



Gold Star All Stars

Cheer & Hip Hop Competitive Teams

Providing the best training in All Star Cheer and Hip Hop since 2001



Be a part of our Cheer and Hip Hop Family!

Gold Star All Stars offers competitive cheer and hip hop teams for ages 5yrs-adult for cheer and 6yrs-adult for hip hop. No experience necessary! Gold Star has teams for beginners thru advanced athletes and dancers. We offer half-year and full year competitive teams.

Our coaches are upbeat, energetic, and extremely conscientious of the health and well-being of our athletes and dancers. Our staff attends extensive development opportunities throughout the year so that they are informed and fully trained at the levels they are coaching. All of our coaches hold USASF level credentials in cheer and hip hop.

SEASON 18 IS HERE!

SEASON 17 AWARDS & ACCOMPLISHMENTS:

- ▶ USASF DANCE WORLDS 3rd Place, 1st in U.S.
- ▶ DANCE WORLDS U.S. TRIALS 3rd Place
- ▶ Dance Summit Champions
- ▶ Dance Summit Top 3
- ▶ D2 Cheer Summit 4th Place
- ▶ Judge's Choice "Best Choreography"
- ▶ Judge's Choice Spotlight Awards
- ▶ Grand Champions/Level Champions

Location: 727 Sunnyvale-Saratoga Rd
Sunnyvale, CA 94087

Office: 650-694-7827

Email: ccordero@goldstargym.com

cheer-hiphop@goldstrgym.com



GOLD STAR ALL STARS EVALUATION FORM

NAME: _____ BIRTHDATE: _____

EMAIL ADDRESS: _____ AGE: _____

CELL PHONE: _____

TYPE OF TEAM YOU ARE EVALUATING FOR: FULL YEAR HALF YEAR PREP

ARE YOU INTERESTED IN COMPETING ON 2 CHEER TEAMS? YES NO

ARE YOU INTERESTED IN COMPETING ON 2 HIP HOP TEAMS? YES NO

CHEER EXPERIENCE:

TUMBLING:

LEVEL 1	LEVEL 2	LEVEL 3	LEVEL 4	LEVEL 5R/5
Front Walkover	Standing Handspring	Handspring series	Standing Tuck	Hand Full
Back Walkover	Walkover Handspring	Jump Handspring	Jump Handspring Tuck	Jump Tuck/Full
Roundoff	Roundoff Handspring	Roundoff Tuck	Roundoff Layout	Roundoff Full
FWO Roundoff	FWO RO Handspring	RO Hand Tuck	RO Hand Layout	RO Hand Full/Dub
		FWO RO Hand Tuck	RO Hand Whip LO	RO Hand Whip Full/Dub

JUMPS:

Toe Touch	Pike	Herkie	Hurdler	4 Jump Combo
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STUNTS:

LEVEL 2	LEVEL 3	LEVEL 4	LEVEL 5
Flyer	Flyer	Flyer	Flyer
Base	Base	Base	Base
Back	Back	Back	Back

COMPETITIONS & EXPENSES:

FULL YEAR TEAMS will start in June 4, 2018 and end in mid-April 2019 with a chance to continue their season into the end of April/mid-May in Florida at Worlds or Summit competitions. They will practice multiple days/week. Full Year Teams will compete locally as well as in state and may travel to other states for Regional, National and Worlds competitions.

HALF YEAR and PREP CHEER TEAMS will start team class August 20, 2018 and end in April 2018. PREP teams will only compete as far as Sacramento. HALF YEAR teams will compete as far as Sacramento as well as 1 travel competition.

