



2023-24

*Program Handbook*

122 SOUTH ANTRIM WAY. GREENCASTLE, PA | 717.473.7829 | PASTARZ.COM



# Our Staff



**Hannah Brewer**



**Tess Ile**



**Emily Baughman**



**Chelsea Raketune**



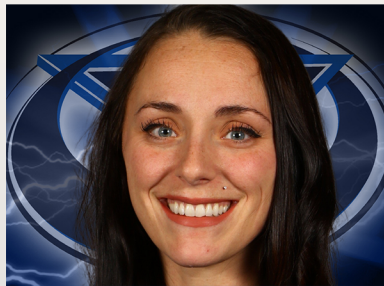
**Nicole Chatfield**



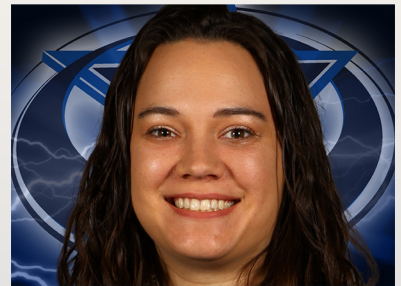
**Lauren Jednat**



**Kira Piper**



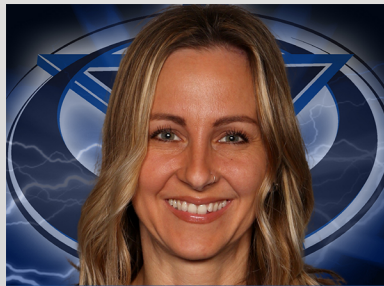
**Autumn Lamb**



**Michaela Fisher**



**Taryn Atherton**



**Becky Folmar**







# Who We Are

## MISSION STATEMENT

The mission at PA Starz is to deliver a professional quality product while being *the best role models for our athletes of all ages*. It is our priority to build confidence in our athletes while teaching at a progression that stresses safety. PA Starz supports, encourages, and develops superior sportsmanship, team unity, as well as *lifelong lessons in leadership and helping others*.



Zoey Jones  recommends PA Starz.

Pa start is an amazing cheerleading place to cheer I have be cheering there for 4years now going on 5 the coaches and other staff are awesome and will do what ever to make sure your child is safe I love pastarz  

4.7



Based on the opinion of 25 people 



*Confidence is at the core of every athlete's ability to be a star*





# Evaluations

## CURRENT MEMBERS

Evaluated throughout the prior season by members of the coaching staff and athletic director.

**Tryouts are required for Levels 3+ (see information below)**

## NEW MEMBERS

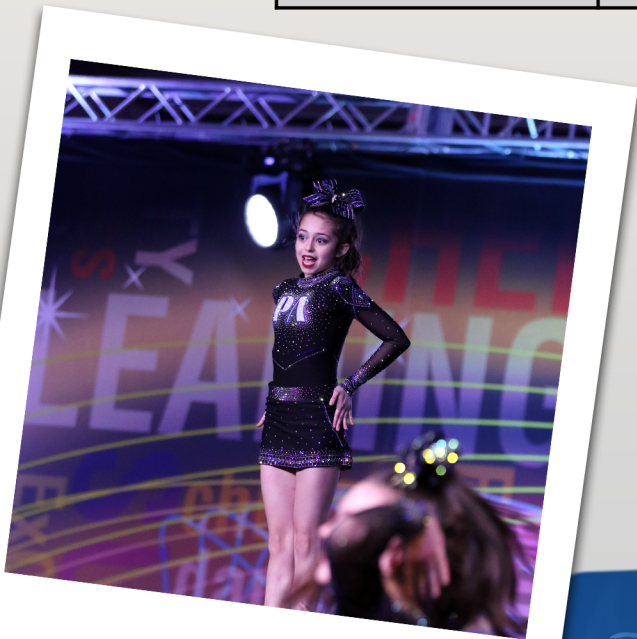
A day will be designated for new members to be evaluated by the coaching staff and athletic director.

