

Welcome to the 2023-2024 Bama All Starz Season!

We are so excited for you to join our Bama All Starz Family, the BamFam for Season 27! The mission of Bama All Starz is to build champions on and off the mat. 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!

Note: All parents should have completed their tryout 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.

Athletes will be notified after their tryout of their projected team placements. Team placements are fluid and athletes may be changed after placements are made initially based on age, skill level, role in the routine, routine score maximation, overall perfection of skills, and changes in the scoring grid or age grid. Attendance is critical to show improvements and ensure proper team placement.

Team Tiers

Elite Teams

- Flagship program in the gym
- Practice once a week (weekday) in June and July
- Unlimited summer classes June and July, Silver package for classes August-April
- Practice Sunday plus one day during the week August to April
- 6-7 competitions, mix of Local and Travel competitions, last competition typically a bid event the last weekend of April/1st weekend of May

Prep Teams

- Usually level 1 only
- Practice once a week once teams form until March, 1.5 hr or 2 hrs depending on age group
- Summer training once a week, once a week summer tumbling classes
- Compete locally, 2-3 competitions, possible 1 day travel competition or virtual competition, ends in March



Novice Teams

- Usually Tiny level 1 only
- Practice once a week once teams form until March, 1.5 hr
- Summer skill training once a week, once a week little explorer classes
- Compete locally, 2-3 competitions, possible 1 day travel competition or virtual competition, ends in March



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.

Summer Practices

Summer Training: Athletes have practice once a week as a team. The gym is closed on the week of the 4th of July. Between team formation at the end of May/beginning of June to August 1st, an athlete is allowed a **maximum of two (2) absences**. These absences should be submitted in writing at the first team practice. Team practices are scheduled Monday-Thursday and are the same day each week. Choreography weekend and team stunt week are mandatory. Elite teams also receive unlimited class opportunities over the summer. Other teams receive one tumbling class a week.

Choreography

Team choreography weekends are the times where the choreographers come in and teach the routine our teams will compete for the season. This weekend 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: August 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.

Practice Dress Code

Athletes should wear the assigned practice wear and cheer shoes for every practice. Hair should be worn in a high ponytail, 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 2 unexcused absences during the summer session (June and July) and 3 absences during competition season (August to April).



- Athlete absences should be reported to their coach as well as logged using the absence link on the gym website. Failure to report your child's absence on the website 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.
- Unplanned absences should be reported to the coach and logged in the absence link in the gym website.

Absence Protocol

- First absence: Coach contacts athlete's parent, notifies all star director
- Second absence: Athlete role in routine reduced with all star director
- Third 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 all star's 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. Missing a competition without a week's notice can result in a fee equal to 100% of my child's team entry fee for the competition and/or termination from the program with the season balance due.

Gym Closure Dates

The gym is closed the following dates:

Memorial Day – May 29, 2023

Independence Day – July 3-7, 2023

Staff USASF Training – July 21-22, 2023

Labor Day - September 2-4, 2023

Thanksgiving – November 19-25, 2023

Christmas Break - December 21, 2023 – December 31, 2023 (team workouts December after Christmas Day TBA)



New Year's Day - January 1, 2024 - January 2, 2024

Spring Break - March 24-29, 2024

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

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.

School Cheerleading

School cheer will be allowed limited excused absences. We schedule team practices with as few school cheer conflicts as possible. Bama All Star staff works diligently to work around scheduled extra-curricular activities related to school cheer. All Star coaches should be provided with a school cheer schedule as soon as it is published, and coaches should be sent reminder emails for absences each week. Absences with less than 24 hour notice must be followed up with the school coach's email/group message of the rescheduled event or the absence will not be excused.

Injuries and Unexpected Emergencies

If you are sick (and not contagious) or have an injury, you are expected to attend team practice. An athlete with a fever may mean an athlete is contagious and should not attend practice. Watching from the sidelines allows an athlete to see changes made at practice, which may affect their part of the routine. An athlete is excused from activities during practice only if the doctor writes and signs a note for him/her to refrain from practice due to an injury.

