



American Cheerleading Center
Bama All Starz

Welcome to the 2025-2026 Bama All Starz Season!

Season 29 is here and we are excited to welcome you to the Bama All Star Family! We strive to build champions on and off the mat through exceptional routines coached by outstanding staff and fueled by talented athletes and supportive families!

We pride ourselves on being a program that promotes excellence, respect, hard work, dedication, good sportsmanship, Christian values, accountability, positivity, inclusivity, and a family environment. The BamFam is committed to these positive attributes and inspires our athletes to be the best they can be!

Joining A Team

- Register your athlete to become a gym member on gym website in team portal
- Pay gym registration fee in the gym portal (\$60 for each)
- Fill out paper team contract and bring signed contract to gym on or before October 5

Note: All parents should have completed their gym registration on our website www.alabamacheerleadingcenter.com providing their basic contact information before submitting the tryout packet. All payments should be made through the portal. Gym registration fees (\$60 annually) must be current and all gym accounts must be in good standing with a zero balance in order to participate in team evaluations.

Be sure to complete the signature pages at the end of the packet when you come in for your tumbling and jump evaluation day. Athletes will not be allowed under any circumstances to evaluate for a team without completed packets, tryout fee paid online, and registration fee current prior to tryout. Tryout fees and gym registration fees are non-refundable.

Important Dates

- Competition Schedule available on the website



American Cheerleading Center
Bama All Starz

Team Tiers

	<u>Elite Teams</u>	<u>Limited Elite</u>	<u>Half Year Teams</u>
Team Level	Flagship program in the gym, 11 months on the team	Bridge between prep/novice and elite, most teams in this group are new or younger teams, 11 months on the team	Team level determined by skill level of MOST athletes
Tumbling Packages	Unlimited summer classes June and July, 1 class/week for tumbling August-April	1 class/week for tumbling June-April	1 class/week for tumbling October-March
August to end of season team practice schedule	Practice Sunday plus one day during the week August to April	Practice Sunday plus one day during the week August to April	Sunday practice for 2 hrs depending on age group October-March
Competitions	7 competitions, both local and travel, last competition typically a bid event after last regular season competition	5 competitions, 4 local including nationals plus 1 Travel competition, eligible to attend a bid event after last regular season competition	3 local competitions, possible end of season event

Practices and Attendance

Attendance is a high priority for a team's success. A team's success is largely based on the team working together on their skills and spending time as a team. Failure to comply with the attendance policy jeopardizes an athlete's team placement. Team attendance is divided into two sessions: summer training and competition season.

Choreography

Team choreography will be set for early November. These are the times where the choreographers come in and teach the routine our teams will compete for the season. This time is mandatory as well. Please do not schedule vacations, last minute trips to the beach, or other activities during this time.

Competition Season

Competition Season: October until the end of competition season, an athlete has 3 allowed unexcused absences. All elite teams practice once on Sunday plus one weekday practice. Prep and novice teams will have one weekly practice. Practice times vary from 1.5 hours to 3 hours depending on the team. The cost of the team does not fluctuate if team practices are added or cancelled.



American Cheerleading Center
Bama All Starz

Practice Dress Code

- Athletes should wear the assigned practice wear and cheer shoes for every practice.
- Hair should be worn in a high ponytail or bun, out of their face, and with a practice bow in their hair.
- Hair should not hang longer than mid-back. If an athlete has hair that is longer than the acceptable length, she/he must braid, curl, or put their hair in a bun to make their hair an acceptable length for safety reasons.
- No jewelry should be worn to practice, including rings, bracelets, necklaces, ear/nose/belly rings, or any other items.
- Male athletes should always wear compression shorts under their practice shorts.
- Female athletes should always wear a sports bra and bloomers under their practice wear.

Attendance Policy

Athletes are allowed 3 unexcused absences during competition season (October to April).

- Athlete absences should be reported to their coach as soon as possible. Failure to report your child's absence will result in an unexcused absence and a \$25 fee added to your child's account.
- Arriving to practice 15 minutes late or asking to leave more than 15 minutes early will result in a ½ absence. Two ½ absences will count as one unexcused absence.
- Communicating regarding an absence does not ensure that an absence is excused.
- Planned absences, including doctor appointments and family commitments should be submitted to the coach no less than 2 weeks prior to the absence or the absence will be unexcused without exception.
- Unplanned absences should be reported to the coach (emergencies) as soon as possible.

