

ALL STAR CHEER PARENT & ATHLETE HANDBOOK 2021-2022



Welcome to Rebels Elite Cheer. Rebels Elite is quickly becoming one of the top all-star cheerleading programs in Northeastern PA. Our primary goals are to promote athleticism, community service and competitiveness amongst our cheerleaders. Our program teaches cheerleaders the importance of sportsmanship, camaraderie, goal setting, motivation and most importantly teamwork.

We take pride in our ability to focus special attention on each individual. We strongly believe that our success originates from the dedication and commitment of our athletes, parents and staff. **"FAMILY"** is everything at Rebels Elite. We believe in creating life-long bonds and friendships both on and off the competition floor.

We offer teams for all cheerleaders and skill levels and are home to many incredible athletes and their families. We invite you to become part of our TEAL family!

Rebels Elite Cheer has a fully trained and certified staff and is a member in good standing with the United States All Star Federation (USASF).

GYM LOCATION

126 N. 1st Street, Stroudsburg, PA 18360

www.rebelselite.com

Email: rebelselitecheer@gmail.com

610-780-7135



TEAM PLACEMENTS

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 (using the Varsity Scoring Grid for 2021-2022). Rebels Elite Cheer reserves the right to evaluate all athletes on their previous years of participation. Attendance, attitude, conduct, and skills are just some of the areas that will be looked at. All present Rebels Elite Cheer athletes must attend evaluations to be considered for placement on a team. We will be evaluating each athlete to where they best fit and what team would benefit them the most. ***You are not guaranteed a spot on the current level you are on, if a necessary skill was lost or attitude and work ethic have been poor – you will be placed appropriately.** All returning member accounts must be current to receive a team placement.

**Private Evaluations are available by appointment – please contact us to schedule.*

TEAM PLACEMENT CHECK-LIST (or completed through online registration system)

- Submit completed Athlete Registration Form
- Submit completed Parent & Athlete Agreement
- Submit completed Authorization for ACH Direct Payment Form
- Submit completed Medical and Liability Waiver & COVID 19 Waiver
- Pay the Registration/Evaluation Fee - \$50.00 per athlete



Athletes will be asked to perform jumps, standing tumbling, running tumbling, motions and possibly stunts (dependent upon social distancing requirements in place at the time of evaluation) Athletes will be evaluated using the Varsity Scoring Grid and drivers will be assessed in all areas including, but not limited to, body control, flexibility, synchronization, height, approach, arm placement, landing, form, entrances/dismounts, etc. Athletes should perform **only those skills they can execute with the best technique** to maximize their score. Execution and technique is weighted higher than the difficulty of the skill.

All athletes are placed on a team at the discretion of the coaches. Age, experience & level appropriate skills all factor into placement. As a general rule, to be eligible for a higher level team, all athletes must have the requisite level appropriate tumbling, stunt, motion, and jump skills with a high technique score. Please understand that athletes may be re-positioned, moved or replaced at any time at the discretion of the coaching staff. Any changes are made to benefit the team as a whole.

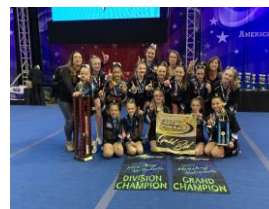
POLICIES AND PROCEDURES

General Gym Policies

- Only athletes registered with Rebels Elite are allowed in the designated practice area during normal gym operations. All practices and tumbling classes are CLOSED.
- Any person that disrupts a tumbling class, practice, or other gym sponsored event will be asked to leave.
- Food and drink is strictly prohibited in the practice area.
- Athletes are responsible for cleaning up all trash items and disposing of them properly.
- Cell phones and other belongings must remain in the cubicles or in backpacks
- Rebels Elite Cheer cannot be held liable for any lost, stolen, or damaged items. Any lost items will be placed in the lost and found and disposed of on a monthly basis.

Placement Policies

- Rebels Elite Cheer holds the right to:
 - Place athletes where they see fit
 - Ask for a re-evaluation of any skills performed during the team placement process
 - Change and place athletes into the position they are needed (base, back, flyer, etc.)
 - Add or remove team members for any violations to gym procedures
 - Add or remove team members due to skill changes, injury, attendance issues, etc.
- All placements are FINAL
- Athletes that wish to crossover to another team may be eligible, subject to approval by staff and only on an 'as-needed' basis



