



ALL STAR CHEER

SEASON 7

TEAM INFORMATION PACKET 2024-2025



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ABOUT US

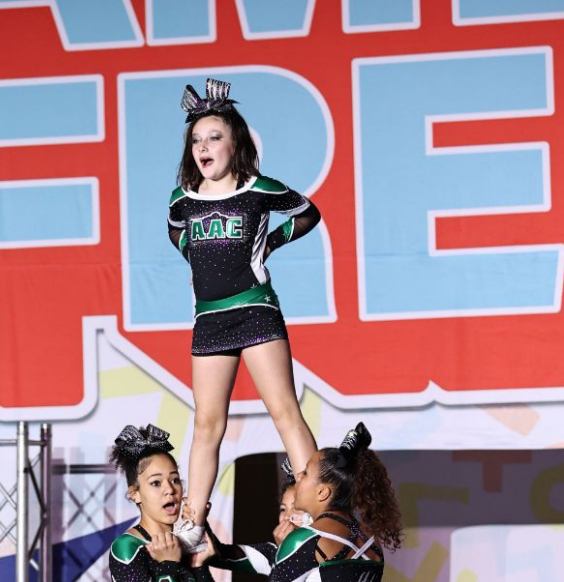
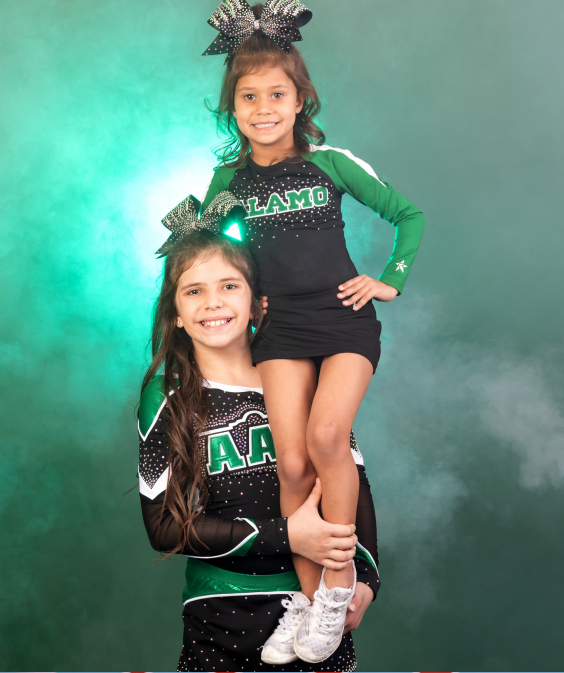


"ALAMO ALL STAR CHEER, BUILDING CHAMPIONS ON AND OFF THE MAT"

Thank you for showing interest in Alamo All-Star cheer and our competitive cheerleading program. We opened in 2018 with a reputation for excellence and are excited that you are considering joining us in Season 7. No matter the age or skill level of your child, we have a program that can meet your needs!

NEW IN SEASON 7

- Pre-Evaluation Clinics
- Specialty Camps and Classes
- Individual Jumps and Tumbling Competitions
- Skill Specific Clinics





FULL-SEASON

SHOW TEAM

<p>AGES</p>	<p>4-6 year olds AAC will evaluate the demand based on age and skill each year to establish the age divisions offered.</p>
<p>PRACTICES</p>	<p>Season runs June through May Show Teams practices 3 hours per week(1 1/2 hours twice a week) 1 extra class is required. Although tumbling is incorporated in the class it is suggested they take an additional tumbling class for their extra class.</p>
<p>COST</p>	<p>Tuition: \$150/mo. due on the 1st of each month Comp fees: \$134 due on the 15th of each month 10% Discount on extra classes taken Comp and PracticeUniform: \$TBD due Aug 5 (This is a new uniform year)</p>
<p>UNIFORM</p>	<p>Practice wear is mandatory to wear on the assigned day. A bow is also required to be worn during every practice. The showteam uniform is a professionally designed top and skirt. Competition bow, shoes, and warm up will be an additional cost.</p>
<p>WHAT TO EXPECT</p> <hr/>	<p>Show team athletes are required to participate in an evaluation. This is an introductory cheer team with 5-1 day local competitions in or near San Antonio, Texas.</p> <p>Show team athletes will learn a 1 1/2-minute routine. Their routines will include elements of:</p> <ul style="list-style-type: none"> • Stunting and Pyramid • Tumbling and Jumps • Motions and Dance <p>Practice is very important to the progress and growth of individual team members and the team as a whole. We ask that athletes not miss more than 2 practices per season. We do not practice over Thanksgiving, Winter Break, Fourth of July or Spring Break.</p>



