

ALL OHIO SHINE

2009-2010

Welcome to All Ohio Shine! We are looking forward to another amazing year in cheer, stunt and dance and we are so glad that you have chosen to be a part of it. In the following pages you will find an outline of our Rules, Parent/Athlete Code of Conduct and Policies for the 2009-2010 seasons.

Please read this information and sign the registration/financial contract and turn it in at the close of the parent's meeting. Please keep this information and refer back to it throughout the year.

The goal of All Ohio Shine is to train athletes to be highly competitive in All Star Cheer and Dance. Each and every athlete is important to us and our program. We are committed to excellence. All Ohio Shine provides a talented coaching staff that promotes safety and proper instruction. You should expect to see your child achieve great things on All Ohio Shine.

After you have read your entire packet, please complete the following:

- Registration and financial contract
- Uniform acceptance form
- Team parent roster form
- Medical release form

The above listed forms are due by **June 22 for cheer/stunt (cannot attend stunt camp without them) and June 26 for dance team members.**

We are so excited that you have joined our Shine family! Get ready for an amazing experience! Thank you for choosing All Ohio Shine.

Nikki Vanderkooi, Owner/Head Coach

All Ohio Shine

P.O. Box 414, Mt. Gilead, Ohio 43338

www.allohioshine.com

aosshine@yahoo.com

419-560-1464 Nikki cell

GENERAL RULES

- All squad and routine decisions are left to the discretion of the coaches.
- Please feel free to talk to your coaches about anything; just remember to do it at an appropriate time. For example, approaching a coach in the middle of practice is not an appropriate time.
- Every year we go through losses and additions of team members. The dismissal/addition of a team member is solely coaches' decision.
- Members must maintain proper appearance. Extremes in hair color, piercings, etc. may need to be changed.
- You may not use the word "All Ohio" or "Shine" in any form as a user name on websites or in your email address.
- NO ONE is allowed to post All Ohio Shine music, choreography, routines, stunts, etc on any websites. This includes but is not limited to "My Space," "Face Book," "You Tube," or "Twitter."
- Fundraising credit cannot be given in the form of cash. We will not give cash refunds for credit earned.
- ABSOLUTELY NO REFUNDS.
- It is the PARENTS' responsibility to know what is going on with your child's team. Please check the calendar weekly.
- If you quit, you will not be permitted to come back until the 10-11 competition season.
- Rules may be changed, added or deleted at any time.

PRACTICE/COMPETITIONS

- It is your responsibility to wear the appropriate practice wear to every practice.
- It is the parents' responsibility to get their child to and from all practices and competitions.
- All Ohio Shine members are not permitted to practice/compete with any other all star gym. For example, you are not permitted to dance at All Ohio Shine and cheer at another gym or take tumbling at another gym.
- Cell phones MUST be turned off before practice starts.
- Food and drink are to be kept off of the equipment. Team members may keep drinks and snacks in the viewing area.
- You must arrive to all practices, competitions and events on time!
- ALL TEAM MEMBERS MUST REALIZE THAT THEY ARE EXPECTED TO STRIVE FOR EXCELLENCE. Team members must be committed to achieving personal and team goals.
- All practices are closed. Only athletes and coaches are allowed in the gym during practices. Parents, siblings, friends are not permitted in the gym for any reason unless it is a special viewing day.

- All teams are required to be at EVERY Shine performance at all competitions unless otherwise stated in your itinerary.
- Parents, relatives, friends and athletes are NEVER allowed to speak with competition officials for any reason.
- Practices may be changed or added at any time during the season. All practices are mandatory.

BEHAVIOR

- Team members must respect their bodies. Team members must eat properly. Team members are expected to stay in good physical condition. Team members are not permitted to smoke, drink, or use drugs at any time.
- All team members must show respect for their teammates and coaches. Disrespect will not be tolerated.
- Every team member will show respect towards our competitors at all times. Good Sportsmanship is a must.
- All Ohio Shine maintains a “complaint free” lobby. It is our intention to create a low-stress and productive environment for all athletes and patrons. The lobby is NOT the place to voice team concerns. We want to create the best experience possible for everyone, therefore, if you have a problem please contact our staff to solve it. We are here to help you!
- No parent or team member is to challenge the expertise of our coaching staff.
- Negative behavior will not be tolerated. No inappropriate pictures or language is to be used on the internet. No profanity or abusive language.
- Please keep your hands to yourself.
- Team members and parents are never to post any negative comments on any website or chat room.
- Anyone threatening to quit or pull their child from a squad will be dismissed from the program immediately.
- Withholding your child from practice or competition should never be used as a form of punishment.
- Parents are NEVER allowed to represent All Ohio Shine under any circumstances concerning apparel, accommodations, competitions or any other situation.
- All Ohio Shine athletes, families and friends will show good sportsmanship at all times.
- There will be no arguing or questioning of the coaching staff’s decisions at competition.

