

2024-2025 MEMBER HANDBOOK



INTRODUCTION

Welcome to World Cup Ohio's All Star Program. We appreciate your interest and future commitment to the success of our competitive program. This commitment requires hard work and dedication to learn and grow with cheerleading and dance, but in turn they will acquire lifelong social skills that can be applied throughout their entire life.

The purpose of this handbook is to familiarize you with the various aspects of a competitive team all-star cheer program and to outline the policies and procedures that are in place. We feel the most valuable part of a team program is communication. At World Cup Ohio we will try our best to always keep you in the loop of all activities, detailed schedules, updates on your child's progress, and address any concerns or questions you may have. We are here to help, learn, and improve each year. We also welcome your suggestions and look forward to discussing your ideas and thoughts throughout our season.

We are building a proud tradition in our teams at World Cup Ohio. Joining a team is viewed as a privilege. Being a member of the team requires a commitment of both time and money. Many sacrifices are required of an all-star athlete and his/her family. We strongly believe that our success originates from the dedication and commitment of our athletes and parents. Our goal is to develop the best teams possible, as well as instill qualities and values that last a lifetime!

We hope your experience with World Cup Ohio team program is positive, fun and rewarding and filled with many great memories!!



WORLD CUP PURPOSE

To work as a team for the purpose of competitions, improvement of talent, and enjoyment of team building.

WORLD CUP PHILOSOPHY

To achieve the full potential of each team member through positive coaching and a positive environment.

WORLD CUP OHIO – CODE OF CONDUCT

- ★ BE POSITIVE! All cheerleaders, dancers, and families will maintain good sportsmanship and disciplined behavior while participating with the team. We NEVER, NEVER talk about another child or team in a negative manner. NO GOSSIP, please.
- ★ Respect one another and other teams! Many of you communicate with other cheerleaders at various organizations. Please remember that anything you ever say is a direct reflection on World Cup Ohio. Note: If you are caught sending rude or inappropriate messages you will be subject to suspension or immediate removal!
- ★ All athletes and athlete's families must always be a strong representation of World Cup Ohio and a positive reflection of their team.
- ★ No profanity while at practice or while participating in any event with the team. Abusive behavior, lying or any other form of negative behavior by a parent or child is grounds for removal from the team.
- ★ We expect manners and general good behavior – No PDA while at WCO events, no changing of clothes in public, etc.
- ★ Use of alcohol, tobacco (including vaping), or any drugs by athletes is prohibited.
- ★ Maintain academic standards. If an all-star athlete's schoolwork is suffering, we would like to have a meeting to discuss the situation. A copy of your child's report card may be requested by her coach for review.
- ★ Practices and competitions are not to be used as punishment for your child's actions outside of the gym. You not only punish your child, but every other child and parent of that team.
- ★ Extracurricular activities (including jobs) must NOT conflict with World Cup Ohio practices or competitions and must be pre-approved by the gym owner.
- ★ Mental blocks can be contagious. Parents need to let the coaches help the kids through this. MANY TIMES THESE BLOCKS CAN BE PARENT INDUCED OR PROLONGED DUE TO PARENT PRESSURE.
- ★ All team and routine decisions are left to the discretion of the coaches and gym owner. PERIOD!
- ★ All athletes and parents are required to adhere to all policies and procedures outlined in this handbook.

**AT WORLD CUP,
OUR CHEERLEADERS ARE THE TROPHIES
WE ARE MOST PROUD OF!**

WORLD CUP - PARENT PROMISE

- ★ I promise to cheer for your child as much as I cheer for mine.
- ★ I promise to celebrate the achievements of “my child” without comparing them to others.
- ★ I will strive to avoid gossip and do my best to speak positively about all athletes.
- ★ 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 perception.
- ★ I promise to set a good example for my athlete.
- ★ 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” because that is World Cup Way!
- ★ 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!

USASF DIVISIONS

World Cup Ohio follows the USASF Rules for age and divisions.

