

## JPAC All Star Cheerleading 2020-2021 Program Manual

### Program Overview

All Star cheerleading is performance based and incorporates tumbling, stunting, pyramids, jumps, and dance in a fun, fast-paced routine set to music. We will attend competitions where you show off your skill set and compete against other All Star teams approximately 5 times per year.

Practices will be twice a week in addition to one tumbling class. This will prepare you to cheer in middle school, high school, and college. You can be any age and skill level to participate.

All Star Cheerleading is the ultimate sport for the competitive athlete. All of your skills can be showcased and progressed through All Star Cheerleading, from tumbling to stunting. This is a great opportunity to enhance and grow your skill set while making lifelong friends.

### Coaching Staff

Head Cheerleading Coach & Director: 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

### 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.

Email: JPACcheer@gmail.com

### Teams

Team sizes and levels will be determined at Team Placements.

The team size and level will be selected to set the teams up for success. We will be offering teams for all ability levels! This includes youth teams that travel only locally, all the way up to Worlds teams.

## Team Placement Clinics

Clinics are complete for the year, but that doesn't mean you can't be a part of the team! Email [jpaccheer@gmail.com](mailto:jpaccheer@gmail.com) for more information.

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## Fundraising

Parents are more than welcome to organize and promote these opportunities. Fundraisers must be approved before initiation. The creation of a parent-led Booster Club is an option that can be helpful. There are a lot of opportunities we can take advantage of to offset costs!

## 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! 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.**

## Schedule

Options for Competitions:

- America's Best Central Indiana Championship
  - Indianapolis, IN
  - December 12, 2020
  
- WSF Hoosier City Classic
  - Indianapolis, IN
  - January 30, 2021
  
- Jamfest Speedy Jam
  - Fort Wayne, IN
  - February 13, 2021

- Nation's Choice Indy Championship
  - Indianapolis, IN
  - February 28, 2021
  
- Jamfest Louisville Championship
  - Louisville, KY
  - March 6-7, 2021

This list will be updated upon further details being released. Competition & 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 \$180. Don't forget this INCLUDES the \$70 monthly tumbling class!

**ALL ITEMS WILL REMAIN THE SAME FOR THE 2021-2022 SEASON.**

**Uniforms & Outerwear will remain the same for multiple years 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 until we change items.**

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

<b>Expense</b>	<b>Estimated Amount</b>	<b>Due</b>
Practice Pack (3 outfits)	\$75	September
Uniform + Bow	\$250	September
Choreography	\$75	October
Music & Editing Rights	\$50	November

Total	~\$450 + Competition Fees	
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## Program Policies

By attending Team Placements, you are committing to the team and all 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. 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

Practices Begin: Wednesday, September 9, 2020

## Coach Bio

Alex Martin Csiernik is the Head Cheerleading Coach & Cheerleading Director for JPAC All Star Cheerleading. 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.

Handbook Development: Alexandra Martin Csiernik