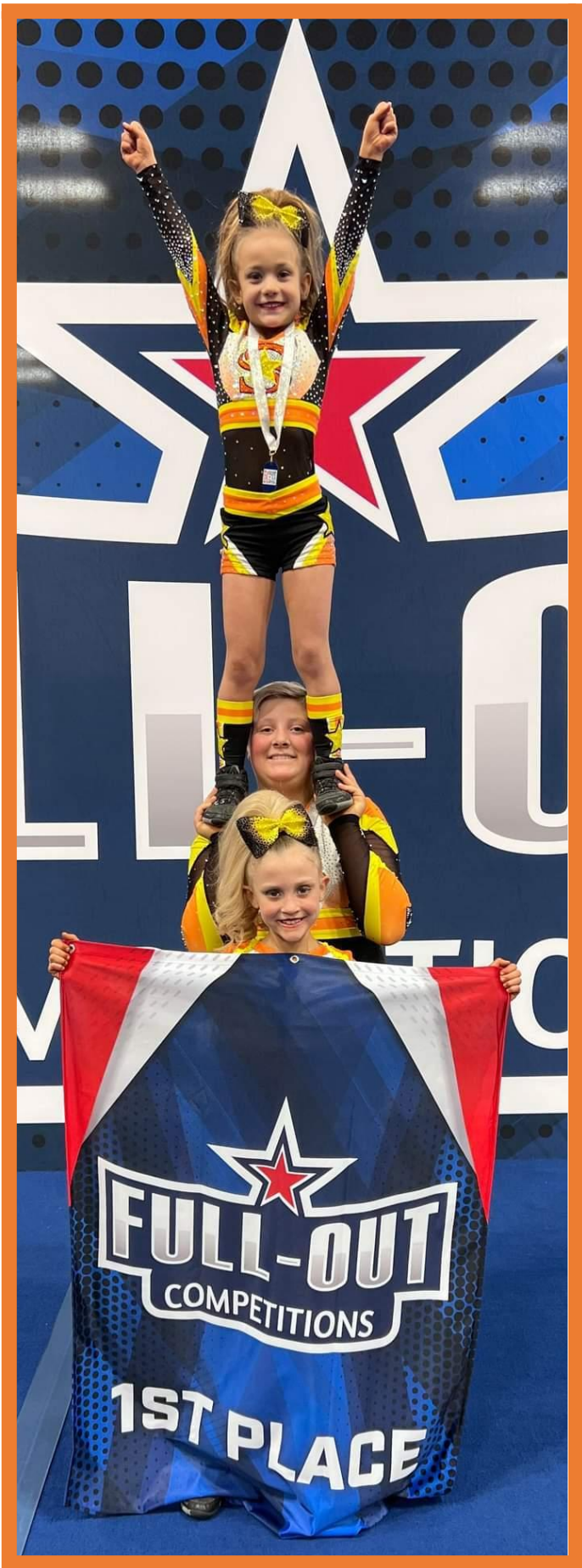


# Spotlight Studios North-Star Handbook

2023-2024





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## INTRODUCTION

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Welcome to Spotlight Studios!

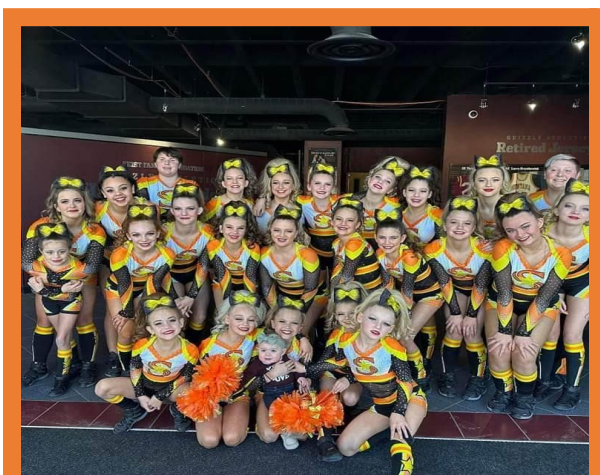
From prep team-s to National/International All-Star Cheer, we have a variety of programs available, and we will find the right fit for your athlete and the appropriate commitment level for your family.

At Spotlight Studios, safety in skill development is our top priority. All coaches are USASF (United States All Star Federation) certified, USASF Professional Members, First Aid/CPR trained, and NCIS background checked. In addition, our coaches undergo continuous training to maintain and enhance their already high level of experienced training.

The entire coaching staff at Spotlight Studios 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 leads to better overall quality in tumbling, 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.

In this handbook you will find valuable information on our program offerings, costs, rules, and commitment requirements. The appendix contains important contract documentation and required waivers. Please take time to review the entire content of this Handbook and its appendices.

