



STARS Athletics Parent Meeting-AGENDA August 30, 2014 @ 10:00am

I. Welcome & Introductions

- a. Overview of ELITE STARS Programs—2014-15 Season
- b. Board Members (present)
- c. Parents
- d. Facilities (Gymkhana, HEPD, CIA & AAA)

II. Program Goals & Athlete Expectations

III. Practice Schedules

a. Gymnastics

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|---------------|------------|----------|---------------------|
| i. Saturday | Girls L3/4 | Gymkhana | 8:45-10:15am |
| ii. Saturday | Girls L1/2 | Gymkhana | 9:30-11:00am |
| iii. Saturday | All Boys | Gymkhana | 9:00-10:30am |
| iv. Saturday | PreTeam | Gymkhana | 9:30-10:30am |
| v. Tuesday | Girls | Gymkhana | 7:30-8:30pm (Min=4) |
| vi. Thursday | Girls | CIA | 5:30-6:30pm |

b. Dance Technique

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|--------------|-----|----------|-------------|
| i. Wednesday | All | Gymkhana | 6:00-7:00pm |
|--------------|-----|----------|-------------|

c. Cheer

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|---------------|--------------------|----------|-----------------|
| i. Thursday | Team | CIA | 6:30-8:00pm |
| ii. Thursday | Elite Unified Team | CIA | 8:00-9:00pm |
| iii. Saturday | Team | Gymkhana | 11:00am-12:00pm |

d. Skating

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|-----------|-----|------|-------------|
| i. Sunday | All | HEPD | 6:50-7:50am |
|-----------|-----|------|-------------|

e. Power & Strength

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|---------------|--------------|-----|--------|
| i. Tuesday | All Athletes | AAA | 7-8pm |
| ii. Wednesday | All Athletes | AAA | 7-8pm |
| iii. Saturday | All Athletes | AAA | 12-1pm |

IV. Competitions & Other Opportunities (tentative-we are working on these meets)

- | | |
|----------------------------|--|
| a. September 12-14 & 19-21 | Tootsie Roll Drive-Glenview, Arlington Heights, Hoffman Estates, Schaumburg, |
| b. January 3 | STARS Holiday Party |
| c. July 8-12 | STARS Gymnastics Camp (Streamwood, IL) |
| d. August 1 | 22 nd Annual Hacker's Classic Golf Outing |

V. Fundraising

- | | | |
|---|------------|-------------------------------------|
| a. Yankee Candle | Chair: | Deb Walega |
| b. Carson's Days | Co-Chairs: | Diane Paradise |
| c. Entertainment Books | Chair: | Pam Jandura |
| d. Fun Pasta | Chair: | Paula Parat |
| e. Tootsie Roll Drive-All club | Chair: | Rick Nash |
| f. 22 nd Hacker's Classic-All club | Chair: | Patty Hermann, Chris & Pat D'Avolio |

VI. Paperwork & General Information

- a. **NEW FORMS: MANDATORY-EVERYONE MUST FILL OUT A FORM PER SESSION.**
- b. Contact Information
- c. Payments (*all payments are due by the 1st week of class & should be made out to PATTY HERMANN FBO STARS ATHLETICS*)
- d. Medicals (**Due October 1, 2014**)
- e. Uniforms, practice attire & team apparel

