



2023-2024

Program Handbook

#JOINTHEARMY



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Welcome Home

We are delighted to have your expressed interest in our program. With class options for youth ages 5 years+ there is a place for everyone in the ACE Army, and no experience is necessary to join. The “Corps Values” at American Cheer Elite encompass the idea that winning off the floor supersedes any title, medal, or jacket. We strive to create a second home to your athletes where lifelong relationships and bonds are nurtured.

“Corps” Values

1. Emphasize the cruciality of creating an encouraging environment for athletes.
2. Enrich the spiritual, mental, and physical development of youth.
3. Educate and properly train athletes in the mechanics of cheerleading.
4. Explore levels with creativity and innovation.
5. Exceed limitations.

For any and all questions regarding the contents of this packet, please reach out to Megan Doherty, at megan.doherty@americancheerelite.com



Transition of Ownership

All Teams

As of June 1st, 2024, American Cheer Elite will no longer be a program under All American Gymnastics Academy. American Cheer Elite will be an established LLC under the ownership of Megan Doherty and Carter Hunter.

We understand this change in ownership is not ideal mid-season. However, we truly believe this will be a great change for our program and are putting policies in place now that will allow for a smooth transition.

Billing Platforms

All athlete's will need to register for classes and teams on a new registration platform, GoMotion. Communications regarding this change will be sent out to families by ACE Staff. Staff will assist families with this set up and ensure this is a smooth transition. All fees for the season will be charged through athlete's GoMotion accounts. This includes team fees along with any additional classes athletes take.

Other Changes

Any branding changes will begin June 1st, 2023. All apparel and uniforms purchased with the "new" ACE logo will still be maintained for 3 competitive seasons.

Contact emails for staff and the facility may be changed during this time. We will be proactive in getting this new contact information out to all families once available.



Communication Channels

Communication Platforms

We will use several different communication platforms throughout the year to relay information to families. These include but are not limited to email, text, and Facebook team pages. These are to serve not only as communication tools but also as a way to update parents on athlete and team progress. Videos of routines may be posted in your team Facebook group but should not be publicly shared until after competition season.

Communication Guides

Please refer to the following breakdown of communication guidelines to be used throughout the year when contacting ACE Staff.

Absence/Tardiness

Please fill out our absence form found under the "forms" tab on our website. As well as email your athlete's head coach.

Billing/Payments

Please email Carter at carter.hunter@americancheerelite.com

Athlete Well Being

Please email Megan Doherty with any concerns or questions at megan.doherty@americancheerelite.com

Day-of-event Questions

Please contact your athlete's team mom or consult parent group chats.



Important Dates

Registration Dates

All Star Elite

Evaluations for our elite teams are required and will be held May 30th through June 1st with team placements announced on June 2nd. Practices will begin on June 5th.

[Register for Evaluations Here](#)

All Star Prep

Registration for all star prep teams will open on June 15th.

Prep

Registration for prep teams will open on July 1st.

Gym Closure Dates

- Independence Day | July 3rd - 5th
- Labor Day | September 4th
- Thanksgiving Break | November 22nd - 26th
- Christmas Break | December 22nd - January 2nd
- Easter Break | March 29th - 31st

*Classes will be held as normal during gym closures with the exception of Christmas Break, during which the gym is fully closed.



Team Information

All Star Elite

Evaluation Information

An evaluation is required for all athletes joining an All Star Elite Team. Athletes will be asked to demonstrate skills based upon USASF elements and will be placed on a team based on tumbling, jumps, flexibility, strength, body control, etc.

Team placements will be made based on not only the athlete's skill abilities but also the needs of the team and are at the discretion of the ACE staff. Previous experience in any level is not the sole determinant of athlete's team placement.

All of the teams at American Cheer Elite will be built to compete well at a high level. Once rosters are announced, we will continue evaluating athletes until choreography. Athletes may be moved to a different team in accordance with what is best for each team and the success of the gym as a whole.

