

**TD**  
**TOPIC OF DISCUSSION NOVICE/PREP**  
**EVALUATION PACKET**  
**2024-2025**



ALL THE INFORMATION YOU NEED REGARDING THE  
UPCOMING SEASON!

## **WELCOME TO THE TOPIC OF DISCUSSION FAMILY!**

**Thank you for your interest in joining the Topic of Discussion All-Star program, and welcome to SEASON 3! Our organization was founded in 2020, and we have been based at our current location since 2022. We initiated our All-Star program with one team who earned 3rd place out of 68 teams at the D2 Summit in 2023. In our second season, we introduced our first Mini Novice and Youth L1 teams, who both performed exceptionally well at their end of the season events in the D1 division. Our Mini Novice team earned a Superior rating at every competition, including at the NCA National Championship. Our Youth team advanced to finals in one of the most competitive divisions at the Youth Summit and finished 26th out of 65 teams.**

**We take pride in being a small establishment, which allows us to provide individual attention and personalized guidance to our athletes. Our goal is to create a sense of belonging and foster a community where our athletes feel secure and supported. We understand the importance of finding a gym that feels like home, which is why we go the extra mile to ensure our athletes feel valued, understood, and receive the coaching they need to be successful.**

**Cheerleading is more than just a sport to us. We believe it is an opportunity to make a positive impact on the lives of our athletes, both now and in the future. Our responsibility is**

**not only to train our athletes to be great cheerleaders but to shape them into disciplined, confident, and resilient individuals who will excel beyond the mat.**

**Our staff comprises energetic, knowledgeable, and experienced professionals who are unparalleled in their dedication. With a shared love and passion for the sport, they create an environment that fosters effective communication and exemplary conduct — profoundly influencing the development of our athletes.**

**All of our employees and coaches are USASF credentialed, having undergone thorough background checks and completed abuse prevention education courses, ensuring the safety and well-being of our athletes at all times.**



# EVALUATION PROCESS

Please go to the following link to register for tryouts:

[https://docs.google.com/forms/d/e/1FAIpQLSe0WuAhAt3ks7kkfl11FwDnWnYWkYWuXS05eQyXGgSBBtNPA/viewform?usp=sf\\_link](https://docs.google.com/forms/d/e/1FAIpQLSe0WuAhAt3ks7kkfl11FwDnWnYWkYWuXS05eQyXGgSBBtNPA/viewform?usp=sf_link)

## WHAT IS PREP AND MINI NOVICE?

**Our Novice and Prep teams are structured to introduce athletes to the sport of cheerleading, and serve as a developmental platform for All-Star Cheerleading. Compared to elite All-Star teams, Novice and Prep come with less of a time and financial commitment. These teams compete 4 times locally and practice two times a week, for a total of two hours. The time commitment in total is four hours per week.**

**Extra practices may potentially be added during the week of a competition. Parents will be notified in advance.**



## ELITE:

**Elite teams are composed of individuals with extensive training in cheerleading and a high level of technical expertise. These teams consist of athletes who are well-prepared to deliver exceptional performances at the most competitive levels.**

## PREP:

**Prep teams offer an opportunity for individuals with limited tumbling skills to enhance their technique and performance abilities within a competitive team setting. Compared to Elite teams, Prep teams usually demand less time and financial commitment.**

## NOVICE:

**Novice teams are tailored for individuals who are new to the All-Star scene but are prepared for performance-oriented teams that undergo evaluations at events. These teams emphasize the development of technical skills and performance abilities, serving as a training ground for athletes aiming to join competitive All-Star teams.**

**No experience is necessary! Our Novice and Prep teams are Our tryout process is designed to be relaxed, and we strive to provide a stress-free environment. We evaluate athletes privately or in small groups of three and encourage them to retry any skills they are not satisfied with during their tryout. Please note that tryouts are closed, and all video submissions must be sent in before May 19th. Parents will be informed of the results on or before Monday, May 21st.**

