. Once account is created, general information filled in, waivers read through and signed please enter card details and save. The card will be kept on file at all times and must be current and up to date. Tuition fees will be paid via auto pay on the 1st of each month. If the card on file cannot be accessed, or funds are insufficient, you will be notified. If the payment is not received your child will not be able to participate until fees are brought current.
- 2.We run a 4 week session that we bill monthly for. These session dates as well as closure dates can be found on the website on the brochure, and on the online invoice you pay for. Closures are also posted on our facebook page as well as on our announcement page on our website. This is an ongoing program and once signed up your child is considered signed up unless we receive a 30 day notice in advance of when you expect tuition to stop.
- 3.The monthly fee will not be prorated for vacation, or illness. The fee will be pro rated if we must close or clerical error on our part, or injury that affects ability to safely cheer.
- 4.Uniform and Competitive Fees will be billed to the card on file on the dates shown on the 20th of each month. While we try our best to post reminders, but please know that your signature on the financial page authorizes these fees and unless we hear from you that they should not be pulled for an agreed upon reason they will be pulled as posted.
- 5.Uniform and competitive fees will not be refunded once paid for any reason.
- 6.SCC will offer a period to break competition payments down, as well as fundraising opportunities to help with additional fees, and a business sponsorship packet.
- 7.If you fundraise or pay money towards competition fees and your child leaves the program by choice or is removed from the program for any reason, any money pre paid will not be returned and will remain property of SCC.
- 8.Individuals that qualify for a scholarship will participate in all fundraising activities.
- 9.All members are required to participate in any fundraisers that are deemed mandatory. If anyone needs to opt out of a fundraiser, a \$50 opt out fee will be required per fundraiser.
- 10.Fundraising and Sponsorships: We will do our best to credit fundraisers and sponsorship as soon as possible but at the latest they will apply to the next scheduled payment due date.

## Parent Policy/Guideline & Financial Contract

By signing below, I am in full agreement with the rules and policy guidelines for both the athlete and parent and the financial contract that are specific to the Salem Cheer Catz Program through Salem Gymnastics Center.

In addition to all waivers for Salem Gymnastics Center, this is my consent on behalf of my child/children listed below.

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

To participate in said program. I as the parent or guardian acknowledge that I have thoroughly read through and agree to be bound by the terms of these guidelines and financial contracts.

X \_\_\_\_\_  
printed name of parent/guardian.

X \_\_\_\_\_  
Signature of parent/guardian

Date \_\_\_\_\_

## Contact Information

Parent/Guardian Name \_\_\_\_\_

Best contact E-Mail \_\_\_\_\_ Best Phone \_\_\_\_\_

Please Note: I agree to update these contacts if they change and know that any miscommunication that occurs if these contacts are used and are not up to date will not be the fault of SCC through Salem Gymnastics. I also agree to check my spam or junk periodically to be sure important emails are not going there. I understand that the best possible way to get the fastest communication is through the private Facebook group and by messaging any questions to 5039996359 or asking at the front desk :)

**Salem Cheer Catz Performance Teams**

Storm Catz Ages 4-6 & 7+ | Hurricane Catz Homeschool 4-6 & 7+

Full Year (July-Mar 20) with 4 Performances (Oct-Mar 20)

1/2 Year (Oct-Mar 20) with Performances (Jan-Mar 20)

Practice Times:

Wed 6:00-7:15: Storm Catz: 1- 2 groups (Ages 4-6) (Ages 7-16)

Mon 11:15-12:00: Hurricane Catz: 1- 2 groups (Ages 4-6) (Ages 7-16)

Tuition \$72 monthly + Yearly Registration \$50 (Monthly Tuition may raise in Sept \$3-\$5)

Performance Dates: Performances are at the SGC Home Meets on Sundays

Full Year: 3rd weekend in Oct, 3rd weekend in Dec, 2nd weekend in Jan, 3rd weekend in Mar.