[Register for Evaluations Here](#)

All Teams

Age Divisions

Teams are created in part based on an athlete's age. Athlete's age will be considered as the age they are as of December 31, 2023. Event producers create competitive divisions according to these ages. We are required to follow these guidelines in order to participate at all events. The following are guidelines for age divisions:

Mini: Athletes born between 2014-2017

Youth: Athletes born between 2011-2016

Junior: Athletes born between 2008-2015

Senior: Athletes born between 6/1/04-2011



Program Breakdowns

	Prep (Local)	All Star Prep (Regional)	All Star Elite (National)
Season	Sept - April	August-April	June-May
Practices	90 mins/week	2 hours/week	5 hours/week
Tuition and Fees	\$100/Month	\$115/Month	\$150/Month
Uniforms	\$250	\$250	\$470 + \$30 Bow
Competitions	5-6x in-state travel	7-8x in-state and surrounding state travel	7-8x out of state travel
Additional Info	No tryout required. Teams are formed based on athlete age. An all white cheer shoe required	No tryout required. Teams are formed based on athlete age. An all white cheer shoe required	Tryout required. An all white cheer shoe required. Tumbling class included in monthly tuition. Athlete's are expected to maintain skills.
Additional Fees	Choreography Fee	Choreography Fee and Competition Fees	Choreography Fee, Practice Wear, Booster Fee, and Competition Fees



Monthly Fees and Tuition

Payments

Our tuition and competitive fees are for our season as a whole. Tuition payments are automatically charged to the card on your athlete's Jackrabbit portal each month. Additional Fees will follow the schedule detailed in the following pages for your athlete's program and be charged to your GoMotion account on the 1st of every month.

- An account on Jackrabbit is required to register for teams/evaluations
- Missed payments will result in athlete removal from their team
- No budget billing but you are welcome to pay in advance on any charges that are on your account.

Quitting/Athlete Dismissal

Any athletes who quit or are dismissed from a team during the season will be charged a \$250 re-choreography fee (elite) or \$100 re-choreography fee (prep), and will not be refunded for any items already charged and/or ordered.

Fee schedules for each program are detailed in the following pages



All Star Elite Fee Schedule

Month	Fees	Details
May	\$100	Evaluation/tryout fee
June	\$150 \$110	Tuition Payment and Practice Wear
July	\$150 \$375	Tuition Payment and Choreography/Music Fee
August	\$150 \$500	Tuition Payment and Uniform/Bow
September	\$150	Tuition Payment
October	\$150 \$175	Tuition Payment and Competition fee
November	\$150 \$175	Tuition Payment and Competition fee
December	\$150 \$175	Tuition Payment and Competition fee
January	\$150 \$175	Tuition Payment and Competition fee
February	\$150 \$175	Tuition Payment and Competition fee
March	\$150 \$175	Tuition Payment and Competition fee
April	\$150 \$175	Tuition Payment and Competition fee

*Competition Fees are subject to adjustments after travel schedule is finalized. All non-tuition fees will be pulled on the 15th of the designated month.

*Does not include End-Of-Season events (D2 Summit). These fees will be determined based on bid-type for each team



All Star Prep Fee Schedule

Month	Fees	Details
August	\$115 \$250	Tuition Payment, Uniform, and Bow
September	\$115 \$120	Tuition Payment and Choreography/Music Fee
October	\$115 \$50	Tuition Payment and Competition fee
November	\$115 \$50	Tuition Payment and Competition fee
December	\$115 \$50	Tuition Payment and Competition fee
January	\$115 \$50	Tuition Payment and Competition fee
February	\$115 \$50	Tuition Payment and Competition fee
March	\$115 \$50	Tuition Payment and Competition fee
April	\$115 \$50	Tuition Payment and Competition fee

*Competition Fees are subject to adjustments after travel schedule is finalized. All non-tuition fees will be pulled on. the 15th of the designated month.



Prep Fee Schedule

Month	Fees	Details
August	\$250	Uniform and Bow Fee
September	\$100 \$100	Tuition Payment and Choreography/Music Fee
October	\$100	Tuition Payment
November	\$100	Tuition Payment
December	\$100	Tuition Payment
January	\$100	Tuition Payment
February	\$100	Tuition Payment
March	\$100	Tuition Payment
April	\$100	Tuition Payment



End of Season Events

All Star Elite Teams Only

All of our elite teams will attend an "End of Season" event. These events are determined by the team's age, level, and bids received throughout the year. Potential end of year events are US Finals, Regional Summit, and the D2 Summit.

