



UPDATED 3.31.26

**JOIN OUR CHEER FAMILY!**

**SEASON 26**

**WE HAVE A CHEER TEAM  
FOR EVERYONE!**



727 SUNNYVALE SARATOGA ROAD, SUNNYVALE, CA

[WWW.GOLDSTARGYM.COM](http://WWW.GOLDSTARGYM.COM)

650-694-7827

# Be A Part of Our Cheer Family

Gold Star is in its 26th Season as an All Star Cheer Program! We are very proud to be one of the longest standing All Star Cheerleading Organizations in the country! We offer competitive cheer for ages 5yrs to 19yrs. No experience necessary! We have a team for everyone! Your child will be placed on a team of similar age and skill level.

## Gold Star Athlete Application Process

- Complete the [Application Google Doc Form Online](#). Every athlete must have one completed before their team evaluation.
- Attend the evaluation date on May 19th. Use this link [Evaluation Registration Link](#) to register. If you cannot attend May 19<sup>th</sup>, please complete the application and we will schedule an alternate date.

## Non-Competitive Performance Team

Our Non-Competitive Performance Cheer team is geared towards novice thru advanced-beginner cheerleaders or for those that do not want to compete. Practice will start June 15, 2026. Summer vacations are allowed but must inform the coach of your summer plans once you are placed on a team. Our Non-Competitive Performance Team will have team practice 1x/wk, 1 hr/practice. The team will perform at between 2-4 performances within the Bay Area sometime between September 2026 - May 2027. We may include a competition performance at the end of the season. For more information, please email [ccordero@goldstargym.com](mailto:ccordero@goldstargym.com).

## Local Novice & Prep Teams

Our Local Competitive Cheer teams are geared towards beginner thru advanced-beginner cheerleaders or for those that want less of a time commitment to the sport. Practice will start June 15, 2026 with exception for Tiny Cheer which will start August 17, 2026. Summer vacations are allowed but must inform the coach of your summer plans once you are placed on a team. Our Local Teams will have team practice 2x/wk, 1.5hrs/practice. One tumbling class/week is included in tuition. The team will compete at between 4-5 competitions within the Bay Area & Sacramento, sometime between October 2026 - May 2027. For more information, please email [ccordero@goldstargym.com](mailto:ccordero@goldstargym.com).

## Elite Travel Teams

We have Elite Travel Competitive Cheer teams for beginner thru advanced cheerleaders or for those that want to have a long term commitment to the sport. Practice will start June 15, 2026. Summer vacations are allowed but must inform the coach of your summer plans once you are placed on a team. Our Elite Travel Teams will have team practice 2x/wk, 2hrs/practice. One tumbling class/week is included in tuition. The team will compete at between 5-6 competitions within the Bay Area & Sacramento, as well as possible travel competitions within the United States, sometime between October 2026 - May 2027. End of Season competitions will take place in April and/or May 2027 and will require qualification to attend the event. For more information, please email [ccordero@goldstargym.com](mailto:ccordero@goldstargym.com).



# Coaching Staff

Our coaches are upbeat, energetic, and extremely conscientious of the health, safety, and well-being of our athletes. 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 are CPR & First Aid certified, hold USASF level credentials and have certificates in Concussion Protocols, Safe Sport and have been granted green light status through the NCSI background checking system.

## Team Tumbling Schedule

- All competitive cheer team members are allowed 1 cheer tumbling class per week.
- Cheer tumbling class is included in your tuition. If you do not attend tumbling class you will not be discounted.
- You must enroll in a regularly weekly scheduled class.
- If you miss a tumbling class, you have 1 month to do a make up in a class that has availability in it.
- The tumbling schedule will be published by June 5th. Once the class schedule is published, it is your responsibility to enroll your athlete in class. This can be done by calling the front desk or stopping by the front desk. Coaches cannot arrange your tumbling classes for you.

