



# ***Cheerleading Handbook***

## **2021-2022**

### **Our Mission**

Our mission at GQ RTC Cheer is to enrich the lives of the children and their families through the sport of competitive cheerleading. Our goal every day is to teach our athletes the value of:

**Commitment**

**Hard Work**

**Integrity**

**Leadership**

**Self Confidence**

**Teamwork**

**Positive Attitude**

We work to develop well rounded athletes, in a family oriented atmosphere. Each and every family is valued for their talents at GQ RTC. You will not just be a number in the crowd or feel like just another member. You will, however, be part of the BEST All Star family in Illinois and will be truly **“One of a Kind”**.

### **EVALUATIONS:**

- Tumbling difficulty
- Tumbling execution
- Athleticism
- Willingness to accept instruction
- Stunting position (Flyer, Base, Backspot)
- Jump technique

Overall attitude and attendance from the past season (if applicable)

Team placement sessions are essentially low-stress workouts. During the workouts, athletes show skills they have already developed and demonstrate potential to learn new skills. Athletes are given numerous opportunities to show skills over multiple weeks.



After the final sessions of placements, the staff assembles rosters for the upcoming season. We offer multiple evaluation sessions. We strongly recommend athletes attend all sessions.

Evaluations take place the MONTH OF AUGUST for ELITE TEAMS. Final team placements will be announced by August 31st.

#### EVALUATION CHECKLIST

We look forward to working with you at our upcoming evaluations. Be sure to arrive with these items already completed or turned in by the due date.

- Evaluation form
- Completed member and health waiver
- Financial agreement
- Pay authorization form
- Expectation agreement
- All outstanding debts must be paid in FULL prior to evaluations
- Create online account and register for evaluations

Important: Please be sure to double check all of your information. Contact information needs to be legible and written in blue or black ink. All paperwork and monies are due by July 15.

### **Team Placement Meeting**

Teams will be revealed with an email announcement as well as a team graphic. Practices will begin the 1st week of August (depending on which weekday your team meets). **Please note, evaluation placements are not finalized until the end of August.** Athletes who do not keep skills performed at tryouts may be moved to a different team in August. Those who show marked improvement may be moved up a level. We do our best to place our athletes on correct teams at evaluations, but skills must be maintained in order to stay on teams.

If you are having difficulty making it to evaluations, you may also arrange to have a private evaluation. These are typically either 1 on 1 or in a small group with a staff member. Please note that there is a fairly substantial additional charge for doing your evaluation outside of the regular sessions.



## Practices/Attendance

During the month of August and September teams will practice only on Sunday. In October we will move to one week night practice and one Sunday practice for all Elite teams. Practice times usually remain consistent throughout the season and are only changed under special circumstances. Please note that all athletes must be present at all practices for the last two practices before any competition.

During important times of the season, additional practices may be scheduled. These practices are typically scheduled up to two weeks in advance and all athletes are expected to attend.

## Travel

GQ RTC prides itself on limiting travel for our athletes and parents. We only travel to the D2 summit or All Star Worlds (Elite). We understand that there is a financial commitment associated with all-star cheer. We do not believe in stressing our parents financially with the travel costs associated with all-star cheer. We do not believe in chasing bids, we offer our athletes two (2) or three (3) events that are qualifiers for the All Star Worlds (Elite). GQ RTC retains the right to attend or not attend nationals and or summit competitions based on team performances.

---

## Competitive Cheer Teams:

### Practices ELITE

#### **-Summer Practices: (August 22 - August 29)**

One day a week for 3 hours (includes tumbling)

Starting August 22- Youth: Sundays 4:00-7:00; Jr/Sr: Sundays 6:00-9:00

#### **-Winter/Spring Practices: (September 7 - May 7)**

Twice a week

Youth: Thursdays 6:45-8:15 and Sundays 4:00-6:30

Jr/Sr: Tuesdays 7-9 and Sundays 6:30-8:30

### Practices SR QUARTER

#### **-Summer Practices: (Sept 12 - September 19 )**

One day a week for 1.5 hours (includes tumbling)

Sundays 7:00 p.m. -8:30 p.m.

