

2024 - 2025 SEASON

# INFORMATION PACKET



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[dreamallstars.com](http://dreamallstars.com)



## **Welcome families!**

Thank you for your interest in our program. We look forward to an exciting 2024-25 season, and we would love for you to be a part of it! Below you will find some important dates and information to facilitate a seamless transition into the new season.

## **About Our Program**

Dream Allstars was formed by Andrea Needle, a mother of two (and later three) young cheerleaders who wanted an experience for her children that would teach them sportsmanship, teamwork, confidence, and values. In forming this organization, Andrea developed the following Mission Statement:

Dream Allstars is an organization predicated on the belief that the greatest value of sports lies within its ability to enhance the character, self-esteem, and physical well-being of its participants. While advocating the honorable pursuit of victory, Dream Allstars is dedicated to the creation of a sports environment that promotes and protects each of its athletes. Dream Allstars is unwavering in its commitment to excellence and has designed a program intended to produce athletes of unparalleled skills, and young men and women with unequalled character and spirit.

20 years later, we stand by that Mission Statement. We want to excel, but we also want to create a safe space for our athletes and foster a family environment where each athlete will develop not only elite cheerleading skills, but, more importantly, excellent character.

## **Our Ideal Family**

Our ideal family is comprised of people who:

- love cheer;
- want to be part of a team where the sum of the parts is greater than any one individual;
- wish to be part of an even larger family;
- strive to win but recognize that the experience is as much the journey as the result.

## Offseason Dates

### In-House Evaluations: May 13-17

Current athletes will attend their normal practice days and times, with half their practice reserved for evaluations. Interested athletes may request to come in during our in-house evaluations if they are unable to attend our tryout dates.

### Tryouts: May 18-19

- Saturday, May 18: 10:30 a.m. – 3:00 p.m.
- Sunday, May 19: 11:00 a.m. – 2:30 p.m.

Our tryout process is streamlined to make the experience quick, easy, and low-stress. Athletes will be expected to perform their highest standing tumbling pass, running tumbling pass, jumps, and a motion sequence. Athletes with no prior experience will be led through the tryout process by a coach. Leveled working group placements will follow the grid below.

<u>Intro to Cheer</u>	<u>Level 1</u>	<u>Level 2</u>	<u>Level 3</u>	<u>Level 4+</u>
<ul style="list-style-type: none"><li>• All tiny-aged athletes</li><li>• All 1<sup>st</sup> and 2<sup>nd</sup> year mini-aged athletes</li></ul>	<ul style="list-style-type: none"><li>• No specific skills required</li></ul>	<ul style="list-style-type: none"><li>• RO BHS</li><li>• Standing BHS</li></ul>	<ul style="list-style-type: none"><li>• RO BHS Tuck</li><li>• Standing 3 BHS</li><li>• Toe Touch BHS</li></ul>	<ul style="list-style-type: none"><li>• RO BHS Layout</li><li>• Standing 2 BHS to Tuck</li><li>• Standing Tuck</li></ul>
Athletes who perform RO BHS Full, 2 BHS to Full, and Toe Touch Tuck cheer tuition free in June & July (then receive 50% for remainder of season)!				

### Bring-A-Friend/Open Practice Week: May 20-23

This is an opportunity to come to a practice or two and work with our staff, meet some potential teammates and friends, and see what it's like to *LIVE THE DREAM!*

No friend in our program? No problem! Head over to our website and fill out our "Open Practice Week" Form so we can let you know which day to join us.

### Free Tumbling Clinic: Friday, May 24

- Session 1 (levels 1+2): 5:30 – 7:00 p.m.
- Session 2 (levels 3+): 7:00 – 8:30 p.m.

Come tumble with our top-notch tumbling staff for FREE! Sign-ups are first come, first served and are available on our website under our 24-'25 Season tab.

### Parent Meetings: May 29-30

- Wednesday, May 29: 7:00 p.m.
- Thursday, May 30: 7:00 p.m.

We will cover the gym policies, financial obligations, and other important program information. **At least one parent per family, both new and returning, must attend a parent meeting prior to their athlete's participation in the program.**

### **Summer Plans**

#### Leveled Working Groups: June 2-July 3

- Practice 2x/week – once on a weekday and once on Sunday.
  - Weekday practices will include 1.5 hours of tumbling training and 1.5 hours of cheerleading training.
  - Sunday practices will consist of cheerleading training for the entire 3 hours.
- Athletes designated as “flyer in training” will be required to attend a 1-hour virtual stretch class on Fridays (in-person option available) and will receive hands-on stretching during the final portion of practices.
- Level 4+ working group will have a mandatory 1-hour conditioning class on Fridays.
- Athletes can elect to crossover to a 2<sup>nd</sup> leveled working group, but note they are only eligible to cross down a level.

