

# CHEER NATION ATHLETICS

---



PARENT HANDBOOK AND CONTRACT  
2022-2023 SEASON

---

Initial Here

## Who we are

Cheer Nation Athletics continues to be a leader in All Star Cheer instruction. Established in 2013, we are proud to announce our 10th Anniversary this year! We continue to push the boundaries in the industry. We pride ourselves in being trend setters and family oriented with quality, competitive instruction. Welcome to our CAN family! Welcome Home!

## What we do

It is our mission that each cheerleader will develop socially through practice and competition, physically through hard work, and psychologically through increased self-confidence, self-esteem, and emotional maturity, and discipline. We continue to strive to place our athletes on collegiate teams that offer scholarships. This requires a perfect balance of academic preparation in school, time management, and skill preparation in the gym. We continue to provide an industry name with a small family feel. We pride ourselves on being a family environment and teaching our kids respect, humility, punctuality, good sportsmanship, dedication, commitment, and core values.

## Commitment

Commitment starts with the cheerleader and follows through the parent. It is a known privilege to be a Cheer Nation Cheerleader. The success of your team will depend on each individual/parent commitment and dedication to the team. This program is not about the individual. We will not tolerate "individual" attitudes. We feel that the member on the back row is just as important as the member on the front. The first tumbling pass is just as needed as the last. Flyers can't fly without bases. Flyers are no more important than back spots. It takes a TEAM to win. The team will always come first in making selections and decisions.

## Parent Viewing

Parents may watch practices from the parent viewing area. At times, it may be necessary for the coaches to close the parent viewing area. We appreciate your cooperation during these times. Parent viewing may be closed during choreography or for a specific amount of time designated by the team coach. This allows us to effectively coach teams without any outside distractions. Parent viewing is a privilege. Please do not sit and "gossip" or "assume" in the viewing area. Our best athletes are often left alone for us to coach and mentor. Please do not be a "helicopter parent". Any questions, comments, or concerns about your child's progression or practice should be taken to your coach. If needed, a private meeting will be scheduled with the Team Coach or Owners.

## Team Practices

Be on time! Your child will have 2-3 team practices per week. 1-2 weekdays with bi-weekly Sunday practice starting in August after school starts back. Additional practices will be added at the coach's discretion during the heavy competition season. This is typically November through May. **During the week of competition there will be practice EVERY DAY for each team.**

You are allowed to miss up to 4 summer practice days in addition to the Closed Calendar Holidays given. It is important to have each cheerleader at summer practice to allow the kids to bond, coaches to formulate the routines, and for the teams to progress in skill. Vacation forms are located in the back of this packet and from the coaches' office by request. All vacations **MUST** have the appropriate form and approval for it to be excused. Vacation forms turned in less than 2 weeks in advance will not be approved. Vacation requests after August 3rd will not be approved. Vacation dates will not be approved the week of a scheduled competition. Vacation requests via phone or text will not be approved.

## Missed or Tardy Practices

If you cannot attend a practice it must be personally pre-approved by your coach. If you will be late, out sick, etc.; you must contact your coach prior to practice. If you are sick, but not contagious, you will be required to come watch practice so you are aware of any changes made to the routine. The coach will decide your participation level at practice if an athlete is sick. Handwritten notes are not an excused absence. If you are continually late, continuously sick, missing numerous practices, or injured long-term, you may be dismissed from the team or placed in an alternate position. Either of which will be determined by the coach and/or owner. If you are absent during the week of a competition, you may be replaced with an alternate athlete. When a child misses practice or is injured, it affects the team as a whole. Homework is not an excused absence. Studying for a test is not an excused absence. Concert Tickets, Birthdays, Anniversaries, School Breaks, School Field Trips, and Family trips are not excused absences. School trips that are not documented for a grade are not excused absences. Outside sports conflicts are not excused absences. If you are receiving a grade on a school activity you must fill out the absentee form, located in the back of this packet. Forms must be turned into and approved in advance by your coach AND the owner so changes to the practice schedule can be made if necessary. Absences due to graded events will be approved. The coaches will do everything in their power to work around graded conflicts by moving practice, but it is not promised. Make-up practices may be called so that the team may practice as a whole. In cases of inclement weather, makeup practices will be added as well. The gym owners will decide what weather conditions permit cancelled practices.

Initial Here

# School Sports

If you are on a varsity level competition cheer team it is important that you bring a copy of your scheduled practices, events, and coach's information to your All Star Coach and Office Manager. They will attempt to work around any conflicts the best they can. We can not guarantee that every conflict will be solved. We simply can not afford to change all of our practice times for other sports, but we will do our best to accommodate as much as possible. Please take note of this policy before trying out for winter or spring sports. All Star cheer is a very timely commitment and should be first priority. We will not excuse you for other sport conflicts. Please respect our requests. Missing practice affects every athlete on the team.

