



1754 Carlisle Pike, Hanover PA 17331

hanoverelitecheer@gmail.com

Hanover Elite's 2022-2023 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!

2022-2023 HEC Allstars Try-Outs

Date: May 25th & 26th

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.

Try-Out Meetings

Try-Out meetings will be held on Monday, May 16th and Tuesday, May 17th. The first try-out meeting will be on Monday, May 16th 7 pm to 8 pm for athletes trying out for levels 3,4, & 5. The second try-out meeting will be on Tuesday, May 17th 6 pm to 7 pm for athletes trying out for levels 1 & 2. 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 Stunt Try-outs on Monday, May 23rd and Tuesday, May 24th. You will be notified via email if your child(ren) is to attend the stunt try-outs. This will be used to evaluate new athletes to the program or current members for potential new positions in the upcoming season.

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 over all 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 showed 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
Standing tuck
Round off, Back handspring, Back layout
Running Specialty Pass to Layout

LEVEL 5

Toe touch, Back tuck
Standing Back handspring, Whip, Back handspring to Layout
Standing 2 Back handsprings to Layout
Round off, Back handspring, 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 2022-2023 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, 2022 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 2022-2023



This is a QR code to access the early release information for USASF All Star divisions for 2022-2023. Please review this information if you are unsure of what division your child(ren) could be placed.

Competitions

Levels 1, 2, 3, 4, & 5 Teams will attend 1-3 local competitions and will go to 6-8 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 Richmond, VA

Hanover Elite Cheer Allstars Pricing

The all-star program is offered as an 11- month program with payments due monthly from June 2022 through April 2023.

- 1- Annual Administrative Fee** - Payment is due at the first practice in order for your child to participate.
- \$25.00 per child

- 2- Tuition** –
Season Rate (June-April): \$95.00

****Second sibling of the same household receives a 50% discount on tuition for the 2021-2022 season****

3- Competition and Related Fees:

The following fees will be due in eleven (11) installments from June thru April on the 15th of every month.

Level 1	\$100
Level 2	\$125
Level 3, 4, & 5	\$145

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

4- Uniform Fee: (Approximately \$440 - \$470 for girls & \$325 for guys.)

- Scrunchie – \$35 – new for 2022/2023
- For the 2022/2023 season we will be using the same uniform from Season 7 - all teams will be wearing that uniform except Senior 5..
- Senior 5 team will wear the Flex uniform from previous season
- 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.

5- Crossovers:

Crossovers only pay one monthly fee for tuition. They will pay a maximum crossover fee of \$450 to cover competition fees for the team they crossover to. The crossover fee will be due no later than February 28, 2023.

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.****

Special Needs Team

We provide special needs athletes the opportunity to compete in their own division alongside their peers at all star cheerleading competitions. They will develop friendships with their peers and enjoy the sport of cheerleading. They perform an all-star routine just like any other team that is choreographed with stunting, tumbling and dancing.

Practices are held 1 day a week on Sundays from 11 am - 12 pm. Each participant will have an assigned buddy that will work with them at practice and during the competitions.

Classes are FREE. Competitions are FREE. Registration Fee: \$35

Competition Season is from September - April/May

Team attends around 5 All Star Competitions per season

Contact Joy Groft at hanoverelitecheer@gmail.com or (717)634-4342 if interested.

2022-2023 Choreography

Our choreography for the 2022-2023 season will be done by Spirit FX and Joe Vecchioni.

MANDATORY CHOREOGRAPHY

Monday, August 8th through Wednesday, August 10th

OR

Saturday, August 13th through Sunday, August 14th.

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.

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.

YOU MUST HAVE THE FOLLOWING IN ORDER TO ATTEND EVALUATIONS:

_____ Attendance Policy Form signed and dated by athlete & parents

_____ Completed Vacation Notification Form

_____ Completed Information Sheet with headshot photo included

_____ Completed Financial Card Authorization Form

_____ Completed Annual Information Agreement Form

_____ Completed Registration 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), 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, 2022 through April 30, 2023 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 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, 2022 and April 30, 2023 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!****



2022 – 2023 Vacation Notification Form

**THERE WILL BE NO VACATIONS PERMITTED DURING COMPETITION SEASON
(September 1st – April 30th plus postseason)**

Name of Cheerleader(s): _____

Vacations Dates: _____

HOLIDAYS	DATES DAYS
Memorial Day Break	5/28 – 5/30 Saturday – Monday
July 4 th	7/4 Monday
Summer Break	7/30 – 8/7 Saturday – Sunday
Labor Day	9/3 – 9/5 Saturday – Monday
Halloween	10/31 Monday
Thanksgiving	11/23 – 11/27 Wednesday – Sunday
Winter Break	12/23 – 1/2 Friday-Sunday

Parent Signature: _____ Date: _____

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

HEC Allstar Information Sheet 2022-2023

Photo

Athlete First Name: _____

(Head Shot)

Athlete Last Name: _____

-

Athlete Cell Phone #: _____

Athlete Birth Date: _____

Athlete Age as of December 31, 2022: _____

Mother's Name: _____

Phone #: _____ Email: _____

Father's Name: _____

Phone #: _____ Email: _____

Home Address: _____ City: _____

State: _____ Zip: _____

Emergency Contact Information (if we cannot reach parents):

Name: _____ Phone #: _____

Do you wish to be considered for 2 teams? Yes: _____ No: _____

If yes, are you available 4 days per week? Yes: _____ No: _____

Position(s) to be evaluated on: Flyer: _____ Base/Back spot: _____ Tumbler: _____

What level do you want to be evaluated on?

Level 1 ____ Level 2 ____ Level 3 ____ Level 4 ____ Level 5 ____

****Reminder you will be expected to show the skills appropriate for the level you select.****

I have read and hereby agree to **ALL** policies and procedures set by Hanover Elite Cheer.

Parent Signature: _____ Date: _____

****Must be signed and handed in prior to evaluations for your child to be evaluated!****

2022 – 2023 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 8th of the month to pay my child's(ren's) tuition fee if it is not paid by the 7th 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 2022-2023 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 1st 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 23rd of the month to pay my child's(ren's) competition fees if they are not paid by the 22nd 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 2022-2023 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 15th 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. 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 INFORMATION AGREEMENT

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 2022-2023 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 Name

Parent Signature

Athlete Name

Date



HEC – REGISTRATION & RELEASE FORM

Athlete Information

CHILD 1 NAME: _____ DOB: _____ AGE (as of 12/31/22) _____ CELL: _____

CHILD 2 NAME: _____ DOB: _____ AGE (as of 12/31/22) _____ CELL: _____

HOME ADDRESS: _____

CITY: _____ STATE: _____ ZIP: _____

How did you hear about us: _____ Referral Name: _____

Parent / Guardian Information

MOTHER or GUARDIAN NAME: _____ EMAIL: _____

BEST PHONE: _____ ALT. PHONE: _____

FATHER or GUARDIAN NAME: _____ EMAIL: _____

BEST PHONE: _____ ALT. PHONE: _____

Medical Information

HEALTH INSURANCE PROVIDER: _____ POLICY #: _____
(Health Insurance information must be complete in order to participate in gym activities)

EMERGENCY CONTACT: _____ PHONE #: _____



In my absence, and only if necessary, I give Hanover Elite Cheer staff and coaches the permission to administer 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: _____

Waiver / Release Information

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).