Practice/Class Procedures

- All practices are MANDATORY
- Athletes must arrive 10 minutes prior to all practices and 5 minutes prior to all tumbling classes
- All jewelry and long fingernails are not allowed
- Athletes should have hair up, sneakers on, and basic stretches done by the start of all practices
- Athletes should be dressed in the designated practice attire
- If an emergency occurs, the Attendance Coordinator, Connie Reed (570) 460-5536 or rebels.connie@gmail.com, should be notified ASAP. Athletes should not simply "not show up" to a practice
- If an athlete is to be absent from a practice, please notify the Attendance Coordinator at least 1-2 weeks in advance or fill out a vacation slip in the case of a family vacation
- Excused Family vacations are only permissible from June to September.
- Excused absences are permitted for only illness or injury (**must have a doctor's note**), school event for a grade, and an unfortunate circumstance such as family death/funeral.
- Athletes will be granted three unexcused absences from practices during the regular season, so use them wisely.
- Unexcused absences accumulated over the allotted three will result in additional tumbling classes, conditioning classes and/or removal from spots, stunts and formations in the routine.
- Vacations are not permitted during Choreography week (**June 28, 29, 30th- ELITE TEAMS**). All other limited travel and prep teams to be scheduled (**AUGUST 2021**) or during competition season. Each team will have 2-3 days of choreography.
- All absences must be submitted to and approved by the Attendance Manager, Connie Reed. Connie Reed will notify the team coach of the absence. Parents and athletes may not text message, FB message or email the coach directly regarding an absence. All must go through the Attendance Coordinator for proper enforcement of gym policies and procedures.



Communication Policy

- Parents and athletes must stay up to date with all information that is provided by Rebels Elite across multiple channels
- Parents are responsible for checking emails, text messages and social media. It is your responsibility to stay informed.
- Parents are not permitted to call or text the staff, except in the case of an emergency.
- Discussions with staff may only involve **your child**, not the placements or skills of other athletes.
- All communications should follow the chain of command. Often communications are not reported up the chain of command. Please understand the director will NOT discuss an issue unless it has first been addressed by the coach, the gym manager and the assistant director.
 - 1st – Coach or Instructor
 - 2nd – Gym or Office Manager
 - 3rd – Assistant Director
 - 4th – Director/Owner



Parent & Athlete Conduct/Sportsmanship Policy

- Parents are to encourage athletes at all times. Negative criticism, yelling, and other demeaning conduct with any athlete is strictly prohibited.
- Gossiping and bad-mouthing other athletes, parents, or organizations is subject to disciplinary action and possible dismissal.
- Physical altercations of any kind WILL result in removal from the program. No refunds will be given and all financial obligations will still be enforced.
- At competitions, parents are to act responsibly. Dismissing or celebration of defeat of another team, foul language, or disrespect to staff or other parents is strictly prohibited.
- Any parent threatening to remove their child from the program will be asked to leave immediately.
- Parents may not disrespect or use demeaning language toward any member of the coaching staff. Failure to comply with this provision may result in being banned from entering the gym and/or dismissal from the program.
- The use of alcohol, controlled substances and/or tobacco products are strictly prohibited. If an athlete is found to be in possession of or under the influence of alcohol, controlled substances or tobacco, they will be immediately dismissed from the program.
- Social media accounts will be closely monitored for use of offensive language, suggestive behavior and or illegal activities. Should a matter arise, the parent/guardian will be notified immediately and disciplinary proceedings will be commenced which may include dismissal from the program.
- Posting videos from any practice, event, or competition without notification and approval by Rebels Elite Cheer is **NOT ALLOWED**.

Injury Policy

- Every athlete must provide Rebels Elite with accurate emergency contact information and up-to-date medical insurance
- In the event of an injury, the primary emergency contact will be called. In emergencies, paramedics will also be called.
- Athletes who sustain injuries outside of Rebels Elite events or practices must provide a written note from a physician or they will be required to practice.
- Athletes will not be allowed to sit out of a practice due to illness or not feeling well. Documentation from a physician must be provided.
- Athletes must be cleared by a doctor before returning. **Spots and routine availability may be changed due to the result of an injury. If an injury occurs, there is no guarantee that a spot will be held until the athlete is cleared to resume to cheer.**

Financial Obligations

- Tuition is paid monthly from June 2021 through April 2022
- All payments are due on the 1st of the month. Parents have until the 5th of each month to make any cash or credit card payments to the gym office – no checks will be accepted.
- Credit card payments are subject to a 3% processing fee.
- On the 6th of each month (or next business day) tuition fees less any fundraising credits in an athlete's individual account (the office manager will only apply credits posted to the individual account as of the 1st of the month), will be withdrawn from your financial institution via ACH withdrawal.
- All athletes must complete an ACH withdrawal form. No athlete will be placed on a team without a completed ACH withdrawal form.
- Any payments returned for NSF or for other reasons will result in a \$35.00 fee.
- **Discounts & Savings**; Family Discount of \$50.00 per month; Pay your Annual Tuition Fees by June 30th and save 5%

Refunds

- There will be no exceptions under any circumstances. **MONIES ARE NONREFUNDABLE AND NON-TRANSFERABLE!!!**
- Any payments for uniforms, competition fees, trips, tuition, apparel, camps, clinics, choreography, etc. are non-refundable under any circumstance.
- You also lose rights to any garments that you have paid for or put a deposit on.
- If your child decides to leave the program or is asked to leave the program, you will not be reimbursed for any deposits or payments made at any time regardless of the reasons for leaving the program. Additionally, tuition remains due in accordance with the financial agreement from June 2021 through April 2022 regardless of whether the athlete has voluntarily left the program.
- If you leave the program, regardless of reason, prior to receiving your Rebels Elite items, these are property of Rebels Elite.