World Cup Ohio may be participating in the following USASF division this season:

- ★ All Star Cheer Elite Club Divisions
- ★ Prep Divisions
- ★ Novice Divisions (Tiny Only)
- ★ FUNdamental Divisions
- ★ IASF International Divisions

USASF ALL STAR CHEER ELITE CLUB LEVEL SKILLS

1	Knee Level stunts, Prep level	Beginner jumps	Back walkover; Non Tumblers	Front Walkover; Non Tumblers
2	Prep level one-legged stunts, extended two legged stunts	Level jumps	Back handspring; Back walkover into back handspring	Running tumbling to a back handspring
3	Extended one-legged stunts. Single twisting dismounts from two feet	Level to above level. jumps	Multiple connected back handsprings; Jumps to standing back handsprings	Running tumbling to tuck; Specialty tumbling to tuck
4	Release moves to extended level. Twisting stunts to two feet. Double twisting dismounts from two feet	Above level jumps	Standing tuck; Jumps to back handspring tuck; Standing back handsprings to tuck	Running tumbling to layout; Specialty Pass to layout
5	Twisting stunts to extended level to one foot. Double twisting dismounts from one foot	Hyper extended jumps	Jumps to back tuck; Standing tumbling to layout	Running tumbling to full; Specialty to full
6	Twisting stunts to extended level to one foot. Double twisting dismounts from one foot	Hyper extended jumps	Jumps to back tuck; Jump to standing tumbling to full or standing tumbling to double	Running tumbling to double or specialty to full or double

CROSSOVERS

All-star athletes may want to cheer or dance on more than one team. The additional practices and time in the gym will help them develop their athletic ability and confidence. This option is not for everyone. This involves an additional commitment of time and money. Some kids love it! Each case will be addressed individually, only if needed.

Crossovers are required to pay additional fees, determined by the Gym Owner.

COACHING

Our coaching staff at World Cup Ohio is highly qualified, knowledgeable, and very committed to training our teams to their fullest potential. Several have been college cheerleaders, former all-star cheerleaders and dancers, and former gymnasts. Our coaches are all first aid and CPR trained. All coaches are required to be USASF credentialed up to the level they coach. Safety is very important, and we provide each team member with opportunities to grow and advance.

Each coach will be responsible for handling any disciplinary actions required during a practice and will make decisions regarding the practices and skill training. We do know that at times concerns do arise, and we would like to be open to address your concerns. We would like to handle these diplomatically, so we would be happy to allow 15 minutes before or after practice to discuss matters privately. Your child's well-being is always our first concern.

Please go to your coach(es) first with any concerns, not the gym owner or Team Liaison. If not resolved, then the procedure will be for both the Gym Owner and the Coach to meet with the athlete and/or parent.

OUTSIDE TRAINING

Under **no** circumstances is an athlete allowed to train at another gym throughout the season. Training with coaches who are not associated with World Cup Ohio, The Tumble Academy Grove City or The Cheer Center is strictly prohibited and may cause immediate dismissal from the team. If an athlete has special circumstances which requires an athlete to receive additional outside training, written permission must be obtained by the World Cup Ohio gym owner.

SAFETY

World Cup Ohio teams will compete at the level appropriate for the skills acquired by that team. We will follow the USASF Rules and Regulations for safety, updated annually.

TEAM LIAISONS (TEAM REPS)

The main goal of the Team Liaisons is to be a source of two-way communication between the coaches and parents. Team Liaisons will communicate topics such as schedules, what to wear, competition meet times, etc. Team Liaisons assist the coaches in planning team-wide activities and should be included in scheduling and planning of all team-wide activities. Team Liaisons are responsible to reach out to parents when athletes are not at practice or competitions timely.

PRACTICES

Most teams will practice two days per week. One weekday and one weekend day (Friday, Saturday or Sunday). Full-season athletes (both elite and prep) will also be required to take a 1 hour tumbling class per week.