FULL-SEASON NOVICE

<p>AGES</p>	<p>AAC will evaluate the demand based on age and skill each year to establish the age divisions offered.</p>
<p>PRACTICES</p>	<p>Season runs June through May Novice practices are 3 hours per week (1 1/2 hours twice a week) Flyers are required to take a flexibility class 10% discount 1 additional class is required at a 10% discount Regular attendance at both practice & tumbling is required.</p>
<p>COST</p>	<p>Tuition: \$150/mo. due on the 1st of the month Comp Fees: \$134 due on the 15th of each month 10% Discount on Tumbling Classes Practice and Comp Uniform: \$TBD due Aug 5 (This is a new uniform year)</p>
<p>UNIFORM</p>	<p>Practice wear is mandatory to wear on the assigned day. A bow is also required to be worn during every practice. The novice uniform is a professionally designed top and skirt. Comp bow, shoes, and warm up will be an additional cost.</p>
<p>WHAT TO EXPECT</p> <hr/> <p>Novice team stunt camp: June 13-16 Choreography: July 13-16</p>	<p>Novice athletes are required to be evaluated for a team. This is an introductory cheer team with 5- 1 day local competitions in or near San Antonio, Texas.</p> <p>Novice athletes will learn a 1 1/2-minute routine. Their routines will include elements of:</p> <ul style="list-style-type: none"> Stunting and Pyramid Tumbling and Jumps Motions and Dance <p>Practice is very important to the progress and growth of individual team members and the team as a whole. We ask that athletes not miss more than 2 practices per semester. Additional practices may be required. We do not practice over Thanksgiving, Winter Break, Fourth of July and Spring Break.</p>



PREP CHEERLEADING

<p>AGES</p>	<p>Prep divisions are available for ages 7-14. AAC will consider the age and skill level of athletes each season and determine what levels and age divisions will be most appropriate and successful for interested athletes.</p>
<p>PRACTICES</p>	<p>Season runs June- May Practice 2x a week for 2 hours. Weekly tumbling class is included in tuition. Flyers are required to take a flexibility class Regular attendance at both practice & tumbling is required</p>
<p>COST</p>	<p>Tuition: \$175/month due on the 1st of the month Comp fees \$144 due on the 15th of the month 10% Discount on additional classes Practice and Comp Uniform: \$TBD due Aug 5 (This is a new uniform year)</p>
<p>UNIFORM</p>	<p>Practice wear is mandatory to wear on the assigned day. A bow is also required to be worn during every practice. The prep uniform is a professionally designed top and skirt. Comp bow, shoes, and warm up will be an additional cost.</p>
<p>WHAT TO EXPECT</p> <p><i>Jungle Camp: June 10-11</i> <i>Prep team stunt camp: June 13-16</i> <i>Choreography: July 13-16</i></p> <hr/> <p>EOY Event Location and Date TBA</p>	<p>Prep athletes will learn and compete a 2-minute routine. The prep divisions are more competitive, which require athletes to attend choreography camp and stunt camp. A few extra practices throughout the season.</p> <p>Routine elements are similar to that of a novice team, but tumbling plays a much bigger role on the scoresheet.</p> <p>Prep athletes will compete at 5-1 day events in TX and 1 EOY event if they qualify out of state. Travel required!</p> <p>Practice is very important to the progress and growth of individual team members and the team as a whole. We ask that athletes not miss more than 2 practices per season. We do not practice over Thanksgiving, Winter Break, Fourth of July or Spring Break. Additional practices may be required throughout the season for choreography and routine upgrades.</p>