It is important for us that you are comfortable with our offerings, understand the program you are signing up for, and that ALL your questions and concerns are answered **prior** to joining a program.



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## MEET THE DIRECTOR

Welcome to Spotlight Studios.

My name is Stacey Steinwandel and I am the Owner/Director of Spotlight Studios.

I lead all technical training at Spotlight Studios and I passionately devote all my focus and energies to uplift the training for the Inland Northwest in hopes of encouraging children to enter the sport of cheer safely and with skills that can lead them to scholarships in college or a career in the industry.

Spotlight is the home of championship titles from CheerSport, PacWest, ATC internationals, ATC regional, USA, NCA, Sea to Sky international, Spirit

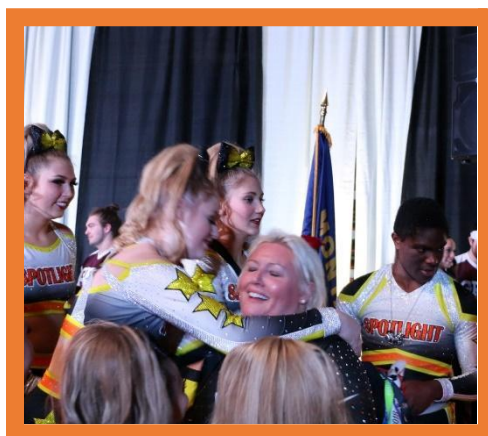
cheer, American championship, Americas Best, US Finals, Summit, and many more. Each season we retain the glory of our titles through the hard work of all involved- staff, families and athletes combined.

Here are a few of my certifications:

- NCA Division I & II certified
- USASF Certified Stunting- level 5
- USASF Certified Tumbling-level 5
- AACCA Certified · First Aid & CPR
- National Center for Safety Initiative Certified Background Clearance

I have had the wonderful life experience of instilling the knowledge and passion in the athletes of Spotlight that grow and become our award-winning instructors.

I am blessed beyond measure to know the full life circle of teaching a young athlete through to maturity and then co-coaching a championship team with them! It is one of life's greatest achievements and joys!



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## PROGRAM OVERVIEW

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We are pleased to share that for the 2023-2024 season, Spotlight Studios will be offering 2 distinct Programs:

- **North Star**

- **Prep** - Local

- Intro to performance program
    - Ideal for those developing in levels 1-3
    - Limited travel
    - Open to all ages

- **Center Stage-**

- **Elite** - National/International

- Goal to become Summit/Worlds level athletes.
    - Geared towards fully dedicated athletes proficient in levels 2-6.
    - Travel schedule, mandatory parent involvement
    - Open to age 6-Collegiate age.

The 2023-2024 Prep cheer season will run from April 1<sup>st</sup> 2023 - April 30<sup>th</sup> 2024, with a possible overlap into May 2024. Registration fees and contracts for the 2023-2024 cheer year are due at time of registration. All athletes pay fees regardless of when they joined.

The 2023-2024 Elite cheer season will run from April 1<sup>st</sup> 2023 – May 31<sup>st</sup> 2024. Keep in mind, Elite athletes run overlapping seasons where they may train with previous and current year teams simultaneously to accommodate end of year events such as Summit and/or Worlds. Registration fees and contracts for the 2023-2024 cheer year are due at time of registration. All athletes pay fees, regardless of time joined.

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There is a natural flow to the cheer year. From placements, program selection, summer skill building, team rosters, comp season, and end of year celebration, you will notice there is a predictable rhythm. With the ever-flowing changes that come with skill variations, competition changes, or injury, it is encouraged to take each season in stride and understand all the expectations. There are many of us readily available for all questions! Between your designated “Team Representative”, Office Staff, and SPA all will be helpful resources as you navigate the 2023-2024 season.

After determining which program you will join, the athletes who perform ALL the required skills with GOOD technique will be placed at the appropriate level. 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 know that 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.

\*\*\*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.

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## NORTH STAR-PREP

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Welcome to the performance division!

The focus is to “prepare” for the world of All-Star Cheer. Prep teams have a light commitment requirement and are geared toward those athletes that have shown interest in increasing skill and performance division on stage.

Prep team is a season long commitment. A contract is required with an enrollment fee of \$250.00. Monthly tuition is \$125.00 per month. In the event you do not uphold your contractual obligations, there is a separation fee of \$200. Tuition is due on the 1<sup>st</sup> of each month. We offer a generous tuition discount of 10% when season tuition is paid in full by May 1, 2023.

The exact skill level of each team is determined after summer skill building and it is dependent on the skill of the team. Teams may adjust based on enrollment and skill development.

Practice will be one day a week;  
Wednesday’s from either 4:30-6:30 or  
5:30-7:30. Practice times are dependent on  
the team.

