



# Road Map to BEING A SUPPORTIVE ALL STAR PARENT

As a parent you want to provide the best physical, mental and social environment for your child. In addition to the conditioning/fitness and outstanding cheer and dance specific training, All Star provides enrichment and growth opportunities off the mat or Marley. Consider the following factors in making your child's All Star journey even more successful.



## Research before you choose



Research the All Star program you are considering.

- Does the All Star gym or studio (or any youth activity) require the screening of all coaches, owners and other adult leaders?
- Do the coaches receive additional training and education throughout the year?
- Are they familiar with the Positive Coaching Alliance (PCA) and SafeSport training?
- What practices or standards are in place to ensure athlete safety while training?
- Learn more about protecting the health and well being of your athlete. Go to: [USASF.net](http://USASF.net) > [SAFESPORT](#) > [ATHLETES 1st](#)

## Knowledge is the KEY to growth



Visit the [USASF website](http://USASF.net) for an abundance of parenting resources such as:

- **WELLNESS ESSENTIALS:** a series of short videos on USASF's YouTube channel: [Parent Partnership](#) and [A Parent's Role at Competitions](#);
- **Monique Burr Foundation:** teaches how to prevent, recognize, and respond appropriately to bullying;
- **RISE:** provides resources to help eliminate racial discrimination in the sports community;
- **Darkness to Light:** empowers adults to prevent, recognize and react responsibly to child sexual abuse; and
- so much more!

## Does your athlete want to...



...become a more well-rounded citizen? The USASF offers enrichment programs for all age groups.

...serve their community or find programs that help fulfill service hour requirements for school? The USASF has amazing partners that provide outstanding opportunities for community service.



From your membership profile > Click on your name in the top right corner > ALL STAR ALL TOGETHER

## Nurture their leadership potential



Every child has the potential to be a leader and the USASF has programs for high schoolers that develop **leadership skills** that last a lifetime. Led by young All Star alumni, the workshops enable athletes to develop themselves as role models who:

- put team first;
- fully commit to their All Star program; and
- learn to make the choices that lead to self-confidence and accomplishment.

## Reach beyond All Star



Through the generosity of our sponsors, the USASF offers college scholarship opportunities to outstanding cheer and dance seniors. Athletes may apply the fall of their senior year.

**NEW IN 2021!** The USASF Scholarship Program expands to include Exceptional Athletes!



From your membership profile > Click on your name in the top right corner > COLLEGE SCHOLARSHIP INFORMATION

## Celebrate their abilities



If your child is an **Exceptional Athlete** many USASF member programs offer Cheerabilities and Danceabilities. These programs provide safe, fun exercise; enhance independence and self-confidence; and offer opportunities for positive social interaction for athletes and their families.

## Subscribe



We encourage you to **subscribe** to the All Star Cheer & Dance PARENT CONNECT newsletter to keep up with the latest All Star news.