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# PITTSBURGH

# SUPERSTARS

2022 - 2023 Full Elite Athlete Handbook

**FIRST & FOREMOST**

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# **THANK YOU**

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**FOR JOINING OUR FAMILY!**

Pittsburgh Superstars is proud to welcome you to our 16th season! Our program has travel and non-travel competitive teams for all ages and abilities, including special needs. We have graciously earned many state and national titles and taken several teams to the USASF Cheerleading and Dance Worlds since 2007. We have also earned the privilege of competing in the Varsity All-Star Summit since its start in 2013.

Our mission is to emphasize the importance of safety, conditioning, tumbling, and respect for others while enjoying the sport of all-star cheerleading. Every Pittsburgh Superstars team is important to us! Although our goal is to make each team competitive, we want our athletes to learn the lifelong lessons of friendship, helping others through philanthropy events, teamwork, self-discipline, and time management while creating a family-like atmosphere.

We pride ourselves in promoting the importance of balancing education with the sport. Our senior graduates have become World Champions and National champions with various colleges—University of Louisville, University of Maryland, Georgia Tech University, University of Pittsburgh, Robert Morris University, West Virginia University, Fairmont State University, Duquesne University, Penn State, Purdue, Oklahoma State, Gannon and Hawaii Pacific University—just to name a few.

We at Pittsburgh Superstars strive to be a close-knit and supportive program that includes parents, athletes and coaches working together towards a common goal. We strive not only to be a very competitive program, but also a program others respect because of our commitment to excellence, sportsmanship and championship spirit. Pittsburgh Superstars will continue to be the program others emulate due to our high standards and competitiveness.

Welcome to the Pittsburgh Superstars family, it will be a life changing experience!

**Aimee Nicewarner, Owner**  
**Pittsburgh Superstars Pittsburgh, LLC**

# 2022-2023

## Pittsburgh Superstars

Pittsburgh Superstars offers athletes of all ages and abilities the opportunity to grow and develop under the supervision of professionally trained coaches. There is no better place to experience the world of competitive cheer than Pittsburgh Superstars. Our goal is to develop the skills and confidence at every level to prepare athletes to compete at the highest level of competition. From our coaching staff to our facility, Pittsburgh Superstars is proud to offer the premier All Star program in Pittsburgh.

### MEET THE COACHES

Aimee Nicewarner  
Kaylee Kenz

Jan Kenz  
Maritza Armstrong  
Dana Thomas  
Damien Williams  
Becky Troppman  
Courtney Stack  
Gabby Black  
Josh Pugliese  
Abbey Swinderman  
Kayli Perri  
Maggie Kelly  
Lexie Ruff  
Emma McWilliams

Owner, Head Coach  
Prep Director  
Communications and Media  
Office Manager  
Financial Manager  
Tumbling Director  
Elite Coach  
Elite Coach, Cheer Abilities Coach  
Elite Coach  
Prep Coach  
Tumbling Coach  
Prep Coach/Tumbling Coach  
Prep Coach/Tumbling Coach  
Prep Coach  
Tumbling Coach  
Prep and Elite Coach

# Cost Breakdown Full Year Elite

## Levels 1-5

Regular season tuition covers one weekday practice, one Sunday practice, & one tumbling class per week. Teams that secure a bid to post-season competitions will incur additional expenses after receiving the bid. The amount will be set based on competition fees, coaches' fees, and the number of athletes attending. Tiny, aged teams will NOT attend end of the season events. Each family is required to create two Gems Up accounts one for Pittsburgh Superstars and one for PSSB. You will be required to provide a credit card or ACH account from which all outstanding payments will be withdrawn.

