



## 2024-25 PREP AND PREP PLUS PACKET



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## WELCOME

We are thrilled to have your expressed interest in our program. American Cheer Elite is an All-Star Cheerleading Gym located at 7300 S Grasslands Place, Sioux Falls, SD. American Cheer Elite is heading into its fifth competitive season under ownership of Megan Doherty. Coaches and owners are dedicated to creating well rounded, confident, and competitive athletes in a safe environment where individuals can flourish.

At American Cheer Elite we strive to create competitive teams at every level. We focus on building technically sound athletes that understand the dynamics of being a team player at the elite competitive level. Athletes are taught to be physically and mentally strong by being held to high standards and expectations. While we share in the excitement and devotion of creating success on the mat, creating strong minded, hard working, driven individuals is the primary focus of American Cheer Elite staff.

American Cheer Elite offers several different tiers of competitive teams so any athlete and family can find a place at ACE. This packet details our differing tier options for our prep and prep plus tiers. Athletes who may be interested in our elite tier program please view our elite program packet.

## OUR “CORPS” VALUES

American Cheer Elite is based in faith and stands behind the following 5 values to promote the mental and physical development of youth through the sport of cheerleading.

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 questions regarding the contents of this packet, please email Megan Doherty at [megan.doherty@americancheerelite.com](mailto:megan.doherty@americancheerelite.com)



## WHAT WE OFFER

American Cheer Elite is proud to offer a variety of teams with varying time and financial commitments to suit athletes and families of all situations. American Cheer Elite offers half year, prep, prep plus, and elite teams. This packet will contain details for those interested in our Prep and Prep Plus tiers. If you would like more information regarding one our other programs, please follow the link below to be redirected to our interest form.

### [Season 5 Interest Form](#)

#### ELITE TIER

Highest time and financial commitment.

- Evaluation Required
- 11 month season
- 5 Hours of practice weekly
- Uniform, choreography, competition, practice wear, and additional fees
- Required camps/clinics
- High Travel
- Compete at 7-8 National Events
- Attend End of Season Event according to bid receipt and coaches discretion

#### PREP PLUS TIER

Moderate time and financial commitment.

- 9 Month Season
- 3 Hours of practice weekly
- Regional Travel (in-state and surrounding states)
- Uniform, choreography, and competition fees
- Compete at 3-4 National Events plus local events
- Attend Regional End of Season Event

#### PREP TIER

Low time and financial commitment.

- 9 Month Season
- 2 Hours of practice weekly
- Local, in-state travel to competitions
- Uniform and choreography fees
- Compete at 4-5 local events

#### PERFORMANCE TIER

Minimal time and financial commitment.

- 6 Month Season
- 1 Hour of practice weekly
- No travel
- Uniform Fee
- Local performances, non-competitive.



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## COMMITMENT LEVEL

Cheerleading is a year round sport that requires commitment from the athlete and family. There are varying levels of commitment built into our program's structure so families can find what works best for their athlete and schedules.

## TIME COMMITMENT

### **Prep Teams:**

Our prep teams practice for 2 hours weekly. Athletes will also be required to attend team choreography camps and all competitions for the 2024-25 season.

### **Prep Plus Teams:**

Prep Plus teams practice once weekly for 2 hours and have a 1 hour tumbling class included in their tuition fees. Athletes will also be required to attend team choreography camps and all competitions for the 2024-25 season.

## FINANCIAL COMMITMENT

American Cheer Elite works tirelessly to keep cheerleading accessible and costs low for families due to the additional costs associated with a high travel sport. Because of this, it is vital that all bills are paid on their charge date. Please review the fees as laid out in this packet for the 2024-25 season. By registering your athlete for the season, you are agreeing to all financial obligations as set forth in this packet.

## ADDITIONAL CLASSES

Athletes in our prep program may also benefit from more gym time to better their skill set. Athletes are encouraged to enroll in tumbling and flexibility classes throughout the season.