### ***NOVICE & PREP TEAM CLASS PRACTICE SCHEDULE***

***(MAY CHANGE PENDING EVALUATIONS)***

<b><i>TEAM</i></b>	<b><i>AGE RANGE</i></b>	<b><i>DAYS</i></b>	<b><i>TIMES</i></b>
<b><i>TINY NOVICE</i></b>	<b><i>4-7YRS</i></b>	<b><i>SUNDAY</i></b>	<b><i>12:00-1:00PM</i></b>
<b><i>NON-COMPETITIVE PERFORMANCE TEAM</i></b>	<b><i>6-18YRS</i></b>	<b><i>SUNDAY</i></b>	<b><i>1:00-2:00PM</i></b>
<b><i>MINI NOVICE</i></b>	<b><i>6-9 YRS OLD</i></b>	<b><i>MONDAY &amp; WEDNESDAY</i></b>	<b><i>4:00-5:30PM</i></b>
<b><i>MINI PREP</i></b>	<b><i>6-9 YRS OLD</i></b>	<b><i>MONDAY &amp; WEDNESDAY</i></b>	<b><i>5:30-7:00PM</i></b>
<b><i>YOUTH PREP</i></b>	<b><i>7-12 YRS OLD</i></b>	<b><i>MONDAY &amp; WEDNESDAY</i></b>	<b><i>4:00-5:30PM</i></b>
<b><i>JUNIOR PREP</i></b>	<b><i>8-15 YRS OLD</i></b>	<b><i>MONDAY &amp; WEDNESDAY</i></b>	<b><i>5:30-7:00PM</i></b>
<b><i>SENIOR PREP</i></b>	<b><i>13-18 YRS OLD</i></b>	<b><i>MONDAY &amp; WEDNESDAY</i></b>	<b><i>7:00-9:00PM</i></b>



# **ELITE TEAM CLASS PRACTICE SCHEDULE**

**(MAY CHANGE PENDING EVALUATIONS)**

<b>TEAM</b>	<b>AGE RANGE</b>	<b>DAYS</b>	<b>TIMES</b>
<b>YOUTH FLEX ELITE L1</b>	<b>6-13 YRS OLD</b>	<b>TUESDAY &amp; THURSDAY</b>	<b>4:00-5:45PM</b>
<b>YOUTH FLEX ELITE L2</b>	<b>6-13 YRS OLD</b>	<b>TUESDAY &amp; THURSDAY</b>	<b>TBA</b>
<b>JUNIOR FLEX ELITE L1</b>	<b>8-16 YRS OLD</b>	<b>MONDAY &amp; WEDNESDAY</b>	<b>6:30-8:30PM</b>
<b>JUNIOR FLEX ELITE L2</b>	<b>8-16 YRS OLD</b>	<b>TUESDAY &amp; THURSDAY</b>	<b>TBA</b>
<b>JUNIOR FLEX ELITE L3</b>	<b>8-16 YRS OLD</b>	<b>TUESDAY &amp; THURSDAY</b>	<b>TBA</b>
<b>SENIOR ELITE LEVEL TBA</b>	<b>13-19 YRS OLD</b>	<b>MONDAY &amp; WEDNESDAY</b>	<b>7:00-9:00PM</b>
<b>SENIOR ELITE LEVEL TBA</b>	<b>13-19 YRS OLD</b>	<b>TUESDAY &amp; THURSDAY</b>	<b>7:30-9:30PM</b>
<b>SENIOR OPEN LEVEL 4 OR LEVEL 5</b>	<b>16YRS AND UP</b>	<b>TBA</b>	<b>TBA</b>



