



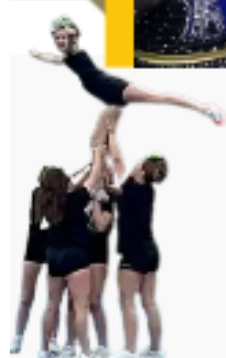
ELITE



PREP



NOVICE



# 2023-2024 HANDBOOK



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More Information email: [gqroyaltc@gmail.com](mailto:gqroyaltc@gmail.com)  
To Register: call 815-699-6360



# ***Cheerleading/Dance Handbook***

## **2023-2024**

All star cheerleading, at any level, requires a commitment from both parent and athlete. Anyone that seeks to participate in the GQ RTC cheer and dance program should understand that athletes are **evaluated for the program, not a specific team.** RTC places athletes on the team(s) wherein the athlete's abilities will best benefit the team and program as a whole.

Everyone at RTC receives full support and encouragement from the entire RTC family! We expect our members to represent the gym with class, good sportsmanship, and responsibility. Any athlete or family that does not abide by GQ RTC rules and regulations, is consistently negative, or acts in a manner that jeopardizes the name and/or reputation of the GQ RTC brand, will be subject to disciplinary actions as determined by management, and may include program dismissal without refund.

RTC success is due, in large part, to an unwavering dedication by everyone involved. In return, GQ RTC is committed to providing:

- ★ A safe and positive environment for athletes and coaches
- ★ A family-friendly atmosphere for all with visit GymQuest
- ★ Accurate and timely communication from coaches and management
- ★ Fair business practices with regard to delivering full program value

### **Getting Ready for SEASON 10 (2023-2024)**

**Elite and Full Season PREP Evaluations: COST: \$50.00**

**Sunday, June 4** Ages as of 8/31

Birth Years 2015-2017	Ages 5-7	10:00 am - 12:00 pm
Birth Years 2011-2016	Ages 8-12	12:30-2:30 pm
Birth Years 2010	Ages 13 and up	3:00-5:00 pm

**Team Placements** and practices will be announced by June 7 by 5 pm

**Signing Week** begins Thursday June 8. Contract/policy acceptance due by your first practice. Registration Due June 12!

**¾ PREP Season Evaluations:**

**Sunday, July 9** Ages as of 8/31

**Ages 8-18 12:00-1:30 pm**

**Cost: \$35.00**

**Quarter PREP/ELITE Season Evaluations**

**February, 11** Ages as of 8/31

**Ages 8-18 TBA**

**Cost: \$35.00**



## 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.

### 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 with current photo (will not be returned)
- 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.

GQ RTC offers athletes of all ages and abilities the opportunity to grow and develop under the supervision of professionally trained coaches. We provide a safe and positive training environment celebrating your child's success at every training stage! In addition to achieving the skills and confidence to perform at the highest level of competition, athletes will build strength of character through valuable lessons in self-discipline, resilience, teamwork, and commitment.

Teams compete in specific divisions according to age and skill. Our elite program travels to national events throughout the U.S. We begin training in early to mid June in preparation for the competitive



season which typically runs December through April. Elite teams will compete for “post-season” bids to compete at our industry’s most prestigious invite-only events that take place in late April and early May.

**Post season events are not elective.**

The following is a general overview of our ELITE team program. See later page for PREP & NOVICE.

Division	Level	Birth Year
Tiny	1	2016-2018
Mini	1-2	2014-2017
Youth	1-5	2011-2016
Junior	1-6	2008-2015
Senior	1-5 6	6/1/04-2011 6/1/05-2010
Open	4-7	5/31/06 and before

\*We may elect to form teams in an IASF (international) division if we believe a team will be more competitive. There would be no difference in programming.

\*Teams may attend other post-season events (US Finals, Regional Summit, All Star Worlds) if a bid is earned.

<sup>1</sup>table provided is the standard program model. We will attempt to deliver all practices as promised. Teams may meet for makeup practice in the event of an unexpected closure. We may also modify the number and/or location of competitive opportunities based on team readiness.

<sup>2</sup> Tiny/mini elite teams will only be formed if there are enough athletes with level appropriate mastery of skills to be successful







GQ RTC does not promise that specific teams will be developed. We start with a clean slate each season. Teams are developed based on the total talent pool that is present during the evaluation process. From beginner to the most experienced athlete, we consider the skills of each child that comes to us for placement and we design teams so that everyone has the opportunity to participate and be successful!