Athletes may also work one on one with a coach in a private lesson. To set up private lessons for your athlete, please email [info@americancheerelite.com](mailto:info@americancheerelite.com)

Private Lesson pricing is as follows:

30 Min Lesson- \$35

45 Min Lesson- \$45

60 Min Lesson- \$55

## IMPORTANT DATES

We work hard to give as much advance notice about practice and event schedules. Please make sure you are aware of the below choreography and camp dates as well as the gym closure dates. We ask that families plan vacations in alignment with our gym closure dates to ensure full team attendance at practices.

## NEED-TO-KNOW DATES

- Prep Plus Team Routine Choreography.....September 14-15th
- Prep Team Routine Choreography.....October 5-6th

## GYM CLOSURE DATES

- Independence Day.....July 3rd-5th
- Thanksgiving Break.....November 27th-30th
- Christmas Break.....December 23rd-January 2nd
- Easter Break.....April 18th-20th

Classes will be held as normal during gym closures with the exception of Christmas Break, during which the gym will hold specialty clinics for athletes, but not regular classes.



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## TEAMS AND SCHEDULES

Below are details on the team offerings for American Cheer Elite for the 2024-25 Prep Team Season. Please register your athlete for the team that best suits their age category, schedule, and matches your commitment level. Most athletes will be age eligible for multiple teams. For questions about which team would fit your athlete best, please reach out to [megan.doherty@americancheerelite.com](mailto:megan.doherty@americancheerelite.com). Click the button below to register for the season. Make sure you click "Show All Classes" to see all team options.

[Register for a Team](#)

### PREP PLUS

Team	Practice Schedule	Start Date	Athlete Ages
Bravo	Team Practice: Wednesdays 6-8 PM Team Tumbling: Sundays 5-6 PM	August 7th	Born from 2012-2017
Delta	Team Practice: Tuesdays 6-8 PM Team Tumbling: Sundays 5-6 PM	August 6th	Born from 2009-2016

### PREP

Team	Practice Schedule	Start Date	Athlete Ages
Mini Militia	Team Practice: Thursdays 5:30-7:30 PM	August 22nd	Born from 2015-2018
Cadets	Team Practice: Mondays 6-8 PM	August 19th	Born from 2012-2017

## PROGRAM COSTS AND DETAILS

Pricing for the 2024-25 season is detailed below. Please note that registration fees are due at time of registration. Team Registration fees also include athlete's practice t-shirt for the season. All tuition charges will be billed on the 1st of each month with the exception of August tuition which will be billed on each team's first practice date. All additional non-tuition charges will be billed on the 15th of each month as detailed in our fee schedule on page 8.

### PREP PLUS TIER

Registration Fee	\$50
Monthly Team Tuition	\$130/Month
Montly Team Fees*	\$60/Month

**\*Team fees are inclusive for the following items for the entire season: choreography and music and all Varsity competition fees.**

### PREP TIER

Registration Fee	\$50
Monthly Team Tuition	\$105/Month
Choreography/Music	\$100



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### UNIFORM REQUIREMENT

American Cheer Elite athletes are required to wear American Cheer Elite's program uniform. Returning prep or prep plus athletes do not need to purchase a new uniform. Athletes will be sized for uniforms in August and charged for uniforms in October as detailed in the fee schedule on page 7. Athletes will also need to purchase cheerleading shoes. You can purchase your athletes shoes through American Cheer Elite but there is not a specific brand requirement.

## BILLING

Our tuition and other fees are for our season as a whole. All charges will be automatically charged to the payment method you have on your athlete's GoMotion account based on the fee schedule on page 8 of this packet. All athletes are required to have a GoMotion account in order to register for and participate in American Cheer Elite programs. All fees will be billed on their indicated bill date and are subject to the management and processing fees associated with GoMotion (4% per transaction). You are welcome to pay in advance via check to avoid these fees on any charges. We understand there may be extenuating circumstances and are more than willing to work with you throughout those times.

