



2023-2024

FULL SEASON PARENT HANDBOOK

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- 📷 elitecheerne , follow each team too!
- 👤 Elite Cheer

WHAT MAKES ELITE CHEER THE BEST?

Elite Cheer celebrates more than 28 years in business – we were the first in the MIDWEST and have led our industry in the region ever since! We are a family-owned business with a mission to help kids become more than they ever imagined!

QUALIFIED, CERTIFIED EXPERTS

At Elite Cheer safety is our #1 priority. Our staff is qualified, certified, professionals with over 100 years of combined coaching experience in the sport of competitive cheerleading and gymnastics.

- ★ All our team coaches are safety certified through USASF, United States All Star Federation – the unified ruling system for All Star Cheer
- ★ Elite Cheer is GYM CERTIFIED USASF and conducts background checks on all of our Coaches

ACCOMPLISHMENTS

- ★ Local & Regional Championship Titles in all levels
- ★ 2021 Level 5 Sr All Girl Summit Champions
- ★ FOUR Prestigious NCA National Championship Titles
- ★ Elite Cheer has had the honor of competing at THE WORLDS CHEER Competition 17 years:
 - ★ 2023 WORLDS Level 6 XS Sr All Girl, 5th place
 - ★ 2022 WORLDS Level 6 XS Sr All Girl SILVER Medal Champions
 - ★ 2021 WORLDS XS Sr All Girl, 9th Place
 - ★ 2018 WORLDS Level 6 XS Sr All Girl BRONZE Medal Champions
 - ★ 2017 WORLDS Medium All Girl 6th place
- ★ 2022 Friday Night Lights @ CHEERSPORT and Level 6 XS SR National Champions
- ★ 2023 Invited to THE MAJORS & Friday Night Lights @ CHEERSPORT and Level 6 XS Sr National Champions
- ★ 2023 All Star Worlds Sr 3 All Girl BRONZE Medal Champions.

VETERAN PARENTS - WHAT'S NEW IN THIS 23-24 HANDBOOK

- ★ Mark your calendars for important dates for camp, choreo, uniform sizing, etc
- ★ No Summer Sundays – Tumble open gyms during the week
- ★ Uniform buy back – under Cancellations
- ★ Policy-training at competitors

IMPORTANT DATES & CLOSINGS FOR THE 2023-24 SEASON

- ★ Camp & Choreography dates are MANDATORY
- ★ Dates for Competitions and Due Dates for Expenses are listed in those sections.

MAY

MAY 22-JUNE 9	Practice Wear & Shoe Order (sizes at the gym)
MAY 26-29	Closed for Memorial Day Weekend

JUNE

Week of JUNE 5	Team Practices Begin
JUNE 4-AUG 13	Summer Schedule: No Sunday practices – FREE Open Gyms available
JUNE 14 (M/W teams)	Mandatory Parent Meet & Greet & Season Expectations M/W Teams 5:30-6:30 for early teams/7:30-8:30 later teams
JUNE 15 (T/Th teams)	Mandatory Parent Meet & Greet & Season Expectations T/TH Teams 5:30-6:30 for early teams/7:30-8:30 later teams
JUNE 24-26	Dynamic Innovations CAMP for ELITE Teams & STARS
JUNE 30-JULY 7	Elite Cheer Closed for Summer Break

JULY

JULY 25-26	Uniform Sizing/Merchandise Order
JULY 26-28	Dynamic Innovations CHOREOGRAPHY ELITE Teams
HOLD DATES July 12-13 and Sept 15-17	CAMP for PREMIER Teams

AUG/SEPT

TBA	Team Choreography for PREMIER Teams
SEPT 1-4	Closed for Labor Day (Resume Tues Sept 5)

OCT/NOV

OCT 1, 2	Stars Choreography
OCT 31	Closed for Halloween
NOV 22-25	Closed for Thanksgiving (Resume Sun 26)
NOV 27-29	Team Pictures (Sched TBA)

DEC

DEC 22-JAN 1	Closed for Winter Break (Resume Jan 2, 2024)
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MARCH/APRIL

MARCH 31	Closed Easter Sunday
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FULL SEASON TEAMS

PREMIER TEAMS

- ★ Athletes have a strong understanding of fundamentals of All Star Cheer
- ★ Attend Local & National Competitions
- ★ Designed for the athlete who is an All-Star Veteran
- ★ Perfecting current skills
- ★ Additional time commitment for extra practices and reps, flyer stretching
- ★ Attendance expectations
- ★ **End of Season Competitions:** Eligible for the Regional Summit & US Finals