**Tryouts are required for Levels 3+ (see information below)**

## TRYOUT PROCESS

FOR ANYONE INTERESTED IN LEVEL 3+ THE ATHLETE MUST *ATTEND AND COMPLETE THE FOLLOWING:*

1	IN-PERSON INTERVIEW
2	STUNTING, TUMBLING, CONDITIONING EVALUATION
3	PERFORMANCE EVALUATION (DANCE)

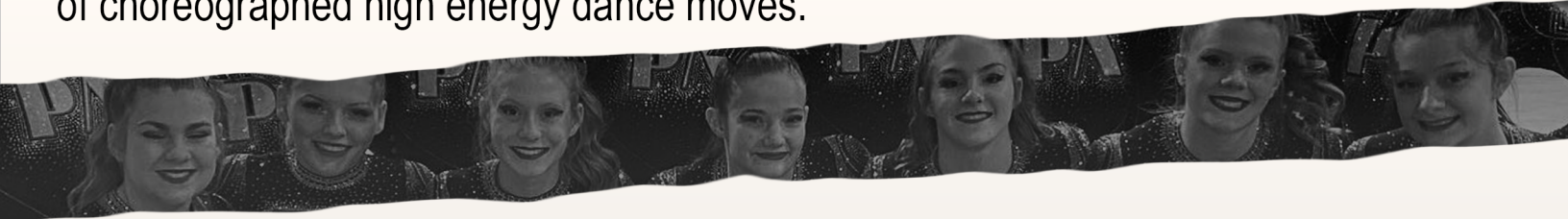




# What We Offer

## WHAT IS ALLSTAR CHEERLEADING?

All Star cheerleading is a competition sport that involves boys and girls performing a 2 minute and 30 second routine (Prep team routines are shorter) composed of tumbling, stunting, pyramids, and dance. This routine is performed and scored against other competitive teams at various **local, regional, national, and worldwide competitions**. When we refer to tumbling, we mean gymnastic type skills like cartwheels and back handsprings. Stunting refers to a group of two or more individuals that elevate another cheerleader in the air. This also includes co-ed stunting that may only include one base and one flyer. Pyramids are a form of stunting but are done as a large group and are interconnected. Dance is a portion of a routine that consists of choreographed high energy dance moves.



## ALLSTAR NOVICE

For individuals who are **new to All Star** but *not ready for performance-based teams* that are evaluated at events.

**Novice teams** focus on strengthening technique and performance skills that help prepare athletes for All Star Prep / Elite teams.

## ALLSTAR PREP

For individuals **with limited tumbling** who want to *strengthen technique* and perform skills in a competitive team atmosphere.

**Prep teams** typically require less time and cost commitments than are required of All Star Elite teams.

## ALLSTAR ELITE

For individuals with **strong cheer training and technical ability**.

**Elite teams** are comprised of athletes that are ready for a *more intense and highly competitive* athletic experience. Elite teams usually require higher cost commitments.





# Practice Policies

## ATTENDANCE

1. Attendance at all practices is **mandatory**. We will begin practice promptly at the start time. Athletes need to be ready: sneakers on, hair pulled up and out of your face.

— a. Unexcused absences will be documented on your portal and a follow up email notification will be sent out.

— b. After two (2) unexcused absences, a meeting will be held, and the athlete will be dismissed from the team

2. Athletes **MUST** submit a pre-approval absence form at least (14) days in advance from the practice date(s) to be missed stating the reason for absence. A coach and/or board member will notify you of the approval status via email and/or phone call.

3. Please let coaches know if any vacations are already booked for June 2023 – May 2024. **Deadline to notify coaches is June 30, 2023**, and a pre-approval absence form must be completed.

4. We realize emergencies may arise that are important: funeral, sudden death, family emergencies, and illness. Again, we must be notified in advance through a pre-approval absence form if possible, so that we can plan for those practices.

5. **School events:** Athletes are making a large commitment to all members on their team. Each athlete holds a vital position and cannot be easily replaced at practice. If your athlete is unable to miss a school event, this will greatly interfere with their position/role on the team.

6. Work, concerts, appointments, other social events, etc. will **NOT** be considered excused absences. These events should be scheduled around practice times and competitions.