Practice times usually remain consistent. During the competition season, additional practices may be scheduled. We will always try to give at least a weeks' notice.

Attendance is MANDATORY at ALL team practices and tumbling classes! If your child cannot make it to a regularly scheduled practice or tumbling class, you are expected to notify your coach prior to absence.

Athletes are required to dress in the appropriate practice wear outlined on the gym calendar. Extra conditioning may be enforced on those athletes who do not wear the proper practice uniform.

CLOSED PRACTICES

Practices for all teams are closed for observation, however, coaches will invite you in periodically to show you the routine updates! We have found our kids are more focused and practice better when they have no distractions. At no time should any parent be in the gym area during practice, including private lessons, unless instructed by the coach or instructor. This is for the safety of everyone at the gym. Absolutely no friends, boyfriends, girlfriends, or athletes from other teams, are allowed at practice.

COMPETITIONS

Attendance at competitions, showcases and applicable practice rounds is MANDATORY! Athletes may need to miss school to report on time to showcases, competitions and practice rounds, if out of town.

If you are sick on the day of a competition, showcase or practice round, you may still be expected to compete. **CONTACT YOUR COACH IMMEDIATELY IF YOU ARE SICK ON THE DAY OF A COMPETITION, SHOW CASE OR PRACTICE ROUND!** Contact your coach to determine whether you can arrive late or leave early.

Absence Policy

Please call or text your coach, if you are going to be absent – do not call the gym or Team Liaison for absences. The only excused absence is a school function that results in a grade. All other absences are unexcused. ***Part-time jobs, dances, concerts, banquets, family reunions, recitals, social events and other non-related school activities are unexcused.*** Special family events such as a family wedding must be approved in advance.

Absences are NOT allowed the week prior to a competition.

An unexcused absence will result in a 'first warning.' Then any unexcused absence thereafter may result in the athlete being moved to an alternate position or pulled from an upcoming performance at the discretion of the staff. It is the responsibility of the athlete to learn any changes prior to practices.

EXTRACURRICULAR ACTIVITIES

We understand many children and young adults are involved in a variety of activities; however, we cannot make any exceptions for schedule conflicts. We expect top priority and 100% commitment and attendance at World Cup Ohio practices and competitions. Extracurricular activities (including jobs) may not conflict with World Cup Ohio practices or competitions and must be approved by the gym owner prior to tryouts.

Absences for other school activities, including school cheerleading (football and basketball), volleyball, gymnastics, choir, track, softball, etc., must be approved by the gym owner in advance.

We have times when we may need to schedule additional practices due to injury, sickness, or changes, and we need athletes to be flexible with us. You may have to miss other extracurricular activities when this happens.

School competition cheer cannot be allowed. There is no way of scheduling our competitions around their competitions (and vice versa). It also takes a physical toll on the athletes

SICK POLICY

You may be required to attend practice and competitions even when you are not feeling well. **CONTACT YOUR COACH IMMEDIATELY IF YOU ARE SICK!**

If your temperature is 100.4°F or higher, you should not attend practice. If you do not have a fever, you may not be required to participate in practice; however, you must be present. The only acceptable reasons to miss practice are fever, vomiting, diarrhea, death in the family, or pre-approved vacation. I

IF INJURED, you are still required to attend practice and observe. You must provide a doctor's note when extended absence due to illness or injury. Your tumbling fees would be prorated for the time you are unable to participate if a major injury. Not for a minor injury where you can still do some things,

We will follow Concussion protocol for head injuries.

SUMMER PRACTICES

You will be allowed up to 4 excused absences for summer family vacations/or activities through Labor Day. You **must** give 2 weeks prior notice to coach to be excused. These days are not for, "I don't feel like coming to practice"! Additional time off must be approved in advance & may require private lessons (at the athlete's expense) to makeup.

NEW THIS YEAR --- NO Sunday practices in JUNE . Will do 2 weekday.