VII. Comments, Questions & Wrap Up

ELITE STARS SCHEDULE OF EVENTS

August 19, 2014

Aug. 30	Cheer, Gymnastics, Skating & Dance Parent Meetings
Aug. 30	<u>ALL teams uniform fitting MANDATORY-payments due @ the time of order</u>
Sept. 2	All fall programs begin
Sept. 12-14	Tootsie Roll Drive-Darien
Sept. 19-21	Tootsie Roll Drive-Arlington Heights/Palatine/Schaumburg/Darien/Glenview-NO
	PRACTICES
Oct. 5	Pep Rally @ CIA for Cheer
Nov.2	Cheer Power Cheer Competition (Dekalb, IL)
Nov. 9-10	Harvest Gold Figure Skating Competition (Joliet, IL)
Dec. 6-7	Champion Spirit Group Competition (Dekalb, IL)
Dec.7	Santa's Workshop Gymnastics meet-Gymkhana (Hanover Park, IL)
TBD	Stars Strongman Competition (Schaumburg, IL) AAA
Jan. 3	Meds/Entries due for State Winter Games
Jan. 3	Skating Competition (Franklin Park, IL)
Jan. 3	Elite STARS Holiday Party
Jan. 10	Twisted Cheer Competition (Tinley Park, IL)
Jan. 31	Champion Spirit Group Competition (Chicago, IL)
Jan. TBA	Stars Gymnastics Meet Gymkhana (Hanover Park, IL)
Feb. 7-8	GLCC Competition (Chicago, IL)
Feb. 8	Valentine's Classic (Grayslake, IL) Lake County Fair Grounds
Feb. 18-19 TENT	State Special Olympics Skating Competition (Romeoville, IL)
Feb. 21-23	The Freeze Figure Skating Competition (Glenview, IL)
March 7-8	Peter Vidmar International Men's Gymnastics Invite (Los Angeles, CA)
March TBA	Gymnastics Districts (Palatine, IL) Palatine High School
March 15-17 /TBA	Skating Competition-Districts
March 19-22	National Cheer Competition in Myrtle Beach
March 27-29	Applause Dance Competition
April 20	Spring Fever ISI Competition (Franklin Park, IL)
April 10-12	Rainbow Dance Competition
April 17-19	Hall of Fame Dance Competition
April 30-May 3	SO National Championships (Atlanta, GA)
May 15-17	Starpower Dance Competition
May 22-24	Showstoppers Dance Competition (Aurora, IL) Paramount Arts Center
June 12 & 13	State Special Olympics (Bloomington, IL)
July 8-12	STARS All Sport Camp (Streamwood, IL)
July 27	Conference Skating Championships (Bensenville)
August 1	22 nd Annual Hacker's Classic Golf Outing (Palatine, IL)

Watch for information about weekend practices for our new Power & Strength Team scheduled to begin in October with Coach Jason @ AAA

Knights of Columbus & Elite Stars Tootsie Roll Drive 2014

Dear Elite Stars Families & Friends,

It's time to get your Tootsie Roll Drive Volunteer Slot confirmed. The chapters that are confirmed to work with us to date & their representatives are listed below. **Please contact them directly.** Don't forget to tell them you are **representing the Elite Stars-Patty Hermann group.** Let's get everyone locked in early so I don't have to hound you.

I put forth a challenge to you all! The family that logs the most volunteer hours for the weekend will receive **FREE programs** for Fall, Winter & Spring Sessions! Must put in a minimum of 16 combined hours to be eligible. So, bring your aunts, uncles, brothers, sisters, cousins, get a sports team to help, classmates, form teams & get the peer coaches involved on your team...

Tootsie Roll Drive Information:

Families are required to volunteer for a minimum of 2-3 hours for the Tootsie Roll Drive on September 12-14 or 19-21. Westmont is also doing it the week before on 9/12 & 14. When you contact the chapter you select ask them their specifics. They will report back to us with the names of our volunteers.

We have partnered with several councils & you can go to which ever you choose. Each chapter has been very generous to us over the years so I hope that we can continue to work with them. I tried to get locations in various suburbs to spread ourselves out. I did this to provide more access for families to get their relatives & friends to help out.

We average \$50 per hour per person; therefore, if you cannot donate 2-3 hours of your time we are asking for \$150 donation to the program in exchange for your hours. We do not have corporate sponsors, a grant writer or receive large donations to subsidize what we do; therefore, the few things that we do ask you to participate in are the only things we do as an organization to keep us going. If you'd like to volunteer to increase our fundraising efforts—I welcome you with open arms!!!

When you contact these individuals you need to tell them that you are with the Elite Stars & the following:

1. What day
2. Corner or store or church
3. Morn, Mid-day or afternoon/evening
4. Contact info

Schaumburg & Hoffman Estates:

Jim Manfre

(847) 209-0999

jimmanfre@yahoo.com

Corners and stores on Friday and Sat.

Churches on Sat and Sun.