Level	Registration Fee	Monthly Tuition Cost	Crossover Tuition Fee	Choreography & Music Fee	Crossover Choreography Fee	Competition Fees	Backpack
Tiny 1	\$75	\$110	\$40	\$275	N/A	TBD	\$85
Level 1	\$75	\$135	\$40	\$275	\$200	\$1200	\$85
Level 2	\$75	\$135	\$40	\$275	\$200	\$1200	\$85
Level 3	\$75	\$135	\$40	\$275	\$200	\$1200	\$85
Level 4	\$75	\$135	\$40	\$275	\$200	\$1200	\$85
Level 5	\$75	\$135	\$40	\$275	\$200	\$1250	\$85

Level	Female Uniform	Male Uniform	Competition Bow	Warm up Jacket	NEW Female practice wear package	Male practice wear package	Hair Piece 16'	USASF Fee
<b>Tiny 1</b>	\$530	\$437	\$40	\$130	\$235	\$227.50	-	\$49
Level 1	\$530	\$437	\$35	\$130	\$320	\$210	\$65	\$49
Level 2	\$530	\$437	\$35	\$130	\$320	\$210	\$65	\$49
Level 3	\$530	\$437	\$35	\$130	\$320	\$210	\$65	\$49
Level 4	\$530	\$437	\$35	\$130	\$320	\$210	\$65	\$49
Level 5	\$530	\$437	\$35	\$130	\$320	\$210	\$65	\$49

- ❖ Female Uniform consists of Uniform Top, Skirt, and Socks.
- ❖ Female practice wear package consists of shoes (\$100), 2 practice outfits (#1 \$85 (this was used last year and #2 (\$75) New OUTFIT), Program T-shirt (\$25) and 2 practice scrunchies (\$35). Pieces can be purchased individually. Tiny will only have 1 practice outfit.
- ❖ Male practice wear package consists of shoes (\$100), Program Tee (\$25) and two practice tanks (\$80). Plain black shorts to be purchases by athlete.
- ❖ Additional costs may be added for skills camp throughout the season
- ❖ Athletes will purchase their own hair pieces (Not Tiny they wear space buns).
- ❖ USASF Fee is your responsibility, that will not be paid to Pittsburgh Superstars.
- ❖ Prices are made based on previous seasons & estimates done in good faith. Slight changes may occur.
- ❖ There is a \$25 sibling discount on monthly tuition.

# Cost Breakdown Worlds Teams

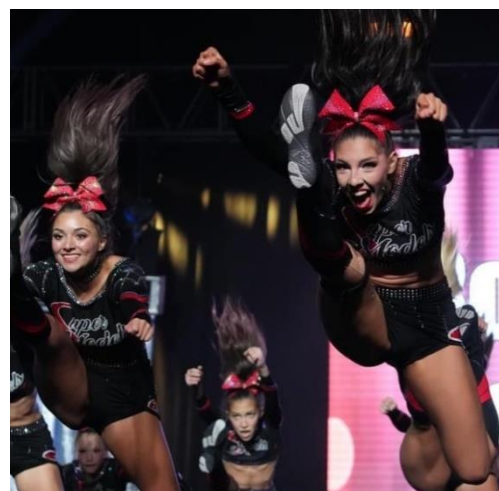
Regular season tuition covers weekday practices (including a tumbling class), Sunday practices, and extra practices during regularly scheduled practice weeks. Teams that secure bid to post season competitions will incur additional expenses after receiving the bid. The amount will be set based on competition fees, coaches' fees, and the number of athletes attending.

**Each family is required to create two Gems Up accounts one for Pittsburgh Superstars and one for PSSB This will be for you competition fees. All other fees are paid in Pittsburgh Superstars. You will be required to provide a credit card or ACH account from which all outstanding payments will be withdrawn.**

Level	Registration Fee	Monthly Tuition Cost	Crossover Tuition Fee	Choreography & Music Fee	Crossover Choreography Fee	Competition Fees	Backpack
Worlds Level 6	\$75	\$150	\$40	\$350	\$200	\$1250	\$85

Level	Models Uniform	New Team Uniform	Male Uniform	Competition Bow	Warm up Jacket	Models practice wear package	Male practice wear package	Hair Piece 16'	USASF Fee
Worlds Level 6	\$535	\$TBD	\$TBD	\$35	\$130	\$395	\$210	\$65	\$49