INJURIES/CONDITIONING/HEALTH

- All team members are expected to RESPECT THEIR BODIES. This means no alcohol, drugs or tobacco. If anyone is caught drinking, smoking or using drugs or if an eating disorder is detected, they will be expected to take the necessary steps to quit and/or get help. The Shine staff will be here to help in any way we can.

- All athletes are expected to be in top physical condition. This includes flexibility, strength and endurance. If any member is not up to par, they may be asked to take additional classes to improve. These classes will be ½ off the normal price charged to the general public. (Exception: if we ask an athlete to work on a skill privately instead of in general class it is no charge to you)
- Parents need to understand that All Star cheer, stunt and dance are strenuous sports. Injury is a possibility. This includes but is not limited to bruises, pulled muscles or ligaments, broken bones, and even death. All Ohio Shine takes every precaution to eliminating injuries. Unfortunately, we cannot prevent them all.
- Please understand that certain infections, such as staff and ringworm are somewhat common to contract for athletes that practice on mats. We do our best to clean and disinfect our equipment regularly. If you do contract any infection, please contact the gym immediately.
- TRAVEL
- All team members must use the same accommodations or an accommodation within 10 miles- no exceptions!
- There must be a parent in every room- no exceptions!
- All team members must have a parent or responsible adult with them at every competition. It is not the responsibility of the coaching staff or team liaison to chaperone your child.
- If All Ohio Shine reserves a hotel block for all out of town competitions. All team members must use the same accommodations. We try to find the most affordable, safe accommodations for our teams. You should plan to spend approximately \$150/night for all out of town competitions.
- Hotel information will be posted on the parent page of our website as soon as it becomes available. Each member is responsible for making their own reservations for all out of town competitions. Please be sure to make your reservations by the appropriate deadlines. If you do not, you will not get the group rate and may not get a room in the team hotel.

COMPETITION ATTIRE

- You may wear your uniform top, warm up jacket, warm up pants to all competitions. (If you do not have a warm up black or grey pants are acceptable.)
- Carry your skirt or dance uniform in your Shine garment or duffel bag.
- No one is to wear their skirt over their pants EVER!
- At no time are you to wear jewelry of any kind on competition day. This could result in disqualification for your team.
- The All Ohio Shine staff will NOT hold jewelry for anyone.
- Hair and makeup must be complete BEFORE entering the competition venue
- When you are finished competing, you must remain in uniform (exception water park or theme park competitions). You may not wear your skirt with a T-shirt. You are to be in full uniform or warm-up only on competition day. Your hair is to stay in until you leave the venue. Your makeup is to remain on until you leave the venue. You are still representing All Ohio Shine and you must present yourself in such a way. No flip flops or boots shall be worn while in uniform.

- All members must be in full uniform for awards ceremonies. You cannot wear the warm-up suit to your awards ceremony.

LEAVING THE PROGRAM

- If you quit or are asked to leave at any time this year you will not be able to come back until the 09-10 season
- If you quit after signing the contract, there will be a \$350 fee charged to your account. You must give 45 days advance notice in writing, and full two months tuition must be paid during that time. Please understand that by this time, competition fees will already be paid. All Ohio Shine will need to replace you with another athlete. We understand that not everyone will be able to commit to All Ohio Shine, but we ask that you make your decision prior to June 1, to be fair to your teammates and coaches.
- If you quit or are asked to leave at any time, you will forfeit all monies paid. NO REFUNDS.

