

USASF HEROES OF ALL STAR

ACTIVITY BOOK



Seek • Explore • Learn
About Yourself and All Star!

USASF.NET

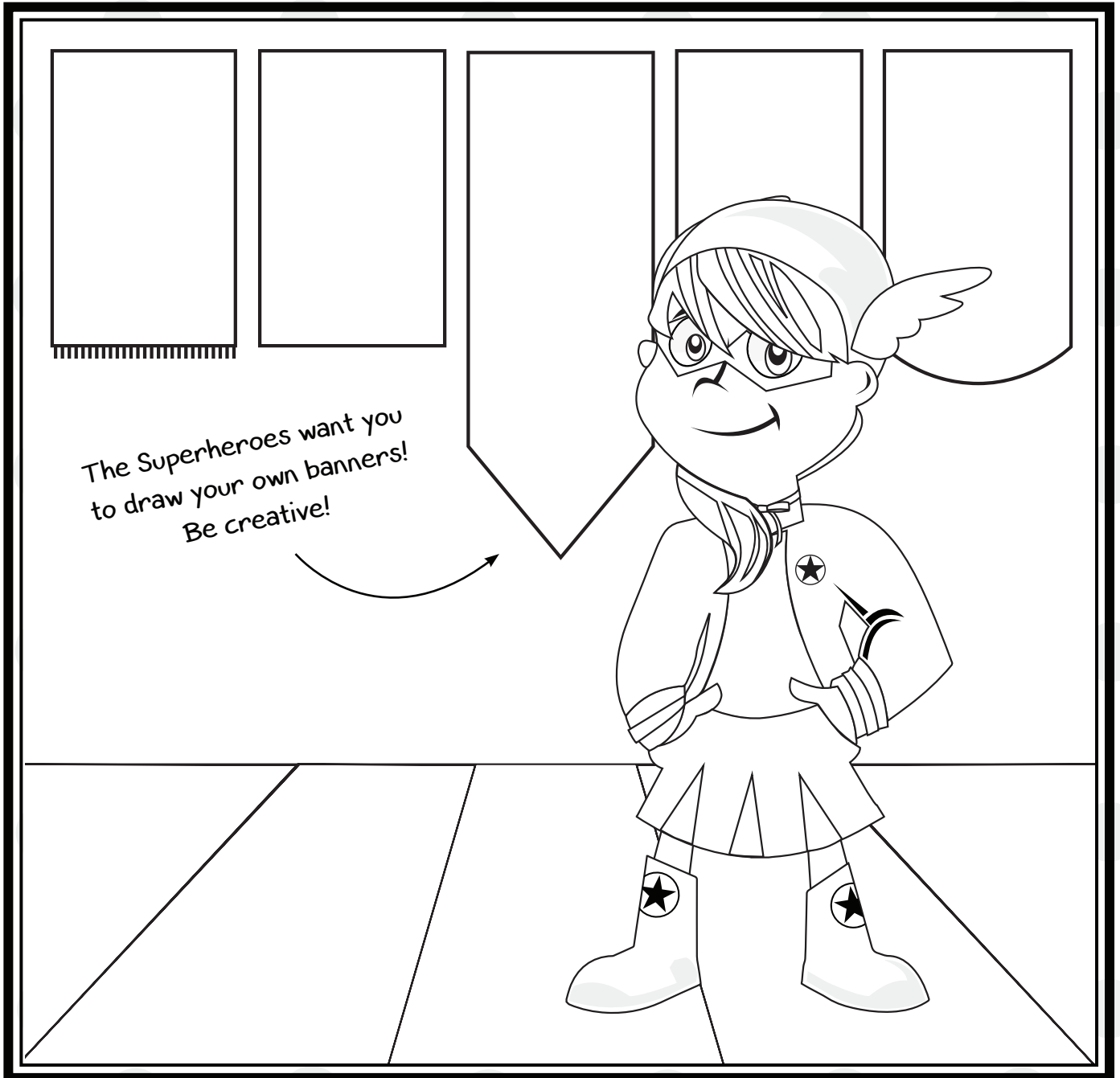
MEET THE SUPERHEROES OF ALL STAR



They will help YOU become an All Star Superhero too!