ELITE TEAMS

- ★ These athletes have been in an All-Star program for multiple years
- ★ Mastery understanding of Fundamentals
- ★ Athletes have skill sets in place and are focused on mastering execution
- ★ Additional time commitment outside of scheduled practices to further skills (Stunt Reps, Flyer stretching, tumbling, strength training)
- ★ Higher level of financial and time commitment
- ★ Strict attendance expectations including vacation blackout dates prior to major bid competitions
- ★ Attend Local & National Competitions
- ★ End of Season Competitions: Summit or All-Star Worlds

WORLDS TEAMS

- ★ This team is created specifically to be highly competitive at WORLDS
- ★ Mastery understanding of Fundamentals
- ★ Athletes have skill sets in place and are focused on mastering execution
- ★ Additional time commitment outside of scheduled practices to further skills (Stunt Reps, Flyer stretching, tumbling, strength training)
- ★ Increased parent participation to help team mentors
- ★ Strict attendance expectations including vacation blackout dates prior to competitions and WORLDS



ELITE CHEER FUNDAMENTALS

- ★ An understanding of Elite Cheer program, expectations, and standards of skill execution
- ★ Knowledge of the Score Sheet Rubric & USASF Safety/Skill Levels
- ★ All Star Cheer Terminology: tumbling/stunts (bridge up, bounder, whip/half up, double down, basket tosses)
- ★ Understanding Standard Execution and Proper Progression of Tumbling skills building upon solid basics
- ★ Understanding Standard Execution and Proper Progression of Building Skills hand/body movements, grips, control of flyer, flyer body positions
- ★ Understanding & Execution of Tumbling Skills: building upon solid basics
- ★ How to compete: mental toughness, how to successfully fail, control anxiety, enjoy the competitiveness

OUR PHILOSOPHY ON CREATING SUCCESSFUL TEAMS

We have always and will continue to coach athletes to the best of their ability independent of the level of team they are on while striving to build the most successful teams. In our sport, scores are essentially based on two elements: the “Difficulty” that is incorporated within the routine and the “Technique”- how well in which the team executes the skills.

We strive for success by building each team so that there is a high percentage of athletes able to execute ELITE LEVEL skills for that level with EXCELLENT technique as well as the max age for the level. EXECUTION of a skill is defined as being able to perform the skill without hesitation while under aerobic stress (during the routine). There will however always be exceptions in which a team may need an athlete who falls outside of these parameters and is placed on a team for a specific skill set.

CONSIDERATION WHEN BUILDING TEAMS:

- ★ Age grid (maximizing age limit)
- ★ “Execution of skills” - skills that can be performed on blue without hesitation and under aerobic stress
- ★ Tumbling, Stunt Ability
- ★ Variability of Athlete (can the athlete fly and base, primary and secondary)
- ★ Jumps (height, toe point, arm placement)
- ★ Performability/Maturity
- ★ Experience within the stunt position & years spent at a particular level
- ★ A large portion of team placements will rely on athlete evaluation from previous seasons (coachability, work ethic, attitude, attendance, skill retention)



ATTENDANCE EXPECTATIONS

Competitive All-Star Cheer is a TEAM Sport. It is important that Elite Families understand the time commitment and expectation for attendance as well as protocol if an athlete is to be absent. All scheduled practices, choreography and competitions are mandatory at all levels.

- ★ Attendance is recorded every practice
- ★ Athletes must participate fully to be counted as present (stunt and tumble)
- ★ If an athlete must sit out for more than 2 consecutive practices, a physician note will be needed
- ★ The attendance record for each team will be posted monthly on TEAM APP

TYPES OF ABSENCES

Excused Absences

Injury, once in a lifetime event (wedding, baptism, funeral), graded school function, sickness (only up to 3 per season), junior/senior college visit day.

Tardy/ Left Early :

Any athlete that is more than 20 minutes late or leaves early by 20 min or more. Tardy/Left Early will also be considered when determining potential position changes based on coaches' discretion.

ANY excessive absence (excused or unexcused) will be looked at collectively to determine if a position change in the routine is needed due to attendance.

Unexcused Absences:

no show, attended non excused event

4-3-2

The allotted number of absences is: 4 over the summer, 3 from Labor Day to Christmas break, 2 from Jan 1-through the rest of the season.

There are required BLACKOUT dates for National/Elite/Worlds teams and supersede this policy - please be aware and note them.

BLACKOUT DATES

2 weeks prior to any competition

Summit/Worlds Teams NO absences FEB-APRIL

Coach discretion to place a fill in for the spot temporarily or permanently



WHEN TO KEEP YOUR ATHLETE HOME

PLEASE NOTIFY ELITE CHEER IMMEDIATELY OF ANY CONDITION THAT MAY AFFECT OTHER ATHLETES & STAFF i.e. Infections, bed bugs, lice, pink eye, etc and keep them home until treated by a health care provider

FEVER: Athlete must be fever free- WITHOUT MEDICATION-for 24 hours, before returning to practice

SCHOOL EVENTS: What if my athlete has a school function on a practice night? We recognize the importance of school related events (ex. Choir, DECA, etc) and strongly support athletes developing a time-management system to balance all of their obligations. We also understand practice may unavoidably be missed due to a graded school function, but we do not support staying home to catch up on homework, cramming for tests the next day, or skipping practice to attend spectator sports.

