



# 2022-2023 National Stars ALLSTAR PACKET AND CONTRACT



Parents and Athletes,

I want to take this opportunity to welcome you to the Augusta Cheer Academy, National Stars family. The National Stars Allstar program is now entering its 14th season, and we are honored that you have chosen us as your home. Our primary focus each season is to prepare our teams to successfully compete at each of the competitions they attend throughout the year. We strive to provide each athlete with a positive environment to work in, throughout their time in our gym. Our coaches have dedicated themselves to the sport of competitive cheerleading. Each of our staff members are energetic, creative, knowledgeable, and focuses on using positive and respected coaching techniques to help each athlete and team reach their goals. Our number one priority every day lies in teaching our athletes the value of commitment, sportsmanship, hard work, teamwork, leadership, self-confidence, positivity, and love of this sport. Every athlete and family member is essential to our program.

Each squad will concentrate on Allstar cheerleading components throughout the year, including tumbling, jumping, stunting, dance, showmanship, performance, and sportsmanship. For those of you who may be new to the Allstar Cheerleading world, the length of a routine varies with each team. Per USASF guidelines, all teams are divided by age and skill level. Routines are judged based on their difficulty level, technique, creativity, and overall performance. As you read through this packet, please keep in mind that this is a binding 12-month contract that begins the day of tryouts. Allstar cheerleading is a highly team-based sport we are 100% commitment is expected from each athlete. Throughout this packet, you'll find every piece of information you'll need to know as you head into the season, including important dates, pricing information, and program policies. We ask that you truly take the time to read through everything and ensure you have full knowledge of what this sport and becoming a National Star entails. We once again thank you for considering our program and hope to see all of you for evaluations soon.

Sincerely,

**Rachel Utley Tambon**  
Owner of Augusta Cheer Academy



**“The five S’s of sports training are: stamina, speed, strength, skill, and spirit; but the greatest of these is spirit.”  
—Ken Doherty**

## OUR EVALUATION PROCESS:

Once you have read through the entire Allstar Packet and Contract, please make sure you have filled out all of the correct pages for turn-in. This will be pages 4-10. All pages can be turned into the front desk during regular business hours starting Thursday, April 21st and running to Tuesday, May 2nd from 5:00-9:00 p.m. or they may be sent in electronically to, our allstar email account [allstars@augustacheeracademy.com](mailto:allstars@augustacheeracademy.com).

Once your paperwork has been turned in and confirmed by our front desk staff, you will be able to sign your athlete up for their specific evaluation session. If your athlete will be doing a video tryout versus in-person evaluations, we will email these instructions to you. All team placements will be emailed out the evening of Sunday, May 8th. Team announcements are anonymous and released based off of your athlete's evaluation number that is assigned at registration.

If you have any questions about the packet and contract, feel free to reach out to the allstar email account listed above. We will also be posting a parent meeting on our Facebook page on Monday, April 25th to cover any questions that everyone may have and to go over general information laid out within the packet.

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**2022-2023**  
**Allstar Packet and Contract**



## National Stars Evaluations

### EVALUATIONS ARE THE FIRST STEP:

When joining the National Stars Program, lack of cheerleading experience, body type, and looks will not impact an athlete's placement. We look for dependability and a positive, cooperative, hard-working attitude from our athletes. We welcome both males and female athletes, ages 3 (June 1, 2019 birthday) to 18 (June 1, 2003 birthday), to join our teams.

### TEAM SELECTION & PLACEMENT:

We ask that you trust the coaching staff to know what combination of athletes and abilities will help build a successful team. As with all competitive sports, our staff will make the final decision on each athlete's placement. Please note, this contract will stand if you commit to our program today and later pull your athlete due to team placement.

It is important to note that athletes are not placed on specific teams based on tumbling alone. While squad majority is enforced throughout the season, we also look at potential stunt groups for each team and an athlete's overall attitude and work ethic. All of these factors are taken into consideration to form the most successful and well-rounded teams. We also reserve the right to take any previous experience (positive or negative) with both an athlete or parent, from past participation, into consideration when placing an athlete on a team.

### ALLSTAR LEVELS:

Our Program follows the guidelines set forth by the United States All-Star Federation. USASF develops competition rules and Allstar training guidelines consistent with the latest safety, educational, and ethical practices. For more information on the rules, policies, and division breakdowns, please visit [www.usasf.net](http://www.usasf.net).

- The difference between Tiny, Mini, Youth, Junior, Senior, U16 and U18 teams is age-based only.
- The difference between each level (1-7) is based on each athlete's ability to execute the level of difficulty in tumbling and stunting successfully.
- It is commonly misunderstood that a child being placed on a "Senior" team means they are on a higher level than someone on a "Junior" team. However, this is not true; for example; a Junior Level 3 team is higher than a Senior Level 2 team.

### THINGS YOU MUST TURN IN/BRING IN:

Both new and returning athletes will have to complete the entire evaluation process.

- Pages 1, 2, 7, 12, 21, 22, 27 of this packet filled out and signed by one parent/guardian and the athlete.
- Please have the card you are putting on file with you when you turn your paperwork in. This is how we will verify it is a working card. Otherwise, we will run the card on file for \$5 or for your evaluation fee to ensure it is a valid card.

Once you have turned in all paperwork, we will send you an additional email with a confirmation of your evaluation session, photo submission information and video submission information if this will be how your athlete is completing their evaluation.

Please sign below to acknowledge that you have read our introductory letter and this page in full. Please remember this is a binding contract and allstar cheerleading is a very time-consuming sport. This is not said to scare you but to impress upon you how important this commitment is. By signing, you acknowledge an understanding of the commitment to the National Stars Allstar Program. Please keep this in mind as you continue through the rest of the allstar packet and contract.

**Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_





**Augusta Cheer Academy**  
**Allstar Evaluation Registration/Release Form**

Athletes Name: \_\_\_\_\_ Age: \_\_\_\_\_

Date of Birth (including year): \_\_\_\_\_ Grade (2022-2023): \_\_\_\_\_

Mother's Name: \_\_\_\_\_ Father's Name: \_\_\_\_\_

Athletes Home Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Athletes Cell Phone: \_\_\_\_\_

Mothers Work Phone: \_\_\_\_\_ Mothers Cell Phone: \_\_\_\_\_

Fathers Work Phone: \_\_\_\_\_ Fathers Cell Phone: \_\_\_\_\_

Athlete Lives With (please circle):    Mother          Father          Both          Other: \_\_\_\_\_

If someone else, please provide their information: \_\_\_\_\_

Parent's e-mail (the one that will be checked every day, you may list both parents if you would like): \_\_\_\_\_

Athlete's e-mail: \_\_\_\_\_

**Emergency Contact Information:**

Name/Relationship: \_\_\_\_\_ Phone: \_\_\_\_\_

List any special medical conditions that we should be aware of. If your athlete will need to take medication during gym hours, please list what they take and their proper dosage:

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I fully understand that ACA staff are not physicians or medical practitioners of any kind. With that in mind, I hereby authorize ACA coaches/staff to render first aid to my child in the event of any injury or illness, and if deemed necessary, to call an ambulance which I agree to pay for. As the parent or legal guardian, I agree to provide health insurance for the child or guarantee payment of any medical expenses incurred from training, competition, or participation in the ACA National Stars Allstar Cheerleading program.

I give my permission to Augusta Cheer Academy National Stars Allstars to photograph, videotape, and/or audiotape my cheerleader during any activity which may be considered for use in print or broadcast media, as deemed appropriate for the promotion of Augusta Cheer Academy, National Stars.

In consideration for (athlete's name) \_\_\_\_\_'s participation in the activities provided by ACA, including but not limited to all aspects of cheerleading, tumbling, stunting and/or competition. I am fully aware that any activity involving motion, height, or athletic activity creates the possibility of serious injury. I release ACA, its officers, shareholders, agents, and employees, from any liability to the above named athlete, of the person claiming through him/her, arising from injury to the person or property of the above named athlete occurring on the premises of ACA; including any event sponsored or sanctioned by ACA, and or travel to and from such activities. This release includes but is not limited to any claims of negligence, dangerous condition, latent defect, premises liability, code violation, negligent security, failure to warm, vicarious liability, negligent hiring, negligent supervision, negligent maintenance, or improper/dangerous equipment; it is intended to be as broad as permissible under Georgia Law.

I am fully aware of the nature of the activities provided and the possibility of injuries arising from such activities. I further agree to hold harmless, indemnify and defend ACA, including its officers, shareholders, agents, and employees, from any loss, liability, damage, or cost incurred by them due to the above-named athlete on the premises or during any event sponsored or sanctioned by ACA. This release is intended to be binding upon the athlete his/her heirs, assignees, successor in interest, and anyone claiming by or through him/her. Also, I have read and understood the registration form and agree to all terms as stated above. I also attest that all information given is factual. I certify that the athlete is in good health and may participate in activities at ACA. In case of an emergency requiring medical treatment, the undersigned hereby authorizes ACA, to take the above-named athlete to a qualified medical or hospital facility for care and treatment. By signing below, I verify that I have read, understand, and comply with all Augusta Cheer Academy policies.

**Signature of Parent/Legal Guardian:** \_\_\_\_\_ **Date:** \_\_\_\_\_

## NATIONAL STARS 2022-2023: ALLSTAR PACKET AND CONTRACT

Throughout the next parts of this packet, you will find everything you need to know about becoming a National Star and the commitment that being a part of our program takes. I ask that you read through everything thoroughly, to truly grasp what becoming a Star is all about. In different parts of this packet you will find several sections you will need to fill out, sign, and turn in. The specific pages will be designated with a red star in the top left corner.

### PROGRAM COMMITMENT

#### MAKE THE NATIONAL STARS A PRIORITY:

When joining the National Stars Program, we would like everyone to remember that you agree to make us a priority within your athlete's life and schedule. We know that our athletes take part in many other activities both within school and outside of it. We do our best to work with everyone's schedules, but we expect you to work with ours as well.

Any practice that is missed hinders the progress of the entire team. We need every team member present to practice effectively. We expect all athletes to attend all scheduled practices and have provided you with extra practice days for the season as well. You will find more information on practices within the next section of the packet.

- **Tardiness:** Arriving 15 minutes late to practice or competition.
- **Absences:** Missing a practice completely or leaving early from practice or competition.
- If you are going to be more than five minutes late, you must contact your coach directly.
- If you need to leave early from practice, please let your coach know at least three days in advance.

#### VACATION & HOLIDAY CLOSINGS:

Throughout the year, we follow the Columbia Country School schedule pretty closely, with the exception of a few days. Please do not ever assume we are closed; instead, you can refer to the calendar on the last page for all of our important dates throughout the season.

Because we have so many vacation absences throughout the summertime, we will be closed for an entire week for the 4th of July. This gives you time to take any major vacation to avoid running over your absences for the summer. Please take advantage of these days off, July 3-9. If you have any summer vacations already scheduled, please go ahead and fill out an absence form to turn into the front desk. These may also be emailed in.

#### DO NOT USE CHEER AS A REWARD/PUNISHMENT:

We understand you know what is best for your child, and we value your authority. However, once you are a part of the National Stars program, you are committed for the entire season. When athletes are pulled from practices or competitions as punishment for something done outside of the gym, a severe disservice is done to the other members of their team. It is unfair to the team, the coaches, and the other parents who also pay for their child to be a part of this Program. The absence of even one athlete can hurt an entire practice.

We understand school is vital. However, pulling your child from any required activity within the gym as punishment for bad grades will not be tolerated. Please understand when signing up for our program, school is to be managed along with practices. As a reminder, if you make any threat to pull your child from the Program, we reserve the right to dismiss your athlete immediately. Please refer to page 6 for full details on our rules, codes of conduct, and termination policy.

### NATIONAL STARS PRACTICES

#### PRACTICES AND TUMBLING CLASSES:

After tryouts we will have one week off for our admin work week and to give all of our full year athletes a break. The first practices of the season will begin the week of May 16th. Prep and Elite Teams will practice twice a week for two hours each practice. Our Novice teams will practice twice a week for an hour and a half each practice. Tiny Novice teams will practice once a week for one hour. The practice days and times will be sent by email during our admin work week.