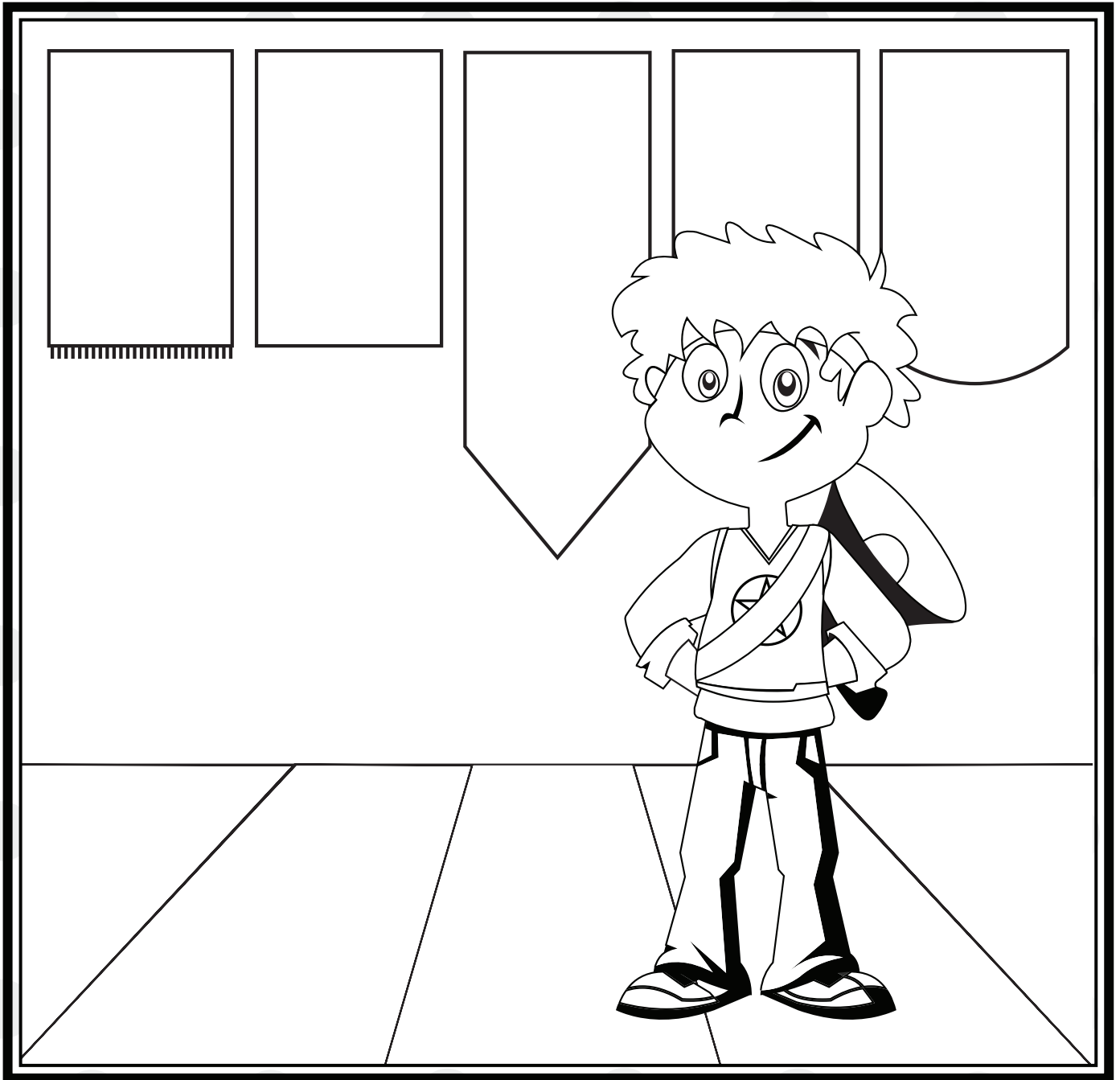
COURAGEOUS CHARLIE

Charlie loves to try new things.
Charlie is usually first to try a new skill.



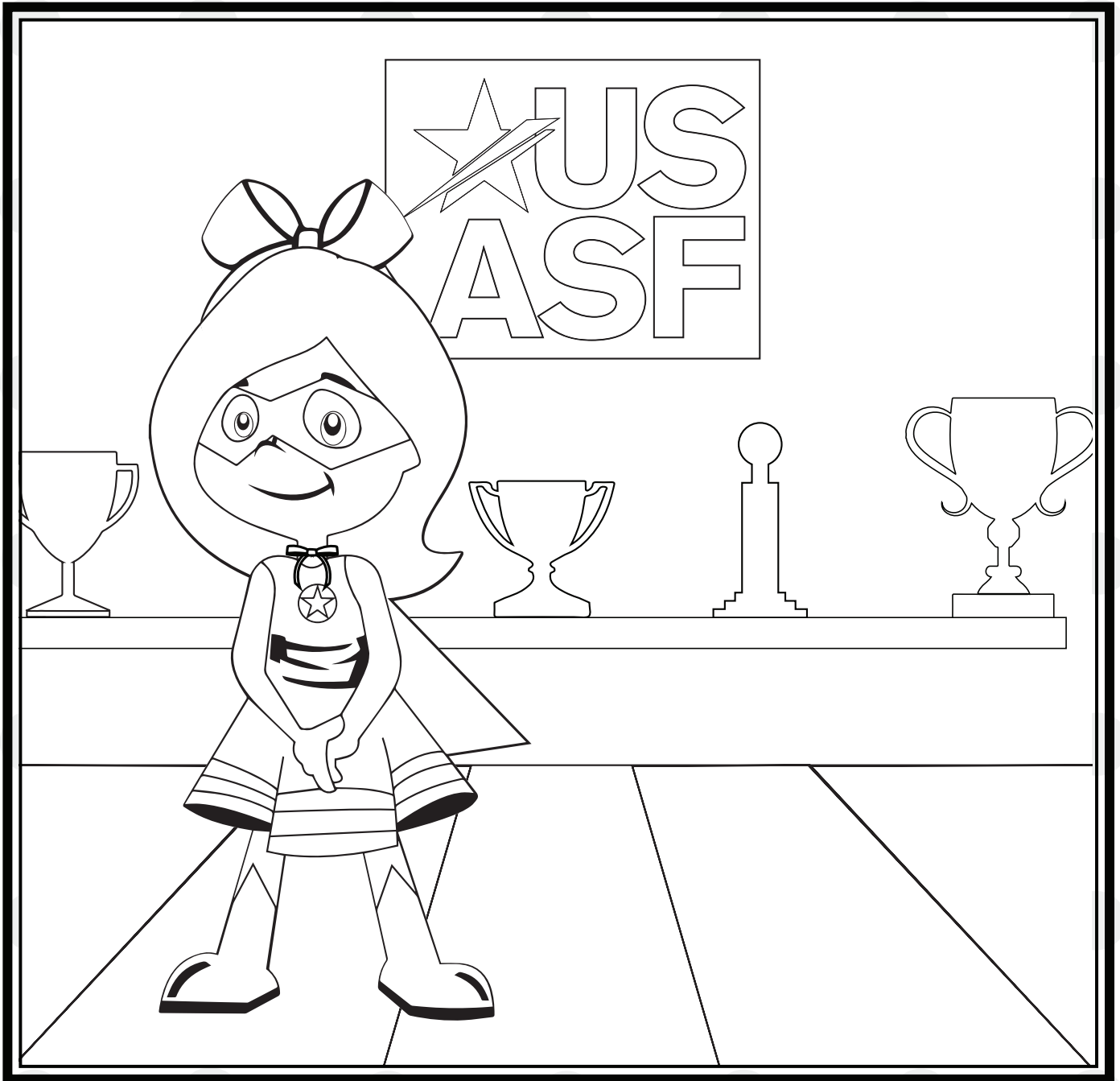
HONEST HUCK

Huck always speaks the truth.
Bold and confident, Huck likes to help others become better.



POSITIVE PIPER

Piper blocks bad words like a BOSS!
She makes people feel good about themselves.