# **TENTATIVE EXPENSE LIST AND DUE DATES**

<b>ITEM</b>	<b>DUE DATE</b>	<b>NCPT</b>	<b>NOVICE &amp; PREP</b>	<b>ELITE</b>
<b>MONTHLY TUITION</b>	<b>24TH OF THE PRIOR MONTH</b>	<b>\$175/MO</b>	<b>TINY'S \$175/MO MINI-JR \$310/MO</b>	<b>\$340/MO</b>
<b>UNIFORM DEPOSIT</b>	<b>UPON REGISTRATION</b>	<b>\$50</b>	<b>\$200</b> (includes bow, shoes, uniform and practice gear)	<b>\$200</b>
<b>TEAM SHIRT:</b>	<b>UPON REGISTRATION</b>	<b>\$25</b>	<b>\$25</b>	<b>\$25</b>
<b>UNIFORM HAIR ACCESSORY:</b>	<b>UPON REGISTRATION</b>	<b>\$25</b>	Included in uniform package	<b>\$25</b>
<b>PRACTICE OUTFIT:</b>	<b>UPON REGISTRATION</b>	<b>OPTIONAL (\$75)</b>	Included in uniform package *TINY'S optional	<b>\$100</b>
<b>CHOREOGRAPHY FEE</b>	<b>JULY 15TH</b>	<b>N/A</b>	<b>N/A</b>	Pending team size. Approx \$200/person
<b>TEAM MUSIC FEE</b>	<b>AUGUST 15TH</b>	<b>\$40</b>	<b>\$75</b>	<b>\$75</b>
<b>REGULAR SEASON COMPETITION FEES</b>	<b>AUGUST 15TH</b>	\$100 If we decide to compete at the end of the season	<b>TINY'S \$200 MINI/YTH/JR \$500</b>	<b>\$875</b>
<b>USASF MEMBERSHIP FEE: REGISTER BY SEPTEMBER 15TH THROUGH <a href="http://WWW.USASF.NET">WWW.USASF.NET</a></b>	<b>SEPT 15TH</b>	<b>N/A</b>	<b>\$50</b>	<b>\$50</b>
<b>UNIFORM BALANCE</b>	<b>SEPT 24TH</b>	<b>APPROX \$75</b>	<b>APPROX \$140</b>	<b>\$200</b>
<b>REGULAR SEASON COACHING FEES</b>	<b>NOV 15TH</b>	<b>\$200</b>	<b>TINY'S \$200 MINI/YTH/JR \$500</b>	<b>\$800</b>
<b>END OF SEASON COMPETITION FEES</b>	<b>N/A</b>	<b>N/A</b>	<b>N/A</b>	<b>TBA</b>



# **TENTATIVE NON-COMPETITIVE, NOVICE & PREP SCHEDULE**

**THIS SCHEDULE IS TO GIVE YOU AN IDEA OF HOW OFTEN AND WHERE YOU MAY PERFORM.  
A SCHEDULE WILL BE AVAILABLE IN JULY 2026.**

<b>DATE</b>	<b>NCPT</b>	<b>TINY</b>	<b>NOVICE/PREP</b>	<b>VENUE</b>
June 27-28, 2026		OPTIONAL	OPTIONAL	COA All Star Camp: Dublin
September 2026	X	X	X	DT Mountain View Art & Wine
November 2026	X	X	X	Saturday Showoff: Gold Star
Nov 14-15, 2026			X	Santa Clara: The Spirit Network
Nov. 21, 2026			X	San Mateo: GSSA
November 2027	X			Los Altos Festival of Lights Parade
Dec 12-13, 2026			X	Santa Clara, The Spirit Network
Jan 16-17, 2027			X	San Jose: American Masterpiece
March 2027		X	X	JAMZ TBA
March/April 2027	X	X	X	Gold Star Cheer SHOWCASE at Gold Star
April 3-4, 2027		X	X	Santa Clara, The Spirit Network
April 24-25, 2027			X	Sacramento, CA: The Celebration
End of May 2027	X	X	X	Gold Star Gymnastics BIG SHOW



# TENTATIVE ELITE COMPETITION SCHEDULE

**THIS SCHEDULE IS TO GIVE YOU AN IDEA OF HOW OFTEN AND WHERE YOU MAY PERFORM.  
A SCHEDULE WILL BE AVAILABLE IN JULY 2026.**

