



ALLSTAR CHEER ACADEMY

COMPETITIVE TRAVEL, NON-TRAVEL, PERFORMANCE TEAM HANDBOOK

This Handbook outlines the rules and expectations of the Allstar Cheer Academy Staff, Athlete and Parent/Guardians. Allstar Cheer Academy reserve the right to make an addendum to the handbook throughout seasons to provide the best experience for those whom we service.

Last updated: March 2023

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ALLSTAR CHEER ACADEMY MISSION:

Allstar Cheer Academy- We are primarily a competitive cheer organization, with requirements throughout the season (June -May). We want to give the children of our community the chance to train hard, develop fundamentals and structure; while promoting education, health, and fitness.

As cheer coaches at Allstar Cheer Academy our mission: To encourage, instill and teach the importance of Honor, Integrity, Discipline, Commitment, Pride & Safety through tumbling and cheerleading. As a gym, we will build a solid foundation based on trust and loyalty. We will work to be organized, consistent and informative to make this a great cheer program and positive experience for all. Our goal, for all to not only become amazing athletes, but astounding young adults.

ROLE OF OUR ACA STAFF

The Allstar Cheer Academy coaching staff is highly trained, motivated, and committed to the success of your athlete. You can expect the following from the coaching staff here at our gym

Coach for the love of the sport and the love of the athlete

- Put the welfare of the athlete above winning.
- Lead with character and by example and remain approachable.
- Continue cheerleading, dance, and gymnastics education.
- Remain safe and realistic with athlete progression, while also challenging the athlete to reach his or her potential.
- Maintain an open and professional relationship with each athlete and parent/guardian.
- Consistently enforce ALL disciplinary actions
- Strive to provide a fun, safe and overall positive experience for your athlete, while focusing on the importance of healthy competition.





ROLE OF THE ALLSTAR CHEER ACADEMY ATHLETE

We expect the following from ALL athletes as members or alternates of any Allstar Cheer Academy team. These expectations will be strictly enforced during practices, clinics, competitions and/or any other Allstar Cheer Academy event.

Athletes are expected to:

- Cheer for **FUN!**
- Be gracious when you win and graceful when you lose.
- Treat fellow teammates, coaches, and staff with respect. Put the team first.
- Accept decisions made by those in authority.
- Develop a spirit that allows you to take correction as a compliment.
- Be accountable for your own actions.
- Accept and embrace the discipline involved in athletics, it benefits the team.
- Do not participate in gossip. This includes internal gossip about other Allstar Cheer Academy athletes and external gossip about other cheerleading programs and / or their athletes. Problems shall be addressed and resolved directly.
- Always show good sportsmanship and class.
- Use social networking and electronic media as a means of publicizing and spreading the word of Allstar Cheer Academy in a positive and appropriate manner.
- Refrain from using social media / messaging services to distribute negative or inappropriate information that could be detrimental to yourself, your family, and the Allstar Cheer Academy reputation in any way. These are grounds for immediate dismissal from the program.

ROLE OF THE ALLSTAR CHEER ACADEMY PARENT/GUARDIAN

Parents are expected to:

- View the routine with team goals in mind.
- Attempt to relieve competitive pressure, demonstrate winning and losing with dignity.
- Be of encouragement - encourage athletes to keep their perspective in both victory and defeat.
- Encourage their athletes to always treat fellow parents, teammates, coaches, and Allstar Cheer Academy staff with respect.
- Ensure that their child understands what we expect of them as an athlete, as explained in the "Role of the Athlete."
- Not to express their opinions during practice or coach their athlete from the sideline.
- Defer to the coach's discretion regarding team decisions, Be a good listener.
- Refrain from using any social media networking, messaging services or electronic media to distribute negative or inappropriate information that could be detrimental to yourself, your family, and the Allstar Cheer Academy reputation in any way. These are grounds for immediate dismissal from the program. (Forfeiting any fees).
- Viewing is open for practice/class observation every day. However, if a competition/problem arises, the Allstar Cheer Academy staff reserve the right to close viewing at any time.
- Parents should not listen, participate, or instigate idle, worthless gossip. It is a detriment to team unity and chemistry.