During the first 5 weeks of summer, we will build the foundation that will last for the duration of the season. The focus is to build athletes' foundations *up* to their corresponding level. Coaches will all follow the same curriculum, starting with level 1 skills. As athletes demonstrate mastery of each skill, coaches will begin introducing skills of increasing difficulty. Tumbling coaches will work on perfecting athletes' current skills and proceed to teach combos appropriate for the level of their working group.

The goal of this 5-week period is not to level every athlete up, but to improve and acquire skills at their current level. If an athlete's skills change during this 5-week period, the coaching staff reserves the right to change his or her placement.

### Team Placements: July 3

Team placements will be sent out via email. We will use the scoresheet and skill expectations set forth by USASF to determine which divisions and levels we will have. All placements will be made with the team's success in mind *first and foremost*. Factors that will play into the decision will include the athlete's:

- Age
- Tumbling skill level
- Stunting position and experience

Once our divisions and levels are set, we will begin to look at team needs to finish filling out the roster. Athletes with a specialized skillset or individuals who wish to crossover on to a second team will then be added to complete the roster.

### Team Practices: July 8-August 23

- Practice 1x/week – only weekday practices (new schedule).
- Flyers will continue their virtual Friday stretch class.
- Teams level 4 or above will continue to attend Friday conditioning.

The focus of team practices for the remainder of July will be to cover level-appropriate skills. This way, all athletes will receive the same training on the fundamental, level-appropriate skills prior to attempting advanced/elite skills.

In August, coaches will look to introduce more advanced skills to identify potential stunt sequences, as well as to finalize stunt groups for our routines. Tumbling coaches will be consulted on potential sequences and passes for all athletes. Our goal is to provide our choreographers with direction so our teams are able to begin run-throughs as soon as possible to hone technique.

### Choreography: August 24-29, August 31-September 2

- Teams' days and times will be sent as soon as they are finalized.

Choreography is generally a two-day process that can last approximately 8-10 hours. Breaks will be provided assuming the athletes move through the content quickly enough. Choreographers tend to move quickly and can be intense, so make sure your athlete is well-rested and ready to work!

Some of our younger, lower-level teams will receive in-house choreography. In-house choreography, done by members of our staff, is used for teams that are better served by a choreography process that does not demand mastery of a routine in just a handful of hours over two days. In-house choreography takes place over a greater number of days for fewer hours at once to aid memory.

## Policies and Expectations

### Attendance Policy

Given the collaborative nature of cheerleading, if even one athlete is missing, the entire team is compromised – stunts can't go up, formations are off, and the productivity of practice is severely diminished. Therefore, in fairness to the entire team, we will allow and excuse absences only under the following circumstances:

1. **A required school activity that results in a grade** (outdoor ed, for example). This does not include a heavy homework load or studying for an exam – we expect all athletes to manage their time as necessary to fulfill their obligations to both schoolwork and cheerleading on a daily basis. Nor does it include, for example, the talent show, a play, a dance, or any other school activity that is optional.
2. **Serious illness that is highly contagious and virulent, and/or vomiting.** Headaches, stomach aches, colds, etc., are NOT considered a serious illness and are not reasons for absences. Similarly, if your child is injured, she/he must still attend practice if only to watch. In addition, coaches reserve the right to request a doctor's note in the event of an injury requiring a prolonged absence.
3. **A religious observance involving the athlete or her/his immediate family.** This does not extend to observances for extended family or friends.

In fairness to the team, compliance with this policy is required. If your child has unexcused absences, she/he may not be allowed to compete with her/his team at the next competition or may be dismissed from the program.

While we recognize that your child cheers for fun, please remember that we are a competitive, not recreational, program. If you or your child cannot make the requisite time commitment or comply with our attendance policy, you should reconsider your participation in our program.

### Extra Practice Policy

While our goal is always to ensure each team utilizes practices to their fullest potential, there are occasionally times when a team will need to be brought in for extra practice prior to competition. These additional practices will always be scheduled with as much advance notice as possible. Just like regularly scheduled practices, these extra practices are mandatory.

### Late Policy

Athletes must arrive at practice on time. While there is no gym-wide policy regarding handling tardiness, each coach will implement a consequence for athletes who arrive late regardless of the circumstance. In previous years, coaches have implemented consequences such as tumbling skills or exercises per minute. Coaches will send an email prior to the first practice covering their individual policies.

### Social Media Policy and Communications

All parents and athletes reflect Dream and, as such, must represent the gym in a manner consistent with our principles. To maintain our desired reputation, all parents and athletes must refrain from the following:

- Speaking on behalf of Dream
- Implying organization endorsement of personal views
- Disclosing organization information
- Engaging in negative conversations about athletes (Dreamers or outside athletes) and parents
- Acting in a way that undermines the reputation or integrity of Dream, or brings discredit upon the organization.

