



***PREMIER***  
***ATHLETICS***

**Club Cheer**  
**Columbia Stars**  
**Cheerleading**  
**Handbook**  
**2019-2020**

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**#PA\_Life!**

## Premier Athletics

### **Premier Athletics Mission Statement:**

To teach young athletes to 1) Be self confident, 2) do “their” best and 3) have FUN!

### **Description of the Premier Athletics Competitive Programs:**

The Teams are strictly competition and performance groups. Each Team’s primary focus is to prepare for and compete in National Competitions. In addition to National competitions, Teams participate in several Local and Regional Competitions, as well as, demonstrations and exhibitions. During the year, the Cheer Teams concentrate on all components of cheerleading including tumbling, jumps, motions, pyramids, partner stunts, dance, and showmanship.

### **Program History:**

Premier Athletics began June of 1996. Its first location began in Knoxville, TN. Premier Athletics then opened a location in Nashville, TN. Soon after a second location in Knoxville was born and shortly after that Premier Athletics branched out into North Carolina where three gyms opened in Wilmington, Asheville and Clayton. Since that time Premier opened facilities in Michigan, North Carolina, Gallatin, Murfreesboro, Kentucky, and Columbia. Collectively Premier Athletics has won over 1000 National Titles, over 100 World Cheerleading and Dance appearances, with numerous top 10 finishes and Bronze, Silver and Gold Medal finishes. In addition, Premier Athletics has sent over 800 athletes to continue cheerleading, dance and gymnastics at various Colleges and Universities. Premier Athletics believes in providing quality training for its staff. All coaches attend numerous seminars and training sessions throughout the year to provide the best care, choreography and coaching to our athletes. Our staff is CPR and AED certified, concussion trained certified, and also USASF certified.

## Gym Facility Guidelines

- For the safety and fairness of all participants, only coaches and athletes are allowed on the gym floor.
  - We will not allow parents, friends, grandparents, etc on the floor.
  - If you need something, please let our Front Desk Personnel know and they will alert a coach.
  - Please help us in this effort to provide the best service to our/your athletes.
- We are honored to work with your children and we do not take that task lightly. Please also understand that participation in the program is a choice and a privilege. Any parent or athlete who displays negative behavior or is counter - productive to the overall success of the program can be dismissed from the program at anytime without warning.

## Information and Social Media Outlets

- Information and updates can be found on our website [www.premierathletics.com](http://www.premierathletics.com)
- EMAIL
  - If you do not have an email address, please go to a free website like yahoo.com or hotmail.com and get a free email address. If you do not have an email address on file, you will **not** stay in the loop. It is the **main** way we communicate! 😊 It is your responsibility to make sure that we have your **current email address** so that you can receive all pertinent information.
  - We will do our best to always answer your emails within 48 hours.
  - Please use email and not social media to contact the gym, coaches, etc.
- SOCIAL MEDIA

- Premier Athletics
  - <https://www.facebook.com/premierathleticscolumbia>
  - Instagram: pa\_Columbia

### **Premier Athletics Staff, Parents, and Athletes**

"Unity is Strength...where there is teamwork and collaboration, wonderful things can be achieved" ~Mattie Stepanek

#### **Premier Athletics Staff, Athletes, and Parents**

##### **USASF Credentialed Staff and Certified Gym**

- The mission of the United States All Star Federation (USASF) is "to support and enrich the lives of our All-Star athletes and members. We provide consistent rules, strive for a safe environment for our athletes, drive competitive excellence, and promote a positive image for the sport." The Premier Staff and all gym locations are certified and credentialed through USASF and compete only at sanctioned events.

#### **ROLE OF THE PREMIER ATHLETICS STAFF**

The Premier staff is highly trained, motivated and committed to the success of your athlete. You can expect the following of the Premier Athletics coaching staff:

- Coach for the love of the sport and the love of the athlete
- Put the welfare of the athlete above winning
- Give dignity to mistakes made with full speed and attention
- Lead with character and by example
- Develop a positive-demanding coaching style
- Continue cheerleading, dance and gymnastics education and certifications
- Always be approachable and friendly
- Remain safe and realistic with athlete progression, while also challenging the athlete to reach his or her potential.
- Maintain open and professional relationships with each athlete and parent/guardian
- Consistently enforce all disciplinary actions
- Strive to provide a fun, safe and overall positive experience for your athlete, while focusing on the importance of healthy competition

#### **ROLE OF THE PREMIER ATHLETICS ATHLETE**

We expect the following from ALL athletes as members or alternates of any Premier Athletics team. These expectations will be strictly enforced, during practices, clinics, competitions and any other Premier Athletics events.