Prep teams will participate in a minimum of 2  
competitions and a showcase at the gym.

Prep will also participate in gym Performance  
Nights (with possible door entry fee).

Schedule TBD.

Performance expectations (we will pick 2)

- “Glam Jam”, January 2024, Missoula, MT (TBA)
- “FullOut”, February 2024, Missoula, MT
- “Treasure Valley Challenge”, Missoula, MT,  
February/March 2024



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## CENTER STAGE ELITE

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Our Elite program is our most competitive division. Many know our flagship teams, Sirius and Orion. The Elite program evokes all of the positive characteristics of cheer: dedication, commitment, drive, perseverance, athleticism, focus, excellence, and fun.

Commitment is critical and all Elite athletes must sign an agreement. guaranteeing attendance.

Your athlete must be strong both emotionally and physically. The athlete must be polished technically and a driven vocal leader on the floor.

All Athletes 6 years and older will be guaranteed a spot on a team; skill set, readiness and dedication are prerequisites! We desire coed teams.

Elite requires a year-long commitment. A contract is required, an enrollment fee of \$400 (returning athletes are \$300), and a monthly tuition rate of \$230 per month. In the event you do not uphold your contractual obligations, a separation fee of \$700 applies. Tuition is due on the 1<sup>st</sup> of each month. We offer a 10% tuition discount for athletes who pay the entire season's tuition upfront by April 30<sup>th</sup> 2023.

Elite requirements include:

- Travel Summer Skills Camp; cost is \$500 (due June 1<sup>st</sup>)
- Choreography; cost is \$300 (due July 1, 2023)
- Music; cost is \$200 (due August 1, 2023)

Unexcused Absences are subject to a charge of \$25 per day missed and are grounds for demotion or removal from Center Stage Elite.

Leaving the season early (quitting/being removed from Center Stage program and/or gym entirely) is considered not upholding contractual obligations and will require payment for early termination/separation for a fee of \$700.

This must be a priority in your family. Your athlete is dedicated to the long-term goal set, and you must have your skills ready for some of the biggest events in the sport.



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## CENTER STAGE ELITE (cont.)

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Both athlete and parent will have to meet commitment and criteria. Parents are required to attend meetings, participate in weekly gym communication on Facebook, be positive and respectful in travel by supporting and representing the highest professional actions both internally in our gym and other programs and locations.

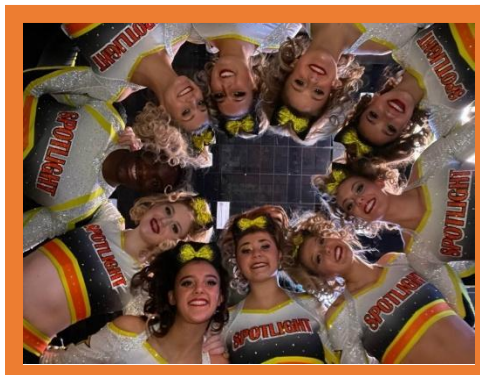
Simply put, we will all spend time together and we want us all to be on the same page to best support the teams towards success. Parents in this program will be expected to purchase orange and black gear to wear at events; (1 sweatshirt, 1 shirt) we can decide together style. You must support staff in vision and goals. We will train with the TEAM as top priority and make all positions and choices for the team. Personal driven mindsets will not thrive in this program. The exact skill level of each Elite team will be determined after summer skill building and is dependent on the skill of the team. Teams may adjust based on enrollment.

Practices are 2 days a week, Tuesday & Thursday, 430-830 with additional tumbling included in your tuition on Wednesdays 430-630. Competition will start the second week of November. Bid acquisition run starts immediately on the 1st weekend of December. Expect the possibility of a year-end event with flights.

This program will be coached by Jason in choreography sessions. Stacey, Billie, Kai, Baylee, and Kylee will be the head coaches.

Uniform requirements to be determined.

As mentioned, practices will be Tuesdays, Wednesdays, and Thursdays. Inclusive of your tuition will be the two days of team practices and a day of tumbling class. Dream cheer camp, located in Blue River, OR, is expected to be held July 30th thru Aug 3rd. This camp is expected and required for all Elite athletes. Pricing is \$500 per athlete (price includes: food, lodging, training, & 1 coach/chaperone per team). Our travel bus costs will be separate. At the start of the season, we will hold a parent meeting to decide our goal for the season, either to an end of season preselected event or Bid chase.



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## RULES & POLICIES

### PLEASE READ:

**Summer Training.** If your athlete wishes to return to Spotlight Studios Elite into the future, he/she is required to complete the full summer of training starting with the first week of practice. 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. If any issues should arise they will be addressed by our parent board (SPA).