**When placing athletes, we consider:**

- Tumbling that can be performed with “no drivers lost”...near perfect execution
- Stunting ability
- Jump execution
- Dance/performance ability
- Leadership abilities, positive character traits, attendance/commitment level

**Some placement scenarios:**

- An athlete is well-rounded and makes the level where they have every tumbling skill. S/he brings strength in all areas listed above.
- An athlete is missing a tumbling skill or two, but brings value to their assigned team in all other categories listed above.
- An athlete is placed below their mastered tumbling level. S/he’s got the tumbling down, but still has improvements to be made in some or all of the other skill categories.
- An athlete has little to no tumbling for the level they make, but is a standout athlete in one or more of the other skill categories. These skills will make a notable contribution to the team’s score sheet.

**Crossover policies:**

- Athletes are first and foremost a rostered of their primary team.
- Athletes must attend all practices of both primary and secondary team
- Crossovers do not pay additional tuition, but are responsible for competition/apparel/travel fee for each team
- Level and division restriction may apply
- Crossover accounts must maintain good standing

**Flyers:**

- All team flyers are required to attend flight classes throughout the summer AND take discounted stretch class.

Remember we consider each athlete's strengths (and weaknesses) when forming teams each season. Our coaches are experts at grouping athletes and setting your child up for a successful season. We ask that you trust in our ability to place everyone on a successful team





## **Team Placement Meeting**

Teams will be revealed with an email announcement as well as a team graphic. Practices will begin the week of JUNE 12 (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.

## **Skills Camp and Choreography**

Athletes are entitled to various specialty camps for routine choreography and building skills (stunts, baskets, pyramid). These camps may or may not coincide with your regular team practices and may occur in the morning or afternoon (summer and weekends only).

**GQ RTC prides itself in providing up front pricing with no hidden fees.** We understand that you are making a significant financial commitment and deserve transparency and the ability to manage the cost of participation. If we are required to temporarily close, events are unexpectedly canceled, or other situations arise that are beyond our control, we promise to fairly prorated costs and attempt to deliver expected program value.





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**Program Costs (Itemized) Regular Season: June-March**

<b>Level 1 and 2</b>		<b>Level 3 and up</b>	
Registration Stunt and Choreography Camp	\$560.00	Registration Stunt and Choreography Camp	\$560.00
Annual Tuition June-March	\$2398.00 \$218.00/July-May	Annual Tuition June-March	\$2706.00 \$246/July-May
Fees: Competition Registration	\$1200.00	Fees: Competition Registration	\$1200.00
Fees: Coaches Travel	\$450.00	Fees: Coaches Travel	\$450.00
Fees: Music	\$150.00	Fees: Music	\$150.00
Total Regular Season (June-May) <u>Does not include BID Event earned</u>	\$4758.00	Total Regular Season (June-May) <u>Does not include BID Event earned</u>	\$5066.00

**Addition: Fees and Post Season: April-Mid May**

<b>LEVEL 1 and 2</b>		<b>Level 3 and up</b>	
Uniform (Due July 1)	\$445.00	Uniform (Due July 1)	\$445.00
USASF Member Fee (Sept 1)	\$49.00	USASF Member Fee (Sept 1)	\$49.00
End of Season Gifts Athlete gift, coaches and parent gift- estimated cost	\$40.00	End of Season Gifts Athlete gift, coaches and parent gift- estimated cost	\$40.00
<b>After Season Events</b>			
<b>Fees for Bid Events Registration, Coaches Travel, upgrade fee</b>	TBA	<b>Fees for Bid Events Registration, Coaches Travel, upgrade fee</b>	TBA

Tiny and Mini elite teams (if formed we will have modified tuition and fee structure based on practice hours and competitions). All prices are estimated and are subject to change.

Not included above: spectator fees, personal travel expenses, optional pro shop purchases, optional class tuition, sibling discounts available. Fundraising is also available.