Absence Protocol

- First unexcused absence: Coach contacts athlete's parent, notifies all star director
- Second unexcused absence: Athlete role in routine reduced with all star director
- Third unexcused absence: Parent meeting with coach and all star director
- Additional absence: Athlete removed from routine, athlete season balance is due

Tardies and unexcused absences to practices will result in consequences including but not limited to conditioning exercises to make up for lost practice time.

Competition Week

Absences are not allowed during the seven (7) days before a competition. Missing a practice during competition week will result in a \$50 fee added to the athlete's all star bill, to accommodate for costs of coming in for additional practices. Missing practice may result in an athlete losing their place in the routine. Missing a competition for a scheduled event (wedding, family vacation, sicknesses, school field trips, other conflicts) with advance notice will result in a \$500 fee assessed to your all-star account.



American Cheerleading Center
Bama All Starz

Missing a competition without a week's notice can result in a fee equal to 100% of your athlete's team entry fee for the competition and/or termination from the program with the season balance due.

Excused Absences

Excused absences include school functions that result in a grade, documented diagnosis of a contagious illness that prevents your child from coming to practice (doctor's excuse required).

Unexcused Absences

Unexcused absences include homework, study groups, trips, weddings, church activities, jobs, punishments from parents. Athletes are responsible for catching up on missed material at practice, including tumbling and jump reps, and stunts.

Gym Closure Dates

The gym is closed the following dates:

Memorial Day – May 26, 2025

Independence Day – June 30-July 4, 2025

Staff USASF Training – July 11-14, 2025

Labor Day – August 29 – September 1, 2025

Thanksgiving – November 23-29, 2025

Christmas Break - December 21, 2025 – January 2, 2026 (team workouts December after Christmas Day TBA)

New Year's Day – January 1, 2026– January 2, 2026

Spring Break – March 23-27, 2025

Easter- March 3-5, 2026

Any days cancelled due to weather conditions, staff training, competitions, performances, clinics, or other gym events.

School Cheerleading

School cheer will be allowed a limited number of excused absences. We schedule team practices to minimize conflicts with school cheer. The Bama All Star staff works diligently to accommodate scheduled extracurricular activities related to school cheer. Parents should provide the All Star coaches with the school cheer schedule as soon as it is available, and reminder emails should be sent to coaches regarding absences each week. Absences with less than 24 hours' notice must be followed up with an email or group message from the school coach confirming the rescheduled event; otherwise, the absence will not be excused.

Injuries and Unexpected Emergencies

If an athlete is sick (but not contagious) or has an injury, they are expected to attend team practice. An athlete with a fever may be contagious and should refrain from attending practice. Watching from the



American Cheerleading Center
Bama All Starz

sidelines allows the athlete to observe any changes made during practice that may impact their part in the routine.

An athlete will only be excused from practice if a doctor provides a written note stating they must refrain from participation due to an injury.

If an injury occurs during practice, please notify the coaches immediately. The athlete cannot return to full participation until a doctor's note clearing them to resume activity is received—no exceptions. Athletes should still attend practice during their recovery period unless the doctor advises otherwise. Parents are responsible for paying all All Star fees while their child is injured. An alternate may be placed in the athlete's position in the routine during this time.

Once the athlete is cleared by a doctor, it is at the coach's discretion (not the parent's) to determine when the athlete is ready to resume their role in the routine. Missed classes due to injury are not prorated. If an athlete is not well enough to fully participate in team practice, they may not participate in tumbling classes until they are cleared to engage in both.

Team Placements

Team Placements

Team placements are made based on each athlete's age, skills, maturity, role in the routine, experience, and what will make the team most competitive. The team placements are in the best interests of the program.

