



## 2018-19 Mini Novice Cheer Team Information

### What is a “Novice” team?

The United States All Star Federation (USASF) is the governing body of all-star competitive cheerleading. This upcoming year, they are implementing a new “Athlete Progression” system that will be used to structure teams. Within the new Athlete Progression, there are 4 levels: Fundamentals, Novice, Prep, and Elite. The USASF defines an **All Star Novice** team as follows:

*“All Star Novice welcomes athletes moving up from Fundamentals, or with some past cheer experience. The program continues to build a love for All Star, while focusing on skill building and growth in a low-pressure, evaluation-only environment.”*

### What is a “Mini” team?

A Mini team includes members ages 5-8 years old as of August 31, 2018. The USASF verifies all athletes’ ages before they can participate in any competition.

### Cheer Teams at Premier:

This is Premier’s 3rd year offering competitive all star cheerleading. This will be our 1st year offering a team for this age group and we are so excited! As a newer and smaller gym, we cater our teams to serve athletes who are new or with limited experience. We want our athletes to have a successful and positive experience throughout the entire cheer season. Competitive all star cheerleading is a very unique sport and can be overwhelming for new athletes and parents. It is our hope that we can build a strong foundation to grow from in the world of all star cheerleading for both athletes and parents.

# 2018-19 Mini Novice Cheer Team Information

## Athlete Tuition:

★ Each Premier Performance all-star cheer team members' tuition costs may vary. NO REFUNDS will be given for any reason.

<b>Sibling Discount</b>	<i>If you have a sibling on a team at Premier, we will discount your tuition by 10%.</i>	<i>10% off Gym Fees</i>
-------------------------	--	-------------------------

<b>Athlete Tuition Includes, But is Not Limited to:</b>		<b>Cost</b> <i>(Range Per Athlete)</i>
Gym Fees:	Monthly Dues	\$800-900
	One 60-minute weekly practice + additional practices	
	UNLIMITED tumble classes at Premier	
Team Apparel:	Uniform (Top & Skort)	\$150-\$200
	Competition Bow	\$20-\$30
	Shoes	\$65
	Warm-Ups <i>(*optional for team members, not included in tuition)</i>	\$100-\$125
	Practice Wear (1 Outfit + Practice Bow)	\$30-\$50
	Backpack/Bag <i>(*optional for team members, not included in tuition)</i>	\$75-\$100
USASF Athlete Registration <i>(Required for all team members)</i>		\$30
Routine Music Fees		\$25-\$40
Competitions:	1-2 One-Day Competitions (\$50-\$60 per athlete + coach fees)	\$100-\$150

★ **Total Tuition: \$1350**

***All team members submit an initial payment of \$300.***

Following the initial payment, members choose 1 of the following payment schedules:

<b><u># of Payments</u></b>	<b><u>Due Dates</u></b> <i>All payments are due by the 5th of each month.</i>										
<p><b>10 Payments of \$105</b> <i>Plus the initial \$300</i></p>	<table> <tr> <td>1. August 1, 2018</td> <td>6. January 1, 2019</td> </tr> <tr> <td>2. September 1, 2018</td> <td>7. February 1, 2019</td> </tr> <tr> <td>3. October 1, 2018</td> <td>8. March 1, 2019</td> </tr> <tr> <td>4. November 1, 2018</td> <td>9. April 1, 2019</td> </tr> <tr> <td>5. December 1, 2018</td> <td>10. May 1, 2019</td> </tr> </table>	1. August 1, 2018	6. January 1, 2019	2. September 1, 2018	7. February 1, 2019	3. October 1, 2018	8. March 1, 2019	4. November 1, 2018	9. April 1, 2019	5. December 1, 2018	10. May 1, 2019
1. August 1, 2018	6. January 1, 2019										
2. September 1, 2018	7. February 1, 2019										
3. October 1, 2018	8. March 1, 2019										
4. November 1, 2018	9. April 1, 2019										
5. December 1, 2018	10. May 1, 2019										
<p><b>1 Payment of \$1350</b> <i>Includes the initial \$300</i></p>	<p>1. August 1, 2018</p>										
<p><b>2 Payments of \$525</b> <i>Plus the initial \$300</i></p>	<p>1. August 1, 2018 2. January 1, 2019</p>										
<p><b>3 Payments of \$350</b> <i>Plus the initial \$300</i></p>	<p>1. August 1, 2018 2. December 1, 2018 3. March 1, 2019</p>										