WEATHER POLICY

If practice is canceled due to inclement weather, the Gym Owner, your Team Liaison or coach will communicate to you via your team Facebook page as soon as the decision is made to cancel. Please note, just because school is canceled does NOT mean practice is canceled.

Should an Event Producer cancel an event for any reason, the Event Producer will communicate with the Gym Owner as soon as the decision has been made to cancel. Team Liaisons will communicate to you as soon as we know anything. Please do NOT contact the Event Producer directly. (In over 25 years we have never had an Event Producer cancel a competition for weather).

Inclement weather is NOT an excuse to miss a practice or competition. Please plan to check the weather and give yourself adequate time to get to a practice or a competition when inclement weather is expected.

GYM CLOSING DATES

The gym will be closed for the following holidays. **No makeup practices/ team practices will be scheduled for these closings.** If a tumbling class falls on these dates, athletes may schedule to participate in a makeup class.

- ★ Mother's Day
- ★ Father's Day
- ★ Memorial Day Weekend
- ★ Independence Day
- ★ Labor Day Weekend
- ★ Halloween
- ★ Thanksgiving –(Thursday & Friday only)
- ★ Christmas/New Year's Break (Gym is Closed but All-Star Teams may practice one time over break.)
- ★ Easter

During the competition season, the gym may close on days when World Cup Ohio team practices conflict with competitions.

CHOREOGRAPHY & CLINIC DATES

June 1-2 - CheerSource Stunt Clinic (2 hours only each team-times TBD)

June 29-30- Tumbling Clinic with Kenny and Joe from NJ

July 8-12- Choreography Week (each team will be 2 half days)

July 13-14- Skills Camp in New Jersey -Level 2 and up teams will attend

DRESS CODE

- ★ No blue jean cut offs, no baggy shorts or shirts, no excessively short shorts. Spandex shorts must be appropriate size with good coverage on the bottom. You may be asked to change if your shorts are too short.
- ★ Sports bras should always be worn under t-shirts or tank tops. Spaghetti strap tanks (camis) must have a sports bra under them.
- ★ Wear practice wear identified on team calendars to all practices. World Cup practice wear is part of your uniform and should be treated as such. If you lose an item, you must get it replaced.
- ★ NO JEWELRY! All earring, belly rings, etc. are to be removed at practice and competitions. Wearing these items could result in serious injury to your child or another child. At competition, could result in deductions. NO NEW PIERCINGS DURING COMPETITION SEASON!
- ★ All cell phones must be turned off or left outside the practice area. Athletes will do conditioning if violating the phone policy at practice.
- ★ All hair longer than shoulder length must be pulled up.
- ★ Fingernails must be kept short - "Sport Length"

COMPETITION DRESS CODE

World Cup Ohio has a strict policy about appearance at competitions and when we are in public. It is important that we are representing ourselves and World Cup Ohio in a respectable manner and with class. We pride ourselves on our appearance and manners.

- ★ You will always be wearing either your uniform or warmup to competitions.
- ★ You will be instructed which T-shirts to wear over uniform when necessary.
- ★ Clear bra straps are to be worn with uniforms – no exceptions!
- ★ NEVER wear jeans, PJ pants, UGG boots or flip flops with your uniform.

WORLD CUP/WORLD CUP OHIO APPAREL

All World Cup Ohio apparel must be ordered through the gym or World Cup All Stars. **NO ONE** is permitted to use the World Cup logo (or any variation of it), name, colors, or likeness of World Cup without written consent from the Gym Owner.

NO ONE IS PERMITTED TO MAKE APPAREL WITH TEAM NAME OR LOGO FOR PURPOSES OF SELLING TO OTHERS WITHOUT PERMISSION. ALL TEAM APPAREL AND TEAM GIFTS MUST BE PRE-APPROVED BY THE GYM OWNER. VIOLATORS ARE SUBJECT TO A GYM FINE OR ATHLETE SUSPENSION.