- 1) **EXTRA PRACTICES:** Extra practices can be called at any time. The majority of extra practices will take place during competition season (November-April). Extra practice will be scheduled at the coach's discretion. We try not to limit the number of extra practices within a season, BUT situations do arise where we have no choice but to schedule

them. Please note some additional practices are listed in the calendar provided in this packet; for these dates, refer to page 25.

\* If we schedule an extra practice for any significant incident, the Friday before the competition, you are still **REQUIRED to attend**. We understand some of you may plan to travel the night before, but you will have to wait to leave until after the scheduled practice if we have no other choice. This is for emergency situations only and do not ever anticipate this being needed.

**2) SCHEDULED EXTENDED PRACTICES:** Please note that a coach may choose to extend the time of a team's practice. This can be done for one practice to allow them to get certain things accomplished before a deadline, such as choreography or a competition. This may also be done for several practices in a row if necessary. Please keep in mind this is only done if a team needs the extra time within the gym, and we ask that you respect that and work with us.

**3) PRACTICES BEFORE & AFTER COMPETITIONS:** All practices that are both the week of competition and the week after are mandatory, whether it is a planned or unplanned practice. If your athlete misses any mandatory practice before a competition for any reason, they may be replaced for that competition. **This season we will also be charging your card on file a \$50 Missed Practice Fee for any unexcused absence the week before and after a competition or choreography.**

**4) PRACTICES RUNNING PAST DISMISSAL TIME:** Please note that a coach may unintentionally run a practice past its regularly scheduled time. If this happens, it will not run any longer than 15 minutes past the scheduled time. This is not a regular occurrence throughout the season but may happen around competition time.

**5) TUMBLING CLASSES:** In addition to team practices, our Prep and Elite athletes are required to attend one tumbling class per week to improve their tumbling skills, which are necessary for each routine. Tumbling classes are mandatory. Missing tumbling classes ultimately hurts not only the athlete but their team as well. If more than two tumbling classes are missed per month without attending a make-up class, it will be counted as an unexcused absence. If you have used all of your unexcused absences, you may be dismissed from the squad.

After evaluations, we will send out a schedule of practices and tumbling classes for the season. Like last season, we will be sticking with open tumbling classes Monday-Thursday and on Sunday. However, we will be splitting these classes into different levels each day and offering two classes to athletes each week. While you are welcome to attend both, you will be required to attend only one.

If your athlete would like to take any additional tumbling class, the second class will cost an additional \$30, which will come out through automatic draft on the 1st of each month.

## **GUIDELINES FOR PRACTICES:**

- 1) Athletes must be on time and ready to go (shoes on, hair up, etc.) before the start of practice.
- 2) Athletes are expected to follow the dress code outlined on the next page.
- 3) Athletes are expected to wear their shoes and practice wear throughout the entire practice.
- 4) Athletes must place all cell phones in a bucket at the front of the floor. They must turn cell phones off before practice begins. If a cell phone is on during practice, it will be taken and picked up from the desk following practice. If this happens three times, his/her cell phone will no longer be allowed.
- 5) No eating or drinking on the gym floor. Small snacks are allowed during water breaks in the cubby area. No fast food will be allowed in the gym, including the cubby area.
- 6) Do not bring valuables into the gym. We are not responsible for any items left unattended.

## **PRACTICE BREAKDOWN: PHASES OF THE SEASON**

**1) 1) The first phase (May – July):** Phase 1 forms the groundwork upon which the rest of the season will be built. We will thoroughly evaluate all athletes to ensure they have been placed on the appropriate team for their skill level. Once our teams are formed, we will begin preparing for choreography.\*

The team will learn about one another, gain confidence in their abilities and adjust to working collectively. Every team member will experiment with different positions within several stunt groups as we work to figure out what will work

best for every athlete and the betterment of the team. The best athlete is one that can perform any position that we ask of them. No one is guaranteed to fly, base or backspot.

We will push every athlete on their tumbling and work to learn new skills and perfect technique on skills they have already mastered. Conditioning is emphasized during this phase to avoid injuries and prepare the team for the “full-out” routines they will begin to run in phase two. The coaches will use this time to determine the team’s strengths and weaknesses and start planning not only for choreography but also for the competition season.

**\* Once we have selected our teams, coaches will evaluate each athlete’s level during the months leading up to choreography. We will not make a final decision on each team’s levels or your athlete’s placement until this time.**

**2) The second phase (August – November):** During this second phase, we work with the teams as they continue to improve, finalize and perfect the routines they learned throughout choreography. Team bonding is very important during this time, the Team Mom will plan events outside of the gym so they can continue to grow as a team. Tumbling and conditioning are still a significant part of every practice as we begin running the routine by sections, working our way to full-out routines. Our goal is to keep everything the choreographer has given us; however, small revisions will be made throughout this phase of the season.

**3) The third phase (December – April):** This is where every athlete’s hard work will pay off. We begin with our first competition. After each competition, some revisions may be required to fulfill specific rules required by the organizers of a competition or because of a judge’s recommendation given to us from the score sheets. All changes to the routines will be made carefully and practiced repetitively. Teams will continue running routines full-out to stay conditioned throughout the competition season.

## **DRESS CODES FOR PRACTICES:**

- 1) In the beginning of the season, the practice uniform will consist of wearing any National Stars gear or black on black to practices. Once received, you will wear your Varsity practice outfit to the first practice of the week and your National Stars gear or black on black to the week’s second practice.
- 2) The Varsity practice wear will consist of a sports bra purchased through Varsity and bottoms of your choice. Black capris may be worn in the wintertime.
- 3) Please understand we request that athletes follow these guidelines so that the team is easier to watch as a whole during practice. Suppose we see any athlete repeatedly not wearing the correct practice wear. In that case, we will contact you, the parent, about the issue.
- 4) Maintain a well-groomed appearance and good hygiene at all times.
- 5) All athletes hair must be kept out of their face. Hair should be up high in a ponytail. Athletes are not required to but may wear any red, black, or white bow of their choosing.
- 6) Nails must be kept at their fingertips to avoid scratching other athletes while stunting.
- 7) No jewelry is allowed except for small stud earrings.

## **VIEWING PRACTICES:**

National Stars practices are closed to the parents; however, coaches will do their best to update parents regularly on each team’s progress. It is imperative that each athlete remain focused on the coach and training during each practice and not be distracted by a family member’s attendance. Coaches must be the sole authority during team practices because they are responsible for each team’s safety. Safety is our primary concern, and even one athlete becoming distracted could affect the team in a harmful manner.

During the competitive season (November-April), the coaches may encourage the parents to come into the gym to view the last few minutes of practice and watch a team’s performance. You will be asked to go in by your athlete or coach when it is allowed. When parents do not view practices throughout the year and wait until November-April, we find that our athletes shine because they want to impress you! It is exciting for them to show you how hard they have been working, which has less of an impact if you are frequently viewing a practice.

## **INJURED ATHLETES:**

It is unfortunate, but we do have athletes that sustain injuries throughout the season. While injured, athletes are expected to still attend practice to watch. Why? Injured athletes can observe the routines, see any changes made, listen to the coach’s instructions, help teach their replacement and cheer on their teammates. Their attendance and support is always needed even if they cannot physically participate. You will continue to pay your athletes monthly tuition and escrow fees during the time of their injury as a new athlete steps in to take their place on the team.

Suppose an athlete is injured and cannot compete. A refund will not be given because a replacement will have to be filled into the injured athletes spot. Please understand the team was built around everyone on the team. The team cannot do without any members. A replacement will go into their spots for the length of an athletes time out. If the injured athletes team wins a jacket, the injured athlete may pay to receive a jacket. The replacement athlete will have priority to the jacket because they competed with the squad during the competition in which it was earned.

An injured athlete will not simply go back in the routine after they are released from the doctor; this decision will be dependent on several factors, including but not limited to:

- 1) The length of time until the next competition.
- 2) If they can physically participate to the best of their abilities during any practice the week of a competition.
- 3) The athletes ability to go back into a routine at the same skill and conditioning level they left it.

An athlete will not be put back in a routine the week of competition. Please keep in mind that changes may have to be made to fix any injured athlete's position, so it may take more than a week to put the athlete back into the routine. Rachel and the coach will make all final decisions regarding an athlete's placement back into a routine after an injury.

### **WEEKEND AND HOLIDAY PRACTICES:**

Some practices that take place on Sundays or Mondays may fall on a holiday, If this is the case with your athletes practice, do not assume that they will not have practice. Please refer to the allstar calendar within the packet to see the full list of holiday closings for the gym. Practice attendance the week before any major holiday will be considered mandatory. For example all practices June 26-30 will be mandatory as this is the week before we are closed for The Fourth of July. Please refer to the calendar on page 29 for our full listing of

Holiday closings.

### **STUNT CHOREOGRAPHY: PREP & ELITE**

Stunt choreography will take place June 10-17 for our Prep and Elite teams. The week of practices before stunt choreography and choreography itself are considered mandatory. Our routine choreographer, Tom Stec will once again be coming in to do both stunt and routine choreography for all Prep and Elite teams. You can find more information on Tom below.

### **ROUTINE CHOREOGRAPHY**

**1) Prep and Elite Teams:** Routine choreography is considered mandatory and will be held July 17-25 with choreographer Tom Stec. Mid-season we will once again set aside a weekend to edit and update our routines following Spirit of Hope and heading into Cheersport Nationals. Tom does not know his competition schedule for next season yet so this date is currently TBD.

With a career spanning over 20 years in the All Star Cheerleading industry, Tom is the owner and founder of StecEffect Choreography. His experience incorporates a background as an athlete and coach, and reflects an extensive knowledge and understanding of a constantly evolving industry. Not only is he a sought after choreographer, but he spends many weekends throughout the competition season judging for premier event producers. He also serves as the All Star Director and coach at one of Maryland Twisters satellite locations. Tom is best known for sharp technique and seamless transitions.

**2) Tiny and Novice Teams:** These teams will learn their choreography a little later in the season because they are newer to competitive cheerleading and we want to give them a little more time to prepare. This gives the coaches the time to fully develop a teams skills before putting a routine into motion. These teams will have choreography September 10-11 and October 15-16.

**Note:** Exact times for each team will be emailed out closer to that time. Choreography will be closed to all parents, friends and family members. The week prior to choreography and the week following choreography will also be mandatory to ensure every athlete remembers and understands their routine.



# ABSENCE INFORMATION & MANDATORY DATES



PROPER DOCUMENTATION MUST BE TURNED INTO THE FRONT DESK NO LATER THAN ONE WEEK PRIOR TO THE MISSED PRACTICE. THE ABSENCES WILL BE MARKED AS EXCUSED OR UNEXCUSED BY THE FRONT DESK STAFF AND PLACED IN YOUR ATHLETE'S FILE.

## EXCUSED ABSENCE EXAMPLES:

- 1) DEATH IN THE FAMILY.
- 2) SERIOUS ILLNESS OR INJURY.  
A DOCTORS NOTE MUST BE PROVIDED WITH SPECIFIC INFORMATION AS TO WHAT IS WRONG WHAT THE ATHLETE MAY OR MAY NOT DO AND WHEN THEY CAN RETURN TO PRACTICES.
- 3) GRADED SCHOOL ACTIVITIES THAT MAY NOT BE MADE UP AT ANY OTHER TIME.  
A LETTER FROM THE TEACHER/SCHOOL, A PROGRAM, ETC. MUST BE PROVIDED.

