



**1754 Carlisle Pike, Hanover PA 17331**

*hanoverelitecheer@gmail.com*

# **Hanover Elite's 2023-2024 Information Packet**

**Welcome to Hanover Elite Cheer Allstars!** *Hanover Elite Cheer was established in June 2015. HEC is a family oriented cheer program with a mission to develop young athletes by providing an environment to grow mentally, physically and emotionally through positive leadership and guidance. Our coaching staff are professional members of the USASF and have extensive training and experience in the sport of cheerleading.*

**Thank you for choosing to be a part of the HEC Family!**

# 2023-2024 HEC Allstars Try-Outs

**Date: May 24<sup>th</sup> & 25<sup>th</sup>**

*In order for your athlete to try-out please read through all of the information carefully. Complete all forms and return them to the front desk or email them to [hectryout@gmail.com](mailto:hectryout@gmail.com).*

## Try-Out Dates

Try-Out Clinic will be held on Monday, May 15<sup>th</sup> through Thursday, May 18<sup>th</sup>, additional times for different levels will be listed on the website. The try-out clinic will help prepare athletes for try-outs. This will cost an additional \$30 for both clinics.

The try-out parent meeting will be on Sunday, May 21<sup>st</sup>. Level 1 and 2 will be from 1:30-2:30pm, level 3 and 4 will be from 2:45-3:45pm, and level 5 and 6 will be from 4:00-5:00pm. These meetings are designed to allow anyone interested in joining our program to get information about the season and to get a feel for the gym. Also, any questions that you may have can be answered during this time.

We will be holding a new member only “get to know you” from 6:30-7:30pm Monday, May 22<sup>nd</sup>. Tuesday, May 23<sup>rd</sup> will be stunt try-outs (more information and times are listed on the website). Try-outs will be Wednesday, May 24<sup>th</sup> and Thursday, May 25<sup>th</sup>.

**Never cheered before? No worries! We have a great coaching staff here at HEC that will help you develop into a great cheerleader.**

Coaching staff will evaluate each athlete on the following criteria: -Tumbling difficulty

-Tumbling **execution**

-Athleticism

-Stunting positions (flyer, base, back spot)

\*Occasionally 1-3 tumbling positions will be offered on a team

-Flyer **flexibility**,

-Jump technique

-Overall attitude and attendance from the past season, if applicable

## Team placements

Will be based on age and overall skills. HEC coaching staff has the right to place an athlete on a team that they feel will best fit that athlete and the team. The teams will be made up of athletes whose talents and skills will provide the best chance for success at competitions.

***Athletes who do not keep skills performed at evaluations may be moved to a different team and/or become an alternate for that team. Those athletes who show marked improvement may be moved up a level as well. These same rules apply throughout the season and for postseason.*** Athletes must also show consistent attendance throughout in order to keep their spot. We will adhere to a strict attendance policy for all teams.

# HEC TUMBLING EVALUATION GUIDELINE

Below is a reference list of tumbling skills that should be performed for each level of Allstar cheerleading. Please use this list as a reference guide.

## **LEVEL 1**

Cartwheel  
Round-off  
Back walkover  
Front walkover

## **LEVEL 2**

Back handspring  
Back walkover, Back handspring  
Round off 2 Back handsprings  
Running Specialty Pass to 2 Back Handsprings

## **LEVEL 3**

Toe touch, 2 Back handsprings  
Standing 3 Back handsprings  
Round off, Back handspring, Back tuck  
Running Specialty Pass to Back tuck

## **LEVEL 4**

Toe touch, Back handspring, Back tuck  
Back handspring, Back tuck  
Round off, Back handspring, Back layout  
Running Specialty Pass to Layout

## **LEVEL 5**

Standing Back handspring, Whip, Back handspring to Layout  
Standing 2 Back handsprings to Layout  
Round off, Back handspring, Full  
Running Specialty Pass to Full

## **LEVEL 6**

Standing 2 Back handsprings to Full  
Standing 2 Back handsprings to Double Full  
Standing Full or Toe touch Full  
Standing Whip pass to Double Full  
Running Specialty Pass to Full  
Round off, Back handspring, Double Full  
Running Specialty Pass to Double Full

**\*\*EVERY TUMBLING SKILL WILL BE EXPECTED TO BE  
PERFORMED WITH  
GREAT EXECUTION & TECHNIQUE\*\***

## **USASF 2023-2024 DIVISIONS**

The USASF was created in 2002 to unify the all-star cheer industry with a specific set of rules. Divisions are governed by age. Your child's age on December 31, 2023 will determine his/her competition age for the season. Birth certificates and photographs are required if we do not have one on file. Teams are formed by both age and level.