EXAMPLE ELLIE

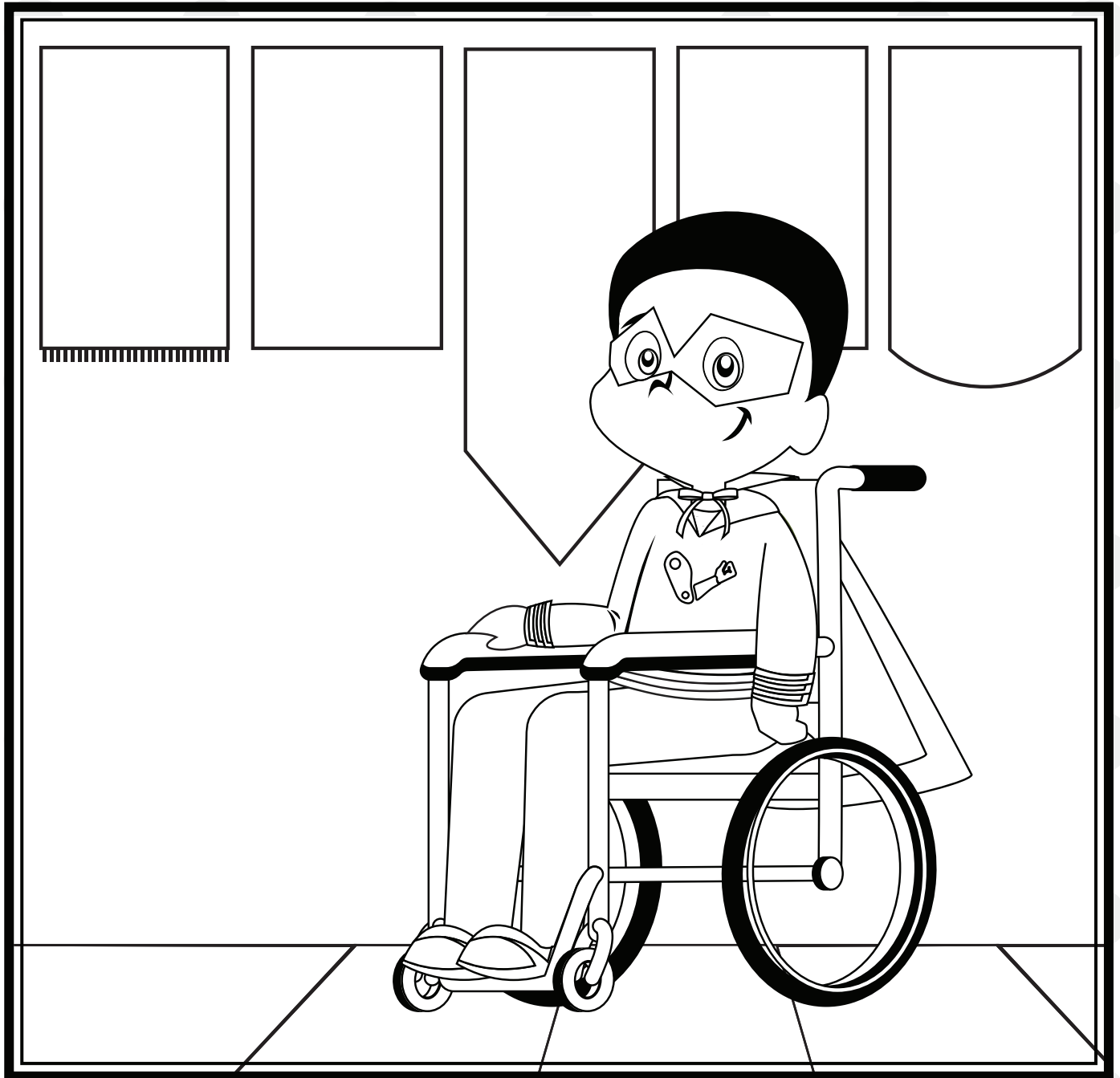
Ellie leads by example.

She works hard to always be a role model for others.



DETERMINED DARIO

Dario empowers his teammates to work toward independence. He leads by being resilient and demonstrating strength, endurance and self-determination.



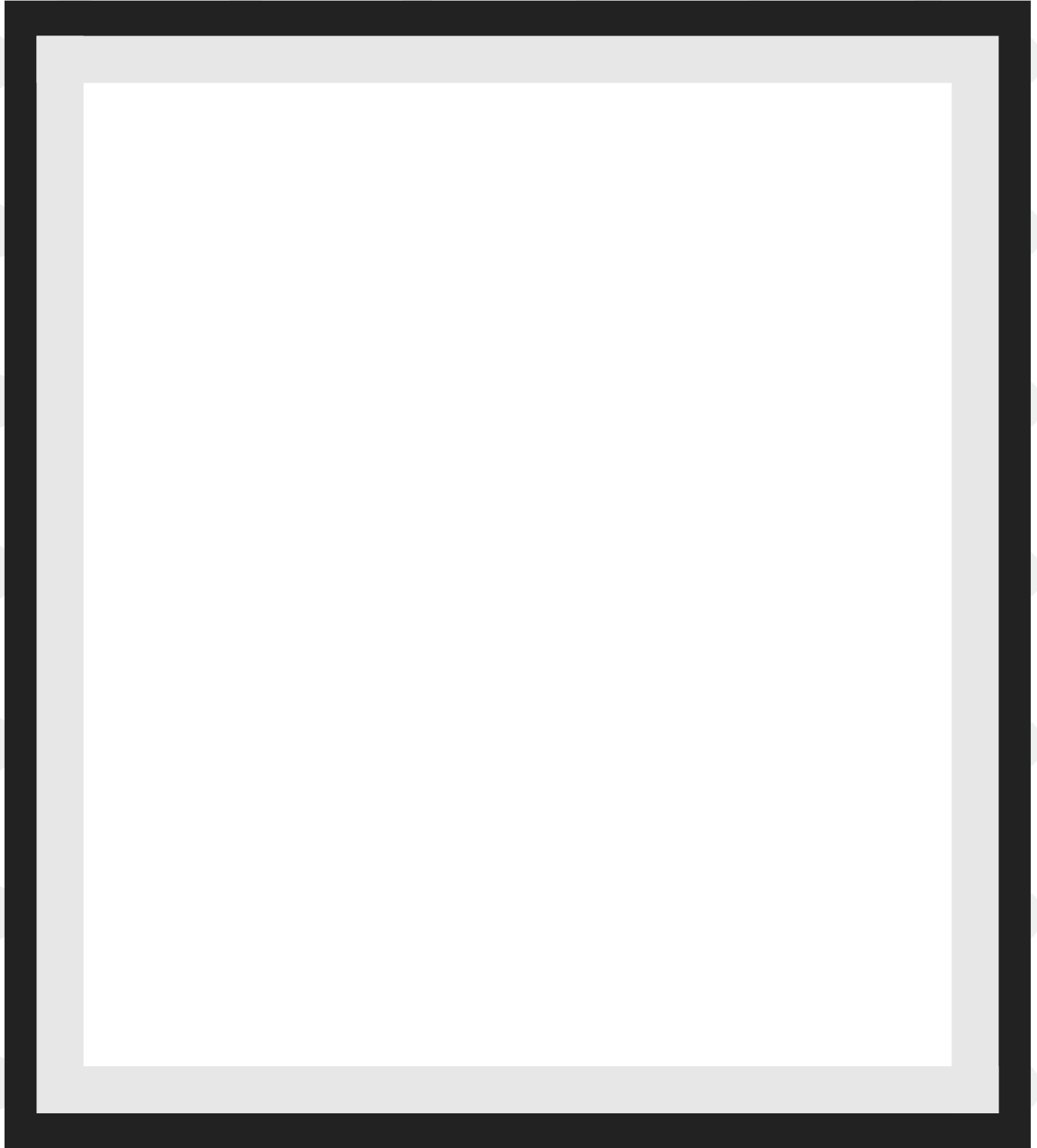
THE SPECTACULAR SENIORS

Star and Roman love All Star!

