

2022-2023



ALL-STAR INFO PACKET

# Welcome Home!

We are absolutely thrilled to have your expressed interest in our program. With class options for youth ages 3+ there is a place for everyone in the American Family. There is no experience necessary to join and the evaluation process is stress free and fun.

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” of American Cheer Elite**

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 our program director, Megan Doherty, at [acecheer@allamericangymnastics.com](mailto:acecheer@allamericangymnastics.com).

# EVALUATION INFORMATION

Register for team placements for the 2022-2023 season!

**Evaluations will be held from 5-8 pm June 1-3, 2022**

Click the following link to create an account and register for evaluations:

**REGISTER HERE**

If you are unable to attend evaluations, please contact Coach Megan via email to schedule a private evaluation.

**Informational Zoom Meeting May 18th, 2022**

An email with information for the Zoom Meeting will be sent to registered athletes/families in early May.

**How to Register for the Season**

- Use the above link to register your athlete for evaluations.
- There will be a \$75 Evaluation fee charged to your account June 1st, 2022.
- Email this completed packet to [acecheer@allamericangymnastics.com](mailto:acecheer@allamericangymnastics.com) to receive any eligible discounts on your account.
- Check in on June 1st
- If you are a new athlete to all stars, please bring a copy of your birth certificate to check in

**Team Placements will be announced by Sunday, June 5th, 2022!**

\*There will be a 24-hour no contact period following placement emails.

**Practices start Monday June 6th, 2022.**

**All- Star Schedules will be sent immediately following team placement reveal.**

# ALL-STAR INFORMATION

## Evaluation Process

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 the level appropriate skills demonstrated by the team as a whole by all athlete's on the team.

\*Previous experience in any level is not the sole determinant of athlete team placement.

After evaluations, coaches will place athletes on teams based on their discretion. Everyone is placed on a team, regardless of skill level. All of the teams at American will be built to compete well at a high level.

Once rosters are announced on June 6, we will continue evaluating athletes up until choreography, in which athletes may be moved positions based on what is best for the gym as a whole.

## Age Divisions

Athlete's age will be considered as the age they are as of December 31, 2022. USASF has created age division splits within levels. We are required to follow these guidelines in order to participate at all national events. Though your athlete may be eligible for a specific age division, their placement is at the discretion of the American Cheer Elite Staff.

### The following are guidelines for age divisions:

**Mini:** age 8 and under

**Youth:** age 11 and under

**Junior:** age 15 and under

**Senior:** age 11-18

## Billing

It is required that all members use Jackrabbit for billing. You must have a credit or debit card on file in order to participate. All payments will be made through this online system. Payments will be taken out on the scheduled due dates found in this packet. Cards will continue to be run until payment is received.

- You are required to make this account in order to register for evaluations.
- If unable to make payment, there will be a meeting and the athlete could be dismissed from the team.
- No budget billing but you are welcome to pay in advance on any charges that are on your account!

## **ALL-STAR INFORMATION CONTINUED**

### **Season Pricing**

The below pricing is final for the 2022-2023 season

- Monthly Tuition for All Levels- \$160  
Includes 4 hours of practice plus an additional hour of tumbling weekly
- Required Practice Wear: \$100/set  
All practice wear costs will be due by July 15th
- Uniform (New members only): \$425  
Uniform costs will be due by August 15th to ensure enough time for shipping before competition season begins
- Choreography: \$375  
Choreography payment will be due September 1st
- Shoes  
Shoe costs range depending on brand. ACE will not require a specific shoe for team athletes for the 2022-2023 season

### **Competition Fees**

Competition fees will be charged to your account on a monthly basis beginning in October with your last payment in April. Competition fees do not include end of season events such as National Summit. Competition Fees will be finalized with the competition schedule. Fees include athlete registration, coaches fee, and processing fee.

If competition fees are not paid by the start of the last week leading up to competition, your athlete will not be able to compete at that event. No exceptions.

### **All-Star Practices**

- All teams will have practice twice weekly. Days and times will be announced with your team placement. Each athlete will be required to take one additional day of tumbling during the week.  
This tumbling is included in your monthly tuition.
- Practices may be added or extended leading up to competitions. These additions are at the discretion of the coaching staff and will not increase monthly tuition.
- Athlete's will be required to practice in the American Cheer Elite practice wear once ordered. Until then, please have your athlete in all black athletic apparel for practices.
- Athlete's should arrive at the gym 10 minutes before practice start time practice ready and be picked up on time following their practice.
- Any parent recording of team footage is forbidden to be shared publicly on social media platforms. There will be private groups made for parents and coaches to share these videos. You may record "fun" stunts or tumbling skills if they are not a part of our choreography!

### **Birth Certificates**

It is required by USASF that all athlete's accounts have a scanned copy of their birth certificate to verify athlete age. Please provide the gym with a copy of your athlete's birth certificate upon check in for evaluations. If your athlete does not have a birth certificate on file with the gym, they will not be able to compete.

## **ALL-STAR INFORMATION CONTINUED**

### **Extra Classes**

- Private lessons are available upon request for an athlete to train one on one with a coach.
- All flyers will be required to take Flight School during the summer training session. This is required to fly on your team.

### **Attendance Policy**

An athlete/family must submit an absence request form prior to any missed practice.