## **USASF All Star Cheer 2023-2024**



This is a QR code to access the early release information for USASF All Star divisions for 2023-2024. Please review this information if you are unsure of what division your child(ren) could be placed.

## **Competitions**

Teams will attend 1-3 local competitions and will go to 6 competitions that give out post season bids. If your athlete is on a team that attends a post season event there will be additional expenses.

### **Possible Competition Locations**

Eastern Reading, PA  
ACDA Lancaster, PA  
Spirit Unlimited Baltimore, MD  
Cheerstarz Bel Air, MD  
One Up Baltimore, MD  
Beast of the East Atlantic City, NJ  
American Championship Baltimore, MD  
Battle at the Capitol National Harbor, MD  
All Star Challenge Baltimore, MD  
Battle at the Boardwalk Atlantic City, NJ  
Reach the Beach Ocean City, MD  
Mid Atlantic Wildwood, NJ  
Spirit Nationals Wildwood, NJ

### **Postseason Competition Locations**

D2 Summit Orlando, FL  
Regional Summit Baltimore, MD

## **Hanover Elite Cheer Allstars Pricing**

The all-star program is offered as an 11- month program with payments due monthly from June 2023 through April 2024.

**1- Annual Registration Fee** - Payment is due before tryouts- \$30.00 per child

**\*\*Second sibling of the same household receives a \$50 discount for each month in the 2023-2024 season\*\***

### **2- Tuition and Competition Fees:**

The following fees will be due in eleven (11) month installments from June thru April on the 1st and the 15<sup>th</sup> of every month.

**Tiny 1 team: 2 payments of \$95 each month**

**Mini 1: 2 payments of \$110 each month**

**Mini 2 & Youth teams: 2 payments of \$120 each month**

**Summit/Worlds teams: 2 payments of \$128 each month**

**Monthly Fee includes:** tuition, competition registrations, music, choreography, and coaches travel expenses. We will know midsummer if there are any changes and will inform you at that time. These fees do not include post season events.

### **3- Uniform Fee:** (Approximately \$450 - \$495 for girls & \$350 for guys.)

- Scrunchie – \$35 – new for 2023/2024
- For the 2023/2024 season we will be using a new uniform for Season 9 - all teams will be wearing that uniform except Senior and Tiny Teams.
- Senior team will wear a crop top uniform that will resemble the rest of the program.
- Flex will also get a new uniform but **planning** to keep their original Flex uniform to have a day 1 and day 2 uniform. We want to finalize the new uniforms before making that decision.
- Tiny Team will have a custom lower cost uniform.
- Optional bag and warmup available (not included in the fee above).
- You may purchase your own competitive cheer shoe. The shoe must be completely white. Shoes worn at competitions must be clean with no holes or tears.

### **4- Crossovers:**

Crossovers will be charged an additional \$20 a payment. If those funds are not used by the end of the season, you will be refunded the difference.

***Competition fees are non-refundable once they have been paid unless Chris decides to cancel an event.***

**\*\*If for any reason you quit or leave the program, your card on file will be charged the remaining balance for choreography fees and a \$400 fee that will cover the end of year expenses for the fill-in.\*\***

# 2023-2024 Choreography

When you receive the email regarding your child's team placement you will be informed of your mandatory choreography dates. Please keep the above dates in mind when you are scheduling any vacations or trips.

## **MANDATORY CHOREOGRAPHY**

Joe V: Thursday, July 20<sup>th</sup> - Sunday, July 23<sup>rd</sup>

Spirit FX (Matt): Tuesday, August 1<sup>st</sup> - Thursday, August 3<sup>rd</sup>

Michael (CA): Thursday, August 10<sup>th</sup> - Saturday, August 12<sup>th</sup>

## Fundraising Opportunities

Hanover Elite Cheer will offer options throughout the season to help offset all costs. The profits from these fundraisers can be used to cover anything: clothing, tuition, competition fees, open gyms, tumbling, etc. These fundraisers are not mandatory and you only participate if you choose. A 5% processing fee will be charged to each participant for each fundraiser participated in.

Some of the fundraisers that we have offered include: Sub sales, Candles, Butter Braids, Mums, Poinsettias, Mixed Bags, Gertrude Hawk candies, Little Caesar's pizza, Easter flower sale, and Emma's Gourmet Popcorn. We also have an account set up through Scrip. It is a way for you to purchase gift cards for places you already shop and receive a percentage of your purchase back as a rebate that is placed into your child's fundraising account.