# Commitments:

## ★ Athletes are required to attend ALL practices.

### ○ Beginning in August:

- All-star teams will practice once during the week.
  - All-Star Novice Team: 60 minutes, once a week (Tuesdays, 6:00-7:00)
- All team members are recommended to attend at least 1 tumble class in addition to weekly practices.
  - *Your tuition covers unlimited tumble classes at Premier!*
- Teams will have 3-5 weekend Choreography Clinics in August and September.
  - *Specific dates TBA- Could be scheduled in October/November if needed.*

### ○ Beginning in January:

- All-star teams will practice 1 time during the week.
  - All-Star Novice Team: 60 minutes, once a week (Tuesdays, 6:00-7:00)
    - *Additional weekly practices may be called during the week as competition dates approach. We will always let you know well in advance and make sure everyone can attend before scheduling!*
- All team members still recommended to attend at least 1 tumble class in addition to weekly practices.
- Teams may have scheduled weekend practices.
  - 1-2 hours (morning or afternoon)
- *Practices may still be scheduled over spring break. (Especially if you are on UGA's early spring break schedule!) These practices will still be mandatory. We ask that you take this into consideration when planning family trips or vacations.*

## ★ Exhibitions & Performances

- Will include, but not limited to:
  - *Watkinsville Christmas Parade, Premier Christmas Spectacular, Pre-Competition Exhibitions, Fundraisers, Spring Recital, etc.*

## ★ Competitions

- Mini Novice Team will attend 1-2 competitions in February/March.

## Attendance Policy:

*Premier Cheer Teams are full year teams, so we will begin in August and finish in April. Competition season begins in January and lasts through April. Mandatory team practices may still be scheduled over school holidays or breaks. Other seasonal sports, like football, basketball, track, etc., last a shorter amount of time and athletes are typically permitted 3 total absences. Because our cheer teams last a full year, the attendance policy is broken down as follows:*

### ★ Fall Attendance Policy

- From August through December, team members are permitted **3 total absences**.
- Missing more than 15 minutes of practice will constitute 0.5 absences.
- We are willing to work with Premier team members who wish to cheer for football, play another fall sport, or participate in other extracurricular activities in the fall! As a general rule of thumb, we would ask that these **“dual athlete”** team members attend **one (1)** weekly team practice or required tumble class. We would also strongly suggest & recommend that they make up the missed time by attending a tumble class, scheduling a private lesson, and/or scheduling an extra stunt group practice. All choreography camps, performances, and exhibitions will still be required.
  - This is just a general plan for how we can work with you. We will handle any situation on a case-by-case basis, taking many factors into consideration for each individual athlete!

### ★ Spring Attendance Policy

- From January through April, team members are permitted **3 total absences**.
- Missing more than 15 minutes of practice will constitute 0.5 absences.
- Competitions take place in the spring, so this is the most critical point of the all-star cheer season. It is especially important to have all team members present at all practices during this part of the year. We would still be glad to work with any team member who wishes to participate in another sport or activity, but we ask that all Premier athletes work to prioritize their all-star cheer team during the spring months.

## Attendance & Absence Procedures

### ★ Illness, Injury, or other Medical Circumstance

- In the event of an illness, injury, or other medical circumstance, team members and/or parents should notify a coach in a timely manner.
- Team members must supply a doctor's note for any illness, injury, or other medical circumstance that results in an absence or requires them to sit out for more than 1 practice.
- If an athlete is sick (non-contagious) or injured, they are still encouraged to attend practice and sit out to show support for the team and keep track of any changes made to the routine. If the athlete does this, then there will be no absence counted against them.

