



Eagle Elite Cheerleading 2023-2024 Handbook

Eagle Elite Cheerleading Mission

The mission of the Eagle Elite Cheerleading All-Star program is to enrich the lives of the children and their families through the sport of competitive cheerleading. Our goal is to instill in our cheerleaders the value of commitment, hard work, integrity, leadership, self-confidence, positive attitude, and a love for the sport. We accept all skill levels, regardless of previous training or experience. Cheerleaders participating and performing at their personal best is all that is required. Winning a competition is a blessing, but achieving your own personal goals and doing your very best, with a positive attitude, is really what winning is about! Each and every family is important to our program. We have prepared the following information to help each family understand the commitment level that is expected from each cheerleader and their parents. Please take time to carefully read over this document in full. The Eagle Elite Cheerleading program expects 100% positive encouragement from each cheerleader, and their parents, for the entire competition year. Everyone associated with Eagle Elite Cheerleading (i.e. coaches, cheerleaders, volunteers, family members, ect.) are expected to uphold the highest level of sportsmanship and character. This document is provided as a guide to the specific policies and procedures of our program. Thank you for trusting us with your most valuable assets (your children). We are thrilled to have each and every one of you on our team! Welcome to the Eagle Elite Family!

What is All Star Cheerleading?

All-Star cheerleading teams are formed for the primary purpose of competing. All-Star cheerleading is a sport and not a hobby. It is hard work and requires dedication, but is also a fun and exciting opportunity for the kids to travel, compete and meet new people. They will build a positive self-esteem while working as a team and doing something they will really love.

What do they Learn?

All-Star covers every aspect of cheerleading. They will learn motion technique, cheer, jumps, dance, partner stunts, pyramids, tumbling, and spirit. They will also learn TEAMWORK, setting goals, self-discipline, commitment, and sportsmanship. These are long term and valuable skills the athletes will continue to utilize as they grow and become responsible adults.

Rules for anyone entering Eagle Elite Cheerleading

THIS GYM PRIDES ITSELF ON SETTING A HIGH STANDARD OF BEHAVIOR. PLEASE HELP US IN THIS ENDEAVOR.

- **No** foul language is allowed.
- **No** tumbling or horseplay allowed in the waiting areas.
- If you have any questions, concerns, or compliments, please feel free to discuss them with us at the appropriate times. Your feedback is greatly appreciated.
- Disrespect towards coaches, athletes, or parents will **NOT** be tolerated and will result in suspension or dismissal from a team or recreational class (this includes parents/ legal guardians).
- Arguments/ confrontations are never allowed under any circumstances. If you have an issue you **MUST** email or set up a meeting.
- Drugs/ alcohol are **NEVER** allowed.
- **No Negativity** ~ it is **NOT** a healthy environment for athletes, parents or coaches and will not be tolerated. This includes making negative comments while at our gym, school, competitions, or on the Internet (i.e.: Twitter, Facebook, Social Media, Tik Tok etc.)
- Anyone caught making derogatory comments about our program or any other program may be asked to leave our gym.



- **Please keep in mind that the gym is NOT a babysitting service.** We want our athletes to use the gym as often as possible, but no child should be dropped off at the gym for long periods before classes/practices, or left unsupervised after classes/practices for long periods of time.
- EEC reserves the right to decline or accept an athlete on a team for any reason except race, religion, creed, or sexual orientation. Athletes may be discharged from the program at any time for inappropriate behavior (on the part of an athlete or parent), for poor attendance at practices, or nonpayment for services.
- Athletes are not allowed to leave the gym or a practice/class without permission from the Instructor.
- **Gum is NEVER allowed and food or drink are not allowed in the gym area or locker room.**
- **Drinks for practice must be in a bottle with a lid. Only water or sports drinks are allowed during practice. No soda, coffee, fast food drinks, ect.**
- Proper attire must be worn at all times. This includes form-fitted clothing in Eagle Elite Cheerleading colors, cheerleading shoes, and briefs under all athletes' shorts. (During Season team athletes should wear their team practice wear.)
- Nails must be trimmed and kept short to prevent injury.
- Any use of our logo AT ALL needs to be approved. You are NOT allowed to make or sell items using our logo.
- Hair must be pulled back away from the face. No hard hair clips.
- NO jewelry will be worn in the gym at any time i.e. rings, necklaces, bracelets or piercings. It is better to keep them at home to avoid them getting lost or stolen.
- Eagle Elite Cheerleading **WILL NOT** be liable for any lost or stolen items including jewelry.
- Back talking will not be accepted towards any coach or staff member of Eagle Elite Cheerleading. Talking back to parents of supporters (of the EEC program or other programs) at competitions or in the gym will not be tolerated.
- Please place all items in the designated athlete area. Do not leave personal items sitting in the parent area unless it is placed with your parent. Any clothing items, cell phones, school/cheer bags must be kept off of the floor.
- If an athlete attends a class and then team practice or two classes in a row, they will still be expected to stretch/ run and fully participate in both.
- **PUNCTUALITY IS A MUST.**