## UNEXCUSED ABSENCE EXAMPLES:

- 1) BEING TARDY TO THREE PRACTICES.
- 2) MISSING TWO TUMBLING CLASSES IN A MONTH WITH NO MAKEUP CLASS.
- 3) PARTICIPATION IN A SCHOOL SPORTING EVENT.
- 4) NON-CONTAGIOUS ILLNESS OR MINOR INJURIES.  
ATHLETES ARE STILL EXPECTED TO SIT AT PRACTICES EVEN IF THEY CAN NOT PARTICIPATE.
- 5) HOMEWORK OR NON-GRADED SCHOOL ACTIVITIES.
- 6) FAMILY VACATIONS

May-August: 3 UNEXCUSED ABSENCES

Sept-Dec: 3 UNEXCUSED ABSENCES

January-April: 2 UNEXCUSED ABSENCES

Absences may not exceed the number provided for each monthly breakdown. Roll will be taken at the every practice and any excessive number of missed practices may result in an athlete's dismissal

We take absences seriously ! Even one athlete missing from a practice severely limits the progress of the team as a whole. Excused absences will not be excused without turning in the National Stars Absence Form.



- ALL ATHLETES WHO PARTICIPATE IN OTHER SPORTS MUST TURN IN THEIR SCHEDULES TO BOTH THEIR COACHES AND THE FRONT DESK STAFF AS SOON AS THEY RECEIVE THEM OR WE WILL NOT WORK WITH THEIR SCHEDULE.
- DURING THE COMPETITION SEASON (NOVEMBER - APRIL), ALLSTARS ARE NOT ALLOWED TO MISS PRACTICE FOR ANY REASON ONE WEEK PRIOR TO A COMPETITION OR ONE WEEK AFTER.
- PRACTICES THE WEEK OF A COMPETITION ARE MANDATORY AND AN ATHLETE MAY BE DISMISSED OR REPLACED FOR THAT COMPETITION, WITH NO REFUNDS ON FEES IF ABSENT THE WEEK OF A COMPETITION.

## MANDATORY DATES

MANDATORY PRACTICES	JUNE 5-9	MID-SEASON CHOREOGRAPHY	TBD
STUNT CHOREOGRAPHY (PREP, ELITE, WORLDS)	JUNE 10-17	CHEERSPORT PRACTICE	FEBRUARY 5
GA ALLSTAR SKILLS CLINIC	WEEK OF JULY 10	CHEERSPORT NATIONALS	FEBRUARY 17-19
CHOREOGRAPHY (PREP, ELITE, WORLDS)	JULY 17-25	ATHLETIC NATIONALS	MARCH 18-19
CHOREOGRAPHY (TINY & NOVICES)	SEPTEMBER 10-11	SPIRIT SPORTS	MARCH 25-26
ADDITIONAL CHOREO (TINY & NOVICES)	OCTOBER 15-16	SPRING SHOWCASE	APRIL 15
FALL SHOWCASE	OCTOBER 22-23	U.S. FINALS/REG. SUMMIT	TBD
TEAM PICTURES	NOVEMBER 6	WORLDS	APRIL 22-24
DRESS REHEARSAL (PREP, ELITE, WORLDS)	NOVEMBER 13-17	SUMMIT	APRIL 27-30
ENCORE ATLANTA	NOVEMBER 19-20	AS A REMINDER, THE WEEK BEFORE AND AFTER EACH COMPETITION WILL BE CONSIDERED MANDATORY. NEW THIS SEASON, WE WILL ALSO BE CHARGING THE CARD ON FILE A \$50 MISSED PRACTICE FEE FOR ANY UNEXCUSED ABSENCE THE WEEK BEFORE AND AFTER A COMPETITION OR CHOREOGRAPHY. ALL EXCUSED ABSENCES MUST HAVE PROPER PROOF TO AVOID THIS FEE AS WELL.	
CHEERSPORT CARTERSVILLE	DECEMBER 4		
BATTLE UNDER THE BIG TOP	DECEMBER 10-11		
SOH PRACTICE	JANUARY 8		
SPIRIT OF HOPE	JANUARY 14-15		
JAMFEST	JANUARY 21-22		
DRESS REHEARSAL PRACTICE (TINY)	JANUARY 23-26		
NCA - CLASSIC	JANUARY 28		

SIGNATURE:

(ALL SIGNATURE AREAS MUST BE SIGNED)

# COMPETITION DETAILS

## FALL & SPRING SHOWCASE:

Like last season, we will be hosting a Fall and Spring Showcase to raise money for the gym and allow athletes to showcase their routines locally. Our Elite, Prep and Novice teams will perform at the fall showcase on October 22-23, 2022 and our Tiny Novice, and Half Year teams will perform at our Spring Showcase on April 15, 2023. Each athlete will receive a certain number of complimentary tickets. Additional pricing, details and schedules will be released closer to these events.

## TRAVEL & "STAY SMART" BOOKING:

- 1) All athletes must book their hotel accommodations through the "Stay Smart" system for Spirit of Hope and Cheersport Nationals. This list could change later in the season, and we will let you know the final competitions that fall under this policy. Please note this list may change once final season details are released. 21-22 season, hotels were about \$190-\$250 per night. You will make payments directly through the booking page provided by the competition companies. If Stay Smart booking is not required from a competition, you are free to stay at a hotel of your choosing. We do ask it be within a reasonable distance of the competition arena.
- 2) Your method of traveling to each competition is up to each family. Most drive different vehicles, but some families like to ride together. Please note we will have Friday practice at the Georgia World Congress Center for Cheersport Nationals. Traffic is always very congested on the way and in Atlanta, so we ask that you plan accordingly and suggest taking a half-day from work if possible.
- 3) There must be a parent in every athlete's room, no exceptions.
- 4) Each cheerleader must have a chaperon at every competition. It is not your coach, Team Mom, or the National Stars staff's responsibility to be your child's chaperon.
- 5) Every athlete is required to attend their team's award ceremony, which can be very late in the evening.

## TRAVEL PACKETS:

We always do our best to ensure you get your teams schedule and packet as soon as the times have been finalized and released. They were pretty consistently the Wednesday, the week of competition this season. The travel packet will contain all of the vital information necessary for each competition. You are responsible for reading through the packet and having it on you the day of a competition. All packets are sent through a Dropbox link to allow for changes to be made easily if changes occur.

## COMPETITION GUIDELINES:

Should inclement weather happen prior to or at a competition, we will still plan to attend if the Event Producer decides to continue with the event. Teams are expected to cheer and support each other at competitions. Depending on the time a team is scheduled to meet, enter warm-ups, or compete, not all teams will be able to watch. Meredith will lay out specified teams in the travel packet emailed out the week of the competition. If a team cannot watch another team because of their schedule, the parents may be required to support in their absence.


## RECEIVING & ACCEPTING BIDS:

Throughout the season, we attend competitions that we feel our teams will have the most success earning a bid to The Summit in Orlando, FL. Bids to The Summit, both Paid, and At-Large, shall be awarded at the sole discretion of each Varsity Brand Event Producer. The Summit is a live competition held in April 2023 where teams will face off at the Walt Disney World Resort in Orlando, FL. While set guidelines are considered when awarding bids, ultimately, Brands may award bids to whomever they choose. Novice, Prep and Elite level teams, will have a chance at earning bids to The Regional Summit in April and/or US Finals, depending on what fits better with Masters week. Both are a great opportunity for age groups who are not allowed or able to attend The Summit along with the Youth Summit in Tampa in April/May.

It will be under Rachel's discretion if the team(s) that win a bid to any of the eligible competitions will participate. There are several factors we take into consideration when deciding to attend. We need you to understand that these all come with additional financial expenses and are highly competitive competitions. It is an outstanding opportunity and a privilege to win this bid in itself.

## TENTATIVE SCHEDULE:

You will find our schedule for the season on the next page. Please note that this schedule is not final, only tentative. These dates, locations, and competitions are subject to change throughout the season. We will send out the final schedule to you in the fall once all of the competition dates and locations have been finalized by the competition companies. Please look carefully at the dates, places, and teams attending.

	2022-2023 COMPETITION SCHEDULE					
	COMPETITION/EVENT INFORMATION	TINY NOVICE	MINI/ YOUTH/JR NOVICE	PREPS & ELITE LEVEL 1-4.2	ELITE LEVEL(S) 4/5	WORLDS LEVEL 6
	FALL SHOWCASE: AUGUSTA, GA - OCTOBER 22-23, 2022		★	★	★	★
	ENCORE ATLANTA: COLLEGE PARK, GA - NOVEMBER 19-20, 2022		★	★	★	
	ASC BATTLE: ATLANTA, GA - DEC 10-11, 2022			★	★	★
	SPIRIT OF HOPE: CHARLOTTE, NC - JANUARY 14-15, 2023			★	★	★
	JAMFEST NATIONALS: INDIANAPOLIS, IN - JANUARY 21-22, 2023				★	
	NCA - CLASSIC: ATLANTA, GA - JANUARY 28, 2023	★	★			
	CHEERSPORT NATIONALS: ATLANTA, GA - FEBRUARY 17-19, 2023		★	★	★	★
	ATHLETIC NATIONALS: ATLANTA, GA - MARCH 18-19, 2023	★	★	★	★	
	SPIRIT SPORTS: MYRTLE BEACH, SC - March 25-26, 2023			★	★	
	SPRING SHOWCASE: AUGUSTA, GA - APRIL 15, 2023	★	★			
	REGIONAL SUMMIT: ATLANTA, GA - TBD			★	★	
	U.S. FINALS: ATLANTA, GA - TBD			★	★	
	WORLDS: ORLANDO, FL - APRIL 22-24, 2023					★
	SUMMIT: ORLANDO, FL - APRIL 27-30, 2023			★	★	
	2022-2023 EVALUATIONS - MAY 3-7, 2023	★	★	★	★	★
PLEASE NOTE OUR SHOWCASES AND BBQ ARE CONSIDERED MANDATORY EVENTS FOR ALL ATHLETE'S WITHIN OUR PROGRAM. THESE WILL BE FUN BONDING EVENTS FOR OUR TEAMS AND THEIR FAMILIES AS WELL AS A CHANCE TO SHOWCASE EACH TEAMS SUCCESSES THROUGHOUT THE SEASON.						

# PROGRAM RULES/GUIDELINES

## GENERAL RULES FOR ALL:

Good sportsmanship, polite manners, and a kind disposition are expected at all practices and competitions. Our program prides itself on setting a high standard of conduct. Help us maintain this standard:

- 1) No gossip about
  - A) Any other allstar program or school teams.
  - B) Any child or parent on your team or another team.
  - C) Any coaches and staff.
- 2) No profanity or abusive language.
- 3) You must arrive at all practices, competitions or any scheduled event on time.
- 4) During practices, all decisions are left to the discretion of the coaches and the chain of communication should be followed if there are any questions or issues regarding decisions being made.
- 5) No negative comments should be on Facebook, Twitter, websites, blogs, or group chats. As a representative of the gym, any post made that includes the ACA name, National Stars name, logo, or any imagery of the uniform and practice wear in any light, positive or negative, is forbidden without express permission. EXAMPLE: A TikTok video with inappropriate language or content in the music while your athlete is in their practice wear.
- 6) No one is allowed to post National Stars music, choreography, routines, stunts etc., on any site until the competition season has come to an end and Meredith has given permission.
- 7) Practices are subject to change, and you are expected to adjust your schedule accordingly.
- 8) All cheerleaders and family members are expected to show good sportsmanship at all times.
- 9) Every team will be required to watch other National Stars teams at competitions. We would love to have everyone there for all teams, but at the very least, you are required to watch your assigned teams.
- 10) Parents, relatives, friends, and cheerleaders are never allowed to speak with competition officials for any reason.
- 11) If a problem arises between you and another parent or your athlete and another athlete, we expect everyone to act appropriately. No one should approach another parent or child directly, but instead follow the chain of command so it can be addressed with all parties involved during a meeting with your coach and/or Rachel.
- 12) Remember that the team is first and the individual is second.