Athletes are expected to:

- Cheer for FUN!
- Be gracious when you win and graceful when you lose
- Treat fellow teammates, coaches, and staff with respect. Put the team first.
- Accept decisions made by those in authority.
- Develop a spirit that allows you to take correction as a compliment.
- Be accountable for your own actions
- Accept and embrace the discipline involved in athletics, because it benefits the team
- Not participate in gossip. This includes internal gossip about other Premier Athletics athletes and external gossip about other cheerleading and dance programs and their athletes. Problems shall be addressed and resolved directly, and parents should not listen, participate in, or instigate any idle, worthless gossip.
- Show good sportsmanship and class at ALL times.
- Use social networking and electronic media as a means of publicizing and spreading the word of Premier Athletics in a positive and appropriate manner.
- Refrain from using any social media networking, messaging services or electronic media to distribute negative or inappropriate information that could be detrimental to yourself, your family,

and the Premier Athletics reputation in any way. These are grounds for immediate dismissal from the program.

### **ROLE OF THE PREMIER ATHLETICS PARENT**

Parents are expected to:

- Do everything possible to make the athletic experience positive for your child and others
- View the routine with team goals in mind
- Attempt to relieve competitive pressure, not increase it
- Demonstrate winning and losing with dignity
- Be an encourager - encourage athletes to keep their perspective in both victory and defeat
- Be a good listener
- Encourage their athlete to always treat fellow parents, teammates, coaches and Premier Athletics staff with respect.
- Ensure that their child understands what we expect of them as an athlete, as explained in the "Role of the Athlete"
- Not express their opinions during practice or coach their athlete from the sideline.
- Defer to the coach's discretion regarding team decisions. Inevitably, we will lose or gain team members through the course of a season. Any dismissal or addition of a team member is solely at the discretion of the coach, all star supervisor and manager.
- Refrain from using any social media networking, messaging services or electronic media to distribute negative or inappropriate information that could be detrimental to yourself, your family, and the Premier Athletics reputation in any way. These are grounds for immediate dismissal from the program.
- Viewing is open for practice/class observation every day. However, if a problem arises, the Premier Athletics staff reserve the right to close viewing at anytime.
- Premier Athletics may close practices the month prior to the first competition of the season.
- Parents should not listen, participate or instigate idle, worthless gossip. It is a detriment to team unity and chemistry.

### **Parent Travel Obligations:**

- Parents are responsible for their athlete's activities and behavior at out of town events.
- Parents must understand that competitions are a time for the athletes to focus and should be fully committed to the team and Premier Athletics through the time of the event.
- Athlete may need to arrive by a designated time on Friday evenings of a two-day event for scheduled practice times at the event. It is also possible that awards for some teams could be late Sunday evening. The gym will give you this information as soon as it is available to them.
- If a parent/guardian cannot attend an out of town event, you will arrange for another Premier Athletics/Club Cheer parent or responsible adult to travel with your athlete to and from the event, and to be responsible for the athlete during the entire event.

## **Attendance Policies and Procedures**

"Individual commitment to a group effort - that is what makes a team work" ~Vince Lombardi

Practice attendance is absolutely mandatory and compliance with the attendance policy below will be strictly observed. An athlete's team position will be jeopardized for noncompliance with all the following terms of the attendance policy.

### **PRACTICE ATTENDANCE**

#### **Summer Practices**

- Attendance at practice is critical to your athlete's progress and integral to the success of the team and athletes should be at practices during the summer season.
- Any absence must be scheduled on the vacation and planning calendar (by filling out an absentee form), noting the vacation, camp, game or any other scheduled activity preventing the athlete from attending practice.

#### **Competition Season Practices**

- The "Competition Season" begins September 2019 and ends December 2019.
- Athletes are expected to be at every practice starting in August. We will begin practices in late May/ June and will have only 1 practice/week in the summer; however, these athletes will be allowed to

attend any/all of our specialty classes offered throughout the season FREE of charge! Please take advantage of these skill building classes!

- If an athlete is absent from practice for any reason, whether excused or unexcused, he or she is responsible for learning ALL routine changes made in their absence, **before** the next practice.
- It is unfair to the team to waste valuable practice time re-teaching one athlete the material that he or she missed, while every other athlete must then wait for the one athlete to "get caught up to speed" and learn their part before moving on.
- Practices may be changed or added at any time during the year. (This is not a standard practice that we lean on). Parents must check your team's GroupMe and emails on a daily basis to stay on top of the practice schedule, competition meet times, updates on day and times.