- ❖ Models Uniform consists of Uniform Top, Skirt and Socks
- ❖ Female Uniform consists of Uniform Top, Skirt and Socks
- ❖ Male Uniform consists of Uniform Top and Pants
- ❖ Male practice wear package consists of shoes (\$100), Program Tee (\$25) and two practice tanks (\$85).
- ❖ NEW FEMALE MODELS and Possible new worlds team
  - Athlete Package: Models practice wear package consists of shoes (\$100), - 3 practice outfits (#1 Last year's purple \$85, #2 New black stoned bra (from worlds) & shorts \$75, #3 Brand new outfit \$75.
  - Program T-shirt (\$25) and 2 practice scrunchies (\$35.00).
  - Hair Pieces will be purchased individually.
- ❖ IF you were on Models this past season and make the team again, you do not need to purchase the Stoned black bra or the purple outfit from last season.
- ❖ Choreography due July 5<sup>th</sup>.
- ❖ Uniform/socks deposit due June 15<sup>th</sup>, July 15<sup>th</sup> Balance due Aug.15<sup>th</sup>. Pay in full \$530 or three payments of \$177.00 (Supermodels uniform is 3 payments of \$179. Or Full payment of \$535.00)
- ❖ Male practice wear package consists of shoes and two practice tanks.
- ❖ Additional costs may be added for skills camps throughout the season.
- ❖ Athletes will purchase their own hair pieces. More information will be announced regarding hair pieces later.
- ❖ There could be an additional cost for Supermodels' or Additional worlds team music.
- ❖ USASF Fee is your responsibility, that will not be paid to Pittsburgh Superstars.
- ❖ Prices are made based on previous seasons & estimates done in good faith. Slight changes may occur.



## Payment Plan & Due Dates: Full Year Teams

<b>Tryout Fee</b>	\$75 Must be paid in Gems before you can tryout.
<b>Tuition</b>	Due the 1 <sup>st</sup> of every month
<b>Practice Wear Package</b>	Due June 5 <sup>th</sup>
<b>USASF Fee</b>	Due July 1 <sup>st</sup>
<b>Choreography Fee</b>	Due July 5 <sup>th</sup>
<b>Uniform (with socks)</b>	Pay in full \$530 or 3 payments of \$177.00-June 15 <sup>th</sup> , July 15, Aug 15 <sup>th</sup>
<b>Competition Fee</b>	*See payment plans below*
<b>Competition Bow</b>	Due September 15 <sup>th</sup> .
<b>Warm Up Jacket &amp; Backpack</b>	Due on or before Aug 15 <sup>th</sup>



### Payment plan options for all competition fees

\*These prices are estimates based on existing figures. They are subject to change but are done in good faith and are accurate as possible. \*

<u>Level 1-5</u> *Payment plan	<u>Tiny 1</u> *Payment plan	<u>Level 6 Worlds</u> *Payment plan	<u>Crossover Competition Fees Level 1-5</u>	<u>Crossover Competition Fees Level 6</u>
<b>Option 1:</b> *One payment \$1200 Due: August 15	<b>Option 1:</b> *One payment \$800 Due: August 15	<b>Option 1:</b> *One payment \$1250 Due: August 15	<b>Option 1:</b> *One payment \$550 Due: August 15	<b>Option 1:</b> *One payment \$750 Due: August 15
<b>Option 2:</b> *Three payments \$400 Due: August 15 October 15 December 15	<b>Option 2:</b> *Three payments \$267 Due: August 15 October 15 December 15	<b>Option 2:</b> *Three payments \$417 Due: August 15 October 15 December 15	<b>Option 2:</b> *Three payments \$184 Due: August 15 October 15 December 15	<b>Option 2:</b> *Three payments \$250 Due: August 15 October 15 December 15
<b>Option 3:</b> *Five payments \$240 Due: August 15 September 15 October 15 November 15 December 15	<b>Option 3:</b> *Five payments \$160 Due: August 15 September 15 October 15 November 15 December 15	<b>Option 3:</b> *Five payments \$250 Due: August 15 September 15 October 15 November 15 December 15	<b>Option 3:</b> *Five payments \$110 Due August 15 September 15 October 15 November 15 December 15	<b>Option 3:</b> *Five payments \$150 Due: August 15 September 15 October 15 November 15 December 15

