



2021 - 2022 Information Packet

Rochester

1503 Canandaigua Rd.
Macedon, NY 14502

Info@coreathletix.com

585-244-2496

Syracuse

6261 E. Taft Rd. North
Syracuse, NY 13212

Syracuse@coreathletix.com

585-244-2496

716

10745 Bennett Rd.
Dunkirk, NY 14048

fredonia@coreathletix.com

585-244-2496

WNY

10060 County Rd. Building A
Clarence Center, NY 14502

WNY@coreathletix.com

585-244-2496



2021-2022 Information

Registration Fees

\$150

MONTHLY Payment – per month June - April

Novice Team	\$159	Prep Team	\$159	Elite Tiny/Mini	\$229	Elite Youth	\$299
Elite Junior/Senior	\$309	Worlds Division NT	\$329	Worlds Division	\$349	HS Graduate	\$199

This MONTHLY Payment includes Tuition, Choreography, Music, Competition Fees, Stunt Clinic for Elite Teams, 1 tumbling Class for Elite teams, Flyer Class for Elite teams

- 2nd Child – Reduced pending level (Novice -\$43, Prep -\$60, Elite -\$78, Worlds NT -\$70, Worlds -\$83 per month)
*More than 2 send email to billing@coreathletix.com
- Crossover Fees \$95 per Month *
- Pay in Full - \$75 off novice/prep, \$150 off Elite/Worlds

COSTS Not Included: (estimates)

- Practice Wear \$85 (will be available on the pro shop after placements)
- Uniform (includes bow and lipstick) – Prep/Novice \$300, Elite Tiny-Senior \$475, Worlds \$575 (Due June 15th)
- Warm Up* - \$225 Mandatory for Elite and Worlds teams (Due July 15th) *Same as 20-21 Season
- Sneakers – Must be Varsity Brand (Youth & Up)
- USASF Membership Fee \$30 (due to USASF)
 - Adult Athletes will incur a fee for Background Check and Safesport.
- Possibility of extra competition fees if cost exceeds the anticipated amount. *this is for crossover fees also.
- End-of-season bid events (Summit, Worlds, etc.) for teams that qualify.
 - National Summit team fees for practice wear and admin/coaches' fees \$355 will be due the 15th after bid is received.
 - Worlds team fees for practice wear and admin/coaches' fees \$480 will be due the 15th after bid is received.

Placement Dates:

Rochester –

- Birth Year 2015, 2016 – Monday, May 24th 5-7
- Birth Year 2012, 2013, 2014 – Monday, May 24th 7-9
- Birth Year 2009, 2010, 2011 – Tuesday, May 25th 6-9
- Birth Year 2005, 2006, 2007, 2008 – Wednesday, May 26th 5-9
- Birth Year 2004 and prior – Thursday, May 27th 6-9

Syracuse - TBA

WNY –

- Birth Year - 2015, 2016 – Sunday, May 23rd 10-11
- Birth Year - 2012, 2013, 2014 – Sunday, May 23rd 11-1
- Birth Year - 2009, 2010, 2011 – Sunday, May 23rd 1-3
- Birth Year - 2005, 2006, 2007, 2008 – Sunday, May 23rd 3-6
- Birth Year - 2004 and prior - Sunday, May 23rd 6-8

716 – TBA

Important Dates

June 1st – Teams Announced (emailed)

Week of June 6th – 1st practices

CLOSED July 2 – 9

July 10 – 11 Stunt Clinic w/Kenny Feely (In Rochester)

CLOSED September 3-10

CLOSED November 24, 25, 26

CLOSED December 24 - January 1 (classes resume January 2nd)

Choreography: Varies by team and we will get the dates out ASAP

Vacations should not be planned during competition season (Dec-April) unless over a scheduled break



Parents and Cheerleaders:

With the season fast approaching, the staff of Core All Stars, Inc. would like to take a moment to tell you about our program and the many benefits we offer our athletes and parents at each of our four locations in New York State.

Our conveniently located facilities house all the equipment and floor space needed to develop the absolute best athletes in the region. We are the premier training facility for Core Athletix All Star Cheer program, as well as, numerous local and regional High School and Collegiate Cheerleading teams. Our goal is and always will be to provide a safe, fun and competitive environment for athletes at all levels to excel in the sports of Tumbling and Cheerleading.

With that said, we also believe that it is important to offer parents a great deal of services. After all, more often than not, you are footing the bill and providing the “taxi” services needed for your child’s participation. We recognize that value is not only about cost; but also about service and what you as a customer, get for your hard-earned dollars.

At Core Athletix, we have a large staff that works behind the scenes to ensure that you get exactly what you expect and more. Here are just a few of the benefits we offer:

- 1) Comprehensive detail of costs associated with apparel, monthly fees, travel and competition fees.
- 2) Sibling discount on tuition fees for all-stars participants.
- 3) Affordable Elite, Prep and Novice teams for every level and age athlete, with the opportunity to cross if desired. (Rec and high school cheerleaders are welcome).
- 4) Individual fundraising that goes directly towards your fees.
- 5) Various tumbling classes, clinics, open gyms and stunt and tumble camps throughout the year.
- 6) A healthy family atmosphere in which your child can grow and participate.

