



# SUPER ALL STARS

## Program Info, Rules & Guidelines 2021-2022

Thank you for your interest in the Super All Star cheerleading program. We welcome you to the SUPER family with open arms and look forward to helping your children grow as young athletes in cheerleading skills, leadership, and character.

Most Sincerely,

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## **SUPER ALL STARS PROGRAM INFO - FAQ**

### **What is competitive all-star cheerleading?**

All-star cheerleading is an opportunity for girls and boys of all ages and skill levels, from many different schools and/or communities to come together and form a club cheerleading team whose sole purpose is to learn proper skill disciplines, master technique, build character and life skills, ultimately leading to being the most competitive we can be as the athletes and teams grow. Competitive all-star cheerleaders do not cheer for another sports team. Instead, your athlete will learn a 2-minute & 30-second routine of intricately choreographed stunts, tumbling, jumps, and dance to compete amongst other club teams.

### **Why should I choose Super All Stars?**

With over 30 years of experience in the cheerleading industry under the Super Cheer & Dance Association (SuperCDA), founded by Derek A. Ramel, our award-winning Super All Stars program continues to provide unique opportunities for talented athletes to perform together on the local & national scene. We incorporate given talent into memorable performances throughout the season. A proper mindset is applied encouraging members to focus, learn quickly, practice efficiently, and peak at the right time! Our program has expanded beyond the postseason high school team to include numerous training opportunities, as well as season options at the Tiny, Mini, Youth, Junior, and Senior levels. Our goal with these additional opportunities is to provide an experience of growth in the sport of competitive cheerleading all in one place while applying nearly three decades of experience with the programming we offer at SUPER. We train our athletes to perform beyond the win, resulting in memorable performances and experiences that last a lifetime.

### **What is the time commitment involved in being a part of Super All Stars?**

We have various programming that consists of different skill levels, time commitment and price points. The level of commitment is determined on the tryout date of choice, in addition to team placement that is the best fit for the growth of each athlete. Not sure what is the best fit? Just ask! We apply objective evaluation for the best team placement.

**CRYSTALS - Session Training NOVICE Tiny/Mini** -- Introduction to competitive cheerleading for our youngest athletes. Both sessions will focus on the development of strong fundamentals for the sport combined into a fun performance for parents. Practices will be 1 time per week.

**RUBIES & SAPPHIRES - Full Season PREP Youth & Junior** -- Intended for those with goals to compete at the Elite level in the future, this program is designed to develop athletes skill level and get used to a full competition schedule. Tryouts will be in late August. This team will be competing locally December-May. Practices will be 2 times per week for 1.5-2 hours each.

**ONYX - Half Season PREP Junior** -- Intended for those who are participating in recreational cheerleading teams and/or have other fall sport commitments, allowing for a later start date. Tryouts will be in early January. This team will compete locally March-early May. Practices will be 2 times per week for 2-2.5 hours each.

**DIAMONDS - Full Season ELITE Junior** -- Intended for those who are ready to compete at a more intense level and will typically practice 2-3 times per week for 2-2.5 hours each. Our season is year-round with 3-4 weeks off between May and June; tryouts held mid-June with competitions October - March will all be semi-local working toward a qualifying bid to the D2 Summit competition at Walt Disney World in May, or the Xtreme Spirit Orlando Elite International, priority on D2 Summit.

**PLATINUM - 3/4 Season ELITE Senior** -- NEW! Intended for highly competitive High School athletes with goals of competing at a qualifying end-of-season FL event. Tryouts held mid-June with summer practice 2x weeknights through the summer and 1x/week in the fall working around Football cheer season. One competition in October. OFF for IHSA competition season. Resume Feb - March, practices 2x per week. Competitions will all be semi-local working toward a qualifying bid to the D2 Summit competition at Walt Disney World in May, or the Xtreme Spirit Orlando Elite International, priority on D2 Summit.

**TITANIUM - Short Season ELITE Senior** -- Intended for those who are participating in their High School athletic programs, allowing for postseason participation in a smaller capacity. Tryouts will be Sunday of State weekend. Practices are every Saturday & Sunday with local and national competitions in April & May finishing in Orlando, FL.