## Team Placement

Athletes will be placed on a team at the discretion of the coaching staff based on your ability and what is needed on each team. It is very important to understand that technique and execution of a skill go into placing teams. It is very important to also understand stunting requirements for each level. It is not only important to "land" a skill, but to execute it while doing so repeatedly. Athletes must also provide strong technical stunting skills at the required level as well. Coaches reserve the right to move a child to a different team during the season if the child's skills do not mirror that of his or her peers on the team. A child may be dismissed or placed in an alternate position if the skills are not where he or she can be used on a team in the gym. A child may be moved to a different team during the season depending on what is needed by that team (i.e. needed base, fly, tumbler), or if their skills are not where they should be during the progression of the season. We may merge teams, change team levels, or delete a team during the season. We may register teams in various divisions throughout the season. We will exhaust every possibility before dismissing a team. If you have a question about what level your child should be, please go to [USASF.net](http://USASF.net) for level guidelines or our skills board on the wall for tumbling requirements. If you are unsure of what stunting level your child may be, please speak with a coach.

## Athlete Behavior

Your coaches and team reps are here to work with you. You are expected to show respect and be courteous to your coaches and teammates at all times. You are not to make negative facial expressions, talk under your breath, roll your eyes, make rude gestures, or negative comments of any kind. When asked a question at a practice, students are to reply in a respectful manner to coaches. No negative or rude comments are to be made on any social forum websites such as, Facebook, Twitter, Instagram, Snapchat, TIKTOK etc. about any member of the CAN teams/staff, competition, or other fellow gyms. Do not post any pictures of yourself or others, in a CNA uniform or attire acting in a negative manner that would discredit the gym's reputation. No cell phones are allowed during practice or competition warm-ups/awards. Cell phones must be turned in at the beginning of practice to the cell phone basket. Cell phone use during practice is strictly prohibited. For emergency, you may call the gym and we will get your athlete. Anyone

Initial Here

with continued behavioral problems will be removed from the gym and all monies will be forfeited.

## **Quitting/Removal from Team**

If you quit a team at any time during the season or are asked to leave a team, 100% of all monies given to the gym will be forfeited. This includes gym fee, registration, camp deposits, competition deposits, uniform/practice wear deposits, etc. Any outstanding or posted bills up to the date of dismissal will be collected and is responsibility of the student, parent, and/or guardian. Any outstanding balances not collected will be turned over to a collection agency. The same rule applies for a parent asked to leave the gym for inappropriate behavior/conduct.

## **Practice Wear/Uniform**

Practice wear will be ordered for the athletes at the start of the season. Once it arrives, athletes will be expected to wear the designated clothing items to their assigned practice blocks each week. These items also will be used during the season and at competitions to show unity. Team shirts may be added for larger competitions during the year at an average cost of \$25. Uniforms will be ordered in the summer. This may vary from year to year, or by team specific uniforms. The package for uniforms and practice clothes will be approximately \$500 each. This does not include your Shoes or Competition Hair Bow. Those are purchased separately.

## **Competitions**

You are required to attend all competitions. It is the discretion of the coaches to choose competitions they see best for each of the teams. There is a possibility that a competition may be added or cancelled during the season. If an athlete misses practice the week of a competition, an alternate may be used. If an athlete misses a competition for any reason, he/she may be removed from the team. The Coaches/Owners will keep you informed of all competition updates/changes. End of year events (Summit/Worlds) may be added during the season. The average registration cost per athlete is \$405 for non-paid bids awarded. This does not include travel or lodging to Orlando, FL.

## **Hotel/Airfare/Travel**

We have secured mandatory hotel blocks for all travel competitions. It is MANDATORY for all team members to stay in one of the assigned team hotels with an adult guardian and must arrive at the hotel on Friday during a designated time. Typically, the arrival time is 9pm. Travel must be planned on Friday. Every team will have practice the Thursday night before a competition. DO NOT PLAN TRAVEL ON THURSDAY. You may not return home until Monday or until the last team has performed. We will not know compete or awards ceremony times until

Initial Here

the week of the competition when the final schedule is released. Please plan accordingly. Transportation is up to each family's discretion. When you have selected your travel arrangements, please notify your team mom so she can verify the arrangements have been made. Once you arrive at the designated Hotel, you must contact your team rep and let them know of your arrival and room number. Hotel links will be provided when the competition schedule is released by the owner or office staff. Your team may travel for one or more of the competitions listed. Please note that when traveling, you are there for the purpose of competition and not vacation. There will be specific meet times and team functions planned for your child. Their attendance will be mandatory. Please remember that you represent your team, family, and the gym when traveling. Be respectful of others at all times.