**Monthly Payment Plan**



		LEVEL ONE AND TWO	LEVEL THREE AND UP
June	Registration	<b>Due: \$560.00</b>	<b>Due: \$560.00</b>
July 1	Tuition and Fees	Tuition: \$218.00 Fees: \$164.00 <b>DUE: \$382.00</b>	Tuition: \$246.00 Fees: \$164.00 <b>DUE: \$410.00</b>
August 1	Tuition and Fees	Tuition: \$218.00 Fees: \$164.00 <b>DUE: \$382.00</b>	Tuition: \$246.00 Fees: \$164.00 <b>DUE: \$410.00</b>
September 1	Tuition and Fees	Tuition: \$218.00 Fees: \$164.00 <b>DUE: \$382.00</b>	Tuition: \$246.00 Fees: \$164.00 <b>DUE: \$410.00</b>
October 1	Tuition and Fees	Tuition: \$218.00 Fees: \$164.00 <b>DUE: \$382.00</b>	Tuition: \$246.00 Fees: \$164.00 <b>DUE: \$410.00</b>
November 1	Tuition and Fees	Tuition: \$218.00 Fees: \$164.00 <b>DUE: \$382.00</b>	Tuition: \$246.00 Fees: \$164.00 <b>DUE: \$410.00</b>
December 1	Tuition and Fees	Tuition: \$218.00 Fees: \$164.00 <b>DUE: \$382.00</b>	Tuition: \$246.00 Fees: \$164.00 <b>DUE: \$410.00</b>
January 1	Tuition and Fees	Tuition: \$218.00 Fees: \$164.00 <b>DUE: \$382.00</b>	Tuition: \$246.00 Fees: \$164.00 <b>DUE: \$410.00</b>
February 1	Tuition and Fees	Tuition: \$218.00 Fees: \$164.00 <b>DUE: \$382.00</b>	Tuition: \$246.00 Fees: \$164.00 <b>DUE: \$410.00</b>
March 1	Tuition and Fees	Tuition: \$218.00 Fees: \$164.00 <b>DUE: \$382.00</b>	Tuition: \$246.00 Fees: \$164.00 <b>DUE: \$410.00</b>
April 1	Tuition and Fees	Tuition: \$218.00 Fees: \$164.00 <b>DUE: \$382.00</b>	Tuition: \$246.00 Fees: \$164.00 <b>DUE: \$410.00</b>
May 1	Tuition and Fees	Tuition: \$218.00 Fees: \$164.00 <b>DUE: \$382.00</b>	Tuition: \$246.00 Fees: \$164.00 <b>DUE: \$410.00</b>

<sup>1</sup>**All payments are non-refundable.** If you wish to leave the program, you must notify management via email. The last day to drop from the program without penalty is June 24. Athletes who drop, June 25 through Sept 15 will be charged a \$250 drop fee. Athletes who drop Sept 15 or later will be charged a \$500 drop fee. All apparel on order and not received at the time of drop is forfeited to the gym. Athletes who experience a short-term injury but wish to return to their team must continue to make full installments to hold their "spot." Athletes who suffer a long-term (season- or career ending) injury will be refunded any portion of the program not received. A doctor's note is required. <sup>2</sup>**Regular season tuition and fees are divided equally over 11 months July-May.** Two line-items will be charged each month on your account: Tuition and Fees. Fees include competition registration, coaches travel, and music. <sup>3</sup>**Additional fees will be charged on the date indicated, if applicable** ALL ELITE TEAM ATHLETES MUST PURCHASE A NEW UNIFORM THIS SEASON. athletes attending a post season event will be charged in April. These fees will be for coaches travel, registration and any additional fees for the bid events. USASF member fee is paid directly to that organization. Additional event registration fees may be due based on bid designation (Paid, At Large) and will be paid directly to the event producer. GQRTC does not accept wildcard bids. <sup>4</sup>**Starting May 31, 2023, all credit card payments will incur a 3.5% processing fee.**





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## Competitive Cheer Teams:

### Practices ELITE

#### **-Summer Practices: (June 12 - August 20)**

*Two days a week for 1.5-3 hours (includes tumbling)*

##### **ELITE ONLY:**

Level 1: Monday and Wednesdays 5:00-7:00

Level 2: Monday and Wednesdays 6:30-8:30

Level 3 and up: Tuesday 6:00-8:00 and Thursday 5:30-7:30

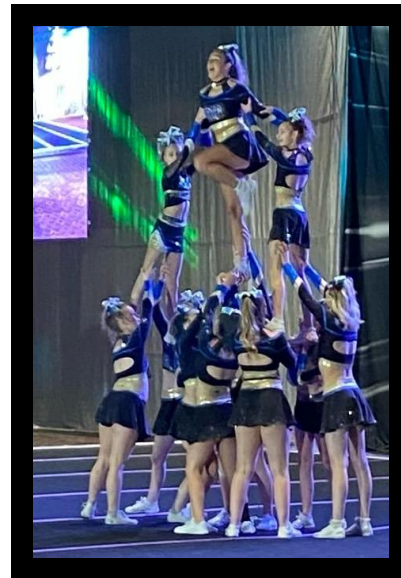
#### **-Winter/Spring Practices: (August 21 - May TBA)**