Essentially, we take the guess work and surprises out of the equation so you can relax and enjoy your child’s experience with them. We could go on and on about our certified staff, the value that we offer, the nationally recognized teams within our program and much more, but we would much rather show you and your child.

Lastly, let us reiterate here, that while we understand that All Star Cheerleading is a financial and time consuming sport, we are committed to giving our athletes and parents the very best experience possible for their time and financial obligation. Rest assured, we have checked out our competition and while we know our program has the best talent New York has to offer, we also know that it is by far the greatest value. See our travel information for more details.

Please refer to the Core Athletix Website at www.coreathletix.com for information regarding our Code of Conduct:

- ✓ Policies and Expectation
- ✓ Commitment Levels
- ✓ Class Schedules
- ✓ And much more.

Please take time to read all information provided on the website carefully. Core Athletix can be one of the most enjoyable and rewarding experiences of your child’s life.

Good sportsmanship, polite manners and a kind disposition are mandatory at all competitions and practices. Core Athletix prides itself on setting a high standard of behavior. Please help us to continue in the endeavor.

Coaches at Core Athletix are USASF members and background checked.



Team Placement

Cheer athletes will demonstrate their skill in jumps, tumbling, stunting and choreography. Team placement will be based on age and overall abilities across all skill sets. In some cases, an athlete may not have the required minimum tumbling skills to make a certain level team, but possess other skills that would be beneficial to a certain team. Team rosters will be comprised of members whose talents provide the best chances for success at competition. You must set up your parent portal account and submit any outstanding paperwork and/or fees before your child can begin practices or classes.

Choreography

It is mandatory that all athletes are at Choreography. Choreography can be multiples days/time of year. We have choreographers on staff, some choreography will be done during practice times. Other times may require athletes to come in additional to normal times.

Crossover Policy

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 still expected to attend their team tumble class. It is at the discretion of coaches/staff to discontinue having an athlete crossover at any time.

Referral Program

For each qualifying full season referral, you will receive a single \$50.00 discount off of one month's tuition. The more referrals you bring, the more opportunities you have to save money. Complete referral information is available on the all-star tab at www.coreathletix.com.

Absence Request Form

An absence request form must be turned in for EVERY missed practice or request to arrive late or leave early. Use one form for each absence, and turn them in no later than 2 weeks before an absence. Forms can be found on the Core Athletix website.

Sponsorship Fundraiser:

Sponsorships are a gym wide fundraiser. This fundraiser allows athletes to go out into the community and collect sponsors towards their gym fees and travel expenses. Depending on the level of sponsor, they will be placed on a t-shirt and/or banner for the 2021-2022 season.

Creating a Family Profile and Registering for Classes in JackRabbit

JackRabbit is an online system in which teams, classes and family information is stored. In order to receive emails, gym information and register for classes, all athletes must be registered on JackRabbit. Please log onto www.coreathletix.com and click on the calendar link and register by clicking on the Annual Registration class and following the prompts. When registering for a class, you may do so by clicking on the class and following the prompts indicated. In order to unenroll from a class or switch to another class, please email your gym location with your change. Please be sure to enter your child's t shirt size under the size tab. If at any time your child's size changes, please be sure to update this tab as it is used for apparel purchase.

Team Expectations

- ✓ 2 practices a week
- ✓ 1 tumbling class 1x week (included in elite teams)
- ✓ Flyers Classes (included for elite teams)
- ✓ 50% off for additional classes