They love the lessons it has taught them to be confident and leaders.



My name is _____
and I love All Star!



DRAW YOURSELF AS AN ALL STAR SUPERHERO!

My Superhero
skills are:

My Superhero
uniform looks like:

My Superhero
shoes are:

My Superhero
team members look like:

My Superhero
favorite colors are:

My Superhero
favorite song to
dance to is:

My Superhero
bow or hat looks like:

My coach as a
Superhero looks like:

My Superhero
All Star practice
room looks like:

CAN YOU DO THIS?

Do you know the names of the skills?
Match the skill with the picture.



1 Arms in a High V

2 Arms in a T Motion

3 Arms in a Low V

4 Arms in a K Motion

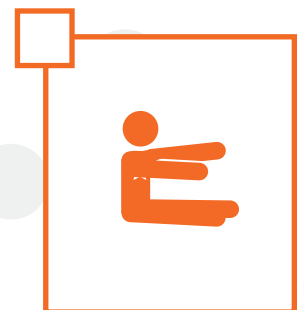
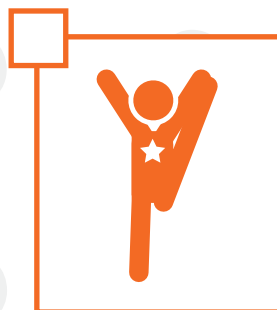
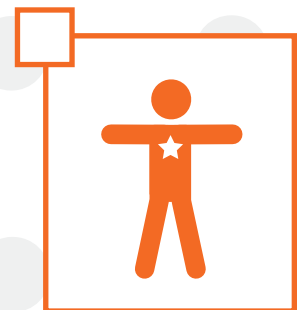
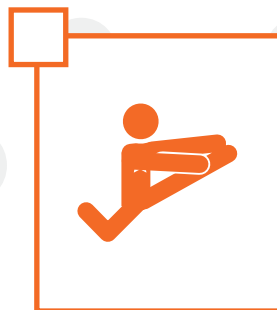
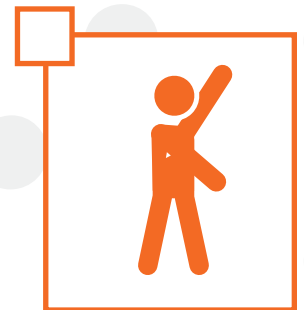
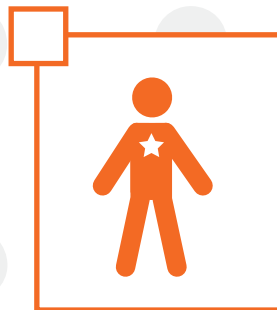
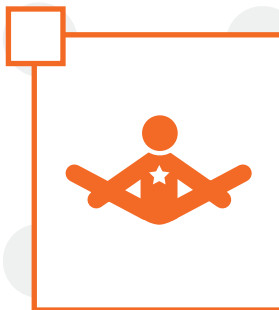
5 Toe Touch Jump

6 Pike Jump

7 Hurdler Jump

8 Heel Stretch

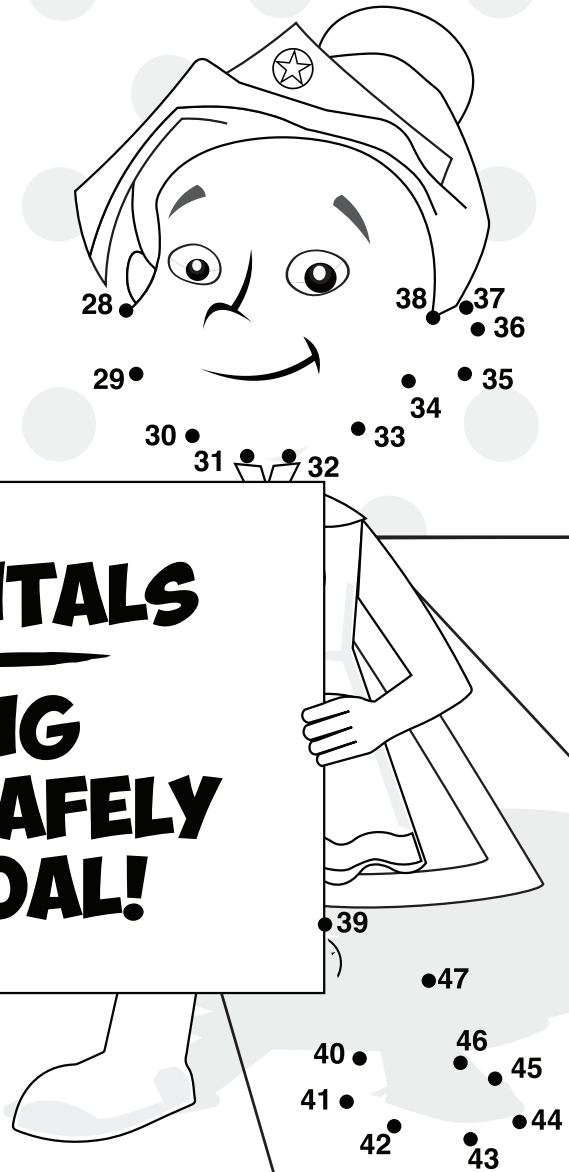
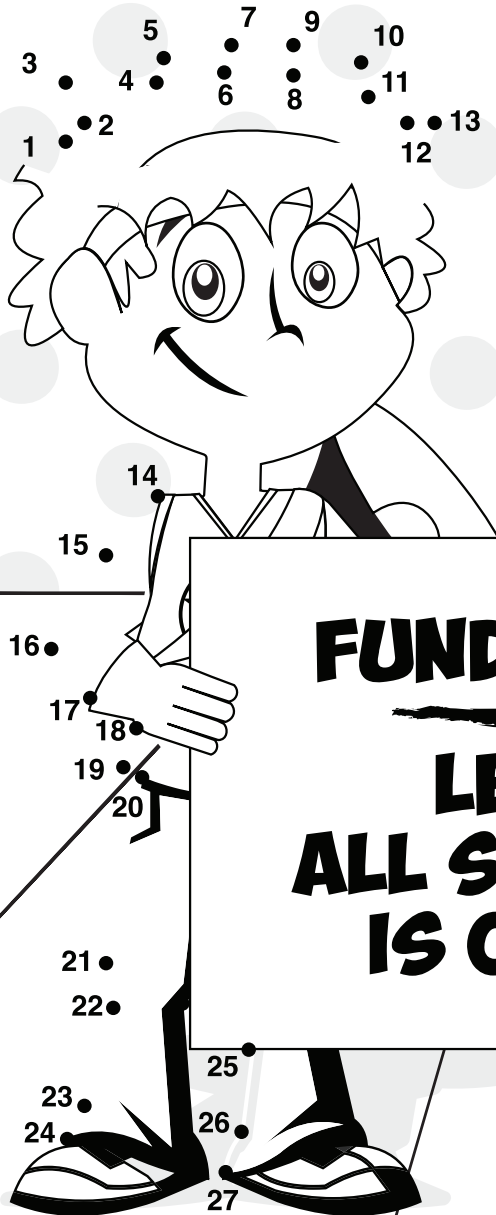
9 Arabesque