*Twice a week*

Level 1: Wednesday 5:00-7:00 and Sunday 12:30-2:30

Level 2: Wednesdays 6:30-8:30 and Sunday 11:00-1:00

Level 3 and up: Tuesday and Thursday 6:30-8:30 and Sundays 2:00-4:00



## **PREP and NOVICE Limited Travel Teams**



The **Tiny Novice** program is designed to introduce smaller athletes to the sport of All Star Cheerleading! The only prerequisites are the ability to listen, a willingness to work hard, and a desire to have fun! Athletes will learn the fundamentals of performance cheerleading and showcase their routine at local competition for judges feedback. Novice teams are not ranked against one another.

The **Prep** program is designed for athletes who have some knowledge or general athletic abilities. Prep teams are the perfect “bridge” program for families that are new to the sport or are not yet ready to commit to the travel and expense of an Elite program. While Prep athletes practice and compete fewer days, they still benefit from the same certified staff and skill training as our full season Elite program. Athletes can return to the program each season or they may use the experience to transition to our Elite program.

<b>FULL Season Prep</b>	July 11-April 14*	<b>¾ Season Prep</b>	Sep10 -March 10
Registration Music, bow and Choreography Camp	\$285.00	Registration Music, bow and Choreography Camp	\$280.00
Annual Tuition July-March	\$1557.00 \$173.00/Aug-April	Annual Tuition September-March	\$810.00 \$135.00 Sept-March
Fees: Competition Registration	\$675.00	Fees: Competition Registration	\$360.00
Fees: Coaches Travel	\$250.00	Fees: Coaches Travel	\$200.00
Total Regular Season (July-April)	\$2767.00	Total Regular Season (June-March)	\$1650.00

#### Additional Fees

<b>FULL Season Prep</b>		<b>¾ Season Prep</b>	
Uniform (Due Oct 1)	\$275.00	Uniform (Due July 1)	\$275.00
USASF Member Fee (Sept 1)	\$49.00	USASF Member Fee (Sept 1)	\$49.00
End of Season Gifts Athlete gift, coaches and parent gift- estimated cost	\$40.00	End of Season Gifts Athlete gift, coaches and parent gift- estimated cost	\$40.00

#### Monthly Payment Plan



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		<b>Full Season Prep</b>	<b>¾ Season</b>
July 1	Registration	<b>Due: \$285</b>	
August 1	Tuition and Fees	Tuition: \$173.00 Fees: \$103.00 <b>DUE:\$ 288.50</b>	
September 1	Tuition and Fees	Tuition: \$173.00 Fees: \$103.00 <b>DUE:\$ 288.50</b>	Registration <b>DUE: \$280.00</b>
October 1	Tuition and Fees	Tuition: \$173.00 Fees: \$103.00 <b>DUE:\$ 288.50</b>	Tuition: \$140.00 Fees: \$94.00 <b>DUE: \$234.00</b>
November 1	Tuition and Fees	Tuition: \$173.00 Fees: \$103.00 <b>DUE:\$ 288.50</b>	Tuition: \$140.00 Fees: \$94.00 <b>DUE: \$234.00</b>
December 1	Tuition and Fees	Tuition: \$173.00 Fees: \$103.00 <b>DUE:\$ 288.50</b>	Tuition: \$140.00 Fees: \$94.00 <b>DUE: \$234.00</b>
January 1	Tuition and Fees	Tuition: \$173.00 Fees: \$103.00 <b>DUE:\$ 288.50</b>	Tuition: \$140.00 Fees: \$94.00 <b>DUE: \$234.00</b>
February 1	Tuition and Fees	Tuition: \$173.00 Fees: \$103.00 <b>DUE:\$ 288.50</b>	Tuition: \$140.00 Fees: \$94.00 <b>DUE: \$234.00</b>
March 1	Tuition and Fees	Tuition: \$173.00 Fees: \$103.00 <b>DUE:\$ 288.50</b>	Tuition: \$140.00 Fees: \$94.00 <b>DUE: \$234.00</b>
April 1	Tuition and Fees	Tuition: \$173.00 Fees: \$103.00 <b>DUE:\$ 288.50</b>	
		<b>DOES NOT INCLUDE</b>	<b>If bid is granted- more information will be given</b>
		Regional SUMMIT	