7. If an athlete was home sick from school, they should still plan to attend practice to watch or participate as much as possible. We understand in some cases (contagious illnesses) they may not be able to attend, however, you must contact your coaches prior to practice to figure out a plan of action.

8. Injuries are **NOT** excusable absences. Athletes will be required to attend practice to at least watch. Coaches will need a doctor's note stating limitations and time frame. If no doctor's note is provided, the athlete will be expected to participate for the entire practice.

9. Athletes who cannot attend practice (excused or not) are responsible for all information missed.



# Policies

## PRACTICE UNIFORMS

1. Athletes must be **dressed and ready** to practice at the start time. Practice uniform must be worn. Hair must be pulled up and out of face.

2. **Practice uniform:** Solid black tank (no spaghetti straps) and solid black compression shorts (2" - 3" inseam) – *any brand, solid white athletic shoes* (best fit for your athlete).

*Athletes on SENIOR teams only are permitted to wear sports bras to practice with their shorts.*



*PA Stars is not responsible for lost or stolen items at practice. Items left at practice will be placed in the lost and found box. Items will be discarded at the end of the current season.*



## RULES ON JEWELRY

1. No jewelry is to be worn at practices

EARRINGS	NOSE PIERCINGS	WATCHES
RINGS	TONGUE RINGS	NAVAL PIERCINGS
SMART WATCHES	NECKLACES	ETC.

**NO EXCEPTIONS** as this is for the safety of the athletes.

**\*All new piercings/jewelry must come out by Labor Day September 4th, 2023**

## FINGERNAILS

1. Fingernails should be at an **appropriate length** (not much above the skin of the finger). Please keep fingernails trimmed.
2. No long and/or pointed acrylic nails are permitted and must be of **natural/neutral color**.



# Competitions

## TRANSPORTATION

1. Parents or chaperones **must provide** transportation to and from competitions events.
2. *Athletes are expected* to arrive at the venue at or **before the time given** by the coaches.

## APPEARANCE

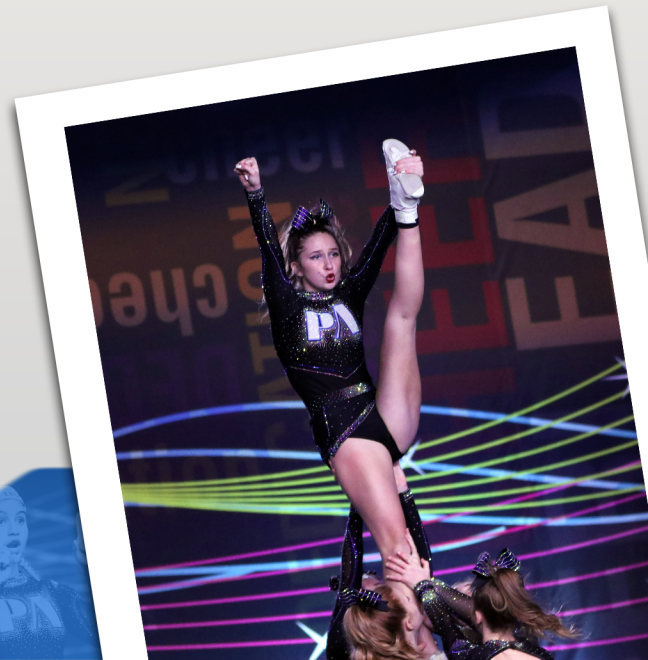
1. Uniform, hair and make-up must look as directed by the coaching staff.

## PA STARZ GEAR

1. When entering competitions, athletes are **expected to wear PA Starz gear** (jersey, warm-up jacket, etc.).
2. Athletes are **not permitted** to enter a competition site in pajamas, slippers, street clothes, etc.

## ATTENDANCE

1. Athletes **must attend the practice prior to a competition**, or they may be removed from the routine for that event- this is *at the discretion of the coaches*.
2. Attendance at all competitions is **mandatory**. Failure to attend a competition may result in *removal from position in routine* or removal from the team altogether. Athletes must remain at the competition venue from the beginning until the conclusion of awards, unless otherwise directed by the PA Starz coach/and or staff.
3. Failure to arrive on time to a competition **will result in a written warning** and a meeting with the board. The second late arrival may **result in being dismissed from the team** for the remainder of the season.