INJURY: If my athlete gets injured, does he/she still need to come to practice? If an athlete is injured, yes, they still attend practice. It is their responsibility to their team to stay conditioned (strength and flexibility) even during the recovery time. Your athlete can do their physical therapy work at practice while staying informed of any changes in the routine.

WHAT IF MY ATHLETE NEEDS TO MISS A PRACTICE

- ★ **ABSENCE REQUEST FORM** An Absence Request Form is to be filled out any time an athlete will knowingly miss a practice, be tardy or leave early. This can be downloaded from Team app and turned into your team coach 4 weeks prior (or as soon as the date is known).
- ★ **A Fill IN ATHLETE** for Lev 3-6 a "FILL IN" needs to be approved and confirmed through your team coach prior to your absence. Team coaches can help make connections, but it is the responsibility of the athlete to find a fill in for missed practice.
- ★ **NON-SCHEDULED ABSENCE:** (i.e., your child is home with fever) are to be called into the coach or Elite Cheer -BY THE PARENT- before scheduled practice so that coaches are able to adjust for a missing athlete.
- ★ For athlete safety and accountability, if Elite does not receive a phone call or an absence request form, office staff will contact parents to communicate that the athlete did not attend practice and to discuss the specific reason for the absence

SEASON EXPENSES

2023-24 FULL SEASON TUITION

PREMIER TEAMS (Regional Summit/US Finals)	2-2hour practices, Sunday 1hr Tumble practice = 5 hrs/week Discounted Open Gyms for \$5	\$149/ mo
ELITE TEAMS (All Star Worlds Teams/Summit Teams)	3-2hour practices = 6 hrs/week + Discounted Open Gyms for \$5	\$171/ mo
WORLDS TEAM	2-2hour practices, Sunday 3hr practice = 7 hrs/week FREE Open Gyms	\$183/ mo

ELITE CHEER MEMBERSHIP CONTRACT

To ensure the commitment of all team members and to protect the best interests of each of our clients, Elite Cheer Team parents are required to sign a 11-month Elite Cheer Membership Contract (June-April). By signing the contract, participants and their parents are committing themselves to the time obligation and are financially responsible for tuition through the length of the term in which monthly tuition will be deducted by electronic funds transfer (auto-withdrawal from a checking account). In return, Elite Cheer will provide instruction by qualified Elite Cheer Staff and training. The contract does not guarantee a specific team, team level, position, or that the athlete will perform. An athlete's position on team is contingent upon skill attainment/execution, adherence to attendance and behavioral policies (athlete/parent) and maintaining an up-to-date account with Elite Cheer. Elite Cheer reserves the right to combine teams, change team levels, or move/remove athletes anytime during the season if deemed necessary.

FORCE MAJEURE

If The Center (Elite Cheer) is required to be closed pursuant to any local, state or federal code, regulation, ordinance, order or other similar government directive for more than seven (7) days in a row, then all tuition and fees due hereunder shall be suspended. Such suspension shall commence with the first day The Center is required to close and shall end when The Center is permitted to re-open for regular business. During such suspension, all other terms and conditions of this Membership Agreement shall continue to apply.

BOOSTER CLUB

Elite Cheer Booster Club is a parent committee overseen by an executive board of parent volunteers and Elite Cheer Owners. The Booster Club advocates for Elite as a company and for our athletes in many ways. Membership in the Booster Club is mandatory, while participation is voluntary. Booster Club funds can be used for all expenses except tuition.

LOYALTY & DISCOUNTS

At Elite, one of our core principles is loyalty. We believe that loyalty is defined by trust, communication, understanding and commitment. We want to honor those families that have put their trust in Elite year after year as well as those who have proudly served our country. See discount opportunities below:

LOYALTY DISCOUNT: (based on each individual athlete) Loyalty discount is 1.5% off of monthly tuition for each **completed consecutive year spent on a FULL SEASON All Star Team**. For example 5 year = 7.5% discount. Loyalty discount can be combined with ONE of the following additional discounts:

- MILITARY:** 12.5% off Tuition ONLY. Must have a military ID for verification. (Does NOT need to be active duty)
- LEGACY:** 12.5% off Tuition ONLY applies to clients who were former team athletes now bringing their athletes to train at Elite. If you are Legacy, please inform the office
- SIBLING:** 12.5% off Tuition ONLY two or more athletes enrolled on an all-star teams

JOINT CUSTODIAL POLICY

The parent/guardian who signs the membership agreement will be responsible for providing payment information for monthly tuition as well as full payment of all fees to Elite Cheer. Elite will not facilitate payments between parties. Up to 4 emails can be listed for joint communication.