ADDITIONAL RULES FOR ALL SPECTATORS

- Under NO circumstances will parents be allowed to come onto the floor to talk to their child, a coach, or watch the practice. For safety reasons, all spectators must wait in the waiting area.
- Please do not yell at your child during their class or practice through the viewing window.
- Please make sure that any siblings that are not participating in a class wait in the designated spectator area.
- If you must take your child out of class early, you must notify the instructor and or front office in advance.
- All athletes should use the locker room entrance.
- If you need to talk to an instructor/coach, please do so before or after class, but not during class. Your children deserve our full attention.
- Videos of practices or routines are not allowed to be posted. You can share any videos that the gym posts on the official gym pages.
- Unruly spectators, or spectators who are gossiping will be asked to leave the premises and their child may be asked to leave the program.
- Do NOT approach a coach with a complaint! If you need to talk to a coach about a concern please email eagleelitecheerleading@gmail.com to set up a meeting time.



TUITION GUIDELINES OR ALL ATHLETES

- All athletes are required to have a Registration form & Liability Waiver on file prior to participating in any Eagle Elite Cheerleading event.
- All athletes are required to pay an annual registration fee of \$40.
- You are NOT ALLOWED to schedule or participate in any private lesson with our coaching staff if your tuition is not paid in full for the month or if you have an outstanding balance.
- All classes and private lessons must be paid for at the time of the lesson or class.
- Private lessons must be canceled with 24 hours notice. Any cancellations or no shows without 24 hours notice will still be charged for. (please respect our coaches time)
- All tuition payments can be made by: check/ money order (made payable to Eagle Elite Cheerleading), cash, or credit or debit card.
- A \$30.00 fee will be applied to your account for all returned checks or automatic withdrawals that are declined.
- A \$25 late fee will be applied to your account for any required payments that are late after 5 days past the due date.
- All athletes will be required to keep a card saved on file. Any required payments (tuition, competition fees, choreography fees, ect.) that are not paid after 15 days past the due date will receive a late fee and will be automatically charged to the card on file.
- Any credit or debit card purchases \$300 or more will have a payment processing fee of 3%
- Monthly tuition will not be prorated for vacation, holidays, injuries, competitions, inclement weather, ect. All tuition fees MUST be paid regardless of participation in all workouts.
- There are NO REFUNDS for any reason (this includes mid-term withdrawal, prepaid tuition, and if your athlete quits or is removed from our program).
- In the event that you are unable, or choose to leave the program before the season is over, you will be required to pay a \$500.00 fee to buy out of your contract.

ADDITIONAL GUIDELINES FOR COMPETITIVE TEAM MEMBERS

- All competitive team members are required to have an automatic withdrawal form on file and a card on file.
- Tuition is due on the 1st of each month as indicated on your automatic withdrawal form. It will be billed on the 1st of each month. Any tuition received after the 5th day of each month for any reason, including NSF, will result in a late fee (\$25).
- If tuition is not paid after 15 days past the due date it will automatically be charged to the card on file with a late fee. This includes all other items with a due date. (choreography/ competition & coaches fees, etc.)
- Tuition pays for the right to practice, not the right to compete! A member earns the right to perform through preparedness as a team member. An irresponsible member will not be allowed to jeopardize the performance and safety of their team or themselves.
- Competitive team members are NOT allowed to take classes or lessons outside of Eagle Elite. We like to teach our athletes proper progressions and correct technique and do not allow our athletes to take classes or lessons at other facilities. Outside lessons can hinder their progress.

ATTENDANCE POLICY

- **COMPETITIVE CHEER IS A SPORT THAT RELIES ON FULL PARTICIPATION FROM ALL TEAM MEMBERS.** EXCESSIVE ABSENCES ARE DETRIMENTAL TO THE TEAM AND WILL RESULT IN BEING REMOVED FROM THE TEAM. FINANCIAL OBLIGATIONS WILL STILL REMAIN.



SUMMER: (May 22nd- August 18th)

- All athletes are allowed up to 3 unexcused absences from practices during the summer in order to allow for family vacations, etc. After 3, you will be suspended from the team, removed, or replaced at the coach's discretion for the remainder of the summer. Practices are able to be made up from May 22nd-August 18th utilizing other workout groups or class hours. (you may even make up time in advance)

REGULAR SEASON: (August 19th- April 30th)

- You are allowed up to 3 unexcused absences from practice during the remainder of the competitive season (August 19th- April 30). After 3, you will be suspended from the team, removed, or replaced at the coach's discretion. Again, financial obligations will still remain. Unexcused absences include failure to notify coaching staff prior to practice time, and missing for anything other than approved excused absences.
- EXCUSED absences include MANDATORY school functions for a grade, MANDATORY school sport functions, family death, and contagious illness with a doctor's note provided.
- If you are not feeling well (i.e. headache, allergies, cold, etc.), COME TO PRACTICE. Even if you have to just watch, you will be up to speed on changes, etc. (Just not feeling well, being tired, having a headache, being sore, is not a reason to miss practice and will not be excused.)

