



# HSC ALL-STARS 2017-2018

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Aloha! HSC All Stars - Hawaiian Style Cheer - is a competitive cheerleading program offered at Kidnastics, in Los Alamitos.

Our All-Star teams will compete locally and throughout the state in various regional, invitational, and National Championships. Teams practice a minimum of 2 days a week for up to 2.5-3 hours a practice and may consist of tumbling, stunting, jumping, dancing, strength conditioning and training to ensure our young athletes will be healthy and able to compete at a high level throughout the entire season.

HSC was started in 2007 by Cheryl and Chung Vuong, co- owners of Kidnastics Gymnastics. Cheryl is the current head coach for Los Alamitos High School where she has obtained several national and regional titles. In addition, Coach Cheryl serves as a regional and national Varsity Brands educator at local and out-of-state cheer

conferences. She also judges for high school, all star, and has judged for the sport of STUNT. Coach Cheryl and her staff are all certified through USASF, AACCA and CPR/First Aide.

This year marks our 10th anniversary season and the entire staff from HSC to Kidnastics can't wait to get started. We can't wait to welcome back our returning athletes as well as meet some new friends who will become a part of the HSC OHANA.

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## TEAM EVALUATIONS June 2nd & June 3rd

**\$35 Evaluation Fee for new HSC members & \$25 for Returning members (\$10 refer a friend/current HSC members)**

Friday 5-7pm & Saturday 1-4 pm

Coed for ages 5 & up

No experience needed

Team placement will be emailed on Sunday 6/4

Athlete's will be evaluated in small skill appropriate groups

Athlete's will be placed on a team based on appropriate age and ability

PRACTICES BEGIN WEEK OF 6/5

***NEW Parent Meeting on 5/30 7:30-8pm-Parent/guardian only***

Overview of program followed by Q & A with Direct

Returning parents are welcome but not required to attend.

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**To Register for Team Evaluations visit**  
**[www.kidnastics.net](http://www.kidnastics.net) or call (562) 431-1102**

**PAYMENT BREAKDOWN** \*Full-Season payment options available see Front Desk\*

ALL FEES PAID via AUTO-PAY	DUE DATE	All Levels
Part 1 Registration Fee	BY 6/2	\$75 + Eval Fee
Part 2 Registration Fee	BY 6/9 *Can pay both parts on 6/2*	\$305
Monthly Tuition 10 payments	7/1/17 thru 4/1/18	\$190
Performance Fee 8 payments	7/1/17 thru 2/1/18	\$185
Uniform Fee (top,bottom, capri,bow)	8/15/17	\$440 (returning members only \$55 for Capri if needed)

**FEE DESCRIPTION**

**Registration (part 1 & 2)**

Gym Registration & USASF fee  
 1st Months Tuition (June)  
 Athlete End of the Year Banquet  
 Practice attire

**Monthly Tuition (10 Payments)**

All Practices & Add-on Practices  
 In-Practice Tumbling/ skills & Summer Tumbling/skills  
 Free Open Floor

**Performance Fee (8 Payments)**

Competition Fees  
 Summer In-house Skills Camp  
 Choreography 2  
 Professional License Music  
 Coaching Expenses

**Additional Mandatory Fees**

- Warm-up Jacket approximately \$80
- Competition/practice shoes \$80-100 (if needed)
- Competition make-up \$30 (if needed)

**Optional Items**

- Team/program apparel orders taken throughout season
- HSC Glitter back pack \$40



## 2017-2018 Season Overview

**June** = Evaluations/team placement practices begin

**July** = Summer tumbling/skills classes

**August** = Skills practices & In-house skills camp

**September** = Choreography practices begin

**October** = Choreography Camp (ATTENDANCE IS MANDATORY)

**November** = Competition practices continue

**December** = Competition season begins

**January - April** = Competition season continues

**May** = Final Event Date/Location TBA

\*additional fees apply\*

## IMPORTANT DATES

### **JUNE**

6/5 - Practices begin

6/29 - Last practice

### **JULY**

7/1 - 8/6 - Summer tumbling

7/4 - No practices 4th of July

### **AUGUST**

8/7 - Team practice resume

8/18 thru 8/20 - Skills Camp

### **SEPTEMBER**

9/1 thru 9/4 - No practice Labor

Day Weekend

### **OCTOBER**

10/31 - No practice

Halloween

### **NOVEMBER**

11/22 thru 11/26 - No practice

Thanksgiving Break

### **DECEMBER**

12/23 -1/2/18 - Winter Break  
adjusted practices will be listed  
in google calendar

### **JANUARY**

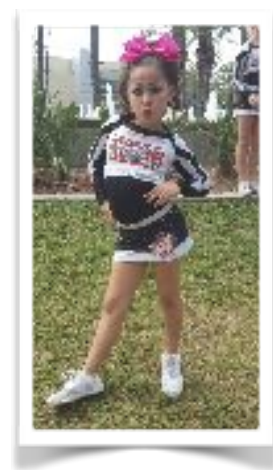
1/2/18 - Practice Resume  
A link will be emailed for the  
remaining 2017  
Calendar

## FREQUENTLY ASKED QUESTIONS

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### **What is the commitment for HSC?**