**Team practices will begin Wednesday, May 22nd. (Practice Wear Fitting)**

**Mandatory Parent Meeting: Wednesday, May 22nd | 6:00PM**

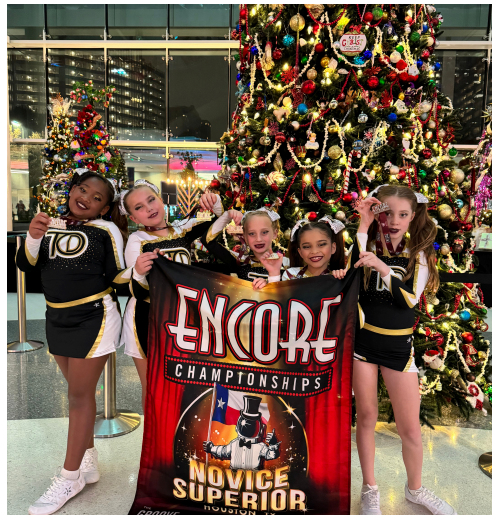
**For questions regarding evaluations, please email: [info@topicofdiscussionsports.com](mailto:info@topicofdiscussionsports.com)**

**For questions regarding finances, please email: [jessica@topicofdiscussionsports.com](mailto:jessica@topicofdiscussionsports.com)**

**For questions regarding any of our programs please email:  
[lauren@topicofdiscussionsports.com](mailto:lauren@topicofdiscussionsports.com)**

**If you need to reach us quickly, please call: (713)-853-5703**

**If an athlete cannot attend one of the tryout sessions, they will have the opportunity to register for a private tryout.**



# EVALUATION DATES

## SUNDAY, MAY 19TH:

### NOVICE, PREP, YOUTH

**2:00PM-3:00PM | Novice, Prep (2015-2021)**

**3:00PM - 4:00PM | Elite Level 1 | Youth (2012-2017)**

**\*IF YOUR ATHLETE WISHES TO BE CONSIDERED AS A FLYER, THEY MUST ATTEND THE FOLLOWING SESSION.**

## PARENT MEETING + PRACTICE WEAR FITTING:

**WEDNESDAY, MAY 22ND | 6:00PM**

# EVALUATION FEES

|                          |             |
|--------------------------|-------------|
| <b>RETURNING ATHLETE</b> | <b>\$50</b> |
| <b>NEW ATHLETE</b>       | <b>\$60</b> |

# SKILL GRID

**TUMBLING DEFINITIONS:**      **FWO: FRONT WALKOVER**      **BWO: BACK WALKOVER**

**CW: CARTWHEEL**                      **RO: ROUND OFF**                      **BHS: BACK HANDSPRING**

**PF: PUNCH FRONT**

**FH: FRONT HANDSPRING**

|                          | <b>LEVEL 1</b>                                                                                                                                                                                                                                            |
|--------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>STANDARD</b>          | <ul style="list-style-type: none"> <li>● FORWARD ROLL</li> <li>● STRADDLE ROLL</li> <li>● PUSHUP TO BACKBEND</li> <li>● BACKWARD ROLL</li> <li>● HANDSTAND</li> <li>● BACKBEND KICK OVER</li> <li>● STANDING BACKBEND</li> </ul>                          |
| <b>ADVANCED STANDING</b> | <ul style="list-style-type: none"> <li>● BWO</li> <li>● BWO - BACKWARDS ROLL - BWO</li> <li>● BACK EXTENSION ROLL</li> </ul>                                                                                                                              |
| <b>ADVANCED RUNNING</b>  | <ul style="list-style-type: none"> <li>● ROUND OFF</li> <li>● CARTWHEEL - BWO/BWO SWITCH LEG</li> <li>● FWO/FWO SERIES</li> <li>● HANDSTAND FORWARD ROLL CARTWHEEL</li> </ul>                                                                             |
| <b>ELITE STANDING</b>    | <ul style="list-style-type: none"> <li>● BWO SERIES</li> <li>● BWO SWITCH LEG</li> <li>● BACK EXT. ROLL - BWO</li> <li>● VALDEZ</li> </ul>                                                                                                                |
| <b>ELITE RUNNING</b>     | <ul style="list-style-type: none"> <li>● CARTWHEEL - BWO SERIES</li> <li>● FWO - CARTWHEEL/ROUND OFF</li> <li>● FWO - CARTWHEEL - BWO/BWO SERIES</li> <li>● FWO - CARTWHEEL - BWO SWITCH LEG</li> <li>● HANDSTAND FORWARD ROLL CARTWHEEL - BWO</li> </ul> |