TUITION PAYMENT

Monthly payments will be made by direct withdrawal from the checking account provided to Elite Cheer.

- ★ Every athlete account is required to have a voided check on file from a checking account (no savings accounts) to be debited each month for tuition costs. A new voided check must be provided each year.
- ★ The account holder shall provide written authorization to Elite Cheer, Inc. to debit the account on file each month between the 1st and the 5th for tuition.
- ★ By signing the contract, the account holder acknowledges authorization for Elite Cheer, Inc. to debit the account on file for any fees due if they are not paid by other means such as booster club credit or cash/ credit card BEFORE the due date.

If tuition payment is rejected, the account must be brought current by the 10th of the month, or the athlete will be held out of practice

HOW DO I ACCESS MY ACCOUNT?

- ★ Go to www.elitecheer.com
- ★ Click on Parent Portal
- ★ Use you're the PRIMARY email (the first one listed on the contract)
- ★ Click forgot password, the system will autogenerate a temporary password sent to the email on file
- ★ Once in the system create your own unique password

Any questions please contact Danielle@elitecheer.com

HOW TO PAY EXPENSES

Expenses can be paid BEFORE the due date with Booster Club credit, credit card, cashier's check, money order or cash. If services are not paid, the outstanding amount will be drafted the following business day via automatic withdrawal from the checking account on file.

- ★ Merchandise (i.e. uniform, practice attire, etc.) must be paid in full by cash or charge at the time of order. Outstanding balances on mandatory merchandise must be settled before additional optional merchandise can be purchased.
- ★ All merchandise purchased is custom ordered and NON-REFUNDABLE unless defective.
- ★ Competition fees are NON-REFUNDABLE

FEES NOT PAID BY DUE DATE

EXPENSES that are due (competition payments, choreography, camp, etc.) and not paid in full by the due date, will be automatically withdrawn from the checking account on file the business day following the due date. If the funds are not available any bank charges/non-sufficient fees will apply. The account must be brought current within 30 days.

If after 30 days the account is still outstanding, the athlete will be suspended from team until balance is paid

- ★ Outstanding balances beyond 30 days will accrue interest at a 12%, APR
- ★ Any payments that are returned for insufficient funds will have a \$35 bank added onto the past due amount.

CANCELLATIONS

EARLY TERMINATION OF THE ELITE CHEER MEMBERSHIP CONTRACT

Elite Cheer adheres to a specific Termination process in the event the full year contract cannot be completed. In the event a participant chooses to terminate prior to the end of their contracted term for any reason including, without limitation, injury, parent job relocation, moving, conduct, etc. the below steps must be followed:

- ★ Elite Cheer must be notified in person and an Elite Cheer Cancellation Form (at the office) must be filled out and verified by staff members or auto draft will continue.
- ★ If termination is the result of injury a physician release will be needed.
- ★ You may buy-out your agreement at 75% of the remaining TUITION balance. Any payments towards competitions are non-refundable
- ★ Outstanding balances on the account must be paid in full within 30 days of notice to terminate. Following the 30 days, delinquent balances will be forwarded to collections and a collection fee will be added.

TERMINATION IN A TIMELY MANNER POLICY

Routines are choreographed with a specific job for each and every athlete. If an athlete quits, or a family chooses to pull them last minute before competition, the routine must be re-choreographed to accommodate the missing person. These adjustments affect the team and places them in jeopardy of not performing well due to changes. At competitions where BIDS are awarded there is potential money at risk such as a paid or partial paid bid. For everyone's protection we have a Last-Minute Termination Penalty:

LAST MINUTE TERMINATION PENALTY

If an athlete is not compliant with Elite Cheer policies or terminates their contract for any reason THREE weeks or less prior to a BID Competition, the family will not only be held responsible for early termination of the membership contract but will also be liable for compensatory damages in the sum of a \$1000 fine per athlete.

NEW UNIFORM BUY BACK POLICY

In the event that an athlete cancels contract with Elite Cheer early, the NIL (Name, Image and Likeness) of the uniform in accordance with our protected trademark gives Elite Cheer the right to purchase back the uniform at cost (minus depreciation).