**All pricing is estimated and subject to change.**



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<b>¼ Season Prep</b>	February-May	<b>NOVICE</b>	Sep-March
Registration: Feb Music, bow and Choreography Camp	\$210.00	Registration: Sept Music, bow and Choreography Camp	\$210.00
Annual Tuition Feb-May	\$708.00 \$180/March-May	Annual Tuition Sept-March	\$552.00 \$92.00/Oct-March
Fees: Competition Registration	\$385.00	Fees: Competition Registration	\$375.00
Fees: Coaches Travel	\$200.00	Fees: Coaches Travel	\$200.00
Total Regular Season (June-March)	\$1503.00	Total Regular Season (June-March)	\$1337.00.00

#### **Additional Fees**

<b>¼ Season Prep</b>		<b>NOVICE</b>	
Uniform (Due Oct 1)	\$275.00	Uniform (Due July 1)	\$275.00
USASF Member Fee (Sept 1)	\$49.00	USASF Member Fee (Sept 1)	\$49.00
End of Season Gifts Athlete gift, coaches and parent gift- estimated cost	\$40.00	End of Season Gifts Athlete gift, coaches and parent gift- estimated cost	\$40.00



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### Monthly Payment Plan

		¼ Season Prep	NOVICE
August 1	Registration		Registration <b>DUE: \$210.00</b>
September 1	Tuition and Fees		Tuition: \$92.00    Fees: \$96.00 <b>DUE: \$188.00</b>
October 1	Tuition and Fees		Tuition: \$92.00    Fees: \$96.00 <b>DUE: \$188.00</b>
November 1	Tuition and Fees		Tuition: \$92.00    Fees: \$96.00 <b>DUE: \$188.00</b>
December 1	Tuition and Fees		Tuition: \$92.00    Fees: \$96.00 <b>DUE: \$188.00</b>
January 1	Registration <b>DUE: \$210.00</b>	Registration <b>DUE: \$210.00</b>	Tuition: \$92.00    Fees: \$96.00 <b>DUE: \$188.00</b>
February 1	Tuition and Fees	Tuition: \$177.00    Fees: \$147.00 <b>DUE:\$ 325.00</b>	Tuition: \$92.00    Fees: \$96.00 <b>DUE: \$188.00</b>
March 1	Tuition and Fees	Tuition: \$177.00    Fees: \$147.00 <b>DUE:\$ 325.00</b>	Tuition: \$92.00    Fees: \$96.00 <b>DUE: \$188.00</b>
April 1	Tuition and Fees	Tuition: \$177.00    Fees: \$147.00 <b>DUE:\$ 325.00</b>	
May 1	Tuition and Fees	Tuition: \$177.00    Fees: \$147.00 <b>DUE:\$ 325.00</b>	
		<b>DOES NOT INCLUDE</b>	<b>If bid is granted- more information will be given</b>

**All pricing is estimated and subject to change.**





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<b>POM TEAM</b>	September-May
Registration: Feb Music, bow and Choreography Camp	\$150.00
Annual Tuition Oct- April	\$1344.00 \$192/Sept-May
Fees: Competition Registration and Music	\$700.00
Fees: Coaches Travel	\$250.00
Total Regular Season (Sept-May 6)	\$2444.00

#### **Additional Fees**

<b>POM TEAM</b>	
Uniform (Due Oct 1)	TBA Under \$200
USASF Member Fee (Sept 1)	\$49.00
End of Season Gifts Athlete gift, coaches and parent gift- estimated cost	\$40.00