Sept. 19 & 21

Westmont & Downers Grove

Cliff Grammich, Chairman, ID Fund Drive

K of C Council 3738

(630) 541-5306 (home)

c.grammich@comcast.net

Sept. 12-14 & Sept. 19 & 20

Glenview:

Rick Nash

(847) 651-8718

rick.nash@comcast.net

Sept. 19 & 20

Arlington Heights:

Randy Baker

K of C Council 4483

Home (847) 255-6503

Cell (847) 502-1708

rlbaker27@gmail.com

Sept. 19 & 20

Palatine:

Bernie Bojarski will be the contact person. His e-mail is

bjbojarski@sbcglobal.net

Phone is 847-707-0818

Sept. 19 & 20

Elite Stars Athletics

2014-15 Information Sheet

1. Programs begin the last week in August or the first week in September.
2. All sport meeting @ Gymkhana on Saturday, August 30 @10:00 a.m.
3. **Fees. All fees are required to be paid by the 1st week of programs.** Athletes that do not pay their fees will not be allowed to compete and/or participate. All uniform & program fees are expected to be paid as the program cannot afford to assume the cost of those that do not pay. **All checks will be made out to: Patty Hermann FBO Stars Athletics**
4. **Uniform fitting.** ALL team athletes (those that will be competing on any of our teams (Cheer, Dance, Gymnastics, Skating or Strength) will be fitted for new warm ups & uniforms on August 30 @ 10:00 a.m. @ Gymkhana.

Team apparel is mandatory if competing on our teams. Items with an (*) next to them are your expense. Please bring your checkbook to make a payment for your uniforms. All checks will be made out to: Patty Hermann FBO Stars Athletics

All athletes will receive various pieces of clothing, bags... throughout the season which will be purchased by the program. These items are to be used for STARS events only.

- a. **Cheer:**
 - i. Wearing their same uniform from 2013-14*
 - ii. Will need cheer shoes if they do not have them*
 - iii. Wearing their warm ups from last year-MANDATORY
 - b. **Dance:**
 - i. You will be fitted later on for your costume*
 - ii. Will need dance shoes if you do not have them*
 - iii. Wearing their warm ups from last year-MANDATORY
 - c. **Gymnastics:**
 - i. Females: long shelve leo purchased in 2013-14; if you need one you will need to order one.
 - ii. Females: will be ordering **NEW tank leos**-you will be fitted.
 - iii. Males: competition uniforms purchased in 2013-14; if you need one you will need to order one.
 - iv. Wearing their warm ups from last year-MANDATORY
 - d. **Skating:**
 - i. Your costumes will be determined by your coach later in the season*
 - ii. Wearing their warm ups from last year-MANDATORY
 - e. **Strength:**
 - i. Wearing their warm ups from last year-MANDATORY
 - ii. All athletes will be fitted for a new tank top & shorts-which will **need to be purchased.**
5. **Medicals.** All athletes are required to complete the Special Olympics Medical Form. You can download it from our website in the download section. Original signatures must be presents & NO DOCTORS stamps will be accepted. These are the STATES rules. **All team medicals are due by October 1, 2014.** PLEASE respect this deadline as we get into a lot of trouble tracking folks down if you do not get your medical in on time. Thank you in advance for your help.
 6. **Fundraising.**
 - a. **Individual fundraising** will be available for all athletes. One hundred percent of these funds will go into your athletes account to offset their fees, uniforms, competition fees, travel expenses... You can choose to use your account how you see fit.
 - i. **Yankee Candle**-Deb Walega
 - ii. **Fun Pasta**-Paula Parat

- iii. **Carson's Days**-Diane Paradise
- iv. **Entertainment Books**-Pam Jandura
- v. **Tootsie Roll Drive**-Rick Nash

- b. **Organization fundraising will also be done for all athletes & coaches.** Our program requires 100% participant/family participation for success. There are a few large scale events that we will offer this year to offset our expenses & fund the peer coach program.
- i. **Hacker's Classic**-Patty. All families will be required to assist in getting raffle prizes, baskets, 4somes of golf, gifts, cash donations from companies, hole sponsors... A \$25 minimum gift is required per athlete. Assistance with the day of event is also needed. If interested, contact Patty. phermann@elitestars.org
 - ii. **Stars Club-need chair.** All families will be asked to send out 10 invitations to family & friends to join the STARS CLUB which will be the official booster club of the Elite Stars Athletics Program.
 - iii. **Elite Booster Club**-Diane Paradise & Deb Walega. Take care of all athlete individual accounts.
7. **Schedule.** You can check the website for schedule changes & updates. The website is updated daily if needed.
- Practice Schedules**