If for some reason, your child leaves, gets removed, or quits the program and you have money in your child's fundraising/sponsorship account it will be forfeited and used for gym improvements.

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### YOU MUST HAVE THE FOLLOWING IN ORDER TO ATTEND EVALUATIONS:

\_\_\_\_\_ Attendance Policy Form signed and dated by athlete & parents

\_\_\_\_\_ Completed Vacation Notification Form

\_\_\_\_\_ Completed online registration form & registration payment

\_\_\_\_\_ Completed Financial Card Authorization Form

\_\_\_\_\_ Completed Annual Information Agreement Form

\_\_\_\_\_ Birth Certificate (new athletes)

\_\_\_\_\_ All outstanding debts must be paid in full from prior season

You may pre-register via email ([hectryout@gmail.com](mailto:hectryout@gmail.com)), drop off the paperwork at the gym, or mail to: (9 N Pheasant Way, Abbottstown, PA 17301).



# Hanover Elite Cheer Attendance Policy

This policy is effective September 1, 2023 through April 30, 2024 plus post season.

***\*Hanover Elite Cheer must be your extra-curricular priority. This is a team sport dependent on 100% participation of all athletes. Your practices and competitions are mandatory.***

If your child is sick you must email the coach that day and the child must bring a doctor's note into the gym at the next practice in order to be counted as an excused absence. In the event of a death or a family emergency please contact your coach as soon as possible.

Examples of excused absences includes:

- Serious illness with doctor's note
- Death in the family
- Religious obligation
- Mandatory school function that affects your grade

Examples of unexcused absences include but not limited to:

- School social events that do NOT affect your grade
- Birthday dinners
- No ride
- Tired and have a headache
- Too much homework
- Working/Babysitting
- No Show

Athletes are allowed 3 absences between September 1, 2023 and April 30, 2024 plus post season due to being sick. After that you may be asked to provide a doctor's note for any additional illnesses.

***\*\*If the athlete exceeds 2 unexcused absences it may result in becoming an alternate, moved to a different position/team regardless of skill, or removal from the program.***

Non-participation – the athlete has an injury and is not able to participate because of doctor recommendation. The athlete is still expected to attend and observe all practices and competitions unless otherwise specified by their doctor. This will be classified as non-participation and not an excused or unexcused absence UNLESS the athlete doesn't attend practice and competitions.

\*Attending practices the week of a competition is MANDATORY, including any extra practice times that may be added. ("Week of competition" is defined as; Sunday before the event, up to the competition date.) If for any reason your child will be absent he/she may be replaced for that competition.

***Attendance at competitions is mandatory! An absence may result in immediate removal from the program.***

Athlete's Signature \_\_\_\_\_ Date: \_\_\_\_\_

Mother's Signature \_\_\_\_\_ Date: \_\_\_\_\_

Father's Signature \_\_\_\_\_ Date: \_\_\_\_\_

**\*\*Must be signed and handed in prior to try-outs for your child to be evaluated!\*\***



## 2023 - 2024 Vacation Notification Form

**THERE WILL BE NO VACATIONS PERMITTED DURING COMPETITION SEASON  
(September 1<sup>st</sup> - April 30<sup>th</sup> plus postseason)**

Name of Cheerleader(s): \_\_\_\_\_

Vacations Dates: \_\_\_\_\_

HOLIDAYS	DATES DAYS
Memorial Day Break	5/27 - 5/29 Saturday - Monday
July 4 <sup>th</sup>	7/4 Tuesday
Labor Day	9/2 - 9/4 Saturday - Monday
Halloween	10/31 Tuesday
Thanksgiving	11/22 - 11/26 Wednesday - Sunday
Winter Break	12/23 - 12/2 Saturday - Tuesday

Parent Signature: \_\_\_\_\_ Date: \_\_\_\_\_

**\*\*Must be signed and handed in prior to try-outs for your child to be evaluated!\*\***

# 2023 – 2024 HEC Allstar Financial Card Authorization Form

**Athlete Name:** \_\_\_\_\_

I certify that I have entered credit card information in the Hanover Elite Cheer parent portal for my athlete(s).

**Parent's Signature:** \_\_\_\_\_

I/we hereby authorize Hanover Elite Cheer to use the financial card information on file in the portal on the 15<sup>th</sup> of the month to pay my child's(ren's) tuition fee if it is not paid by the 1<sup>st</sup> of the month. In addition to the tuition fee, I understand that my card will also be charged a \$15 late fee. This authorization will remain in effect until the end of the 2023-2024 competition season or until I notify Hanover Elite Cheer of a different financial card that I/we would like to use.