EXPENSES	CHEER	HIP HOP	DUE DATE
MONTHLY TUITION (coaching fees not included this season)	Prep: 4hrs/wk, includes tumbling = \$200 Youth - Senior: 5hrs/wk, includes tumbling = \$295	Tiny/Mini/Youth: 2hrs/wk = \$150 Junior/Senior: 3hrs/wk = \$175	Before the 1st of the month
Gold Star team shirt Price does not include tax	\$20	\$20	upon registration
SHOES	TBA	Approx. \$80 Will be decided by October	ASAP
USASF Annual Membership Fee	\$30	\$30	August 1st
Cheer Sublimated Practice Gear	TBA	N/A	Sept 15th
Competition Music Fee/Team	\$75	\$75	Sept 15th
Competition Hair Accessory	TBA	N/A	August 15th
Uniform: Still shopping around	FULL YEAR TEAM Approx. \$350 PREP TEAM: Approx. \$200	Approx. \$125 Will be decided by October	August 30th
Competition Registration Fee	TBA Approx \$875 Pending Competition Schedule	TBA Approx \$875 Pending Competition Schedule	August 15th
OPTIONAL: Warm-up Jacket & Pants	TBA	SAME AS CHEER	August 30th
OPTIONAL: Backpack	TBA	SAME AS CHEER	August 30th
Coaching Fees per athlete. Will be dependent on total number of athletes and dancers	\$775 Regular Season Approx. \$150 Post Season	\$775 Regular Season Approx. \$150 Post Season	Regular : <u>July 10th</u> Post: April 10th
Nationals/Summit/ Worlds Shirt	Shirt - approx. \$20 each event Tank - approx. \$28 each event	Shirt - approx. \$20 each event Tank - approx. \$28 each event	February 2017

All clothing/accessory items do not include tax

SEASON 18 SCHEDULE

PROGRAM	DATE	COMPANY	VENUE
Open to the public	Friday, July 27th	The Cheer Leading Magazine STUNT Clinic	Gold Star
Cheer & Hip Hop	Sunday, August 19th	Gold Star PICNIC after 3pm	Las Palmas Park
Open to the public	August 18th & 19th	Tumblers Beyond Tumbling Clinic	Gold Star
Cheer & Hip Hop	Thursday, August 30th	San Francisco 49er Performance	Levi Stadium
Cheer & Hip Hop	10/13/18	United Spirit Association	Santa Cruz Kaiser Ctr
Cheer & Hip Hop	11/17/18	Gold Star SHOWCASE	Gold Star
Hip Hop	12/1/18	JAMZ	Cow Palace
Cheer	12/15/18-12/16/18	Gold State Spirit Association	Sacramento Conv Ctr
Cheer & Hip Hop **TINY HIP HOP**	1/12/19-1/13/19	American Masterpiece	San Jose Conv Ctr
Hip Hop & Tiny HH	JANUARY TBA	COA Elite	San Jose
Hip Hop	2/2/19-2/3/19	The Groove	Palm Springs
Cheer tentative **TINY HH**	2/16/19-2/17/19	National Cheerleaders Association	Daly City
SR & Open HH	2/22/19	JAMZ Dance Nationals	Las Vegas
Cheer & Hip Hop	2/23/19-2/24/19	ENCORE	Las Vegas
Cheer	3/9/19-3/10/19	CHEERSPORT	Stockton
SR & Open HH	3/16/19-3/17/19	United Spirit Association	Anaheim
Cheer & Hip Hop **TINY HIP HOP**	3/23/19-3/24/19	Cheer of America	Daly City
Cheer & Hip Hop	4/5/19-4/7/19	American Showcase	Anaheim
SR & Open HH	4/27/19-4/29-19	The USASF Dance Worlds	WDW, FL
Hip Hop	5/3/19-5/5/19	The Dance Summit	WDW, FL
Cheer	5/10/19-5/13/19	The D2 Summit	WDW, FL



GOLD STAR ALL STARS ATHLETE PROMISE

____ (initial) I promise to **cheer for all Gold Star athletes/dancers** as much as I would want them to cheer for me and my team.

____ (initial) I promise to **celebrate the achievements of each individual, each team and the program as a whole.**

____ (initial) I will strive to **avoid gossip** and do my best to **speak positively** about all athletes/dancers in our program.

____ (initial) I promise to do my best to remember that **I am not the coach** and if I have a question I will ask before I create my own assumptions.

