



460 Rawles Court, Indianapolis, Indiana 46229 (317)897-GOGU

## Shamrock All-Star Cheerleading

Thank You for returning or considering becoming a part of one of the most exciting and growing all-star organizations in Indiana. Gymnastics Unlimited, its coaches and squad members would like to take this opportunity to welcome you! This packet contains vital information about our organization; including gym information, booster club information, and parent and athlete rules and regulations.

What is Shamrock Cheerleading? We are an organization dedicated to the sport of competitive all-star cheerleading. The squad's primary focus will be to prepare for and compete in local and national cheerleading competitions. During the course of the year, each squad will focus on all components of cheerleading. These include tumbling, jumps, motions, pyramids, partner stunts, strength and conditioning, dance, and sportsmanship. The Gymnastics Unlimited Shamrocks will attend 6-10 competitions per year depending on the age and level of the squad. Most of our competitions are local; however, selected squads will travel to mandatory out-of-state competitions. We may also make public appearances in parades, fairs, and exhibitions during half time performances at various events.

**Shamrock cheerleading members pay Gymnastics Unlimited a monthly gym fee to participate.** In addition participants are required to become members of our GUSBC in order to pay for items including but not limited to uniforms, camp and coaching fees, competition fees, and competition travel expenses.

Please understand that you, the parent or guardian, are as much a part of the program as your athlete. Over the course of the season, you, the parent or guardian, will be required to make many trips to the gym for your child's team practices, as well as both in and out of town competitions.

We want you to be reassured that you and your child's best interest are always in the forefront of our rules and regulations. Please read over the following pages carefully. All forms need to be filled out and returned the day of our evaluations. **There will be a \$45 fee for all new Shamrocks payable at the initial try-out clinic.** Please contact Tina by email at [Tina@gu-indy.com](mailto:Tina@gu-indy.com) or call the gym (897-GOGU) if you have any questions. Thank you again for your interest and support of the Shamrock Cheerleading program.

*The Gymnastics Unlimited*  
**Shamrock All-Star Cheerleading Staff**



## Parents Rules and Regulations: Please Read and Initial

\_\_\_\_ I understand that my child is joining Gymnastic Unlimited's SHAMROCKS for the entire season; May 2010- April 2011.

\_\_\_\_ I understand that my child must attend all practices and competitions; both in and out of town.

\_\_\_\_ **I understand that if the SHAMROCKS want to be competitive at a National level; our team practices held twice a week are PARAMOUNT.**

\_\_\_\_ I understand that I cannot use "grounding from the cheer team" as a form of punishment: that will result in an unexcused absence.

\_\_\_\_ I understand that my child will not be allowed to practice or compete if their team dues are 30 days past due.

\_\_\_\_ I understand that **there will be no refunds to anyone who quits or is expelled from the team.**

\_\_\_\_ I understand I will need to attend all parent meetings or have someone take notes for me in my absence.

\_\_\_\_ I understand that I need to be respectful to the Shamrock coaches as well as Gymnastics Unlimited's gym rules. I will support the Shamrock's program by being positive at all practices, competitions, and functions **inside and outside** of the gym's facilities.

\_\_\_\_ I understand that parents negative actions and attitude can result in their child's dismissal from the squad.

\_\_\_\_ I understand that practice days and times may change throughout the year to accommodate coaches, athletes, and the gym's schedules.

\_\_\_\_ I understand that gym rules, Shamrock rules, and/or competition schedules may change throughout the year, but not without parent notification.

\_\_\_\_ **I understand that SHAMROCK PRACTICES ARE CLOSED TO PARENTS EXCEPT THE LAST 15 MINUTES OF PRACTICE OR UNLESS NOTIFIED BY THE COACH!**

\_\_\_\_ I understand that if I am observing a practice, I must remain quiet. NO ONE is allowed to yell over the balcony or speak with cheerleaders while practice is in session.

\_\_\_\_ I understand that not following the aforementioned rule is harmful to any Gymnastics Unlimited athlete therefore not following these rules will result in the removal of my child from the Shamrocks.

\_\_\_\_ I understand that the Shamrock coaches are all here for the same reason.....to help **each cheerleader** achieve her PERSONAL BEST within a safe, fun, yet hard working atmosphere! Please remember that all Shamrock team and routine decisions are left to the discretion of the coaches.

\_\_\_\_ I understand that practice time is not an appropriate time to contact any Shamrock coach. The coaches' focus during this time is giving your cheerleader every opportunity to achieve a personal best.



## Athletes Rules and Regulations: Please Read and Initial

\_\_\_\_ I understand I need to respect ALL GU staff, helpers, parents as well as gym rules, and gym equipment.