CONNECT THE DOTS!

Connect the dots from 1-12, 14-27, 28-38 & finally 39-47.

Color in the image when you are finished!



FUNDAMENTALS
LEARNING
ALL STAR SAFELY
IS OUR GOAL!

SELF AWARENESS

Adjectives are descriptive words such as honest, friendly, outspoken, hearing impaired, etc.

List **3** adjectives about yourself



- 1** I am good at _____
- 2** Something I need to do better _____
- 3** My favorite thing _____
- 4** I think I am _____
- 5** I want _____
- 6** Sometimes I need help with _____
- 7** When I grow up, I want to be _____

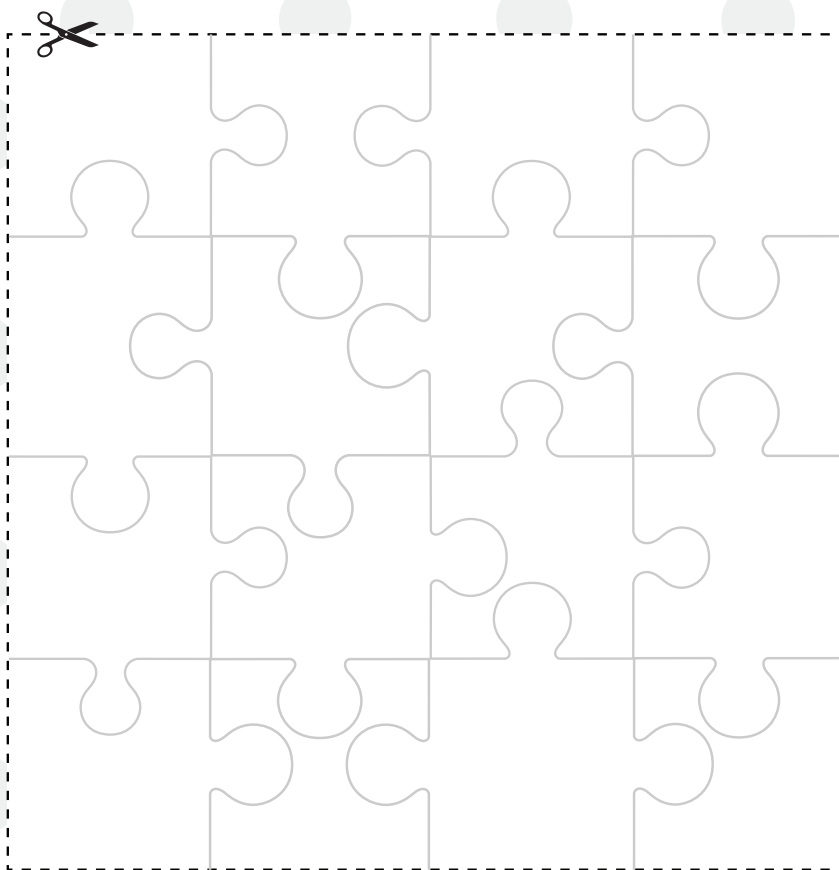
DIVERSITY AND INCLUSION

We are all part of a team but are unique.

As cheer and dance athletes, we celebrate being stronger
because we are each unique.

1. Cut the entire puzzle
2. Cut the individual puzzle pieces and decorate each uniquely. What is YOUUnique about yours? Share your talents, culture, race, differences on each piece.
3. Combine your individual pieces into one puzzle.
4. Discuss how each person is different but everyone is included in the team's performance to make it stronger.
5. Mount the newly decorated puzzle in your practice space to celebrate the diversity within your team.

D Different
I I's
V Valuing
E Each other
R Regardless of
S Skin color and loving
I Individual
T Traits
Y Yields more understanding



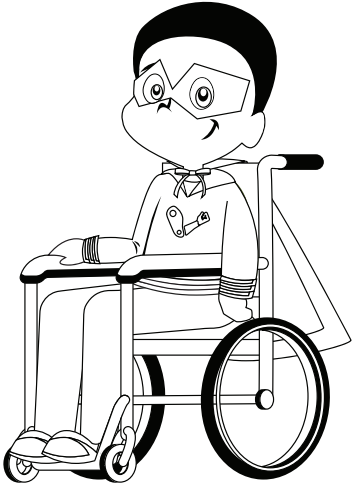
DISCUSSION QUESTIONS FOR YOU TO SHARE WITH YOUR TEAM OR AT HOME:

1. How are you different from your teammates?
2. How are you and your teammates alike?
3. How does excluding someone from a team make you feel?
4. How does being included in a team make you feel?
5. Why is it important to celebrate YOUUniqueness?
6. Does someone else's piece look like yours?
7. List **3** ways you can make someone feel "included" during practice.

DIVERSITY AND INCLUSION

Let's all create a SELF-TALK bookmark!
Cut along the dotted line and fold down the middle.