Please note: We WILL accept NEW athletes into the program if they are athletes who can help to build our teams. We love to share throughout the summer from outside of the gym, and encourage enrollment of new athletes; including those who move into the area or did not know about Spotlight previously. Competitive cheerleading is a YEAR-ROUND commitment at these levels and best to maintain the skills in any level that you just trained and invested into the season prior. 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 our Prep-Performance program.

**Competition Season.** Please note, even though we do not take our routines out of the gym until November/December, the Spotlight 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.

**Tuition & Monthly Cost Info.** Tuition fees are due on the 1st of the month. Competition related fees due by the 15th of each month. Competition fees examples may include: gym fees, coaches fees, competition fees, music fees, camp fees, choreography fees.

**End of Season Events.** Summit, Orlando, FL (Teams must receive a bid to attend) Cost is approx. \$700+, includes 3-day Park Hopper, Admission into the ESPN World Wide of Sports, Coaches fees. All participants will be responsible for their own travel and hotel fees.

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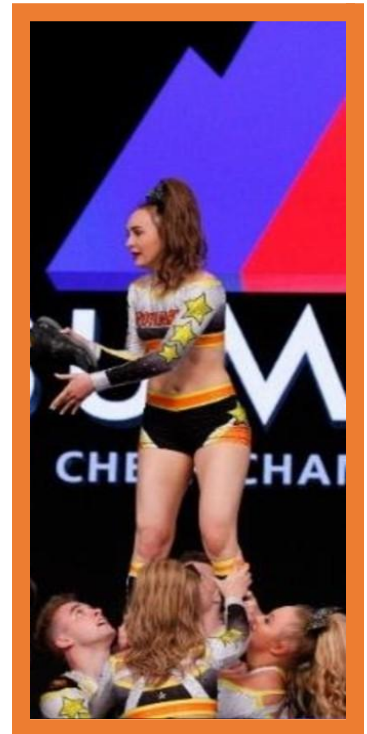
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**Attendance.** 100% attendance! At Spotlight we believe that teams become great by working together. Because cheerleading is a TEAM sport, every team member must be present for the team to be successful. If your child missed numerous practices they 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 with the doctor's orders.

### **Excusable Absences -Prior Approval.**

- **FAMILY EMERGENCY/DEATH IN THE FAMILY.** If you have an emergency 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).
- **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 Spotlight has homework and school projects that are both planned 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.
- **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 on 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. 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.
- **FAMILY VACATION.** Family vacations/trips out of town will be excused in June & July (up to 3 practices/1 week of Elite practices). 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. **\*NOTE** Camp is **REQUIRED.**



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## 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 were paid for your child will be applied to their replacement for those competitions and not refunded.
- For Elite ONLY—There is a \$25 Unexcused Absence Fee per practice missed and repeat unexcused absences may result in athlete sitting out or being removed from program.

Absence request form may be filled out in office and submitted to SPA for approval. This form must be submitted 2 weeks before requested absence. Please note not all absences will be granted.

**Activities & Extra Curricular Sports (outside of Spotlight).** If your child chooses to participate in other activities/sports/ part time job, we require that Spotlight be their priority. Missing practice will activate the unexcused absence fee of \$25. Missing more than two (2) practices will result in a referral to the board.

**Financial Policy.** If your cheerleader quits or is removed from Spotlight for any reason, all monies paid are non-refundable including but not limited to try-out fee, tuition, travel fees, clothing fees, competition fees, music, and choreography etc.



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**Competition Entry Fees-** If an athlete is injured or has to be removed from the routine for any reason, all competition fees paid on their behalf are 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.

**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 the 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 Spotlight.

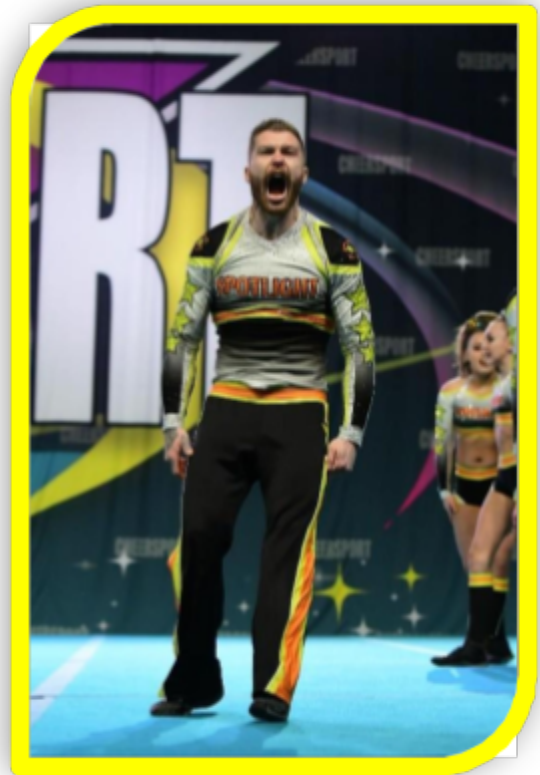
**Apparel Uniform Fees.** If an athlete quits or is dismissed for any reason, Spotlight will not issue refunds for apparel or uniforms nor will items be released to the athlete. After a child has left the program, all items purchased are forfeited, becoming exclusive property of Spotlight.