## PARENT RULES:

As parents, you all want the very best for your children, and we understand that. As parents of our athletes, we ask for 100% support from you at all times. Please remember that children can often misunderstand situations; therefore, please feel free to contact us for an open discussion if any questions arise. In competitive cheerleading, as in any other competitive sport, parents may gossip or inadvertently coach their athlete in a way that affects their athlete and team as a whole. Our main goal is to encourage our athletes to have fun while working hard. Our coaching staff will reinforce the support and encouragement that we ask you to provide to your child as he/she works toward achieving their individual and team goals. Please understand that to provide the safest and best training atmosphere for your child; we respectfully ask your support in the following areas:

- 1) If you ever have a problem with anything, please do not hesitate to contact the gym. We are here for you.
- 2) If you have any questions or concerns that need immediate attention, please use the following chain of command:
  - A) Team Mom
  - B) Team Coach(es)
  - C) Rachel
- 3) Only athletes and coaches are allowed in the gym during practice and tumbling times.
- 4) It is the parent's responsibility to know what is going on with your child's team. Please check the private Facebook page and/or your email every day. Meredith works hard to provide everything you need to know throughout the season, and no one should ever be uninformed.
- 5) While we want our allstars to use the gym as much as possible, no child should be dropped off at the gym

to do any form of unsupervised work.

6) Withholding a child from practice or competition should never be used as a form of punishment.

7) Parents are not allowed to claim representation for the National Stars Program at any time concerning accommodations, competitions or any other situation.

#### **ATHLETE RULES:**

As a National Stars athlete, we expect you to uphold each of these rules because you are the face of the National Stars Program. We want you to be proud to be a part of the most successful gym in our area. You are the reason we are as successful as we are. Your time within our National Stars family will be rewarded with your hard work and teamwork. Please follow these rules to ensure your success this season.

1) It is mandatory to wear the appropriate practice wear to every practice.

2) No profanity, disrespect, or back talking will be tolerated. You will respect your coaches, the ACA Staff, and your teammates.

3) Stay on top of any information sent out. You may set up your e-mail to be active to stay informed.

4) Cell phones are to be turned off at the beginning of practices and tumbling classes. If this becomes a problem, we will take these items and have your parents pick them up.

5) Balancing schoolwork and allstar practice is your responsibility when joining this Program. Homework is not an excuse for missing practice.

6) Please remember you have committed for the entire year. We will work with you as best as possible on your other activities outside of the National Stars. However, please communicate with us at least a month in advance for any major events.

7) Your body needs to be in top physical shape. Please take care of your body outside of the gym by eating healthy, continuing to exercise, and managing other sports and activities responsibly on your time off.

8) We will continue to be the most positive and supportive gym within the CSRA. Good sportsmanship is a must inside and outside of our Program. Nothing else will be tolerated. Be respectful and supportive to all other gyms, at competitions, and to any official.

9) Remember it is team-first, individual second. Put trust in your coaches because we know what is best for the team.

#### **SOCIAL MEDIA POLICY:**

Athletes are not allowed to create any social media accounts that use their team's name, the gym or Program name, etc., without express permission from Meredith. This includes but is not limited to; Instagram, TikTok, Snapchat, Facebook, Twitter, etc. Athlete's are expected to follow the gym rules and guidelines showing sportsmanship, manners and respect in any posts that are made when tagging the gym's location, wearing any National Stars or ACA clothing items, or posting content that is clearly within the gym.

#### **CHEERING OR TUMBLING AT ANOTHER PROGRAM:**

While we know athletes often attend clinics at other gyms, or sometimes tumble with specialty coaches, no athlete is allowed to be a part of the National Stars Program while cheering at another, USASF or non-USASF facility. We have several athletes who are a part of school cheer or Pop Warner, which are both acceptable options for our athletes. Please be sure to send us any important scheduling dates as soon as you have received them.





## Code of Conduct

### ATHLETE'S CODE OF CONDUCT:

I understand the **team** is first, and I am second. I agree to maintain a positive and competitive attitude, stay focused, and work toward the team's development. I will demonstrate high standards of conduct as a representative of Augusta Cheer Academy and the National Stars. I will refrain from negative acts, comments, or gossip about or toward fellow teammates and other squads, both on and off the cheer floor. I understand that the coaches can move me down in levels or deem me an alternate on a team if I lose skills or can no longer keep up with what is required of me. **Coaches may dismiss me at any time for disrespect, lack of effort, and anything that hampers my team's development.** I am to arrive on time for all practices and competitions. I understand I may have to come early or stay late at competitions to support other teams within the National Stars Program fully. I understand and agree to follow all written and verbal instructions given to me throughout the season. I understand and agree by initialing below that acting outside of this code will result in disciplinary action at the coach's discretion, and it could result in my dismissal from the team.

\_\_\_\_\_**Athletes Initials**

### PARENT'S CODE OF CONDUCT:

As a parent, I understand that the **team** must always be **regarded first** before any individual. I know that coaches reserve the right to place athletes on a team that gives them the best chance of success. I agree to show sportsmanlike conduct at all times during competitions for our teams as well as our competitors. I agree to respect and show compassion towards all adults and children involved with the Program. I agree to discuss all problems or concerns related to the Program, coaches, cheerleaders, or other parents directly with the coach. I agree not to air any grievances or gossip publicly should they arise. Disruptive behavior in person or on social media could result in my dismissal from the practice facility and/or my child from the team. I understand that under no circumstance will I confront any administrative personnel at competitions (judges, staff, directors, etc.) at any time. I know that by threatening to quit, pull my child from the Program, or use the National Stars Program as a form of punishment, we may be dismissed immediately. I understand I may have to come early or stay late at competitions to support other teams within the National Stars Program fully.

I will guarantee the on-time arrival of my athlete to all practices and competitions. I understand the coaches reserve the right to move my child up or down to other levels and teams for any reason they see fit. Coaches may dismiss my cheerleader at any time for disrespect, lack of effort and/or anything that hampers team development. I understand that all coach's decisions are final! Most importantly, I know that my position as an allstar parent is to provide a positive outlook for all children.

\_\_\_\_\_**Parents Initials**

## Policies, Expectations and Commitment

### POLICIES AND EXPECTATIONS:

By signing below, I acknowledge that I have read and fully understand all codes, rules, and expectations in the 2022-2023 allstar packet and contract. I acknowledge that I am entering into this Program of my own free will, and I understand what is expected of me as a parent or allstar cheerleader. I will conduct myself in a sportsmanlike manner and uphold the standards that are expected of me as a National Star. I understand this is a 12-month commitment, and I have fully read and understand the 2022-2023 season's financial obligation. I will honor my commitment.

I understand that if my family/athlete must move due to military, court, or job orders, I will not be charged a termination fee. However, I will not receive any refunds for any services rendered or items purchased. **I understand that if I am dismissed or withdraw from the Program for any other reason, I will not receive a refund on any fees paid (including optional fees and uniform).** I also acknowledge that I will be charged an **\$800 termination fee for Prep and Elite Teams, a \$400 termination fee for Novice teams, a \$250 termination fee for Tiny/Mini.** I understand that it will become my responsibility to fulfill any fundraiser orders with my purchasers. I acknowledge that I will not receive any items that have been purchased but have not yet been received.

I acknowledge Augusta Cheer Academy shall not be responsible for any failure or delay in the performance of its obligations in the 2022-2023 Allstar Packet and Contract, which may include suspending performance or even terminating the contract, arising out of or caused, directly or indirectly, by circumstances beyond its reasonable control, including but not limited to, acts of God; earthquakes, fires, floods, wars, civil or military disturbances, epidemics, pandemics, riots, interruptions, loss or malfunctions of utilities, accidents, labor disputes or governmental actions. I understand I will only receive refunds and/or credits for competition fees and items not received.

\_\_\_\_\_**Parent** \_\_\_\_\_**Athlete**

## PAYMENT INFORMATION

### TINY NOVICE: AGES 3-6 ONLY

This is our least commitment full-year, team option(s) for younger Tiny and Mini aged athletes. We may have one or both of these teams depending on the number of athlete's and their overall abilities at tryout. On the right you will find a breakdown of your total Escrow and Tuition amounts for the year.

**Escrow:** This breakdown consists of a competition bow, choreography, competition fees (the fee for each athlete to compete), coaches fees (coaches pay during competitions, hotels, gas, etc.), and your athletes end of the year award.

**Tuition:** This covers your athlete's one hour practice, once a week.

You will find a payment table in accordance to each payment option listed on the next few pages.

#### ESCROW BREAKDOWN

Competition Bow	\$20
Choreography & Music	\$175
Competition & Coaches Fee	\$380
End of the Year Award	\$10
<b>TOTAL</b>	<b>\$585</b>

#### MONTHLY TUITION

<b>Practice: One Hour</b>	<b>\$85</b>
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**Tumbling is not included for Tiny athletes, however you can sign your athlete up for a tumbling class for only \$30 per month.**

### NOVICE:

This option is a more competitive team option for athlete's who are a little more experienced and are looking for a competitive option with an easier schedule than our regular allstar teams. On the right you will find a breakdown of your total Escrow and Tuition amounts for the year.

**Escrow:** This breakdown consists of a competition bow, choreography, competition fees (the fee for each athlete to compete), coaches fees (coaches pay during competitions, hotels, gas, etc.), and your athletes end of the year award.

**Tuition:** This covers your athlete's three total hours of practice as well as one hour of tumbling.

You will find a payment table in accordance to each payment option listed on the next few pages.

#### ESCROW BREAKDOWN

Competition Bow	\$20
Choreography & Music	\$425
Competition & Coaches Fee	\$840
End of the Year Award	\$10
<b>TOTAL</b>	<b>\$1295</b>

#### TUITION BREAKDOWN

<b>Practice: Two Hours</b> <b>Tumbling: One Hour</b>	<b>\$135 per month</b>
<b>Split between two practice days.</b>	

### PREP:

This option offers the same competition schedule as our Elite athletes while allowing athletes to perfect their level appropriate skills before moving to Elite teams. They compete only one day at two day competitions. On the right you will find a breakdown of your total Escrow and Tuition amounts for the year.

**Escrow:** This breakdown consists of a competition bow, stunt choreography, routine choreography, music, Skills Clininc with GA Allstars, competition fees (the fee for each athlete to compete), coaches fees (coaches pay during competitions, hotels, gas, etc.).

**Tuition:** This covers your athlete's four total hours of practice, twice a week as well as one hour of tumbling.

You will find a payment table in accordance to each payment option listed on the next few pages.

#### ESCROW BREAKDOWN

Competition Bow	\$30
Choreography & Music	\$680
Competition & Coaches Fee	\$1,190
<b>TOTAL</b>	<b>\$1,925</b>

#### TUITION BREAKDOWN

<b>Practice: Four Hours</b> <b>Tumbling: One Hour</b>	<b>\$165 per month</b>
<b>Split between two practice days.</b>	

## ELITE LEVELS 1-4.2:

Elite teams are our biggest commitment throughout the season. You travel to several competitions throughout the season and compete two days at all events. On the right you will find a breakdown of your total Escrow and Tuition amounts for the year. You will find a payment table in accordance to each payment option listed on the next few pages.

**Escrow:** This breakdown consists of a competition bow, stunt choreography, routine choreography, music, Skills Clinic, competition fees (the fee for each athlete to compete), coaches fees (coaches pay during competitions, hotels, gas, etc.).

**Tuition:** This covers your athlete's four total hours of practice, twice a week as well as one hour of tumbling.

### ESCROW BREAKDOWN

Competition Bow	\$30
Choreography & Music	\$715
Competition & Coaches Fee	\$1,395
<b>TOTAL</b>	<b>\$2,140</b>

### TUITION BREAKDOWN

Practice: Four Hours Tumbling: One Hour  Split between two practice days.	<b>\$165 per month</b>
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## SENIOR ELITE LEVEL(S) 4 or 5:

Our most Elite team in the gym, this(these) team(s) will have a slightly different competition schedule compared to our other Elite Level 1-4.2 teams. On the right you will find a breakdown of your total Escrow and Tuition amounts for the year. You will find a payment table in accordance to each payment option listed on the next few pages.

**Escrow:** This breakdown consists of a competition bow, stunt choreography, routine choreography, music, Skills Clinic, competition fees (the fee for each athlete to compete), coaches fees (coaches pay during competitions, hotels, gas, etc.).

