

Glamour Athletics Handbook



Introduction

Welcome to the Glamour Athletics' all-star cheerleading, dance, and tumbling program! We hope you will join us as we make our way through this year's competitive and exhibition season.

This year is expected to be somewhat hectic, always exciting, and absolutely memorable! The Glamour Athletics experience promises to be rigorous and rewarding. We are excited about what the future holds for the teams at GA and look forward to watching our students grow in their confidence and abilities as athletes.

Our Mission

Our Mission is to **IMPACT** the life of the youth of today.

I- Independence

We are dedicated to promoting **INDEPENDENCE** and a strong sense of self. Glamour Athletics is dedicated to celebrating and embracing diversity in all forms.

M- Motivate

Glamour Athletics is family centered and community **MOTIVATED**. We are dedicated to helping the community in which we live, by making it a better place to live and play.

P-Promote

Glamour Athletics **PROMOTES** a healthy life style, and physical fitness.

A-Achieve

Glamour Athletics rewards all **ACHIEVEMENTS** in life, supporting academic excellence, celebrating skills and achievements obtained in our classes, and personal achievements in all fields and levels. We support you.

C-Confidence

With the skills learned at Glamour Athletics, your child will develop a deep sense of **CONFIDENCE** needed to empower him or her to make their mark on the world.

T-Train

Glamour Athletics is dedicated to **TRAINING** top athletes in the sport of cheerleading, gymnastics, and dance. Providing each child with the abilities needed to compete and/or perform with the best.

We are dedicated to providing a **CHEERTASTIC** place to live, learn and play. Keeping safety as our top priority, with fun being a close second.

Keeping You in Touch

Each month a Newsletter will be distributed via Email and added to the Glamour Athletics web site (www.Glamour Athletics.com). In 2012 Glamour Athletics became a paperless company, to better the global future for our children, because of this no copies of this newsletter will be distributed. In order to stay up to date with the on goings of Glamour Athletics please make sure you are on the email list, and/or please make sure to check the webpage at the start of every month.

Any events, chances, or announcements to be included in the newsletter should be submitted to Meagan by the 20th of each month, in order to be in the following months publication. It is your responsibility to keep all email address, addressed, and phone numbers up to date, in order for us to keep you posted and updated on events.

This year we will also be using MyKidsCalander.com (www.mykidscalendar.com) this site will send emails, text messages, and have an open calendar for the gym. This is a living calendar that you are encouraged to add events like birthdays or parties to share with our gym family. Please consult this calendar, before asking questions or sending emails to the coaches and owners of the gym. We work hard to keep the calendar updated for your convince and to make it easier on our personal lives. We do not mind answering questions, but please exhaust your resources (i.e. Newsletter, emails, and mykidscalander) before contacting a coach, as all information that we have concerning events will be presented to you as soon as we receive it. Not checking your email is not an excuse, as we spend hours adding information to many different sites & newsletters, using different online media. When you do not use this information in these areas it becomes problem some and tends to interrupt family times. Please understand that we all have families and busy outside lives. With that being said we will be glad to hold meetings and office hours upon request.

Practice Attire

All Tumble classes should wear the fall gym T-shirt and black shorts to practice. Other acceptable attire include any Glamour Athletics': Sports bra, booty shorts, work out tank, tank tops, cotton shorts (all can be found on our web page, by clicking the team store link.) Hair should be out of the face. Shoes do not need to be worn to tumble practices.

All Cheer classes should wear the fall gym T-shirt and black shoes to practice, unless told otherwise. Other acceptable attire include any Glamour Athletics': Sports bra, booty shorts, work out tank, tank tops, cotton shorts (all can be found on our web page, by clicking the team store link.) Hair should be out of the face. Proper cheer shoes are required or the child will not practice.

All Dance classes should wear the fall gym T-shirt and black shorts to practice. Other acceptable attire include any Glamour Athletics': Sports bra, booty shorts, work out tank, tank tops, cotton shorts (all can be found on our web page, by clicking the team store link.) Hair should be out of the face. Proper dance shoes are required of the child will not practice.

Tap and Ballet classes should wear a black leotard, white tights, and proper dance shoes to practice.

Failure to abide by dress code will result in your child being sat out of classes. This does include hair being pulled up!

Recital

The gym recital is a required event for every Glamour Athletics Athlete. The recital should take place at the end of May or start of June every year. Everyone must pay a \$50 recital fee. The recital is free to anyone who wants to come watch and will be held at Scotland High School, unless otherwise specified. If a child does not pay the recital fee by the due date, your credit card that is on file will be charged.

Sumer Camp

The only week during the summer where we do not allow absences, unless it is an extreme circumstance is during our competitive camp week. This is the week where our teams learn their routines for the upcoming season. There is a tremendous amount of material taught this week and it is impossible to catch a child up. During this week Glamour Athletics hires in a choreographer from out of state to work on routines to make our teams the best they can be. There will be a camp fee that includes the music and the choreographer's fees. If your child cannot make it to camp they will still be required to pay this camp fee, as it is not fair to the other team members who will be paying and also competing. Please make sure you check with the coaching staff to insure you do not schedule a vacation on the same week as choreography camp! This year's camp will be held July 23-25 at Glamour Athletics as discussed in the preseason parent meetings.