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

- no jewelry and/or gum permitted in practice area, fingernails must be kept short
- 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 in a pony/bun
- 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.** Spotlight's social media policy includes the following: If it is not something you would say or do at Spotlight, it should not be on any of your social media sites. This includes, but is not limited to, your responses and personal post/ in any association with Spotlight, Spotlight's name, its coaches or its athletes and families. Breaking any Spotlight rule/policy "on the internet" will be treated the same as a

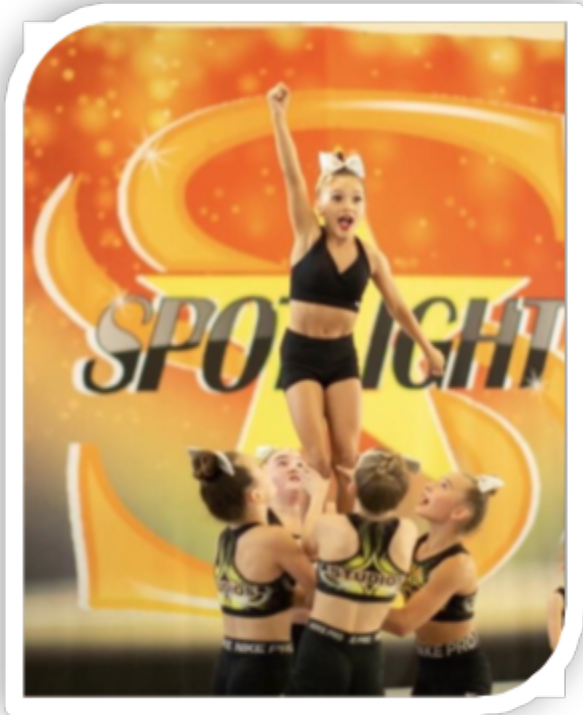


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violation “in person.” Spotlight will monitor all social media sites regularly to ensure our name is being represented in a positive manner. These sites include, but are not limited to Facebook, Instagram, Snapchat, Tik-Tok etc.



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 employees or students. 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 at the appropriate age for both teams’ divisions. Crossovers pay additional entry fees for competitions.

**Early Termination/Separation.** Spotlight is both a time and financial commitment. Someone quitting mid-season 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 Spotlight can be paid in one lump sum in March for the season starting in April, 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) will incur a \$700 early termination fee and may have their tryout privileges for future Spotlight competitive teams revoked. You also must pay any outstanding balance. (ie: uniforms, camp gear, etc.).

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**Withholding Cheer.** Spotlight 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. Spotlight 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, but 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.

**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 Spotlight, 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.

**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. Spotlight fans, parents, friends, spectators, and competitors need to be known for our classy behavior and good sportsmanship. As representatives of Spotlight, we ask that you always exhibit good sportsmanship, say only

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positive comments, and act with class when interacting with other teams and competitors in competitive environments.



### Competition Dress Code. Athletes must:

- Be dressed in their designated outfit by each team's scheduled meeting time unless otherwise instructed by their coach.
  - 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 Spotlight.
  - Cover tattoos and may not wear dyed (unnaturally colored) hair.
  - Always wear a cover up 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, & earbuds.
- 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, earbuds, or any other items during any award ceremonies.

### Travel/Competition Guidelines. All families/athletes must:

- Read all emails/posts concerning competition dates, venues, and itineraries. (Information will be released as soon as we receive it). Be sure to make travel arrangements for the appropriate days.
- Missing practice before a competition for travel is not allowed. Doing so jeopardizes the athlete's role in the routine and can/will be benched.
- Arrive for competition by the designated time and check- in with the coaches/staff/gym owners accordingly.
- Understand competitions are not family vacations, adhere to the designated schedules, and abide by all rules set forth.