# PROGRAM FEES

**The cost of competitive cheerleading, while less expensive than some other youth activities, can still be costly. In an effort to help reduce costs, we give our parents the option of joining the booster club at the beginning of the season. The booster club holds the responsibility of raising funds and locating potential sponsorships for the All-Star program. While this will help to cut down on costs, we still suggest that you consider the financial commitment involved before considering Topic of Discussion or any competitive All-Star program. NOTE: For your athlete to benefit from the booster club funding, you must be an active member of the program. Joining the booster club is free and there is no obligation to do so.**

**There will be 12 monthly charges beginning May 22nd, 2024, through May 15th, 2025. Tuition is due on the 15th of each month for the remaining months. (June tuition is due on June 15th.) The monthly tuition fee covers unlimited team training, unlimited tumbling classes, and competition fees. Monthly tuition is a fixed expense that does not change from month to month.**

**We offer a sibling tuition discount for having multiple athletes enrolled in the All-Star program. To have this discount applied to your account, please reach out to our finance manager.**

**12 Monthly payments include:**

- **Unlimited Team Training (\$110 monthly)**
- **Unlimited All-Star Tumbling Classes (\$100 monthly)**
- **Competition/Event Registration Fees (\$40 monthly) - \$480 yearly (4/5 events)**

**Previously our competition fees were distributed across three separate payments in September, October, and November, alongside the monthly tuition fee. In our updated approach, we have transitioned to a year long payment schedule, offering a more structured and manageable payment plan for our families.**

## MONTHLY TUITION

MINI NOVICE/PREP

**\$250**

## ADDITIONAL FEES

|                                  |              |                  |
|----------------------------------|--------------|------------------|
| <b>ANNUAL REGISTRATION FEE</b>   | <b>\$100</b> | <b>DUE: 6/1</b>  |
| <b>PRACTICE WEAR</b>             | <b>\$300</b> | <b>DUE: 6/1</b>  |
| <b>WARM-UP JACKET (OPTIONAL)</b> | <b>\$200</b> | <b>DUE: 7/1</b>  |
| <b>BACKPACK (OPTIONAL)</b>       | <b>\$150</b> | <b>DUE: 7/1</b>  |
| <b>NEW UNIFORM (PREP/NOVICE)</b> | <b>\$250</b> | <b>DUE: 7/1</b>  |
| <b>MUSIC/CHOREOGRAPHY</b>        | <b>\$100</b> | <b>DUE: 8/1</b>  |
| <b>UNIFORM BOW</b>               | <b>\$30</b>  | <b>DUE: 9/1</b>  |
| <b>COACHES FEE</b>               | <b>\$150</b> | <b>DUE: 11/1</b> |

**Athletes are not required to get the warm up jacket or the backpack.**

**All athletes will receive a classic logo tee with their annual registration fee.**

**Existing athletes do not have to pay the Annual Registration Fee, if the fee has already been paid.**

# COMPETITION SCHEDULE

**The following is a list of tentative events for the upcoming season. We may attend events that are not listed. A final schedule will be provided on or before August 1st. All outstanding balances must be paid before the 2025 NCA Allstar Nationals.**

## **NOVICE/PREP:**

**(1) Encore - Houston, TX | 12/13 - 12/15**

**(2) Jamfest - Beaumont, TX | 2/15**

**(3) NCA - Dallas, TX | 2/28 - 3/2**

**(4) AC - Houston, TX | 3/29 - 3/30**

## **HOTEL REQUIREMENTS:**

**NCA (Dallas, TX) will require all parents/athletes to book hotels through TTS (Team Travel Source). This requires athletes to stay at specific hotels that work closely with the event producers. While we do not exactly agree with the housing requirements, failure to comply will result in our team(s) being disqualified.**