Gymnastics/Cheerleading/Skating/Dance/Strength Athlete-Parent Commitment

The vision of the **ELITE Stars program** is to develop each team through competition, travel, and the experience of being a part of a team sport for the intermediate to advanced level athlete. Becoming a member of a STARS team requires that you make a personal commitment to your coach and teammates; and that you will dedicate yourself to providing the time, energy, and skill level required of a team member. Any person missing from a practice or performance can affect the team's performance. Being a member of a team can be a very rewarding experience.

There are, however, rules and procedures to follow to maintain a competitive team. The athlete must comply with all the following requirements contained in this document.

1. ELIGIBILITY

- A. **Gymnasts-USAG.** All team members must be eligible and registered as USAG members. Athlete is responsible for annual fee if required to join from the meet director.
- B. **Skaters-ISI.** All team members are required to register as members of the Ice Skating Institute (ISI) and maintain current membership status. Athlete is responsible for annual fee.
- C. **Athlete Expectations.**
 1. **Figure Skating.** Skaters are encouraged to take a minimum of 1 lesson per week from a Figure Skating coach to increase individual skating ability and attend a 1 group lesson.
 2. **Gymnast.** Member of Stars Team must workout at least 1-2 times per week. Saturday with team & are encouraged to take another strength or gymnastics workout during the week. Additional fee is required.
 3. **Cheerleading.** Member of a competitive cheerleading team must practice at least 2 structured sessions per week, or as indicated on the team schedule. Cheerleaders are expected to compete as a team; therefore, if you do not want to compete than cheer is not for you. This team wants to advance to worlds-therefore, there will be expenses & fundraising required to get the team there.
- D. **Team Placement.** The coaches will make all initial team placements. Skills assessment at the appropriate level is not a guarantee of placement on a particular team or in a position on a team. All teams will comply with age and skill tests as required. Overall sport specific ability, stamina, strength, maturity, and ability to learn quickly and adapt to last-minute changes are also factors taken into consideration in selecting team members.
- E. **Skills Assessment.** All athletes must have successfully undergone the current season's skills assessment in each sport to ensure that they are keeping up. Just because an athlete is at one level the previous season does not automatically mean they will stay at that level the next season.
- F. **Injury and/or Prolonged Absence.** In the event an athlete requires a prolonged absence from fulfilling these contract obligations due to injury, illness or other circumstance Elite coaches will determine the best solution for the team & athlete.

2. PRACTICE

- A. **Skating-On-Ice Practice.** All team members are required to be in proper attire 20 minutes prior to on-ice practice. The skater will be held accountable for late arrival. Parents are encouraged to make sure the skater arrives on time. All team members shall be lined up outside the rink entrance box two minutes before scheduled ice time waiting to take the ice. Attendance at on-ice practice is mandatory.

- B. **Skating-Off-Ice Practice.** Off-ice practice is required as determined by the coach during the skating season. Attendance at off-ice practice is mandatory. The skating team trains at AAA & has 3 options to choose from: Tuesday, Wednesday or Saturday.
- C. **Gymnastics/Cheerleading.** All team members are required to be in proper attire 10 minutes prior to gym workouts. The gymnast/cheerleader will be accountable for late arrival. Parents are encouraged to make sure that athletes arrive on time as late arrivals disrupt the continuity of practice. All athletes should wait in the waiting area to take the gym. Attendance at weekly workouts is mandatory.
- D. **Attendance.** Attendance is mandatory at all practices and training sessions. If an athlete is ill, or is unable to attend practice for any reason, you MUST text/email the Head Sport Coach or Program Director prior to practice. If the athlete is injured, the athlete is expected to attend and observe the practice unless excused by the coach.
- E. **Practice Dress Code.** The practice dress code as specified at the beginning of the season will be enforced. It is the coaches' responsibility to enforce the dress code. Hair must be pulled back with elastic bands. Bobby pins are PROHIBITED. Jewelry is not to be worn during practice or competition. In the event of newly pierced ears, please be advised that earrings are prohibited in competition and you will be required to remove them (so please plan accordingly to the competition schedule). Bellybutton rings and tattoos are not preferred, but if present, make sure they are not seen at any time. Athletes not meeting dress codes may be assessed a penalty to be determined by team the coach.
- F. **Adult Supervision.** There are NO Parents and/or family members allowed in the areas of training when programs/teams are training (these individuals are not covered by insurance). Parents of minors must have consenting adult supervision for their athlete if no parent is able to attend. *The adult consenting to be responsible for the athlete cannot be the coach.*