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## SCHEDULE AND IMPORTANT DATES

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### 2023-2024 Spotlight Holiday Season

- Memorial break- May 26th-29th
- Summer Break– June 30th – July 10th
- Fall Break- September 1st-11<sup>th</sup>
- Halloween- NO Practice October 31<sup>st</sup>
- Thanksgiving- November 22nd- 27th
- Christmas- December 22nd- January 1st

### 2023-2024 ELITE Tentative Performance Schedule

- July 22<sup>nd</sup> Rathdrum Days Parade
- July 29<sup>th</sup> Hayden Days Parade
- August 25<sup>th</sup> Gym Performance Night
- September 16<sup>th</sup> Gym Performance Night
- September 28<sup>th</sup> Gym Performance Night
- November 18<sup>th</sup> Gym Performance Night

### 2023-2024 ELITE Practice schedule

- Tuesday 4:30-8:30pm
- Wednesday 4:30-6:30pm
- Thursday 4:30-8:30pm
- August 21<sup>st</sup>-25<sup>th</sup> Choreography (Times TBD)
- Summer Camp July 30<sup>th</sup> – August 3<sup>rd</sup>

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## General Dates:

### **The American Northwest December 2<sup>nd</sup> & 3<sup>rd</sup>**

Portland Oregon

Travel Friday the 1st- practice in Portland

Compete 2nd and 3rd 2023

### **Aloha Portland January 13<sup>th</sup> & 14<sup>th</sup>**

Portland Oregon

Travel Friday the 12<sup>th</sup>

Compete 13<sup>th</sup> and 14<sup>th</sup> 2024

### **Local Competitions (Tentative)**

Lakeland Highschool

January 20<sup>th</sup>

### **Glam Jam January 21<sup>st</sup>**

Missoula Montana

Travel Saturday the 20<sup>th</sup>

Compete Sunday the 21<sup>st</sup>

### **Clash of the Titans February 10<sup>th</sup> & 11<sup>th</sup>**

Tacoma Washington

Travel February Friday the 9<sup>th</sup>

Compete the 10<sup>th</sup> and 11<sup>th</sup>

### **Treasure State**

Missoula Montana

Travel Saturday the 16<sup>th</sup>

Compete Sunday the 17<sup>th</sup>

### **US Finals (Date TBD) Tentative April 6<sup>th</sup> & 7<sup>th</sup>**

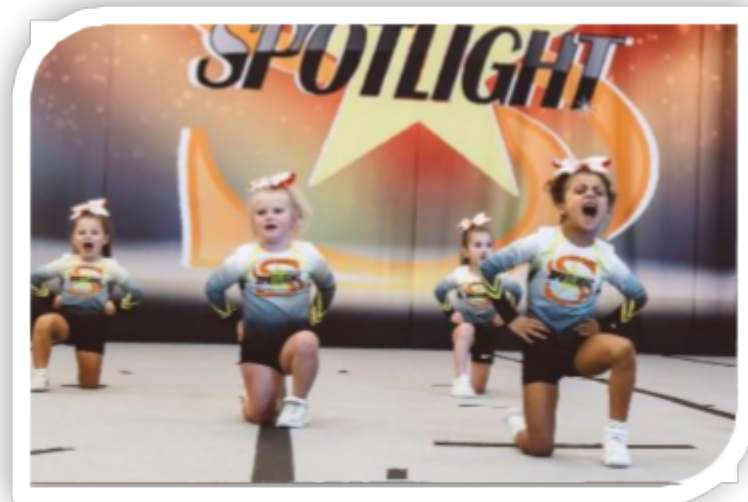
Tacoma Washington

Travel Friday the 5<sup>th</sup>

Compete the 6<sup>th</sup> and 7<sup>th</sup>

### **Summit May 2024**

Travel and Comp dates TBD



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# GEAR PRICING GUIDE

ALL GEAR PRICING IS ESTIMATE ONLY. PRICING SUBJECT TO CHANGE DUE TO VENDOR SUPPLY.

### ELITE Comp Uniform:

- Warm-Ups - \$305 ELITE
- Competition Bows and - \$35(Announced by November) ELITE
- Girls Performance Socks - \$120 ELITE
- Rebel Spotlight Backpack - \$135 ELITE
- Traditional Day 1 Uniform Set - \$455 ELITE
- Day 2 Uniform Top - \$455 ELITE
- Female Uniform \$1030 (Uniform Top/Bottoms/Socks) ELITE
- Male Uniform \$690 (Uniform top/Bottoms)
- Rhinestone Leotard - \$65 ELITE
- Nfinity Beast/Rebel Renegades **BLACK** cheer shoes – Purchase on your own Elite/Prep

### ELITE Practice Uniform:

- White Sublimated Sports Bra - \$65 ELITE
- Boys Yellow Sublimated Shorts - \$65 ELITE
- Black Sublimated Sports Bra - \$65 ELITE
- Boys Black Sublimated Shorts - \$65 ELITE
- Black Nike Pro Shorts – Purchase on your own (no zippers, no pockets)