# Competitions

## AWARDS

1. **All athletes must remain** in full uniform and at the competition venue until their team's award ceremony is complete.
2. Do **NOT** approach or speak to any judges and or competition event staff under any circumstance.

**If you have concerns** or a problem arises concerning scores, format, etc. direct these to your coach. This can result in team *disqualification and/or deductions* and is strictly prohibited by not only PA Starz but the USASF as well. Parents are not permitted to call the Event Coordinators for any reason; **this includes** asking for competition times, directions, refunds, etc.



## HOTEL ARRANGEMENTS

1. The parents/guardians *will be responsible for hotel arrangements for overnight trips.*
2. If an overnight competition is a “stay to play” then parent will be required to book a room using the hotel link provided by PA Starz staff. You **MUST** list your athlete under the room booking to show as complying. *If you choose to book elsewhere* it is YOUR responsibility (not your coaches or PA Starz board) to find another parent to list your athlete's name under their hotel reservation. Non-compliance can result in your athlete being dismissed from the team.

*\*Note: If PA Starz does not comply as an organization within the “Stay to Play” guidelines and the event producers find out that we did not comply, all awards and bids can and will be removed from the teams that were won at the competition.*

3. A responsible adult must accompany all athletes. Coaches will not be the primary chaperones for any teams on overnight competitions. We will conduct team meetings occasionally during an overnight trip and are usually conducted at the competition site or a convenient meeting spot.

# Expenses



## GOMOTION ACCOUNT

1. Each athlete will have their own **GoMotion portal account** showing fees due and payments made. If you have any questions or concerns regarding your account, please [email pastarzcheer@gmail.com](mailto:pastarzcheer@gmail.com) and our treasurer will get back to you.
2. Any advertising purchased from businesses that you acquire will be applied to your GoMotion account and **can be used to offset the following fees:** monthly tuition, clinic fees (**max of \$599**).

### MONTHLY TUITION

#### SIBLING DISCOUNT:

20% off lesser amount for each additional athlete

TEAM	JUNE ONLY	JULY - AUGUST	SEPT - APRIL
ALL NOVICE & HALF YEAR			\$60 / MONTH SEPT - APRIL
<b>LEVEL 1</b> (PREP/ELITE)	\$60 / MONTH JUNE ONLY	\$80 / MONTH JULY-AUGUST	\$80 / MONTH SEPT - APRIL
<b>LEVEL 2</b> (PREP/ELITE)	\$75 / MONTH JUNE ONLY	\$90 / MONTH JULY-AUGUST	\$90 / MONTH SEPT - APRIL
<b>LEVEL 3 - 5</b> NO PREP AVAILABLE	\$75 / MONTH JUNE ONLY	\$90 / MONTH JULY-AUGUST	\$115 / MONTH SEPT - APRIL

The monthly fee is based on a pre-set amount to cover the entire season. This means should the gym close for reasons out of PA Starz control such as: a natural disaster or state of emergency, monthly tuition will still be due as above.





# Expenses

## MONTHLY TUITION

The monthly fees are invoiced on the **1st of each month** and payment is due by the 5th. Accounts that are past due will receive an **email of any past due balance**.\* If balance is not paid by the 15th of the month **the athlete will sit out of the next practice**. This practice will be considered an excused warning. Any practices the athlete sits out after this because of unpaid balances will be considered *unexcused*. After two unexcused sit-out practices the athlete will be dismissed from the team.