Any account that is more than 30 days past due will be marked delinquent and your athlete will be unable to participate in practices until the account is brought current. If an athlete's account is delinquent and the athlete is unable to participate in a performance due to delinquency, your account may be subject to rechoreography fees.

## EARLY TERMINATION

Any athlete who decides to leave their team after team choreography will be charged a \$100 termination fee. Please note this does not include injuries. There will be no refunds for any items charged and/or ordered regardless of reason for leaving or dismissal.

## OTHER COSTS TO CONSIDER:

In addition to gym charges, travelling sports contain additional costs not directly associated with your athlete's participation in our specific program. Please be aware of these additional costs when committing to an elite team:

- Travel Accommodations and Hotels (Prep Plus)
- USASF Membership Requirements (Prep Plus- \$49)
- Spectator admissions to competitions and events



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## PREP AND PREP PLUS FEE SCHEDULE

Pricing for the 2024-25 season is detailed below. Please note that all tuition charges will be billed on the 1st of each month with the exception of August tuition which will be billed on Team's start date. Prep Tier August tuition will be prorated. All additional non-tuition charges will be billed on the 15th of each month.

### PREP PLUS TIER

MONTH	MONTHLY FEES	DETAILS
Due at time of Registration	\$50	Registration Fee and Team Shirt
August- April	\$130 \$60	Tuition Payment (1st of each month) Team Fees (15th of each month)
September	\$250	Uniform charge for new athletes in addition to scheduled monthly charges

### PREP TIER

MONTH	MONTHLY FEES	DETAILS
Due at time of Registration	\$50	Registration Fee and Team Shirt
August	\$52.50	Prorated tuition payment charged on date of first practice
September-March	\$105	Team Tuition (1st of each month)
September	\$100	Choreography/Music (charged on the 15th)
October	\$250	Uniform charge for new athletes (charged on the 15th)



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# POLICIES AND PROCEDURES

## FACILITY

We are proud to be a second home to so many athletes. However, we have a small gym with an open parent viewing area. In order to ensure the safety and success of all athletes training in our facility we ask that you follow the below rules of conduct while viewing practices, lessons, open gyms, and showcases. Individuals who do not follow these guidelines will be asked to leave the facility.

- Only registered athletes are allowed in the practice area. All viewers (family, parents, friends, etc.) must watch from upstairs.
  - Includes trampoline, dead mat strip, and spring floor.
- No loitering in the main entrance. Again, our facility is small and athletes and coaches alike need to be able to focus on their practice without interruption whether intentional or unintentional.
- Absolutely no interruptions during a practice.
- Please do your part in keeping our viewing area clean. Dispose of trash appropriately.
- All choreography including routines and music selections are the property of American Cheer Elite and should not be shared with others. No videos should be uploaded online without permission.

## ATTENDANCE POLICY

Athletes are expected to arrive at the gym 10 minutes prior to practice start time in proper practice attire. Full team attendance at practice is crucial to the success of any team. In order to be competitive both locally and nationally, we expect a commitment from athletes and parents. However, we understand athletes may need to miss practice for life moments. **All practices the week of competitions are mandatory.**

We require athletes to be picked up and dropped off for practice in a timely manner. Athletes should not be brought to or left at American Cheer Elite for extended times outside of their scheduled practice.



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## INCLEMENT WEATHER

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

## COMMUNICATION POLICIES

### PLATFORMS

American Cheer Elite will utilize email to communicate all program updates. It is each athlete and family's responsibility to be informed on the happenings for your team. Please ensure you read communications thoroughly before reaching out with questions.

### GUIDES

Emails will be answered daily Monday through Friday with the exception of Monday's after competitions. Please follow the guidelines below when reaching out to American Cheer Elite Staff.

Please refrain from reaching out to coaching staff via texting, direct messaging for any reason without an email conversation first. Our staff work very hard for our teams and we want to ensure their time away from the gym can be private personal time with their families.