COMMUNICATION

At World Cup Ohio we try to be as paperless as possible. The main source of communication is done electronically, and we expect all parents to stay up-to-date with the happenings at the gym and with your child's specific team. All World Cup Ohio parents are expected to have a Facebook account and check Facebook on Members and Team Facebook pages frequently.

World Cup Ohio Members Facebook Page

World Cup Ohio has a PRIVATE Facebook group for its members and their families. All general gym and booster information will be posted in the World Cup Ohio Members Facebook page. Member documents will be in the "Files" section or posted as images, for your reference throughout the season.

World Cup Ohio Team Facebook Pages

Each all-star team will have its own HIDDEN Facebook page that Team Liaisons and administrators will invite you to join once teams have been formed. All parents are expected to actively participate in these pages. Only parents of athletes can be members of these pages, unless the athlete is responsible to get themselves to and from practice. All specific team communication will take place on these Facebook pages. Videos of routines are only to be posted on Team Facebook pages until the season has concluded.

Parent Portal

Gym payment and registration accounts can be accessed from the World Cup Ohio Parent Portal at www.worldcupallstars.com/ohio.

Google Calendar

Up-to-date fundraising, gym and team events will be posted on the World Cup Ohio Google Calendar, including team practice uniforms. Team Liaisons will ask for a current email address used to access Google Calendar at the beginning of the season.

PUBLIC SOCIAL MEDIA PAGES

We encourage you to follow us on the following Public Social Media pages:

ONLINE: www.worldcupallstars.com

TWITTER: @worldcupohio

INSTAGRAM: @worldcupohio

FACEBOOK: World Cup Ohio

SOCIAL MEDIA POLICY

As members of World Cup Ohio, you have the responsibility to portray your team, your gym, your child(ren) and yourselves in a positive manner at all times, including in a virtual setting. Parents and athletes should be aware that third parties - including the media, staff, judges and USASF officials - could easily access your profiles and view all personal information. This includes all pictures, videos, comments and posts. Even if they do not have access to your social media accounts, screen shots and sharing of the information could occur. Inappropriate material found by third parties affects the perception of World Cup Ohio's reputation, therefore affecting the future of you and your child in all-star cheer.

DO...

- ★ Share content that promotes World Cup Ohio. Sharing of World Cup Ohio public page posts, Instagram posts and retweeting Twitter posts is highly encouraged. Participation in social media campaigns to promote World Cup Ohio is also encouraged.
- ★ Properly adhere to copyright laws. This includes posting unapproved images with any version of "World Cup" name and logo.
- ★ Practice sportsmanship. Content online that is unsportsmanlike, derogatory, demeaning or threatening toward any other individual or entity (examples: derogatory comments regarding another institution; taunting comments aimed at an athlete, coach or team at another institution and derogatory comments against race and/or gender) are not tolerated.

DON'T...

- ★ Make posts that could harm the reputation of World Cup Ohio.
- ★ Provoke or contribute to drama. Be careful discussing things where emotions run high and show respect for others' opinions. Responding to an offensive or negative post about World Cup Ohio is just as bad as making the original post.
- ★ Divulge sensitive company information, including videos of routines during the season. This includes information that is financial, operational and legal in nature, as well as any sensitive information that pertains to other member athletes and their families.
- ★ Post dishonorable content. Racial, ethnic, sexual, religious, and physical disability slurs are not tolerated.
- ★ Encourage illegal activity. (Examples: hazing, sexual harassment/assault, illegal gambling, discrimination, fighting, vandalism, underage drinking, illegal drug use, pornography, etc)
- ★ Violate USASF or specific competition rules. Most competitions strictly 'live video' of competition routines.

USASF MEMBERSHIP

Each all-star athlete is required to be a member of the USASF before competing in any all-star cheer competitions. USASF membership fees will be paid directly to USASF at the start of the season.