#### **-Fall Open Gyms : (October 10 -Mid February 13)**

One Day a week EVERY OTHER WEEK OPEN GYM



Sundays: 7-8:30 (10/10, 10/24, 11/7, 11/21, 12/5, 12/19, 1/9, 1/13)

**-Winter/Spring Practices: (February 13 - May 7)**

Twice a week (Includes tumbling) Tuesday 7-9 (2 hours) and Sundays 7-9 (2 hours)

**Limited Travel Cheer Teams:**

**Practices PREP**

**-Practices: (September 12 – May 7)**

One Day a week for 1.5 hours

Sundays: 2:30-4:00

**Practices NOVICE**

**-Practices: (September 12 – May 7)**

One Day a week for 1 hour

Sundays: 1:30-2:30

**Birth year 20??**

02 03 04 05 06 07 08 09 10 11 12 13 14 15 16

Sr	Sr	Sr	Sr	Sr	Sr	Sr	Sr	Sr							
			Jr	Jr	Jr	Jr	Jr	Jr	Jr	Jr	Jr	Jr	Jr		
							YTH	YTH	YTH	YTH	YTH	YTH	YTH	YTH	YTH
									Min	Min	Min	Min	Min	Min	Min
												T	T	T	



## **Financial Commitment \*ESTIMATED COSTS**

Before considering all star cheer, please consider the final commitment involved. GQ and GQ RTC has the best staff and a state of the art facility for cheerleading, gymnastics and dance. We are as open and up front with our costs as possible. We have comprehensive monthly pricing that covers most of the expenses throughout the year. There are 11 monthly charges from August 2021- April 2022. **Tuition will be due on the 1st of each month between August 1- April 1.** The price covers tuition, competitions fees, choreography/music and does not fluctuate from month-to-month. Rather than raising and lowering tuition based on the number of practices or events (or other factors), this cost averaging system makes financial planning much easier for our customers. Although others may advertise lower rates, GQ/ GQ RTC overall value per dollar is highly competitive. Athletes who join a team after the initial August start date will have to pay a significant portion of their missed tuition in order to “catch up” on some of the items that are spread out over the entire season. Cost may vary depending on team and commitment level. Some teams will stay locally, while others will compete farther away.

GQ/ GQ RTC offers 7 levels for our full travel teams. The “Level” refers to the type of stunts, pyramids, and tumbling that the team can safely perform. Levels are numbers 1-7 based on difficulty. The level is determined solely by the coaching staff. Level appropriate skill lists can be found on our website or USASF.

### Full Season Program

TINY/ MINI/YOUTH NOVICE TEAM| \$148.00 Monthly (Ages 3-11)

- No tryouts necessary- reports to first practice the first week of September
- Practice 1 day week for 1 hour each practice
- Monthly fee includes: Monthly fee, Competition fee and Coaches fee
- Extra Costs: Uniform Due September 1: \$190.00
- Competitions:
  - 12/12/21: Virtual Competition: Record at Gym on 12/5/21
  - 1/5/22: Star Spirit Chicago: Merriville, IN
  - 2/12/22: MCDA: Battle of the Bow: 10 Southland Dr Lynwood, IL 60411
  - 4/1-4/3/22: Xtreme Spirit: 19351 West Washington Street Grayslake IL
  - 5/7/22: MCDA: Great America: Gurnee, IL

**PREP/LIMITED TRAVEL| \$175.00 MONTHLY (Ages 6 and up)**

- No tryouts necessary- reports to first practice the first week of September
- Practice 1 day week for 1.5 hour each practice
- Monthly fee includes: Monthly fee, Competition fee and Coaches fee
- Extra Costs: Uniform Due September 1: \$190.00
- Competitions:
  - 12/12/21: Virtual Competition: Record at Gym on 12/5/21
  - 1/5/22: Star Spirit Chicago: Merriville, IN
  - 2/12/22: MCDA: Battle of the Bow: 10 Southland Dr Lynwood, IL 60411
  - 4/1-4/3/22: Xtreme Spirit: 19351 West Washington Street Grayslake IL
  - 5/7/22: MCDA: Great America: Gurnee, IL

