

# JPAC All Star Cheerleading 2020-2021 Program Manual

## Program Overview

JPAC All Star Cheerleading consists of a driven group of individuals who love the sport and strive to compete at high levels. Being a JPAC athlete is an honor and a privilege and will be treated as so throughout the program.

This type of competitive cheerleading is performance based and incorporates tumbling, stunting, pyramids, jumps, and dance in a 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 7 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: 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.

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 and levels 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 tryouts 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.

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 novice and prep teams that travel only locally, all the way up to Worlds teams.

## 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! **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.

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, Leadership
- Motions: Technique, Wrists, Sharpness, Placement
- Jumps: Motion Technique, Approach, Height, Athleticism, Technical Skill
- Tumbling: Skill Level/Difficulty, Technical Skill, Execution, Cleanliness/Sharpness
- 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

Options for Competitions and Showcases (All options listed and **will be narrowed down after Team Placements** - we will try not to compete multiple weekends consecutively):

- WSF All Star Cheer & Dance Championship (D1 & D2 Summit + Worlds Bid Event)
  - Louisville, KY
  - December 4-6, 2020
- America's Best Central Indiana Championship (D1 & D2 Summit Bid Event)
  - Indianapolis, IN
  - December 12, 2020

- WSF Hoosier City Classic (D1 & D2 Summit Bid Event)
  - Indianapolis, IN
  - January 30, 2021
  
- Jamfest Speedy Jam (D1 & D2 Summit Bid Event)
  - Fort Wayne, IN
  - February 13, 2021
  
- Jamfest Spirit Jam (D1 & D2 Summit Bid Event)
  - Evansville, IN
  - February 20, 2021
  
- Nation's Choice Indy Championship (D1 & D2 Summit Bid Event)
  - Indianapolis, IN
  - February 28, 2021
  
- COA - Midwest National Championship (Worlds Bid Event - **Worlds Team ONLY**)
  - Columbus, OH
  - February 27-28, 2021
  
- Jamfest Louisville Championship (D1 & D2 Summit Bid Event)
  - Louisville, KY
  - March 6-7, 2021
  
- American Cheer Power Midwest World Bid Nationals (D1 & D2 Summit + Worlds Bid Event)
  - Columbus, OH
  - March 27-28, 2021

\*If prepared and receive qualification bid:

- The D1 Summit
  - Orlando, FL
  - April 29th-May 2nd, 2021

OR

- The D2 Summit
  - Orlando, FL
  - May 7th-9th, 2021

Worlds Team Only - If prepared and receive qualification bid:

- The Cheerleading Worlds
  - Orlando, FL
  - April 23rd-27th, 2021

This list is comprehensive of almost all opportunities in the area. **We will not attend all of these events.** 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 \$250.**

**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.

Expense	Estimated Amount	Due
Practice Pack (3 outfits)	\$200	Upon Team Placement
Shoes	\$89	Upon Team Placement
Bow	\$35	Upon Team Placement
Uniform	\$300	Upon Team Placement
Warm Ups	\$100	Upon Team Placement
Choreography	\$200	October
Music, Song/ Editing Rights	\$100	October
Banquet & Awards	\$25	Spring

Total	~\$1000 + 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 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.