**Monthly Payment Plan**

		<b>POM TEAM</b>
September 1	Registration	\$150.00
October 1	Tuition and Fees	Tuition: \$193.00 Fee: \$136.00 <b>DUE: \$328.00</b>
November 1	Tuition and Fees	Tuition: \$193.00 Fee: \$136.00 <b>DUE: \$328.00</b>
December 1	Tuition and Fees	Tuition: \$193.00 Fee: \$136.00 <b>DUE: \$328.00</b>
January 1	Registration <b>DUE: \$210.00</b>	Tuition: \$193.00 Fee: \$136.00 <b>DUE: \$328.00</b>
February 1	Tuition and Fees	Tuition: \$193.00 Fee: \$136.00 <b>DUE: \$328.00</b>
March 1	Tuition and Fees	Tuition: \$193.00 Fee: \$136.00 <b>DUE: \$328.00</b>
April 1	Tuition and Fees	Tuition: \$193.00 Fee: \$136.00 <b>DUE: \$328.00</b>

All pricing is estimated and subject to change.

**Full Season Prep (July-April)****-Summer Practices: (July 10-August 20)**

One days a week for 2 hours

Tuesdays 5:00-7:00

**-Winter/Spring Practices: (August 21-May)**

Twice a week for 1.5 hours each

Tuesdays 5:00-6:30 and Sundays 10:00-11:30

**3/4 PREP****-Practices: (September 10-March 9)**

One Day a week for 1.5 hours

Sundays: 12:30-2:00

**1/4 PREP****-Practices: (February-May)**

One Day a week for 1.5 hours

Sundays: 12:30-2:00

**3/4 NOVICE****-Practices: (September 11-March 9)**

One Day a week for 1 hour

Sundays: 10:00-11:00

**Pom Team****-Practices: (September 11-May 6)**

One an half hours a week

Tuesdays: 6-7:30 and Sundays 10:30-12:00



## **TENTATIVE: Competition Schedule**

<b>DATE</b>	<b>Competition Name</b>	<b>Location</b>		<b>Travel Dates</b> <small>** These are allotted travel dates** Do not travel BEFORE this date</small>
1/28/2024	Mardi Gras Classic Xtreme Spirit	Canlan Sports	Elite, Full Prep, $\frac{3}{4}$ Prep. Novice, Dance	1/28
2/10-2/11/2024	Gold Rush Chicago	Schaumburg, IL	Elite, Full Prep, $\frac{3}{4}$ Prep. Novice	2/10-2/11
2/24-2/25/2024	Apex	Indianapolis, IN	Elite	2/23-2/26
3/2-3/4/2024	GLCC Grand Nationals	Schaumburg, IL	ELITE, Full Prep	3/2-3/3
3/9-3/10/2024	Glow Tour Chicago	TBA	Elite, Full Prep $\frac{3}{4}$ Prep, Novice, Dance	3/9-3/10
3/23-3/24/2024	Cheer Power Grand Nationals	Columbus, OH	ELITE	3/22-3/25
4/7/2024	Chicago One Day Nationals	Canlan Sports	$\frac{3}{4}$ Prep, $\frac{1}{4}$ Prep. Quarter, Dance	4/7
4/13/2024	US FINALS BID REQUIRED	Hoffman Estates, IL	ELITE	4/13
4/13/2024	Justice League 2024	Collinsville, IL	Elite, Full Prep, $\frac{1}{4}$ Prep, Quarter, Dance	4/12
4/14/2024	STIL Send off 2023	Collinsville, IL	Elite, Full Prep, $\frac{1}{4}$ Prep, Quarter, Dance	4/15
4/20-4/21/2024	Regional Summit BID REQUIRED	Indianapolis, IN	ELITE	4/19-4/22
4/25/4/26/2024	Youth Summit BID REQUIRED	Tampa, FL	ELITE YOUTH ONLY	4/23-4/27
5/4-5/5/2024	Chicago Grand Finale Nationals	Lake Co. Fair	Elite, $\frac{1}{4}$ Prep, Quarter, Dance	5/4-5/5
5/10-5/13/2024	D2 Summit BID REQUIRED	Walt Disney World	ELITE	5/9-....

A complete competition schedule that includes mandatory practice guidelines and designated travel dates will be created and shared by Sept 15. GQ RTC will also secure hotel options within Stay-to-play guidelines and attempt to meet the varying needs of our families. The above schedule is tentative. GQ RTC reserve the right to substitute events if it is in the best interest of the team and program. GQ RTC does not add events to “chase bids.” We do not accept wildcard bids.



