

# Natural Venom All Stars 2022-2023 Competition Team Handbook

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**Come join the BEST family in the PNW!**

Natural Venom staff has put together the following informational packet for each family to understand the financial and time commitment it takes to be a part of our competitive program. At Natural Venom, safety is our top priority. All of our coaches are USASF (United States All Star Federation) certified, USASF Professional Members and First Aid/CPR trained. In addition, our coaches undergo continuous training to maintain and enhance their already high level of experience training.



The entire coaching staff at Natural Venom wants every athlete to reach their individual goals and for every team to be successful on the floor. Our focus every year is drilling technique and demanding a higher level of execution for an athlete to make a particular level or team. This will lead to better overall tumbling quality, resulting in higher execution scores at competitions. More importantly, our athletes will be much safer at practices and at competitions because they will be executing skills they can consistently complete with strong technique. We follow the USASF level system because it trains athletes to become stronger and conquer skills while keeping safety as the top priority.

We set our standards high to make sure each athlete is put on a team where their skills will match the rest of the team and to make sure each team is set up to have a successful season. The athletes who perform ALL the required skills with GOOD technique will be placed at the appropriate level first. After creating the teams with those athletes, we will then start placing other athletes on the team that may not have every skill at that level.

Please keep in mind there will always be exceptions to team placement guidelines. We ask in advance for your trust that the coaching staff will create a successful environment for the athletes, the teams, and the program as a whole.

Our full year competition teams are for athletes ages 3 & up! Our prep team for ages 3-18 will start in the fall. Information for our prep program will be sent out and posted mid Summer.

## Facility Address & Contact Information

3610 S. Pine St. Suite B  
Tacoma, WA 98409  
[www.naturalvenomallstars.com](http://www.naturalvenomallstars.com)  
[info@naturalvenomallstars.com](mailto:info@naturalvenomallstars.com)

*Come join the VENOM ARMY!!*

# Important 2022-2023 Season Dates

\*Please note these dates in your calendar\*

## IMPORTANT GYM CLOSURES:

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**Gym Closed May 30th: Memorial Day**

**Gym Closed July 4-8th: 4th of July holiday**

**Gym Closed August 1-5th: Summer Break**

**Gym Closed August 29th-Sept 5th: Back to School/Labor Day break**

**November 23rd-27th: Thanksgiving Break**

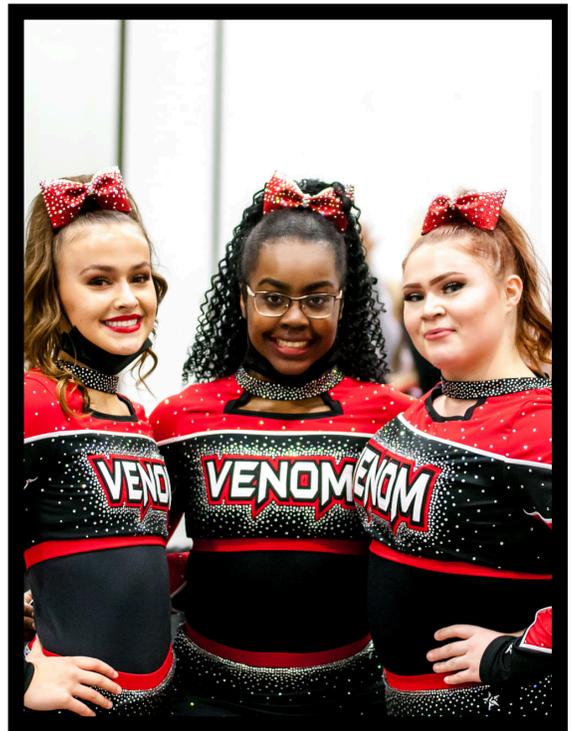
**December 21st - Jan 1st: Christmas Break**

## Important Summer Dates:

**\*Skills Camps-  
August 12-15th**

**\*Choreography Camps-  
September 9-11th &  
September 16-18th**

**\*Please note Choreography on Fridays will be  
AFTER school.**



## Summer Training

If your athlete wishes to return to Natural Venom into the future, he/she is required to complete the full summer of training starting with the first week of practices. **ATHLETES WILL NOT BE PERMITTED TO RETURN TO A TEAM IF THEY CHOOSE TO "TAKE THE SUMMER OFF"!!** This type of attitude is not tolerated. We will continue to uphold this policy in the interest of fairness to all of the athletes, parents and coaches who work hard to develop skills and teamwork over the summer.