Please notify coaches immediately if an injury occurs during practice. An athlete cannot return to full participation in practice until a notice from a doctor releasing the athlete from their care has been received. There are no exceptions. Athletes should still attend practices throughout their injury period unless the doctor recommends otherwise. Parents are responsible for paying their child's all-star fees while their child is injured. An alternate may be placed in their child's place in the routine during this time. After the athlete is cleared from the doctor, it is at the coach's discretion (and not the parents decision) when the athlete is conditioned and ready to resume their position in the routine. Classes missed due to injury are not prorated. Also, if an athlete is not well enough to fully participate in team



practice, they are not allowed to participate in tumbling classes until they are well enough to participate 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 the maximized scoring potential of a routine. It is the athlete's responsibility to maintain their skill set throughout the season, as well as gain new skills in their tumbling classes and team practices. It is also the athlete's responsibility to know their role in the routine (base, back spot, flyer, front spot, tumbler) as well as routine skills (stunts, jumps, tumbling, dance, baskets, etc.). Occasionally, an athlete may be moved from one team to another team or asked to be an alternate for an additional routine. An athlete that is moved from one team to another is in the best interest of the program and the best utilization of their skills and is not a negative consequence. The decision is made through careful evaluation and consideration of both teams. All team changes will be made with the All Star Director/Owner.

Declining Team Placement

An athlete is officially a part of the Bama All Star program upon trying out for a team. After tryouts, an athlete has until 6:30pm two days after the placement is released to decline their team placement in writing via email or letter to the All Star Director. After that time, the contract is binding and the agreement stands as printed. Team placements can change until routine choreography, and teams can be created as well as disbanded or combined after tryouts at the owner's discretion in the best interest of the program.

Coaches Decisions

Bama All Starz parents and athletes understand that the coaches and staff have the final decision to an athlete's team placement, roles in the routine, and participation and placements in formations at any point of the routine at any point in the season. Coaches may place athletes as an alternate in a routine that they have previously had a participating position in as a result of attendance or disciplinary action prior to removal from the team. Changes in the routine are made in the best interest of the team and routine. Teams also form, disband, or combine after tryouts at the gym owner's discretion in the best interest of the program.



<u>Competitions: Schedule, Travel, Dress Code</u>

Competition Costs

Competition costs have been included in the inclusive fee for cheer for the season. Bids to the D2 Summit, D1 Summit, The One, and All Star Worlds may have additional fees associated in addition to the deposit in the inclusive fee for the season.

Competition Information

Competition schedule will be issued as well as a season calendar of events to parents and athletes. We will adhere to this schedule unless there are extenuating circumstances that cause us to change. When we register for competition, we do not control who we compete against or how many teams are in each competitive group. We will not entertain questions about who we are competing against or why other programs are not coming to the competition. Parents are also not allowed to enter the warmup area at competition for any reason.

For each competition we will provide the times for the team to arrive, meet the coaches, compete, release to parents (if needed), and awards. These times will be available by Thursday of competition week. These times are contingent on the competition event producers finalizing the event schedule and sending the information to our program.

Parent Travel Obligations

Parents are responsible for their child, their behavior, and activities at competition. Parents are responsible for transporting their child to competition, lodging, meals, and any other activities associated with competition day aside from participating on the competition floor. If a parent cannot attend a competition, parents should plan for their child to be in the care of a responsible adult or another Bama All Starz parent that will be responsible for the athlete.

Bama All Star Parents understand that there may be competitions that teams participate in that are outside of the Birmingham area. Parents understand that competitions are not vacations, and the athlete's time and focus should be focused on Bama All Starz and the competition. Parents must follow the "Stay to Play" guidelines (if required) when booking hotels for out-of-town events. For out-of-town events parents should plan to arrive in the city hosting the competition on Friday, and plan to leave following the close of the event, which includes the team's awards ceremony. Schedules for competition are provided the week of competition or as provided by the event producer.

Bama All Starz is not responsible for any cancelled travel plans due to event rescheduling or changes. We encourage parents to purchase transferrable or refundable options. Many parents drive to competitions and do not require flights to attend.



Competition Dress Code

Athletes should come to competitions dressed to compete, full makeup, and hair done.

- Dressed in full uniform
- Athletes may wear Bama All Star Hockey jerseys or Bama All Star T-shirts over their uniforms
- Hair pulled up in a high ponytail, no fly away bangs, wings over ears, or loose hair or loose braids.
- Makeup should be a natural look including blush, mascara, red lipstick, eyeshadow (smoky or earth tones), lashes for Junior and Senior teams.
- White no show socks
- Fingernails must be short, no longer than fingertips, and if painted should be clear, French tip, or Bama All Starz colors (red, white, blue)
- Male athletes should be neatly shaven for competition.
- No jewelry should be worn to competition, including earrings, rings, other piercings as it is against industry rules to cover piercings with bandages.
- Competition cheer shoes should be worn to competition.
- Absolutely no slippers, Uggs, flip flops or pajama pants are allowed.

Communication

Bama All Starz communicates pertinent information for parents and athletes using emails, GroupMe, Facebook, flyers, and the gym website. Billing for Bama All Starz is done through our website. Parents understand it is their responsibility to know what is going on by checking for electronic communications regularly.