#### **Excused Absences**

- An "excused absence" must be scheduled on the summer planning calendar or by emailing your coach/coaches at least two weeks in advance and must be:
  - a. A school function that results in a grade.
  - b. A school function such as a basketball/football game that one must participate in based on being on the team. (Athlete must be a team member, not missing practice to observe). This needs to be communicated ASAP to the coaches.
- The team coaches have ultimate discretionary authority to excuse absences on a case-by-case basis.

#### **Unexcused Absences**

- "Unexcused absences" are simple; ALL other absences that are not a school function that results in a grade are unexcused.
- The following are examples of unexcused absences: part-time jobs, dances, concerts, banquets, long distance driving, family reunions, weddings, recitals, ball games, and school/church socials.
- Academics: School is a high priority and Premier Athletics stresses the importance of education. However; schoolwork, including homework, projects, and studying for tests, are unexcused absences. Athletes are expected to maintain proper time management, so this does not become an issue.
- Extra Curricular Activities and Jobs: Extracurricular activities and jobs need to be scheduled around the commitment to Premier.
- **Athletes are only allowed three (3) unexcused absences during competition season, beginning in August 2018. A 3rd unexcused absence will result in a meeting between the parent, athlete, and coach. We are lenient during our summer schedule due to vacation, but it is MANDATORY TO ATTEND STUNT CAMP AND CHOREOGRAPHY CAMP. If you cannot attend those- you must find a suitable replacement to fill in your spot or your spot on the team may be jeopardized. It is also mandatory to attend summer practices if you are in town. Absences are only excused during the summer if you are on vacation or at camp.**
- You must notify your coach at least 2 weeks in advance so that the coach may plan practice accordingly. There is no exception to this rule.
- In the case of an unexpected emergency, you must contact your coach as soon as possible to inform them of your situation.
- Unexcused absences are NEVER allowed the weekend and week before a competition or performance under any circumstance. Noncompliance will result in the athlete being moved to an alternate position or removed from an upcoming competition, at the discretion of the coach.
- Missing a competition may result in immediate dismissal from the program.

#### **Absence due to Illness, Injury or Family Emergency**

- **Illness:** You should attend practice when you are sick, if you are not contagious. You are not required to participate; however, you must be physically-present. In addition, when absences due to illness perpetually occur on an ongoing basis, you may be required to provide a doctor's note with detailed information regarding the illness, treatment and length of recovery. This includes dental, medical and any other health related issue that may prohibit a student from participating.
- **Injury:** In the event that an athlete is injured, you should notify your team coach of the injury immediately. Thereafter, you should continuously update coaches as soon as possible with all information concerning doctor's prognosis, estimated length of recovery, potential for surgery, and any change in circumstance affecting their ability to perform the physical skills required to fulfill their role on the team.

We will re-choreograph routines based on the athlete's injury and length of recovery. Once the individual has fully recovered, he or she may or may NOT be choreographed back into the same spots in the routine. The determination of when he or she will be placed back into the routine is up to the coaches based on the team and competition schedule at the time. Every situation could vary.

**Family Emergency:** This term is not to be taken lightly. Contact the team coach immediately upon the occurrence of such an emergency.

### COMPETITION ATTENDANCE

Each competition is absolutely mandatory, **this includes all Friday night practices the weekend of the event.** Prior to each competition, athletes will be given the following set of team-specific times for each competition:

- Arrival time- when you must be present in the competition venue
- Meet time- when your team is required to meet with a coach and congregate at a specific place. Athletes must leave all backpacks, purses, make-up, warm up jackets and pants etc., with parents at this time.
- Exception: If you are a crossover & need a bag to change, you may bring that with you.
- Warm up time- the time the event-hosting company has scheduled the team to warm up
- Performance time- the time when the team is scheduled to perform
- Award time- the time of the awards ceremony that your team has been scheduled to receive its award
- If you are not present at awards, you will forfeit any awards and prizes you may win. We will do our best to collect outstanding prizes (jackets, back packs, medals, etc.), but it is not guaranteed.
- If an athlete does not show up for a competition, he or she may be dismissed from the team.