3. COSTUMES and EQUIPMENT

- A. **Skating-Competition Costume(s).** Each skater is responsible for the care of their costumes while said costume is in their possession and is financially responsible for the cleaning and/or repair of the costume, if it is damaged while being worn on the skater (on-ice skating accidents excluded). There will be no food or drink allowed, except water, while wearing costumes.
- B. **Skating-Tights/Tape.** Skaters will be required to purchase a specified number of tights. If the tights are damaged or lost, it will be the skater's responsibility to purchase additional tights. Skaters must have a minimum of two pairs of tights at all times. Skaters are responsible for their own booth tape if needed.
- C. **Gymnastics-Competition Uniform(s).** The team competition uniform is mandatory for all competing athletes and is the responsibility of each athlete. Males will require competition shorts, tank leotard and white socks and pants; females will require a tank leotard, long shelve leotard and appropriate under garments/support bra without racer back, colored briefs to match the body of the leotard. Hair accessories are also included. All team uniforms are the financial responsibility of the athlete and are not optional.
- D. **Cheerleading-Competition Uniform(s).** The team competition uniform is mandatory for all competing athletes and is the responsibility of each athlete. The team will purchase custom fit uniforms for each athlete. Hair accessories are also included. All team uniforms are the financial responsibility of the athlete and are not optional.
- E. **Workout Attire.** Each sport requires specific attire that is appropriate for practice. Athletes should not wear baggy shorts, tee shirts and/or any other type of clothing that could result in poor spotting and/or getting caught on apparatus.
- F. **Team Warm-Ups.** Athletes will be required to purchase and wear an official team warm-up suit, and/or jacket and/or fleece jacket.

4. COMPETITIONS

- A. **Attendance.** All members of the team are required to be at all competitions and performances if they have committed to those events. Events that have a scratch deadline and incur a fee will result in the fee being transferred to the athletes account. Dates of all competitions and performances will be provided early in the season. Please be aware that our team can sometimes enter local competitions on short notice. If you anticipate a problem that could result in not being able to attend an event, **THE COACH MUST BE NOTIFIED EARLY IN THE SEASON.** Last minute notification of unavailability can result in the athlete being scratched from upcoming event.
- B. **Athlete Selection.** Not all athletes will get invited to attend all competitions. Ultimately it is the coaches' decision on who is named to the competition roster. Please be aware that these decisions are not personal, but are made with the best interest of the team in mind. **The coaches are not obligated to defend themselves against their decisions; they are the coaches and have the final say.**
- C. **Competition Travel.** Arrangements will be made by Program Director and/or Head Coach for all team members to stay at one hotel. All athletes must stay at this hotel unless special arrangements are necessary and have been approved by the coach. Parents are welcome to come, however, if a parent comes and an athlete stays with the parent than the parent is responsible for the athlete 100% of the time and will not be included in team transportation and team functions.
- D. **Competition Dress Code.** All athletes are required to arrive at the competition/exhibition facility dressed in their team warm up unless told otherwise. It is the team coaches' responsibility to enforce the dress code.
- E. **Jewelry.** Jewelry is not to be worn during competition or practice. In the event of newly pierced ears, please be advised that earrings are prohibited in competition and you will be required to remove them (so please plan accordingly to the competition schedule). Bellybutton rings and tattoos are not preferred, but if present, make sure they are not seen at any time during competition or practice. **NO NAIL POLISH.** (*Hands or feet*)
- F. **Adult Supervision.** Parents of minors must have consenting adult supervision for their athlete if no parent is able to attend. *The adult consenting to be responsible for the athlete cannot be the coach.*