**Tuition:** This covers your athlete's four total hours of practice, twice a week as well as one hour of tumbling.

### ESCROW BREAKDOWN

Competition Bow	\$30
Choreography & Music	\$715
Competition & Coaches Fee	\$1,690
<b>TOTAL</b>	<b>\$2,435</b>

### TUITION BREAKDOWN

Practice: Four Hours Tumbling: One Hour  Split between two practice days.	<b>\$165 per month</b>
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## WORLDS - LEVEL 6:

This Elite team would be Level 6 and attend three competitions throughout the season with the goal of earning a bid to Worlds in April of 2023. On the right you will find a breakdown of your total Escrow and Tuition amounts for the year.

You will not find a payment table in accordance to each payment option listed on the next few pages, you would simply have one monthly payment for the season.

**Escrow:** This breakdown consists of a competition bow, stunt choreography, routine choreography, music, Skills Clinic, competition fees (the fee for each athlete to compete), coaches fees (coaches pay during competitions, hotels, gas, etc.).

### ESCROW BREAKDOWN

Competition Bow	\$20
Choreography & Music	\$715
Competition & Coaches Fee	\$750
<b>TOTAL</b>	<b>\$1,485</b>

### MONTHLY PAYMENT

Your full monthly payment will include your tuition and escrow combined.  You will practice twice a week for 1.5 hours each practice.	<b>\$198 per month</b>
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### ADDITIONAL BUDGET INFORMATION:

#### SIBLING DISCOUNT

**A)** For Elite & Prep athletes, the first sibling will pay the full tuition amount at \$165, the next sibling(s) will pay 50% of their levels tuition (the lesser or equal amount is discounted). Both athletes will pay their full escrow payments.

**B)** For Novice, the first sibling will pay the full amount at \$135, the next sibling(s) will pay 50% of their levels tuition (the lesser or equal amount is discounted). Both athletes will pay their full escrow payments.

**C)** For Tiny Athletes, the first sibling will pay the full amount at \$85, the next sibling(s) will pay 50% of their levels tuition (the lesser or equal amount is discounted). Both athletes will pay their full escrow payments.

**CROSSOVER/DOUBLE TEAMER:** Crossover athletes will pay their first teams tuition in full and pay 50% of their second teams tuition. They will also pay the competition, coaches, music, and choreography fees associated with their second team.

**ADDITIONAL CLASSES:** Any additional classes; stretch, tumbling, jumps, etc. will cost an additional \$30 a month and stunt class will cost an additional \$40 a month. These classes will come out through automatic draft and payments will be run on the 1st of each month.



PAYMENT OPTION #2														
		MAY 11	MAY	JUNE	JULY	AUGUST	SEPT.	OCT.	NOV.	DEC.	JAN.	FEB.	MARCH	APRIL
TINY	15TH: E	---	\$50	\$50	\$50	\$50	\$50	\$50	\$50	\$50	\$50	\$50	\$50	\$35
	25TH: T	\$85	\$85	\$85	\$85	\$85	\$85	\$85	\$85	\$85	\$85	\$85	\$85	---
	Fees	A: \$65	B: \$60-75	C & D	E	F: \$45	---	---	---	---	---	---	---	---
	TOTAL	\$150	\$135 B	\$270 C/D	\$135 E	\$180	\$135	\$135	\$135	\$135	\$135	\$135	\$135	\$35
		MAY 11	MAY	JUNE	JULY	AUGUST	SEPT.	OCT.	NOV.	DEC.	JAN.	FEB.	MARCH	APRIL
NOVICE	15TH: E	---	\$125	\$120	\$105	\$105	\$105	\$105	\$105	\$105	\$105	\$105	\$105	\$105
	25TH: T	\$135	\$135	\$135	\$135	\$135	\$135	\$135	\$135	\$135	\$135	\$135	\$135	---
	Fees	A: \$65	B: \$60-75	C & D	E	F: \$45	---	---	---	---	---	---	---	---
	TOTAL	\$200	\$260	\$255 C/D	\$240 E	\$285	\$240	\$240	\$240	\$240	\$240	\$240	\$240	\$105
		MAY 11	MAY	JUNE	JULY	AUGUST	SEPT.	OCT.	NOV.	DEC.	JAN.	FEB.	MARCH	APRIL
PREP	15TH: E	---	\$175	\$215	\$175	\$175	\$175	\$150	\$150	\$150	\$150	\$150	\$130	\$130
	25TH: T	\$165	\$165	\$165	\$165	\$165	\$165	\$165	\$165	\$165	\$165	\$165	\$165	---
	Fees	A: \$65	B: \$60-75	C & D	E	F: \$45	---	---	---	---	---	G: \$50	---	---
	TOTAL	\$230	\$340 B	\$380 C/D	\$340 E	\$385	\$340	\$315	\$315	\$315	\$315	\$365	\$295	\$130
		MAY 11	MAY	JUNE	JULY	AUGUST	SEPT.	OCT.	NOV.	DEC.	JAN.	FEB.	MARCH	APRIL
ELITE 1-4.2	15TH: E	---	\$200	\$240	\$200	\$200	\$200	\$200	\$200	\$200	\$200	\$200	\$50	\$50
	25TH: T	\$165	\$165	\$165	\$165	\$165	\$165	\$165	\$165	\$165	\$165	\$165	\$165	---
	Fees	A: \$65	B: \$60-75	C & D	E	F: \$45	---	---	---	---	---	G: \$50	---	---
	TOTAL	\$230	\$365 B	\$405 C/D	\$365 E	\$410	\$365	\$365	\$365	\$365	\$365	\$415	\$215	\$50
		MAY 11	MAY	JUNE	JULY	AUGUST	SEPT.	OCT.	NOV.	DEC.	JAN.	FEB.	MARCH	APRIL
ELITE 4/5	15TH: E	---	\$200	\$240	\$200	\$200	\$225	\$225	\$225	\$225	\$225	\$175	\$150	\$145
	25TH: T	\$165	\$165	\$165	\$165	\$165	\$165	\$165	\$165	\$165	\$165	\$165	\$165	---
	Fees	A: \$65	B: \$60-75	C & D	E	F: \$45	---	---	---	---	---	G: \$50	---	---
	TOTAL	\$230	\$365 B	\$405 C/D	\$365 E	\$410	\$390	\$390	\$390	\$390	\$390	\$390	\$315	\$145

MANDATORY FEES							
	A: REG FEE	B. PRACTICE TOP	C. USASF FEE	D: UNIFORM 1	E: UNIFORM 2	F: FUNDRAISER	G: CHOREO.
DUE DATE	May 11	May 26	June 1	June 9	July 14	August Escrow	February 23
WHICH ATHLETES	All Athletes	All Athletes	All Athletes	All New Athletes   Novice   Solstice	All New Athletes   Novice   Solstice	All Athletes	Prep & Elite
PRICE	\$65	\$60-75	\$49	See Page 18	See Page 18	\$45	\$50

**PAYMENT OPTION TWO:** This option allows you to pay your Monthly Tuition on the 25th of the month prior and your escrow on the 15th of the month it applies to. Please note that all extra mandatory fees are include in the chart above by letters. Tiny, Mini and Novice athletes will be purchasing a new uniform this season. Elite teams you would need to add that payment in, if purchasing a new uniform. You can find the corresponding letters for items in the chart to the left. As a reminder, all payments are made through auto-draft unless a payment is dropped off to the front desk in advance.




PAYMENT OPTION #3														
		MAY	JUNE	JULY	AUGUST	SEPT.	OCT.	NOV.	DEC.	JAN.	FEB.	MARCH	APRIL	
TINY	Tuition	\$85	\$85	\$85	\$85	\$85	\$85	\$85	\$85	\$85	\$85	\$85	\$85	YEARLY TOTAL:
	Escrow	\$50	\$50	\$50	\$50	\$50	\$50	\$50	\$50	\$50	\$50	\$50	\$35	
	Fees	A: \$65 B: \$60-75	C & D	E	F: \$45	---	---	---	---	---	---	---	---	
	TOTAL	\$200 B	\$135+ C/D	\$135 E	\$180	\$135	\$135	\$135	\$135	\$135	\$135	\$135	\$120	\$1,715 + B/C/D/E
		MAY	JUNE	JULY	AUGUST	SEPT.	OCT.	NOV.	DEC.	JAN.	FEB.	MARCH	APRIL	
NOVICE	Tuition	\$135	\$135	\$135	\$135	\$135	\$135	\$135	\$135	\$135	\$135	\$135	\$135	YEARLY TOTAL
	Escrow	\$125	\$120	\$105	\$105	\$105	\$105	\$105	\$105	\$105	\$105	\$105	\$105	
	Fees	A: \$65 B: \$60-75	C & D	E	F: \$45	---	---	---	---	---	---	---	---	
	TOTAL	\$325 B	\$255 + C/D	\$240 E	\$285	\$240	\$240	\$240	\$240	\$240	\$240	\$240	\$240	\$3,025 + B/C/D/E
		MAY	JUNE	JULY	AUGUST	SEPT.	OCT.	NOV.	DEC.	JAN.	FEB.	MARCH	APRIL	
PREP	Tuition	\$165	\$165	\$165	\$165	\$165	\$165	\$165	\$165	\$165	\$165	\$165	\$165	YEARLY TOTAL
	Escrow	\$175	\$215	\$175	\$175	\$175	\$150	\$150	\$150	\$150	\$150	\$130	\$130	
	Fees	A: \$65 B: \$60-75	C & D	E	F: \$45	---	---	---	---	---	G: \$50	---	---	
	TOTAL	\$405 B	\$380 + C/D	\$340 E	\$385	\$340	\$315	\$315	\$315	\$315	\$365	\$295	\$295	\$4,065 + B/C/D/E
		MAY	JUNE	JULY	AUGUST	SEPT.	OCT.	NOV.	DEC.	JAN.	FEB.	MARCH	APRIL	
ELITE 1-4.2	Tuition	\$165	\$165	\$165	\$165	\$165	\$165	\$165	\$165	\$165	\$165	\$165	\$165	YEARLY TOTAL
	Escrow	\$200	\$240	\$200	\$200	\$200	\$200	\$200	\$200	\$200	\$200	\$50	\$50	
	Fees	A: \$65 B: \$60-75	C & D	E	F: \$45	---	---	---	---	---	G: \$50	---	---	
	TOTAL	\$430 B	\$405+C/D	\$365 E	\$410	\$365	\$365	\$365	\$365	\$365	\$415	\$215	\$215	\$4,280 + B/C/D/E
		MAY	JUNE	JULY	AUGUST	SEPT.	OCT.	NOV.	DEC.	JAN.	FEB.	MARCH	APRIL	
ELITE 4/5	Tuition	\$165	\$165	\$165	\$165	\$165	\$165	\$165	\$165	\$165	\$165	\$165	\$165	YEARLY TOTAL
	Escrow	\$200	\$240	\$200	\$200	\$225	\$225	\$225	\$225	\$225	\$175	\$150	\$145	
	Fees	A: \$65 B: \$60-75	C & D	E	F: \$45	---	---	---	---	---	G: \$50	---	---	
	TOTAL	\$430 B	\$405+C/D	\$365 E	\$410	\$390	\$390	\$390	\$390	\$390	\$390	\$315	\$310	\$4,575 + B/C/D/E

MANDATORY FEES							
	A: REG FEE	B. PRACTICE TOP	C. USASF FEE	D: UNIFORM 1	E: UNIFORM 2	F: FUNDRAISER	G: CHOREO.
DUE DATE	May 11	May 26	June 1	June 9	July 14	August Escrow	February 23
WHICH ATHLETES	All Athletes	All Athletes	All Athletes	All New Athletes   Novice   Solstice	All New Athletes   Novice   Solstice	All Athletes	Prep & Elite
PRICE	\$65	\$60-75	\$49	See Page 18	See Page 18	\$45	\$50

**PAYMENT OPTION THREE:** With this option you pay for the entire 2022-2023 season in one lump sum. This payment is due on May 9th. Please note the total listed under “yearly total” does not include the price of a uniform or the fee you pay to USASF. It does include all of the other fees that are due throughout the season. Refer to the chart on page 16 for all uniform pricing information.