# CALENDAR/SUMMER SCHEDULE

**Our All-Star program runs for a full 12 months. We begin practicing in May 2024 and continue through the beginning of May 2025. Athletes are expected to attend all competitions.**

**Practice times will remain consistent throughout the season and only change under special circumstances. NOTE: During the competition season, additional practices may be added to the calendar.**

**The following dates are available for holidays and vacations throughout the 2024-2025 calendar year.**

**May 24th-May 27th | Memorial Day**

**July 1st-July 7th | Fourth of July**

**August 31st-September 2nd | Labor Day Weekend**

**October 31st | Halloween (NO TEAM PRACTICES)**

**November 25th-November 30th | Thanksgiving Break (MANDATORY PRACTICE: DECEMBER 1st)**

**December 22nd - January 3rd | Winter Holiday (MANDATORY PRACTICE: January 4th + 5th)**

**March 8th-March 16th | Spring Break**

**April 20th | Easter (MANDATORY PRACTICE: April 21st)**

**UNIFORM FITTING: 6/8 | CHOREOGRAPHY: (TBA) | TENTATIVELY JULY | \*PRACTICE WEAR FITTING 5/22**

## ABSENCE POLICY

**Athletes can take up to 4 absences for family vacations from May to August. These absences must be submitted at least two weeks in advance and can be taken in conjunction with any of the listed dates.**

**Absences are NOT permitted the week of a competition.**

**All athletes must submit an Absence Request Form at least 2 weeks before the absence. Please do not email the absence request forms. These forms are required for all absences, so please ensure you submit your request in advance.**

# PRACTICE RULES

**Parents are not permitted inside the gym. If you need to speak with your athlete or an instructor, please inform the front office manager.**

**NO JEWELRY at practices.**

**NO CELL PHONES during practice times.**

**NO FOOD OR SODA inside of the gym. All food and soda must be consumed in the lobby area.**

**NO GUM whatsoever at practices or competitions.**

**NO videos of practices from athletes or parents.**

**Practice wear sets must be worn as scheduled on the monthly calendars. Lost, misplaced, or damaged clothing must be replaced at your expense.**

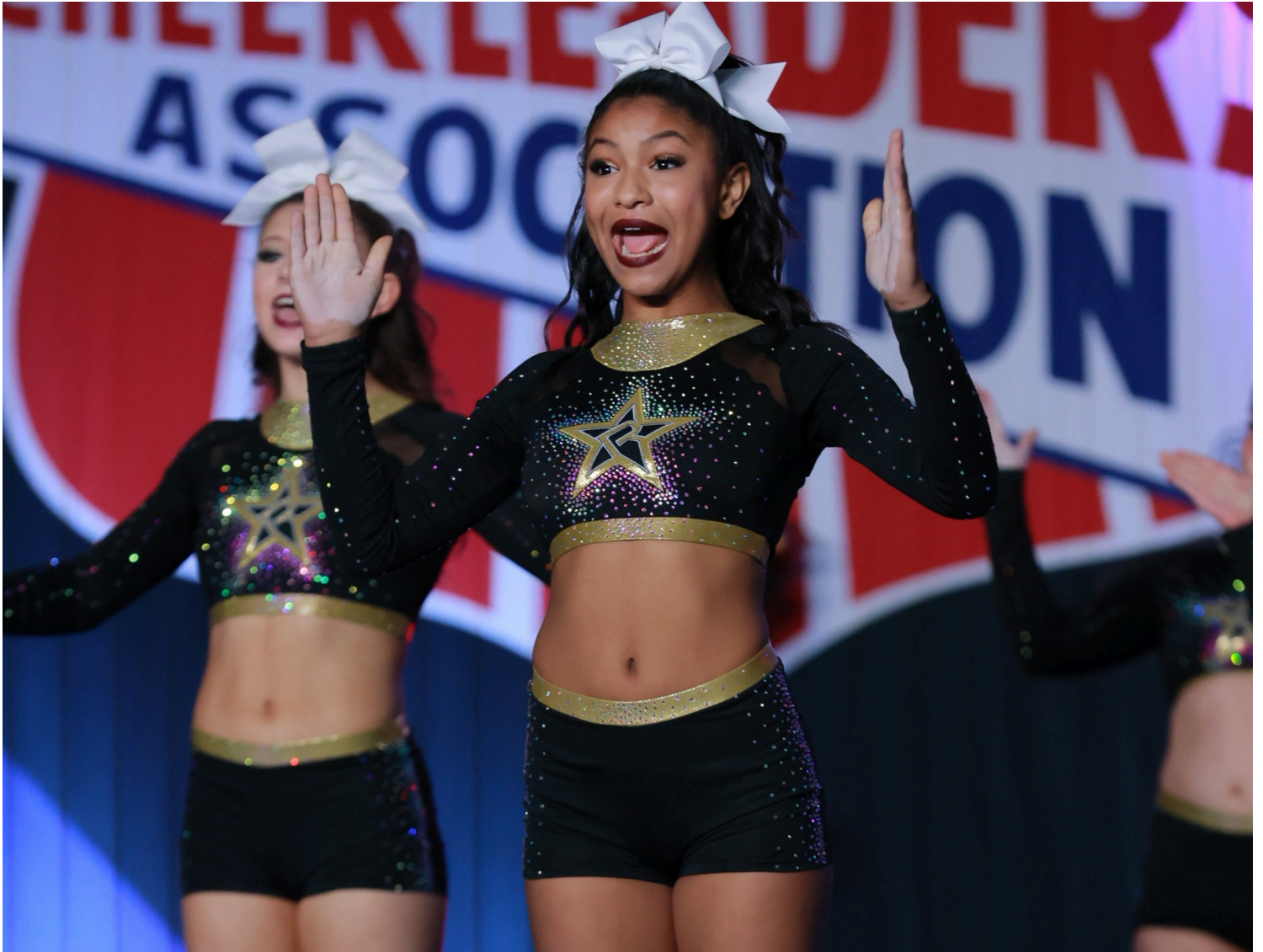
**Team correspondence is set forth in hand, monthly calendars, and email.**