\_\_\_\_ I understand that I need to arrive on time and come mentally and physically prepared to practice. I understand if I am late and have not called the gym, I may be asked to do extra conditioning.

\_\_\_\_ I understand that if extra curricular activities conflict with mandatory practices or competitions, I will have to choose where I would rather be. I understand that ALL COMPETITIONS are mandatory; and I also understand the consequences of missing practices that is explained in the attendance policy.

\_\_\_\_ I understand that if I arrive early to practice I should remain in the locker room or lobby until a coach calls out the team.

\_\_\_\_ I understand that I must follow the dress code policy. Failure to do so will result in additional conditioning and constant failure could result in removal from the squad.

\_\_\_\_ I understand that personal belongings should be left at home. GU is not responsible for lost/stolen property.

\_\_\_\_ I understand that I am not allowed to use any GU equipment without permission.

\_\_\_\_ I understand that during practice time breaks I need to use the restroom, get a quick drink, and quickly return to the floor without disturbing the other classes or practices happening in the gym!

\_\_\_\_ I understand that at the end of each practice I may be asked to put mats away.

\_\_\_\_ I understand that attendance, attitudes, injuries, and team performance are being kept on record.

\_\_\_\_ I understand that I am expected to welcome and help ALL teammates.

\_\_\_\_ I understand that I may not say "I can't." Also, I will not have an "I can't" attitude.

\_\_\_\_ I understand that I will not be allowed to be the weak link on the team. If my tumbling, jumps, dance, or conditioning is lacking; I understand I may be asked to put in more practice time in the gym or at home until my abilities improve.

\_\_\_\_ I understand that if I stop performing my required skills at practices or competitions I may be taken out of the routine!

\_\_\_\_ As stated above, I understand that all in and out of town competitions are MANDATORY!

\_\_\_\_ I understand that I may not compete for any other all-star competitive teams as this would be a conflict of interest.

\_\_\_\_ I understand that I have the BEST COACHES IN THE AREA!!!! I will use their instruction to better myself!



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**GYMNASTICS UNLIMITED SHAMROCK BOOSTER CLUB LTD. {GUSBC}**

Booster club fees include but are not limited to the following: Competition entry & coaching fees, uniforms, warm-ups, make-up, hair accessories, shoes, camp/practice clothing, banquet fees and camp tuition. In fact, all expenses, except gym time fees, related to Shamrock cheer squads are paid through the GUSBC. Your GYM TIME fees are paid by auto-withdrawal directly to Gymnastics Unlimited.

You will have the opportunity throughout the season to do fundraising to help offset your booster club fees. These opportunities may include but are not limited to candy sales, candle sales, car washes, clothing sales, and working events at arenas such as Conseco Fieldhouse and Victory Field. Each cheerleader will have their own booster club account that will be credited with any fundraising monies they may earn. **These fundraising opportunities apply only to GUSBC fees and may NOT be used for your gym time fees.**

There will be **no** credit or refunds issued from the cheerleader's individual booster club account in the event that the cheerleader should leave the squad for any reason. At the end of a competitive season, any monies left in the individual accounts will carry over to the next season.

The booster club fees are due and payable according to the attached payment schedule. **If the cheerleader's booster club account is not current by the indicated due dates, items will not be purchased or competitions will not be entered until the account is made current!** All late charges and additional shipping fees will also be applied to your booster club account.

If, at anytime, hardships occur making it difficult for the payment date to be met, you may contact the treasurer or Shamrock All-Star director to discuss other payment arrangements.

I, \_\_\_\_\_,

Parent/Guardian of \_\_\_\_\_

have read and understand the above written policies for the cheer squad. I understand that this contract is valid until replaced by the Shamrock Booster Club. I agree to adhere to all the policies/rules set forth. I agree to all of the above and acknowledge and accept final payment responsibility. In the event of default of the said payment, I hereby specifically agree to pay a charge of 1.5% interest per month on any past OVERDUE account balance and I assume all responsibility for all collection agency fees, attorney fees, court cost and other costs incurred while collecting the amount.

Shamrock Booster Club

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Parent/Guardian

Date



## Shamrock All-Star Attendance Policy 2010-2011

Please remember this is a **TEAM** sport. If the coaches are forced to pull a member from a competition because of absences, it is hurting the entire team. Pulling a member will force the ENTIRE squad to change all formations and stunts for that competition.