All athletes are eligible to participate in our training classes, camps, and clinics, regardless of committing to a competitive season - [www.supercda.com/book-online](http://www.supercda.com/book-online)

### **How are athletes placed on teams?**

All-Star cheerleading teams are split based on age as well as skill level. These levels dictate what type of “tricks” an athlete is allowed to perform. There are many factors that go into the selection process including, but not limited to, the athlete’s age, stunt position and ability/execution in that position, tumbling ability/execution, jump height/execution, performance quality in dance, motions, and overall showmanship.

Each athlete will be placed accordingly on the appropriate team. It is our intent that each athlete is placed where they can improve their skills and participate as an asset to the team. Emphasis will be placed on maximizing and perfecting the available skills for each athlete as they develop to prepare for the next level rather than accelerate an entire team into a level at which they may not yet be fully prepared for and struggle to compete effectively within.

Please understand that our coaches have many years of experience and will be looking for the proper placement of every athlete, even if the athlete or their parents may have a different opinion. Aside from current season goals for success, it is also our goal to develop each athlete for future endeavors should they elect to pursue them. We ask that you trust the process and in our expertise as we help athletes to grow and perfect their skills properly.

Team Age Guidelines: These are ages allowed in these divisions. Super reserves the right to place any athlete according to the best fit for our program.

- Tiny teams-- birth year 2014-2016
- Mini teams -- birth year 2012-2016
- Youth teams -- birth year 2009-2016
- Junior teams -- birth year 2005-2015 (5th-9th grades preferred for Super)
- Senior teams-- birth year 6/1/02-2009 (High School preferred for Super, exceptional skilled younger athletes will be considered)

**\*\*STANDING TUMBLING \*\***

	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6
REQUIRED	FORWARD/BACK ROLL	STANDING BHS	STANDING 2 BHS	STANDING TUCK	JUMP TO TUCK	JUMP TO TUCK
REQUIRED	BACK BEND	BACK WALKOVER BHS	JUMP BHS	CW TUCK	STANDING 2 BHS LAYOUT	STANDING 2 BHS FULL
RECOMMENDED	BACK BEND KICK OVER	T-JUMP BHS	BHS STEP OUT BHS	TOE BHS TUCK	STANDING WHIP	STANDING FULL
OPTIONAL	<b>BACK WALKOVER</b>	BHS STEP OUT	BHS TOE TOUCH BHS	BWO TUCK	STANDING PASS TO WHIP-TUCK	STANDING WHIP PASS TO FULL

**\*\*RUNNING TUMBLING \*\***

	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6
REQUIRED	CARTWHEEL	ROUND OFF BHS	ROUND OFF TUCK	ROUND OFF BHS LAYOUT	ROUND OFF BHS FULL	SPECIALTY PASS TO FULL
RECOMMENDED	ROUND OFF REBOUND	FRONT WALKOVER ROUND OFF BHS	ROUND OFF BHS TUCK	WHIP PASS TO LAYOUT	SPECIALTY PASS TO FULL	ROUND OFF BHS WHIP-FULL
OPTIONAL	FRONT WALKOVER	FRONT HANDSPRING	FRONT TUCK OR AERIAL	PUNCH FRONT PASS TO LAYOUT	ARABIAN	ROUND OFF BHS DOUBLE

**\*\*STUNTS\*\***

	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6
REQUIRED	¼ TWISTING TRANSITION TO BELOW PREP LEVEL	SWITCH UP TO LIB PREP LEVEL	EXTENDED 1 LEG STUNT TO BODY POSITION	SWITCH UP TO EXTENDED 1 LEG STUNT, FULL DOWN	TIC TOC LOW TO HIGH (LIB TO LIB), DOUBLE DOWN	1.5 TO EXTENDED 1 BODY POS DOUBLE DOWN
RECOMMENDED	SWITCH UP TO LIB BELOW PREP LEVEL	½ TWISTING TRANSITION TO PREP LEVEL BODY POSITION	FULL DOWN FROM PREP OR EXTENSION	2 SKILL BASKET TOSS	3 SKILL BASKET TOSS	ROTATING BASKET
OPTIONAL	¼ TWISTING TO PREP LEVEL	½ TWISTING TRANSITION TO EXTENSION	INVERSION ½ TWIST TO EXTENDED 1 LEG STUNT	DOUBLE DOWN FROM EXTENSION	1 ½ TWIST TO EXTENDED STUNT	DOUBLE UP TO 1 LEG

# **SUPER ALL STARS – RULES & GUIDELINES 2020-2021**

## **GENERAL GUIDELINES**

Both parents & participating members must treat all SUPER members, coaches, and staff with courtesy and respect by always contributing to the maintenance of a healthy learning environment.