ELITE CHEERLEADING

<p>AGES</p>	<p>AAC will consider the age and skill level of athletes each season and determine what levels and age divisions will be most appropriate and successful for interested athletes.</p>
<p>PRACTICES</p>	<p>Season runs June through May Practices are 2x per week for 2 hours Weekly tumbling class is included in tuition. Flyers are required to take a flexibility class. Regular attendance at both practices is required.</p>
<p>COST</p>	<p>Tuition: \$180/month Comp Fees: \$177 due on the 15th of the month June 5 10% Discount on additional classes Practice and Comp Uniform: \$TBD due Aug 5 (This is a new uniform year)</p>
<p>UNIFORM</p>	<p>Our elite uniforms are not only beautiful, but they're eye-catching on the floor! Practice wear is mandatory to wear on the assigned day. A bow is also required to be worn during every practice. Comp bow, shoes, and warm up will be an additional cost.</p>
<p>WHAT TO EXPECT</p> <hr/> <p>Jungle Camp: June 10-11 Prep team stunt camp: June 13-16 Choreography: July 13-16</p> <hr/> <p>EOY Event Location and Date TBA</p>	<p>Elite athletes will compete in a 2 1/2-minute routine at 5- 1 day events and 2- 2day events throughout the year as well as a national-travel, EOY event. While most competitions are within 3-5 hours of San Antonio if not local.</p> <p>A mastery of all cheer elements is required as the elite divisions are highly competitive.</p> <p>Our elite teams work hard throughout the entire season and hone in on the needed skills to be successful. As a result, stunt camp and Choreography, all competitions and a large part of our school-year practices are mandatory. Please see the policies section in this packet for additional details on our attendance policy.</p>

TRYOUT INFORMATION



HOW DO TRYOUTS WORK?

All athletes are required to attend their level appropriate clinic. During this clinic they will get a chance to review the tryout material as taught in the clinics and tryout videos. Athletes will have the opportunity to get help as they get ready for their tryout. The clinic dates will be May 7&8 and May 9&10 and times will be sent out via email and can be found on our Facebook and website. This will be \$125 flat rate and you will need to register your child online via iclass.

Evaluation Fee includes: prep clinics, tryout, and season 7 shirt.

WHAT DO I NEED TO BRING FOR TRYOUTS?

We look forward to working with you at our upcoming evaluations. Be sure to create an account via iclass & sign up for tryouts. Please arrive with these items in order to expedite the process:

- A copy of the athletes Birth Certificate (New members Only)
- Athlete Participation Form

No athlete will be allowed to tryout without these items or without the actions above completed.

TRYOUT DAY

Athletes will register for a 15 minute tryout slot for Saturday, May 11th or 18th on the last day of the clinic. During this tryout slot, athletes will come in and perform their set routine for our panel of judges. Teams will be announced on Monday May 25th via email. Athletes may asked to participate in call backs! **Show team and Novice athletes will need to be evaluated but will have a modified tryout.**

TEAM COMMITMENT DAY

Our team commitment day is a required part of tryouts. On this day athletes will:

- Get their season 7 shirt
- Get sized for practice wear
- Confirm billing and account info
- Join the Team APP
- Sign Season Commitment
- USASF sign up or renewal \$50
- Need to bring a Check, Cash, or we can charge the card on file for practice uniform deposit \$215 + tax
- \$45 Annual Registration fee paid in iclass

EVALUATION TIMELINE:

March 14th , 2024 (Thursday)	Registration Opens in iclass- First 25 get a special gift!
May 7th, 2024 (Tuesday)	Ages 4-12 Evaluation Clinic (No Backhandspring) 6-7:30pm
May 8th, 2024 (Wednesday)	Ages 7-19 Evaluation Clinic (Backhandspring Required) 7-8:30pm
May 9th, 2024 (Thursday)	Ages 4-12 Evaluation Clinic (No Backhandspring) 6-7:30pm <small>Register for your evaluation slot.</small>
May 10th, 2024 (Friday)	Ages 7-19 Evaluation Clinic (Backhandspring Required) 7-8:30pm <small>Register for your eval slot</small>
May 11th, 2024 (Saturday) OR May 18th, 2024 (Saturday)	Evaluation Days- Starting at 9am (Only Choose One Date)
May 25th, 2024 (Saturday)	Team Announcements by 9pm via email
June 1st, 2024 (Saturday)	Team Commitment Day- All athletes must attend! 4-6pm
June 3rd, 2023 (Tuesday)	Team Practices Begin this week-Times and days TBA

TRYOUT INFORMATION



HOW DOES AAC PLACE TEAMS?

We try to match up the athletes by level as best as we can, but please remember that stunting, pyramids, jumps, dance, and motions are a huge factor as well. There may be athletes on any given team that tumble at different levels than the rest of their team. Some athletes will be stronger tumblers than others, while some will contribute to stunting more than others. Our ultimate goal is to make your athlete a well rounded cheerleader. Creating a team is like a giant puzzle and we need to make sure we all fit together perfectly. Every athlete is placed on the team we think they will be the most successful on. It is not uncommon for athletes to repeat a level. Some may be asked to double team.