Half Year: 2nd weekend in Jan, 3rd weekend in March

Total Team Fees For Entire Year: This is in addition to the monthly tuition

\$225 Full Year | \$185 1/2 Year

Fee Breakdown:

Fees/dues : \$15 Full Year | \$15 Half Year

Choreo/Music : \$35 Full Year | \$25 Half Year

Performances: \$60 Full Year | \$30 Half Year

Catz Practice/ \$115 Full Year | \$115 Half Year

Performance Pack Includes: (1 t-shirt, 1 Shoes, shorts, 1 bow)

Payment Breakdown and Schedule:

Full Year: 5 payments of \$45 Due Dates: July 20, Aug 20, Sept 20, Oct 20, Nov 20th

1/2 Year: 5 payments of \$37 Due Dates: Oct 20th, Nov 20, Dec 20, Jan 20, Feb 20

\*You may pay ahead of time or in higher amounts but these are the minimum amounts due by the set dates. The amounts are due in addition to your monthly tuition fees. Tuition will be taken off the card on file on the 1st of the month and Season fees on the 20th of the month to spread things out.

\*\*There will be several fundraising opportunities through the summer months. As well as access to the done for you Business Sponsorship Packets.

Catz Super Pack for athletes (Optional): \$115 (Personalized Back Pack, Hoodie, and Tumbler)

Parent T-shirt Personalized: \$18 Parent Hoodie Personalized: \$35

If your child/children are on this team, please print and sign name below to accept competitive fee outline, payment fees, and dates due.

X \_\_\_\_\_ Printed Name Date \_\_\_\_\_

X \_\_\_\_\_ Parent/Guardian Signature



**Salem Cheer Catz: Game Day Comp Team**

Snow Catz Ages K-2nd Grade | Tornado Catz Grades 2-6  
Teams form June | Season from June to Feb 28

Practice Times:

Snow Catz Fri 5:15-6:30 | Tornado Catz Fri 6:30-7:45

Tuition \$72 monthly + \$50 Yearly Registration (Monthly tuition may raise in Sept \$3-\$5)

Tuition Add On: 1 Power Hour \$15 Per Month (Optional)

Total Team Fees:

\$540

Fee Breakdown:

Coach Accreditation/Fees: \$110

Choreo /Music : \$50

Local Competitions 4: \$200 (3 meets + state)

Catz Comp Pack: \$180 (t-shirt, shorts, shoes, poms, bows, and a uniform)  
& Apparel

\$540 Total for the entire year: In addition to monthly tuition

6 payments of \$90 Due July 20, Aug 20, Sept 20, Oct 20, Nov 20, Dec 20

\*You may pay ahead of time or in higher amounts but these are the minimum amounts due by the set dates. The amounts are due in addition to your monthly tuition fees. Tuition will be taken off the card on file on the 1st of the month and Season fees on the 20th of the month to spread fees out.

\*\*There will be several fundraising opportunities through the summer months. As well as Access to the done for you Business Sponsorship Packets.

Catz Super Pack for athletes (Optional): \$115 (Personalized Back Pack, Hoodie, and Tumbler)

Parent T-shirt Personalized: \$20 Parent Hoodie Personalized: \$35

If your child/children are on this team, please print and sign name below to accept competitive fee outline, payment fees, and dates due.

X\_\_\_\_\_ Printed Name Date\_\_\_\_\_

X\_\_\_\_\_ Parent/Guardian Signature

**Salem Cheer Catz All Star Traditional Mini Prep Team**

Mini Prep Team Ages 5-7

Teams form June/July | Season from June-End of Feb

Practice Times:

Tue and Fri 5:15-6:30

Tuition \$82 monthly + Yearly Registration \$50 (Monthly tuition may raise in Sept \$3-\$5)

Tuition Add On: 1 Power Hour \$15 Per Month (Optional)

Total Team Fees:

\$690

Fee Breakdown:

Coach Accreditation/Fees: \$90

Choreo /Music : \$100

Local Competitions x4: \$200

Catz accessory Pack: \$115 (Shoes, Comp Bow)

Catz Apparel \$75 ( 2 Shirts, 1 Short, Bow)

Uniform Season Rental: \$110 (Traditional Uniform)

\$735 Total for the entire year:

6 payments of \$115 Due July 20, Aug 20, Sept 20, Oct 20, Nov 20, Dec 20

\*You may pay sooner or in higher amounts to pay it off quicker but these are the minimum amounts due on these due dates.

\*\*There will be several fundraising opportunities through the summer months. As well as access to the done for you Business Sponsorship Packets.

Catz Super Pack for athletes (Optional): \$115 (Personalized Back Pack, Hoodie, and Tumbler)

Parent T-shirt Personalized: \$20 Parent Hoodie Personalized: \$35

If your child/children are on this team, please print and sign name below to accept competitive fee outline, payment of fees, and dates due.

