

# CA Flyers Questions & Answers

**Q: What does Team Membership Include?**

A: All Administrative fees & team supplies (i.e., insurance and membership fees for participation, music players, cds, demo bows & mini/tiny bows, first aid kits, batteries, etc.) for the entire season.

**Q: Why is California Flyers worth it?**

A: Our family oriented program, staff and gymnasium are among the top programs Nationwide. Our instructors are trained in competitive gymnastics, cheerleading, and are leaders in the industry for safety & proper progressions. Our teaching and choreography styles are unmatched, and have been proven year after year by our award winning teams. You can see videos of our teams on our message board at [www.californiaflyers.org](http://www.californiaflyers.org).

**Q: Why are the uniforms the same this season?**

A: We wanted to afford our returning families a financial break. It also provides you the option to have prior used uniforms at a reduced cost. We change our uniforms every 2-4 years depending on the new trends of cheerleading. We have been judged on our appearance and style at competitions and are considered to be on the edge of INNOVATIVE NEW LOOKS!

**Q: Why is the monthly tuition different for "shooting stars" & "airforce" if they are both full-season programs?**

A: The difference in monthly payments is the amount of practice hours each week, amount of competitions, etc. Pick up our NEW 2010-2011 brochure which defines each program.

**Q: Will you have the same teams as last season (Starlets mini 1, Starfighters youth 2, Kamikazes jr 2, X-treme sr 4)?**

A: Our teams and the names we give them are based on the cheerleaders that join our program. Our teams compete at different levels each season, and the sizes of the teams can change from small to large depending on the levels and numbers of cheerleaders that join. We never know what teams we will have until after evaluations/spring training.

**Q: What is Spring Training and when does it start?**

A: Spring Training is an opportunity to work on your skills in preparation of the upcoming season. You will be sent an email after evaluations telling you the date and time of your Spring Training session. Spring Training will begin the week of May 10, 2010 and last 3 weeks (1 spring training session per week).

**Q: When do we find out what teams we are on, the practice schedule, and a holiday calendar?**

A: We will announce the Teams and practice schedule at our Welcome Party on May 23, 2010 (3-5pm at Gymcheer USA). We will also email you a password for our private team pages on our website which will post the team information.

**Q: What Level team will I be on?**

A: There are several factors that determine placement on teams, such as; tumbling, jumping, motion & dance technique, as well as, work ethic, desire, motivation, and ability. Also know that each team needs certain numbers of positions filled such as flyer, back base, etc. The coach will determine the level for the competing team by how many cheerleaders are on each team, and what the majority of cheerleaders' skills are. Small teams are 20 and under, and large teams are 21-36.

**Q: What are some advantages of being on a CA Flyers Team?**

A: Our team members excel 2-4 times faster than if they were to just take a tumbling class. Our members have consistently graduated from our program and made Jr High, High School, College and Open Teams of their choosing. We train all around cheerleaders, and teach them progressively so that they are learning at their level. There are always things to learn, and hills to climb, at the same time, there are pit stops along the way to smell the roses of accomplishments. As long as you are a CA Flyers member and the season is active, and your account is

kept current and balance free you are entitled to CA Flyers discounts on classes, open gymtimes and more. All discounts are listed on our Gymcheer USA pricelist at the Front Desk.

**Q: Are competitions mandatory?**

A: YES! In addition, it is mandatory for team members to be present at the practices the week before each competition. Details are listed in the Guidelines packet that will be distributed at the Welcome Party.

**Q: What if an emergency arises, or my child gets sick or injured before a competition?**

A: We register for competitions at the beginning of the season. This is why we divide out all the costs throughout the year. If we didn't, you would have to pay for the majority of the season within the first 3 months. There are no refunds for these costs (fees may apply-see annual guidelines). We recommend whatever situation arises with your cheerleader that you contact the front desk and coaches immediately. The team needs as much time as possible to make the necessary changes to the routine in order to still be able to compete safely. We will also need a doctor's note on file, and we recommend the team member still attend the practices and events, if able. This helps the cheerleader to remain a part of the team and the competition experience.

**Q: Are practices mandatory?**

A: Practices are extremely important as the team builds power, endurance, flexibility, tumbling, and trust with each other in stunts, so that they can be successful and safe. While we understand there may be times when you cannot attend, we also need to keep the team moving forward. We do expect that cheerleaders attend each and every practice. See notes below on Excessive Absences.\*

**Q: What if my daughter is sick on a practice day?**

A: All Cheerleaders are encouraged to participate as much as possible, so even if they come and walk through the routine with motions only, it is beneficial to the team. As well as, if they can show up to support the team with spirit and be there to visually see any changes to the routine. For things such as aches, pains, and just not feeling 100% we ask that you try to attend and see what you can do. When athletes move and get warmed up the blood flows better and endorphins are released and sometimes they naturally feel better.

If you are not practicing, we ask that you call us ahead of time to let us know so that the coaches can make adjustments to lesson plans (absences affect the entire team and what the team can practice).

\*Excessive absences will result in the team member not being trained as extensively as other team members. Therefore, for safety reasons, it will affect their position in the routine. and/or on the team.

**Q: Once the routine is taught will the cheerleader's part stay the same the rest of the season? What if the cheerleader's tumbling wasn't choreographed in, does that mean it never will be?**

A: No and no. The routine is constantly changing. For one reason, as the team gets stronger we will challenge them to get higher level tricks. We also never say never. If someone misses a practice and we are working on a pyramid or a stunt, and need 4 stunters, but only 3 showed up that day, we would have someone else take that position so we can work on it. It is up to the coaches' discretion if that part will remain with the new stunter or not.

**Q: Is tumbling incorporated into team practices?**

A: Yes and No. Summer training incorporates tumbling, motions, dance, jumps, stunts, strength and flexibility for the individual, and training in stunts for the team. Once the routine is taught, practice time is limited, and there is not much time before our competitions begin. From that point on, we will be teaching, upgrading and perfecting our routine. We do recommend tumbling classes in addition to team training (for Airforce teams Team Tumbling is included and required Sept thru March).

**Thank you for participating in the California Flyers All star Program! We look forward to adventures, new challenges and exciting events. If we missed a question that you want to know - JUST ASK ☺ !**