- HSC is about a year long commitment and consistent attendance is vital for the safety and success of the team thus all practices are MANDATORY.
- Absences are excused for sudden illness, family emergency, and a graded school event. In the event of an unexcused absence a **\$25 fine** beginning August 28, 2017 for ALL TEAMS (excluding Prep & Special Needsteams).
- All absentee request will be emailed 1 week prior to the date requested to [info@hscallstars.com](mailto:info@hscallstars.com). Include athlete first and last name, reason, and date of absence.
- For absence due to a sudden illness please call Head Coach immediately.
- In case of an injury or serious illness, please make sure to bring a Doctor's clearance note to the front desk in order for the child to be released to participate.
- All-Star cheer is the ULTIMATE TEAM SPORT! Pyramids, stunts, tumbling timing, and so forth cannot be executed if an athlete is consistently late or unexcused. Please make sure you are prepared and have a back up plan to bring your athletes to practices or performances.
- PRACTICES CANNOT BE MISSED 2 WEEKS BEFORE A COMPETITION.
- Any unexcused absences, tardiness, or early dismissals from competitions/performance, will be charged a \$50 fine and/or be removed from the program.



# FREQUENTLY ASKED QUESTIONS

## What is the commitment for HSC? Continued

- Summer tumbling/skills classes will be offered through 7/5-7/31 on select days/times, attendance during the month is mandatory, however athletes may schedule make-up skills classes through the front desk during this time to accommodate family vacations.

## How is the evaluation process done?

- Athlete's will be separated into small groups to be evaluated on tumbling, jumping, and flexibility. On the second day they will be placed in various groups for stunting evaluations.
- Evaluations are a STRESS FREE AND FUN environment. We try to place everyone at THEIR correct level so no previous experience is required BUT if we do not have a team for your athlete's level or age your registration fee will be credited.
- Team placement is under the discretion of the HSC Director and is non-negotiable. Please note, in the best interest of the team an athlete can be moved from one team to another at any time during the season.



## What can we expect from team practices/ skills classes?

- Practices are structured and may include tumbling, stunting, jumping, conditioning, and choreography.
- From June - Nov each team will be split into smaller groups for tumbling/skills class where additional staff will be focusing on individual skills development and team skills perfection.
- Athlete's must come to practice ready to work hard and listen to the coaches. Distractive behavior will not be tolerated and instances will be discussed with parents immediately.

## What are your procedures/policies for HSC?

- ALL HSC FEES are a fixed/full season price divided into 11 payments joining HSC after June 2017 will not result in any prorated Fees.
- HSC fees are non-refundable, non-transferrable, and will not be pro-rated at anytime even in the unfortunate event of an injury or illness.
- If an athlete "Quits" HSC after June 30th, 2017 a \$500 buy-out fee will be assessed in addition to any outstanding balances in your account.
- Unpaid balances will result in the athlete not being able to participate in practices, classes, privates, competitions/performances, and events until the balance is paid in full. If fees are still not paid, athlete will be removed from the HSC/Kidnastics program and the family will be responsible for all remaining unpaid charges in the athletes account.
- In order to receive any part of your uniform order, all fees associated with the items in question must be paid in full.
- Unpaid balances over 60 days will be referred to a third party debt collection agency. At that point all financial matters regarding your account will no longer be handled at this facility.
- In the event your credit card is reported in error or not valid when payment is processed, your account will be charged a "\$25 credit card decline fee" for EACH "declined transaction" in addition to the balance in your account.

## FREQUENTLY ASKED QUESTIONS

- Auto-Pay will be processed according to the dates provided in the Payment Breakdown grid on page 2 of this packet.
- To prevent any interruption of services like practice and competitions, please understand that your balance in your account must be CURRENT in order for continued service and participation with the team.
- For the continuity and integrity of the HSC program, athletes are not allowed to perform, compete, practice, or attend other gymnastics centers or cheer gyms.

### What are the expectations for a parent?

- Parent's are responsible for transporting their athlete(s) to and from local and out-of-state events and competitions.
- For the confidentiality and privacy of our HSC families, email addresses and phone numbers will be used exclusively for HSC communication purposes such as team rosters which are used mainly at competitions and other events.
- Please be prompt dropping off and picking up your athlete at practices or events.
- Leave valuables at home, HSC and Kidnastics are not responsible for stolen or lost items.
- Spectator travel expenses, entry fees, parking, etc. is the responsibility of each family.
- As of June 30th, ALL practices are closed for youth teams and above. Parents can observe during the last 30 minutes.

### What type of discounts do you offer?

- Family discounts = \$50 sibling discount for each additional child.
- All HSC members can enroll in Kidnastics tumbling classes which are offered on various days and times for a discounted fee, please call front desk for more details.
- Full-Season payment = \$100 off the season total must see front desk to apply payment.
- Crossover (athletes who participate in more than 1 team) & High School Athlete incentive (current competitive HS athletes who meet the skills requirement) are available again this season! Please email the Director at [info@hscallstars.com](mailto:info@hscallstars.com), for specific discounts and details.
- Soloist (athletes competing individual at select competitions/performances) Prices vary please email the Director Cheryl, if you are interested.



HSC Cheer Clinics going on NOW!

**Enroll Today!**

Standing Tumbling

Jump Class

Stunting 101

Running Tumbling

Fly Class

Stretch For Success

**562-431-1102**