X\_\_\_\_\_ Printed Name Date\_\_\_\_\_

X\_\_\_\_\_ Parent/Guardian Signature

## Salem Cheer Catz All Star Traditional Junior Elite Team

Junior Elite Team Ages 8-16

Teams form June/July | Season from June to End of Feb

Practice Times:

Tue and Fri 5:45-7:30

Tuition \$103.50 monthly + Yearly Registration \$50 (Monthly tuition may raise in Sept \$3-\$5)

Tuition Add On: 1 Power Hour \$15 Per Month (Optional)

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Total Team Fees: \$1286 whole team all in stock uniforms Uniforms | \$1416 With New Leo  
Fee Breakdown:

Coach Accreditation/Fees:	\$182	(Includes coach fees for competitions)
Choreo /Music :	\$314	(Choreo & Music By Dan Cotton of Oregon Dream Teams)
Elite Meet x4	\$600	
Catz Comp Pack:	\$115	
(Shoes, Comp Bow)		
Catz Apparel	\$75	
(2 shirts, 1 short, Bow)		
Uniform Season Rental:		
In stock:	\$0	(In stock uniforms provided) Ordered New \$130

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\$1286 Total with in stock uniform rental: (Staying with same uniforms)

6 payments of \$214 Due July 20, Aug 20, Sept 20, Oct 20, Nov 20, Dec 20

7 payments of \$183.71 Due July 20, Aug 20, Sept 20, Oct 20, Nov 20, Dec 20, Jan 20

8 payments of \$160.75 Due July 20, Aug 20, Sept 20, Oct 20, Nov 20, Dec 20, Jan 20, Feb 20

\$1421 Total with ordered uniform rental:

7 payments of \$203 Due July 20, Aug 20, Sept 20, Oct 20, Nov 20, Dec 20, Jan 20

8 payments of \$177.63 Due July 20, Aug 20, Sept 20, Oct 20, Nov 20, Dec 20, Jan 20, Feb 20

\*You may pay sooner or in higher amounts to pay it off quicker but these are the minimum amounts due on these due dates.\*\*There will be several fundraising opportunities through the summer months. As well as done for you Business Sponsorship Packets.

Catz Super Pack for athletes (Optional): \$115 (Personalized Back Pack, Hoodie, and Tumbler)  
Parent T-shirt Personalized: \$20 Parent Hoodie Personalized: \$35

If your child/children are on this team, please print and sign name below to accept competitive fee outline, payment of fees, and dates due.

X \_\_\_\_\_ Printed Name Date \_\_\_\_\_

X \_\_\_\_\_ Parent/Guardian Signatu

## SCC Code of Conduct

SCC Participants and parents are expected to abide by a code of conduct at all practices, competitions, and any event our athletes are involved in which includes the provisions listed below. This is in addition to all policies and documents above.

### Participants agree to the following:

- \*I will emphasize the ideals of sportsmanship, ethical conduct, and fair competition.
- \*I will show courtesy to my competitors and officials.
- \*I will recognize competitions and practices as important experiences for my success
- \*I will be supportive of the coaches throughout the season. I will discourage parents, fans, and fellow Athletes from any unsupportive behavior.
- \*I will be aware at competitions of my representation of the team and act accordingly.
- \*I will not criticize my teammates or coaches.

### Participants and Parents agree to the following:

- \*I will refrain from using physical or verbal abuse or profane language at all functions of SCC.
- \*I will abstain from being under the influence of or in possession of alcoholic beverages and the possession or use of any illegal substance at any or all functions of SCC.
- \*I will accept the decisions of the competition officials (including judges and coaches), and not use any profane language or try to anyway way subvert their authority.
- \*I will not criticize an opposing team by words mouth, physical gesture, or social media.
- \*I will not interrupt the coaching staff during practices or competitions unless it's an emergency
- \*I will not express complaints about coaches or our team or others in the stands during or following a competition. This includes practice as well as social media. Instead I will make an appointment or direct contact with Tracy concerning any complaints or concerns.

Participant Name \_\_\_\_\_ Printed X \_\_\_\_\_  
Signature

Parent Name \_\_\_\_\_ Printed X \_\_\_\_\_  
Signature

Date \_\_\_\_\_