### **From May 9- Camp Week**

Everyone will be allowed 5 absences. After **5** missed practices, each missed practice will be made up with a **PRIVATE LESSON** (private lesson fees are \$20/ half hour and \$40/hour). The coach will determine the appropriate length of time for the lesson based on what material needs to be covered. If excessive absences cause a team member to fall behind, dismissal from the squad may occur.

July 19-23 (SUBJECT TO CHANGE)

**MANDATORY CAMP WEEK ~ all Shamrocks MUST attend**

### **From July 26- Our First Competition**

Everyone will be allowed 2 EXCUSED absences. Please send an email to Tina @ Tina@gu-indy.com with the date and event (reason) for the absence. You need to call the gym in the case of an emergency or sickness. You must also call the gym (897-GOGU) if an email is not able to be sent at least 1 hour prior to the missed practice.

Excused absences are as follows:

- A required school event or a momentous family event (such as a wedding, funeral, pivotal birthday such as a first or an 80<sup>th</sup>)

*These will be UNEXCUSED if the coach is not informed 1 day prior*

- Illness or emergency

After 2 absences, all missed practices will result in a private lesson requiring private lesson fees.

Routine choreography will be ongoing and the cheerleader must show that she has mastered the missed material. This may include working with stunt group members therefore coordinating schedules.

If 4 practices have been missed it is also the coaches' discretion whether to allow the cheerleader to participate in the competition.

\*Again, pulling a cheerleader results in many changes to the routine!

We ask that you PLEASE keep us informed!

### **From one competition to the following**

Everyone will be allowed 1 EXCUSED absence. The above policy is applied. EXCEPTION: The month of December; we understand there are family events occurring!

### **Unexcused absences include but are not limited to:**

**Lessons of any kind:** outside of school CLASS activities i.e. Band, choir~

**Homework:** We highly value school achievement; however, we would like to teach every child in our program the importance of time management. Please note that we only practice 1-2X during the school week.

**Extracurricular school sports/activities:** Mandatory school functions will be excused.

**"Parties" outside of MOMENTOUS occasions:** We only practice TWICE weekly and they are both school nights!

We will make every effort to work with members so that they may attend school functions without penalty. However, it is the coach's decision whether or not to classify a school activity that conflicts with the practice schedule as excused or unexcused.

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I have read and agree to the attendance policy for the 2010-2011 competition season

Cheerleaders Signature

Date

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Parent or Guardian's Signature

Date

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# SHAMROCKS SHAMROCKS

## Practice Dress Code Policy

The dress code goes into effect the week of camp and will be enforced from those dates forward throughout the 2010-2011 season.

A dress code will be emailed to you at the beginning of each month. It will also be posted on the Shamrock board in the lobby of GU.

Shirts **MUST** be **TUCKED** into your shorts. No tying shirts with ponytail holders: Please keep this in mind when ordering camp/practice clothes.

Hair must be **COMPLETELY UP!** Pulled **TIGHT** ~ ponytails, pigtails, braids & buns are all acceptable. Hair must not be "hanging" in your face...including side swept, fashionable bangs. If bangs are traditional length (above the eyebrows...then they may be worn down during **PRACTICES** only) Otherwise all bangs must be tied back with a ponytail holder or clip.

Cheer shoes **MUST** be worn to practices. Cheer shoes are for SHAMROCK ALL-STAR CHEERLEADING practices, events and competitions only! Shoes should **NOT** be worn **OUTSIDE!** Cheer shoes must remain as white as possible. Please wear a different pair of shoes to and from practices and competitions in order to preserve the color of your shoes and prevent excessive wear and tear!

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I have read and understand the Shamrock All-Star dress code policy. I understand that not following the above policy may result in consequences as stated in the Shamrock Athlete Rules.

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Name

Date

IMPORTANT DATES:



**Mandatory Try-Out Clinics:**

Sunday April 18, 2010:

Ages 5-11: 12:30-2:00pm

Ages 12-18 AND returning Shamrocks: 3:30-5:30pm

\*Parent Info Meeting during each session @ the start  
of the clinic\*

**Small Group Evaluations:**

***Sunday, April 25, 2010***

***Begin at 5:30pm***

Small groups and evaluation times will be posted Wednesday 4/21/10

Evaluation letters may be picked up at the GU front desk  
between 4pm - 8pm on Wednesday, April 28, 2010

2010-2011 Practices will Begin

***Sunday, May 2, 2010***

**MANDATORY UNIFORM FITTING**

**Sunday, June 6, 2010**

**MANDATORY CAMP WEEK**

**ALL 2010-2011 Shamrock Cheerleaders**

**MUST attend camp:**

**Monday July 19-Friday July 23 (date subject to change)**

Exact dates and times for each squad tbd closer to camp week~