[View the Absence Request form here.](#)

- All-Star Cheerleading is a team sport and it will be required that athletes are present at all practices, camps/choreography, and competitions.
- Excused absences (school events, concerts, summer vacations) must be approved by the American Cheer Elite staff well in advance.
- If an athlete misses 3 practices, coaches will hold a meeting with the family to discuss athlete placement.
- No absences the week of competitions will be allowed. If an athlete misses practice the week of an event, they will not be allowed to compete at said event.
- If an athlete is injured and must sit out for a set amount of time as recommended by a medical professional, it is expected that the athlete turns in a doctors note and still attends every practice to stay up to speed on any routine changes.
- No discounts or reimbursements will be made for athlete's missing practices.
- Every member needs to present at every practice to ensure each team's success!

### **Choreography**

- Choreography dates will be mandatory by the entire team.
- Choreography will likely take place over a weekend and take large chunks of time (4-5 hours/day) until the routine is complete.
- *If you join late to our program, you will still be required to pay a choreography/music fee.*

### **Competitions**

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. Due to COVID-19, competitions are a constant fluid situation.

## **ALL-STAR INFORMATION CONTINUED**

### **Summit**

- Junior and Senior teams are eligible to compete at the National D2 Summit.
- Youth/Junior/Senior teams are eligible for Regional Summit. All teams will attend the Regional Summit pending bid receipt.
- 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.
- Attending Summit is a HUGE deal. 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 20% of the roster to be changed (pending changes due to COVID). If you know you will not be able to attend Summit, please let staff know at tryouts. 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.

### **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 and creates a great team bonding experience.

We ask the following from athletes and families when traveling and expect that these rules be enforced during our competition weekends

- No swimming on Saturday night!
- Lights out by 10 pm
- All members of each team need to be there to watch all teams on Saturday/Sunday unless otherwise noted.

## **ALL-STAR INFORMATION CONTINUED**

### **ACE Booster Club**

American Cheer Elite has a booster club that assists in providing fundraising opportunities, coordinating room blocks for travel events, and planning team parties/events.

An annual fee of \$250 is required for the Booster Club. Booster fees are due July 1st, 2022. This fee will help cover the costs of special team events as well as a special ACE item such as a team backpack, warm-up jacket, etc. This item will change every year.

Any funds accumulated in your Booster account through fundraising opportunities may be put towards any season costs excluding monthly tuition. More information about our booster club will be available following team placements.

There is a Booster Club Contract that must be signed and submitted along with this handbook. Sign your [booster contract here](#).

### **Quitting Policy**

With the best interest of all athletes and team members and the routine/music that has been paid for in mind, if your athlete quits after choreography is completed you will be required to pay a \$250 quitting fee and forfeit all other expenses paid for up until that date.

### **Use of American Cheer Elite Logo and Apparel**

The American Cheer Elite name, logo, and colors are registered trademarks and cannot be used without the consent from owners of American Cheer Elite.

### **General Competition Expectations**

- Each team will receive a detailed itinerary from their head coach roughly a week before the event (as soon as we have finalized information, we will share all details with you).
- It is IMPERATIVE that you are early to all team meet times, and arrive at the competition ready from bow to toe. Meet times can range from as early as 7am to as late as 10pm depending on the competition's schedule.
- It is expected that all athletes and families cheer on all other teams from American Cheer Elite. We are a small gym compared to others and having a large cheering section can truly influence the way a team performs.
- Due to cross over coaches between teams, coaches are limited to communication the day of competition. 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.
- 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.



## **ALL-STAR INFORMATION CONTINUED**

### **General Gym Expectations**

- Athletes have the privilege to train in the most state-of-the-art facility in the state. 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.
- Parents are required to stay in the viewing area during all practices and classes. DO NOT go past the glass doors into the gym. Please respect our policy in efforts to keep athlete's focused and our training area clean.
- 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.
- If any questions or concerns arise, please use the following chain of command.
  1. Team Parent
  2. Head Coach
  3. Program Director

### **WE ARE AMERICAN CHEER ELITE**

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, competitions, and our facility. This goes for both parents and athletes: please respect coaches, athletes, and parents both in and out of the gym.

Any negative discussion by an athlete or parent about another athlete or parent is strictly forbidden and may result in the close of our parent viewing area to ACE families or further disciplinary action including dismissal from the team. This is to ensure we are creating the best possible environment for our athletes and ACE families.

Any staff member or athlete with a problem or complaint should immediately bring it to the attention of the American Cheer Elite staff. All such complaints will be promptly investigated, ensuring confidentiality to the maximum possible extent.

Social Media presence is great for our program. We ask that parents and athletes are respectful with all content posted in regards 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 and use our hashtag!

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.

## American Cheer Elite Team Agreement 2022/2023 Season

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 the 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.

### Assumption of Risk, Consent and Release Liability

I fully understand that there are risks of injury which are inherent in cheerleading, tumble, 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 cheerleader 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 parents club 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 both American Cheer Elite and the affiliated booster club.

Athlete Name: \_\_\_\_\_

Date: \_\_\_\_\_

Parent Signature: \_\_\_\_\_

Date: \_\_\_\_\_

Parent Signature: \_\_\_\_\_

Date: \_\_\_\_\_