SKILLS BY LEVEL :

The following are the skills that athletes will be asked to be performed or attempted by level at Evaluations. In order to tryout at the following levels, you must be able to do the following skills. Although tumbling is important all elements, execution of skills and maturity play major roles in placements.

Showteam and Novice: No experience required!

Level 1:

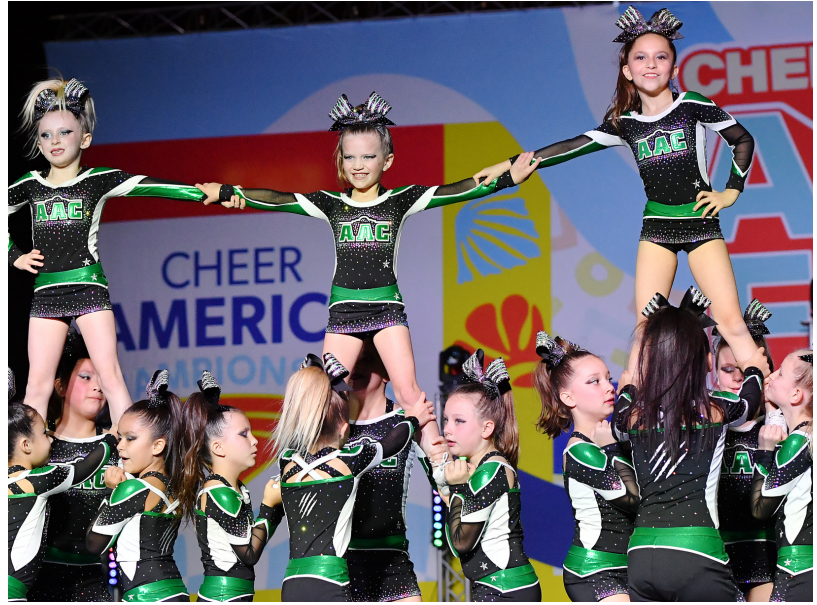
Minimum: Forward roll, Cartwheel, Bridge Kickover
Maximum: Standing Backwalkover, Front Walkover, Cartwheel Backwalkover Series

Level 2:

Minimum: Standing Backhandspring & Round Off Back Handspring
Maximum: Backwalkover backhandspring, Frontwalkover Round Off Backhandspring, Back Handspring Series

Level 3:

Minimum: Standing Series 3 Handsprings
Running Tumbling: Round Off BHS Tuck
Maximum: Front Punch, Aerial, and any specialty pass



LEVEL 4:

MINIMUM: STANDING TUCK, BACKWARD ROLL TUCK
MAXIMUM: CARTWHEEL TUCK, LAYOUT, PF THROUGH TO LAYOUT, FRONT HANDSPRING FRONT PUNCH THROUGH TO WHIP, ARIEL TUCK, ELITE JUMP SEQUENCE TO TUCK, FRONT AERIAL WHIP TO TUCK

AGE GROUPS:

Your eligibility age for the season is based off of the year your athlete was born. Many athletes will fall into more than one category, we will place them based on what we feel is the best fit for the athlete. To avoid the problem of eligibility changing during competition season, August 31 serves as the date to determine age eligibility. This means that an athlete's eligibility for each team is marked by how old he or she is as of August 31 prior to that competition season.

All Athletes- please bring a copy of your birth certificate for Alamo All Star Cheer to have on file.



TUITION

Tuition is paid monthly per athlete for all teams. Tuition covers all team practices and tumbling classes each week. Discounts apply to the tuition only. Tuition is paid on the 1st of every month and is automatically run through iclass, our class management software. If you are 30 days past due your child will sit out of practice and will not be able to participate in extra classes or private lessons. If 120 days past due without any communication of a payoff date the account will be sent to a third party collection agency.