MOVING FROM TEAM TO TEAM

- All Ohio Shine reserves the right to move any athlete from one team to another at any time during the season. All decisions will be made by the coaching staff. If it involves an increase in fees you will be notified first and given a choice.
- NOTE: This definitely can happen within stunt groups – there are no change in fees from moving up or down in stunt groups.

COMMUNICATION WITH THE ALL OHIO SHINE STAFF

- If you have a problem with anything, please do not hesitate to contact Nikki. Assistant coaches are not to be personally contacted. I will get back to you as soon as possible.
- There are several ways to contact Nikki
Call and/or leave a message at 419-560-1464
Email: aosshine@yahoo.com
- Parents are not to address the coaching staff during practice or a competition.
- NO ONE is to contact the assistant coaches via cell phone, home phone, personal email, etc. for any reason! (Exception: if they are your individual, stunt team or duo coach and you need to ask them a question regarding your routine or if you will be late. If you are missing a practice completely you must first contact Nikki and then also your private/team assistant coach)
- Coaches will discuss your child only! Coaches will not discuss any other athlete.

WEBSITE:

- Email and our virtual calendar is our main form of communication
- Competition waivers will be posted on the website for download. Or will be emailed.
- Competition directions, itineraries, hotel info, etc will be posted on the website and emailed.

- MEMBERS AND PARENTS MUST CHECK THE VIRTUAL CALENDAR WEEKLY. WE CANNOT STRESS THIS ENOUGH.

SHINE-WEAR AND ALL OHIO SHINE ACCESSORIES:

- We offer a variety of clothing, apparel and accessories through Spiritblasters. We will place a merchandise order every other month.
- Order forms will be available on the website, via email and at the gym.
- You may purchase Shine-wear through our order form and given or mailed to Nikki directly.
- All payments for items are collected at time of ordering.
- DO NOT CONTACT SPIRITBLASTERS DIRECTLY UNLESS YOU HAVE A CUSTOM ORDER.
- Anyone wishing to have the All Ohio Shine, name, logo, etc put on their own merchandise MUST go through Spiritblasters (clothing) or EMIL paints (decals). Failure to do so could result in legal action and removal from the program.
- NO ONE IS PERMITTED TO USE THE ALL OHIO SHINE NAME OR LOGO ON THEIR OWN – FOR ANY REASON.
- We strongly encourage All Ohio Shine wear to be worn by all fans, friends and families when attending competitions!

PRACTICES

- All teams will practice at least 2 times per week.
- Practice may be added with short notice. We will give you as much notice as possible.
- All practices are mandatory
- We do not follow the school cancellation policy for snow days. Call 419-560-1464 or wait for a text up to two hours before practice is to begin.

AUGUST PRACTICES

- This is the time where we are doing all of choreography, they are mandatory.
- There will be NO regularly scheduled team practices during holidays, spring break, and June/July.

ATHLETES MUST CLEAN UP AFTER THEMSELVES!

- While in the gym - do not leave water bottles or trash on the floor.
- If you use the last of any paper towel, toilet paper or soap in the bathrooms – LET US KNOW!

ALL OHIO SHINE PRACTICE POLICIES

Once you arrive to the gym, you will report to the floor to stretch out. All athletes are expected to be stretched out BEFORE practice begins. So please do not arrive AT practice time. Your athlete will

condition heavily if they are late, even if it is because of you. **(Exception: car trouble)** Work out schedules ahead of time or get with someone for carpooling.

You are considered late to practice if you are not ready to practice when practice begins. This means practice wear on, shoes on and tied, hair up and ready to go! **NO EXTRA CLOTHES!**

PRACTICE ATTIRE: All members must wear their team shoes and no show socks. **NO LONG SOCKS FOR STUNT OR CHEER PRACTICE.** Practice shoes are to be worn in the gym **ONLY!** Hip Hop members may wear multiple tanks, leggings, tall socks, leg warmers etc...Cheer teams are not permitted to wear any extra clothes. No Jewelry of any kind is to be worn in the gym or to competitions. **HAIR IS TO BE WORN IN A HIGH PONYTAIL WITH NO BANGS OR FLYAWAYS.** We suggest wearing a grip headband.

ALL PRACTICES ARE MANDATORY! We expect 100% commitment to your team. All star cheer and dance is the equivalent to a “travel” baseball/softball team, a “cup” soccer team, or an “all star” volleyball team.