FINANCIAL COMMITMENT

As we know competitive cheer is expensive, add traveling to that and it's an even bigger financial commitment. You have received a separate statement of the financial obligation.

- Monthly fees are due on the 1st, two late notices may result in your athlete sitting out.
- Outstanding balances will result in your athlete being placed as an alternate and/or team dismissal.
- Competition/Performance fees must be paid on the due date, or your athlete will be sat out for that competition/performance.
- Apparel cost is due before or when the order is placed. Late payments will result in you receiving your apparel late.
- Payment dates are not flexible.

ATTENDANCE POLICIES AND PROCEDURES

Practice attendance is mandatory and compliance with the attendance policy below will be strictly enforced. An athlete's team position will be jeopardized for noncompliance with all the following terms of the attendance policy.

Allstar Cheer Academy offers Travel, Non-Travel and Performance team options. With each of those comes a different level of the sport however we require the same commitment and dedication for all teams. Our seasons start between May- April attendance is crucial.

Practice occurs on your scheduled practice day up to 3 times week and if practice is missed then your athlete will be behind with that said there can only be **three** unexcused or excused absences. If your child misses more than the allotted time, then your athlete can potentially be dismissed from the team.

The same with absences if your athlete is more than 10 minutes late **three** times then this will result in team consequences such as conditioning and if it is excessive it will result in your athlete being placed being placed on probation or dismissal from the team.

Illness: You should attend practice when you are sick if you are not contagious. You are not required to participate; however, you must be physically present. In addition, when absences due to illness perpetually occur on an ongoing basis, you may be required to provide a doctor's note with detailed information.

Injury: If an athlete is injured, you should notify your coach of the happening of such injury immediately. Thereafter, you should continuously update coaches as soon as possible with all information including doctor's prognosis. We still require attendance of your athlete.

Family Emergency: This term is not to be taken lightly. Contact the team coach immediately upon the occurrence of such an emergency.

APPAREL

ACA logo, Team names, slogans & phrases cannot be used without prior approval.

Gym closings

May 28—31

June 30– July 10

Sept 3—6

Nov 22—226

Dec 22—Jan 1

April TBD

Important Dates

May 21

June 4

June 24

Aug 3,4,5

Aug 19, 20

Aug 26,27

Oct 14

April 22—25 April 28—May 1 May 15

TBD

The One, Florida Finals, & Travel Teams are subject to practice on holidays and scheduled

New Season Meetings

Parent Orientation Showcase

Holiday Parties/Events

End of Year Banquet

Gym Photos

CROSSOVER POLICIES

- Athletes are first and foremost a rostered member of their primary team.
 - Athletes must attend all practices of both teams.
 - It is at the discretion of the ACA staff/board to terminate crossovers if a conflict or concern arises.
 - There is a \$25 monthly fee charge for the athlete's second team plus all crossover competition fees.
- We do not charge additional choreography fees, Tumbling fees, camps/clinic fees.



ESTIMATED SEASON COST

While we give a very detailed breakdown competition schedules, camps and clinics are all tentative. Below is an estimate of the yearly cost for our competitive travel and non-travel teams.

	Monthly Fee (June-May)	Competition Fees Up to 8 Competitions Fee doesn't include finals	Estimated Additional fees i.e., Choreography; Apparel; Stunt Camp; Music Fees; Skills Clinics
Non-Travel Ages 3-6yr	\$90.00	Up to \$250.00	\$400.00
Novice -Travel Ages 4 -5yr	\$90.00	Up to \$300.00	\$450.00
Prep Teams Ages 6 & up	\$120.00	Up to \$640.00	\$820.00
Elite Teams Ages 6 & Up	\$120.00	Up to \$720.00	\$900.00
Non-Travel Prep Teams Ages 6 & Up	\$110.00	Up to \$300.00	\$450.00
Performance Team Ages 4 & Up	\$100.00	Up to \$120.00	\$120.00