



XTREME ALLSTARS

Team Handbook 2011-12



Congratulations and welcome to the new ***XTREME ALL-STARS!***

We are so excited about the upcoming season. In this handbook you will find many of the answers to your questions regarding our team program. If you have any questions after reading this, please call Mike at (203) 273-9161 or Dana at (203) 751-9484 or email us at xtremecheerct@gmail.com or visit our website at www.xtremecheerct.net

Xtreme requires a commitment from both the cheerleaders and parents. We have scheduled practices times according to the time required to excel in this sport. We have scheduled parent meetings to excel our program. All practices starting Sep.1st are mandatory.

Important notice: All forms must be filled out completely by the parents, detached and returned to Mike or Dana. All-stars will not be allowed to practice until all forms are returned. Thank you for your cooperation.

OUR MISSION and BASIC PHILOSOPHY

Our goal is to develop healthy, happy, responsible children by focusing on helping to:

- **Increase self-esteem**
- **Master and refine skills**
- **Learn to work as a team**
- **Learn to trust themselves and others**
- **Most importantly, HAVE FUN!**

MEET OUR STAFF

Michael Talbot 203.273.9161
Owner, Head Coach, Choreographer, Head Tumbling Instructor

Dana Talbot 203.751.9484
Executive Director, Assistant Coach to All Levels

Dilmer Bonifacio 347.615.6474
Assistant Coach to All Levels, Choreographer

Angel Neris 203.206.6685
Assistant Coach to All Levels, Stretching Coach

Chrissy Stanionis 914.656.3703
Assistant Coach to I-5

Anthony Munoz 203.919.0661
Head Class Instructor, Tumbling Coach

Tevin Clarke 203.751.5127
Class Instructor, Tumbling Coach

Avery Watson 203.545.4467
Assistant Coach to Youth 1, Class Instructor

Jay Ruffin 203.807.2524
Assistant Coach to Youth 1, Class Instructor

Cristina Pelicci 203.856.9989
Administrative Assistant

RULES and REGULATIONS

- All-stars must attend all scheduled practices.
- More than 3 practices missed during competition season will result in dismissal from team. Excused absences include illness, (cramps do not count) serious injury, some religious events, and mandatory school trips. The rest are up to the discretion of Mike and Dana.
- If your child is unable to attend, please call or email Mike or Dana at least 24 hours before practice or it will be deemed unexcused. xtremecheerct@gmail.com or 203.273.9161
- All-stars more than 5 minutes late will condition/run unless called ahead of time.
- Our season runs until the 1st week of May.
- Always show respect for the coaches, fellow teammates, other Xtreme athletes, parents, judges, officials and spectators. Disrespectful behavior will result in dismissal.
- During practice your opinion does not count. All squad and routine decisions are left to the discretion of the coaches.
- Every year we go through losses and additions of team members. The dismissal/addition of a team member is solely the coach's decision.
- Practices may be added or changed at any time during the season with notice.
- No athlete or parent may post inappropriate messages on Facebook, Fierce Boards, Twitter or any other website about another program or individual.
- Parents, relatives, friends and cheerleaders are never allowed to speak with competition officials for any reason.
- The Xtreme name and logo is copyrighted. No one can reprint our logo on any apparel or other items for apparel distribution or sale. All items will be sold through our Pro Shop.
- Anyone threatening to quit or pull their child from a squad will be dismissed from the program immediately.
- Demonstrate good sportsmanship before, during and after competitions.
- Treat all athletes and coaches with respect from opposing teams.
- Be modest when successful and be gracious in defeat.
- Respect the privilege of the use of our facility.
- You are REQUIRED to attend all competitions. Missing a competition will result in dismissal.
- Exhibit good sportsmanship in our gym and at all events.
- Maintain a minimum 2.0 GPA.
- Vacations and excused absences must be submitted to your coach or team rep in writing.
- If you are running late to practice due to traffic, you must call and inform your coach.