- Athlete Well Being- [megan.doherty@americancheerelite.com](mailto:megan.doherty@americancheerelite.com)
- Billing Concerns/Questions- [info@americancheerelite.com](mailto:info@americancheerelite.com)
- Team Specific Questions- Reach out to team coaches

We want to be considerate of you and your time and ask that you are considerate of ours in return. We try to provide as much notice as possible about all practices, schedules, and events and are continuously working to better our communication process.

### 24-HOUR RULE

Unless there is an immediate concern for athlete safety, we ask that if any concern or conflicts arise, you take 24 hours before sending an email. This allows for clearer thought and for emotions on all ends to settle before addressing the situation.



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## COMPETITION POLICIES

Athletes may not miss any competitions for any unexcused reason. This includes athletes who missed practice prior to a competition or are currently healing from an injury and unable to compete. It is expected that all athletes are present at all practices the week leading up to competition.

### COMPETITION SCHEDULES

Our full season competition schedule will be finalized in August. American Cheer Elite staff will provide event information regarding specific competition schedules 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.

### TRAVEL

- Transportation to and from events is the sole responsibility of each individual family.
- We do not receive schedules until the week of and cannot control specific team compete times.
- Regardless of distance from home, all athletes are **required** to be present and cheer on every American Cheer Elite team at each event.

## ATHLETE POLICIES

We expect our athletes to be class acts in behavior both on and off the floor who support and encourage the growth of one another. You are a representation of our program and we expect your behavior to exemplify our “Corps” Values. Athletes will be held to the following policies:

- Expected to arrive at practice on time, in the correct practice attire.
- Expected to give their best effort at every practice.
- Expected to be present to cheer on all ACE teams at events.
- Any negative discussion of other teammates, coaches, or parents is not tolerated.
- Expected to show integrity while valuing the efforts of competitors.
- Expected to be proud representations of American Cheer Elite.



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## **BULLYING**

We have a zero tolerance policy for bullying and harassment of any kind. This includes everyone who is a part of American Cheer Elite. We want American Cheer Elite to be a safe place for all who enter. The following steps will be taken in a situation where bullying occurs:

- Written warning via email
- In person meeting
- Dismissal from the program

We have the right to dismiss anyone from our program at any time if we feel it necessary.

## **SOCIAL MEDIA**

While social Media presence is great for our gym, it is necessary that it is being used in the most appropriate ways. We ask that parents and athletes are respectful with all content posted in regard to American Cheer Elite. Social Media should be used as a tool to share uplifting, positive moments. Please remember to tag us in all social posts.

## **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.



## PARENT AGREEMENT

Please initial each line below. While these encompasses most of the policies laid out in this handbook, you are agreeing to all obligations, both time and financial, as well as our gym standards of behavior by signing and submitting this packet.

## PARENT CONTRACT

\_\_\_\_\_ I have read all American Cheer Elite policies for the 2024-25 Team Season.

\_\_\_\_\_ I will represent American Cheer Elite in the most respectful, professional way.

\_\_\_\_\_ I understand that if I as a spectator am a disruption to practice time, I will be asked to leave the facility.

\_\_\_\_\_ I understand coaches have been trained to instruct teams.

\_\_\_\_\_ I understand the financial obligations as detailed in this packet and agree to pay all dues on time in accordance with the fee schedule.

\_\_\_\_\_ I understand the attendance policy laid out in this packet.

\_\_\_\_\_ I understand that if I have a known absence I need to communicate that absence with staff prior to practice.

\_\_\_\_\_ I will not direct message or personally text any of the staff at American Cheer Elite, and understand all forms of communication should be through email or in-person unless otherwise directed.

\_\_\_\_\_ I understand that my athlete must be present to cheer on all ACE teams at competitions regardless of their individual team meet time.

\_\_\_\_\_ I understand that all fees paid to American Cheer Elite are non refundable.

\_\_\_\_\_  
(Parent Signature)

\_\_\_\_\_  
(Date)