Attendance Policy

The regular absence policy starts August and goes through May. You will be allowed 2 absences during those dates. Illnesses do not count as an absence as long as you have a doctor's slip or a note from a parent stating that the child was ill. Mandatory school sanctioned events do not count as an absence either; however, you still need to contact your coach prior to

the event. 3 tardies or leaving early count as 1 absence. You must contact a coach before you leave for practice. No absences are allowed for competition or exhibitions. There will be no absences allowed the week prior to a competition and no absences allowed during our clinics. We are a team and we cannot learn routines and stunts without everyone's attendance. If absences have exceeded the limit, you will be charged \$35.00 to your account and may use that \$35 towards a private lesson based on the availability and schedule of the coaching staff. As stated above absences are not allowed from the end of year recital.

Drop off and Pick up Policy

Please make sure you come inside the gym to pick your child up and to drop your child off. We post boards at the gym reflecting emails that have been sent that week, and it is the safest possible way to transition your child to and from class. Glamour Athletics is not responsible for your child before class begins or after class ends.

Make sure to pick your child up promptly after class. If a child is left at Glamour Athletics 30 minutes after class the Laurinburg Police Department will be called and you will need to pick your child up at the police station. You cannot leave your child at Wal-Mart after hours, and you cannot leave your child at Glamour Athletics after hours.

If any other children are left at Glamour Athletics when it is not their class time (No friends, brothers, sisters, or other family members may attend practice without a parent present), the Laurinburg Police Department will be called and that child will need to be picked up from the police station.

Please understand that we are serious about your child's safety and being the most productive we can be in class. This policy helps us to do so. This policy also helps us to get home to our families in a timely fashion. Business is wonderful, but family is everything! Each of us spends excessive amounts of time working on gym related things daily. Being able to spend time with our family is something we hold dear. We schedule classes with this in mind. Not picking up a child on time is taking advantage of our services and will not be tolerated.

Waiting Room Conduct

Parents are welcome to wait in the parent waiting area. Not outside the parent waiting area, ONLY inside the parent waiting area. All children that are not attending classes must also wait in the parent waiting area. For insurance purposes they cannot play on the equipment or run around the gym. This is a large distraction the classes being taught, and could also lead to unwanted injury.

As parents of an athlete you are expected to be encouraging and helpful to your child. Please do this on breaks, but do not interrupt classes. Remember coaches are free to speak with you after class or feel free to set up a meeting time with the gym owner. Coaches will not hold gym meetings with you without the gym owner present ever. Do not be rude to other children, coaches, or parents as your wait. If you cannot be professional you will be asked to leave the gym grounds and possibly be dismissed from Glamour Athletics. We are excited to speak with you in a professional way about any of your concerns or issues.

Team Placement and Try-Out Process for Competitive Teams

We are an all-inclusive gym and try very hard to place everyone who wants to cheer or dance on a team. A cheerleading clinic will be held in order for the participants to learn the material need for evaluation. This will be held in June and July through regular summer classes.

Requirements:

Shimmer: Backhand spring or very close with a light spot

Avalon: Cartwheel

Allure: Backbend going down and coming up

Moxie: Cartwheel

If your child does not meet these requirements please speak with a coach about what they can do to improve for next year.

Financial Responsibility

Every athlete at Glamour Athletics must participate in all activities for 10 months. Your tuition is due by the 5th of every month. Your child will be sat out of class and a letter will be sent home if your payment is not received. If you continue to not pay or your child does not come to class for a month without notice your credit card will be charged for the remainder of tuition that is due at Glamour Athletics. You will fulfill your 10 month contract. If you some reason we still do not receive your payment, legal action will be taken.

Payment Options

4 ways to pay:

1-monthly installments: We will run your credit or debit card for your monthly tuition as well as any fees that are due for the month at the stat of each month.

2-Pay by cash: We will only take cash (no checks) at the gym. This payment must be made by the 5th of each month or your credit card on file will be charged.

3-Pay in one lump sum: You may pay all 10 months in one lump sum at the start of registration.

4-PayPal: You may pay via PayPal monthly by visiting our website www.GlamourAthletics.com

Regardless of your monthly payment type we do require you to have a working credit or debit card on file with us at all times.

Competitions and Exhibitions

Gym Performances

All other non-competitive teams at Glamour Athletics will perform 3 times. Typically these exhibitions will be at John Blue Fest, Laurel Fest, Sunday in the park, and the end of year recital.

These are required performances. If your child does not attend a performance your credit card will be charged \$10 for each performance they do not attend. It is very important for each child to be at performances and practices so routines can run smoothly.

Competitions

Our competitions season will run from October through April. During this time we will take at least one out of state trip. This trip is typically for a national competition. We could have up to 15 local/regional competitions in our 7 month competition season this year. This averages out to be about 1-2 weekends a month from October through April (about what you expect from a youth basketball or baseball season). The tentative dates will be given out in August and voted on by parents. Competition companies do move and close down, so as we go through the season these dates will change, but we do our best to be as organized as we can with dates.

All of the information concerning each competition will be given the week of the event. The Wednesday of the event the information should be set in store by the venue and competition company. **YOU WILL BE THE FIRST TO KNOW WHEN CHANGES ARE MADE. I WILL CONTACT YOUR VIA EMAIL.**

Attire

All pieces of every uniform are required to perform or compete. If you are missing uniform pieces it can be purchased in the team store or ordered for you. Remember if the proper uniform is not worn your child will not participate and you will be charged a \$10 fee.

Parents and Supporters Attire:

Parents or supporters are encouraged to wear Glamour Athletics colors to all events to support the program and your child. Have fun! Dress funky! It is a time to bond and do something fun with your children!

Order Conduct

All orders will be placed on the due date, which will be sent out in September. If you have not paid in full for your order your order will not be placed. Please also make sure you think about your self as well as your children when considering ordering t-shirts!

Resources:

www.mykidscalendar.com

www.GlamourAthletics.com

www.facebook.com/#!/GlamourAthletics

Contact Information:

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