## MANDATORY ITEMS/FEEES

	MANDATORY ITEMS/FEEES							
	REGISTRATION FEE	PRACTICE WEAR TOP	USASF FEE: PAID TO USASF	CROP TOP UNIFORM	FULL TOP UNIFORM	MALE UNIFORM	GYM FUNDRAISER	MID-SEASON CHOREO.
 TINY	\$65	\$60-75	\$49	---	\$200	\$100	\$45	---
NOVICE	\$65	\$60-75	\$49	---	\$200	\$100	\$45	---
PREP, ELITE & WORLDS	\$65	\$60-75	\$49	Solstice	---	---	\$45	\$50
	MAY 11	MAY 26	JUNE 1	JUNE 9 JULY 14	JUNE 9 JULY 14	JUNE 9 JULY 14	AUG ESCROW	FEB 23
ANY ITEMS LISTED IN THIS TABLE ARE CONSIDERED MANDATORY ITEMS OR FEES THAT YOU MUST PURCHASE OR PAY FOR THROUGHOUT THE SEASON. UNIFORM PAYMENTS ARE ONLY CONSIDERED MANDATORY FOR NEW ATHLETE'S AND YOU CAN FIND INDIVIDUAL UNIFORM PIECE PRICES IN THE TABLE BELOW.								


### REGISTRATION FEE:

Your yearly registration fee is something that we collect not only from our allstars, but from our regular recreational classes as well. This fee helps the gym keep our records and systems updated as well as to provide our athletes with the use of up-to-date cheerleading equipment.

### UNIFORM:

Last season we were excited to introduce a brand new uniform for our Elite teams. This season we will bring in new uniforms for our Novice teams as well as Solstice. The prices all uniforms can be found in the table below. All athlete's will make a uniform payment on June 10 and July 15.

We will be doing a uniform sale to give new athletes the chance to purchase gently used uniform pieces from those who may need to size up heading into the season. We will send more information on this closer to that time.

	UNIFORM PIECES & PRICES							
	FULL TOP UNIFORM	CROP TOP UNIFORM	MALE UNIFORM	CROP TOP ONLY	FULL TOP ONLY	MALE TOP ONLY	SHORTS OR SKIRT	MALE PANTS
 NOVICE	\$200	---	\$100	---	---	---	---	---
PREP & ELITE	\$455	\$445	\$335	---	---	---	---	---
SOLSTICE DAY 1	---	\$475	\$325	---	---	---	---	---
SOLSTICE DAY 2	---	\$315	\$275	---	---	---	---	---
WORLDS	---	\$275	\$210	---	---	---	---	---

### **FUNDRAISING FEE & INFORMATION:**

The National Stars program offers several fundraising opportunities throughout the year. You can find all of these dates on our calendar, shown on the last page. In the past we have made you participate in one large fundraiser with a portion of the proceeds going to the gym. We will be changing this slightly this year. You will not need to take part in any fundraisers, we will just build this fee into your August Escrow. This \$45 fee will benefit the gym while fundraisers help towards your allstar account.

**NOTE:** If the money for your required fundraiser is not turned in on time, the card that you have on file will be charged for the amount owed plus a \$5 card fee.

### **USASF ATHLETE MEMBERSHIP FEE:**

All allstar cheerleaders are required to be members of the U.S. All Star Federation. This \$49 fee will be paid directly to USASF and creates Official Event Rosters for teams that include a listing of team members, their Athlete ID numbers, birth-dates and confirmed ages. Programs submit USASF Official Event Rosters to event producers at event check-in, instantly confirming athletes ages. It is consistent with standard practices of youth sports organizations and is secure.

### **MID-SEASON CHOREOGRAPHY FEE: ELITE TEAMS**

In past seasons we have had our choreographer come back in January/February to take a look at our routines and help touch up and edit anything that needed a little work before we headed into the second half of the season. While it is possible that we may not do this, we do want to go ahead and have the date and fee listed. If Tom does not come during the dates listed, we will most likely move this later into the season to prepare for Summit.

## **ADDITIONAL OR EXTRA ALLSTAR ITEMS**

### **PRACTICE WEAR:**

This season you will purchase a practice top/bra for your athlete, with the option to add shorts or a flutter skirt to your order. You can find more details on your athletes full practice wear each week in Section Three on page 21.

**Your practice wear fee will be due to the front desk on Thursday, May 26th. It will be \$60-\$75 depending on your teams design. We will let you know your exact pricing once teams have been formed.**

### **SHOES:**

Tiny, Mini and Novice athletes will be able to purchase any white cheer shoe of their choosing. Prep and Elite athletes will be purchasing any black cheer shoe of their choosing. All athletes can be sized for shoes during their virtual practice wear sizing, and can order the Varsity competition "Ascend Air" shoe that we will be offering, through the front desk.

**If you would like to order the Varsity Ascend, \$105 will be due to the front desk on May 26th.**

### **COMPETITION BOW:**

Our allstars will wear a competition bow in their hair at each competition. These bows are not to be worn during regular practices. They are meant for competitions and performances only.

**If you would like to order an extra competition bow for your athlete, you may due so through the front desk on May 26th: Tiny (\$20), Novice (\$20), Worlds (\$20), Prep and Elite (\$30).**

### **WARM-UP JACKET:**

In the past this has been a required item for purchase. This year we are making this an optional item. You will however be required to have some form of an item to wear to and from competitions. This is part of Varsity's "cover up" policy at each competition in order to ensure athlete's keep an appropriate and modest appearance to and from arenas.

Please note that the jacket must stay as is, no monogramming can be done to any part of the jacket, including but not limited to the collar, sleeve, breast area, etc. Your athletes name may be written on the inside tag for identification purposes.

## NATIONAL STARS OPTIONAL GEAR:



NATIONAL STARS GEAR								
	YOUTH BACKPACK	*NEW* GLITTER BACKPACK	EXTRA PRACTICE WEAR	SHOES	BOMBER JACKET	RAIN JACKET	NATIONAL VARSITY GEAR	NATIONAL STARS GEAR: T-SHIRTS, HOODIES, SWEATSHIRTS, ETC.
ALL STARS	\$95	\$135	Various	\$115	\$130	\$115	\$60	\$25-\$100
	MAY 19	MAY 19	MAY 26	MAY 26	AUGUST 11	AUGUST 11	AUGUST 11	SEPTEMBER 12-26
LOOKING FOR SOMETHING TO WEAR TO COMPETITIONS OR NATIONAL STARS THEMED GIFTS FOR YOUR ATHLETE? IF SO, WE HAVE YOU COVERED. ITEMS LISTED INCLUDE TAX AND SHIPPING PRICES. THIS IS NOT A FULLY COMPREHENSIVE LIST OF ITEMS THAT MAY BE LISTED THROUGHOUT THE SEASON.								

## SPONSORSHIP:

Competitive cheerleading can be costly and sponsorships are a great way to ease these costs. This is a great opportunity for grandparents, family friends, business owners, etc. to help support your athlete. Sponsors can donate as much or as little as they want and any sponsorship you receive will go straight to your athlete's account. We have a letter/forms that you can pick up from the front desk or print off of the website.



## Payment Option

PLEASE REFER TO PAGES 15-17 FOR EXAMPLES OF EACH PAYMENT OPTION

**PAYMENT OPTIONS:** Both option #1 and #2 are considered auto-draft payments. You may turn in a cash or check payment prior to the due date, however, if no alternate payment is made, your card will be run on the auto-draft date.

**Please initial beside the payment option you would like to choose for the year, and sign at the bottom of the page.**

\_\_\_\_\_ **Payment Option #1**

This option allows you to pay your Monthly Tuition and Escrow together each month on the 25th before the month it is due. **This payment will be auto-drafted from your card on file however, you may pay by cash or check prior to the 25th.** EXAMPLE: On September 25th you are paying for October's tuition and escrow payment.

\_\_\_\_\_ Initial here to opt into paying all mandatory fees for the coming month on the 25th as well. This is not required, you may just have your card run on their specific due dates.

\_\_\_\_\_ **Payment Option #2**

This option allows you to pay the Monthly Tuition on the 25th before the month it is due and the Escrow payment on the 15th of the month it is due. **This payment will be auto-drafted from your card on file, however, you may pay by cash or check prior to the 15th and 25th.** EXAMPLE: On September 25th you are paying for October's tuition and on October 15th you're paying for October's escrow.

\_\_\_\_\_ **Payment Option #3 (Any Form of Payment)**

The 2022-2023 total for the year will be paid in one lump sum due one on May 11, 2022.

### PAYMENT AGREEMENT

- I (We) understand the commitment that we are making as a family to the National Star's Program. We intend to participate for the entire year from May 9, 2022 to April 30, 2023. I understand that I am responsible for all payments from May 9, 2022 to April 30, 2023.
- For payment option #1 I (We) understand that each athletes parent is required to provide two credit/debit cards to remain on file. I may turn in a cash or check payment, but my card on file will be run on the 25th if no payment is made. I also understand if my credit card payment does not go through on the 25th, I will be charged a late fee of \$25. \*The second card placed on file will only be debited if no other form of payment has been made by the 5th of the following month.
- For payment option #2: I (We) understand that each athletes parent is required to provide two credit/debit cards. I may turn in a cash or check payment, but my card on file will be run on the 15th (escrow) and 25th (tuition) if no payment is made. I also understand if my credit card payment does not go through on the 15th or 25th, I will be charged a late fee of \$25. \*The second card placed on file will only be debited if no other form of payment has been made by the 5th of the following month.
- I (We) understand that if I am dismissed or withdraw from the program, for any reason, I will not receive a refund on ANY fees paid (including payments made in full through payment option #3, optional fees and uniform). I will not receive any items that have been ordered for my athlete and I will be charged the termination fee listed on page 12. I will also be responsible for fulfilling all fundraising items with my purchasers.
- I (We) understand that all payments are due in a timely manner. A late fee of \$25 will be charged/owed if any fees are late. If my late payment is not turned in within one week of the original due date, I understand that my athlete will then have to sit out from practice. If a payment is not made within two weeks of the original due date, my athlete will be replaced by an alternate/double teamer and my contract will be terminated. I understand all past due amounts, late fees, and termination fee will still be owed.
- I (We) understand that there is a termination fee in place in the event that we do not complete the season for any reason including voluntary withdrawal or program dismissal. The termination fee owed is \$800 for allstar Prep and Elite, \$400 for Novices and \$250 for Tiny/Mini. The credit card(s) on file will be charged first and if your credit card declines or is invalid we will then run the second card on file.

**Cardholders Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_





## CREDIT CARD AND PAYMENT AUTHORIZATION FORM

Augusta Cheer Academy **requires** two credit card numbers remain on file for each athlete in the allstar program. Please list your credit card information below:

### Credit/Debit Card Information

Name (As it appears on your card): \_\_\_\_\_

Credit Card Number: \_\_\_\_\_/\_\_\_\_\_/\_\_\_\_\_

Billing Address: \_\_\_\_\_ Zip Code: \_\_\_\_\_

Type of Card: \_\_\_\_\_ Security Code (3 digit number): \_\_\_\_\_

Expiration Date: \_\_\_\_\_/\_\_\_\_\_/\_\_\_\_\_

**Note: We must see the card to verify all information is correct.**

**If you do not bring your card or if evaluations are held virtually, we will run the above card for \$5 to ensure the card is valid, if this is not your form of payment for your evaluation fee.**

I understand and authorize Augusta Cheer Academy to charge my provided card as listed in the "Payment Agreement" only or unless I specify otherwise. This means that I can request Augusta Cheer Academy use my credit card for charges other than my monthly tuition and escrow if I notify them below. I also understand that my card will be charged a termination fee for reasons listed on page four. I can expect Augusta Cheer Academy to maintain my credit card information in confidentiality. I understand that it will remain locked in a secure location.

**Cardholders Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_

\_\_\_\_\_ Please initial here that you understand all mandatory fees will be charged to your card on file. You may drop a cash or check payment off prior to the due date as well. If no payment is made by the due date, we will auto-draft it from your card on file.