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## COMPETITION MAKEUP

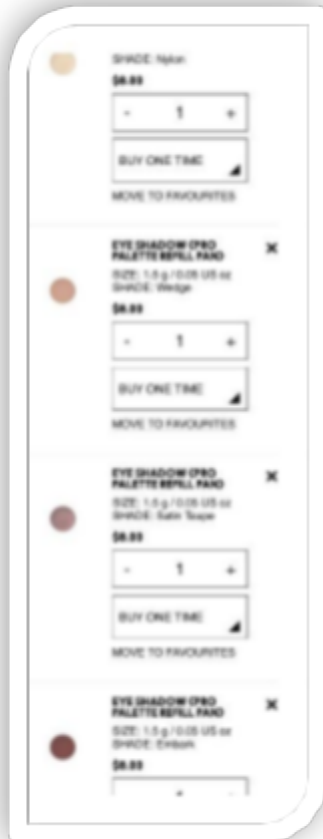
### Eyes

MAC Cosmetics [www.maccosmetics.com](http://www.maccosmetics.com)

Eye Shadow (Pro Palette Refill Pan)

- Lid Color: Satin Taupe
- Transition Color: Wedge or Omega ·
- Outer V Color: Embark
- Inner Corner & Brow Bone Color: Nylon

Instruction:



Take the transition color “Wedge or Omega” on a fluffy brush into the crease (doesn’t need to be precise) and blend so there isn’t a harsh line. Take the lid color “Satin Taupe” and pack onto the eyelid with a flat shader brush. Then take the outerV color “Corduroy or Embark ” and use a tapered blender brush and apply to the outer V and blend slightly halfway into the crease. There should be no harsh lines, everything should be blended seamlessly. Then take the inner corner & Brow Bone color “Nylon” in the inner corner and on the brow bone (right under the eyebrow) with a pencil brush.

Once eyeshadow is applied, apply a black eyeliner along the upper lash line. Then apply false lashes. Mascara can be done before or after false eyelashes. Eyeliner and false lashes are required.

If you want to keep all the colors together, they sell a quad eyeshadow pallet to put them in for \$9.

If you prefer to get the shadows at Ulta or

Nordstrom, they sell the single eyeshadows

in a compact for \$18 each. If you purchase the pro-pan singles from maccosmetics.com each eyeshadow is only \$8.



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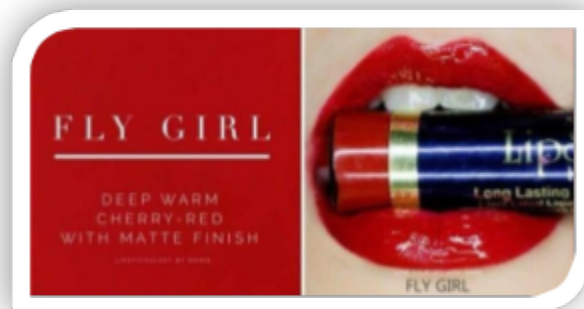
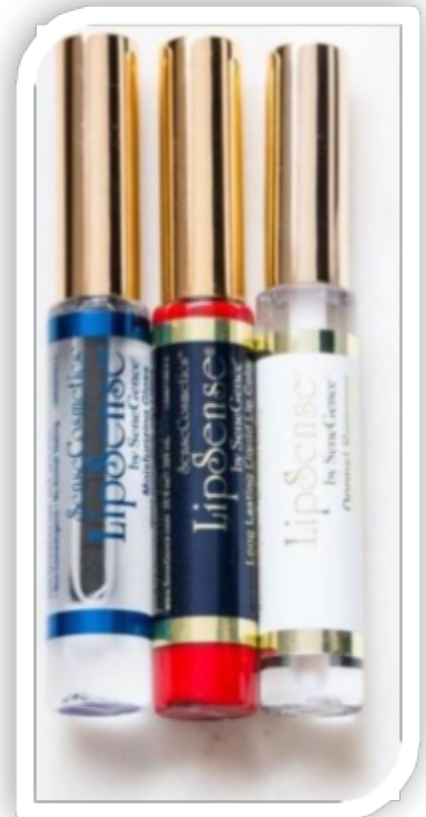
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### Lips

#### Lipsense "Fly Girl"

##### Instruction:

- Please ensure lips are clean and dry (do not have any other lip make-up on the lips, not even ChapStick).
- Apply Fly Girl color to lips. Apply to the entire lip area. Allow the coat to dry. Apply a total of 3 coats. (sometimes the first coat has a burning sensation, and this is normal)
- After the color is COMPLETELY DRY, then apply the gloss to the lips. Typical drying time is two to three minutes, sometimes even quicker. Do not rub lips together until the gloss is applied otherwise they will stick together and you will have to start over! Do not use any other type of gloss on top or it will not last.
- To remove: you will need to use the Oops! Remover and a wipe. Cover the lips with the remover, and gently wipe away the color. Repeat if needed.