2023-24 ESTIMATED EXPENSE LIST

Payment is due at time of order for all merchandise

ITEM	DESCRIPTION	COST	DUE DATE
MEMBERSHIP CONTRACT	Monthly Tuition	See Tuition Chart	June 1-First Auto Draft April 1 Last Auto Draft
ANNUAL REGISTRATION	Per Athlete	\$95	Due with Contract as SIGN-UP FEES
STUNT CAMP (PYRAMID/STUNTS)	Premier & Elite ASW Teams Elite Summit Teams	\$185 \$185	Due with Contract as SIGN-UP FEES
MERCHANDISE ORDER	<p>Practice Attire Set #1 Yellow/Red same as 22-23 season Set #2 New Set</p> <p>Shoes Level 1-2 Teams Rebel Revolution Blackout Level 3-6 New Rebel Renegade</p> <p>Rebel Dream Backpack Rebel Baby Bag Backpack</p>	<p>\$78 \$84</p> <p>\$105 \$115</p> <p>\$125 \$115</p>	MAY 22-JUNE 9
COMPETITION FEES	Comp Fees Split Between 3 payments Monthly plan is available (must be set up by July 15)	See COMP BUDGET	AUG 15 OCT 15 NOV 15
UNIFORM SIZING & ORDERING	Program Uniform Leo w/Skirt Program Uniform Crop w/skirt Jersey Program Bow – Black Team Lip Stain Program T-Shirt	\$535 \$525 \$75 \$40 \$20 \$25	JULY 25-26
CHOREOGRAPHY	Premier Teams & Elite ASW Elite Summit Teams w/Dynamic Innovations	\$200-250 \$225-250	SEPT 15
MUSIC	Premier Teams Elite Teams	\$125-150 \$225-\$275	SEPT 15
SUMMIT/ASW Practice Wear		\$125	when BID is received

WORLDS TEAM – STARS- SEASON EXPENSES

ITEM	DESCRIPTION	COST	DUE DATE
MEMBERSHIP CONTRACT	Monthly Tuition	See Tuition Chart	June1- April 1 Last Auto Draft
ANNUAL REGISTRATION	Per Athlete	\$95	Due with Contract as SIGN-UP FEES
STUNT CAMP (PYRAMID/STUNTS)	Stars w/Dynamic Innovations	\$185	Due with Contract as SIGN-UP FEES
MERCHANDISE ORDER	Practice Attire Set #1 Yellow/Red same as 22-23 season	\$78	MAY 22-JUNE 9
	Set #2 New Set	\$84	
	Shoes Level 3-6 New Rebel Renegade Rebel Dream Backpack	\$115 \$125	
COMPETITION FEES	Comp Fees Split Between 3 payments Monthly plan is available (must be set up by July 15)	See COMP BUDGET	AUG 15 OCT 15 NOV 15
UNIFORM SIZING & ORDERING	Stars Worlds Uniform Stars Bow -Red Team Lip Stain Program T-Shirt	TBD \$40 \$20 \$25	JULY 25-26
CHOREOGRAPHY	Stars – Brendan Matthews two visits	\$300	SEPT 15
MUSIC	Full Custom by Next Level or Music Pro	\$325	SEPT 15
WORLDS PRACTICE WEAR		\$125	Due When receive BID

ADDITIONAL EXPENSES

BOOSTER CLUB	Membership is Mandatory - Participation is optional	\$26 Check or VENMO Paid to Booster Club	Before 1st Practice
USASF REGISTRATION	United States All Star Federation requires all athletes to be members to participate in sanctioned events.	USASF 5 Star Athlete Member = \$49 PAID TO USASF	Parents will need to go to usasfmembers.net . Register/pay membership by July 1
TUITION FOR CROSSOVERS	Athletes who are invited to cross to a second team	\$25/month	With monthly Auto-draft

2022-23 ESTIMATED COMPETITION BUDGET/PROPOSED COMPETITIONS

Competitions & final pricing will be announced JULY 1st

Budget includes athlete registration, coach, booking fees & bus transfers for major competitions. Travel & hotel booked independently These competitions and budgets are preliminary and may change

PREMIER TEAMS		
1 Rockstar - KC	Nov	\$120
1 Cheersport - Omaha	Dec	\$135
2 Am Championships Heartland - Omaha	Jan	\$210
2 Journey - Omaha	Jan	\$175
2 Spirit Sports - KC	Feb	\$300
2 Athletic Championships - KC	Mar	\$310
1 WSA - Omaha	Mar	\$115
1 Rockstar - Omaha	April	\$130
US FINALS / Regional Summit	April	\$300
Total		\$1,795

ELITE ASW (ALL STAR WORLDS)		
1 Day Rockstar - KC	Nov	\$120
1 Day Cheersport - Omaha	Dec	\$135
2 Day ASW Open Series	Dec	\$350
2 Day Am Championships - Omaha	Jan	\$210
2 SDay Journey - Omaha	Jan	\$175
2 Day ASW Open Series	.	\$320
2 Day ASW Open Series	.	\$320
1 Day Rockstar - Omaha	April	\$130
All Star Worlds	May	\$500
Total		\$2,260