Behavior

Parents and athletes should show respect for the coaches, fellow teammates, other Bama All Starz, parents, judges, official, and spectators. Disrespectful behavior will result in dismissal for your child. This includes drama from parents, athletes, or family members. Any inappropriate behavior from parents, athletes, or family members (fighting, bullying, arguing, unsportsmanlike behavior) will equate the child's removal from the team. No questions asked. All Bama All Starz will demonstrate good sportsmanship before, during, and after competitions. Athletes and coaches from opposing teams will be treated with respect. We will be modest when successful and gracious in defeat.

Cool Down for 24 Hours

Parents will make an appointment to speak to coaches and/staff about athlete concerns 24 hours after the incident. These concerns will not be discussed at competitions or in a public setting. This will allow emotions to not rule the conversation and allow all parties to be calm and addressed appropriately. Athletes and parents will refrain from using social media to post negative messages about cheer including but not limited to private stories on social media platforms, spam accounts, or direct messages.



Social Media Policy

Parents and athletes understand that social media posts and messages reflect on the gym as well as the coaches, staff, and themselves. Athletes and parents may not post inappropriate messages on social media including posts to stories, newsfeed, or direct message (including but not limited to Facebook, Twitter, Instagram including spam accounts, group chats, private or direct messaging). Inappropriate messages should be reported to the all star director. Inappropriate messages will result in disciplinary action from the team coach/all star director, which can include dismissal from the program.

No unauthorized postings of videos are allowed, including Facebook and YouTube or other public website until the season has ended. We encourage family and supporters to respect our wishes as well. Photos during the season are acceptable. The only group chats for teams will be created by the coaches through GroupMe or Instagram (for athletes to share videos to the coaches). There will not be any other team based messaging.

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

Financial Obligations

All-Inclusive All Star Fees for 2023-2024 Season

Prep/Novice Non-travel - \$250/ month for 6 months, payments October to March (\$1500 total)

Level 1 – \$450/month for 7 months, payments October to April (\$3150 total)

Level 2 – \$450/month for 7 months, payments October to April (\$3150 total)

Level 3 and up – \$475/month for 7 months, payments June to April (\$3325 total)

Crossover fee - \$850 in addition to your Bama All Star fee

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

- All weekly team practices (1 for prep and novice, 2 a week for elite teams)
- Elite teams unlimited summer tumbling classes
- Reserved spot in weekly tumbling classes (must sign up in advance)
- Routine choreography and competition music
- Competition fees (Elite teams include end of the season event deposit)



- Coaches fees and travel expenses
- New competition uniform (top and bottom) and competition bow
- Practice uniform (2 for elite teams)
- 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
- Hockey Jersey
- Nfinity Backpack
- Warmups

Exceptions

The Bama All Star fee is not prorated for holidays, gym closures, weeks without squad practices, missed competitions, injuries that allow the athlete to participate in squad activities, voluntary non-participation, dismissal from the program, or other circumstances without the express permission from Bama All Starz in advance. The parent and athlete understand that there are no refunds issued for missed tumbling classes, mandatory squad practices, planned special event days (i.e. choreography camp, picture days), or competitions.

Pandemic/Acts of God

In the event of a pandemic, we will use safety protocols to ensure all athletes will be safe. The parents and athletes understand that these safety precautions may include social distancing, limiting the number of students in the gym, closing the parent/public areas, cancelling practices, postponing or canceling competitions, and closing facilities temporarily as instructed by public health guidelines established by public health officials. Bama All Star fees will not be prorated during this time, and reimbursements/compensation is not guaranteed due to scheduling and other limiting factors, including competition season extensions, cancelations, or other actions regulated by the USASF and participating competition companies.

Monthly Payments/Payment Schedule

Option 1: Season balance paid in monthly payments, first payment on September 1, 2023, and payments auto-drafted on the 1st of the month with a zero balance obtained by April 1, 2024. Credit card must be on file. Late payment fee of \$25.00 assessed if payment is not made by the 1st of the month.



Option 2: Season balance paid in full on September 1, 2023. Cash and check payments may be accepted, or credit card.

Any remaining balances at the end of the season are charged a 15% monthly late fee beginning April 2, 2024. Athletes who do not have up to date accounts can be asked to sit out at practice until their account is current

There are no refunds made for anyone who asks to leave the program or quits a team. The financial agreement is for the duration of the competition year. An athlete who resigns from a team has the remaining of the season balance due, with no exceptions. Athletes who resign are subject to a rechoreography fee up to \$1500 in addition to any balance due.