## Important Dates

Gym Closed \*Cleaning week

**Elite Skills Camp**

Labor Day Weekend

**Elite Choreography Camp**

**Elite Skills Camps**

Halloween Closed

Thanksgiving Break

Winter Break

Kick Off Showcase

Extra Practice if Needed

Extra Practice if Needed

Extreme Practice if Needed

Extra Practice if Needed

Spring Holiday

Extra Practice if Needed

Extra Practice if Needed

Spring Break

Aug 6-12

**July 30**

Sept 2-4

**September 15 -17**

**Sept 24**

October 31

November 22- November 26

December 22 – January 2

January 21 TBA

January 26 5:00-7:00 (all teams)

February 11 5:00-7:00 (all teams)

March 1 5:00-7:00 (Elite and Full Prep)

March 10 5:00-7:00 (all teams)

March 29-April 1

April 8 5:00-7:00 (Prep and Quarter)

May 3 5:00-7:00 (all teams)

No break given as we will be training



## **Attendance Policy**

Attendance is crucial to the success of any team. **We are providing our general policy before you make a commitment to join the all star program at RTC.** A parent meeting will be called if an athlete accrues 8 absences. Habitual absences (combined excused and unexcused absences in rapid succession or 10 in total) may result in modification of athlete role/responsibilities on her/him team, designation as an alternate for a probationary period, or removal from the team roster and drop fee charged.

### **Excused Absences**

- Graded school events
- Contagious illness or injury with doctor notes (athletes who are “not feeling well” or have minor injuries are still expected to attend and activity will be limited)
- Death of a family member (sibling, parent, grandparent, aunt, uncle, cousin)

### **Unexcused Absences**

- Non-contagious illness, non-graded school events, too much homework, too tired, birthdays or family gatherings, couldn't get a ride, participation in other sports, withholding practice as a form of parental discipline.
- College visits and College testing (ACT/SAT) are also considered unexcused. Please schedule these events on days when your athlete does not have practice/competition.

### **All missed practices must be documented in writing**

DO NOT report absences on social media, via team apps, or by text, or the absence will be considered unexcused. Failure to notify the via the official attendance email is considered an unexcused no call/no show and is subject to disciplinary action.

### **Summer Attendance (June-August 13)**

Four (4) vacation absences are allowed. All choreography and camp dates must be attended.

### **In-Season (Fall/Winter) Attendance (August 13-March)**

Three (3) unexcused absences allowed, however any unexcused absences may affect routine spots. We advise saving these for sick days or significant life events (family weddings, sacraments, etc.)





### **Mandatory Competition Practices**

There are no unexcused absences allowed 14 days before an event. No absences (excused or unexcused) allowed 7 days before an event which includes any extra practices that are scheduled. A formal calendar will be created and shared by Sept 15. Failure to follow this policy will result in one of the following.

- ineligibility to complete (without refund)
- allowed to compete, but removal from all group sections of the routine such as stunts (only considered if the absence follows the guidelines for excused absences and does not negatively impact the team).

### **Post Season (April-May) Attendance**

Only excused absences with proper documentation are permitted beginning April 1. No absences allowed 14 days before the event. Attendance dates will be published for Regional Summit once the event information becomes available.

## **Social Media Policy**

GQ RTC is a private company and is protective of their image, reputation, and representation online. As part of our program, athletes and parents/guardians have a responsibility to uphold our reputation. Facebook, Twitter and all other social media sites have increased in popularity globally, and used by the majority of athletes in one form or another. Athletes should be aware that third parties- including the media, school faculty, future college recruiting coaches, and future employers- could easily access your profiles and view all personal information. This includes all pictures, videos, comments and posts. Inappropriate material found by third parties affects the perception of the athlete and the gym. This can also be detrimental to an athlete's future college options or in other industries.

Examples of inappropriate and offensive behavior concerning participation in online communities may include depictions or presentations of the following:

- Photos, videos, comments or posts showing the personal use of alcohol, drugs and tobacco including holding cups reasonably expected to contain alcohol, cans, shot glasses, ect.
- Photos, videos, and comments that are of sexual nature. This includes links to websites of a pornographic nature and other inappropriate material.



- Content online that is unsportsmanlike, derogatory, demeaning or threatening toward any other individual or entity (examples: derogatory comments regarding another cheer gym; taunting comments against race and/or gender). No posts should depict or encourage unacceptable, violent or illegal activities (examples: hazing, sexual harassment/assault, gambling, discrimination, fighting, vandalism, academic dishonesty, underage drinking, illegal drug use).
- Information that is sensitive or personal in nature or is proprietary to GQ RTC which is not public information (examples: student-athlete injuries and eligibility status, travel plans/itineraries or information).