*\*THERE WILL BE A \$35 FEE FOR ALL RETURNED CHECKS*



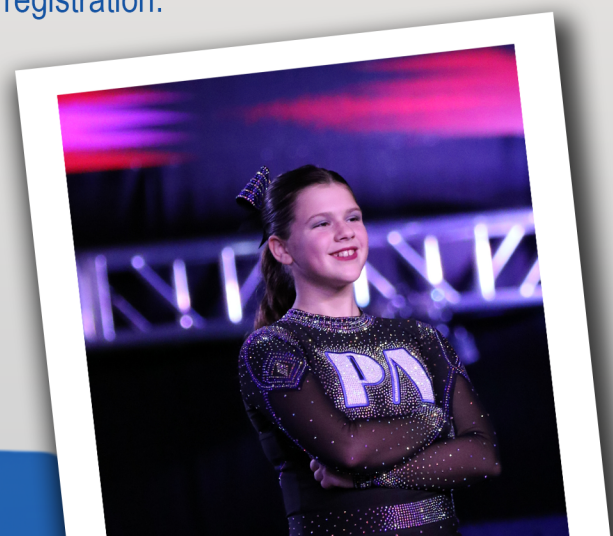
There is no prorating of monthly fees. Tuition is the same for the entire season.

\*Exception is May if your season is extended to attend D2 Summit, Regional Summit, US Finals, or any other end of season competition. (Tiny Novice may have prorated April tuition depending on when the last competition is held).

**If paying by check**, please write athlete's name on the check. Make checks payable to *PA Starz, Inc.*, and place in an envelope with cheerleader's name and purpose of payment. No money will be accepted that is not in an envelope.

Tumbling classes, camps, and clinics may be offered at times throughout the year for an additional fee.

Payment must be made prior to class with GoMotion registration.



# Expenses

## PERFORMANCE PACKAGE

Each athlete is responsible for purchasing the *performance package* which includes: **uniform, bow, make-up, choreography, and music fees.** The coaches have complete control over the style and type of uniform/apparel, make-up, accessories, and music chosen. Cost for each are as follows:

	NOVICE	1/2 YEAR PREP	LEVEL 1-3	LEVEL 4-5
BOW / ACCESSORY	\$30.00	\$30.00	\$30.00	\$45.00
MAKE UP KIT	\$0.00	\$10.00	\$30.00	\$45.00
CHOREOGRAPHY	\$25.00	\$25.00	\$300 (excludes L3)	\$350 (includes L3)
MUSIC	\$100.00	\$100.00	\$125.00	\$200.00
COMPETITION FEES	\$300.00	\$500.00	\$950.00	\$1100.00
UNIFORM	\$210.00	\$210.00	\$300.00	\$300.00

The competition and performance package is split out monthly for all above fees and will be invoiced monthly on the 15th of each month. **Payment is due by the 20th.** Accounts that are *past due will receive an email of any past due balance.* If balance is not paid by the 25th of the month the athlete will sit out of the next practice. This practice will be considered an excused warning. Any additional practices the athlete sits because of unpaid balances will be considered unexcused. After two unexcused sit-out practices the athlete will be **dismissed from the team.**

NOVICE (SEPT - MARCH)	1/2 YEAR PREP (SEPT - MARCH)	LEVEL 1-2 (JUNE - MARCH)	LEVEL 3 (JUNE - MARCH)	LEVEL 4-5 (JUNE - MARCH)
\$65 / MONTH	\$96 / MONTH	\$144 / MONTH	\$149 / MONTH	\$174 / MONTH

Uniform Fees are billed separately based on as needed basis. Uniform payments will be due August 31, 2023. Fees are listed in price graphic above.



# Returned Funds



If money is not collected on or before the payment deadline the athlete will not be listed as a participant in the event.

- a. Families with *emergencies* should contact a board member by email ***pastarzcheer@gmail.com*** to create a payment plan.
- b. All emergency payment plans need to be *approved* by the PA Starz board members.

## EVENT CANCELLATIONS

If an event/competition is cancelled or postponed due to unforeseen circumstances out of PA Starz control, any competition fees paid for that event will be credited towards your fees due next season. If you are not returning the following season, credits will be issued back as listed below.