FINANCIAL INFORMATION

All Star Cheer is a competitive sport, which involves a commitment to a team.

- ★ If, at any time, an athlete's Gym Account or Booster Account becomes past due, an athlete may be suspended and not able to participate in practices or competitions until the account becomes current. This will strongly affect the team, as they rely on everyone to be in attendance.
- ★ Most fees are non-refundable, unless injured and unable to participate. In the event you quit or are removed from the team, there will be NO REFUNDS under any circumstances.
- ★ All merchandise must be paid before it is ordered. No merchandise will be distributed without payment. This includes, but is not limited to: shoes, uniform and practice clothes.
- ★ Any teams attending postseason competitions will need to pay additional gym and competition fees in April and/or May.
- ★ If an all-star is to join a team late in the summer or in the fall, they will still be responsible for the choreography fees, camp fees and 1-month gym fee prior to the month they start. Time off is granted in case of injuries and must be arranged in advance with the gym owner.
- ★ Each athlete at World Cup Ohio is required to join The Cheer Center Boosters Club. The Cheer Center Boosters is a 501c3 not-for-profit organization and takes care of paying all competition fees for your child(ren).
- ★ Monthly gym fees allow for summer vacations, gym cancellations due to weather, holidays, or summer break, etc. Therefore, at no time will there be any fees prorated, except in the case of an injury. No reductions for missed classes or practices.

WORLD CUP OHIO ACCOUNTS

Each athlete will have 2 separate accounts while on a World Cup Ohio All Star team.

1. The World Cup Ohio Gym Account
2. The Cheer Center Boosters Account

WORLD CUP OHIO GYM ACCOUNT

The following fees are due to your World Cup Ohio Gym Account:

- ★ Tryout Fees
- ★ Gym Registration Fee
- ★ Monthly Gym Fees (June – April)
- ★ Postseason Gym Fees
- ★ Tumbling Classes and Clinics
- ★ Choreography and Music
- ★ Practice Wear
- ★ World Cup Gear
- ★ Uniform, including competition bow, shoes and competition makeup

All World Cup Ohio members must enroll in EZ Pay. If your monthly gym payment is not paid in cash or check by 9 pm on the 1st of every month, World Cup Ohio will automatically charge your card on file for the monthly fee, plus a 4% processing fee.

THE CHEER CENTER BOOSTER ACCOUNT

The following fees are due to your Cheer Center (World Cup Ohio) Booster Account:

- ★ Annual Membership Fee (June)
- ★ Monthly Competition Fees, includes coaches' stipends (July – February)
- ★ Postseason Competition Fees
- ★ All fees to be paid via echeck / credit card on the link on your Booster Statement

All World Cup Ohio members must enroll in EZ Pay. If your annual Cheer Center Boosters membership fee is not paid in cash, check, via CheddarUp, or there are not enough fundraising dollars in your Booster Account to cover the Annual Membership Fee by 9 pm on the June 15, 2024, and you are not actively involved in fundraising, The Cheer Center Boosters will automatically charge your card on file on June 16, 2024, plus a 4% processing fee.

If your monthly Cheer Center Boosters competition fees are not paid in cash, check, via CheddarUp, or there are not enough fundraising dollars in your Booster Account to cover the Annual Membership Fee by 9 pm on the 15th of every month (July - February), and you are not actively involved in fundraising, the Cheer Center Boosters will automatically charge your card on file for the balance owed on monthly competition fees on the 16th of every month (July - February), plus a 4% processing fee.

All competitions offer discounts if they are registered early. Even the on-time dates are generally months prior to the actual competition. Therefore, we must pay fees months in advance. It is imperative that you pay your Booster payments on time, so that we may register in a timely manner. If not, you child may be suspended for that competition.

Specific Booster payments and competition dates/locations will be announced at the Booster meeting in June. Please refer to the Booster Handbook for specific policies for payments, fundraising and reimbursements.