Please note: We **WILL** accept **NEW** athletes into the program throughout the summer from outside of the gym, including athletes who move into the area or did not know about Natural Venom at tryout time, if they are athletes who can help to build our teams. Competitive cheerleading is a **YEAR ROUND** commitment. If taking the summer off and resuming cheerleading in the fall is a better option for you, please ask us for more information about our tumbling classes and/or Prep program.

# Tentative Competition Schedule

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*Every year in our packet we release our tentative competition schedule for our families.*

*Here is our 22-23 Competition plan as of right now...*

*\*we plan to have our final dates out to everyone by September 1st, 2022.*

*\* Tiny/Mini teams will attend 3-4 events for the season.*

*\* Showcase will be in late Nov/early Dec*

*\* Potential local event(s) in December before Christmas break*

*\*Attend local events (no more than 3 hour drive) in January/February*

*\*March- potential travel Nationals (NCA, Jamz or Anaheim, Junior and Senior teams only)*

*\*April- Sea 2 Sky in Vancouver, US Finals, Canada and/or Worlds-Summit*

*\* NEW- Regional Summit potential in Anaheim for Youth team in Mid-April.*

# COMPETITION SEASON PRACTICES

\*100% MANDATORY!\*

Please note, even though we do not take our routines out of the gym until November/December, the Natural Venom competition season officially starts IN THE GYM with skills and choreography camps as well as regular practices. August, September, October, and November are some of the MOST IMPORTANT months since this is when we fine tune choreography, create stunt sequences, set goals and PREPARE our teams for actual competition. Keep in mind that although parents/supporters may not see the competition routines until much closer to the actual competition days, OUR competition season for athletes and coaches starts long before anyone else sees the finished product. We do not put great routines on the floor by accident – this happens with a strategic approach, goal dates for teams and coaches, and 100% commitment by all athletes and parents from August forward.

## ATTENDANCE POLICY

100% attendance! At Natural Venom we believe that teams becoming great by working together. Because cheerleading is a team activity every team member must be present in order for the team to be successful. If your child missed numerous practices they may be removed from their spot on the team.

## INJURY POLICY & ATTENDANCE

If your child has an injury or becomes injured, they must submit a doctor's note detailing the nature of their injury, restrictions and the time of recovery recommended. If an athlete is injured, they must still attend practice, although they may sit out of some or all activities in accordance to doctors orders.



## ACTIVITIES & EXTRA CURRICULAR SPORTS

If your child chooses to participate in other activities/sports, we require that Natural Venom All Stars be their first priority. When there is a conflict, it needs to be communicated immediately to the coach(es), in order to come up with a solution.

## WITHHOLDING CHEER AS A PUNISHMENT

Natural Venom All Star families must agree to not withhold participation as a punishment tool, as they would use, "taking away television or internet", or "not going out with friends". This is because every member of a team depends on every member's participation. Natural Venom All Stars is committed to working with parents in order to handle scholastic and behavior problems. A parent withholding participation, as punishment not only punishes their child, they also punish all the other children on their team. We do respect that a parent has the right to discipline their own child, but they do not have the right to punish the other children and families who have worked hard and invested their time and money.



## **EXCUSABLE ABSENCES**

1. **FAMILY EMERGENCY/DEATH IN THE FAMILY.** If you have an emergency situation that arises suddenly, please notify us of your child's absence as soon as possible to allow us the most time possible prior to their practice time(s).

2. **SCHOOL EVENTS** that affect your child's grade in a class AND CANNOT BE RE-SCHEDULED OR MADE UP in another way. This does not include studying. Please note that your athlete's schedule and homework are no more or less important than those of their teammates. Every athlete at Natural Venom has homework and school projects that are both planned ahead for and that come up unexpectedly. Missing practice to do schoolwork is not acceptable or fair to other athletes. It is your child's responsibility to learn time management. They must PLAN their study times around practice times.

3. **SERIOUS ILLNESS** If your child is actively throwing up or seriously contagious, we do not want them to participate in practice. Please notify us no later than 2pm the day of practice if your child is seriously ill. In some cases we will request that your athlete attends practice and sit on the side. Only in extreme cases will your child be excused and we will usually request a doctor's note.

\*Please note: Excessively or dishonestly using "sickness" as a reason to get excused from practice will not be tolerated and will be grounds for dismissal from the program.

4. **FAMILY VACATION\*** Family vacations/trips out of town will be excused in May, June & July.

\*Family Vacations/Out of Town trips during competition season (August-April) could adversely affect your child's position in a routine and/or their opportunity to participate altogether. Please see your coach directly if you have a previously scheduled conflict during these months.