D2 Summit

Junior and Senior teams are eligible to compete at the National D2 Summit. This event will take place May 10-13th depending on how Varsity lays out their end of season events. Travel days for the event are the Thursday prior to and Monday after competing. It is an expectation that all eligible teams will receive a bid to the D2 Summit Championships in Orlando, FL.

Attendance to the event will be at the discretion of the coaching staff. Staff will consider multiple factors such as bid type, (paid or at-large) division size, and the team's likelihood of making finals. We want to attend and do well as a means to build our program's name and reputation on a national scale.

Summit allows for only 20% of the roster to be changed. If you know you will not be able to attend Summit, please let staff know at tryouts, please note, this may affect your team placement. Prices for Summit will be added to monthly billing expenses. A detailed price sheet will be handed out and discussed after receiving a bid.



Attendance Policies

Practices

Full team attendance at practice is crucial to the success of any team. However, we understand athletes may need to miss practice for life moments. These are considered excused absences and are listed below. An absence request form should be filled out and submitted prior to any athlete absence. This form can be found on our website under the "forms" tab. All practices the week of competitions are mandatory. If an athlete misses practice the week of a competition they may be removed from the routine at the discretion of coaches. Excessive absences will result in your athlete's dismissal from their team.

Excused Absences

- Graded School Function
- Funeral/Death in the Family
- Contagious Illness

Vacations

While planning vacations please try to ensure your scheduling aligns with our break schedule so that your athlete does not miss practices. You can find a list of scheduled breaks on page 9 of this handbook.

Inclement Weather

In the event of inclement weather, the ACE staff will communicate any closures to all families via email. In the event that a missed practice cannot be rescheduled, no refund of tuition will be given.



Competition Policies

All Star Elite/All Star Prep

Competition fees, dates, and events are subject to change at any time as Varsity adds or drops competitions to their schedule. Events, pricing, and bid declarations are not yet released. We will pick roughly 7-8 events based on bid opportunities.

Travel

- Transportation to and from competitions is the sole responsibility of each individual family.
- Some competitions will be “Stay to Play” requiring teams in attendance to stay in Varsity blocked hotels.
- Booster will create room blocks for all travel events to help lower hotel costs and ensure our program can stay together.
- We will require athletes and families to stay at these blocked hotels. Staying with your team greatly enhances the competition experience for athletes.

All Teams

Staff will provide event information as soon as it is received. Likely, compete times and performance schedules will not be finalized until a week prior to the event. These schedules are subject to change at any time. Due to this please expect to block off entire days/weekends for competitions.

All athletes are expected to be present for each ACE team's performance, regardless of your athlete's individual team meet time. Each team will have a designated team parent; please refer to this parent as well as team communication platforms for all general questions before reaching out to coaches on competition days. Please remember athletes, parents, and fans are all representing American Cheer Elite at competitions. Be respectful, kind, and appropriate in your ACE apparel everywhere you go.



Athlete Policies

General Gym Expectations

Please do your part by caring for our gym as you would your home. Pick up after yourself, take care of equipment, and respect the resources we have.

- No food allowed in the gym (this includes gum)
- Athletes will be expected to stay in the waiting area before practice begins or a staff lets them into the gym.
- Athletes are expected to be at practice 10 minutes prior to start time in their correct attire.

Maintaining Skills

Athletes are expected to maintain the skills that placed them on their level and team. We understand that athletes may have struggles with skills and this is part of the learning process. We build our teams based on athlete skills to be competitive at every level. If an athlete loses confidence in a skill it may cause a reevaluation in their team placement.

Champion Behavior

We are a family at American Cheer Elite. We support and encourage growth in one another both on and off the floor. When you are in an ACE uniform or apparel you are representing our program. Please be mindful in representing American Cheer Elite to the best of your ability both in and out of apparel, at competitions, on social media and while being present in our facility.

