

CAS Cheer & Dance

Frequently Asked Questions

What is All Star Cheer & Dance?

All Star Cheer & Dance is a competitive version of cheerleading & dance where the teams don't cheer or dance for another sport, **THEY ARE THE SPORT!** Children start as young as 5 years old and the teams generally practice year long, 1-2 times per week, and compete in 10-12 regional and national competitions from November to April. Teams are divided by age and skill level. All Star Cheer routines are typically 2:30 seconds long and include tumbling, cheer, and dance skills; All Star Dance routines are typically 2:15 seconds long and can include several different disciplines of dance. Cheerleading and Dance are physically demanding sports and an excellent way to stay in shape (or get in shape). Competitors will gain physical skills, self confidence, self respect, and self discipline.

Who can compete?

Anyone & Everyone can compete in CAS Cheer & Dance. Every member on the team competes every time, every member is important, every member is a Star!! We are working to build teams for as many age and skill levels as possible. Whether your child is 5 or 14..... no tumbling, no problem. It is never too late to start to fulfill a dream!

Where do you compete?

CAS Cheer & Dance participates in local, regional, and national competitions in the Mid-Atlantic region. These competitions are generally held in an arena or convention center and sometimes local high schools. Sometimes the events are covered by local or national news and sports media such as ESPN or local television stations.

What do I need to start?

All you need to start is a great attitude and willingness to learn - Desire, Determination, and Dedication. CAS Cheer & Dance will teach you the dance, cheer, and tumbling skills you need to compete. Each year members will be placed based on age and skill level at the beginning of the season. Our Teams start at ages as young as 5 years old and we have teams at every division through Open (high school grads and up). We also have a team for the parents of our Cheerleaders & Dancers which perform at selected regional and national championships against parent teams from other gyms.

How does CAS Cheer & Dance differ from school/recreation cheer/dance or other gyms?

1. We don't cheer for other sports, **WE ARE THE SPORT!** CAS Cheer & Dance is purely for the sake of competing against other teams with similar skill/age level.
2. Everyone can be a cheerleader and/or dancer in CAS Cheer & Dance, not just a select few. Regardless of your age or skill level, we have a team for you.
3. We don't perform in the outdoor heat (usually)!

4. We have special equipment for a safer training environment. We practice and compete on spring floors which reduce injuries by 85% (school/recreation teams generally practice on grass or gym/cafeteria floors and perform on grass or the track). We train in a dedicated facility equipped for tumbling and cheer/dance training. This means that our gym is a safer and better environment for training cheerleaders and dancers.

5. We have USASF/USGA certified coaches and current/former cheerleaders and dancers on our staff. All of our staff members attend continuing education opportunities as well as conferences throughout the year to enhance and build upon their extensive knowledge base. Our coaches and instructors are "hands on" - we choreograph and create our own award winning routines.

6. Most of our teams practice twice a week plus cheernastics training (included in the monthly fee).

7. Costs are as low as we can get them. We hold frequent fundraisers to raise funds for competition fees to help minimize out of pocket costs. Our monthly fees are equal to and often times much less than other comparable program in the state.

8. The CAS Gym is an open gym and parents are always welcome. We are not only gym owners, we are also parents and our own children cheer and dance here also; we strive to treat parents like we would like to be treated.

9. All-Star cheerleading and dance are very competitive sports and everybody loves to win. That being said, we are mindful of the fact that we are working with and training children and children need to have fun or they burn out and don't have happy childhood experiences. We train to win but we do not train to win at any cost. We want the kids to enjoy their experience and have fun making new friends while also learning important life skills like hard work, discipline, competitiveness, team work, academic excellence, and respect for themselves and others. The children come first at CAS!!.

Can I cheer and or dance for CAS AND participate on school/recreational teams (cheer, dance, or other)?

YES! We do not prohibit our members from participating on school or recreational teams. We encourage our members to participate in a variety of activities if that is what interests them. We do our very best to work with our members to accommodate their extra-curricular activities. All we ask is that you make your participation with CAS Cheer & Dance your first priority as our routines are developed to include every member.

Can All-Star Cheerleading & Dance help me get on a school team?

YES! The skills you learn in CAS Cheer & Dance are the same skills you will need to successfully try out for your school team. With the rising level of competency in both styles of cheer and dance, the sooner you start, the better your chances.

Are there Cheerleading scholarships to help pay for college?

Yes! Many colleges and universities now offer scholarships for cheerleading through the athletic department.