## \*\*NON-EXCUSABLE ABSENCES

- \*Studying/School projects
- \*Back to School Night or Parent/teacher conferences
- \*Using practice as Punishment for your child
  - \*Work (parents or athlete)
  - \*Lack of transportation
- \*Activities with friends or birthday parties
  - \*Family visiting in town/family activities
- \*Voluntary school events such as a talent show, powder puff football, etc.
- \*Anything that does not fall under the "excusable reasons to miss practice"



\*\*If your child has an ***unexcused*** absence during the two weeks before a competition, that is grounds for removal of the athlete from the competition routine for a minimum of 1-2 competitions. If this occurs we MAY or MAY NOT work the athlete back into the routine, depending on what is best for the entire team. Competition fees that we pay for your child will be applied to their replacement for those competitions.

\*Absence request form may be filled out online. This form must be submitted online 2 weeks before requested absence. Please note not all absences will be granted.

## Natural Venom 2022-2023 Tuition & Cost Information

- Tuition fee due on the 1st of the month, Comp/Travel and gear fees due on the 15th of each month

-Monthly fees includes: Gym fees, Coaches fees, competition fees, music fees, camp fees, choreography fees.

\*Please contact our offices about sibling discounts

### **USASF All Star Elite Divisions - Youth Team**

<b>Month</b>	<b>Gym Tuition- Due on 1st</b>	<b>Comp/Travel Fees Due on 15th</b>	<b>Gear</b>
May	Registration fee due- \$50 early bird, \$60 on-time, \$75		
June	\$125.00	\$265 *includes camp fees	\$80 Camp gear (includes 3 T-shirts)
July	\$125.00	\$265 *includes camp fees	
August	\$125.00	\$265 *includes choreo fees	
September	\$125.00	\$265 *includes choreo fees	\$275 Uniform Deposit
October	\$125.00	\$110.00	\$35 Bow, \$49 USASF membership
November	\$125.00	\$110.00	\$250 Final Uniform Payment
December	\$125.00	\$110.00	
January	\$125.00	\$110.00	
February	\$125.00	\$110.00	
March	\$125.00	\$110.00	\$95 Spring Gear
April	\$125.00	\$110.00	

## USASF All Star Elite Divisions - Junior, Senior & Open Teams

Month	Gym Tuition- Due on 1st	Comp/Travel Fees- Due on 15th	Gear
May	Registration fee due- \$40 early bird, \$50 on-time		
June	\$125.00	\$265 *includes choreo and camp fees	\$80 Camp gear (includes 3 T-shirts)
July	\$125.00	\$265 *includes choreo and camp fees	
August	\$125.00	\$265 *includes choreo and camp fees	
September	\$125.00	\$265 *includes choreo and camp fees	\$275 Uniform Deposit
October	\$125.00	\$110.00	\$35 Bow, \$49 USASF Membership
November	\$125.00	\$110.00	\$250 Final Uniform Payment
December	\$125.00	\$110.00	
January	\$125.00	\$110.00 + \$187.50 Nationals payment #1	
February	\$125.00	\$110.00+\$187.50 Nationals payment #2	
March	\$125.00	\$110.00	\$95 Spring Gear
April	\$125.00	\$110.00	

# End of Season Events

**Worlds: Orlando, FL (Teams must receive a bid to attend)  
Cost: \$250 includes all Coaches fees. All participants will be responsible for registering and paying for their athlete through the USASF portal and their own travel and hotel fees.**



NEW\* Regional Summit- Varsity just released their New Regional Summits, Dates & pricing TBD- Potential for Youth Team and/or substitute for teams not attending Summit.

**Summit: Orlando, FL (Teams must receive a bid to attend)  
Cost: \$250 includes all Coaches fees. All participants will be responsible for registering and paying for their athlete through the Varsity portal and their own travel and hotel fees.**



## **Financial Policies**

If your cheerleader quits or is removed from Natural Venom for any reason, all monies paid are non-refundable including but not limited to try-out fee, tuition, travel fees, clothing fees, etc.

### ***Competition Entry Fees/National Fees***

If an athlete is injured or has to be removed from the routine for any reason, all competition fees paid on their behalf is non-refundable. Competition fees pay for a position on the mat, and if your athlete is unable to fill that position, the competition entry fees, having already been paid, will be reallocated to the athlete that steps into that position. This includes both local and travel competitions.

### ***Travel Fees***

If an athlete is injured or has to be removed from the team or removed from their routine for any reason, all travel fees paid on their behalf of the cheerleader are non-refundable. We would like to encourage the injured athlete to travel with the team even if they are unable to compete; however, if the athlete chooses not to travel any fees will be reallocated at the discretion of Natural Venom All Stars.