### Dress Code

"Where there is unity there is always victory." ~Publius Syrus

#### Practice Dress Code

- Athletes must wear the correct color of practice clothes. Cheer shoes/dance shoes must be worn at every practice.
- Please keep in mind that shorts are meant to be worn as shorts and do not need to be rolled up excessively.
- In the event that practice clothes are lost, damaged, or outgrown you may purchase a new set.
- Athletes are free to purchase larger sizes or additional sets of practice clothes at anytime throughout the season.
- Hair should be pulled up and out of the face.
- Females should wear bloomers/spandex and sports bras under their practice attire.
- NO Jewelry of any kind is allowed in the gym. Neither Premier Athletics, nor a Premier Athletics employee is responsible for jewelry if it is worn into the gym, removed for practice, lost or stolen.
- Fingernails should be kept short. Fake fingernails can be very harmful to the athlete and teammates and are strongly discouraged during the season.
- New piercings are also strongly discouraged during the season. You will be asked to remove all jewelry during practice and competitions.

#### Competition Dress Code

- Athlete's have two options that may be worn during competition.
  - Full uniform
  - Team shirts/warmups decided on by the coach
- Hair and makeup should be complete before entering the arena - unless the team is getting together to do hair. This will occur occasionally for certain events if time permits.
- Proper shoes are to be worn the entire time. No Uggs, boots, flip flops, etc
- No jewelry is permitted at competitions.
- Boys' hair should be cut, and faces should be clean shaven.

## Season Outlook

"Strive not to be a success, but rather to be of value." ~Albert Einstein

### Practice Time, Training and Camps/Choreography

- Training for ALL members begins after Team Selections in May 2019.
- Practices will be held on **Tuesday's 4:30-6:00 pm & Thursday's 4:30-6:00pm** at the PA Columbia Gym. (3 hours/week of training.). During the summer (starting in June) these athletes will only practice Tuesday's 4:30-6:00pm and they will be encouraged to attend any and all of our summer specialty classes that they choose (FREE OF CHARGE!). Those classes and times will be released at a later time.
- The first two - three months of training consist of skill building, conditioning, and technique.
  - These training sessions provide the critical foundation for the rest of the season.
  - **STUNT CAMP: June 8<sup>th</sup> and June 9<sup>th</sup> (\$75/athlete) MANDATORY**
- **Choreography Camp: Will be held Friday, Aug. 2<sup>nd</sup> from 4p-7p, Saturday, Aug. 3<sup>rd</sup> 9a-2p, August 5<sup>th</sup> (if needed) time TBD at the Premier Athletics Columbia location (\$170/athlete) MANDATORY!**
- Competitions/Events begin in September 2019 and the season concludes in Dec. 2019
- **Vacation Date/Important Dates!**

We know family time is important, so we schedule vacation dates (first week of July)! Please note that during competition season, **additional** practices are scheduled. Consequently, months during which the gym is closed for holidays are not discounted. We do honor Maury Co. Fall/Spring breaks but will also be sensitive to absences from those athletes whose spring/fall breaks fall at different times.

## Our Team/Competitive/Training Philosophy

"Perseverance is the hard work you do after you get tired of doing the hard work you already did." ~Newt Gingrich

It is important to understand that while winning is always the goal - our main priority is to ensure that our athletes have a good experience and learn lessons in team work, confidence and overcoming life's obstacles. We want to build strong athletes with good character. In order to achieve this goal, we need the support of the parents. Part of learning and growing is dealing with disappointment, learning to overcome and working together is what makes the athlete strong and builds their confidence. The parent's role is crucial to the success of all of our teams. Together we can achieve more!

## Additional Training Options

"We are what we repeatedly do. Excellence, then, is not an act, but a habit." ~Aristotle

### Tumbling Class Option:

- We offer our tumbling classes at a discounted rate to our club cheer athletes. All stars may enroll in our tumbling classes for 50% the monthly rate. Classes are \$64 per month full price. Club Cheer Members may enroll in the tumbling classes for \$32 a month. Classes run on a monthly basis. If you choose to drop a class, you must let the front desk know before the 10<sup>th</sup> of the month prior to the month you will be dropping. Ex. If you would like to drop the class in July, the front desk needs to be informed by June 10<sup>th</sup>. We bill on the 10<sup>th</sup> of the month. By having this accurate information on time, we will know not to bill your account for the following month.
- **Please note that if you have an outstanding balance on your account, your athlete will not be allowed to take any classes until their account is current. (This also includes siblings that are not club cheer/all-stars that take classes).**

**FEES FOR THE SEASON:** These fees are as close to accurate to help you budget for the season.



Please note\* there could be a slight increase/decrease on competition pricing as these are based on previous season's numbers. Thanks in advance for your understanding. We adjust any rates in the last installment if necessary.