We strive to provide easy access and clear communication via multiple platforms. Information will be disseminated through the following:

- Email – This is the only official mode of communication and must be checked on a regular basis.
- Facebook Group – This is a private group that will provide supplemental information, including reminders and Live videos.
- Team Group Chats – These are used for quick or imminent reminders, such as last-minute changes or meeting spots for competitions.

### Dream Logo, Image, and Likeness

Members are prohibited from commercializing or reproducing Dream's logo without prior approval of the owner.

## Competition Expectations

Competition days are always exciting, but they are also demanding and come with a strict set of expectations that are implemented to help the day run as seamlessly as possible. We want our athletes to have the best possible competitive experiences, and that begins with families complying with the protocols we have put in place that minimize competition-day stress and help set the teams up for maximum success.

Once a competition company has sent out its final schedules, we will send an email that includes each team's arrival time, performance time, and awards time. Our expectation is that all parents read their email *thoroughly* with the following points in mind:

- Arrival – Arrival times are mandatory! Athletes are to be at our designated meet spot, competition ready, with a coach by arrival time. Please take into account potential traffic, parking difficulties, and trouble navigating the arena when planning your competition day schedule.
- Appearance – We will require all athletes to purchase the designated eyeshadow and lipstick. Athletes will be able to use the blush, eyeliner, and mascara (and lashes) of their choice. We will do a tutorial and circulate pictures of our expected look. Please practice prior to competition day to ensure quality.
- Behavior – Athletes and parents are representatives of our program, particularly when in uniform or Dream gear, and must behave in an appropriate manner.
- Awards – Awards are mandatory. Athletes must be competition ready—including bow, lipstick, and cheer shoes—when we attend award ceremonies.

Competition days are long and draining, but please remember staff members routinely show up earlier and stay later as they have numerous teams and responsibilities. We will never ask you to do something we are not already doing!

## **Finances**

### Program Cost

Monthly fees are determined by each team's number of hours in the gym, and number and type of competitions. In addition to the cost of our program, there are associated costs with allstar cheerleading. Athletes will be responsible for their USASF fee, crossover fee (if applicable), uniform, bow, shoes, makeup, and travel expenses.



## Fundraising

We know that cheerleading can be an expensive sport. To help offset costs and make the program more accessible to a greater number of people, we offer fundraising opportunities throughout the year (additional fundraisers will be added). Proceeds from your fundraising efforts go directly to your personal account and may be used for the program cost of your choice.

- Double Good Popcorn – 50% profit
- Charleston Gift Wrapping – 40% profit
- Papa John's – 67% profit

If your account is in arrears, fundraising proceeds will first be used to bring your account current with any remaining amount then being designated to the program cost of your choice.

## Discounts

We also offer the following discounts with your registration:

- Refer A Friend: Tell a friend about Dream and receive a \$100 credit for each friend who joins our full-year program. The more friends you bring, the more money you save!
- Sibling Discount: If you have two or more athletes in our program, you receive 50% off the 2<sup>nd</sup> (and every successive) athlete's tuition.
- Level 6 Discount: Have an athlete with a two-to-full, running full, and jump to back? She/he will cheer TUITION FREE for the first two months and receive 50% off tuition for the remainder of the season.
- Pay in Full Discount: Pay your entire program's cost upfront and receive 10% off tuition (due by 1<sup>st</sup> practice).
- Group Discount: Come in a group of 4 or more, receive \$400 off! (Cannot be combined with sibling discount).
  - This is only applicable for first-year Dreamers

## Schedules

### Gym Closures

<b>Dates</b>	<b>Events</b>
June 16	Father's Day
July 4-7	July 4 <sup>th</sup> Weekend
August 31-September 2	Labor Day Weekend (Note: one team will have choreography this weekend)
November 28-30	Thanksgiving (Note: Practice resumes Sunday)
December 23-28	Winter Break
December 31-January 1	New Year's
January 20	MLK Day
April 14-20**	Spring Break**

\*\*Coaches reserve the right to schedule Spring Break practices\*\*

### Important Dates

<b>Dates</b>	<b>Events</b>
May 13-17	In-House Evaluations
May 18-19	Tryouts
May 20-23	Open Practice Week
May 24	Free Tumbling Clinic/Tryout Makeup
May 29-30	Parent Meetings
June 2 (Sunday)	First Leveled Working Group Practice
June 15	College Recruiting Clinic
June 17-19	School's Out Intensive
June 24-27	Mister Flip Tumbling Clinic
June 30	Last Sunday Practice
July 8	Team Practices Begin
July 15-17	Jump and Stretch
July 19-21	TumbleChef Boot Camps
August 5-7	Tumbling Clinic
August 24-29	Choreography
August 31-September 2	
September 8	Sunday Practices Resume

\*\*Additional clinics will be added at coaches' discretion\*\*

## **Contact Information**

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**Thank you for considering our program!**