Are there any important credentials or organizations to look for?

Yes, there is now an umbrella non-profit organization that is setting standards for all star cheer & dance in levels, safety, and coaching credentials called the US All Star Federation (USASF). CAS Cheer & Dance is proud to be an inaugural member of the USASF. [Click here](#) to visit their website. CAS staff members are also members of and/or credentialed by the USGA (United States Gymnastics Association), the AACCA (American Association of Cheer Coaches and Advisors), the NFHS (National Federation of High School Sports), and the NYSCA (National Youth Sports Coaches Association).

How much does it cost?

There are different costs depending on which team you are on. Fees include those for registration, your team practices, uniforms, competition, etc. A full schedule of fees can be found in our Information Package - [click here](#)

Budgetary costs for some of these items over a full season are:

- Team Dues..... \$60 - \$80 / Month *(dues are reduced for multiple family members and we offer "loyalty" discounts to those members who have been with CAS for more than one year)
- Competition UniformApprox. \$200
- Cheer Shoes\$40 - \$50
- Competition Fees (May be partially covered by Fundraising)\$10 - \$35 per competition (Nationals are \$80 - \$100).
- Practice Attire (3 shirts/3 shorts)\$50

We understand that the cost of these items is not inconsequential and we do everything practical to space out the costs of these items.

How do I know that CAS is in "Good Standing" with the State of Maryland?

Organizations, like CAS Cheer & Dance, are typically registered with the State of Maryland and the Federal Government. The state of Maryland has an online database that allows you to confirm that the organization is registered with and in "Good Standing" with the State. Here is a link ([MDAT](#)) to their website that allows you to look up organizations and see their status.

CAS is unique in the world of All Star Cheer & Dance; we are a 100% volunteer organization and classified by the Federal Government as a 501c3 nonprofit organization. [Click here](#) for a copy of our IRS Classification Confirmation.

CAS - Simply the Best! ! !

★I wanted to thank you and all of the CAS coaches for all you do for our kids. We all know that negative influences on our children are a dime a dozen. They come to us at lightning speed

sometimes without any time, money or effort on our part. Yet positive influences are different. We have to be willing to put that time, money, dedication and effort into ensuring our kids are exposed to as many positive experiences and influences as possible. Being involved in CAS teaches our children about hard work and responsibility. Our kids learn how to be in front of a large crowd but not freeze from fear or nervousness. Maybe some of them will go on to be great public speakers because of this! You just never know. They learn that even when they lose, they can pick themselves up, decide what can be done better the next time, and keep on moving forward. Our kids are in great physical shape compared to your average American child!! Involvement in CAS forces families to actually spend occasional weekends together rather than running errands, cleaning house, and catching up on work. It shows our kids that their talents and interests matter to us. They also learn the value of teamwork and occasionally the sweet taste of victory. So thanks for all you do! Make sure that your parents are fully aware of the many benefits you provide!

★ You are awesome. . .! You have earned my utmost respect and admiration for the sincere dedication you demonstrate to the CAS organization and to all of our children. I appreciate your honesty, your unrelenting encouragement and praise to the kids, and all of the time you sacrifice with your own family to ensure that our children can cheer for an organization that instills good sportsmanship, strong character, and positive self esteem. My daughter has had a wonderful experience cheering for CAS and has greatly enjoyed her time. I as a parent have also enjoyed our first season. We would be honored to continue cheering for CAS next season. We look forward to it and will offer whatever support we have available to give. You all are an awesome family.

★ I want to express to you my gratitude for the last year. <my child> was a little apprehensive in joining CAS because she knew it would be an adjustment trying to fit in and she wasn't sure where she would fit in. She did know that she needed more of a challenge and wanted to be on a better team. CAS (coaches, girls and other parents) welcomed her with open arms and made her feel comfortable. It only took a few months before she knew she had made a wise decision in joining. As a parent, I was impressed with the constant updates we received (I especially need this). I'm not really sure who does what, but the weekly reminders, the organization of hotel rooms, the directions, and the suggestions were very helpful and appreciated. Thank you to all involved for their hard work. Although <my child> was a little disappointed with some of the judging in the competitions, I keep reminding her how far she has come - which is a long way thanks to you (sometimes her competitive side gets in the way of having fun). I asked her if she was going to join CAS next year, and she didn't hesitate in answering "YES". Thanks again for a great year. I think CAS is a great organization!

★ We should all be proud, I know I am! I have seen such growth, not only in my own little beauty, but in the organization as a whole.