Best Interest of the Program

Athletes are placed on teams based on the best interest of the program and to maximize the scoring potential of the routine. It is the athlete's responsibility to maintain their current skill set throughout the season and to develop new skills through tumbling classes and team practices. Athletes must also be familiar with their role in the routine (e.g., base, back spot, flyer, front spot, tumbler) and the specific routine skills (stunts, jumps, tumbling, dance, baskets, etc.). Occasionally, an athlete may be moved to a different team or asked to serve as an alternate for an additional routine. Such moves are made in the best interest of the program and the optimal use of the athlete's skills and are not punitive. These decisions are made after careful evaluation and consideration of both teams, in collaboration with the All Star Director/Owner.

Declining Team Placement

An athlete becomes an official member of the Bama All Star program upon attending their first practice and turning in their contract. Parents have until 6:30 PM two days after their first team practice to decline their placement **in writing via email or letter** to the All Star Director. After this time, the contract is binding, and the agreement stands as written. Team placements may change until routine choreography is finalized, and teams can be formed, disbanded, or combined after tryouts at the owner's discretion, in the best interest of the program.



American Cheerleading Center
Bama All Starz

Coaches Decisions

Bama All Starz parents and athletes understand that coaches and staff have the final decision regarding an athlete's team placement, roles in the routine, and positions in formations at any point during the season. Coaches may assign athletes as alternates in a routine they were previously part of due to attendance or disciplinary issues before removal from the team. Any changes to the routine are made in the best interest of the team and the routine. Teams may also be formed, disbanded, or combined after tryouts at the gym owner's discretion, based on the best interests of the program.

Competitions: Schedule, Travel, Dress Code

Competition Costs

Competition costs are included in the inclusive fee for the cheer season. However, bids to the D2 Summit, D1 Summit, The One, and All Star Worlds may incur additional fees, beyond the season's inclusive fee.

Competition Information

The competition schedule, along with a season calendar of events, will be provided to parents and athletes. We will adhere to this schedule unless extenuating circumstances require changes. When registering for competitions, we do not have control over the teams we compete against or the number of teams in each competitive group. We will not entertain questions regarding our competitors or why other programs may not be attending the event. Additionally, parents are not permitted to enter the warm-up area at any competition for any reason.

For each competition, we will provide details on the team's arrival time, meeting with coaches, competition time, release to parents (if applicable), and awards. These times will be available by Thursday of competition week, though they are dependent on the event producers finalizing the competition schedule and sending the information to our program.

Parent Travel Obligations

If the team goes to an end of season bid event, parents are responsible for their child's behavior and activities at competitions. They are also responsible for transporting their child to the competition, providing lodging, meals, and handling any other activities related to the competition day, aside from participation on the competition floor. If a parent is unable to attend a competition, they should arrange for their child to be cared for by a responsible adult or another Bama All Starz parent who will take responsibility for the athlete.

Bama All Starz parents understand that some competitions may take place outside the Birmingham area. Parents should be aware that competitions are not vacations, and the athlete's focus should remain on Bama All Starz and the competition itself. For out-of-town events, parents must adhere to "Stay to Play" guidelines (if required) when booking hotels. Parents should plan to arrive in the



American Cheerleading Center
Bama All Starz

competition city by Friday and depart after the event concludes, including the team's awards ceremony. Competition schedules will be provided the week of the event or as given by the event producer.

Bama All Starz is not responsible for any travel disruptions caused by event rescheduling or changes. We recommend that parents purchase refundable or transferable travel options. Many parents choose to drive to competitions and do not require flights.

Competition Dress Code

- Athletes should arrive at competitions dressed to compete, with full makeup and hair done.
- Wear the complete uniform.
- Athletes may wear Bama All Star jerseys, jogging suits, or T-shirts over their uniforms.
- Hair should be pulled up into a high ponytail or bun, with no flyaway bangs, wings over ears, or loose hair/loose braids.
- Makeup should be natural, including blush, mascara, red lipstick, smoky or earth-toned eyeshadow. Lashes are required for Junior and Senior teams.
- White no-show socks only.
- Fingernails should be short (no longer than fingertips) and, if painted, in clear, French tip, or Bama All Starz colors (red, white, or blue).
- Male athletes should be neatly shaven for competition.
- No jewelry is allowed, including earrings, rings, or other piercings (bandages cannot be used to cover piercings).
- Competition cheer shoes must be worn.
- Slippers, Uggs, flip-flops, or pajama pants are not permitted.