To ensure the best experience for all, attendance, timeliness, and uniformity must be respected at all times. In the event any of these become an issue, Super All Stars reserves the right to cease your membership to the program.

## **BRANDING GUIDELINES**

The names “SuperCDA” and “Super All Stars”, as well as our logos are the property of SuperCDA/Super All Stars and are protected under law. No one can produce anything with the words “SuperCDA”, “Super All Stars” and/or our logos, in any way, and/or in a different format without the owner’s direct permission and are never permitted for sales items.

## **FACILITY GUIDELINES**

SuperCDA/Super All Stars rents space from IGI Gymnastics. SuperCDA/Super All Stars is not in any way affiliated with IGI Gymnastics as a business. We do have an agreement that all tumbling classes will go through IGI Gymnastics, so tumbling-specific training classes are registered with and paid to IGI Gymnastics. Many of our staff members do work for both IGI Gymnastics and SuperCDA/Super All Stars, which benefits both entities as we work together to offer athletes the most opportunities available in the market.

For your safety, we ask that cheerleaders not wait outside for parents. Please wait in the gym or lobby area. SuperCDA/Super All Stars is not responsible for your child once he/she has exited the building. Misuse or lack of respect for the gym or any gym equipment will not be tolerated and is grounds for immediate dismissal. Safety is our first concern. Dangerous or illegal maneuvers will not be tolerated. Absolutely no equipment can be used without a staff member present and aware. All accidents and/or injuries must be reported immediately to the Super staff.

## **VIEWING AREA GUIDELINES**

- No profanity or abusive language.  
No food, color drinks, or gum.
- Gossiping/complaining about other team members, coaches, or their parents is not allowed by Super athletes and/or parents/guardians.
- Parents are responsible to keep any siblings or friends off any equipment.
- Athletes and parents are expected to keep the viewing area/athlete room clean.
- Parents are not allowed to interrupt practice to speak to any team member or coach while practice is in session.

## **PRACTICE GUIDELINES**

Team members are expected to come to practice on time and wear the assigned practice clothing which is considered part of your uniform. Arrive 10 minutes prior to your practice time to put on your shoes, wash up, go to the bathroom, etc. Respect the gym, lobby, and bathrooms. Throw away all garbage and take belongings with you. Super All Stars is not responsible for any lost or stolen items. A "lost & found" is available in the gym. All items unclaimed after 30 days will be donated to a charity of our choice. All parent viewing areas are positive places for friends & family to support their athletes. Negativity will not be tolerated.

## **PRACTICE RULES**

Team practices are very structured. In order to have the most efficient practice, the following rules will remain in effect at all times. Any issues will be addressed with parents if they become a problem and can result in dismissal from the team.

1. Respect everyone's time commitment and be at practice. Unexcused absences can greatly affect the team's progress.
2. No cell phones during practice. All athletes will need to silence their phone so it does not ring in the middle of practice.
3. No jewelry or unnecessary items during practice. It is the athlete's responsibility to keep track of their own belongings. Super is not responsible for lost or stolen items.
4. Practice wear must be worn on the specified days. Hair must always be worn in a ponytail. Videos & photos for social media will be taken at practice most times without warning.
5. Only athletes and coaches are allowed on practice floors and equipment. No tumbling or stunting without coach permission and supervision.
6. No athlete is allowed on the gym equipment without the coach's permission and supervision. Stay OFF Trampoline before or after practice.
7. No food, color drinks, or gum on or near floors or equipment.
8. No bullying. Hurtful actions or words about/toward other team members are not allowed. This includes any social media content that is related to the team/program and its members.
9. Temper tantrums, outbursts, poor attitude, profanity, disrespect to others, and excessive talking WILL NOT be tolerated.
10. Team and routine decisions are left to the discretion of the coaches. All problems and concerns should be addressed in a proper manner at an appropriate time and place. If you have an issue you would like to discuss, schedule a meeting with our staff BEFORE or AFTER practice, never during.