### Second Credit/Debit Card Information

Name (as it appears on your card): \_\_\_\_\_

Credit Card Number: \_\_\_\_\_/\_\_\_\_\_/\_\_\_\_\_

Billing Address: \_\_\_\_\_ Zip Code: \_\_\_\_\_

Type of Card: \_\_\_\_\_ Security Code (3 digit number): \_\_\_\_\_

Expiration Date: \_\_\_\_\_/\_\_\_\_\_/\_\_\_\_\_

I understand and authorize Augusta Cheer Academy to charge my second provided card as listed in the "Payment Agreement" section. This card will be the **LAST** option for ACA to collect money owed. I can expect Augusta Cheer Academy to maintain my bank account information in confidentiality.

**Account Holders Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_

# COMMUNICATION

## **CHAIN OF COMMUNICATION:**

Parents should take any questions, concerns, or problems regarding your athletes' team, practice schedule, competition schedule, etc., to the Team Mom's first. Many of these concerns can be addressed and solved by the Team Mom so that the coaching staff can focus on any more significant issues that may need to be addressed. If the Team Mom cannot be of assistance, then your Coach(es) is/are the second person in your communication line. If you feel that talking with your Head Coach will not resolve the situation, please do not hesitate to call the front desk and set up a meeting with Rachel. Please note that meetings throughout the months of February-April will most likely be harder to accommodate and may take place over the phone or through messaging.

## **TEAM MOM:**

The Team Mom will be the first person you go to with any simple questions you may have about your athletes team, practice schedule, competition schedule, etc. If the Team Mom feels that she can not correctly answer your question or should not be in charge of handling the situation, she will direct you to your teams Coach(es).

The Team Mom will also be responsible for ensuring that you receive any necessary updates from the coaches throughout the season. We will have a Facebook group for each team that both the team mom and coaches will update you on. This forum will not be used for personal questions to the Team Mom or coaches but questions that other parents may find informative. On the day of competition, the Team Mom will use the Band App to communicate important information promptly. We will send out the individual team Band information closer to the competition season.

## **DIRECTOR OF COMMUNICATIONS & ALLSTAR COORDINATOR:**

Meredith Dailey will once again serve as our Director of Communications as well as Allstar Coordinator. Meredith sends out all of the gym's important information through emails, newsletters, social media posts, etc. She also now handles the ordering practice wear/uniforms, helping out with USASF, registering teams for competitions, setting up "Stay Smart" hotel information and other organizational details. She is also in charge of managing the website, creating travel packets, and various projects within the gym. Meredith does not live in the Augusta area but you will see her in and out of the gym throughout the season and competitions.

## **ALLSTAR ACCOUNTS MANAGER:**

Heather Bolen will once again be serving as the Allstar Accounts Manager. Heather has been with the National Stars program for seven years as part of our front desk staff. She has been an office manager for over ten years. She is well qualified to keep accounts and all business matters organized and up to date. Heather will also be serving at the head of fundraising and will be available to answer any fundraising questions you have throughout the season.

## **EMAIL COMMUNICATION:**

Organization is an essential aspect of our Program. The primary source of communication will be through your e-mail. Please make sure you provide us with the e-mail you check daily. We encourage our athletes to put an e-mail address on file and allow them to stay up-to-date. Timely and accurate communication between coaches and parents/cheerleaders is crucial to us. The e-mails you receive throughout the season will be coming from our e-mail account [allstars@augustacheeracademy.com](mailto:allstars@augustacheeracademy.com) as well as through MailChimp. Please make sure you add this address to your contacts and do not choose to unsubscribe at any time.

## **THE BAND APP:**

When your child has been placed on a team, we will send out information to join your teams Band groups. We know most of you are familiar with this app as many of the competition companies now use it to communicate throughout their events. We will use this for small and timely reminders or announcements. On the day of the competition, the Team Mom will use your group to communicate important information about meeting times and places or any changes in the schedule.

**TEAM FACEBOOK PAGES:**

Once teams have been formed, we will be setting up a closed, private Facebook group for each team. The information for each group will be emailed out once they have been set up. This group will be utilized by the coaches and team moms to keep you updated on practice times and what is happening in practices as each team progresses. The Facebook group will also be a forum for you as parents to post and ask questions or post your pictures and videos of the team for other parents to see. Please note that if you have a specific issue with your coaches, this will not be the forum to contact them. You will have each coaches individual information and can contact them directly.

**NATIONAL STARS PRIVATE FACEBOOK PAGE:**

Once your athlete has been placed on an allstar team, we ask that you please become a member of our private page. This is the page where we post pertinent information throughout the season to keep you as updated as possible—Augusta Cheer Academy “National Stars” (OFFICIAL PAGE). If you have asked to be accepted to the Facebook page and have not yet been approved, email [allstars@augustacheeracademy.com](mailto:allstars@augustacheeracademy.com) so we can add you.

**WEEKLY NEWSLETTER:**

Every Sunday (excluding Holiday weekends and competition weekends), Meredith will send out a weekly newsletter that has all of the information you’ll need for the week ahead. Whether it’s a friendly reminder about an upcoming payment, important dates in the coming weeks, or simply a shout out to teams on a job well done, it will have all of the information you need to get your week started off right! The newsletter will be sent in the form of an email from [allstars@augustacheeracademy.com](mailto:allstars@augustacheeracademy.com).

## **MISCELLANEOUS ITEMS**

**LOGO & TEAM NAME USAGE:**

Parents and athletes may not reproduce any form of the Augusta Cheer Academy and National Stars logos, gym and Program names, team names, etc. in any form or fashion. The Staff at ACA are the only ones permitted to design and/or sell t-shirts, magnets, bags, etc. Any item made using the ACA name and logo, the National Stars name and logo, the Team Names, music quotes, etc., will not be allowed. If you have any questions regarding this, you may contact Meredith or Rachel for further information.

**PROFESSIONAL PICTURES:**

Branch Carter will be taking our team and individual pictures again this season. Please mark your calendars for Sunday, November 6th. All athletes will be required to attend. It will be your option to buy the packages that will be available, including buttons to wear to the competitions.

## MAY

MAY 9-15	GYM CLOSED: ADMIN WORK WEEK
MAY 11	FIRST PAYMENT DUE
MAY 19	BOOK BAG ORDER DUE
MAY 23	FIRST FUNDRAISER BEGINS (TBD)
MAY 26	PRACTICE WEAR, SHOES AND EXTRAS DUE
MAY 28-30	CLOSED FOR MEMORIAL DAY

## JUNE

JUNE 1	USASF REGISTRATION BEGINS
JUNE 5-9	MANDATORY PRACTICES
JUNE 10-17	STUNT CHOREOGRAPHY (PREP, ELITE, WORLDS)
JUNE 9	FIRST UNIFORM PAYMENT DUE
JUNE 16	FUNDRAISER ONE DUE

## JULY

JULY 2-9	GYM CLOSED FOR 4TH OF JULY
JULY 10	GYM RE-OPENS
WEEK OF JULY 10	PRACTICES MANDATORY - GYM CLINIC
JULY 14	UNIFORM FEE DUE
JULY 18	GYM FUNDRAISER BEGINS
JULY 17-25	ROUTINE CHOREOGRAPHY (PREP, ELITE, WORLDS)

## AUGUST

AUGUST 11	JACKET ORDER DUE
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## SEPTEMBER

SEPTEMBER 3-5	GYM CLOSED FOR LABOR DAY
SEPTEMBER 10-11	CHOREOGRAPHY FOR TINY & NOVICE
SEPTEMBER 11	USASF REGISTRATION HELP
SEPTEMBER 12-26	ORDER NATIONAL STARS GEAR

## OCTOBER

OCTOBER 10-11	GYM STILL OPEN DESPITE FALL BREAK
OCTOBER 15-16	SECOND CHOREO FOR TINY & NOVICES
OCTOBER 17	FUNDRAISER THREE BEGINS
OCTOBER 22-23	FALL SHOWCASE FOR ELITE & ADV NOVICE

## NOVEMBER

NOVEMBER 6	TEAM PHOTOS
NOVEMBER TBD	GUITAR PULL: PRACTICES MANDATORY
NOVEMBER 13-17	DRESS REHEARSAL PRACTICES
NOVEMBER 19-20	ENCORE ATLANTA (NOVICE, PREP, ELITE)
NOVEMBER 21-26	GYM CLOSED FOR THANKSGIVING
NOVEMBER 27	PRACTICES RESUME

## 2022-2023 CALENDAR



OPTIONAL ITEMS TO PURCHASE

FUNDRAISER

MANDATORY EVENTS

MANDATORY MONEY DUE

COMPETITIONS

## DECEMBER

DECEMBER 10-11	BATTLE - ATLANTA (PREP & ELITE)
DECEMBER 15	JANUARY TUITION DUE EARLY
DEC 21 - JAN 2	GYM CLOSED FOR THE HOLIDAYS

## JANUARY

JANUARY 3	PRACTICES RESUME
JANUARY 8	EXTRA PRACTICE FOR SOH TEAMS
JANUARY 9	FOURTH FUNDRAISER BEGINS
JANUARY 14-15	SPIRIT OF HOPE (PREP, ELITE, WORLDS)
JANUARY 16	CLOSED FOR MLK JR. HOLIDAY
JANUARY 21-22	JAMFEST (ELITE 4/5 ONLY)
JANUARY 28	NCA - CLASSIC (TINY, NOV & HY)

## FEBRUARY

FEBRUARY 2	TURN IN FOURTH FUNDRAISER
FEBRUARY 5	EXTRA PRACTICE FOR CHEERSPORT
FEBRUARY 17-19	CHEERSPORT (NOV, PREP, ELITE, WORLDS)
FEBRUARY 20	GYM CLOSED FOR HOLIDAY

FEBRUARY 28-MARCH 4 POTENTIAL WEEKEND FOR MID-SEASON CHOREOGRAPHY (\$50 DUE JAN 20)

## MARCH

MARCH 18-19	ATHLETIC NATIONALS (ALL TEAMS)
MARCH 25-26	SPIRIT SPORTS (PREP & ELITE)

## APRIL

APRIL 1-9	GYM CLOSED FOR MASTERS WEEK
APRIL 10	PRACTICES RESUME
APRIL 15	SPRING SHOWCASE (TINY, NOVICE & HY)
APRIL TBD	US FINALS OR REGIONAL SUMMIT
APRIL 22-24	THE CHEERLEADING WORLDS
APRIL 27-30	SUMMIT (ELITE BID EARNING TEAMS)

## MAY

MAY 3-7	2022-2023 EVALUATIONS
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# WHAT LEVEL IS MY TUMBLING?



NATIONAL STARS: FOLLOW THE TUMBLING PROGRESSION CHARTS BELOW TO DETERMINE WHAT SKILLS YOU NEED TO MASTER BEFORE WORKING ON THE NEXT LEVEL OF TUMBLING!