Tuition for Novice and Showteam for the 2024-2025 Season is:

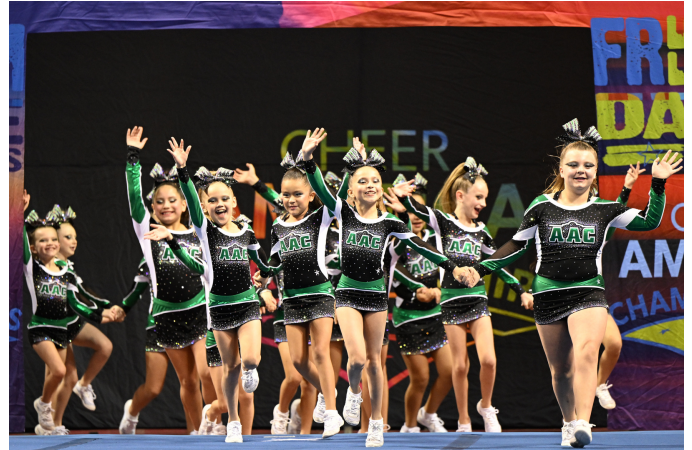
- \$150 per month

Tuition for All Star Prep Teams for the 2024-2025 Season is:

- \$175 per month

Tuition for All Star Elite Teams for the 2024-2025 Season is:

- \$180 per month



COMPETITION FEES:

Comp fees are the fees that the gym pays out to outside vendors. The first comp fee payment is due on the 15th of June. Comp fees are run on the 15th and can be referenced on our team price breakdown pages handed out at a separate time. The comp fees include but are not limited to: Competition Fees, Choreography Fees, Music Fees, and Coaches Travel Fees. Athletes will be required to pay their own USASF Membership fee.

DISCOUNTS AND SAVINGS:

- Limit **one** discount per athlete/family
- Siblings in cheer will receive half off of tuition
- Loyalty discount of 10% off tuition is available after athletes have completed 4 cheer seasons with us.
- Discounts do not apply to multi team athletes



WHEN WILL MY CHILD PRACTICE?

Practice schedules can not be created until we see what teams we will have for the season. Teams will receive two schedules.

- Summer Schedule- This runs from June through Labor Day weekend. During the summer months, teams will be fluid, meaning that we may move athletes throughout the summer based on the needs of the team, and an athletes ability to fulfill the requirements of the team.
- Primary Schedule- This is our main schedule which begins September 2nd and runs through the season.

Practice schedules will be released on the Team App and private FB group for reference.

PRIMARY SCHEDULE

After Labor Day weekend we will begin our primary practice schedule. This schedule will include two team practices per week for each team. In addition they will be required to attend a specific tumbling day depending on skill level. The primary schedule will be released in Mid July so you can plan ahead for when the change happens. All of our teams practice between the hours of 5-9pm, Tuesday through Sunday. Additional specialty classes can be found in the parent portal on the website.

CAN I WATCH PRACTICE?

Yes! We have a large viewing area at the front of the gym. However, parents are not allowed to come onto the floor unless accompanied by a coach and viewing on the loading dock ramps is prohibited. Please understand this is for the safety of all of our athletes in the gym. If parents become a distraction practices will be closed until further notice.

WHEN IS JUNGLE CAMP, STUNT CAMP, AND CHOREOGRAPHY?

Camps are important as it is when we start solidifying stunt groups and roles. Camp is required, missing camp is very difficult for athletes as they miss valuable instruction as well as team bonding experiences. Show Team does not attend any camp. Their Choreography will be in house and on a different date TBD. *There are no refunds for missing camp, camp fees are calculated on a set number of athletes. Do your best to plan ahead!*

- AAC Jungle camp will take place at AAC from June 10-11. Camp will run approximately 4 hours per day, a detailed schedule will be released as we get closer.
- Stunt Camp: June 13-16
- Choreography: July 13-16
- All camps and Choreography are mandatory for all team members!
- Each team has 3-4 days of choreography for 3-5 hours at a time.
 - Exact times and dates will be handed out on a later date.



IMPORTANT DATES



MARK YOUR CALENDAR

The following is a list of dates that you will need to mark your calendar for. The left column are dates the gym is closed. The dates on the right are dates that require participation for all team members.

Gym Closures	Participation Required
Memorial Day- May 25th- May 27th, 2024	Uniform Final Sizing- June 2024
4th of July-June 30th-6th, 2024	Fall Practice Schedule Released- July 2023
Labor Day-August 31st-September 2nd, 2024	All Star Jungle Camp- June 10th-12th,2024 All Star Stunt Camp- June 13th-16th, 2024
Thanksgiving Break- November 23rd-29th, 2024	Team Choreography- July 13th-16th, 2024 Times by team TBD
Winter Break- December 23rd-Jan 1st, 2025	Competition Schedule Released- August 2024
Spring Break- March 8th- 15th, 2025	Gym Showcase- Saturday in October or November TBD depends on 1st competition
Easter Sunday- April 20th, 2025	Team Photos- Date TBA

COMPETITION SCHEDULE

We know that the sooner we can get you the competition schedule the better you can plan. In the case a change is made to the original schedule we will let you know ASAP. In the case a competition is cancelled and unable to be replaced a refund will be credited to your account at the end of season. Our competition schedule will be released in August so you can book your travel and get the best deals for the year.