ELITE SUMMIT		
1 Day Rockstar - KC	Nov	\$120
1 Day Cheersport - Omaha	Dec	\$135
2 Day ABKC	Dec	\$350
2 Day Am Championcchips -Omaha	Jan	\$210
2 Day Spirit Sports - KC	Feb	\$300
2 Day Cheersport - Atlanta	Feb	\$520
2 Day Athletic Championships - KC	Mar	\$310
2 Day Am. Cheer Power - Ohio	Mar	\$375
1 Day Rockstar - Omaha	April	\$130
Summit	May	\$500
Total		\$2,950

WORLDS		
1 Day Rockstar - KC	Nov	\$120
1 Day Cheersport - Omaha	Dec	\$135
2 Day ABKC	Dec	\$350
1 Majors	Jan	\$200
2 Day Am Championships- Omaha	Jan	\$210
2 Day Cheersport - Atlanta	Feb	\$520
2 Day NCA - Dallas	Mar	\$500
2 Day Am. Cheer Power - Ohio	Mar	\$375
1 Day Rockstar - Omaha	April	\$130
Worlds	April	\$500
Total		\$3,040

TRAVEL

Travel is arranged on your own. A schedule for travel days and agenda will be conveyed prior to competitions. Please check this schedule prior to making travel arrangements as your athlete will need to be present for all practices and Send Offs.

HOTEL ACCOMODATIONS & “STAY TO PLAY”

STAY TO PLAY Competitions contract with a Housing Agency and we are placed into a host hotel. When attending these competitions - Athletes must stay at the assigned hotel for the required 2-3 nights in order to maintain qualification to compete.

FAILURE TO DO SO MAY LEAD TO DISQUALIFICATION OF THE TEAM.

A link will be emailed out from Elite Cheer to make your hotel reservation. You will have 10 days from the time the link is emailed to make your reservation. Some hotels may require a deposit of first night room rate be paid 30 days prior to arrival. This will be stated on booking instructions from the housing agency. Elite Cheer will communicate instructions and are here to help.

WHAT IS A “BID?”

Bids are “invites” to attend end of season competitions. Only specific competitions award BIDs.

There are 3 types:

- ★ WILDCARD BID, AT LARGE BID are invites to attend the competition
- ★ PAID (FULL/PARTIAL) BID means the awarded team will receive discounted athlete registration fee and partial paid hotel



COMMUNICATION

ACCOUNT & BILLING QUESTIONS?

In order to provide better customer service please email your account questions to danielle@elitecheer.com or request a phone call/appointment so we can have your account at our fingertips and address your issue immediately.

SECRETARIES & OFFICE HOURS

Front desk Secretaries will be available during office hours for quick general questions only. Account questions will be referred to Danielle@elitecheer.com

Office Hours: M-TH 4:00-8:30pm / CLOSED Fridays / Saturday 9-1pm/ CLOSED Sunday

TEAM COACHES

Please contact your Coaches for availability

PARENT COMMUNICATION

Elite Cheer Free Communication app housing documents, condensing news, calendars and photo galleries

GROUP EMAIL Email communications will come from Lance, or Kevin only PROGRESS REPORTS & PARENT-COACH CONFERENCES - early fall & late spring

TEAM MENTORS

2 Team parents per team who have been with Elite Cheer for 2 or more years

If interested reach out to the office. Responsibilities:

- ★ Organize team bondings
- ★ Help coaches with team things
- ★ Mentor new families: help with introductions, keep communication open
- ★ At Nationals & Appearances: Take attendance



GYM POLICIES

ELITE CHEER COPYRIGHT & TRADEMARK

USE OF ELITE CHEER LOGO AND APPAREL

The Elite Cheer name, logo and colors are registered trademarks and cannot be used without permission from the owners of Elite Cheer. All Elite Cheer merchandise (athlete or parent) that includes the NAME of an EC Team must have the copyright logo on the apparel as well as be approved and ordered through an approved gym merchandise partner.

ADVERSE WEATHER POLICY

In case of severe winter weather: cancellations will be posted on the website as well as on FB & Instagram by 2pm that day. Information will also be sent via the team communication app.

Tornado Warnings: Practice will be stopped, and athletes will be taken to safest portion of the building. If warning sirens are sounding at the end of practice, dismissal will be delayed until the warning is no longer in effect.