*For your own safety, please keep the following recommendations in mind as you participate in social media websites:*

- Set your security settings so that only your friends can view your profile.
- You should not post your email, home address, local address, telephone number(s), or other personal information as it could lead to unwanted attention, stalking, identity theft, ect.
- Be aware of who you add as friends to your site- many people are looking to take advantage of athletes or to seek connection with athletes.
- Consider how the above behaviors can be reflected on your online public material, consider whether it upholds and positively reflects your own values and ethics as well as GQ RTC's.

## **Athlete Safety and Communication Policies**

Our programs are made up of minor athletes of different ages, and we aim to protect each of you from unwanted advances online, as well as ensuring that you operate within safe guidelines and conduct to prevent any perception of impropriety.

If you are experiencing unwanted attention or are concerned about any particular individuals, please alert your parents immediately and our directors so we can address the situation immediately.

Our rules for digital communion follow those of SportSafe, a program developed by the International Olympic Committee to protect minor athletes.



## **GQ RTC Staff Responsibilities for Athlete Protection**

All GQ RTC staff will be interacting with your minor athlete and are currently in good standing with AAU background checks and or USASF. Copies of AAU and/or USASF Coaches membership can be produced at any time upon request.

We will have open, public chat communication channels with GQ RTC staff and their parents/guardians. This will be done through BAND. GQ RTC staff will never engage in digital communication directly with a minor representative of the company one-on-one.

## **SafeSport Electronic Communication Policy**

Electronic communication includes but is not limited to phone calls, video calls, texts, social media (e.g. Facebook, Twitter, Instagram, WhatsApp, Snapchat, ect.), fitness applications, emails and direct messaging that occurs between an Adult Participant and Minor Athlete(s).

- A parent/guardian, another adult family member of the Minor Athlete, or another Adult Participant must be copied or included on the communication.
- Only electronic platforms that allow Open and Transparent communication can be used (BAND).
- All team communication or communications from an Adult Participant to more than one Minor Athlete must copy or include another Adult Participant, or all the Minor Athletes' parents/guardians.
- All communication should be professional in nature.
- Organization and Adult Participants must honor a parent/guardian's request to discontinue communication with their Minor Athlete, unless there is an emergency.

We do understand that cheerleading is a unique environment where minor athletes are often on teams and have personal relationships with adult athletes. There are exceptions provided by Safesport for these circumstances:

- Dual Relationship- The Adult Participant has an existing relationship with Minor Athlete outside of the sport program.
- Close-in-Age- The Adult Participant has no authority over the Minor Athlete and is not more than four (4) years older than Minor Athlete.



## Frequently Asked Questions

*Is it against the Electronic Communication Policy for a Minor Athlete to follow an Adult Participant on social Media?*

No. It is not against the policy for a Minor Athlete to follow an Adult Participant on social media, but it is against the policy to have one-on-one conversation with that Minor Athlete through direct messages.

*Can an adult athlete text their friend who is a Minor Athlete?*

It depends. If that adult athlete is an Adult Participant, does not have Authority of the Minor Athlete, and is no more than four (4) years older than the Minor Athlete, they can communicate one-on-one with the Minor Athlete. If they do not meet those requirements, they will need to copy another Adult Participant, the Minor Athlete's parent/guardian, or another adult family member of the Minor Athlete on the communication.

*How should an Adult Participant respond if they receive a call from a Minor Athlete?*

The Adult Participant should ensure that it is not an emergency situation, and then proceed to include another Adult Participant, the Minor Athlete's parent/guardian, or another adult family member of the Minor Athlete on the call, if possible. If this is not possible, the Adult Participant should reschedule the call for a later time.

More information about Safesport can be found here:

<https://maapp.uscenterforsafesport.org>.

## 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.

## **GO 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 corrections 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.
  - ☐ Refrain from the use of any and all drugs or alcohol use.
    - ☐ First offense: Removal from one week of practices and any events that may fall within that week (1 week suspension).
    - ☐ Second offense: Removal from the program without a refund. You will be charged the dismissal rate of \$500.00.



## ☐ **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. No shoe socks and 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



- 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 not 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 gym**
  - 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.