FOLD HERE

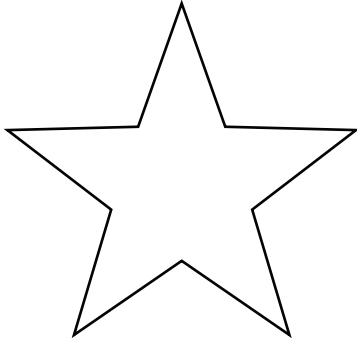


I PROMISE:

To treat everyone equally

To accept everyone

To embrace everyone's differences



I PROMISE:


To say hello and smile directly at five people today

To include everyone in activities both in and out of my program

To explore differences with my teammates and find our connection

DIVERSITY

INCLUSION



SEEK AND FIND WORDS

Look for the words below. Make sure you look up, down, backwards and forwards to find the secret words from our Superheroes!

Safety
Dancing
Coach
Supportive

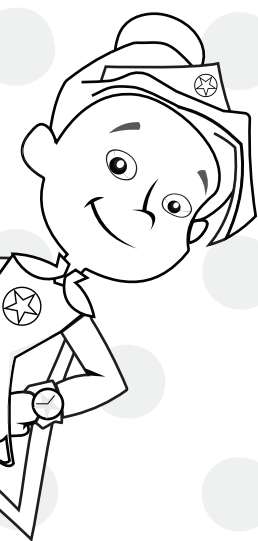
Happy
Positive
Fun
Goals

Friend
Family
Learn
Never Give Up

Teammate
Cheering
All Star
Try



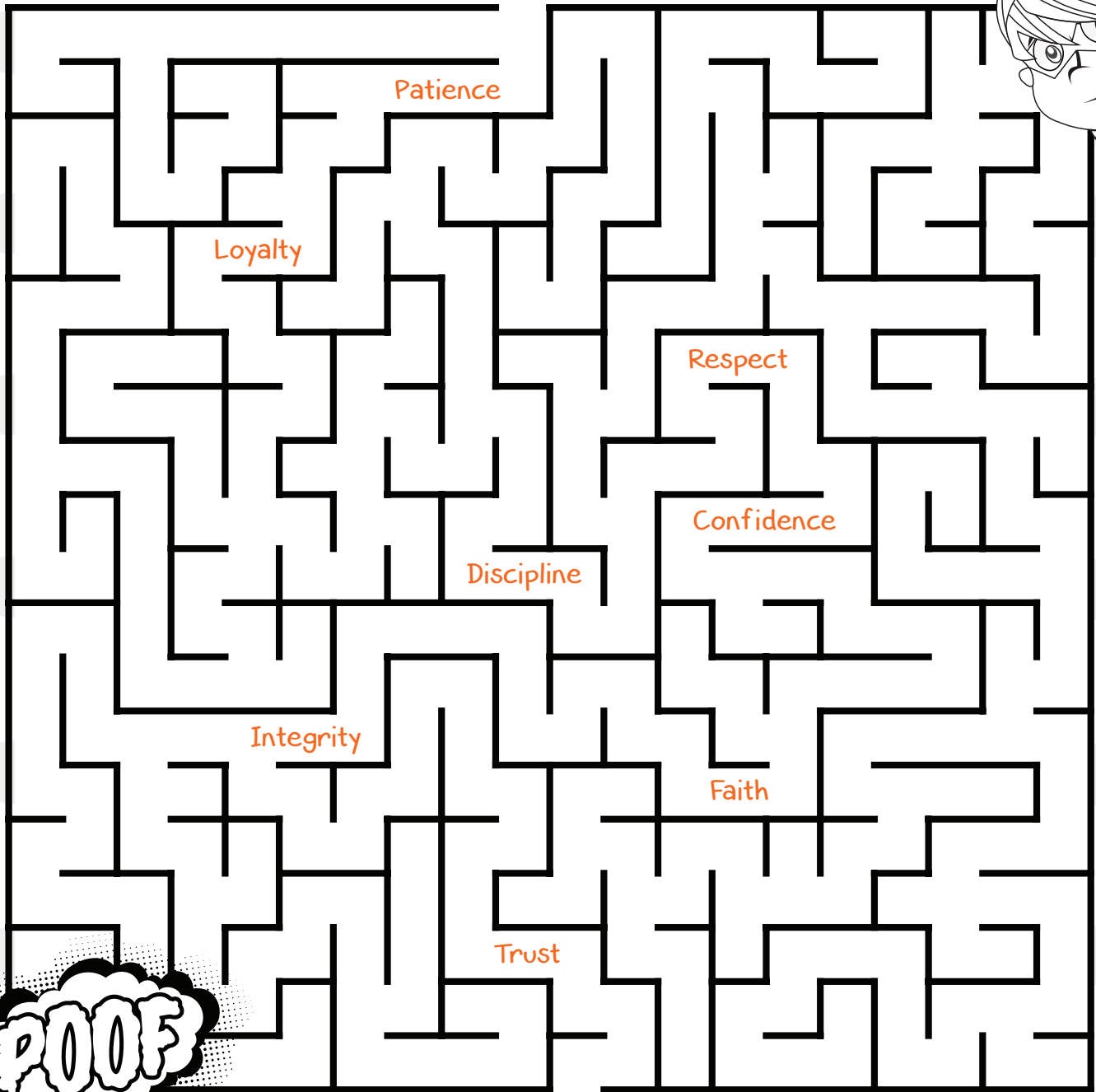
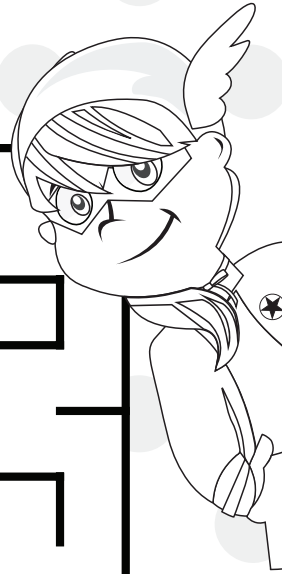
S	A	F	S	T	Q	T	I	N	A	T	L
U	O	D	P	B	R	X	V	L	A	E	E
P	S	A	F	E	T	Y	L	H	T	A	A
P	F	N	A	G	C	S	F	U	N	M	R
O	A	C	L	S	T	O	H	D	A	M	N
R	B	I	C	A	G	O	A	L	S	A	D
T	A	N	R	I	N	G	P	C	A	T	Y
I	P	G	R	A	B	A	P	J	H	E	L
V	F	R	I	E	N	D	Y	A	V	H	I
E	P	O	S	I	T	I	V	E	C	A	M
H	A	G	N	I	R	E	E	H	C	L	A
N	E	V	E	R	G	I	V	E	U	P	F



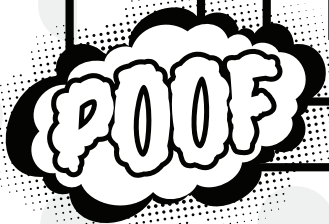
MAZE

The Superheroes have left their superpowers for athletes to pick up on their way to the All Star program. How many of the traits can you pick up as you move to practice?