All fees are NON-REFUNDABLE & SUBJECT TO CHANGE

# MANDATORY Dates

"Tentative" - Dates will be added for choreography

June 19 <sup>th</sup> , 2022	Gym Closed
July 1- July 4th	Gym Closed
July 17- July 31	Routine Choreography (Mandatory)
September 3- September 5th	Gym Closed (Labor Day)
September 24 <sup>th</sup> & 25th	Gym Closed
October TBD	Dance Choreography
November 24th	Gym Closed (Thanksgiving) If we compete following weekend, Sunday the 27 <sup>th</sup> is Mandatory.
December 23rd – December 25th	Gym Closed (Christmas)
December 31- January 1st	Gym Closed (New Year's)
April 9th	Gym Closed (Easter)

\*Our choreographer will be working with teams on additional dates throughout the season. Dates will be announced later. Choreography practices are mandatory.

## CROSSOVER POLICIES

- ❖ Athletes are first and foremost a rostered member of their primary team.
- ❖ Athletes must attend all practices of both their primary and secondary team.
- ❖ Athletes are responsible for crossover competition fees. There is no charge for extra team practice.
- ❖ It is at the discretion of coaches/staff to discontinue having an athlete crossover at any time.

## ALTERNATES (FILL-INS) AND INJURIES

- ❖ Upon diagnosis of an injury, alert your head coach immediately and an in-person meeting must be scheduled with the program director.
- ❖ If an athlete becomes injured, we will find a replacement to hold their spot until the athlete is able to return. The injured athlete is required to dress and attend all practices.
- ❖ Parents of the athlete are responsible for paying the competition/coach's fees for any replacement that fills their spot when they are not able to compete. This includes quitting and program removal. Prepaid competition fees are non-refundable.
- ❖ If a bid is earned, the original rostered athlete will receive the bid unless they missed the competition by choice (i.e. not due to injury).

## BUYOUT FEE

- ❖ If you quit or are removed from the program anytime throughout the season, you will be charged a \$450 buyout fee and the remainder of your tuition payments.
- ❖ No refunds will be given.

## ABSENCE REQUESTS

- ❖ An absence request email must be sent to Aimee at [ansaffle1@gmail.com](mailto:ansaffle1@gmail.com).



- ❖ The email must be sent least 2 weeks prior to the date your athlete is missing practice.
- ❖ Anything beyond 4 absences may be grounds for removal from the program.
- ❖ Just submitting a vacation request does not mean it will be approved and excused you must follow up on the request.
- ❖ Practices are mandatory, no absent request will be approved 2 weeks leading up to a competition. Absences will not be approved.
- ❖ **Excused absences:** contagious illness, family emergency, school related event that impacts a grade.

## BOOSTERS AND FUNDRAISING

- ❖ Our booster account operates as Pittsburgh Superstars (PSSB).
- ❖ Money earned is applied to the athlete's expenses such as uniform, apparel, choreography, and competition fees. All money earned through fundraising, sponsorship, etc. becomes property of PSSB, our boosters account. If the athlete leaves the gym for whatever reason, no money will be refunded or transferred. There will be no personal checks written for a refund under any circumstances.
- ❖ Fundraising is available throughout the season. A schedule of fundraisers will be posted.
- ❖ Athlete sponsorship is another way to offset costs. The sponsorship letter can be presented to an individual or business. Sponsors are promoted on our website.
- ❖ There will be a one time \$35 fee to cover additional expenses incurred during the season. For example, additional music changes, routine upgrades, gym equipment, spirit gifts, etc.

## TRAVEL COMPETITIONS

- ❖ If air travel is required, you must submit your airfare itinerary to Jan Kenz.
- ❖ Athletes must stay with their parents, guardian, or designated chaperone.
- ❖ Under no circumstances are athletes allowed to swim during competition weekends.
- ❖ Jan Kenz is the Pittsburgh Superstars Office Manager, NOT our travel agent. She will alert you as soon as hotel blocks become available. At that point, you are responsible for making hotel reservations.
- ❖ There are several "stay to play" events. This means that we MUST stay at one of the designated hotels assigned by the event producers. There are no exceptions to this rule. Breaking this rule puts the program and brand in jeopardy of disqualification.