By checking this circle, I authorize Hanover Elite Cheer to automatically charge the card on file for my child's tuition on the 1<sup>st</sup> of each month. I understand that I will not be charged an additional fee for this service.

**Parent's Signature:** \_\_\_\_\_

I/we hereby authorize Hanover Elite Cheer to use the financial card information on file in the portal on the 25<sup>th</sup> of the month to pay my child's(ren's) competition fees if they are not paid by the 15<sup>th</sup> of the month. In addition to the competition fee, I understand that my card will also be charged a \$15 late fee. This authorization will remain in effect until the end of the 2023-2024 competition season or until I notify Hanover Elite Cheer of a different financial card that I/we would like to use.

By checking this circle, I authorize Hanover Elite Cheer to automatically charge the card above for my child's competition fee on the 15<sup>th</sup> of the month. I understand that I will not be charged an additional fee for this service.

**Parent's Signature:** \_\_\_\_\_

I/we hereby authorize Hanover Elite Cheer to use the financial card information on file in the event that my child(ren) were to leave the program. I understand this financial card will be used to pay the remaining balance of competition fees. I understand this financial card will be used to pay an additional \$400 to cover the end of the season expenses for the fill in.

If my child(ren) were to leave the program for any reason or if they were let go by the owner. I understand this card will be charged the remaining balance of competition fees and an additional \$400 for postseason competitions.

**Parent's Signature:** \_\_\_\_\_

**\*\*Must be signed and handed in NO LATER THAN your child's first practice!\*\***



# HEC - ANNUAL AGREEMENT INFORMATION

My cheerleader and I understand that being a member of Hanover Elite Cheer is a privilege. We understand that we are making a SEASON commitment to support HEC policies, coaches and teams. The cheerleader commits to giving 100% towards becoming a successful and skillful team member. The parent commits to providing positive support to our cheerleaders and the HEC program. We recognize that failure to support the HEC program and policies could result in my athlete being assigned an alternate status on a different team or being asked to leave the program.

By initialing and signing below, I acknowledge that I have read the Program Packet. My athlete and I have discussed the policies and we agree to abide by them for the entire cheer season.

\_\_\_\_\_ I understand that we are representing Hanover Elite Cheer.

*Athlete Expectations* - maintain good communication with their coaches, good academic school standing, good attendance and to respect their parents, siblings, coaches, competition staff and to be friendly to their teammates at all times. Negative behaviors such as bad attitudes, being disrespectful, toxic discussions about any cheer team or member, illegal activities, smoking, drinking, doing drugs or public displays of affection will not be tolerated. Offenses could result in suspension from a competition or immediate dismissal from the team.

*Parent Expectations* - give positive support to your child which is essential to their success in their cheer training and performances. HEC encourages enthusiastic support of your cheerleader which shows unity and spirit, two important aspects that are vital to the success of our program. HEC expects parents to conduct themselves in a professional, positive and mature manner whenever they are representing the Hanover Elite Cheer program - not only because you are representing HEC but because we are teaching our young athletes good sportsmanship and self-control.

\_\_\_\_\_ All social media posts must be positive in nature; not only about our athletes, teams, coaches, and program; but also about our sport and competitors.

\_\_\_\_\_ I promise to only speak positively of the program, coaches, teams and athletes. If I have a concern I will make an appointment with Chris immediately. I understand that I must schedule a meeting via email and include a brief description of the topics to be discussed.

\_\_\_\_\_ Allstar Cheerleading is not an individual sport. Athletes must be present for practice and abide by the attendance policies. I have read those policies and understand that if we do not adhere to them, my athlete could lose their spot within the team choreography, be moved to a different team regardless of skills or be asked to leave the program. Athletes are expected to be at practice even if they are injured or ill to make sure they stay current with routine changes.

\_\_\_\_\_ I understand that if my child grows, if I desire a size change or if items are lost, I will be responsible for the new item(s) which could incur additional cost and shipping charges. Lost, stained or gear that has holes in it must be replaced.

\_\_\_\_\_ I am fully aware of the financial commitment involved for the 2023-2024 season and for competition travel costs.

\_\_\_\_\_ By initialing I am stating that my athlete will attend ALL of the required competitions. If my athlete misses a competition for any reason, I understand it may result in an immediate removal from the program. I will not receive a discount for any competition fees if my athlete does not perform. I also understand that awards received at competitions are for competitors and if my athlete does not perform, I understand my athlete is not eligible for the award. All awards including trophies, banners, plaques, monetary awards or bids received under the HEC name are property of the gym.