**All refunds/credits will be issued AFTER they are refunded from the event producer to our organization.**

- a. *If you paid out of pocket for competition fees then you will be refunded via a check issued by mail.*
- b. *If you fundraised for competition fees then you will forfeit those fees to the general fund of the gym to be used for equipment, etc. which will benefit all athletes.*
- c. *Any credits issued may not be transferred to another athlete unless it is a direct family member (i.e., sister, brother) and request is received in writing.*



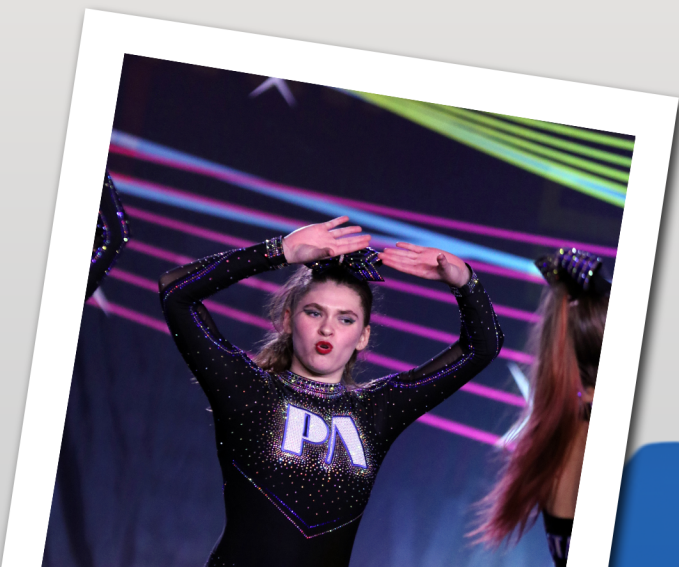
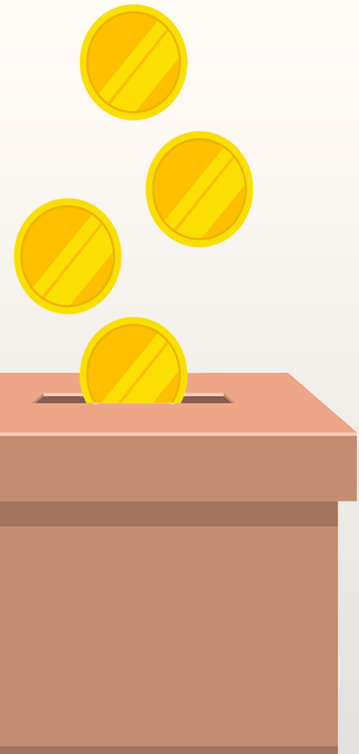
# Fundraising

## FUNDRAISING POLICY

1. 10% of all fundraiser profits will be held to benefit the organization through purchasing of new equipment and gym projects. Some of this money may also go to other charitable organizations.
2. All fundraising payments must be handed in with tickets/orders or they will be marked unaccounted, and orders will not be placed.

a. **When turning in fundraisers** you must submit a payment via check or money order only. We will only accept checks from PA Starz gym members for all fundraisers. We will not accept cash payment. If cash is turned in, you will be contacted and have 24 hours to make the correction. If you do not respond to email and make correction, your order will not be placed and cash will be returned to you.

b. **Returned checks:** If a check is returned, the check amount will be deducted from your fundraising monies including the bank fee (\$35). If you do not have enough money in your fundraising account to cover all expenses, your Go Motion account will be charged along with any processing fees that are charged through Go Motion. We will no longer accept personal checks from anyone that has had a returned check, you will need to pay with a Money Order Only.

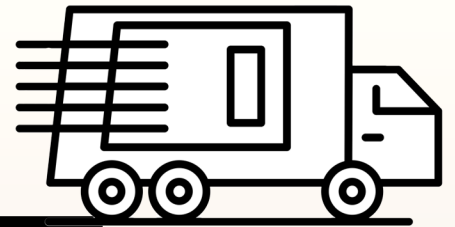




# Fundraising



3. All fundraising forms and payments should be **submitted on or before the deadline given**. We will not accept late orders. Please plan to pick up fundraisers when they arrive. We do not have the space to hold fundraisers, especially those that require refrigeration.