### ***Apparel Uniform Fees***

If an athlete quits or is dismissed for any reason, Natural Venom will not issue refunds for apparel or uniforms nor will items be released to the athlete. After a child has left the program, all items purchased are forfeited, becoming exclusive property of Natural Venom.

## **GYM DRESS CODE**

Practice clothes must be worn to all team practices, including a practice bow for all female participants. If athlete fails to abide by the dress code a \$5 fee will be assessed. (i.e. forgetting to wear bow or bring shoes)

\*no jewelry and/or gum permitted in practice area

\*cheer shoes must always be worn in the gym (clean soles only, do not wear cheer shoes outside)

\*long hair must be pulled away from face and up in a bow  
fingernails must be kept short

\*no offensive attire

\*Not following gym dress code may result in conditioning for your athlete or for their team and a monetary fee.

## **SOCIAL MEDIA POLICY**

Natural Venom's handbook does apply to cyberspace and the internet. If it is not something you would say or do at Natural Venom, it should not be on your site in association with Natural Venom. Breaking any Natural Venom rule/policy "on the internet" will be treated the same as a violation "in person." Natural Venom will monitor all social media sites regularly to ensure our name is being represented in a positive manner.

Note to parents: Please be aware that internet site rules are set up all over the country. In addition many employers and colleges now check social networking sites before accepting potential employee or student. In light of this and some of the dangers of internet predators we encourage parents to have an active role in checking and monitoring your children's social media postings.

## **CROSSOVER TEAMS**

A crossover is when a member is on more than one team. They must be in the appropriate grade for both teams' divisions.

Crossovers are usually athletes that want more than 2 practices per week. We will always try to minimize practice days to 2-3 per week. Crossovers pay an additional tuition and additional entry fees for competitions.

## **ADD/MOVE MEMBERS TO DIFFERENT TEAM**

Natural Venom may add/move cheerleaders to different teams at any time during the season if we determine it is in the athlete's and/or teams best interest. If we determine that a team member is no longer "pulling their weight" and/or "attendance issues" are hurting their team as a whole, that team member will be moved. Conversely if a team member is doing exceptionally well, they may be moved to a different team also.

## **EARLY TERMINATION**

Natural Venom All Stars is both a time and financial commitment. Someone quitting midseason causes multiple problems for their team. When someone quits, instead of their team spending their limited practice time on improving, time is spent re-choreographing the routines. It is a severe setback and hardship for everyone else on the team that has worked hard and is fulfilling their commitment.

In addition, the lease and bills on the gym is a 12-month commitment and we require families to continue paying their monthly tuition fees after competition season has ended. The cost to do a season of competitive cheerleading at Natural

Venom can be paid in one lump sum in May, we also allow you to pay it over in monthly installments. Early termination for a team does not mean that your payments end early. **In addition, in order to maintain the integrity of our teams, all athletes who decide to quit the program (or are dismissed for any reason) after September 1st, 2022 will incur a \$500 withdrawal fee.** You also must pay any outstanding balance. (i.e. uniforms, camp gear, etc.)



### GYM LOYALTY

We have found it most beneficial to the athletes and the team for all training to be conducted at one facility during a cheer season. Please be mindful that we do not want your child receiving multiple coaching directions from other gyms during the time we are training and competing. It can be confusing and detrimental, especially to the child and also the team atmosphere. If you feel at any time that your child needs additional instruction during the cheer commitment, please inform the cheer director or owner and we will address the problem "in-house."

## **CONDITIONING**

Cheerleading is a very physical and strenuous sport. At Natural Venom, team practices are known for being highly physical and demanding. We expect all of our athletes to work hard to be in top physical condition. This includes strength, stamina, flexibility and endurance. If need be, we may require an athlete to take an additional tumbling class or spend extra time in the gym stretching. In addition, all athletes are expected to take care of their bodies by eating right, drinking enough water, getting adequate rest and refraining from any activities that may put them at unnecessary risk for injury during the competitive cheerleading season

## **Competition Dress Code**

\*Athletes must:

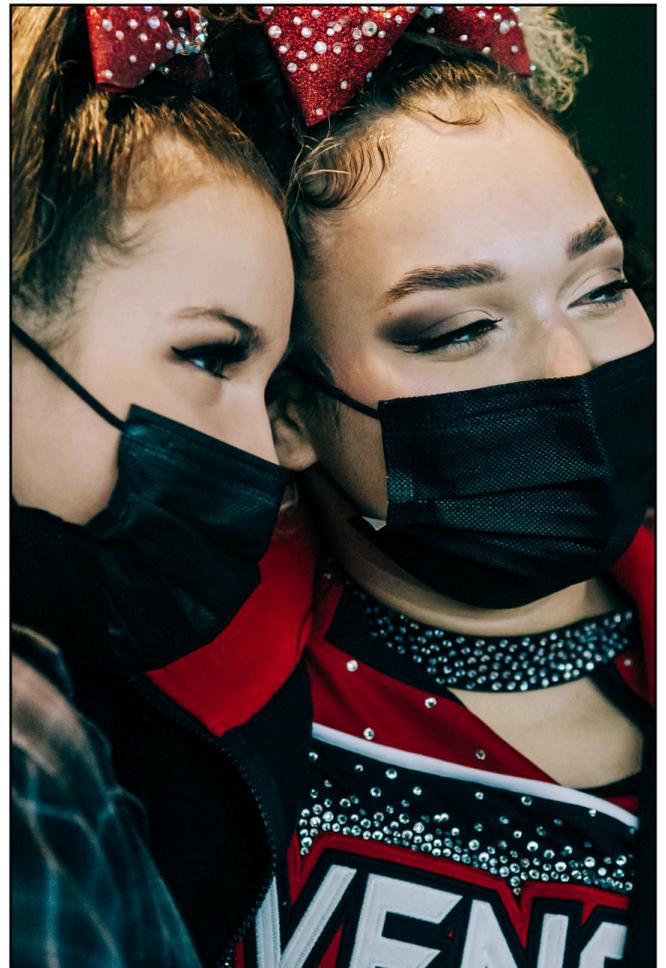
- \* Be dressed in their designated outfit by each team's scheduled meeting time unless otherwise instructed by their coach.
- \* Remove all rollers and have hair & makeup completed as per coach's request by each team's scheduled meeting time.
- \* Hair & makeup must be done to the standards set by Natural Venom.
- \* Cover tattoos and may not wear dyed(unnaturally colored) hair.
- \* Wear a cover up at all times unless heading to/from or at a team warm-up, performance, or awards.
- \* Remove all jewelry (except approved medical ID tags) and colored nail polish.
- \* Remove and put away all non-uniform items such as sunglasses, cell phones, headphones, & AirPods.

- \* Put on any supply braces or tape needed to perform prior to going to the warm-up area.
- \* Be in full competition uniform. May not wear backpacks, warm-ups, or have non-uniform items such as sunglasses, cell phones, headphones, AirPods or any other items during any award ceremonies.



### **SPORTSMANSHIP**

Good sportsmanship is the ability to look past one's own team and to honestly admire the skill and talent demonstrated by other teams and squad members and to sincerely hope that all competitors perform well. Natural Venom fans, parents, friends, spectators, and competitors are known for our classy behavior and good sportsmanship. As representatives of Natural Venom, we ask that you always exhibit good sportsmanship, say only positive comments, and act with class when interacting with other teams and competitors.





## TRAVEL / COMPETITIONS

### Guidelines:

\*All athletes and their families must:

- \* Read all emails concerning competition dates, venues, and itineraries. (Information will be released as soon as we receive it).
- \* Make sure to make travel arrangements on the appropriate days. Missing practice before a competition for travel is not allowed.
- \* Arrive to competition by the designated time and will check-in with the coaches/staff/gym owners accordingly.
- \* Not use competitions as family vacations, adhere to the designated schedules, and abide by all rules set forth by Natural Venom.



# Our Owners



Pictured: Valerie Wolpert & Jibreel Rayam

\*Valerie has worked to provide a long legacy of cheerleading and coaching here in the Puget Sound. She has been coaching all-star and high school cheer for over 15 years and has been a Natural Venom coach for 10 years. Valerie has worked very hard to bring Natural Venom to the many successful seasons that they have seen so far, not only as a coach but as a gym owner as well. Valerie began her cheerleading career in High School and All star and continued on to Cheer at Washington State University. Born and raised in the Tacoma area she is dedicated to providing a safe, fun and inclusive environment for all!

\* Jibreel is one the PNW pioneers of All Star Cheerleading. He started the first All Star program in the Puget Sound area in 2000 at the age of 18. That program was the first multi location program in the PNW which extended all over the southern 253 corridor raising awareness for All Star and competitive cheer. He sold his program in 2005 to South Elite Allstars and took focus on his professional career of a full time industry expert. He coached Valerie in 2001 and they worked together for years teaching summer camps around the region. Their history built a life long friendship, which turned into a partnership that helped build Natural Venom. Jibreel has branched out as one of the trailblazers of All Star expansion around the world. He's played a role in every aspect of the industry and its development. At Natural Venom he is involved with external business & staff development as well as camps and choreography.



Thank you for your interest in Natural Venom All Stars! We are excited to have you join us for the 22-23 Competitive Cheerleading Season!