START

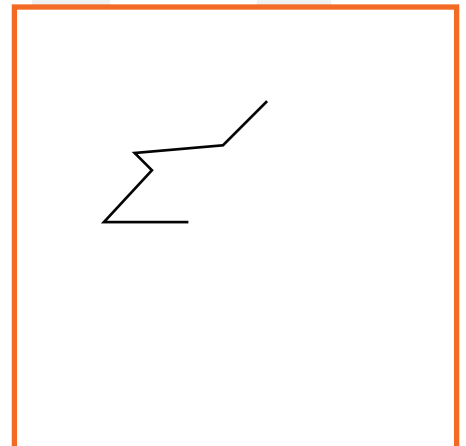
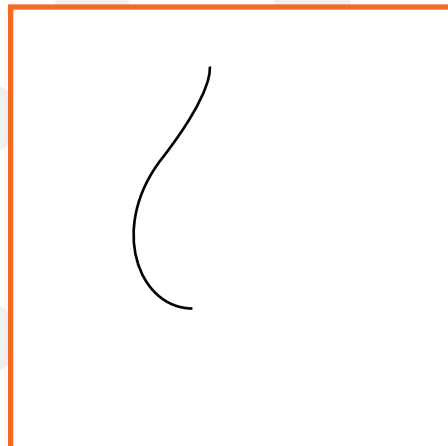
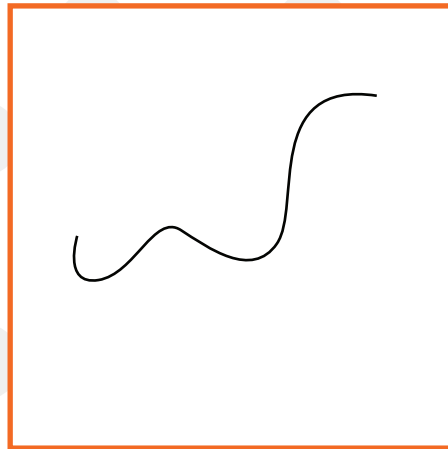
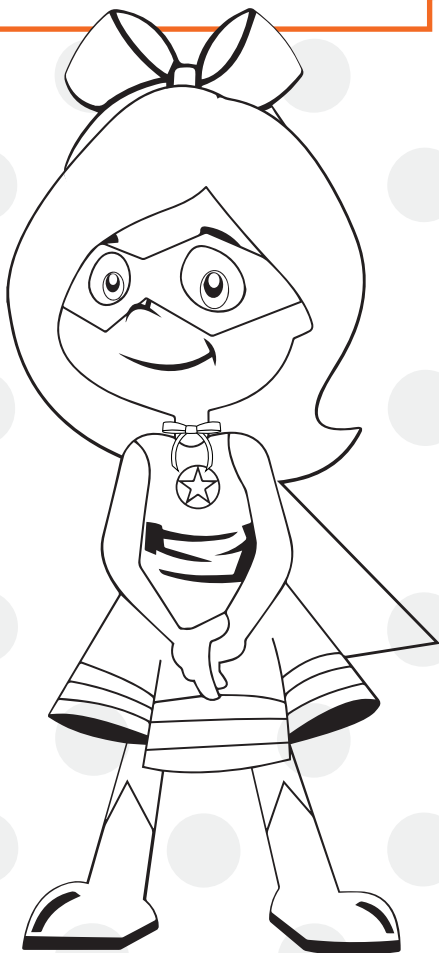
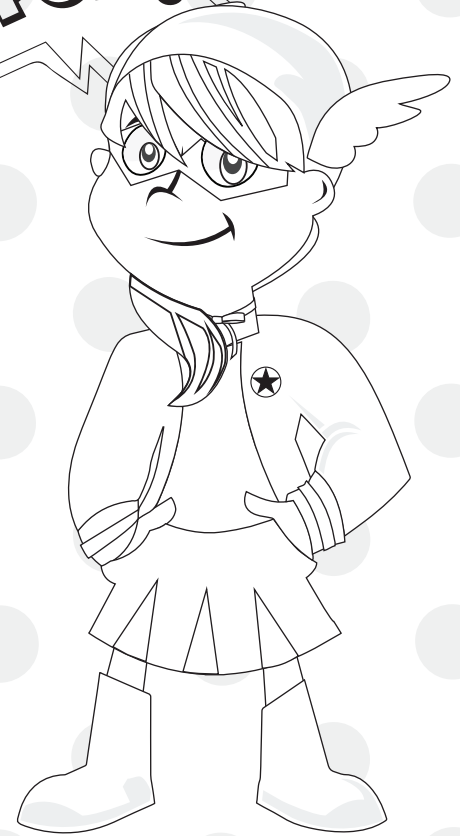
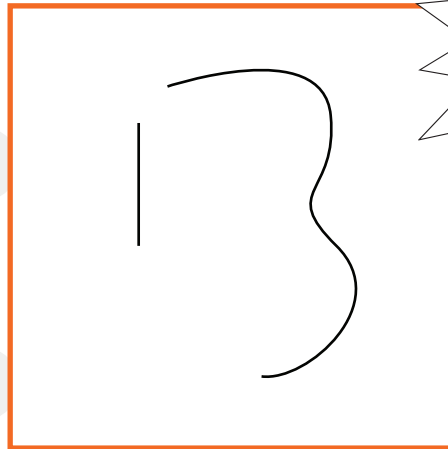
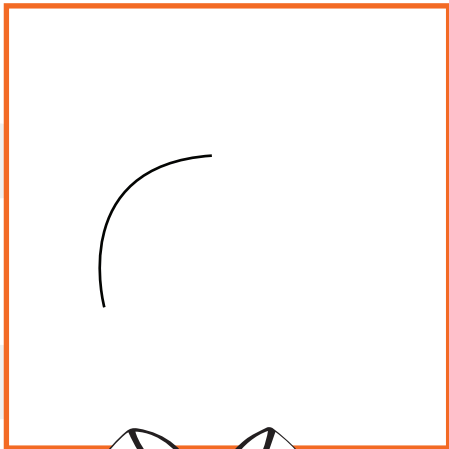


FINISH



FINISH THE DRAWING

Courageous Charlie and Positive Piper began some drawings and had to leave for All Star practice. Will you help them finish their drawings? They are excited to see what you will complete for them!