## **SKILLS CHECK**

Athletes at all levels must continually maintain and improve their skills. Skill checks can be done at any time throughout the season. Athlete placement may be adjusted based on those results to assure that the athlete skill levels and growth opportunities are best utilized. Some athletes that may be bordering between levels may be placed on a higher team with the understanding that they must achieve and maintain skills to retain placement.

Athletes who may be bordering on skill level can improve skills and may move to a higher-level team if the opportunity is available. Athletes will be most successful if they assume they are continually under review and give their best at every practice. Practicing at home and visualizing skills and routines will be encouraged.

## **ILLNESS/INJURY/ABSENCE POLICY**

We understand that life comes up and that occasionally there may be an illness or emergency that requires a missed practice, especially as we navigate the continued challenges with COVID-19. We try to be sensitive while still impressing upon our athletes how important it is that they be at practice. Please remember that our teams only practice a designated 2-8 hours per week (depending on which team you are a part of) and that attendance is crucial to the success of each of our teams and of our program as a whole. Missing practice for homework, birthday dinners, parties, not having a ride, and so on are not acceptable reasons and will be considered for dismissal from the team if it interferes with team progress. We encourage good time management skills as part of this commitment.

Given the ongoing pandemic, it is very important to monitor your child for any symptoms of illness, especially those relating to highly contagious airborne illness or an illness that is spread by general contact. In the event that your child will not be attending practice, or in the event of an emergency, we ask that you contact the Super All Star Program Director, Ryan Buado, via telephone call [630-730-9221] prior to 3:00 pm. Please do not use email to pass along this information as it can affect that day's practice and may need to be addressed quickly.

If your child has an illness or injury that requires that he/she sits out of more than 1 practice, we require a doctor's note to excuse them, as well as a doctor's note releasing them back into participation. We ask that you regularly communicate with the Super All Star Director regarding your child's illness/injury status and that you have a direct plan for treatment to get them back to practicing with their team as soon as is safely possible.

Your understanding and cooperation in considering everyone's health/safety as well as respect for everyone's time and commitment to the program are appreciated when handling practice absences. Again, the priority here is on maintaining a healthy and safe environment while doing each of your individual parts in avoiding unnecessary disruption due to personal reasons. We ask that you are extra sensitive in your judgment and care for all parties involved.



## **COMPETITION GUIDELINES**

All scheduled team competitions are mandatory. This is not optional. "No showing" for a competition or event is grounds for immediate dismissal from the team. Stay in uniform the entire day while at the competition. Flip flops, fleece pants, pajamas, and sweatshirts are not part of our uniform; please do not change into them. You will be allowed to put Super All Star warm-ups over your uniform until awards. You must stay with your team throughout the competition day unless your coach releases you to sit with your family. Be respectful of what you say. You never know who you are sitting by. Negative remarks reflect poorly on our athletes and our program.

## **TRAVEL GUIDELINES**

All team members will travel with their families or make arrangements with other Super parents/responsible adult chaperones. All team members will be responsible for booking their own travel and accommodations for every trip, however, please understand that some events may REQUIRE families to book their accommodations at specific hotels or with their designated package. For events that require cooperation with their packages, we expect our families to follow guidelines as to not jeopardize team chances at qualifications. SuperCDA/Super All stars are not responsible for any athlete travel arrangements, stays, or supervision.

## **NO TOLERANCE POLICY - DRUGS & ALCOHOL**

The use or being under the influence of alcohol, tobacco, and or drugs will not be tolerated during team practices, meetings, competitions, or any other Super related gathering. Any issue relating to this is grounds for immediate removal from all Super programming.

## **TEAM & PARENT BEHAVIOR GUIDELINES**

**Team/Parents** -- Any time you are able to be identified as a Super All Star or Super parent [in person, in uniform, in conversation, or on any social media platform], you are expected to uphold the highest level of integrity to reflect our program positively. Any comment or conversation reported that is a poor reflection on SuperCDA/Super All Stars will be addressed directly with a face-to-face meeting. Disciplinary action and removal from the team will be considered. Bullying of any kind toward teammates, coaches, or other parents, as well as negativity toward other teams, will never be tolerated.