## PRACTICE & CLASSES

- ❖ Fingernails must be of short, sport length.
- ❖ Athletes may not video other athletes or teams in the gym without coach's permission.
- ❖ Athletes may not bring food and drink besides water into the gym. Exceptions include crossovers in the gym for more than 4 hours or medical conditions.
- ❖ Practice wear must be worn in its entirety each practice.
- ❖ Please arrive no more than 15 minutes before scheduled practice time.
- ❖ All practices are closed. No parents or spectators allowed in the gym during practice time.
- ❖ Parents of tiny age athletes must come into the gym 5 minutes prior to the end of practice to pick up their child.



- ❖ Any items left in the gym longer than two weeks will be donated to Goodwill!

## MISCELLANEOUS

- ❖ The competition schedule usually comes out in mid to late June. Schedule is always subject to change. Worlds teams will attend NCA in Dallas Tx along with possible chosen teams this season.
- ❖ Anyone can be added to the program at any time for any reason at coach's discretion.
- ❖ All Competitions are mandatory. Missing a competition could result in removal from the program.
- ❖ The competition schedule usually comes out in mid to late June. Schedule is always subject to change.

## THE CHEERLEADING WORLDS AND END OF SEASON CHAMPIONSHIPS

- Pittsburgh Superstars accepts bid to The Cheerleading Worlds held in April.
- You are not to book flights or hotel reservations until travel dates are released.
- You must book flights and hotel reservations on the required travel dates, or your athlete will not compete at the End of the Season Championships
- If you are an athlete who crosses to a Worlds team, there is a possibility you will have to fly home between the End of season Championship competitions.
- Additional expenses will incur after receiving a bid to The End of Season Championship competitions.

## POINT OF CONTACT

- ❖ Aimee Nicewarner – Owner/Coach: Vacation dates - for all Elite teams, you must email [Ansaffle1@gmail.com](mailto:Ansaffle1@gmail.com) your vacation dates at the minimum of 2 weeks prior to leaving on vacation. Please email request, you must also follow up to make sure request was received. All requests require a written 'approval' response from Aimee to have your request approved. 3 unexcused absences may result in removal from the program. When emailing, please add "Vacation Request" in the Subject Line.
- ❖ Kaylee Kenz – Prep Director/Coach: Vacation dates - for tiny and full year prep teams, you must email [kkenz29@gmail.com](mailto:kkenz29@gmail.com) your vacation dates at LEAST 2 weeks prior to leaving on vacation. Please email those and you must get an 'approved' response from me to have your request approved. 3 unexcused absences may result in removal from the program. Emergencies regarding your Prep and Tiny athlete
- ❖ Dana Thomas – Tumbling Director/Coach: All tumbling questions and schedule or tumbling class changes. Please contact Coach Dana at [Dana@pittsburghsuperstars.com](mailto:Dana@pittsburghsuperstars.com) Last minute issues with practices – if you have general questions, please email your coach to schedule a meeting
- ❖ Maritza Armstrong - All Finances, credit cards, payments, payment plans. Anything regarding money related questions to Pittsburgh Superstars. [Maritza@pittsburghsuperstars.com](mailto:Maritza@pittsburghsuperstars.com)
- ❖ Team Moms: During competitions, the team mom is your 1<sup>st</sup> point of contact. They are not to be contacted at all hours of the day. Please respect that this is a voluntary position and they all have regular jobs outside of Pittsburgh Superstars.
- ❖ Jan Kenz – Office Manager - All other questions regarding boosters, competitions, travel, etc....  
[jan@pittsburghsuperstars.com](mailto:jan@pittsburghsuperstars.com)

## Parent Responsibilities

It is the responsibility of the parent to stay informed. Check your email, our social media outlets, and website regularly. If you are not receiving emails, contact the gym right away. Email and Groupme chats are main form of communication.

