



CHEER IDOL ATHLETICS

• HANDBOOK •

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GENERAL PROGRAM INFORMATION

This is a yearlong commitment. Athletes will practice and compete, starting in June all the way through to end of season events, April/May.

All teams will attend a minimum number of competitions per season. A draft of the schedule will be released in August and is subject to change as needed.

Athlete placement is based both on age and overall abilities across all skill sets.

Team rosters will be comprised of members whose talents provide the best chance of success at competition. Not every teammate will have the same strengths, experience, or skill set.

The decisions made by the administrative staff concerning team assignments, placements, skill performances, and participation are final and non-negotiable. The staff will strive to make the most appropriate decisions for all parties involved, with the safety and development of our athletes as the primary concern.

MONTHLY TUITION

All athletes, returning and new, will pay a tryout fee and must be evaluated for the new season.

All participating athletes are charged a monthly tuition based on their team in the program and have designated practice days and times.

Monthly payments will be auto withdrawn at the first of each month for an 11 month period. Families are required to have a current card on file, with auto draft enabled. All accounts must remain up to date for athletes to stay active on a team.

All teams are season long commitments. If an athlete drops from the program, they forfeit all items on order and no refunds on items or monthly tuition already paid will be issued.

Extra practices during the season may be called at no charge. Refunds/prorations are not issued for canceled practices, holidays, or gym closures.

Should an athlete sustain an injury during the season that temporarily prevents their participation, they are still expected to attend practices and events. Registration payments will remain due as scheduled, and no refunds or credits will be provided.

All athletes must register with USASF and pay their membership fee of \$49. This fee is due by August 14th, 2026. All adult athletes require a background check.



GENERAL PROGRAM INFORMATION

Please review the following policies together to ensure CIA is a good fit for your family and lifestyle.

- ★ Athletes and families will respect and cooperate with coaches, staff, teammates, officials, and opponents.
- ★ Athletes and families will positively promote Cheer Idol Athletics on social media, supporting their values, teammates, coaches, and community.
- ★ Profanity, bullying, abusive language or behavior will not be tolerated at any time.
- ★ Athletes are required to refrain from executing any skills or utilizing equipment unless under the supervision of a coach.
- ★ Only athletes can use the gym floor during their practice or class time.
- ★ Food, beverages, gum, and cell phones should not be brought onto the gym floor or equipment at any time. **Cheer Idol Athletics does not assume responsibility for lost or stolen items.**
- ★ Parents and athletes should not communicate with competition officials or judges.
- ★ The names, logos, abbreviations, and slogans of Cheer Idol Athletics, including those of its teams, are the property of Cheer Idol Athletics. These elements may not be used on any apparel or merchandise without obtaining written permission from Cheer Idol Athletics.
- ★ Athletes are enrolling in the program and not a specific team. We will spend the summer deciding the roles and positions each athlete will play on their team.
- ★ Coaches may change a team's level or size at any time, prioritizing the safety and progress of the athletes.

CHEER IDOL ATHLETICS RESERVES THE RIGHT TO:

- ★ Place its athletes on the team(s) it feels will best suit the athletes and our program.
- ★ Determine the role and/or position an athlete will have/play on a team.
- ★ Request that an athlete takes additional classes to improve their skills.
- ★ Request that an athlete practice longer than their regularly scheduled time and add additional team practices or competitions if necessary.
- ★ Move, replace, add, suspend, or dismiss an athlete for a period of time or indefinitely from a team or the program based on but not limited to attendance, conduct, skills, finances, parent conflicts, etc.



GENERAL PROGRAM INFORMATION

ATHLETES THAT ARE SELECTED AND AGREE TO PARTICIPATE ON MORE THAN ONE TEAM MUST:

- ★ Be in good financial standing.
- ★ Any athlete who crossovers to another team will be responsible to pay the additional crossover fees required.
- ★ Be willing and able to fulfill all the responsibilities of each team.
- ★ If an athlete also participates in high school cheer, CIA must remain their primary commitment. While we aim to be understanding and accommodating when possible, CIA practices may not be missed due to high school practices or events.

PRACTICES & ATTENDANCE

Athletes who commit to a CIA team are expected to prioritize attendance at all practices and competitions. Participation requires full dedication to the team and its schedule. Attendance is important for team success, and our attendance policy is heavily enforced. The only excused absences will be for illnesses, pre-planned vacations, and family emergencies. In the event of an absence, please inform a coach as soon as possible.

Excused Absences:

- ★ Illness
- ★ School event
- ★ Family emergency

Teams will practice 1-3 times a week depending on the team, level and division. You will receive your practice schedule when you receive your team placement. Athletes are required to be on time for practice, dressed in proper practice attire, with hair pulled back and no jewelry. Parents are not permitted in the training area during practices.

Note: Excessive absences may lead to an athlete sitting out a competition and/or dismissal from the team/program. We aim to accommodate absences due to extreme circumstances but prioritize the team's needs.

No practice can be missed within 1 week of a competition. If an athlete misses during this period, there is a possibility they can be replaced for the event or dismissed from the team.

Practice schedules are subject to change due to weather, holidays, and competition season.

Extra practices can be scheduled at the coaches discretion.



GENERAL PROGRAM INFORMATION

UNIFORMS

Athletes must purchase a uniform at the start of the year and keep it in good condition. Uniforms are on a two-year timeline. Appropriate white cheer shoes are also required.

COMMUNICATION

It is the parent's responsibility to stay informed about your athlete(s) team. Please check your email regularly for updates and important information. Other possible forms of communication include, group/team texts and the Band App.

HEALTH/INJURIES

All athletes must:

- ★ Inform us of any medical conditions that may limit participation.
- ★ Notify us immediately of any injury.
- ★ Submit a doctor's note for limitations or inability to participate.
- ★ Avoid illegal use of drugs, alcohol, or other substances.

SPORTSMANSHIP AND DIGITAL COMMUNICATION

Profanity, bullying, abusive behavior or language including cyberbullying, will not be tolerated.

Our team is built on respect, both on and off the mat. We ask that all interactions with teammates, coaches, officials and the community including texts and social media posts reflect CIA values of sportsmanship and support. While CIA doesn't require team group chats, we value the bonds athletes build. To keep these spaces safe and positive, we partner with parents to ensure all digital interactions are healthy and monitored.

We take the well-being of our athletes seriously; behavior that is hurtful to others will be addressed through our team's disciplinary process to ensure a safe environment for all.

DISCIPLINARY ACTION

Our goal is to ensure that Cheer Idol Athletics provides a secure environment for our coaches, athletes, and their families. The following steps will be taken regarding any behavior issues or violations of the program's rules and regulations.

- ★ Warning
- ★ In-person meeting
- ★ Program dismissal

We reserve the right to dismiss any individual from our program if we feel it is necessary.