Any negative discussion about another athlete, coach, or parent is strictly forbidden and may result in dismissal from the team. This is to ensure we are creating the best possible environment for our athletes and ACE families.



Parent Policies

General Gym Expectations

Please do your part by caring for our gym as you would your home. Pick up after yourself, take care of equipment, and respect the resources we have.

- Parents are required to stay in the parent viewing area. Please respect this policy in efforts to keep athletes focused on practice.
- Cheerleading is a unique sport that requires coaches to be hands on with athlete training and routine work. Because of this, it is vital coaches are able to focus during practice time. This may limit coach availability before or after practices to meet with you.
- Athletes are expected to be at practice 10 minutes prior to start time in their correct attire.
- All communication regarding an athlete's placement, attendance, or any injuries that occur should be emailed directly to Megan.

Communication Platforms

We will use several platforms to relay information to families including emails, Facebook groups, and group chats. Please ensure you are in all communication groups prior to choreography so you do not miss important updates.

Negativity and Gossip

At American Cheer Elite we promote a family atmosphere where athlete's are safe to learn, grow, and train without fear of ridicule. Any negative discussion from a parent about another athlete, coach, coaching decision, or family will result in the dismissal from our program.



We are American Cheer Elite

Copyright Notice

The logo of American Cheer Elite belongs to the owners of the program. Individuals are not allowed to recreate or sell any ACE products. This includes team names and any likeness to the logo, affiliation, and/or program without permission of Megan Doherty.

Social Media Presence

Social Media presence is great for our program. We ask that parents and athletes are respectful with all content posted in regard to American Cheer Elite. We love seeing your posts on the day of team events/competitions promoting our gym and getting athlete's excited for the day. Please remember to tag us in all social posts.

As members of our program, we want you to pride yourselves on being a part of American Cheer Elite and help us maintain our high class standards day in and day out. Take your representation of our program very seriously when participating in events.

One Army

We are one army at American Cheer Elite and we believe in cheering on one another in accomplishments and offering support in times of struggle. We stand behind the philosophy that every athlete deserves to be offered the same opportunity to train and participate free from discrimination. All members of our program are expected to adhere to this philosophy.



Policy Agreements

Please initial lines below

____ I/We have thoroughly read and understand the American Cheer Elite Team Handbook.

____ I/We have gone over the handbook, with my/our athlete.

____ We support the philosophy of the American Cheer Elite. We hereby agree to follow all rules, procedures and policies presented in the team handbook.

____ I/We understand that, if at any time, we cannot be a supportive and positive force in and out of the gym, my/our athlete will be terminated from the team and will be held to the termination policy as laid out in this handbook.

____ I/We understand by not making our monthly tuition payments or by being late on competition fees my child will not be able to participate in practice or may be unable to participate in upcoming competitions.

____ I/We understand that if we make the decision to leave the team, we will be held to the termination policy laid out in this handbook.

____ I/We have agreed to fulfill all the time and financial obligations, such as tuition, registration fees, booster fees, competitive apparel and other obligations related to my/our athlete's participation for the entire season.



Policy Agreements Continued

Assumption of Risk, Consent and Release Liability

I fully understand that there are risks of injury which are inherent in cheerleading, tumbling, and stunting. These risks include not only normal athletic strains and sprains, but also the possibility of severe injury from falls and accidents even in due care. I give my athlete permission to participate with American Cheer Elite and authorize the American Cheer Elite staff to act for me according to their best judgment in any medical emergency requiring medical attention. I hereby waive and release American Cheer Elite, owners, managers, and coaches from liability for any injuries while at any practice, cheerleading event, competition, travel, or program sponsored activities. This form is valid for any time my child participates at American Cheer Elite. I also understand that any pictures and videos taken during the American Cheer Elite practice, competitions, and other events as well as any pictures taken while wearing American Cheer Elite's attire may be used for media purposes for American Cheer Elite.

Athlete Name: _____ Date: _____

Parent Signature: _____ Date: _____

Parent Signature: _____ Date: _____