## DEFAULTED FUNDS

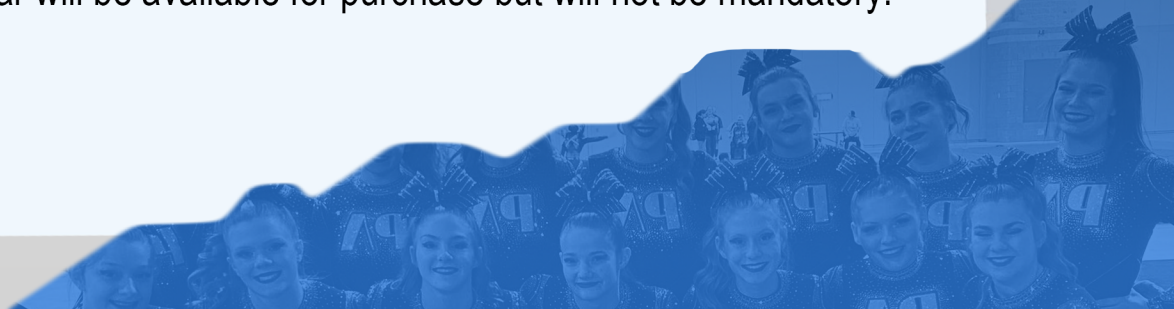
4. If an athlete **quits or is released by a coach** during the season or chooses not to return to the program the following year, any funds in his/her GoMotion account from advertising as well as any funds in his/her fundraiser account **will not be returned** or refunded for any reason. These funds will not be transferred to another athlete unless it is a member of his/her immediate family (brother or sister). The funds will be added to the general account and used to benefit all athletes of the organization. Any performance package items not issued before the athlete quits or is released will then become the property of PA Starz **and will not be issued**.



# Guardian Conduct

## RULES AND POLICIES

1. Parents will **respect the professional decisions** of the PA Starz staff. The Board has complete control over PA Starz, Inc. and will make all decisions (in conjunction with their staff members). The staff of PA Starz is **highly qualified and knowledgeable in this field**. Our decisions are final.
2. Parents/guests are not permitted to enter the gym for any reason during, before, or after practice.
3. Parents will refrain from unproductive and poor behavior such as **(a)** bad mouthing other athletes, coaches, or programs in a public setting, and **(b)** gossip amongst other parents, teammates, members, or staff members of PA Starz. We have worked hard to create a positive, rewarding environment at PA Starz. Therefore, inappropriate talk at the gym or outside of the gym will not be tolerated and will be dealt with immediately.
4. If there are any problems, concerns, or questions that may arise please **bring it to the board DIRECTLY**. We are ready and willing to hear all our members concerns once you have taken a full 24 hours to think about your response to any incident you feel needs to be discussed. You may not approach a coach or another parent before, after or during practice or at a competition. You must schedule a meeting with Coaches and Board Members via phone or through email: **[pastarzcheer@gmail.com](mailto:pastarzcheer@gmail.com)**
5. If there is something that you do not understand, questions or concerns, please respectfully **bring them to the Head Coach's attention**. We will not tolerate disrespectful behavior from athletes or parents. We need to work together to instill a positive working environment for all our athletes.
6. Parents may not ask questions **pertaining to any other members** of PA Starz.
7. PA Starz **reserves all rights** and copyrights to the business name and logo. Any unauthorized use of the PA Starz name, logo and/or likeness is strictly prohibited.
  - a. No athlete, parent, etc. under any circumstances is permitted to create, purchase, and/or design any apparel (clothing, bags, etc) outside of the apparel sold through PA Starz, Inc.
  - b. PA Starz gear will be available for purchase but will not be mandatory.





# Notifications

## CANCELLATIONS

1. Practice and event cancellations due to weather or other unforeseen emergencies will be sent out through the **GoMotion app.**, posted in parent groups, and notified by email.
2. Practices may or may not be made up, this is at the discretion of the head coach.



## NEWS AND CALENDAR

1. All updates are posted in the **NEWS** section in the *GoMotion app* and on the google calendar.
2. **GoMotion will be used** for ALL documents. Please check here first **BEFORE** reaching out about something you are missing.