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

Referral Discount

\$100 referral credit to your athlete's account per athlete that joins the program and maintains their position on the team.

Legacy Discount

\$250 account credit for returning All Stars who have participated 5-9 years in the program

\$1000 discount for returning All Stars who have participated 10 or more years in the program.

Uniform Credit for Returning Elite All Stars

Uniform top - \$200, Uniform skirt - \$100. Uniform pieces must be approved by Varsity Rep at uniform sizing

Multiple Child Discount

Oldest child pay full price - 2nd full year female athlete receives \$250 discount.

3rd full year female athlete receives \$350 discount.

End of the Season Events: Summit, The One, All Star Worlds

A bid event deposit is included in your child's Bama All Star fee, which includes \$100 towards the bid event. Coaches fees are not included in the deposit, and will be calculated based on the actual cost of coaches attending the event and added to the athlete's statement once the event is selected.

The athlete's season does not end until after bid events and athletes are required to attend bid events with their respective team(s). Athletes' last practices are during the week leading up to their bid event and parents should not make travel arrangements to miss practices the week leading up to the bid event. The One additional fees ranged from \$50 to \$125 in previous seasons. Summit and All Star Worlds Bid fees ranged from \$100 to \$450 in previous seasons in addition to the bid event deposit that is a part of the Bama All Star Fee.



Each team will collect bids throughout the season. As a staff, the coaches will determine which end of the season event the team will participate in. These events include The D2 Summit, The Summit, The One, and All Star Worlds.

The option to attend is non-negotiable. All athletes will attend.

Copyright Notice

The Bama All Star Logo and name belong to American Cheerleading Centers. You cannot create unofficial Bama All Starz clothing or items. Official Bama All Starz items are available in the pro shop at the gym. This includes team names and any likeness to the logo, affiliation and/or program without permission of the owner, Tristan Twyman.

If a team would like to purchase an item for the entire team, it must be approved by the owner using the Bama All Starz logo and through one of our approved vendors. All items ordered must be approved by Tristan Twyman.

Any items purchased may be personalized using our gym colors for lettering.

Any apparel or logo purchased are at the discretion of the owner Tristan Twyman.

Payment Process

Web Registration and Payment Authorization

All athletes should 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 June 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

At the time of submitting the contract, the contract is effective immediately, and all financial obligations are agreed upon by the person signing the contract. Families will have until 6:30pm 2 days following the reveal of the team placement to decline their team placement. After that time, the contract is binding, and the agreement stands as printed. If an athlete quits a team or is dismissed after 2 days after team placement, you are still responsible for the payment of the contract in full, plus interest and the cost of collections, whether the child competes or not. If an athlete resigns after the deadline but before apparel is received, there will not be a refund for the purchase price of the apparel.



Terms and Conditions Agreement/Contract

Please initial each section and	sign at the end.	
Acknowledgement →	(Ath. Initial)	
	(Par. Initial)	
I fully understand this docum	ent is a contract between me, my family, and Bama All Starz	•
Athlete Agreement →	(Ath. Initial)	
Parent Agreement →	(Par. Initial)	
I agree to the obligations out	lined by the Bama All Starz Handbook.	
Athlete Agreement →	(Ath. Initial)	
Parent Agreement →	(Par. Initial)	
rules and respect the rights of		
implemented a Stay to Play F make ALL room reservations	onal championships (Ex. Cheersport Nationals) have olicy which requires ALL performers, coaches, and spectators through their respective Housing groups. Other competitions the future. Teams and/or individuals that do not abide by th ticipate.	s
USASF Membership \rightarrow	(Parent Initial)	
sanctioned competitions and	leration (USASF) mandates that all athletes competing in other cheerleading related events must be members of the atory and must be completed by October 31, 2023 at a cost o	of
Attorney's Fees/Costs →	(Parent Initial)	
In case suit should be caught	for recovery of monies due under this agreement or for viola	atio

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.



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 $ ightarrow$ \square Paid in Full \square 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 gymowner. All resignations must be accompanied with a meeting with the gymowner and submitted in writing. A zero balance must be obtained by April 1, 2024.		
Payment Authorization → (Parent Initial)		
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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.



Terms and Conditions Agreement/Contract (Cont'd)

Your signatures below indicate your acknowl	edgement of and 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, w	ith City, State, and Zip Code
Responsible Party (Adult) Cell Phone	Responsible Party (Adult) Emai
Bama All Starz Representative Signature	
Credit Card Information:	
Name on Card:	CVV:
CC #:	Exp.:
Billing 7in Code	