TEAM/ATHLETE POLICIES



ABSENCES

Attendance is crucial to the success of any team. An absence request form should be submitted prior to missing any practice at least 2 weeks in advance. Attendance is mandatory the week of all competitions and performances. No call no show will result as placement as an alternate or dismissal from the program without refund.

Excused Absences

- Contagious Illness with doctors note
- Graded School Functions
- Family Emergency

Unexcused Absences

- School Dances or Games
- Traffic
- Too much homework or studying for finals
- Feeling tired
- No ride
- Family Vacations

WHERE CAN I FIND AN ABSENCE REQUEST?

All of our forms can be found on your athletes Team App. After your child is assigned to a team you will receive directions for how to access this during team commitment day. This form should be completed at least two weeks prior to any absence. Each athlete receives 2 unexcused absences per season, after this a \$25 fee is assessed.

ATHLETES MISSING OVER 3 PRACTICES, EXCUSED OR UNEXCUSED, ARE AT RISK OF LOSING THEIR SPOT ON THE TEAM.



VACATIONS

Please work to plan your family vacations around the gym schedule, we work hard to give you the gym closures early. We follow the NEISD schedule for holidays. If you are taking a vacation for spring break, please take it the week we are closed so you do not interfere with your team practices.

INJURIES

If an injury should occur, it is the responsibility of the parent to seek professional help. After seeing a physician, please provide us with an evaluation of the athletes injury and status. An athlete with a serious injury will not be allowed to return to activity without a release from a medical professional. No refunds for missed comps due to injuries.

TRAVEL/COMPETITIONS

During the competition season, cheerleaders will be asked to travel to events. Some athletes will travel to national events out of the state if they become eligible. In this case, a separate rule sheet is handed out closer to the time of the competition. Transportation to competitions is the responsibility of each team member and their family. Please keep in mind when booking for out of town competitions you will be required to travel the day/night before. This is not optional and you will be required to check in. We suggest booking with a hotel with free cancellations.

Competition Blackout Dates

When the competition schedule is released, you will need to also block off the week prior for Black Out Weeks. These are reserved potential extra practices, athletes who miss a practice during these weeks will not be eligible to compete at the competition that week. We try not to use them but things happen and we need to make changes for the success of the rest of the team

TEAM/ATHLETE POLICIES



UNIFORMS AND ATTIRE

Please keep all Alamo All-Star Cheer practice wear and uniforms in good condition. Please report any lost or damaged uniform items to your coach. The cost of replacements will be the responsibility of the athlete. Please wear assigned practice gear to each practice. A bow is required to be worn. When attending any AAC practice you must wear AAC/AHGA branded attire. If not in the correct attire a shirt will be issued from the proshop and the fee will be attached to your account.

Athletes can not have any piercings and/or jewelry in for competitions. Please be mindful of this when thinking of getting new piercings. Band-aids or clear space holders will not be allowed.

Long and fake nails are prohibited during season for the safety of all athletes.

COPYRIGHT NOTICE:

The logo and name of Alamo All-Star Cheer belongs to the owners of the program. You cannot sell/produce your own AAC clothing, merchandise, or similar items. This includes team names and any likeness to logo, colors, affiliation and/or program without the permission of Jenny and Ashley the owners of Alamo All-Star Cheer.



DISCIPLINE

If any of the rules within this packet are compromised, the following actions will occur:

- 1st violation- Meeting with the athlete to define the problem
- 2nd violation- Athlete will be asked to sit out. Meeting with the athlete and parent.
- 3rd violation- Athlete may be removed from the team or entire program without refund.

CORE VALUES:

Here at AAC all decision we make are guided by our six core values. Please make sure you and your athlete understand them and can commit to these before becoming a part of the AAC program. If any of these values are broken a meeting with the coaches, athlete, and parent will take place before returning to practice.