**Each team will have our office manager, a team mom, and a designated coach responsible for relaying information.**

**All team related problems should be addressed directly with the owner.**

# INJURY/ILLNESS POLICY

**The health and safety of our athletes and staff is our top priority. If an athlete is unwell or injured and unable to attend practice please get in touch with the office manager.**



# CODE OF CONDUCT

**PARENTS AND ATHLETES ARE HELD ACCOUNTABLE AT ALL TIMES FOR THE GUIDELINES SET FORTH IN THIS PACKET!**

**A member must always be a strong representative of Topic of Discussion and a positive reflection of his/her teammates.**

## MISCELLANEOUS INFORMATION

**All routines, choreography, music, or other routine materials are confidential and should not be shared without permission. No videos of routines or choreography should be posted online.**

**Designs bearing the Topic of Discussion name and logo must be approved. Anything created without approval will not be acceptable and cannot be worn or sold independently. This includes spirit gifts and year round team gifts.**

**Parents must sign off on uniform sizes. Exchanges will not be available for garments missing original tags.**

**We prioritize perfecting basic skills before learning advanced ones. We will not focus on more advanced skills with your athlete without first perfecting the basics. If parents and athletes are not patient and have a clear understanding of our teaching methods, they should not be cheering at Topic of Discussion. Technique is everything, and only perfected skills will be choreographed into a routine.**



**Topic of Discussion does not offer makeup days for scheduled closures, emergency closures, or athlete absences, and we do not pro-rate.**

**It is the parent's responsibility to keep contact information, payment information, and emergency contact information current via the Parent Portal.**

**All accounts must remain current.**



# TEAM APPLICATION

## PERSONAL INFORMATION

Athlete Name  Age

D.O.B.  Parent Email

Address

City/State  Zipcode

Grade  School

Please fill in the level that best describes you.

1  2  3  4  5

Would you accept any position, on any team?  Yes  No

If no, what level/position are you interested in?

Would you be interested in double-teaming?  Yes  No

How do you contribute to a positive team environment?

What do you enjoy the most about cheer, and what keeps you motivated to continue training and competing?