Unless invited inside, parents, friends and relatives must remain outside the gym.

**You are NOT permitted to create, sell, or buy any Pittsburgh Superstars merchandise with the Pittsburgh Superstars logo or name, this includes using just the team names on designs. Before purchasing any Pittsburgh Superstars Cheer merchandise off vendor websites, you must email Aimee for approval. Purchasing from another Pittsburgh Superstars location is acceptable.**

Social media will be monitored. Parents MUST refrain from negative, profane, sexual, or harassing posts. Please do not engage in negative gossip about teams, athletes, coaches, or choreography.

Punctuality is a must. Athletes must arrive at least 10 minutes early to practices.

Practice schedules can change. We may add or extend practices at any time. We will always try to do our best to give advance notice.

If you have an issue regarding practice or a team your athlete is on, please do not approach a coach at the gym or at a competition. Wait 24 – 48 hours to schedule a meeting in the office outside of practice times. NEVER interrupt practices, classes, lessons, choreography sessions, etc.

Please do not call or text the staff all hours of the day unless it is an emergency. Please respect their personal time away from the gym.

If an injury occurs with your athlete; you MUST contact the head coach or Aimee immediately. Please do not leave it to social media or word of mouth for head coaches to find out.

**Birthday Treats:** The parent of the athlete celebrating his/her birthday may bring treats to distribute AFTER practice, and must remain OUTSIDE, as to not disturb the athletes entering or leaving the gym. All trash must be taken care of before leaving by the parent.

Withholding your child from practice as a form of punishment is considered an unexcused absence and may result in your athlete being replaced.

No use of illegal substances (as determined by laws governing age, parental approval does not exclude athletes from this policy) on Pittsburgh Superstars premises, during competitions, or in Pittsburgh Superstars attire.

Pittsburgh Superstars reserves the right to adjust the competition schedule as deemed necessary. Do not reserve hotels that do not allow for cancellations. There are no refunds for changes to the competition schedule.

In cases where athletes lose skills or become inconsistent with skills during the season, they may be moved to a team that is level appropriate for their skills at the time.

All charges must be current to buy apparel, take privates, or enroll in clinics. If you do not pay on the due dates listed above, your credit card or ACH on account will be charged WITH A LATE FEE the day after payment is missed. A late fee will also be added if the card on file is rejected, this includes declining due to expiration dates. Please make sure your information is up to date on your Gems accounts.

If for any reason you have not paid on the date the items above are due, your athlete will be sat out of all classes and practices until it is taken care of. All monies paid are nonrefundable.

Pittsburgh Superstars reserves the right to suspend and/or terminate an athlete, without warning, for behavior in violation of our policies by parents, family members and/or athletes. Anyone threatening to quit will be asked to leave immediately; no refunds will be given, and buyout fees will be charged. Sick/Injury Policy/Crossovers

Nothing is more important than the health and safety of our athletes and staff. If there is a question about an athlete's health and whether that athlete should come to practice, please contact the coach prior to the athlete arriving at the gym. We understand that our athletes will also have illnesses and injuries that prevent them from participating in practice. If an athlete is injured or sick with symptoms that a physician diagnoses as NOT Covid-19, they will be expected to attend at practice.

In the case of injury, the athlete must provide a doctor's note with detailed information regarding the injury, treatment plan and length of recovery. Extended injury may jeopardize an athlete's position on his/her team. If a student is injured at home or during other extracurricular activities, we ask that you please notify us as soon as possible. Please do not leave messages or post on social media prior to contacting our staff. We will make changes with choreography/routines based on the person's injury and length of recovery. Once the individual has fully recovered, he or she may or may NOT be choreographed back into the routine. This is the gym's discretion based on the best interest of the team... not the individual. The coaches have complete discretion in replacing athletes for short term team needs or for the remainder of the season. All injured/ill/quarantined athletes must continue to pay their monthly tuition. Anyone selected as a crossover substituting for any athlete for any reason will automatically receive the original athlete's registration for competitions. In addition, the original athlete must provide her/his uniform for the crossover for competition. We retain the full right to replace athletes that are sick/quarantined.