- Gossip Free Zone- We do not gossip about others.
- Fail Forward - Failing is a normal part of life, when we fail we make progress.
- We Before Me- The needs of my team are more important than my individual needs.
- All Things are Equal- I will treat everything I do with equal importance.
- Character Matters- Who I am at all times is important inside and outside of the gym.
- No Excuses- I will take feedback and listen without excuses, "Yeah but" is not acceptable, I am responsible for me and my behavior.

PARENT POLICIES



COMMUNICATION

As a parent, you will receive information in several ways. Please make sure you stay opted in to gym emails and keep Team App notifications on. In addition, we use an app with team groups in which all events and current information can be found. When communicating with coaches please refrain from direct text messages but rather direct messages in the app. Please use the Team App, Call, or Email the gym directly. 210.315.5507 or info@alamoall-starcheer.com Please also add us on FB and Instagram!

GOSSIP AND PARENT AREA

- Siblings are not to be left unattended in the facility nor are to be running around the facility.
- Our parent area is supposed to be a positive environment. It is your job as a parent to love and support your child, leave the coaching to us.
- In the event of parents being an issue in the parent area, they will be asked to leave or could be removed permanently.
- If you have an opinion on a decision a coach has made please direct it to the coach. If you decide to make it a topic of conversation in the parent area a meeting will be held.
- Please use the TEAM APP for group/team conversations instead of outside text threads.

FUNDRAISING

Possible Fundraiser Opportunities:

- Uniform fundraiser, Doublegood Popcorn, Sponsorship opportunities, etc.
- These are individual fundraisers and all credits will be credited directly to your account. Fundraisers may have certain percentages that go to you, the program, or the fundraising company. These fundraisers do involve extra work outside of cheer but have proven to be beneficial.
- The sponsorship fundraiser will be required by all members
- Refund checks can not be issued in the event of a surplus.

FEES

- A schedule of payments is listed in this handbook. All monthly payments are set up in iclass and come out automatically on the 1st and 15th of the month. If you choose to make a full payment and not have your designated card charged, you must come to the front desk to pay the season off. Please make all checks payable to Alamo All-Star Cheer.
- A late fee of \$20 will be assessed for all payments made after the 10th of each month. If your payment is declined from your bank, please make the payment immediately at the desk or via iclass.
- Monthly tuition is not pro-rated for any reason.
- Comp fees are non-refundable. If you choose to leave or are removed from the team these fees are NOT returned & you must fulfill all remaining contract fees.
- By the 10th of each month, your account must be up to date. If you have an outstanding balance your child will sit out of practice. If a balance is not handled by the end of the month without any communication the athlete may be moved to an alternate position.
- Additional items needed not included such as shoes, bows, warm ups etc will be listed in an additional document. These aren't optional.

PARENT POLICIES



SOCIAL MEDIA

The following are examples of conduct through social media and networking mediums that are considered violations of this policy and which may be subject to disciplinary action by AAC, at the discretion of the owner(s):

- Statements which are critical of, but not limited to, AAC personnel, its programs, employees, officials, athletes, members, and volunteers, or sponsors.
- Divulging confidential information that may include, but is not limited to the following: medical history (injuries or other), team plans or strategies and any other information that is deemed confidential.
- Posting videos of routines or practices that exceed 30 secs in length or are full sections of stunting or tumbling prior to the last competition of the season, including any nationals or end of season events.
- Online activity that contradicts the current policies of AAC or our Core Values.
- Any negative behavior towards AAC or any other gym, team or athlete via any medium
- Slander, libel or other illegal inaccurate statements toward AAC, its staff, owners or members.

Inappropriate content on any social media website will result in the following actions being taken:

1st offense – Verbal or written warning

2nd offense – expulsion from the programs/staff/volunteer duties and possible legal implications depending on the severity

EXCLUSIVITY CLAUSE

When committing to AAC for the season(2024-2025) you are to solely use our services. We offer a variety of classes and qualified training in order to supply your athletes with the skills needed to be successful in this sport. In the case you decide to seek additional services elsewhere before the contract has ended you will be dismissed immediately without refund.

COMMITMENT Please understand that joining AAC is a commitment for the entire term June-May.

When you choose to quit it affects the whole team you are leaving behind. This is a challenging sport but your coaches are trained to help you through it mentally and physically. We believe in coaching the whole athlete and providing them with skills that can be used throughout their life. Let's approach this season with passion, dedication, and a shared sense of purpose. Together, we can overcome challenges, achieve our goals, and celebrate our successes. Trust the process until the end!