- No food, gum, candy, or sodas are permitted in the gym area. Only water and Gatorade are allowed.
- No jewelry in practice or in competition.
- Formal practice attire will be worn to all designated practices. Please do not tumble in loose-fitting t-shirts or shorts. This is a safety hazard to our instructors and yourself during spotting.
- The Xtreme schedule is your first priority. Xtreme will not work around an athlete's high school sports schedule (soccer, high school cheerleading, track, etc.). An absence for these events is unexcused. (Exceptions handled on an individual basis.)
- The use of drugs, tobacco, alcohol and abusive language is prohibited. This behavior will result in immediate dismissal from the Xtreme program. No excuses or exceptions.
- Encourage good sportsmanship by demonstrating positive support for all athletes, coaches, fans, and judges during all practices & competitions.
- Place the well being of your child and their teams before your personal desire to win.
- Advocate a sports environment for your child that is free of drugs, tobacco, alcohol and abusive language, and refrain from their use during practices or competitions.
- Encourage your child to abide by the rules and respect all other teammates, athletes, coaches, judges, officials and other parents.
- The gym viewing areas are a privilege. Please respect our athletes and staff and refrain from negative remarks in the viewing areas.
- Parents are not allowed in the gym for any practice.
- All parents must treat all staff with respect. Should a parent promote unsportsmanlike behavior, he or she will be asked to leave the Xtreme program immediately.
- Our staff will have sole communication with the competition companies. Parents are not permitted to contact our vendors directly. Please see your team rep if you have any questions.
- No one is allowed to have a message board screen name in direct association with the Xtreme name. If you currently have our name in any portion of your email address or message board ID it must be changed immediately.
- Parents must stay in the lobby or viewing areas. No parent is permitted in the training facility.
- A coach has a right to dismiss your athlete from the Xtreme program for any of the following reasons: inappropriate behavior, too many absences, a pattern of lateness, not showing up for a competition, or for delinquent tuition payments.
- We will not tolerate pettiness, gossiping, or cliques that attempt to slander the "XC" name.
- Parents displaying improper behavior will be dismissed from the program immediately and will not be allowed to return the following year.
- No parent may ever reprimand or discipline someone else's child. We will handle any disciplinary problems privately and professionally.

PRACTICE TIMES

Summer 2011

	Sundays	Mondays	Wednesdays	Thursdays
Youth 1:				5:00 – 7:00 pm
Senior 2:	10:00 – 11:30 am	5:00 – 6:30 pm		
Junior 3:	11:30 – 1:00 pm		5:00 – 6:30 pm	
Co-Ed 4:	1:00 – 2:30 pm		6:00 – 7:30 pm	
I-5:	2:30 – 4:00 pm		7:00 – 8:30 pm	

Fall 2011 – Spring 2012

	Sundays	Mondays	Wednesdays	Thursdays
Youth 1:				5:00 – 7:00 pm
Senior 2	10:00 – 12:30 pm	5:30 – 7:00 pm		
Junior 3:	12:00 – 2:30 pm		5:00 – 6:30 pm	
Co- Ed 4:	2:00 – 4:30 pm		6:00 – 7:30 pm	7:00 – 8:00 pm
I-5:	4:00 – 6:30 pm		7:00 – 8:30 pm	7:00 – 8:00 pm

TEAM TUITION

Summer 2011 (Jun – Aug)	
Junior / Senior:	\$100 monthly
Coed / I-5:	\$100 monthly
Youth 1:	\$80 monthly

Fall 2011 (Sep – Apr)	
Junior / Senior	\$120 monthly
Coed / I-5:	\$135 monthly
Youth 1	\$80 monthly

TO BE PAID ON THE 1ST SUNDAY OF EVERY MONTH.

A **\$15.00 late fee** will apply to any payment received after the **10th** of each month.
NO EXCEPTIONS.

Please make checks payable to **Xtreme Cheer**.

We also accept online credit card payments at www.xtremecheerct.net or you can see Mike to pay by credit card in person.

COMPETITION FEES

Broken up into 3 separate payments, each to be made payable BY SEPARATE CHECK to:
Xtreme All-Stars

Payments are due Jul. 1st, Sep. 1st, and Nov. 1st.

Approximate Fees Total: \$750 not including travel expenses, and \$900 for crossovers

SCHOOL VACATION BREAK WEEKS

NAME: _____

CHRISTMAS BREAK: _____

FEBRUARY BREAK: _____

APRIL BREAK: _____

Please list any days or weeks you are currently aware you will be away for any of the following reasons:

RELIGIOUS EVENTS (CHRISTENING NOT EXCUSED): _____

FAMILY WEDDINGS: _____

SCHOOL GRADED TRIPS: _____

VACATION BREAK: _____

MISCELLANEOUS: _____

MUST BE FILLED OUT AND BROUGHT IN BY SUNDAY JUNE 26TH