**I have read and understand the rules and regulations set forth.**

**Parent Initial \_\_\_\_\_ Athlete Initial \_\_\_\_\_**

**I have read and understand the program fees and expenses.**

**Parent Initial \_\_\_\_\_ Athlete Initial \_\_\_\_\_**

**I have read and understand the scheduled holidays, injury, and attendance policy.**

**Parent Initial \_\_\_\_\_ Athlete Initial \_\_\_\_\_**

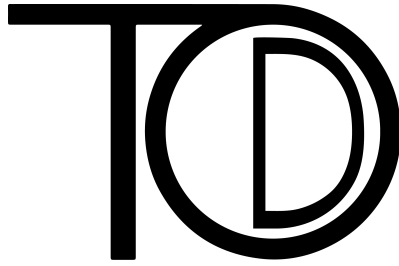
**I have read and understand the team practice rules, travel and code of conduct.**

**Parent Initial \_\_\_\_\_ Athlete Initial \_\_\_\_\_**

**Parent/Guardian Signature: \_\_\_\_\_**

**Athlete Signature: \_\_\_\_\_**

**Date: \_\_\_\_\_**



## **FAMILY CONTACT INFORMATION**

**ATHLETE NAME (FIRST, LAST):** \_\_\_\_\_

**ATHLETE DATE OF BIRTH:** \_\_\_\_\_

**MOTHERS NAME (FIRST, LAST):** \_\_\_\_\_

**MOTHERS CELL PHONE:** \_\_\_\_\_

**MOTHERS WORK PHONE:** \_\_\_\_\_

**MOTHERS EMAIL:** \_\_\_\_\_

**FATHERS NAME (FIRST, LAST):** \_\_\_\_\_

**FATHERS CELL PHONE:** \_\_\_\_\_

**FATHERS WORK PHONE:** \_\_\_\_\_

**FATHERS EMAIL:** \_\_\_\_\_

**ADDRESS:** \_\_\_\_\_

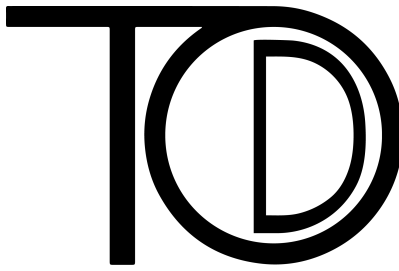
**CITY, STATE, ZIP CODE:** \_\_\_\_\_

**PREFERRED EMERGENCY CONTACT**

**NAME:** \_\_\_\_\_

**PHONE NUMBER:** \_\_\_\_\_

**WORK PHONE NUMBER:** \_\_\_\_\_



# Medical Consent

**Topic of Discussion Sports will not provide medication to any athlete without written permission and consent from a parent or guardian. If health issues arise and this form needs to be revised, please reach out to us immediately.**

**Please indicate your preference by checking the appropriate option with your initials.**

\_\_\_\_\_ **NO, I do not want medication provided to my child.**

\_\_\_\_\_ **YES, my child may be provided any of the medications listed above.**

\_\_\_\_\_ **YES, my child may be provided and administered medicine but only from the following list:**

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

## EMERGENCY MEDICAL TREATMENT STATEMENT

**I, the parent/guardian of \_\_\_\_\_, permit Topic of Discussion Sports staff and any medical team to seek emergency medical attention for my child or to transport my child for emergency medical treatment if my emergency contact or I cannot be reached.**

**Telephone Numbers:**

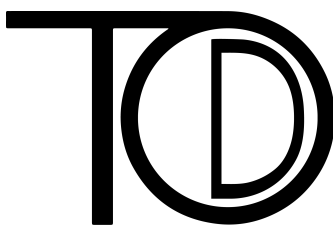
**Day: ( ) \_\_\_\_\_ - \_\_\_\_\_ Evening: ( ) \_\_\_\_\_ - \_\_\_\_\_**

**Emergency: ( ) \_\_\_\_\_ - \_\_\_\_\_**

**Parent/Guardian Signature: \_\_\_\_\_**

**Date: \_\_\_\_\_**

**Athlete's Name: \_\_\_\_\_**



# CREDIT/DEBIT/ACH AUTHORIZATION FORM

Please provide a credit/debit card number for monthly tuition payments. Tuition fees will be automatically debited on the 15th of each month. Please notify us promptly of any changes to your credit details. NOTE: A 3% transaction fee will be applied to cover credit card processing fees.

