

Cheer Time and More



Welcome *to our* Family!

Welcome to Cheer Time and More!! We are excited to have you as a part of our team and look forward to enhancing your tumbling, stunting, and jumping skills!

Today marks the first day of something great! You and your child have decided Cheer Time and More has something spectacular to offer. Whether that be through our competitive cheerleading or cheer classes, our goal is to make your child a better athlete.

What sets Cheer Time and More apart from other gyms is our passion and family oriented environment. Our staff is 100% invested in each and every child and as the year progresses we become a second family. We assess each student’s limit and push them until they uncover their full potential. Their success is OUR success!

Our main goal, aside from bettering skills, is to create a fun environment where our students can learn and thrive. A child will not learn if they do not feel motivated. We’ve found the best way to increase skills is by providing a light, enjoyable, motivating atmosphere where there is not a high level of pressure and the task does not feel like a chore. We have had proven success over the years with our method.

So let’s get excited about the year ahead! It will be long however, it will also be rewarding! I am excited to start building a relationship with you and your child and I hope you are as well!

Sincerely,

Coach Sherma



Cheer Time and More

What To Expect

* **We will not always win. Our goal is to increase your child’s skill and we will do just that. If you’ve ever played sports you know that a team performs better when players have been together for years and have had time to really know each other. That being said, it is very likely that the girls on your child’s team are new and some may have never cheered before. And that is okay!**
* **Being a part of a team is a commitment. When you allow your child to join a team you are committing to the season. At that point in time you and your child’s actions affect everyone on the team. Deciding to skip practice or quitting during the season jeopardizes the entire team. You must keep the team in mind when making these decisions. We do understand things happen (injury, death in the family, etc.) we just ask that you consider all options before making final decisions.**
* **Practice should not stop once you leave the gym. Everyone knows the saying “practice makes perfect”. In order for your child to quickly excel, you should encourage your child to practice the routine outside of the gym and give them constructive feedback.**
* **It requires travel. You will have to travel to and from competitions. Some may be local while others may be farther. We try to keep the majority of competitions local as to not exhaust you and your child but we aren’t always successful! Be prepared to travel on Friday to make it to a competition that is on Saturday and Sunday.**
* **It requires a time investment. Learning and applying make-up, traveling to competitions. Sometimes we have to have extra practices with extended hours to be better. During competition season it is not uncommon for a child to have practice 5 days a week if they are on 2 teams.**
* **It requires money. Competing is not necessarily the cheapest. We have to pay for each child on each team for each competition. If the child is on two teams we have to pay twice. We also have to pay our coaches who teach your child and for the uniforms your child needs to perform.**
* **It requires support and positive energy**
* **It requires tough love. In order for your child to succeed we have to apply tough love.**
* **It requires patience! Not everyone learns at the same rate. What you as a parent may feel is “not enough progress” may be different than how the coaches, who have been with the children every day, feel.**
* **You cannot expect your child to get better if you do not put forth extra effort to help them succeed. This means showing up for practice and open gym.**
* **It requires understanding. Our coaches are the best. And we need parents to understand that we work with what we have. When a child drops out, gets injured, or misses too many practices midway through the season, we have to restructure our routine, which may put us behind. We get that things happen and a lot of it is beyond our control. We need you to understand that as well.**
* **Competitions do get cancelled. Promoters cancel competitions for various reasons including low participant numbers. Sometimes we will chose not to attend due to the state of our team.**

Competitive Cheer



Cheer Time and More

cpcccccccccccccccccccccccccccccccccccccccccccp

Your son/daughter has enrolled in **Competitive Cheerleading** at Cheer Time and More. The following applies:

1. Be on time! It is important that your child is on time in order to partake in the adequate amount of stretching and warm up in preparation for the class. This is to reduce the risk of injury. Being on time will also allow us adequate time to practice and run through our routine. Every minute counts!
2. No food, drinks, or gum on the gym floor. We like our gym nice and clean and I am sure you do as well! Please refrain from bringing any food, drinks, or gum into any restricted area. These items (with the exception of gum) can be consumed in the waiting room.
3. Please bring your own water bottles and place all personal items neatly in designated area.
4. Take all of your belongings. Whatever is left in the gym overnight WILL BE THROWN AWAY! So if you want it please be sure to take it home with you when you leave the gym.
5. No horse playing. Time in the gym is meant to be fun however, to reduce the risk of injury we must keep horse playing to a minimum. This means no one should be on the equipment without an instructor.
6. Always be aware of others tumbling around you! We do not want to see any of our students injured. So please be mindful of those tumbling around you!
7. Never leave the gym until instructor dismisses you. This is for your safety!
8. Parents should remain in the parent lounge during practice.
9. Parents are required to come into the gym to retrieve their child. Again, safety first!

Rules & Guidelines



2016-17 Cost Sheet

Cheer Time and More

**Order your parent T-shirts through our online store! Deadline to order is September 1st, 2016.**

**Uniform**

**Top**

**Bottom**

**Sweat Jacket**

**Embroidering**

**Practice wear**

**Bows**

**Varsity shoes**

**Makeup**

**Backpack**

**Choreography**

**Music**

**Team Gifts**

**$360**

**~$240**

**~$120**

**$54**

**$18**

**$96**

**$60**

**$72**

**$48**

**$114**

**$180**

**$90**

**$60**



2016-17 Competition Fees

Cheer Time and More

**Junior 2**

**Youth 2,**

**Junior 1**

**Mini**

**Tiny**

**$1310**

**$725**

**GYM SCHEDULE**

Monday

5-7:00pm ICE (JR 1)

6-8:00pm FIRE (JR 2)

Tuesday

4:30-5:15pm SNOW FLAKES (prep)

5-6:30pm RAIN (mini)

5:30-6:30pm STARS (tiny)

6:30-7:30pm Flexibility Class/ Jump Class

Wednesday

5-7:00pm ICE (JR 1)

6-8:00pm FIRE (JR 2)

Thursday

5-6:30pm RAIN (mini)

5:30-6:30pm STARS (tiny)

6:30-7:30pm Tumbling Class

Friday

CLOSED (except for privates)

Saturday

CLOSED (except for privates)

Sunday

3-5pm Tumbling Class

6-8:30pm SHADE (IOC6)

COMPETITION SCHEDULE

|  |  |  |
| --- | --- | --- |
| 12/3/2016 | Central Florida Regional UCA | Tampa, FL |
| 01/13/2017 | American Champion | Daytona, FL\* |
| 01/28-29/2017 | FL Match Play | West Palm Beach, FL |
| 02/03-05/2017 | South Florida Nationals | West Palm Beach, FL |
| 02/17-19/2017 | Cheersport Nationals | Atlanta, GA\* |
| 03/11-12/2017 | UCA | Kissimmee, FL\* |
| 4/1-2/2017 | NOVA | Palm Beach Gardens, FL |
| 04/08/17  05/05-07/2017 | Cheer Sport  SUMMIT!!! (Qualify only) | Ft. Lauderdale  Orlando, FL |

\*Mini and Tiny teams do not compete at these competitions