CREATE A PENNANT TO DECORATE YOUR ROOM!

Color your Superhero self and add the
Spectacular Seniors to cheer you on!

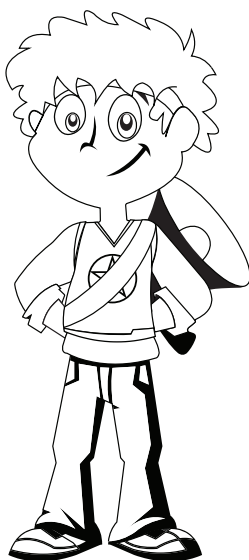


BOOKMARKS

Color These Bookmarks and Include YOU!



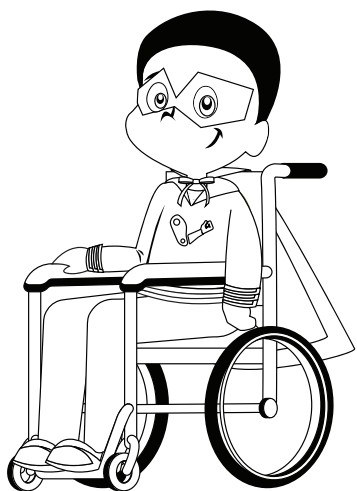
**COURAGEOUS CHARLIE
SAYS ALWAYS TRY HARD!**



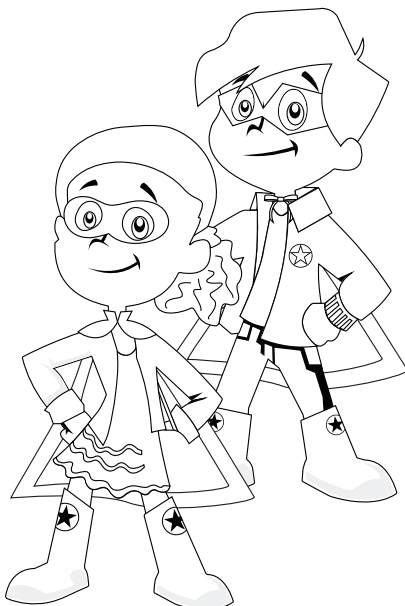
**HONEST HUCK SAYS NEVER
TELL A LIE!**



**POSITIVE PIPER SAYS BELIEVE
IN YOURSELF!**



**DETERMINED DARIO SAYS
ALWAYS WORK TO HIT YOUR
GOALS!**



**STAR AND ROMAN SAY WORK
HARD AND DON'T GIVE UP!**

SUPER ME SAYS

REMEMBER

You will go further in All Star with healthy food and drinks!

Here are some tips from HKOS, the Healthy Kids Challenge website (healthykidschallenge.com):

A number of smaller “bits” of healthy changes over time can add up to make a big difference! Every month this year, choose several small “bits” of change. Practice helps form healthy habits to last a lifetime.

IDEAS TO MAKE YOURSELF A BETTER AND STRONGER YOU!

- 1** Turn off whichever screen is on (TV, computer, phone) while eating at home. Instead, talk with your family members.
- 2** Put snacks on a plate instead of eating from a bag or box.
- 3** Use fun physical activity as a reward. Anyone for miniature golf or a scavenger hunt in the park?
- 4** Drink water instead of sugary beverages.
- 5** Try a fruit or vegetable that you don't usually eat.
- 6** Tune up your “hunger meter.” Eat and enjoy small bites. Stop eating when you are pleasantly (instead of uncomfortably) full.



Lots of fun activities are on the HKOS website to share with:
Your team • Class for a school project • Your community

Visit healthykidschallenge.com to learn more!



THE PROMISE

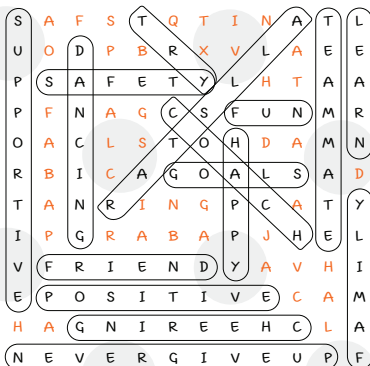
Make this promise to your team and your program. Make it your mantra. Say it together and say it often! When you do, you'll fill yourself, and others, with INTEGRITY.

**I WILL DO MY PART
NO MATTER THE SITUATION
TO ENSURE HIGH CHARACTER
EVERY MINUTE, HOUR AND DAY
GIVING OF MYSELF
RESPECTING OUR SPORT
INVESTING IN OTHERS**

**TO LEAVE ALL STAR AND OUR PROGRAM A BETTER PLACE FOR
YOU**

ANSWERS

FIND AND SEEK



MATCH



MAZE

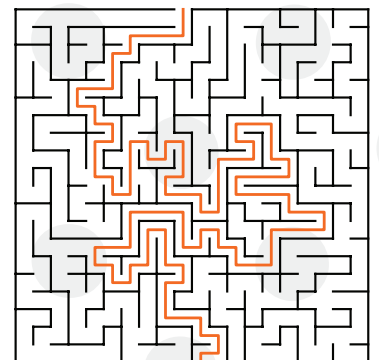


CHART YOUR PATH

The Superheroes want you to join them in making a difference in your program and community!



Be a Truth Hero.

Live the words you speak and study the lives of famous people who have made a difference.



Be a Good Deed Hero.

Find someone doing something good and praise them.



Be a Friendship Hero.

Be kind to all you meet and consider starting an Against-Bullying Activity in your program.

WANT TO LEAD A CAMPAIGN AND MAKE A DIFFERENCE IN YOUR PROGRAM OR COMMUNITY?

Ask your coach to start a campaign to address bullying with the younger teams! The USASF is partners with Project Love, a community service group that has a program called Stick Together[™].

Stick Together[™] is a fun and different way for program members to explore the important social-emotional learning concepts of kindness and sticking together to combat bullying and negative behaviors. The initiative is best geared towards athletes in grades **2-6**, AND it is a wonderful tool for your high-school-age athletes to present these concepts to the younger athletes.

Sign up at
www.viafdn.org/stick-together, and make a difference with your leadership!

Be kind[®]
Stick Together[®]
— Against Bullying —



**THERE IS A STAR
IN ALL OF US!**



U.S. ALL STAR FEDERATION
USASF
CLUB CHEER & DANCE TEAMS

Copyright © 2021
U.S. All Star Federation.
All Rights Reserved.