<b>DATE</b>	<b>EVENT PRODUCER</b>	<b>VENUE</b>
June 27-28, 2026	COA All Star Camp	Dublin, CA
September 2026	Mountain View Art & Wine	Downtown Mountain View
November 2026	Saturday Showoff	Gold Star Gymnastics
Nov. 21, 2026	GSSA	San Mateo Event Center
Dec 5-6, 2026	CHEERPOWER	Roseville Event Center
January 2027	GSSA Nationals	Bakersfield Robobank Center
Jan 16-17, 2027	American Masterpiece	San Jose Convention Center
Feb 6-7, 2026	National Cheerleaders Association	Roseville Event Center
February 2027	JAMZ Nationals	The Orleans, Las Vegas
March 6-7, 2027	American Coastal Nationals	Kenner, LA
March 12-14, 2027	USA Super Nationals	Anaheim Convention Center
March 20, 2027	CHEERSPORT	Sacramento Convention Center
April 2027	West Regional Summit	Phoenix, AZ
April 22-24, 2027	The Youth Summit	Tampa, FL
April 24-25, 2027	The Celebration	Sacramento, CA
May 8-9, 2027	D2 Summit	Walt Disney World, FL



# ***GOLD STAR RULES & POLICIES***

## **PRACTICE ATTIRE:**

- Gold Star team shirt or Gold Star practice 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.

## **EXPENSES:**

- Monthly tuition – must sign up for automatic withdrawal through our Parent Portal at [www.goldstargym.com](http://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 unless competition is canceled by Event Producers

## **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 required.
- If you miss practice the week before a competition, you may be choreographed out of the routine, not allowed to compete at that competition, and may be dropped from the team with no refund of monies paid.
- If you miss a competition with an unexcused absence you may be dropped from the team with no refund of monies paid.

## **BEHAVIOR:**

- Any behavior deemed disruptive or harmful to the team by the cheerleader, dancer or family member may be cause for dismissal from the 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.

## **BOOSTER CLUB:**

- All fundraisers will be handled by our Booster Club.
- Required to comply with Boosters MEMBER fees, payable to the Booster Club.
- 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 will become part of the general fund.



# ***GOLD STAR RULES & POLICIES***

## **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.
- If you miss a competition with an unexcused absence you may be dropped from the team with no refund of monies paid.
- 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 Competition trip will be commitment to competing, everything else is secondary.

## **PRACTICES:**

- Athletes are required to be at practice unless approved otherwise in advance. Attendance is critical to team success and directly impacts a team's ability to practice effectively.
- If you miss practice the week before a competition, you may be choreographed out of the routine, not allowed to compete at that competition, and may be dropped from the team with no refund of monies paid.
- Excused absences are considered Doctor excused illness or injury, pre-planned family summer vacations that were stated at the time of your enrollment on the team, or family emergency – any athlete with 3 absences will be discussed and their spot in the routine may be in jeopardy. Illnesses should be messaged to your coach through BAND 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 2 weeks in advance. If within 2 weeks, ASAP.
- 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 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.



# ***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.

## ***TRAVEL PROCEDURES***

All students traveling to a Gold Star related function must be transported by a Gold Star parent/guardian. If this parent/guardian is not the student's guardian, one of the student's guardians must sign and date a consent form giving a named chaperone the authority to transport their child.

When the students are traveling by plane the chaperone rules outlined below apply. Any Gold Star students with valid driver's licenses are allowed to drive themselves to a Gold Star related function but are not allowed to transport other Gold Star students or coaches. Any students under the age of 12 traveling to a Gold Star related function in which they will need to stay overnight must be accompanied and chaperoned by their parent/guardian.

Any student 12 and over traveling to a Gold Star related function in which they will need to stay overnight may be chaperoned by another Gold Star parent/guardian as long as the following conditions have been met:

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

Gold Star coaches and staff may not in any instance transport students to or from a Gold Star related function – this includes classes and practices at the gym, competitions and events away from the gym.

(\*Exceptions are made for coaches who are hired to babysit Gold Star students and as part of their babysitting job 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 outside of the gym - this includes but is not limited to private homes, hotels, etc.