____ (initial) I understand that my individual success is also related to the team's success and **I will do my best to not undermine the team.**

____ (initial) I promise to be **social media responsible** because my posts reflect my team and my gym.

____ (initial) I promise to be a good representative of the team. I make this promise because **the success of my team and my gym matters to me!**

Athlete/Dancer Name: _____

Athlete/Dancer Signature: _____

Date: _____



GOLD STAR ALL STARS PARENT PROMISE

____ (initial) I promise to **cheer for all Gold Star athletes/dancers** as much as I cheer for mine.

____ (initial) I promise to **celebrate the achievements of each individual and the program as a whole.**

____ (initial) I will strive to **avoid gossip** and do my best to **speak positively** about all athletes/dancers.

____ (initial) I promise to do my best to remember that **I am not the coach** and if I have a question I will ask before I create my own assumptions.

____ (initial) I understand that my athlete's individual success is also related to the team's success and **I will do my best to not undermine the team.**

____ (initial) Withholding my child from practice **will not be used as a form of discipline.** I understand that this is unfair to the rest of the team.

____ (initial) I promise to set a good example for my athlete. I make this promise to teach my child by example because **the success of my child's team and my child's gym matters to me!**

Athlete/Dancer Name: _____

Parent Name: _____

Parent Signature: _____ Date: _____



Gold Star All Stars Cheer & Dance

Rules and Policies

Revised 5.18.18

ATTIRE:

CHEER:

- Gold Star shirt , sublimated gear, or appropriate fitted athletic gear and competition shoes should be worn at every practice.
- All hair off the shoulders before you arrive to practice with a practice bow attached.
- NO jewelry, street clothes or street shoes.

HIP-HOP:

- Hip-Hop attire and shoes required

EXPENSES:

- Monthly tuition – must sign up for automatic withdrawal through our Parent Portal at www.goldstargym.com
- Every team member must purchase a competition uniform, team shirts, Gold Star practice clothes and team shoes.
- Responsible for all competition fees, travel expenses and coaching fees.
- For all competitions, payment must be received by the due date or registration/reservation will be canceled, you will forfeit any monies paid and will be responsible for all applicable dues and penalties.
- NO REFUNDS

ELIGIBILITY:

- All accounts, team and tuition, must be current in order for the participant to remain on the team. • Attendance at every scheduled practice is expected.
- DEDICATION to the team is imperative for our success and a vital quality for a team member and family. • Teamwork and respect towards coaches and team members is expected & required.

BEHAVIOR:

- Any behavior deemed disruptive or hurtful to the team by the cheerleader, dancer or family member may be cause for dismissal from the team. You should not negatively portray Gold Star on any social network whether it be a statement about your team or another team.
- Drug or alcohol consumption will result in immediate dismissal from the team and any further participation with Gold Star
- Posts on social media should be appropriate for all ages. If social media posts are found to be inappropriate, we will take appropriate action which may be cause for dismissal from the team.

COMPETITIONS:

- All members are required to participate in all performances and competitions with the exception of “alternates”. Absence from competition may be cause for dismissal from the team. This may affect your acceptance to the program in the future.
- You are required to be present for your designated session’s performances and your own team awards. • Absence from your team’s awards ceremony will be cause for your status on the team to be reviewed.
- Your priority for the trip will be commitment to competing.

BOOSTER CLUB:

- All fundraisers will be handled by our Booster Club.
- Boosters will handle all End of Year Coaches Fees for WORLDS and SUMMIT.
- Required to comply with Boosters MEMBER fees.
- Any monies raised through Boosters will roll over to your account annually. If you leave the program, your monies raised will stay in the Booster Club account and be part of the general fund.



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Rules and Policies

Revised 5.18.18

ABSENCE POLICY:

COMPETITIONS:

- All members are required to participate in all performances and competitions with the exception of "alternates". Absence from competition may be cause for dismissal from the team. This may affect your acceptance to the program in the future.
- You are required to be present for your designated session's performances and your own team awards.
- Absence from your team's awards ceremony will be cause for your status on the team to be reviewed.
- Your priority for the trip will be commitment to competing.