## **Absence Policy**

Students are allowed up to 4 absences for family vacations during the months of June 1st- September 5th. These absences may be in conjunction with any of the above listed summer breaks. Please plan accordingly. Alternates must follow all rules, requirements and guidelines. Additional absences will jeopardize an athlete's placement on their respective teams.

After September 5th, the ONLY excused absence is a school function that results in a grade. All other absences are NOT EXCUSED. Excessive school functions that require absences will not be allowed. This includes competitive school cheer, choreography, practices and competitions. Absences are NOT allowed the weekend and week prior to a national competition. An unexcused absence may result in the athlete being moved to an alternate position or pulled from an upcoming performance at the discretion of the staff. It is the responsibility of the athlete to learn any changes prior to practices. Alternates must follow all requirements and guidelines.

An EMAIL must be submitted 2 weeks prior to the absence, please email Aimee at the following [ansaffle1@gmail.com](mailto:ansaffle1@gmail.com). If you do not hear back from Aimee regarding your email, you must follow up. NEVER ASSUME this is approved. Please submit your request in advance. A completed form does not automatically excuse the absence. Absences must be approved. We will verify with school administration and the teaching staff if we think that someone is being dishonest. Be prepared to show documentation from a teacher or instructor. You will be removed immediately if the request is falsified. Absences are not permitted the week of a national event. School competitive cheer conflicts will not be allowed/excused during any Pittsburgh Superstars Cheer event. Multiple absences which involve school comp cheer may result in removal from our program.

Attendance is crucial to the success of the team. All missed practices must be documented in writing 2 weeks prior to the absence. Failure to notify the gym of an absence (no call/no show) will result in a disciplinary meeting before the athlete can return to practice.

Team placement If an athlete demonstrates a skill at tryouts, they are expected to have the skill throughout the season. If an athlete loses a skill that is utilized in the routine, they have 2 weeks to regain it. If after 2 weeks the athlete has not regained the skill they possessed at tryouts, they may be moved to a more appropriate team.

All team placements, routine positions and stunt spots are at the discretion of the coaches and can be changed at any time.

Pittsburgh Superstars rules! Shoes must be always worn while in the gym! Proper clothing must be worn! Athletes should always style hair away from the face and have a high pony tail at all times. Cell phones must remain on silent and stay in your bag. Bags should be left in designated storage locations. Leave your valuables at home; we are not responsible for lost or stolen items.

No jewelry: it is a safety issue. Athletes are expected to be respectful to staff, parents and teammates, both in the gym and at competitions.

Inappropriate behavior can result in expulsion from practice or immediate dismissal. Social media will be monitored. Athletes should refrain from negative, profane, sexual or harassing posts, particularly while in Pittsburgh Superstars attire.

No food allowed in the gym.

No use of illegal substances (as determined by laws governing age, parental approval does not exclude athletes from this policy) on Pittsburgh Superstars premises, during competitions or in Pittsburgh Superstars attire.

## **ATHLETE RESPONSIBILITIES**

**Attendance is crucial to the success of the team.**

All missed practices must be documented in writing 2 weeks prior to the absence. Failure to notify the gym of an absence (no call/no show) will result in a disciplinary meeting before the athlete can return to practice.

Excused absences: Contagious illness - Family emergency - School related event that impacts a grade. Practices are mandatory the two weeks prior to a competition. If an athlete misses a practice during this time (injuries are not an exception), coaches reserve the right to take necessary actions to ensure the success of the team including the athlete forfeiting their opportunity to compete and no refunds will be given. Any injury that causes an athlete to miss two or more practices will require a doctor's note to return.

Team placement If an athlete demonstrates a skill at tryouts, they are expected to have the skill throughout the season. If an athlete loses a skill that is utilized in the routine, they have 2 weeks to regain it. If after 2 weeks the athlete has not regained the skill they possessed at tryouts, they may be moved to a more appropriate team.

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