If you need to be excused from a practice you must fill out a vacation/absence request form AND email Nikki. **Athlete absence requests will be accepted or denied at the coach’s discretion. Schedules for conflicting school sports must be given by June 30 and October 30.**

Excused Absences:

- Death in family
- Wedding in family
- Pre-arranged holiday travel or vacations. **MUST HAVE THESE IN BY JUNE 30.**
- A contagious sickness- must call first and follow up with a doctor’s excuse.
 - Exception: If you have a FEVER or are vomiting stay home! Senior members without fever, you can most certainly watch if you don’t practice. Youth members, parents make that call but know that a “cold” is not an acceptable excuse for missing practice.

Unexcused Absences include but are not exclusive to:

- Jobs
- Social Events including dances, birthday parties, concerts, banquets, etc
- Punishment to athletes for grades, attitude, or failing to do housework, etc
- Minor illnesses including stomachaches and headaches. If you aren’t contagious, you must attend practice.
- School work including projects and tests

Every moment of practice at All Ohio Shine will be used to the fullest. It is extremely important that you try not to miss and you arrive on time. Excessive tardiness or absences will result in dismissal from your team. **NO MEMBER IS PERMITTED TO MISS A COMPETITION.** In the event that you miss a competition, you will be removed from your team. **NO ABSENCES ARE PERMITTED THE WEEK OF ANY COMPETITION.**

We can't stress enough how important attendance is. New things can be taught at every practice. If you miss any information, you are holding your entire team back.

***ALL PRACTICES ARE CLOSED! Safety First!** This means that parents, family members and friends are not permitted in the gym for any reason during practice. SHINE MEMBERS ARE PERMITTED IN THE GYM ONLY WHEN THEIR TEAM IS PRACTICING. AT ALL OTHER TIMES MEMBERS ARE TO WAIT IN THE VIEWING AREA.

GENERAL INFORMATION

COACHING STYLE: All Ohio Shine is the home of the 2008 National Hip Hop and Stunt Team Champions! Our coaches take great pride in their job. Our unique choreography and highly polished routines set us apart from other all star gyms. When an All Ohio Shine team takes the floor you are sure to be impressed by the entertainment of the routine. All of these qualities stem from the Shine Staff. Our coaches focus on maximizing the potential of each athlete. The coaches are dedicated to making each team the best that it can be. **The coaches will utilize many coaching techniques to get the most out of each athlete – our coaches' styles compliment one another.** There may be times that an athlete or parent may not understand or agree with the decisions made by a coach. We ask that you trust our staff. We have built an outstanding base for an all star program. We have accomplished a great deal in our first year. Please do not question a coach's decision.

CHOREOGRAPHY: Another thing that sets us apart from other gyms is that we do all of our own choreography! We do not hire outsiders to come in and give us a routine. We feel that our coaches are able to create unique routines to showcase each team's strengths.

MONTHLY FEES/ALL INCLUSIVE PRICING: Monthly fees will include tuition, competition fees, and team instructional fees. Does not include travel fees or hotel accommodations. Price does not include holiday/end of the year parties. All fees are due on the 25th of the month. All members receive exact costs at tryouts. Tuition is included in your monthly fee. Tuition pays for the training of the athlete. Tuition does not guarantee you a spot on the competition floor. The coaching staff has the right to hold any member out of a competition if she or he is not up to par.

*****Fees are not prorated for any vacation, sick, personal, cancellations or holiday time.**

*****Stunt teams, individuals, duos are under a different monthly plan. It will fluctuate.**

We understand that all-star cheer and dance are not inexpensive sports. However, we ask that you understand that we are competitively priced and this is a business.

COMPETITION FEES: These fees are set by the individual competition companies. They range in price from \$25-\$70 per competition. All Ohio Shine does not have any say in what these fees are. All Ohio Shine does not make any money off of competition fees – we have averaged the cost of 5-6 competitions per year into your monthly costs.

Form of Payments Accepted: We accept credit cards via PayPal to aosshine@yahoo.com for tuitions and merchandise. Please add a 3% service fee on the total amount being paid when you make your payment.

We also accept personal and business checks and money orders/cashier's checks. NO CASH – we will hand it back to you. Money orders are available at the gas station or post office.