Fundraising

- Our Fundraising Staff works hard to provide parents with ample opportunity to alleviate some of our yearly costs. At least one new fundraiser will be provided every 4 weeks. Fundraising opportunities are **OPTIONAL** but **ENCOURAGED**.
- All fundraising profits will be directly posted into your individual fundraising account.
- Information on current fundraisers, including due and delivery dates, will be available in the gym lobby, sent via email and available on the fundraising Facebook page.
- Surplus fundraising credits may only be applied to monthly tuition, classes or merchandise. **Fundraising credits may not be used for travel expenses or mandatory fundraising fees.** Refunds checks will not be issued in the event of a surplus.
- Mandatory Gym Fundraisers (Designer Bingo/Tricky-Tray and/or Raffle) will be presented throughout the year. These fundraising costs **MUST** be paid by the deadline, as with all other mandatory costs. Failure to do so will be treated like missed payments on monthly tuition and, at the discretion of the director, may result in athletes being required to

PROGRAM OPTIONS

ALL STAR ELITE – FULL TRAVEL



- June – April Program (May Bid Events)
- Annual Registration Fee - \$50.00, USASF Athlete Membership Fee Paid Directly to USASF \$30.00
- Monthly Tuition - \$265.00
- Uniform Fee - \$350.00 - \$450.00
- Choreography & Music Fee - \$150.00 (Choreography Week 6/28-6/30 – MANDATORY)
- Competition Registration Fees (does not include registration fees for bid events)
- Unlimited Monthly Tumbling Included
- 3 Practices Per Week (1 Weekly Practice includes Tumbling Instruction and/or a Conditioning Program) **Note:** **Prior to choreography**, the team will only practice every other Sunday (2 Sundays per month).
- 1 T-Shirt, 1 Tank Top, 1 Custom Sports Bra/Tank & Shorts, Cheer Sneakers, Bow & Make-Up
- 10-12 Competitions Per Year – Teams will compete in USASF Elite Divisions (November/December through April, Bid Events in May) Includes 2-Day Events, D2 Summit (Team attends on **ANY** bid), Regional Summit/US Finals (Team attends on **ANY** bid). *Note: Rebels Elite does not cover any travel expenses.*

ALL STAR ELITE – LIMITED TRAVEL



- June – May Program
- Annual Registration Fee - \$50.00. USASF Athlete Membership Fee Paid Directly to USASF \$30.00
- Monthly Tuition - \$215.00

- Uniform Fee - \$350.00-\$450.00
- Choreography & Music Fee - \$150.00
- Competition Registration Fees (does not include registration fees for bid events)
- 2-3 Practices Per Week
- Unlimited Monthly Tumbling Included
- 1 T-Shirt, 1 Tank Top, 1 Custom Sports Bra/Tank & Shorts/Capris, Cheer Sneakers, Competition Bow
- 8-9 Competitions Per Year – Team will compete in the USASF Elite Division (December/January through May),
Note: Rebels Elite does not cover any travel expenses.

ALL STAR PREP



- June – April Program
- Annual Registration Fee - \$50.00, USASF Athlete Membership Fee Paid Directly to USASF \$30.00
- Monthly Tuition - \$125.00
- Uniform Fee - \$175.00-\$225.00
- Choreography & Music Fee - \$150.00
- Competition Registration Fees (does not include registration fees for bid events)
- 2 Practices Per Week, 1 ½ hours each
- Unlimited Monthly Tumbling Included
- 1 Practice T-Shirt, 1 Tank Top, 1 Custom Sports Bra/Tank & Shorts, Cheer Sneakers, Competition Bow
- 5-6 Competitions Per Year- Team will compete in the USASF Prep Division (January through April) *Note: Rebels Elite does not cover any travel expenses*

ALL STAR NOVICE



- September- April Program
- Annual Registration Fee - \$50.00, USASF Athlete Membership Fee Paid Directly to USASF \$30.00
- Monthly Tuition - \$50.00
- Uniform Fee - \$125.00-\$175.00
- Choreography In-House
- Competition Registration Fees
- 1 Practice Per Week, 1 hour each
- Unlimited Monthly Tumbling Included
- 1 Practice T-Shirt, 1 Tank Top, 1 Custom Sports Bra/Tank & Shorts, Cheer Sneakers,
- 3-4 Competitions Per Year – Team will compete in the USASF Novice Division (January-April)

TUMBLING PROGRAM



- Year Round Program, Monthly & Drop-In Rates
- Annual Registration Fee - \$50.00
- \$100.00 per month unlimited Classes
- \$60.00 per month (1 class per week)
- \$15.00 Drop- In Class Fee *Note: If an athlete does drop-in only and is not registered as a member, they will not receive gym emails with schedules, closures, etc. You must be a registered member to receive updates.*
- Private Lessons (\$25.00 for ½ Hour)