## **Fees**

Once selected for a team in May, a payment of \$205.00 will be paid to reserve your placement, and is due at the Initial Parent Meeting. Registration Fees (apart of the 205.00) are Annual and cover our Insurance Calendar year from May-April. Registration/Insurance fee is only paid once yearly whether it is for All Star, School Team, or Class Enrollment. Once enrolled, everyone should familiarize themselves with the website and parent portal. EVERYONE is required to sign in and create an account. Please contact the front office if you have forgotten your login/password. Please DO NOT create a new/duplicate login/password. If any issues arise, please contact [info@cheernationathletics.com](mailto:info@cheernationathletics.com).

Once you have created a parent portal account, you will use this for all classes, teams, etc. This profile will be used to send out mass emails when needed. Please make sure to keep your email, address, and phone number current with the parent portal. Also, our accounting system is set up on auto-pay. Your credit card will be billed on the 1st of the month for monthly gym fees. Fees are late on the 5th of each month. You will get a statement each month with all fees due and their due dates. Non-auto-pays MUST be pre-approved by the Gym Manager and Owner. Athletes may be dismissed from the program or placed into an alternate position if fees become delinquent. Athletes will not be eligible to attend year-end events if their balance is delinquent. Athletes may not try out the following year if he/she owes a remaining balance. Any and all past due fees will be turned over to collections at the end of the competitive season. Any returned checks or late payments will be assessed a charge of \$25 per occurrence.

Initial Here

# CHEER NATION ATHLETICS CALENDAR 2022 - 2023

\*Clear your schedule for the week **BEFORE** every competition. There will be extra mandatory practices added those weeks. No absences will be approved. **NO EXCEPTIONS!!! DO NOT plan travel the Thursday before a competition. Coaches will schedule practice.**

- May 2022
  - 31st-June 3- TRYOUTS
- June/July 2022
  - June 6<sup>th</sup> - MANDATORY PARENT MEETING 7:30pm (205.00 -June Payment- due at this time
  - June 25<sup>th</sup>-26<sup>th</sup> PROGRAM STUNT CAMP
  - July 4<sup>th</sup>- July 8<sup>th</sup>-Gym Rest week – no practices
  - July 25<sup>th</sup> mandatory practices start
    - All vacations must be complete
- August 2022
  - July 30<sup>th</sup>- August 4<sup>th</sup> MANDATORY Choreography Dates. (After team placements individual team times will be released)
  - August 10<sup>th</sup> First Day of School
- September 2022
  - 5<sup>th</sup>- Labor Day (Gym Closed)
- October 2022
  - 17<sup>th</sup>- Teacher Planning
- November 2022
  - 11<sup>th</sup> Veterans Day (Practice)
  - 21<sup>st</sup>-25<sup>th</sup> Thanksgiving Break (Gym Closed)
  - 27<sup>th</sup>- Sunday Practice
- December 2022
  - 19<sup>th</sup>-30<sup>th</sup> - Winter Break (Gym Closed)
    - There may be scheduled practice for those in town
- January 2023
  - 1<sup>st</sup>-2<sup>nd</sup>- Winter Break (Gym Closed)
  - 3<sup>rd</sup>- First MANDATORY Practices of 2023
  - 4<sup>th</sup>- First Day of School
  - 16<sup>th</sup>- MLK Day
- February 2023
  - 20<sup>th</sup>- Presidents Day
- March 2023
  - 13<sup>th</sup>-17<sup>th</sup> Spring Break (Gym Closed)
  - 20<sup>th</sup> - MANDATORY PRACTICE
- April 2023
  - 15<sup>th</sup> – Spring Holiday (Mandatory Practice)

Initial Here

# ABSENT REQUEST FORM

Please list up to 4 absences that will affect your team practices. Explain your reason for the absence such as vacation, custody agreement, school grade event, etc. All absences must be pre- approved by the coaches. **You are allowed 4 total absences prior to August.**

CNA has built in days in July and during the fall/winter when the gym will be closed for the holidays. If possible, please try to take your vacations during this time, so that it does not affect the practices of your child's team. Practice attendance is important if we want to produce winning teams. **We DO NOT follow your school's vacation calendar. Please plan accordingly. Team members will be removed if absences become excessive.**

**Cheerleader's Name:** \_\_\_\_\_

**Team:**

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

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**Initial Below:**

\_\_\_\_\_ **Director**

\_\_\_\_\_

**Reason:** \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_ **Team Mom Coach**

**Date Received:** \_\_\_\_\_

Initial Here