SOCIAL MEDIA POLICY

In the rapidly expanding world of electronic communication, social media can mean many things. Social media includes all means of communicating or posting information or content of any sort on the Internet, including to your own or someone else's web log or blog, journal or diary, personal web site, social networking or affinity web site, web bulletin board or a chat room, whether or not associated or affiliated with Elite Cheer, as well as any other form of electronic communication.

Ultimately, you are solely responsible for what you post online. Before creating online content, consider some of the risks and rewards that are involved. Keep in mind that any of your conduct that adversely affects our gym (Elite Cheer), the performance of athletes or otherwise adversely affects members, customers, suppliers, people who work on behalf of Elite Cheer (coaches) or Elite Cheer's legitimate business interests may result in disciplinary action up to and including termination of membership.

Know and follow the rules

Carefully consider your responses. Inappropriate postings that may include disparaging comments, discriminatory remarks, harassment, and threats of violence or similar inappropriate or unlawful conduct will not be tolerated and may subject you to disciplinary action up to and including termination.

Be respectful

Always be fair and courteous to everyone. Also, keep in mind that you are more likely to resolve specific complaints by speaking directly with your peers or those that the complaint stems from (including Elite Cheer owners) or by utilizing our Open Door Policy than by posting complaints to a social media outlet. Nevertheless, if you decide to post complaints or criticism please understand that those actions may ultimately lead to disciplinary action up to and including termination.

Be honest and accurate

Make sure you are always honest and accurate when posting information or news, and if you make a mistake, correct it quickly. Be open about any previous posts you have altered. Remember that the Internet archives almost everything; therefore, even deleted postings can be searched. Never post any rumors, especially information that you know to be false.

TRAINING AT COMPETITOR GYMS

We believe that to maintain a cohesive program and build team camaraderie, unity, loyalty and morale, Elite Cheer Athletes will not train in any capacity at a direct competitors program for any reason. This includes but is not limited to: open gym, clinics, classes, or private lessons. A direct competitor is defined as a gym, within a 75 mile radius, that offers all-star cheer, competes, and may have teams we directly compete against. Doing so will result in the immediate dismissal of our program without prejudice.

Conversely, Elite Cheer will continue to enforce our current policy that Elite will not train our competitors athletes for any reason until they have finished their season at their current gym and are no longer a USASF member at a competitor gym.



INJURIES

INJURY POLICY

Injuries should be brought to the attention of Elite Cheer staff immediately so that an Injury Report Form can be filed. Contact Elite Cheer within 24 hours if your athlete has to be seen for medical attention due to an injury at Elite.

If your athlete has an injury that requires them to sit out of practice, a Physician note will need to be brought into Elite and placed on file with a return date noted.

CONCUSSION PROTOCOL: NEBRASKA CONCUSSION AWARENESS ACT

If an athlete has been diagnosed with a concussion, the front office needs a copy of the Physician letter of diagnosis, and a medical physician must **fill out and sign the Concussion Protocol (Return to Play Form) before the athlete will be allowed to return.**

Athletes sustaining injury at or outside of Elite Cheer, will remain on team, attend practices and travel with their teammates to competitions. Whether an athlete can return in enough time to compete will be based on medical needs and will be a proactive decision between coaches, athlete, and parents.



GYM RULES FOR ATHLETES

- ★ Athletes must wear required practice attire & shoes at all times.
- ★ In order to keep the gym clean and safe, practice shoes shall not be worn outside of the gym. Likewise, no outside shoes are allowed in the gym. Carry your practice shoes to and from the gym.
- ★ Acrylic nails will not be allowed at Elite Cheer. Natural nails should be trimmed and short. Athletes who have long nails or acrylics will be asked to clip or file them or will be removed from practice
- ★ Do Not Wear Jewelry to the gym OR while in uniform. All jewelry must be removed.
- ★ PIERCINGS: Having a piercing in during practice is a liability to Elite Cheer staff and athletes. Any type of piercing must be taken out before practice including studs.

New Piercings:

- ★ New piercing must be covered prior to practice - with personal Band-Aid/tape
- ★ Once the piercing is healed, it must be taken out for practices.
- ★ Wearing non-visible piercings to practice are at the athletes' own risk

Following Labor Day, NO new piercing will be allowed, and athletes will be asked to take current piercings out.