## LEVEL 1

### BEGINNER:

- FORWARD ROLL • BACKWARD ROLL •
- HANDSTAND • CARTWHEEL • ROUNDOFF •
- ONE ARM CARTWHEEL • BRIDGE •

### INTERMEDIATE:

- BACKBEND KICKOVER •
- JUMP TO FORWARD ROLL •
- HANDSTAND FORWARD ROLL •
- FRONT LIMBER • BACK WALKOVER •
- CARTWHEEL BACK WALKOVER •
- FORWARD ROLL CONNECTION •
- BACKWARD ROLL CONNECTION •

### ADVANCED:

- FRONT WALK OVER •
- FRONT WALKOVER CARTWHEEL •
- FRONT WALKOVER CARTWHEEL BWO •
- CARTWHEEL 1/2 TURN FWO •
- BACK EXTENSION ROLL •
- 3X CONNECTED BWO •
- 2X CONNECTED FWO •
- BWO SWITCH-KICK BWO •
- FWO SWITCH-KICK FWO •
- FORWARD ROLL FWO SITCH-KICK BWO •
- ALL CURRENT LEVEL 1 ROUTINE PASSES •

## LEVEL 2

### BEGINNER:

- STNADING BACK HANDSPRING •
- BHS PAUSE BHS •
- ROUND OFF BHS •
- TRIPLE JUMP PAUSE BHS •

### INTERMEDIATE:

- BACK HANDSPRING STEP OUT •
- BACK EXTENSION ROLL BHS •
- BACK WALKOVER BHS •
- BWO BHS STEPOUT BWO • T-JUMP BHS •
- CARTWHEEL BHS • ROUND OFF BHS •
- POWER HURDLE ROUND OFF BHS •
- FWO ROUND OFF BHS •
- FRONT HANDSPRING •
- ROUND OFF BHS SERIES •

### ADVANCED:

- BACK EXT. ROLL BWO BHS •
- BHS STEPOUT BWO BHS •
- FWO RO BHS SERIES •
- FWO FRONT HANDSPRING •
- ROUND OFF BHS STEP OUT CONNECTION •
- FWO ROUND OFF BHS SERIES •
- ALL CURRENT LEVEL 2 ROUTINE PASSES •

## LEVEL 3

### BEGINNER:

- STANDING 2X BHS • JUMP TO BHS •
- RO BACK HANDSPRING TUCK •

### INTERMEDIATE:

- STANDING 3X BHS • BWO TO 2X BHS •
- DOUBLE JUMP TO 2 BHS •
- FWO ROUND OFF BHS TUCK •
- AERIAL • PUNCH FRONT •
- ROUND OFF BHS SERIES TO TUCK •
- POWER HURDLE RO BHS TUCK •

### ADVANCED:

- BACK EXT. ROLL BWO BHS SERIES •
- BHS STEP OUT BHS COMBO •
- FWO CARTWHEEL BHS TUCK •
- FWO RO BHS STEP OUT RO BHS TUCK •
- ALL CURRRENT LEVEL 3 ROUTINE PASSES •

## LEVEL 4

### BEGINNER:

- STANDING TUCK • JUMP TO BHS TUCK •
- STANDING BHS TUCK • RO BHS LAYOUT •

### INTERMEDIATE:

- BWO TUCK •
- T-JUMP TUCK •
- CARTWHEEL TUCK •
- RO BHS SERIES TO LAYOUT •
- RO BHS LAYOUT STEP OUT/X-OUT •
- FWO THROUGH TO LAYOUT •

### ADVANCED:

- PF STEPOUT THROUGH TO LAYOUT •
- ROUND OFF BHS WHIP BHS LAYOUT •
- PF STEPOUT RO BHS WHIP BHS LAYOUT •
- FRONT HANDSPRING PF RO BHS LAYOUT •
- ALL CURRRENT LEVEL 4 ROUTINE PASSES •

## LEVEL 5

### BEGINNER:

- JUMP TO TUCK •
- BHS SERIES LAYOUT •
- RO BACK HANDSPRING FULL •

### INTERMEDIATE:

- JUMP BHS TO WHIPS & LAYOUTS •
- BHS WHIP BHS LAYOUT •
- FWO THROUGH TO FULL •

### ADVANCED:

- PF STEPOUT TO FULL •
- RO WHIP BHS TO FULL •
- LEVEL 5 ROUTINE PASSES •

TUMBLING DRIVERS: APPROACH, SPEED, BODY CONTROL (HEAD PLACEMENT, HIPS, LEGS, POINTED TOES, ETC.) LANDING AND SYNCHRONIZATION



# NATIONAL STARS 22-23 EVALUATION FORM

PLEASE BE SURE TO FILL THIS FORM OUT WITH YOUR ATHLETE

Name: \_\_\_\_\_ Age: \_\_\_\_\_

Birthday (Month/Day/Year): \_\_\_\_\_ Height: \_\_\_\_\_ Grade: \_\_\_\_\_

Fall 2022 School: \_\_\_\_\_

## 1) Are you willing to cheer for any National Stars team regardless of level?

☐ Yes

☐ No

If no, circle level(s) you are willing to cheer on: ONE • TWO • THREE • FOUR • FIVE • SIX

If no, please also explain why: \_\_\_\_\_

## 2) Check all of the divisions you are willing to commit to this season.

☐ TINY

☐ NOVICE

☐ PREP

☐ ELITE

## 3) Check the stunt position(s) you have most experience with.

☐ FLYER

☐ BASE

☐ BACKSPOT

☐ NONE

**Please note:** If you become a flyer at any point throughout the season, you will be expected to work outside of regular practice hours on body positions and turn in progress pictures weekly.

## 4) Check your stunting level for the skill circled above:

☐ Level 1 (No experience or level 1 stunts: preps or single leg waist level)

☐ Level 2 (Preps, extensions, straight cradles and baskets, single leg prep)

☐ Level 3 (Extended one leg, two leg full down cradles, single skill baskets)

☐ Level 4 (Advanced single leg extended stunts and full downs, kick fulls, etc.)

☐ Level 5 (Elite single leg stunts, three skill baskets, double down, etc.)

☐ Level 6 (High to High tics, single leg double down, kick doubles, etc.)

## 4) What are your strengths as a person and athlete: \_\_\_\_\_

## Check ALL tumbling skills you throw on the floor WITHOUT a spot!

Level 1	Level 2	Level 3	Level 4	Level 5	Level 6
<input type="checkbox"/> None	<input type="checkbox"/> Back Handspring	<input type="checkbox"/> Standing Multiples	<input type="checkbox"/> Standing Tuck	<input type="checkbox"/> Jumps to Tuck	<input type="checkbox"/> Standing Full
<input type="checkbox"/> Forward Roll	<input type="checkbox"/> RO BHS	<input type="checkbox"/> BWO BHS Multiples	<input type="checkbox"/> BWO or Cart. Tuck	<input type="checkbox"/> Multiple BHS Layout	<input type="checkbox"/> Jump to Full
<input type="checkbox"/> Backward Roll	<input type="checkbox"/> BWO BHS	<input type="checkbox"/> RO BHS Tuck	<input type="checkbox"/> RO BHS Layout	<input type="checkbox"/> Single BHS Layout	<input type="checkbox"/> Standing BHS Full
<input type="checkbox"/> Cartwheel	<input type="checkbox"/> BHS Stepout RO BHS	<input type="checkbox"/> Power hurdle RO	<input type="checkbox"/> Jumps to BHS Tuck	<input type="checkbox"/> RO BHS Full	<input type="checkbox"/> Jumps, BHS Full
<input type="checkbox"/> Round-off	<input type="checkbox"/> FWO RO BHS	<input type="checkbox"/> BHS Tuck	<input type="checkbox"/> RO BHS Whip BHS	<input type="checkbox"/> Jump BHS Whip to	<input type="checkbox"/> FWO through to Full
<input type="checkbox"/> Back Walkover	<input type="checkbox"/> RO BHS Multiples	<input type="checkbox"/> FWO RO BHS Tuck	<input type="checkbox"/> Layout	<input type="checkbox"/> Layout	<input type="checkbox"/> RO BHS Whip Full
<input type="checkbox"/> Front Walkover	<input type="checkbox"/> Jumps Pause BHS	<input type="checkbox"/> 3 Jumps to BHS	<input type="checkbox"/> Punch Front Through	<input type="checkbox"/> RO Whip BHS Full	<input type="checkbox"/> FWO through Double
<input type="checkbox"/> Cartwheel BWO	<input type="checkbox"/> Back Ext Roll BHS	<input type="checkbox"/> Aerial	<input type="checkbox"/> to Layout	<input type="checkbox"/> Punch Front Through	<input type="checkbox"/> PF Stepout Double
<input type="checkbox"/> FWO Cart. BWO	<input type="checkbox"/> Cartwheel BWO BHS	<input type="checkbox"/> Punch Front	<input type="checkbox"/> Elite Through to	<input type="checkbox"/> to Full	<input type="checkbox"/> RO BHS Whip Dub
<input type="checkbox"/> Elite Level 1 Pass	<input type="checkbox"/> Elite Level 2 Pass	<input type="checkbox"/> Elite Level 3 Pass	<input type="checkbox"/> Layout Step-out	<input type="checkbox"/> Elite Through to Full	

## LEVEL 3-5 ATHLETES:

If you have selected that you are committing to one of our higher level National Stars teams, we want to ensure you understand what you are truly agreeing to. We expect all higher level athletes to make the National Stars Program a priority. You will put all other sports, school activities, and extracurricular activities second to our program. While we do our best to work with all of you on other sports schedules, and outside activities, we can no longer have the number of absences we have in the past. If you are a Junior/Senior in high school, you are making this commitment knowing that it is a possibility that you will need to miss specific activities such as prom, senior night, banquets, etc. You are also acknowledging that practices may be added on new nights at the last minute or practices may run as late as 9:30 PM when necessary. You are acknowledging as you head into Summit preparation, should you receive a bid that your level of commitment will only increase. We ask that you keep all of this mind when accepting the responsibility that comes with these levels.

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

# NATIONAL STARS ABSENCE REQUEST FORM

PROPER DOCUMENTATION MUST BE TURNED INTO THE FRONT DESK NO LATER THAN ONE WEEK PRIOR TO THE MISSED PRACTICE. THE ABSENCES WILL BE MARKED AS EXCUSED OR UNEXCUSED BY THE FRONT DESK STAFF AND PLACED IN YOUR ATHLETE'S FILE.

## EXCUSED ABSENCE EXAMPLES:

- 1) DEATH IN THE FAMILY.
- 2) SERIOUS ILLNESS OR INJURY.  
A DOCTOR'S NOTE MUST BE PROVIDED WITH SPECIFIC INFORMATION AS TO WHAT IS WRONG WHAT THE ATHLETE MAY OR MAY NOT DO AND WHEN THEY CAN RETURN TO PRACTICES.
- 3) GRADED SCHOOL ACTIVITIES THAT MAY NOT BE MADE UP AT ANY OTHER TIME.  
A LETTER FROM THE TEACHER/SCHOOL, A PROGRAM, ETC. MUST BE PROVIDED.

## UNEXCUSED ABSENCE EXAMPLES:

- 1) BEING TARDY TO THREE PRACTICES.
- 2) MISSING TWO TUMBLING CLASSES IN A MONTH WITH NO MAKEUP CLASS.
- 3) PARTICIPATION IN A SCHOOL SPORTING EVENT.
- 4) NON-CONTAGIOUS ILLNESS OR MINOR INJURIES.  
ATHLETES ARE STILL EXPECTED TO SIT AT PRACTICES EVEN IF THEY CAN NOT PARTICIPATE.
- 5) HOMEWORK OR NON-GRADED SCHOOL ACTIVITIES.
- 6) FAMILY VACATIONS

May-August: 3 UNEXCUSED ABSENCES

Sept-Dec: 3 UNEXCUSED ABSENCES

January-April: 2 UNEXCUSED ABSENCES

Absences may not exceed the number provided for each monthly breakdown. Roll will be taken at the every practice and any excessive number of missed practices may result in an athlete's dismissal

We take absences seriously ! Even one athlete missing from a practice severely limits the progress of the team as a whole. Excused absences will not be excused without turning in the National Stars Absence Form.



- ALL ATHLETES WHO PARTICIPATE IN OTHER SPORTS MUST TURN IN THEIR SCHEDULES TO BOTH THEIR COACHES AND THE FRONT DESK STAFF AS SOON AS THEY RECEIVE THEM OR WE WILL NOT WORK WITH THEIR SCHEDULE.
- DURING THE COMPETITION SEASON (NOVEMBER - APRIL), ALLSTARS ARE NOT ALLOWED TO MISS PRACTICE FOR ANY REASON ONE WEEK PRIOR TO A COMPETITION OR ONE WEEK AFTER.
- PRACTICES THE WEEK OF A COMPETITION ARE MANDATORY AND AN ATHLETE MAY BE DISMISSED OR REPLACED FOR THAT COMPETITION, WITH NO REFUNDS ON FEES IF ABSENT THE WEEK OF A COMPETITION.

ATHLETE: \_\_\_\_\_

TEAM: \_\_\_\_\_

ABSENCE DATES: \_\_\_\_\_

REASON FOR ABSENCE: \_\_\_\_\_

PARENT/GUARDIAN SIGNATURE: \_\_\_\_\_

STAFF ONLY:

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

Excused: ☐

Unexcused: ☐