# FAQ'S

- Summer Tuition:
  - Everyone will pay June tuition, in full, to secure your spot on the team.
  - If you are not starting on June 15th, once your athlete starts, you will receive a credit towards the first month attended.
  - If you miss 2 or more consecutive weeks in the summer, you will be prorated for the time missed.
- Camp: June 27 & 28, 2026
  - How does the camp payment work? Elite teams will pay a full month's tuition for the partial month that you will attend in June. The remainder will be put towards the camp.
  - Is Camp Mandatory? Camp is mandatory for the Elite teams but is recommended for any one on a Local team. Local team members that would like to attend camp must indicate that on the team handbook form. Local team members that will attend camp will pay the full month of June tuition. Local team members that do not attend camp will be pro-rated for the month of June.
- Class Schedule
  - When do classes start and end? Officially our classes start June 15, 2026 and end around April 2026, pending final competition schedule and End of Season Events.
  - Vacation time schedule (Summer/holidays/Thanksgiving/Winter and Spring breaks etc) We do allow vacations during summer and school holidays. We encourage everyone to attend summer classes, when in town, because we will work on fundamentals, conditioning, as well as parts of the routine choreography. If you are a family that likes to take vacations whenever school is not in session, the Local teams may be a better fit for your family.
  - Is the frequency 2 times/week for cheer and 1 time/week for tumbling? Yes
- Competition
  - How often do we have the competition? Local Teams - 4-5, 1 Day competitions a season, typically no more than 1 competition per month, if possible. Elite Teams - 6-7, 2-Day competitions a season, typically no more than 1 competition per month, if the competitions offered permit.
  - What day of the week is the event usually held? Local Teams are normally held on a Saturday, Elite Teams are normally both Saturday & Sunday. Your athlete is expected to perform on each competition day.



# FAQ'S

- **Fee**

- Are all fees due all at one time? Tuition is due by the 26th of the previous month. We prefer to have a credit card on file but we will take cash or check as well. All other fees along with due dates are listed within the brochure.

- **Competiton Schedele**

- Is the current competition schedule in this brochure a set schedule for dates and locations? Event Producers publish schedules but these schedules are always tentative until around September. Some dates may be added, and some deleted, based on their final schedules. Final schedules are normally set by the end of August. Local teams are limited in competition availability and will most likely compete at all events posted. Elite teams WILL NOT compete at every single event posted. These dates and venues are put on the calendar to give you an idea of what dates and locations are a possibility.
- When do you find out the order of performances for competitions?
  - Approx 2 weeks before the event they will put out a block schedule. This means that teams will know when they perform within about a 5hrs time frame.
  - Approx 10 days before the event they will put out a tentative schedule
  - The Tuesday before the event they will publish a final schedule, but that can still sometimes change but normally by less than 30mins.

- **Travel Competitions**

- Do you book your own transportation?
  - You will always book your own transportation and decide whether or not you would like to drive (if possible) or fly. Normally, the team parent will create a travel document where you will be able to see what flights other families are taking so you can coordinate.
- Do you book your own hotel?
  - Most of our competitions are "Stay to Play" meaning that you must stay in a designated hotel(s) from a list that the Event Producer supplies. Gold Star will get a hotel block for the team when able to . These links will be sent out and you will have about 5 days to secure your room within our block.
  - Competitions that are not "Stay to Play" you can book on your own. Normally, the team parent will create a travel document where you will be able to see where the other families are staying so you can coordinate.
  - D2 Summit offers hotel packages or commuter packages for you to choose from.



# ***CONTACT INFORMATION***

***COACH CC***  
***CCORDERO@GOLDSTARGYM.COM***

***COACH CAROLYN***  
***CHEER@GOLDSTARGYM.COM***

***BILLING***  
***WHABTE@GOLDSTARGYM.COM***

***FRONT DESK***  
***FRONTDESK@GOLDSTARGYM.COM***

# ***TEAM COMMUNICATION***

We will use the BAND app for all team communications. You will be sent an invite once you are confirmed on a team.