- ★ All visible tattoos must be completely covered while in uniform.
- ★ Elite Cheer is not responsible for lost or stolen or items.
- ★ Food, pop, or gum is not permitted past the gym door, or in the bathrooms at any time. Food is only allowed in the designated areas.
- ★ No cell phones during practice
- ★ Athletes staying from previous team practice must sit in the viewing area while other team practice is being held unless given permission from coaching staff and are under supervision
- ★ Trampoline: ONLY ONE person on a trampoline at a time
*NO DOUBLE BOUNCING
- ★ NO stunting without direct supervision from staff.
- ★ NO stunting or tumbling outside of Elite Cheer

GYM RULES FOR PARENTS

- ★ Parents are not allowed past gym doors due to insurance & liability purposes unless during a performance where parents are guided in
- ★ Parents are asked not to critique their athlete or other athletes during practices
- ★ Parents are asked to refrain from negative comments in the viewing area. Concerns or comments should be brought directly to the attention of the coaching staff.
- ★ Please pick up athletes promptly following the end of scheduled practices
- ★ Please utilize team communication app to stay up to date on events at the gym.
- ★ Siblings are not allowed past the gym doors unless they are registered athletes and are attending their supervised tumbling class.

WAIVER/INDEMNIFICATION

ASSUMPTION OF RISK, CONSENT AND RELEASE OF LIABILITY

I am aware that participating in cheerleading/tumbling activities is a high-risk sport and participating or competing in these activities involves MANY RISKS OF INJURY. I understand the dangers and the risks of practicing and competing in the sport of cheerleading/tumbling include but are not limited to: death, and serious neck and spinal injuries which may result in complete or partial paralysis, brain damage, serious injury to all internal organs, serious injury to bones, joints, ligaments, muscles, tendons, and other aspects of the muscular and skeletal system, and serious injury or impairment to other aspects of my body, general health, and well-being. I understand the dangers and risks of practicing or competing in cheerleading/tumbling activities may result not only in serious injury, but in a serious impairment of my future abilities to earn a living, to engage in other business, social, and recreational activities, and generally to enjoy life. I accept responsibility to verify with my physician that I have no physical or psychological problems that would prohibit my participation in these activities. Due to the dangers of such activities, I recognize the importance of following all instructions regarding techniques, training, and other rules of the facility and agree to obey such instructions.

I hereby voluntarily and knowingly assume all risks associated with cheerleading/tumbling activities and agree to waive, release, absolve, indemnify and hold harmless Elite Cheer, Inc. and its directors, officers, agents, representatives, including without limitation, any and all coaches, volunteers, sponsors, team members, sponsors of practice sites, or any participating school from any and all claims of any kind for any injury, loss, damage, expense, cost, relief of any kind resulting from, arising out of or connected with my use of the facilities or services provided hereunder or the participation in any activities offered by Elite Cheer, Inc. The terms hereof shall serve as a release of all risks from my heirs, estate, executor, administrator, assignees, and all members of my family.



CODE OF ETHICS

ELITE CHEER DISCRIMINATION/ NO HARASSMENT POLICY

It is the official policy of Elite Cheer not to discriminate against any staff member or athlete with regard to any term of employment or any term of athletic participation because of race, color, religion, sex, or national origin, in accordance with all applicable state and federal laws.

In support and in furtherance of this policy, Elite Cheer expressly prohibits sexual or any other form of harassment. This includes unwelcome sexual advances, requests for sexual favors, and all other verbal or physical contact of a sexual or otherwise offensive nature that affects or in any way interferes with a staff member's employment or an athlete's participation.

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

Appropriate disciplinary action will be taken against any person found to be violating this policy.

Elite Cheer prohibits any form of retaliation against any person who submits a bona fide complaint under this procedure or who assists in a complaint investigation. However, if after the investigation of any complaint of harassment or unlawful discrimination, Elite Cheer determines that the complaint is not bona fide or that a person has provided false information regarding that complaint, disciplinary action may be taken against the individual who submitted the complaint or who gave the false information.

ELITE CHEER DRUG POLICY

Smoking, vaping, drinking, and taking drugs, is not acceptable. Suspicions of alcohol/drug use by an athlete during Elite function/practice or suspected after-effects of use will result in the athlete being asked to leave practice and a parental notification/meeting with coach(s). Repercussions include but are not limited to probationary period, or permanent removal from all Elite Cheer teams with forfeit of any competition payments paid and tuition cancellation policy enforced.

SOCIAL MEDIA REPRESENTATION

Representation as an Elite Cheer athlete on social media must be positive and becoming of a role model. Elite Cheer reserves the right to have any representation of Elite that we feel is negative or inappropriate, whether documented or assumed, removed from social media immediately.

If you can be identified as an Elite Cheer athlete, and there is inappropriate conduct or speech, there will be parent involvement and discussions with coaches and owners. Repetitive or extreme situations can lead to termination from team with cancellation policy enforced.

BEHAVIOR POLICY

1 Swearing, inappropriate gestures and negativity toward another athlete or staff member or any type of disruptive/disrespectful behavior will be addressed and is considered strike 1.

2 If a second instance occurs, parents and coaches will meet to help identify and resolve the problem.

3 If a third instance occurs and the problem has not been remedied- the athlete will be asked to resign their position and financial responsibility will follow the termination policy.



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