

Radiance Cheer Club at JPAC 2020-2021 Program Manual

Program Overview

The Radiance Cheer Club at JPAC will consist of two or more teams: 14U Recreational Cheerleading and 12U Recreational Cheerleading. There is a possibility of creating 10U and 8U teams as well.

Recreational Cheerleading is the ultimate preparation for middle school and high school cheerleading, as it follows the same format as UCA High School Nationals, and a very similar format to the Indiana State Cheerleading Championship. The routines include a music section comprised of tumbling, stunting, pyramids, jumps, and dance, but also has a crowd engaging cheer section!

We will compete approximately five times a year. All ability levels are welcome. You must be 14 or under as of August 31, 2020 to be eligible to participate in Recreational Cheerleading. Athletes will practice twice a week as well as attend one tumbling class.

All of your skill needs, including stunting and tumbling, can be learned, practiced, and perfected through the Radiance Cheerleading Club!

Coaching Staff

Head Cheerleading Coach: Alex Martin Csiernik

- Indiana University All Girl 2012 & 2013 UCA College National Champion - Athlete
- Indiana University All Girl 2014 & 2016 UCA College National Champion - Asst. Coach
- Hamilton Southeastern HS 2019 Indiana Varsity A State Champion - Head Coach
- IUPUI All Girl Division I 2020 UCA College National Finalist - Coach & Choreographer
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Communication

Coaches will create methods of contact to connect with both parents and athletes. Our primary forms of communication are the **BAND app for parents** and **GroupMe for athletes (dependent on age)**. **Parents and athletes must download these apps and keep the notifications on.** Email will be utilized occasionally.

While we strive for involvement from all parties, it is essential that status, position, and level of participation are not the topics of focus. As a support system for the athletes, parents and coaches will strive to set the example of high expectations and effective, positive communication.

Email: JPACcheer@gmail.com

Teams

Team sizes will be determined at Team Placements. The selection of each athlete to a specific squad will be contingent upon **skill level, effort, and attitude**. All athletes are expected to **maintain and enhance the skill level demonstrated at Team Placements throughout the entirety of the season**. With that being said, it is important to note that the needs of the team will be assessed continually by the coaching staff.

Team Placement Clinics

Clinics are *highly encouraged* for athletes to meet the coaches and practice their skills prior to Team Placements. These clinics will be in an open gym format where the athletes can practice, meet the coaches, and meet future teammates! The tryout cheer will be taught at each open gym session. **Before participation, each athlete must complete and submit the JPAC digital forms, the interest form, and bring a \$50 non-refundable registration and Team Placement fee. This \$50 covers all four clinics and team placements.**

*You may choose to sign up for any, all, or none of the clinics. The clinics and placements are all covered by the \$50.

Dates: August 20, 21, 27, & 28 (evening)

Team Placements

Team Placements will be a clinic-like setting where coaches will observe **skill level, effort, and attitude**.

Athletes only have to attend ONE of the Team Placement Evaluation dates.

After Team Placements, athletes will be assigned to the roster which the coaches believe the athlete will best succeed.

Team Placements Evaluations will take place August 22 & 29. Choose only one at sign up!

Team Placements will be posted on <https://www.jpacsports.com/> on August 30.

Team Placement Expectations

Appearance: Please wear appropriate athletic clothing: athletic shorts, tucked in shirt, cheer/athletic shoes, athletic socks, hair completely and tightly pulled back with a bow, no jewelry, no long fingernails, no fingernail polish, etc. Dress how you would look on competition day!

The following will be assessed during Team Placements:

- Attitude, Coachability, Work Ethic
- Motions: Technique, Wrists, Sharpness, Placement
- Jumps: Motion Technique, Approach, Height, Athleticism, Technical Skill
- Tumbling: Skill Level/Difficulty, Technical Skill, Execution, Cleanliness/Sharpness
- Cheer: Voice Clarity & Volume, Motions, Spirit, Presentation
- Stunting: Technique, Strength, Skill, Experience, Coachability

Fundraising

Parents are more than welcome to organize and promote these opportunities. Fundraisers must be approved before initiation. The creation of a Booster Club is a possibility.

Attendance

Athletes will attend all assigned practices and events and will arrive on time. Practice begins at the listed start time; this means that you must be dressed and ready, any before practice needs are taken care of, and phones are put away FOR THE DURATION OF PRACTICE. Tardiness will not be tolerated. **Practices may be added if necessary prior to a competition.** Please notify the coaching staff **immediately** in case of any conflict - please plan ahead as cheerleading is a team sport and all athletes must be present to fully practice. **In cases of emergency, please immediately contact the coaching staff. It is essential to be on time.**

Schedule

Tentative Competitions and Showcases:

- UCA Bluegrass Championship
 - Louisville, KY
 - November 7th or 8th, 2020
 - Approximately \$50 per athlete
- UCA Hoosier Championship (NHSCC Qualifier)
 - Pendleton, IN
 - November 22, 2020

- Approximately \$50 per athlete
- Indiana University College Nationals Showcase
 - Bloomington, IN
 - ~January 10, 2021
- Family & Friends Showcase Night
 - JPAC
 - February 2nd or 3rd, 2021
- UCA National High School Cheerleading Championship - **14U & 12U ONLY**
 - Orlando, Florida
 - February 4-8, 2021

The UCA National High School Cheerleading Championship is the premier event in school and recreational cheerleading. The **14U and 12U teams** will be attending and competing at this event, dependent on receiving a bid. This is an excellent opportunity for your athlete to watch our local Indiana teams compete and the ultimate preparation for them to reach that level! This is an event unlike any other.