Communication

Bama All Starz communicates important information to parents and athletes via email, GroupMe, Facebook, flyers, and the gym website. Billing is managed through our website. Parents are responsible for staying informed by regularly checking these communication channels.

Behavior

Bama All Starz expects all athletes and parents to uphold a high standard of behavior, both in and out of the gym. Respect for coaches, teammates, other parents, judges, officials, and spectators is essential. Disrespectful behavior, including drama or inappropriate actions from parents, athletes, or family members—such as fighting, bullying, arguing in public or in the gym, or unsportsmanlike conduct—will not be tolerated and will result in immediate removal from the team, with no exceptions. All Bama All Starz members are expected to demonstrate good sportsmanship before, during, and after competitions. We treat athletes and coaches from opposing teams with respect and remain humble in success and gracious in defeat. Our focus is on fostering a positive, supportive, and respectful environment for all involved.



American Cheerleading Center
Bama All Starz

Cool Down for 24 Hours

Parents are required to schedule an appointment with coaches or staff to discuss any athlete concerns, and this should be done no earlier than 24 hours after the incident. Concerns will not be addressed during competitions or in public settings, allowing for calm and productive conversation. This approach ensures that emotions do not dominate the discussion and that all parties are addressed appropriately. Additionally, athletes and parents must refrain from posting negative messages about cheer on social media, including but not limited to private stories, spam accounts, or direct messages.

Bullying and Abuse

Bama All Starz does not condone bullying or abuse of any kind, whether directed at athletes, parents, or coaches. We are committed to maintaining a safe and respectful environment for all involved. If any instances of bullying or abuse occur, we will take immediate action to investigate and address the situation. This may include meetings with the individuals involved, implementing disciplinary actions as necessary, and providing resources for conflict resolution. Our priority is to ensure a positive and supportive atmosphere for every member of the Bama All Starz community.

Social Media Policy

Parents and athletes understand that social media posts and messages reflect not only on the gym, but also on the coaches, staff, and themselves. Athletes and parents are prohibited from posting inappropriate messages on social media, including but not limited to posts on stories, newsfeeds, or direct messages (e.g., Facebook, Twitter, Instagram, spam accounts, group chats, or private messaging). Inappropriate messages should be reported to the All Star Director. Such messages may result in disciplinary action, including potential dismissal from the program.

Unauthorized posting of videos, including on Facebook, YouTube, or any other public websites, is not allowed until the season has ended. We encourage families and supporters to respect this policy as well. Photos taken during the season are acceptable.

The only official team group chats for team communications will be created by the coaches via GroupMe or Instagram (for athletes to share videos with coaches). No other team-based messaging will be sponsored by the gym.

Athlete Disciplinary Actions

If an athlete does not comply with the rules of the handbook, the following actions will be taken:

1st offense: meeting with the athlete

2nd offense: parent conference with athlete

3rd offense: removal from the team or program



American Cheerleading Center
Bama All Starz

Financial Obligations

All-Inclusive All Star Fees for 2025-2026 Season

Half Season - \$250/month for 6 months, payments October to March (\$1500 total)

All Bama All Star teams receive these benefits as a part of their all star fee

- All weekly team practices (1/wk October to March)
- Reserved spot in weekly tumbling classes (must sign up in advance)
- Routine choreography and competition music
- Competition fees
- Coaches fees
- New competition uniform (top and bottom) and competition bow
- Practice uniform
- End of the season celebration, recognition and squad awards

Bama All Star Fee does not include:

- Nfinity Cheer shoes
- Athlete's transportation, lodging, or any travel expense
- Meals or spectators fees for parents or guests
- Post Season Bid event additional fees above deposit
- USASF membership \$49
- Jersey
- Nfinity Backpack
- Warmups

Exceptions

The Bama All Star fee is non-prorated and will not be adjusted for holidays, gym closures, weeks without squad practices, missed competitions, injuries that still allow participation in squad activities, voluntary non-participation, dismissal from the program, or any other circumstances unless prior written approval is given by Bama All Starz. Both the parent and athlete acknowledge that no refunds will be issued for missed tumbling classes, mandatory squad practices, scheduled special events (such as choreography camps or picture days), or competitions.