### ★ Mandatory School Functions

- If a team member must miss practice due to a mandatory school function, they should supply a note or notice from their school that explains the function and states that

attendance is indeed required. This documentation should be provided to a coach at least 1 week (7 days) in advance.

### ★ Other

- If a team member must miss practice for any other reason, coaches MUST be notified in a timely manner. It is unacceptable for a team member to miss practice without communicating with a coach at all. As soon as you know you are going to miss practice, you should directly notify a coach.

### ★ Consequences

- We understand that some absences are unavoidable. However, every absence negatively affects the team. Every absence (including permitted absences) has a potential consequence. Please note that these consequences are not meant to be punitive in nature. They are designed to be constructive. These consequences might include, but are not limited to:
  - Commitment to make up time missed (coming to extra tumbling classes, signing up for private lessons, organizing extra stunt group practice, etc.)
- If a team member acquires more than their permitted number of absences, the consequences are more severe. These consequences might include, but are not limited to:
  - Being placed on an indefinite probation/alternate status
  - Dismissal or removal from the team

### ★Note:

- We recognize that our all-star cheer teams are a huge commitment from both parents and athletes. If you foresee conflicts, we do not want that to be an immediate deterrent for you. We are willing to work with each team member & their family as much as we can. As long as you are willing to prioritize your cheer team as much as possible and put forth your best effort in upholding your commitments to Premier, we are more than willing to work with you and have you in our Premier family!

# Parent & Athlete Conduct

## Athletes are expected to:

1. Report to practice on time and stay until dismissed.
2. Remain in the lobby until your designated practice time.
3. Be prepared at the start of each practice time:
  - *Wearing designated practice attire & cheer shoes*
  - *Already taken care of bathroom needs*
  - *All belongings put away and stored in a cubby*
  - *Cell phones silenced and put away for the duration of practice time*
  - *Hair securely pulled back*
  - *No jewelry or long nails*
  - *Ready to stretch & warm up as a team (even if already done independently)*
4. Respect your teammates' and coaches' time during practice:
  - *Listen and follow directions the first time you are asked without unnecessary attitude or backlash.*
  - *Keep additional talking, joking, playing, etc. to a minimum during practice time. (Some jokes and laughs are fine, but should not overshadow the entire practice)*
  - *Focus and stay on task during practice time. If a coach is not directly working with you, you should be independently practicing skills and/or choreography assigned to you in the routine.*
  - *Maintain a positive attitude and a growth mindset. Motivate and encourage your teammates. Always show sportsmanlike conduct.*
5. Understand that changes will most likely be made to the routine throughout the season. This is part of the sport. Changes will often be made close to competitions or performances to add difficulty, ensure that skills will hit, and clean up the routine as a whole. It is your responsibility to pay attention to these changes and practice them on your own time to be sure that you are always up to speed.
6. Listen to the music often and visualize the routine on your own time. While this may seem silly at first, this is a crucial part of turning a routine into muscle memory. We should be able to start the music from any point and have every teammate know exactly what part of the routine we are in.
7. Report any problems or concerns directly to a coach, not to other teammates or parents. This is to avoid unnecessary drama or misunderstandings/miscommunications.
8. Represent Premier in a positive way in public, on social media, and at Premier. Any inappropriate behavior in or out of Premier could result in dismissal.
9. Follow the rules of Premier regarding food and drink. Clean up after yourself!

## Parents are expected to:

1. Attend all mandatory parent meetings.
2. Remain in the lobby during practice time.
3. Submit payments on time.
4. Keep up with important dates and information.
5. Encourage and support initiatives put in place by the coaches at home.
6. Report any problems or concerns directly to a coach, not to other teammates or parents. This is to avoid unnecessary drama or misunderstandings/miscommunications.
7. Represent Premier in a positive way in public, on social media, and at Premier. Any inappropriate behavior in or out of Premier could result in dismissal.
8. Follow the rules of Premier regarding food and drink. Clean up after yourself!

Parent Signature: \_\_\_\_\_

Athlete Signature: \_\_\_\_\_