Financial Commitment: *(this will be electronically signed with registering)*

- All monthly fees will be charged in accordance with the guidelines below.
 - o Credit Card and bank account mandatory.
 - Credit Card to be charged on the 1st of each month for monthly fees.
 - Credit Card to be charged on the 15th of each month for any additional fees.
 - Fees may be paid via any payment method prior to the above dates by coming into the office during normal business hours.
 - As of the 15th, any remaining unpaid balance will be charged to the credit card on file.
- Fundraising will be applied when the funds are available and go directly to the account to reduce overall balance.
- The parent/guardian of any athlete that is leaving the program must send a written email to info@coreathletix.com that they will no longer be a part of Core All Stars, Inc.
- At that time, an additional 2 months of gym fees will be charged to the credit card on file.
- Additionally, any athlete that quits on or after November 1st will be charged an additional \$500 fee to cover the costs of finding a replacement athlete. (Half year, Tiny and Mini additional fee is \$250)
- No refunds or transfers of any kind will be given for athletes that quit the program, however, all fees incurred/invoiced up to and including the aforementioned will be due and charged to the card on file immediately. Competition fees are included in this nonrefundable clause, as they are paid well in advance of competition season and are nonrefundable by the competition organizations.
- If a uniform was purchased and not yet received by the athlete, a credit of 30% of the uniform fee will be given, however the uniform will not be given to the athlete.
- If there is a financial problem, please talk to the Office Manager immediately. Your coach will not be able to advise you on these matters.
- Customer shall indemnify and hold harmless Core All Stars and its directors, officers, employees, agents, affiliates, subcontractors and customers from and against all allegations, claims, actions, suits, demands, damages, liabilities, obligations, losses, settlements, judgments, costs and expenses (including without limitation attorneys' fees and costs) which arise out of, relate to or result from any act or omission of Core All Stars. Insurance for any and all injuries shall be at the cost of the customer and not Core All Stars.
- Core All Stars will attempt in good faith to resolve any dispute or claim arising out of or in relation to this Agreement through negotiations between a director of Core All Stars and the customer with authority to settle the relevant dispute. If the dispute cannot be settled amicably within fourteen (14) days from the date on which Core All Stars has served written notice on the customer of the dispute i.e., remaining balance due, then the account will be turned over to an attorney for collection purposes.

Attorneys' Fees and Collection Costs. To the extent not prohibited by applicable law, the customer shall pay to Core All Stars on demand any and all expenses, including, but not limited to, collection costs, all attorneys' fees and expenses, and all other expenses which may be expended by Core All Stars to obtain or enforce payment of Obligations either as against Company or any guarantor or surety of Company or in the prosecution or defense of any action or concerning any matter growing out of or connected with this Agreement, the Collateral, or any of Holders rights therein or thereto, including, without limiting the generality of the foregoing, any counsel fees or expenses (including search fees) incurred or paid by Core All Stars in connection with the administration, supervision, protection or realization on any security held by Core All Stars for the debt secured hereby, whether such security was granted by the customer or by any other person primarily or secondarily liable (with or without recourse) with respect to such debt; and all costs and expenses incurred by Core All Stars in connection with the defense, settlement or satisfaction of any action, claim or demand asserted against Core All Stars in connection therewith, which amounts shall be considered advances to protect Core All Stars security, and shall be secured hereby. All such costs and expenses shall be deemed Additional Expenses.



Core Athletix Tumbling Guidelines

Level	Core 5 Plus Jump station	Test out- Perfected - To counts
Intro	<ol style="list-style-type: none"> 1. Shapes 2. Forward and backward rolls 3. Bridge / Back bend 4. Cartwheel – lunge to lunge 5. Lunge handstand 	<ul style="list-style-type: none"> • Forward roll • Backward roll • Handstand • Cartwheel Both sides • Standing backbend • V- up
1	<ol style="list-style-type: none"> 1. Power hurdle / 2 step Round off 2. Front walk over / Back walkover 3. Front limber 4. Arm smack / sit and throw 5. Handstand snap down / Back handspring 	<ul style="list-style-type: none"> • Back walk both sides • Switch kick • Front walk over • Back hand spring • Handstand forward • Back extension roll • Power hurdle Front walkover • Power hurdle round off • Good form toe touch (no height required)
2	<ol style="list-style-type: none"> 1. Speed in Back hand spring 2. Power hurdle / 2 step Round off back hand spring 3. Back hand spring step out 4. Pencil jump back hand spring 5. Blocking / setting 	<ul style="list-style-type: none"> • 3 back hand spring • Power hurdle / step - round off 2 back hand spring • Back hand spring step out • Toe touch back hand spring • Close to level toe touch • Front walk over round off back handspring
3	<ol style="list-style-type: none"> 1. 2 back hand spring tuck 2. Jump multiple back hand spring 3. Punch front / punch front step out 4. Intro to standing tuck 5. Spotted ISO round off back hand spring tuck 	<ul style="list-style-type: none"> • Standing tuck • Level toe touch 2 back hand spring tuck • Punch front thru to tuck • ISO round off back hand spring tuck
4	<ol style="list-style-type: none"> 1. Hollow body rolls 2. Whips / Kill the bounce 3. Twisting drills / concepts 4. Pencil jump to tuck 5. 2 back hand spring layout 	<ul style="list-style-type: none"> • Round off whip back hand spring tuck • Toe back • Round off back hand spring with tuck • 2 back hand spring layout • ½ twist on track
5	<ol style="list-style-type: none"> 1. Jump to tuck 2. Step step 2 back hand spring full 3. Back hand spring layout 4. Theories of doubles 5. Advanced specialty to full 	<ul style="list-style-type: none"> • Level jumps to tuck • Back hand spring layout • Advanced spec to full (SLPT) • 2 back hand spring full • Step step 2 back hand spring full • Round off back hand spring Whip (punch) tuck
6	<ol style="list-style-type: none"> 1. Standing Full 2. Arabians 3. Doubles 4. Specialty to double 5. Step step 3 back hand spring double 	