**FULL SEASON TRAVEL TEAMS| \$320.00 MONTHLY**

- Practices 2 times a week for 2 hours each practice
- Competes 6-8 times throughout the season
- Monthly fee includes: Monthly fee, Competition fee and Coaches fee
- Extra Costs: Uniform Due September 1: \$285.00 & AAU Fee: \$14.00
- Competitions:
  - 12/12/21: Virtual Competition: Record at Gym on 12/5/21
  - 1/5/22: Star Spirit Chicago: Merriville, IN
  - 2/12/22: MCDA: Battle of the Bow: 10 Southland Dr Lynwood, IL 60411
  - 2/26-2/27/22: APEX: TBA
  - 03/05/22: Virtual Competition: Record at Gym on 03/1/22
  - 03/06/22: Hobart Competition: Hobart High School 2211 E. 10th St Hobart IN 46342
  - 3/18-3/20/22: Star Spirit: Start Spirit Nationals: South Bend IN
  - 4/1-4/3/22: Xtreme Spirit: 19351 West Washington Street Grayslake IL
  - 4/21-4/23/22: ALL STAR WORLDS: ORLANDO FL (BID NEEDED)
  - 4/30-5/1/22: AAU: AAU Nationals: Springfield IL OR
  - 5/7/22: MCDA: Great America: Gurnee, IL

**FULL SEASON TRAVEL: NON TUMBLE TEAM| \$320.00 MONTHLY**

- Practices 2 times a week for 2 hours each practice
- Competes 6-8 times throughout the season
- Monthly fee includes: Monthly fee, Competition fee and Coaches fee
- Extra Costs: Uniform Due September 1: \$285.00 & AAU Fee: \$14.00
- Competitions:
  - 12/12/21: Virtual Competition: Record at Gym on 12/5/21



- 1/5/22: Star Spirit Chicago: Merriville, IN
- 2/12/22: MCDA: Battle of the Bow:10 Southland Dr Lynwood, IL 60411
- 2/26-2/27/22: APEX: TBA
- 03/05/22: Virtual Competition: Record at Gym on 03/1/22
- 03/06/22: Hobart Competition: Hobart High School 2211 E. 10th St Hobart IN 46342
- 3/18-3/20/22: Star Spirit: Start Spirit Nationals: South Bend IN
- 4/1-4/3/22: Xtreme Spirit: 19351 West Washington Street Grayslake IL
- 4/21-4/23/22: ALL STAR WORLDS: ORLANDO FL (BID NEEDED)
- 4/30-5/1/22: AAU: AAU Nationals: Springfield IL OR
- 5/7/22: MCDA: Great America: Gurnee, IL

**QUARTER SEASON TRAVEL: Middle/High School Only| \$225.00 MONTHLY**

- Practices 2 times a week for 2 hours each (February-May)
- Practices August-September 1 day a week
- Open Gyms: October-January (10/10, 10/24, 11/7,11/21, 12/5, 12/19, 1/9, 1/13)
- Competes 6-8 times throughout the season
- Monthly fee includes: Monthly fee, Competition fee and Coaches fee
- Extra Costs: Uniform Due September 1: \$285.00 & AAU Fee: \$14.00
- Competitions:
  - 2/26-2/27/22: APEX: TBA
  - 03/05/22: Virtual Competition: Record at Gym on 03/1/22
  - 03/06/22: Hobart Competition: Hobart High School 2211 E. 10th St Hobart IN 46342
  - 3/18-3/20/22: Star Spirit: Start Spirit Nationals: South Bend IN
  - 4/1-4/3/22: Xtreme Spirit: 19351 West Washington Street Grayslake IL
  - 4/21-4/23/22: ALL STAR WORLDS: ORLANDO FL (BID NEEDED)
  - 4/30-5/1/22: AAU: AAU Nationals: Springfield IL OR
  - 5/7/22: MCDA: Great America: Gurnee, IL

**UNIFORM COSTS**

**Novice/Prep:**

Full Uniform: \$190.00 (NEW UNIFORM FOR THE 21-22 SEASON)

**Full Season/ Quarter Season**

Full Uniform: \$285.00 (NEW UNIFORM FOR THE 21-22 SEASON)

MONTHLY FEES are due on the 1ST OF EACH MONTH

DUE DATE	MANDATORY FEES DUE
----------	--------------------



June 1- July 15 (Elite) or June 1- Aug 15 (Novice/Prep)	REGISTRATION FEE Novice/Prep: \$225 Full Season/Quarter: \$380
Aug 1	MONTHLY FEE
Sept 1	UNIFORM FEE AAU (ELITE/QUARTER ONLY) MONTHLY FEE
OCTOBER 1	MONTHLY FEE
NOVEMBER 1	MONTHLY FEE
DECEMBER	MONTHLY FEE
JANUARY	MONTHLY FEE
FEBRUARY	MONTHLY FEE
MARCH	MONTHLY FEE
APRIL	MONTHLY FEE END OF THE SEASON EVENT FEE
MAY	MONTHLY FEE (ELITE ONLY)