\_\_\_\_\_ By initialing, I/We understand we may not use any of Hanover Elite Cheer's logos by any means or in any form whatsoever without written permission from the owner, Chris Topper.

\_\_\_\_\_ If we do not complete the season with Hanover Elite Cheer, I will still be held financially responsible for the remaining balance of competition fees, uniform costs and an additional \$400 for postseason competitions and we will not receive a refund for any monies paid.

\_\_\_\_\_ If for some reason, your child leaves, gets removed, or quits the program and you have money in your child's fundraising/sponsorship account it will be forfeited and used for gym improvements.

\_\_\_\_\_ I understand that Hanover Elite Cheer accepts cash, checks or credit cards.

\_\_\_\_\_ I understand that there is a \$25 fee for a returned check for any reason.

Parent's Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Athlete's Signature: \_\_\_\_\_ Date: \_\_\_\_\_

*Return all required forms to HEC by email (hectryout@gmail.com, drop them off at the gym or mail to (9 N Pheasant Way, Abbottstown, PA 17301*

**ATHLETE INFORMATION**

Child 1 Name: \_\_\_\_\_ Date of Birth: \_\_\_\_\_ Age (as of 12/31/23): \_\_\_\_\_

Child 2 Name: \_\_\_\_\_ Date of Birth: \_\_\_\_\_ Age (as of 12/31/23): \_\_\_\_\_

Home Addresses: \_\_\_\_\_

City: \_\_\_\_\_ Zip Code: \_\_\_\_\_ State: \_\_\_\_\_

**PARENT/GUARDIAN INFORMATION**

Mother/Guardian Name: \_\_\_\_\_ Email: \_\_\_\_\_

Best Phone: \_\_\_\_\_ Alt. Phone: \_\_\_\_\_

Father/Guardian Name: \_\_\_\_\_ Email: \_\_\_\_\_

Best Phone: \_\_\_\_\_ Alt. Phone: \_\_\_\_\_

**MEDICAL/WAIVER RELEASE INFORMATION**

Health Insurance Provider: \_\_\_\_\_ Policy #: \_\_\_\_\_

*(Health Insurance information must be complete in order to participate in gym activities)*

Emergency Contact: \_\_\_\_\_ Phone #: \_\_\_\_\_

In the absence, and only if necessary, I give Hanover Elite Cheer staff and coaches permission to administrator the following medication to my child:  
**Tylenol                  Advil/Motrin                  Benadryl                  Pepto Bismol**

**Please list all medical conditions, allergies, previous sport injuries and health concerns**

**below: CHILD 1:**

\_\_\_\_\_

CHILD 2: \_\_\_\_\_

**MEDICAL RELEASE** - I certify that my athlete is physically capable and able to fulfill requirements needed to be a cheerleader. I understand that this form legally releases all obligations and responsibilities for the medical treatment on my son/daughter in the event of illness or injury during any team related activity when either parent/legal guardian cannot be reached. If there is any physical or medical reason why he/she should not participate fully, the organization/gym requires a doctor's medical release. Furthermore, the organization/gym is not liable for any injury incurred during cheerleading. In the event of an emergency occurring while my son/daughter is involved in a Hanover Elite Cheer sponsored practice, competition, event or trip, I grant my permission to the organization and its staff to take whatever action is necessary. In the event that I cannot be reached, I hereby authorize the staff to give consent for my son/daughter to receive medical treatment.

**LIABILITY RELEASE** - I, parent or legal guardian, of the referenced child hereby give approval to his/her participation, and do hereby waive, release, absolve, indemnify and agree to hold harmless MIHN, LLC and/or Hanover Elite Cheer, the volunteers, coaches, and board members. I am fully aware that All Star Cheerleading can be an extremely dangerous sport and could result in serious injury or death of the above stated child.

**PHOTOGRAPHY RELEASE** - I understand that photos and videos may be taken of my child at practice, performances, events, competitions, etc. and I give Hanover Elite Cheer permission for said photos and videos to be used in marketing materials and for promotional use.

**ACCOUNTING** - I understand that once enrolled in a team, class or private lesson that I am responsible for payment.

PARENT / LEGAL GUARDIAN SIGNATURE: \_\_\_\_\_ DATE: \_\_\_\_\_

*Return all required forms to HEC via email (hectryout@gmail.com), drop off at the gym, or mail to (9 N Pheasant Way, Abbottstown, PA 17301).*