**Parents** -- Parents are expected to have a current email on file with Super All Stars. Email is one of the primary methods of communication we utilize, sending out updates and other pertinent information on a weekly basis. Please also download the BAND App to your iPhone or Android device. We will use this app for scheduling, practice updates, competition communication, and practice videos. Parents are responsible for keeping up with all information.

If for any reason, you disagree with or are unhappy with a coaching decision, judging at a competition, etc. please schedule a meeting with the Super All-Star Director by phone or in person. Talking negatively amongst each other as parents, or to your child, can only hurt all

parties involved by escalating an issue and is not tolerated. Consistent “drama” or “pot-stirring” will be grounds for your child’s removal from our program. All parents must agree to accept staff decisions as final and in the best interest of all parties. Parents may not call team meetings, hand out letters/flyers, send gym emails, create team Facebook pages, schedule a fundraiser, or purchase/sell wearable items for the teams.

### **ATHLETE SEPARATION**

While the growth and success of our athletes and teams is our primary focus, we understand that not every program can meet the needs of every athlete. In the event that you find our program does not meet your needs, we allow separation at no charge until choreography begins. Any voluntary or involuntary separation or inability to complete the season that occurs after choreography has begun will incur an additional \$200 fee to compensate for the difficulty and disruption of retraining and re-choreographing routines at this point in the season. Accounts must be current at the time of separation or inability to complete the season in order to be eligible for any possible refund. Refunds will be determined based on all expenses up to that point total, any remaining paid, will be eligible for refund and mailed directly to your home address. Any outstanding accounts may be sent to collections if timely payment is not received.

### **PAYMENT POLICY & FEES**

Each program has its own inclusive price and payment breakdown with due dates. All Super All Star payments will be set to an auto-withdrawal schedule by payment of choice [bank transfer or credit card], with no processing fees for either type of payment. If you prefer to pay in full at the start of the season, under this and only this circumstance will a check, cash, or cashier’s check be accepted. To pay in full, you also have the option to pay by inputting your own payment info electronically to a billed invoice, by the first practice. It is your responsibility to keep track of your own records, in addition to our records, to ensure your payments are up-to-date, regardless of the payment form. Any bounced payments will require an updated form of payment on file. Any fees we incur as a result will be added to your billing. If an account becomes delinquent, the athlete will not be allowed to attend any practices or events until the account is paid. Continued issues will result in dismissal from the program and sent to collections if a timely form of payment correction is not received.

This is a reminder that our payment policy is not designed as a tuition format. Rather we take the inclusive cost of the program and divide it into even amounts for convenient installments, therefore any refunds would be based on all costs up to that point, any excess would be refunded back to you by check to your mailing address.

### **PANDEMIC GUIDELINES**

SuperCDA/Super All Stars will adhere to any Illinois guidelines provided as we move forward and backward through Phases as the state announces. With an emphasis on the health and safety of our athletes and their families, SuperCDA/Super All Stars reserves the right to alter schedules, practices, safety precautions, etc to ensure we are in compliance with whatever the current state guidelines are at any given time. This includes, but is not limited to: no contact

temperature readings, mask requirements, distanced training, additional hand washing and cleanliness measures, and schedule adjustments. While SuperCDA/Super All Stars will be taking all possible precautions to maintain the healthiest environment, parents/guardians of all athletes [or legal adult athletes] assume the risk of contracting COVID-19 or any other pandemic health risk by participating in this group training/performance environment.

We ask that parents be diligent about watching for symptoms that their child may display if they aren't feeling well and take extra care in communicating with coaches to prevent the spread of any illness during the participation of our programming.

If in the event we need to cancel any part of the season and cannot provide a contingency plan for the remainder of the season due to lockdown measures, refunds will be provided to all families for canceled practices and events.

***STOP! BE SURE TO KEEP THE ABOVE INFORMATION ACCESSIBLE  
THROUGHOUT THE ENTIRE SEASON.***

***CONTRACT AGREEMENT MUST BE TURNED IN AT TRYOUTS  
& CAN BE FOUND IN THE FORMS PACKET/DOC FOR TRYOUTS.***