



Cheer Parents 101

Created by the Parent Action Committee (PAC) – USASF

What is the PAC?

- Parent Action Committee (PAC) promotes communication and transparency between the parents and the gyms, coaches, event producers, and USASF
- PAC is chaired by Bill Presson (ACE Cheer Company special needs coach)
- PAC Includes 17 parents from gyms around the country

What is All-Star Cheerleading?

- A sport....
 - Involves boys and girls
 - Ages 4-18
 - 2 minutes 30 second routine consisting of
 - Dancing
 - Choreographed high energy dance moves
 - Stunting
 - A group of two or more individuals that elevate another cheerleader in the air
 - Tumbling
 - Gymnastic type skills, like cartwheels, back handsprings and twisting
 - Cheering
 - Precise coordinated motions while chanting a gym cheer

All-Star vs. Others

- All-Star
 - Performs for the challenge, thrill and competition of the sport
 - Can be from the any school or area
- High School
 - Primary purpose is to support a local school's sports team and keep the crowd excited
 - Must be a member of the school
- Optimist/Pop-Warner
 - Primary purpose is to support the football team.
 - Great option to learn the basics of cheer

Why All-Star?

- Develops team skills and individual development
- Confidence developed
- Friendships that will last a lifetime
- Safety credentialed coaches
- Athletic training center with proper equipment to support the activities
- USASF governs all-star cheerleading
 - Gyms receive certification
 - Credentialing ensures proper coach training and safety standards are being met
 - www.usaf.net



What does it take to be an All-Star?

- Team Player
- Dedicated to the sport and it's public image
- Athletes are chosen based upon their skill
- Time commitment
 - Mandatory weekly practices year round
 - Traveling during the competition season November – April



What are the costs?

- Costs vary from gym to gym
- Ensure the cost structure is clearly defined and understood
 - Ask questions if you are not sure
- Two different costs
 - Tuition, competition fees, coaches fees
 - Uniforms, make-up, shoes, warm-ups, practice clothes
 - Travel expenses; gas, airfare, car, hotel, food, souvenirs
- Competition fees
 - Every competition requires each athlete to pay an entry fee
 - Depending on the types of competitions these could range from \$45 to \$145
- Uniforms
 - Each gym determines the uniform for the year
 - Many gyms are keeping the same uniform year after year to keep costs low



Competitions

- All-stars exist to compete
- There are local, regional and national events
 - Local and regional are usually 1 day events
 - Nationals are usually 2 day or 2 performance events
- The ultimate event is Worlds for Level 5 teams
- Each gym determines the right balance of competitions for their teams
 - Company affiliations, availability of teams in each division, cost, bids to national or world events (discussed later)
- Most gyms attend 5-10 competitions per year

Competition Event Producers

- Over 100 event producers in the US
 - Examples:
 - 3P Competitions
 - American Championships
 - JamFest
- Each company offers a variety of events
- An All-star gym can claim many national championships in a single season by attending multiple national events
- There is not currently a system that crowns 1 state champion or 1 national champion

What is required as a parent/guardian?

- Choose a gym carefully
 - Visit the gym; check for USASF certification
 - Discuss their philosophy
 - Check their credentials for teaching and safety
 - Watch them compete
 - Do you like their style, uniforms, music choice?
 - Does the companies policies and procedures align with your expectations
- Remain supportive
- Don't encourage gossip
- Let the coaches coach
- Get involved in fundraising

How do we start?

- Read Cheer Parents 101!
- Contact the PAC – Parent Action Committee with any concerns, questions you might have
- Ask other parents around the gym
 - Lots of veterans who know the ins and outs

Try-Out Information

- Idaho Cheer University Tryouts:
 - Parent Meeting: April 29th, 2010- Come and learn all you want to know!
 - Tryouts! May 6th and 7th, 2010
 - May 6th: Ages 4-10 5pm-8pm
 - May 7th: Ages 10-18 5pm-8pm
 - 5:00-6:00: Registration and orientation (athlete and parent)
 - 6:00-7:30: Learn Material
 - 7:30-8:00: Tryout in front of Coaches
 - Tryout Fee \$10: this covers supplies and cost of tryouts