**Athlete's Name:** \_\_\_\_\_

**DEBIT/CREDIT CARD INFORMATION:**

**Name as it appears on the card:**

\_\_\_\_\_

**Type of Card:** \_\_\_\_\_

**Credit Card Number:** \_\_\_\_\_ **Exp:** \_\_\_\_\_

**Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_

**Card Holders Address with Zip Code:** \_\_\_\_\_

**E-CHECK/ACH:**

**Bank Name:** \_\_\_\_\_

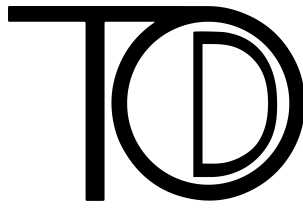
**Account #:** \_\_\_\_\_

**Routing #:** \_\_\_\_\_

I hereby understand that I am required to keep a current credit card on file with "Topic of Discussion Sports Training" and that I am also required to complete and sign a credit card authorization form.

**Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_

A \$25 Fee will be applied for all returned Checks/E-Checks. Any accounts past due more than 3 days will incur a \$30 Late Fee. All-Star Monthly Tuition includes unlimited All-Star tumbling classes per week. NOTE: This fee remains the same if you choose not to attend any tumbling classes.



# RELEASE AND WAIVER OF LIABILITY, ASSUMPTION OF RISK, AND INDEMNITY AGREEMENT

BY SIGNING THIS DOCUMENT, YOU ARE WAIVING CERTAIN LEGAL RIGHTS. PLEASE READ THIS DOCUMENT CAREFULLY BEFORE COMPLETING WITH A SIGNATURE. I, \_\_\_\_\_, ("Releasor") the parent or legal guardian of the above named athlete hereafter referred to as ("Athlete") do hereby permit the athlete to participate in classes, cheerleading, tumbling, competitions, gymnastics, programs, or any other physical activity while considered an athlete at Topic of Discussion Sports Training, LLC or its affiliates hereinafter referred to as "Topic of Discussion". By granting permission for the "athlete" to participate in any program at "Topic of Discussion Sports Training", I assume full responsibility for "athletes" own personal safety and release "Topic of Discussion Sports Training", it's employees, and supervisors from any and all liabilities that may arise due to injury including death to "athlete" by reason of "athletes" participation in any program or activity at "Topic of Discussion Sports Training" or in which "Topic of Discussion Sports Training" is participating any place else. IN CONSIDERATION OF THE "ATHLETE" BEING PERMITTED BY "TOPIC OF DISCUSSION SPORTS TRAINING" TO PARTICIPATE IN THE STATED ACTIVITIES RELEASOR AGREES TO ALL OF THE FOLLOWING TERMS AND CONDITIONS: I hereby understand there is a personal risk involved in any activity involving height, rotation, and motion and that these activities can result in serious injury, death, or disability. I hereby declare that the "athlete" has recently been seen by a physician and is cleared to participate in all physical activities such as, tumbling, cheerleading, and gymnastics. I hereby authorize "Topic of Discussion Sports Training" to use photographs, video, and/or any other forms of likenesses of "athlete" for use in "Topic of Discussion Sports Training" promotional materials or sales and waive any rights of compensation or ownership thereto. I hereby understand the 1st month's tuition will be required to be paid in full when registering for any activities at "Topic of Discussion Sports Training". I hereby understand that I must give written notice on or before the 5th day of the month, one month prior to dropping any class or activity at "Topic of Discussion Sports Training". In conclusion, I understand that if I do not provide "Topic of Discussion Sports Training" with this notice in writing and deliver it to the front desk, my tuition will be forfeited. I hereby understand that "Topic of Discussion Sports Training" does not refund tuition for any reason.

Name of Athlete: \_\_\_\_\_

Date: \_\_\_\_\_

Parent/Guardian: \_\_\_\_\_

Topic of Discussion Representative: \_\_\_\_\_