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## FREQUENTLY ASKED QUESTIONS

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**Q1.** What is that “Chant” song before performances and competitions?

**A1.** Prior to the team settling into position, you will see Coach Stacey solicit the audience to rise. At that time, on her cue, we begin:

“Front and Center, Spotlight Dominates!” [Clap, Clap] (4X)

Repeat thru to last time, cued by Stacey. Once Chant is complete you may return to your seated position. And yes, we chant for ALL Spotlight teams!

**Q2.** Can I buy used uniforms?

**A2.** Only during approved time frames, as determined by the office. Used gear must be in excellent shape and follow the pricing set by the office.

**Q3.** Who do I talk to about the balance on my account? Do you take credit cards?

**A3.** You will want to talk to Andrea Parker or LeeAnn Ramsey. You may email them at [officeatspotlight@gmail.com](mailto:officeatspotlight@gmail.com). Yes, we accept cash, check, and card payments. All tuition is due by the 1<sup>st</sup> of each month. Late fees will apply.

**Q4.** Is it ok for undergarments to show?

**A4.** No. Please ensure bra straps and underwear are hidden and not seen through or outside of gear.

**Q5.** How do I sign up for a private lesson?

**A5.** You will schedule a time with your desired coach.

**Q6.** Where can I get a hair piece for my athlete?

**A6.** Although hair pieces are not required, they are strongly encouraged. Approved brands are Bella Pony ([www.bellapony.com](http://www.bellapony.com)) and Beehive Cheer Hair ([www.beehivecheerhair.com](http://www.beehivecheerhair.com)).

**Q7.** Why do I have to have a tan?

**A7.** Event stage lighting is unforgiving. Without a tan, athletes glow and the look is not complimentary.

**Q8.** Why can't I wear jewelry?

**A8.** Jewelry poses a safety risk and is not allowed at competition events.

**Q9.** Can I use lotions before we compete?

**A9.** Adding lotions makes the skin slippery and significantly reduces the ability to “grip” during stunting

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## ACKNOWLEDGMENT

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Spotlight Studios North-Star Handbook

Revised: March 2023

### Acknowledgment

I acknowledge receipt of the Spotlight Studios North-Star, LLC. Handbook and I agree to abide by all of the rules and conditions set forth therein. I recognize that this handbook is intended for informational purposes and its content is subject to change. I further recognize that Spotlight Studios may add, alter, or delete the policies in this handbook at any time at its sole discretion.

I recognize that calendar and cost projections are estimates and that final dates, and costs are unknown until time of ordering/booking.

I understand that some competition venues may amend events, and bid distributions without advanced notice.

I understand that any and all claims arising must be brought to the attention of Spotlight Studios within 5 days from the date of incident. I waive any applicable statute of limitation to the contrary.

Dated: \_\_\_\_\_ Athlete: \_\_\_\_\_

Dated: \_\_\_\_\_ Spotlight: \_\_\_\_\_

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## APPENDIX

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# High School & Recreational Youth Teams

We provide year-round or seasonal support to our regional community programs who desire elite training with the safety of nationally accredited staff and indoor spring floor.

We specialize in superior routines that will push you toward a winning cheer season!



1st WIN for your home program is that you receive “in gym time” here at Spotlight with increased safety equipment and nationally accredited staff!



2nd WIN is that the stress comes off you as the coach. The material for events can be done far ahead of time/ no last-minute practices- all done early in weekly training or a camp atmosphere! The scramble is over- time to enjoy already prepared athletes!

### High school Team Support

#### Opportunities

- Half time/ assembly routines - dance and stunt/ tumble sequence
- State show routine (separate pricing-set up meeting with office to address needs) ·

#### Stunting

- Sideline chant/cheer Education
- Tumbling- Thursday classes \$10 per athlete

### Youth Recreational/Sideline Programs

#### Opportunities

- Sideline chant/cheer Education ·

#### Half time routines

- Stunting
- Tumbling- Thursday classes





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# APPENDIX CONT.

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### Program Pricing

#### PICK ANY FOCUS

- \$50 per athlete, 2-day camp

**Want maintenance all season? A contract coach to just handle the work? We're here ready to help!**

- \$40 per athlete per month

Included in the monthly fee your team will have a stable time each week, for two days of the week, 1.5 hrs. each practice. This will be hosted at Spotlight- elevating scheduling outside with unpredictable weather or in the school's very busy schedule on hard surfaces that are cause for increased safety worries! NO MORE ROLLING MATS... just pull up to the gym and we're ready for you!

Let's all help Inland Northwest cheer skills to grow leaps and bounds! Increase our children's safety and future goals!!!

### Contact Stacey to sign up:

Stacey Steinwandel, Owner/Director Spotlight Studios

208.635.5982

9869 N. Chelsea Ct. Hayden, ID 83835