#### Club Cheer Fee Installments:

In order to help make payments easier for your family, Premier Athletics will take the following fees and lump them into 6 installments.

• General fund (signs, poms, etc)		\$45
• Choreography and Music Fees	(Aug. 2 <sup>nd</sup> -Aug 3 <sup>rd</sup> )	\$170
• Stunt Camp June 8 <sup>th</sup> -9 <sup>th</sup>		\$75
• Competition bow	\$20	
• Practice clothes		\$55
• Coaches Pay (covers travel, coaching, etc).		\$125
• <b><u>Competitions (prices are based off of last season's rates)</u></b>		
○ RHS Exhibition- September 24 <sup>th</sup>		\$25
○ Blackman Competition- (October 19 <sup>th</sup> )		\$45
○ UCA TN Extreme (Early Nov. date TBA)		\$45
○ UCA Smokey Mountain Regional (Dec. 7 <sup>th</sup> -8 <sup>th</sup> )		\$110
○ Premier Showcase PA gym)- tentative Dec. 14		\$0
	<b>Total:</b>	<b>\$ 715</b>
	<b>Divided into 6 payments</b>	
	<b>Totals:</b>	<b>\$119.17</b>

**COMPETITION UNIFORM: This will not be built into the fee installments this season as we are using the same uniform from our 2018-2019 season.** Cost of the uniform is \$195. A \$100 deposit will need to be made on July 10<sup>th</sup> and the remainder needs to be paid upon receiving. We will not give your athlete their uniform until it is paid in full. (Boys uniforms is \$180)

- **Optional items:**
  - **Cheer shoes: You must have a white pair of Varsity cheer shoes. If you are an all-star, you may wear your all-star shoe. We have listed 3 options for you with different price points to fit your budget.**
  - **Shoe option 1: \$88.00, Shoe option B: \$72.00**
  - **Premier Athletics Warmup jacket: This is an optional purchase as well. \$65**
  - **Extra black practice shorts: \$25**
  - **Sweatshirt: \$60**
  - **Backpack: \$40**
  - **Jacket: \$70**
  - **ALL above apparel can be ordered during sizing on May 24<sup>th</sup> at 4:00pm. \*\*Last day of evaluations/tryouts.**
- **If this team/teams receive a bid to Nationals, we will have a parent meeting at that time to discuss this opportunity to go. This trip is to Walt Disney World and is quite an expense and is not built into the above payment chart therefore, we will need to have the team on board in order to pursue/accept the bid.**

The first Club Cheer Fee Installment will be due on June 20<sup>th</sup>. The Club cheer Fees will be divided into 6 equal payments that are due on or about the 20<sup>th</sup> of each month. Your May payment will cover June tuition.

#### PAYMENT CHART

- The \$40 annual registration fee (if not already paid) and These will need to be paid the first day of tryouts and June tuition (\$105) is due May 23<sup>rd</sup> at your fist tryout date. All-Stars, you

are waived your monthly tuition for club cheer and you will pay your monthly all-star tuition fee. (not double 😊).

Club Cheer Columbia Stars			
Month	Tuition	Installment Fee	Total
May 23 <sup>rd</sup> May 24 <sup>th</sup> - TRYOUTS	\$105	\$40 registration fee if needed	\$105/\$145
June 20 <sup>th</sup>	\$105	\$119.17	\$224.17
July 20 <sup>th</sup>	\$105	\$119.17	\$224.17
August 20 <sup>th</sup>	\$105	\$119.17	\$224.17
September 20 <sup>th</sup>	\$105	\$119.17	\$224.17
October 20 <sup>th</sup>	\$105	\$119.17	\$224.17
November 20 <sup>th</sup>	\$105	\$119.17	\$224.17

- All fees will be paid to Premier Athletics. IF you need to alter your payment plan- please communicate and speak with Mrs. Kim at the front desk. We will be happy to work with you.

**All-Star crossovers:** Your tuition for club cheer will be waived (you will pay your monthly all-star tuition instead). Because you will already be attending the UCA Smokey Mountain event with all-stars, you will pay the crossover fee associated (usually ½). You will also not be responsible for the following due to crossing over: Coaches expense (\$125), ½ off choreography and music, Total is \$560... (not including uniform if that is needed).

**All competition fees are based on last year's pricing. If there is a reduction or inflation in pricing- this will be adjusted in the last installment fee (Dec.) for all athletes.**