**MONTHLY TUITION****TINY/ MINI/YOUTH NOVICE TEAM | \$148.00****PREP/LIMITED TRAVEL | \$175.00****FULL TRAVEL | \$320.00****QUARTER SEASON | \$225.00****CROSSOVERS | \$75.00**





## TENTATIVE: Competition Schedule

DATE	Competition Name	Location
12/12/21 Record 12/5	Spirit Brands Virtual	Elite, Prep Novice
1/15/22	Star Spirit Chicago	Elite, Prep, Novice
2/12/22	MCDA: Battle of the Bows 10 Southland Dr Lynwood, IL 60411	Elite, Prep, Novice
2/26-2/27/22	APEX Nationals	Elite, Quarter
3/5/22 Record 3/1 or 3/3	Spirit Brands Virtual	Elite, Quarter
3/06/22	MCDA: Hobart High School Hobart High School 2211 E. 10th St Hobart IN 46342	Elite. Quarter
4/1-4/3/22	Xtreme Spirit: Chicago Elite International 19351 West Washington Street Grayslake IL	Elite, Prep, Novice, Quarter
4/9/22 or 4/10/22	Star Spirit Nationals South Bend, IL	Elite, Quarter
4/29-5/1/22	YOUTH ALL STAR WORLDS FLORIDA *BID NEEDED*	Elite, Quarter
4/30-5/1/22	AAU Nationals Springfield IL	Elite, QUarter
5/7/22	MCDA: Six Flags	Elite, Prep, Novice, Quarter

### Important Dates

Choreography Camp	September 18 & 19 <small>(Mandatory for ELITE and Qrt Season)</small>
Sat Youth 12-:30-4:30 Sr. 5-9	Sun Youth 10-2 Sr. 3-7)
Labor Day Break	August 31 - September 2
Thanksgiving Break	November 24- November 28
Winter Break	December 22 – January 2
(Teams may practice Dec 20 or Dec 21st this week-	



as it is possible to have a competition the week of Dec 18/19).

Spring Break

No break given as we will be training

## **Gym Facility Guidelines**

- For the safety and fairness of all participants, only coaches and athletes are allowed on the gym floor.
  - We will not allow parents, friends, grandparents, etc on the floor.
  - If you need something, please let our Front Desk Personnel know and they will alert a coach.
  - Please help us in this effort to provide the best service to our/your athletes.
- Participants are not permitted to compete, fill in for or participate with any other All Star Cheerleading or Dance team while currently enrolled in a GQ RTC program. For more information go to [www.usasf.net](http://www.usasf.net)
  - Each athlete is required to provide a copy of their birth certificate or Current Driver's License if applicable.
  - Each athlete will be required to have a USASF member ID and/or a AAU Membership and pay membership dues.
- We are honored to work with your children and we do not take that task lightly. Please also understand that participation in the program is a choice and a privilege. Any parent or athlete who displays negative behavior or is counter - productive to the overall success of the program can be dismissed from the program at any time without warning.

## **GQ RTC Athletic Staff, Athletes, and Parents**

- USASF and/or AAU Credentialed Staff and Certified Gym
  - The mission of the United States All Star Federation (USASF) is "to support and enrich the lives of our All Star athletes and members. We provide consistent rules, strive for a safe environment for our athletes, drive competitive excellence, and promote a positive image for the sport." The GQ RTC Staff are certified and credentialed through USASF and compete only at sanctioned events. Each athlete within the GQ RTC program will be required to become a member of the USASF. More information can be found at [www.usasf.net](http://www.usasf.net)
- **ROLE OF THE GQ RTC STAFF**
  - The GQ RTC staff is highly trained, motivated and committed to the success of your athlete. You can expect the following of the GQ RTC coaching staff:
  - Coach for the love of the sport and the love of the athlete
  - Put the welfare of the athlete above winning
  - Give dignity to mistakes made with full speed and attention
  - Lead with character and by example



- Develop a positive-demanding coaching style
- Continue cheerleading, dance and gymnastics education and certifications
- Always be approachable and friendly
- Remain safe and realistic with athlete progression, while also challenging the athlete to reach his or her potential.
- Maintain open and professional relationships with each athlete and parent/guardian
- Consistently enforce all disciplinary actions
- Strive to provide a fun, safe and overall positive experience for your athlete, while focusing on the importance of healthy competition