Pandemic/Acts of God

In the event of a pandemic, we will implement safety protocols to ensure the well-being of all athletes. Parents and athletes understand that these protocols may include social distancing, limiting the number of athletes in the gym, closing parent/public areas, canceling practices, postponing or canceling competitions, and temporarily closing facilities as required by public health guidelines. Bama All Star fees will not be prorated during this time, and reimbursements or compensation are not guaranteed due



American Cheerleading Center
Bama All Starz

to scheduling constraints and other factors, including competition season extensions, cancellations, or actions mandated by USASF and participating competition organizations.

End of the Season Events: The One, D2 Worldwide Championship

End of the season events for half year teams are an additional cost and are not included in the half season team fees. Coach fees are not included in the and will be calculated based on the actual cost of coaches attending the event. These fees will be added to the athlete's statement once the event is selected.

If a half season team wins a bid, we will have a bid parent meeting for the team. We recommend teams to attend end of the season bid events if they qualify. Each team will collect bids throughout the season. Coaches will determine which end-of-season event the team will participate in. These events include The One, and D2 Worldwide Championship. **If we decide the team is going at the team meeting, attendance at these events is mandatory for all athletes and cannot be negotiated.**

Copyright Notice

The Bama All Star logo and name are the property of American Cheerleading Centers. Unauthorized creation of Bama All Starz clothing or items is prohibited. Official Bama All Starz merchandise is available for purchase in the gym's pro shop. This includes team names, any likeness of the logo, affiliation, or program, which cannot be used without the express permission of the owner, Tristan Twyman.

If a team wishes to purchase an item for the entire team, it must be approved by the owner and made through one of our approved vendors using the Bama All Starz logo. All items must be approved by Tristan Twyman before ordering. Items may be personalized using our gym colors for lettering. The purchase and use of any apparel or logo is at the discretion of the owner, Tristan Twyman.



American Cheerleading Center
Bama All Starz

Monthly Payments/Payment Schedule

Option 1:

The season balance may be paid in monthly installments, with the first payment due by October 5, 2025. Payments will be auto-drafted on the 1st of each month, with the balance paid in full by March 1, 2026. A credit card must be on file, and auto-draft must be activated for monthly payments. A late fee of \$25.00 will be assessed if payment is not made by the 4th of the month.

Option 2:

The season balance may be paid in full on October 5, 2025. Payments can be made by cash, check, or credit card.

Any remaining balances at the end of the season will incur a 15% monthly late fee, starting on April 2, 2026. Athletes with overdue accounts may be asked to sit out of practice until their account is current.

There are no refunds for athletes who choose to leave the program or quit a team. The financial commitment is for the entire competition year. Athletes who resign from a team will still be responsible for the remaining balance, with no exceptions. Additionally, athletes who resign may be subject to a re-choreography fee of up to \$1,500, in addition to any outstanding balance.

Discounts: All discounts will be applied to the final month's payment unless the all star bill is paid in full.

Payment Process

Web Registration and Payment Authorization

All athletes **must** be registered in our online portal prior to tryouts. Registration fees and tryout fees **must** be paid in advance of tryouts as well as paperwork turned in. A credit/debit card **is required** to be on file in order to register.

Each month beginning October 2025 1 monthly payments are to be made on the 1st of the month. Declined payments must be cleared on or before the 4th of the month. On the 5th of the month a late fee of \$25 will be assessed to all late payments.

Contractual Obligations

Upon submitting the contract, it becomes effective immediately, and all financial obligations are agreed upon by the person signing the contract. Families have until 6:30 PM on two days following the first team practice (Tuesday, October 6, 2025, at 6:30 PM) to decline their team placement. After this time, the contract is binding, and the agreement stands as outlined. If an athlete quits or is dismissed from the team after 6:31 PM on October 6, 2025, the full contract amount remains due, including any applicable interest and collection fees, regardless of whether the athlete competes. If an athlete resigns after the deadline but before receiving their apparel, no refund will be issued for the cost of the apparel.



American Cheerleading Center
Bama All Starz

Terms and Conditions Agreement/Contract

Please initial each section and sign at the end.

Acknowledgement → _____ (Ath. Initial) _____ (Par. Initial)

I fully understand this document is a contract between me, my family, and Bama All Starz.