The 2021 figures have not been released yet, but the 2020 figures for NHSCC were as follows:

- Off Disney Property: \$365 for commuter athlete registration. This includes registration for the competition and a three day park hopper that will be used to enter the Wide World of Sports complex as well as the parks.
- On Disney Property: \$671 for each person based on a room occupancy of four at Disney's All-Star resorts. This includes athlete registration, three day park hopper that will be used to enter the Wide World of Sports complex as well as the parks, Disney on-site transportation, entrance to the NHSCC parties in the parks, and a meal voucher.
- Travel to Orlando and to your resort must be booked independently. If there is interest, we can arrange to take the same flight for the program to travel together if possible.

Please keep in mind that we will practice upon arriving at Disney and athletes will be released for free time once their responsibilities to the team are complete. Don't forget we are there to compete first. But, we won't forget to have fun either!

*We will look into more local opportunities for the 8U and 10U teams to compete or perform.

This list will be updated upon further details becoming available. Competition and event dates are not yet finalized and are subject to change. Practices and events are subject to change at coach's discretion.

Expenses

Below the approximate costs and details are listed. All figures are estimated until further details become available. **These prices are separate from monthly tuition, which includes one tumbling class per week. Monthly tuition is \$175.**

Uniforms, Shoes, Practice Wear, & Outerwear will remain the same for multiple years when possible to lower the cost for the athletes. Unless an item is outgrown, damaged, or dirty, you will not be required to purchase a new version of the same thing.

*In future years, these payments will be dispersed throughout the year. Because of COVID-19, it has shortened our timeframes.

Expense	Estimated Amount	Due
Practice Pack (3 outfits)	\$150	Upon Team Placement
Head2Toe Package (Shell top, skirt, midriff, briefs, socks, shoes, bag, bow, poms)	\$250	Upon Team Placement
UCA Home Camp (required to qualify for NHSCC)	\$170	Upon Team Placement *Mandatory only for 14U & 12U
Choreography	\$100	September
Music, Song Rights, Editing Rights	\$50	September
VROC Clean Up Event	\$50	January *Mandatory only for 14U & 12U
Banquet & Awards	\$25	March

Total:	14U & 12U ~\$800 + Competition Fees & Coach Competition Fees	10U & 8U ~\$575 + Competition Fees & Coach Competition Fees
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Program Policies

By attending Team Placements, you are committing to the team and all practices and events. Other activities cannot conflict with practices and events. Attendance is mandatory to be fair to the entire team. Unexcused absences can result in dismissal from the team. In that case, no refunds will be given and you will be financially responsible for the remainder of the contract. There is a cancellation fee.

Non-coaches are not permitted to speak to competition officials or companies to discuss results, our teams, or another team.

Social media sites will not be utilized to talk negatively about our program, coaches, athletes, or anyone else. This will not be tolerated and may lead to disciplinary action.

Maintain a family atmosphere; there will be no yelling, arguing, or unprofessional behaviors.

Videos are to be taken only with the permission from staff. All videos must be kept private and off of social media unless otherwise advised by the coaching staff. This maintains the integrity of our routines.

Timeline

Team Placement Clinics: August 20, 21, 27, & 28

Official Team Placements: August 22 OR August 29 (choose **one** at sign up)

Practices Begin: Week of August 31

Coach Bio

Alex Martin Csiernik is the Head Cheerleading Coach & Cheerleading Director for the Radiance Cheer Club. She is also an Assistant Cheerleading Coach at IUPUI. Prior to

becoming a coach at IUPUI, she was a Head Coach at Hamilton Southeastern High School for two years, winning the 2019 Varsity A State Championship. As an athlete, Alex cheered at Greenwood High School and Speed Athletics. She cheered for four years at Indiana University on the Crimson All Girl Squad, winning the first two UCA College National Championship titles in school history in 2012 and 2013. After completing her degree in Secondary English Education, she became an Assistant Cheerleading Coach at IU. She assisted the team in winning two additional national titles, in 2014 and 2016. Alex is also a UCA Staff member working with athletes across the midwest at the middle school and high school levels.

Alex has four years of high school coaching experience as well as five years of collegiate coaching experience at the D1 and D1A levels. She is in her eighth year of teaching. Currently, Alex is an eighth grade English teacher at Mt. Vernon Middle School. Alex has a master's degree in Educational Administration, Supervision, and Leadership.