**ROLE OF THE GQ RTC ATHLETE**

- We expect the following from ALL athletes as members or alternates of any GQ RTC team. These expectations will be strictly enforced, during practices, clinics, competitions and any other GQ RTC events. Athletes are expected to:
  - Cheer and/or Dance for FUN!
  - Be gracious when you win and graceful when you lose
  - Treat fellow teammates, coaches, and staff with respect.
  - Put the team first.
  - Accept decisions made by those in authority.
  - Develop a spirit that allows you to take correction as a compliment.
  - Be accountable for your own actions
  - Accept and embrace the discipline involved in athletics, because it benefits the team
  - Not participate in gossip. This includes internal gossip about other GQ RTC athletes and external gossip about other cheerleading and dance programs and their athletes. Problems shall be addressed and resolved directly, and parents should not listen, participate in, or instigate any idle, worthless gossip.
  - Show good sportsmanship and class at ALL times.
  - Refrain from using outside gyms for personal use (i.e. privates or tumbling classes)
  - Refrain from actively speaking about or recruiting for other local clubs.
  - Use social networking and electronic media as a means of publicizing and spreading the word of GQ RTC in a positive and appropriate manner.
  - Refrain from using any social media networking, messaging services or electronic media to distribute negative or inappropriate information that



could be detrimental to yourself, your family, and the GQ RTC reputation in any way. These are grounds for immediate dismissal from the program.

#### **ROLE OF THE GQ RTC PARENT**

Parents are expected to:

- Do everything possible to make the athletic experience positive for your child and others
- View the routine with team goals in mind
- Attempt to relieve competitive pressure, not increase it
- Demonstrate winning and losing with dignity
- Be an encourager - encourage athletes to keep their perspective in both victory and defeat
- Be a good listener
- Encourage their athletes to always treat fellow parents, teammates, coaches and GQ RTC staff with respect.
- Ensure that their child understands what we expect of them as an athlete, as explained in the "Role of the Athlete"
- Not express their opinions during practice or coach their athlete from the sideline.
- Defer to the coaches discretion regarding team decisions. Inevitably, we will lose or gain team members through the course of a season. Any dismissal or addition of a team member is solely at the discretion of the coach, all star supervisor and manager.
- Refrain from using outside gyms for personal use (i.e. privates or tumbling classes)
- Refrain from actively speaking about or recruiting for other local clubs.
- Refrain from using any social media networking, messaging services or electronic media to distribute negative or inappropriate information that could be detrimental to yourself, your family, and the GQ RTC reputation in any way. These are grounds for immediate dismissal from the program.
- Viewing is open for practice/class observation every day.
- Parents should not listen, participate or instigate idle, worthless gossip. It is a detriment to team unity and chemistry.

### **Dress Code:**

- Practice Dress Code
  - Athletes must wear ALL BLACK for practice clothes. Cheer shoes/dance shoes must be worn at every practice.



- Please keep in mind that shorts are meant to be worn as shorts and do not need to be rolled up excessively.
- No midriffs can be exposed- You must wear a shirt or tank top at all times
- In the event that practice clothes are lost, damaged, or outgrown you may purchase a new set.
- Hair should be pulled up and out of the face.
- Females should wear bloomers/spandex and sports bras under their practice attire.
- NO Jewelry of any kind is allowed in the gym. Neither GymQuest, nor a GQ RTC employee is responsible for jewelry if it is worn into the gym, removed for practice, lost or stolen.
- Fingernails should be kept short. Fake fingernails can be very harmful to the athlete and teammates and are now allowed during the season.
- New piercings are also not allowed during the season
- **Competition Dress Code**
  - Athlete's have two options that may be worn during competition. (Your gym manager or all star director will approve)
    - Full uniform
    - "Official" GQ RTC Gym Warm Up
  - Hair and makeup should be complete before entering the arena - unless the team is getting together to do hair. This will occur occasionally for certain events if time permits.
  - Proper shoes are to be worn the entire time. No Uggs, boots, flip flops, etc
  - No jewelry is permitted at competitions.
  - Boys' hair should be cut and faces should be clean shaven.
  - For more on dress code you may check out [www.usasf.net](http://www.usasf.net) Image Policy
- **All Apparel should be ordered through the gyms**
  - To protect the integrity of our brand, no parent or athlete is permitted to use the GQ RTC logos without authorization from the gym manager.
    - This includes, but is not limited to - gym mascot logos, team names, GQ RTC logo or any gym initials.
    - If you have apparel ideas please submit them to your gym manager.