Athlete Agreement → _____ (Ath. Initial)

Parent Agreement → _____ (Par. Initial)

I agree to the obligations outlined by the Bama All Starz Handbook, the Bullying/Abuse Agreement, and Concussion Protocol.

Athlete Agreement → _____ (Ath. Initial)

Parent Agreement → _____ (Par. Initial)

As an athlete of Bama All Starz, I am expected to follow the rules of the program and remain in good standing with my fellow teammates and coaches. I encourage my child to play by the rules and respect the rights of others. I understand that it is important to enforce the rules of Bama All Starz, respect the sport of cheerleading, and not criticize the judges or coaches' decisions during or after a competition.

Stay to Play Policy → _____ (Parent Initial)

I understand that certain national championships (Ex. Cheersport Nationals) have implemented a Stay to Play Policy which requires ALL performers, coaches, and spectators to make ALL room reservations through their respective Housing groups. Other competitions may implement this policy in the future. Teams and/or individuals that do not abide by this policy will be ineligible to participate.

USASF Membership → _____ (Parent Initial)

The United States All Star Federation (USASF) mandates that all athletes competing in sanctioned competitions and other cheerleading related events must be members of the USASF. Membership is mandatory and must be completed by October 31, 2025 at a cost of approximately \$50.

Attorney's Fees/Costs → _____ (Parent Initial)

In case suit should be caught for recovery of monies due under this agreement or for violation of any terms and conditions contained herein, you hereby agree to pay all attorney fees and all costs incurred in connection with such action.



American Cheerleading Center
Bama All Starz

Terms and Conditions Agreement/Contract (Cont'd)

Governing Law/Venue → _____ (Parent Initial)

The laws of the State of Alabama shall govern the validity, construction, performance, and enforcement of this agreement/contract. Should either party institute legal action to enforce any obligation contained herein, including, but not limited to, any suit for monies due or breach of contract, it is agreed that the proper venue of such suit or action shall be Jefferson County, Alabama, Bessemer Division.

Financial Agreement → _____ (Parent Initial)

CHECK HERE Payment Option → ☐ Paid in Full ☐ Monthly Payment Option

Failure to satisfy the conditions of the selected payment option will constitute forfeiture of any account discounts and may cause the athlete to not be allowed to participate in squad activities. If the athlete resigns or is removed from Bama All Starz, it is understood that I am responsible for paying the remaining all-star balance at resignation. If removed from a team, the athlete will not be allowed to try out for Bama All Starz for the following season. If an athlete resigns from a team, the next season's tryout privilege must be approved by the gym owner. All resignations must be accompanied with a meeting with the gym owner and submitted in writing. A zero balance must be obtained by March 1, 2026.

Payment Authorization → _____ (Parent Initial)

Everyone is required to submit VALID credit card information to be used for payments. Bama All Starz accepts major credit cards or bank drafts for Bama All Star payments unless the payments are made in full. Accounts are due on the 1st of every month. Your credit card will be charged for your monthly payment on the 1st of the month. I understand that payment plan amounts are due by the 1st day of each month and are non-refundable. On the 5th of each month any outstanding monthly payment will be charged to your credit card through automatic processing. Non-payment or a declined credit card results in an additional \$25.00 late fee. If credit card information changes, including new cards, and changed expiration dates, it is the responsibility of the cardholder to notify Bama All Starz of this change. All returned checks will incur a \$30.00 charge; these fees will be applied to NSF, rejected payments, and charge backs. If a student is removed from Bama All Starz program for any reason, no credits or refunds will be issued. If there is a financial problem, please contact the office immediately. Your coach will not be able to advise you on these matters.



American Cheerleading Center
Bama All Starz

Terms and Conditions Agreement/Contract (Cont'd)

Your signatures below indicate your acknowledgement of an agreement to these policies:

Responsible Party (Adult) Printed Name

Responsible Party (Adult) Signature and Date

Athlete Printed Name

Athlete Signature and Date

Responsible Party (Adult) Mailing Address, with City, State, and Zip Code

Responsible Party (Adult) Cell Phone

Responsible Party (Adult) Email

Bama All Starz Representative Signature

Credit Card Information:

Name on Card: _____ CVV: _____

CC #: _____ Exp.: _____

Billing Zip Code: _____