BOUNCED CHECKS/INSUFFICIENT FUNDS: There will be a bounced check/insufficient funds fee of \$30.00 applied to your account for each occurrence. This fee will be in addition to your monthly fee. Should you have a NSF check returned, you will be asked to pay via money order for the remainder of the season.

COMPETITION SCHEDULE

- Schedules will be chosen by the All Ohio Shine Staff
- All teams will travel at one point or another.
- The schedule is subject to change. (weather, emergencies, need)
- Some teams will travel more than others.
- Competition schedule will run from October 2009-May 2010

FUNDRAISING:

- Becky Collins is the Fundraising coordinator. She will organize all fundraising opportunities.
- Fundraising information will be posted on the website and emailed. Make sure she has a current email address on file for you.
- Please contact Becky with any fundraising ideas @ 419-560-1598
- There is one mandatory gym fundraiser. It is the All Ohio Shine Spring Spectacular competition and dance recital. All parents will be required to work at this event. All proceeds go directly to the gym.
- All other fundraising is optional.
- There are specific guidelines for each fundraiser – be sure to read every detail sent/shared with you to avoid miscommunication.
- Fundraising credit may not be available right away. When it becomes available you will receive a statement showing how much credit you have in your account. When you wish to use your credit, please send in a note in place of your monthly payment stating how much credit you would like to use that month.
- We will not use credit until you tell us to. Exception: if you have an outstanding balance, your credit will be applied toward your balance.
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MANDATORY CHEER CAMPS: Stunt camps will be held in June this year. Dates and times were updated and are posted on the gymtimes page of the website. During this time the teams will start to learn their stunts for the competition routines. **Stunt camp is mandatory for all Senior Cheer members. And is HIGHLY encouraged for any Junior or Senior Stunt Team Members.**

GYM CLOSINGS: In the event that the gym needs to be closed due to weather or an emergency, it will be posted on the home page of the website www.allohioshine.com or call Nikki and listen to the voice recording.

PRIVATE LESSONS: Private lessons are available with both of our coaches. Private lessons are scheduled through the head coach directly. To request a private, please contact Nikki directly.

TEAM LIASONS: Team liaisons will be assigned to each team. They are responsible for meeting teams at designated times during competitions. They will forward messages from Nikki, make-up check, help organize team parties, etc.

***VERY IMPORTANT:** If you are interested in seeing your child achieve great things and be a part of a winning program, this is the place for you! If you are interested in seeing your child be a featured performer (unless they are competing individual), this is not the place for you. This is a team sport like no other. Every member of the team is on the floor for the entire routine. In most other sports, only a few members play at a time. Please understand that parents cannot influence the coaches' decision regarding routines.

SKILLS: Skills must be mastered before they are put into a routine. Hitting a backhandspring or tuck 8 out of 10 times is not good enough. Athletes must be able to hit every skill in the routine 100% of the time. Please do not be discouraged by this, but realize that we are deducted for mistakes in competition and cannot take a risk.

FLYERS: Flyers are not selected by size, but by skill. Flyers must have outstanding flexibility first and foremost. Flyers must have excellent body control and strength.

AWARD MONEY: all award money will go to the gym.

ALL OHIO SHINE WILL NOT ACCEPT NEW MEMBERS AFTER JANUARY 15, 2010. Exception: injury or cancellation substitutions.

ALL OHIO SHINE
SUMMER VACATION/ABSCENCE FORM

Please list below all vacations (any and all vacations, holiday travel, conflicting school sports, and weddings) that you have planned at this time. Please remember that you are expected to be at all practices unless you are out of town. We cannot guarantee approval for all requests. Compromises will be expected.

NAME OF ATHLETE _____

TEAM(S) _____

Absence DATES _____

If needed, attach schedules.

DUE DATES: June 30 for the August 1 – October 29 time period, September 30 for the October 30-February 1 time period and December 30 for the February 2- May 10 time period.

This is mainly for scheduling of competitions. Competitions will be set around the June 30 provided schedules.

We will not move competitions to accommodate the later schedules only because they have to be paid for ahead of time, so please include everything possible. Be proactive in talking with your child’s school coaches NOW. We will not accept “every weekend from March – May” or “every Saturday due to piano lessons”. Specific dates must be given and compromises must be made. It’s all part of being on the team.