5. FINANCIAL OBLIGATIONS

- A. **Program Fees.** Program fees cover the following team expenses:
- Weekly team practice
 - Weekly coaching fees
 - Miscellaneous team/sport expenses as affordable
 - Administrative operations costs
 - Insurance

Program fees are assessed on a session basis and are due promptly at the requested stated date as listed on the payment form. **Program fees are NOT prorated** in the event an athlete joins the team/session at a later date. **A late fee of \$25 will be assessed on payments postmarked after the date shown on each payment coupon.**

Failure to pay on time will result in your athlete being dropped from the program.

- B. **Fundraising.** Athletes will be required to actively participate in team fundraisers as designated by ELITE Foundation and/or fundraising committee. Each fundraiser has a minimum profit to be determined, with the option to buy out that fundraiser at a designated price to be determined for each fundraiser, not to exceed \$150 per athlete per season per sport. **No athletes are exempt from any fundraising obligation.**
- C. **Volunteering.** Each family is required to volunteer for team hosted events that assist in revenue generation and/or service opportunities for each team. If choosing not to volunteer, you may pay \$150 annually to remove yourself from the volunteer event list. Volunteer opportunities (additional opportunities will be added throughout the season). **Families are required to volunteer for a minimum of 2 different events annually.**

6. GENERAL BEHAVIOR

An athlete violating any of these requirements may be assigned to probationary status as determined by the coach.

- A. **Captains.** A minimum of two captains will be selected with input by the athletes and final approval by the coach at the beginning of the season. Captains are responsible for conducting warm-up under the coach's direction; and any other additional support required by the coach(s). Athletes are expected to follow their captains' direction. Captain status is a privilege and may be revoked by the coaches if circumstances warrant.
- B. **Behavior.** Good team spirit grows from respect for each other. Constructive suggestions after practice or when requested are always welcome. No socializing in practice. **NO GUM.** Foul language, public displays of inappropriate behavior, and derogatory statements about another team member, routine or coach are prohibited by both athletes and their parents. Should a behavior problem arise that cannot be handled by the coach, the matter may be taken to the ELITE Board of Directors. You must give the coach and/or captains your full attention, listen to instruction, be ready to move quickly to your position/station, and do your best every time through the routine/practice. Athletes must behave properly at all times, especially when in team uniform. Illegal drug use, underage drinking, or underage smoking is prohibited and is grounds for dismissal and your commitment fee check will be cashed. Smoking and/or alcohol consumption by athletes of legal smoking age and/or drinking age is also prohibited when in the presence of the team or at any time during the competition.
- C. **Cellular Phones.** Cellular phones are not to be used at any time during official team business, in the dressing rooms, during competitions, or when traveling with the team after the designated curfew time. Athletes will be required to turn off their phones.
- D. **Management Support.** Parents and athletes must realize the necessity of supporting and offering encouragement to the team management staff in their endeavor to provide service to the teams. The coach cannot handle all of the responsibility of running a team, and the coach, therefore, depends upon her/his team management support from ELITE Foundation. Team coaches shall be treated with respect. Please be willing to give of your time and attention when called upon to volunteer.

7. COMMUNICATION

- A. **E-mail.** Every athlete's family must have at least one valid e-mail address that is provided to the team coach. E-mail is the primary contact with the STARS and each sport. Each athlete will be responsible for the information sent by e-mail. Information provided by e-mail will be posted on the Elitestars.org Website on a regular basis, but not necessarily the same day the e-mail is sent. Athlete's family may submit multiple e-mails to be included in each team's distribution list.
- A. **Team Coaches.** Team coaches are responsible for the smooth and successful operation of the team. They do this by maintaining team records, disseminating information and acting as a liaison between parents and the coach, the ELITE Head Coach Board Liaison and the ELITE Board of Directors. Parents are encouraged to bring ideas and/or issues to the team coaches. **Please remember that our staff is volunteer & they are here because they truly want to be here to work with your athlete.**