PRACTICES:

- Athletes are required to be at practice unless approved otherwise in advance. Attendance is critical to team success and directly impacts a teams ability to practice effectively.
- Excused absences are considered Doctor excused illness or injury, pre-planned family summer vacations, or family emergency – while we do understand these types of absences will happen, any athlete with 3 absences will be discussed and their spot in the routine may be in jeopardy. Illnesses should be called into the front desk or emailed to your coach and Cheer-HipHop@goldstargym.com as soon as your child becomes sick. If your child is going to miss two or more practices due to illness you may be asked to turn in a doctor's note explaining their absence.
- Coaches should be notified of any non-illness absences in advance. Be sure you complete an Absence Form and turn it in to the Cheer office at least 3 weeks prior to your scheduled absence. The form does not excuse your absence.
- Missing practices or required classes not only affects the individual athlete but the team as well.
- Multiple absences or tardiness may result in an athlete moving or losing their position within a routine or team.
- As we get closer to major competitions we are less lenient about the types of absences that will be allowed.
- Practices within two weeks of competitions/events are absolutely mandatory and necessary for the success of the team.
- If an athlete is ill or injured, we ask that they still attend practice to observe any routine adjustments or changes. Exception: if the athlete has an illness that is contagious or an injury that requires them to remain immobile per a doctor's note.
- Gold Star All Stars reserves the right to call additional practices beyond a team's normal practice schedule with a minimum of 2 weeks' notice.
- If a tumbling class is missed the athlete will need to make up with absence within a month of the missed class.

GOLD STAR GYMNASTICS, L.L.C. PHOTO AND VIDEO RELEASE

I give permission for my child to be photographed, videotaped, digitally recorded, and filmed by representatives of Gold Star Gymnastics, L.L.C., to be used (without compensation to me or my child) in the promotion of Gold Star Gymnastics and Gold Star Cheer and Dance, including but not limited to printed advertising, digital and paper yearbooks, evaluation of skills, social media, and the Gold Star website.

I have read and understand the terms of the rules and policies agreement, and agree to be bound by its terms. I understand that this release will remain in effect indefinitely.

Athlete's Printed Name

Athlete's signature

Parent/Guardian's Printed Name

Parent/Guardian's signature

Date



Gold Star All Stars Cheer & Dance

TRAVEL PROCEDURES

- > All students traveling to a Gold Star related function must be transported by a Gold Star parent or themselves. If this arrangement has been made through the coaches and the parent is not the student's guardian, one of the student's guardians must sign a consent form giving the named parent the authority to transport their child. When the students are traveling by plane the chaperone rules outlines below apply.
- > Any Gold Star students with a valid driver's license are allowed to drive themselves to a Gold Star related function but are not allowed to transport other Gold Star students or coaches that are minors.
- > Once the team performance/activity is complete and the child is released into the parent/legal guardian/chaperone's care, the Gold Star Coaches expect that the parent/legal guardian/chaperone will be responsible for the whereabouts and behavior of that child.
- > Any student 11 years and under traveling to a Gold Star related function which they will need to stay overnight must be accompanied and chaperoned by their parent/legal guardian or family member 21 years or older
- > Any student 12 years and older traveling to a Gold Star function which they will need to stay overnight may be chaperoned by another Gold Star parent as long as the following conditions have been met:

the parent(s) of the student have signed the Gold Star permission slip giving a named parent the authority to chaperone their child.

The named chaperone is in charge of no more than 3 students, one of whom is the chaperone's own child.

The chaperone is a mother if the students are girls and either a mother or father if the students are boys.

- > Gold Star coaches and staff may not, in any circumstance, transport students to or from a Gold Star related function – this includes practices at the gym, competition and events away from the gym (*Exceptions are made for coaches who are hired to babysit Gold Star students. As part of their babysitting duties, are required to transport students to the gym, and for Gold Star employees who have family members that are Gold Star students.
- > Gold Star coaches and staff may not chaperone students overnight at a Gold Star related function which takes place outside the gym, this includes but is not limited to private homes, hotel, etc.

I have read and understand the terms of the rules and policies agreement, and agree to be bound by its terms. I understand that this release will remain in effect indefinitely.

Athlete's Printed Name

Athlete's signature

Parent/Guardian's Printed Name

Parent/Guardian's signature

Date