Elite Teams and Prep Teams Teams Specifically:

- **Attendance Policy:** Competitive cheerleading is a team sport, and it is very important that team members and their families are committed to their teams for the entire season, and that athletes show up to their team's practices. Because of this Eagle Elite is implementing the following attendance policy. Athletes that miss MANDATORY Practices (*practices the week of a competition, extra Sunday Practices, and Choreography camps*) will be fined \$25 for each mandatory practice missed. In addition, if an athlete misses a mandatory practice Eagle Elite and the Coaches may make the decision to pull that athlete from the upcoming competition. In addition, athletes that exceed their given unexcused absences for the season may be charged a fine for additional unexcused absences. Elite Teams practice twice a week, if you do not think your family can commit to two practices a week for the season please let our coaches know AT TRYOUTS and we can be sure to place your athlete on a team that requires less days in the gym. Prep teams only practice once a week, so it is very important that athletes attend their once a week practice. If you do not think your family can commit to one night a week consistently please let our coaches know AT TRYOUTS and we can place your child on a Novice or Rec team that requires less commitment.

Elite Teams Specifically:

- Our Elite teams are our most competitive teams and require the most commitment for athletes and parents. Because of this, and because Eagle Elite now also offers other team options like Prep, Novice and Rec teams, we have implemented the following policies for our Elite team members.
- **End of the Season Championship Competitions in Florida.** This season it should be expected that any bid eligible team (*Elite or Dance Teams*) that receive a bid to compete at an end of season competition in Florida WILL Go. If you do not want your child to be on a bid eligible team please let our coaches know AT TRYOUTS that you would like your child to be placed on a non bid eligible team (Prep, Rec, or Novice) If your child's team receives a bid and you make the decision to not allow your child to attend with their team you will be charged a \$250 re-choreography fee. We would like to make it known up front that Elite and Dance teams will be going to this competition if they receive a bid so that families can plan ahead with a full year's notice.



- **Absences for other sports:**
- Elite Team members should be ready to fully commit to their teams. Eagle Elite has always allowed our athletes to participate in other school and club sports and we will continue to do so. However NEW this season, we will expect our Elite Team athletes to make their Eagle Elite Team their top priority. This means we will not excuse absences for other sports/activities. It is unfair to the teammates and the team when an athlete continuously misses their practices. *(We will excuse other sports games/ competitions.)*

School cheer/ sports for PREP/ NOVICE/ DANCE teams:

- We understand the commitments for other sports teams. We ask that you split your time as evenly as possible and that you make every effort to get to EEC as soon as your conflict is over. Even 15 minutes will help your team. For the safety of all members and courtesy to your team, please make every effort to be at all or part of every practice. Please notify us of practices that you will be arriving late for or leaving early prior so that we can plan accordingly (Many school sports practice almost everyday, whereas we only get 1 or 2 days a week) You need to split your time as evenly as possible and do not just miss our practices. Please make sure you are communicating any conflicts with the gym email in advance.

ALL EAGLE ELITE TEAMS

- Mandatory practices are **MANDATORY** for all teams. Athletes are required to attend at least part of all mandatory practices. (practices the week before a competition are mandatory, and full gym extra practices are mandatory along with choreography and skills camps)
- There will be no more make-ups after August 19th 2023.
- Tuition will be due whether you are in attendance or not.
- Practices may be changed or added at any time during the season at the coach's discretion.
- The start time of your practice does not mean that is when you put shoes on or get taped. You must be fully dressed and ready to go when practice begins.
- It is imperative that you are on time and attend EVERY practice. This is a TEAM sport and the whole team cannot function with one person missing.
- **ALL COMPETITIONS ARE MANDATORY.** Please review the competition schedule and plan accordingly.
- **IF YOU MISS A COMPETITION, EEC RESERVES THE RIGHT TO REMOVE YOU FROM THE TEAM.**
- **There are no refunds on competitions and your financial contract is still binding.**
- Should your athlete be unable to attend a competition because of injury or any other reason, a substitute will be asked to perform in his/her place. The substitute athlete is not asked to pay the entry fee. Therefore, you will be required to pay the entry fee for your athlete's position along with any crossover fees associated with the replacement. This policy applies to all competition.

COMPETITION DAY PUNCTUALITY:

- Competition days can be very busy, it is very important that athletes arrive at the competition ready to go and ON TIME. This season if your athlete is not ready to meet the coaches and their team, Competition Ready (in their uniform with hair and makeup ready) at their given meet time, there will be a \$25 fine. It can be very stressful for athletes if they are running late, it can be stressful for the rest of the team, and it also causes extra work and stress for our coaches. Athletes that are late also run the risk of missing their warm up time with their team. Please make



sure your athlete is at the competition venue 1 hour before their given meet time (meet times will be emailed out prior to the competition) to ensure that athletes do not run late.

- **EEC places your athlete on teams based on their age and ability level. There are only 5 levels to competitive cheer. You will not move a level until you have mastered all skills of the level.** It is not uncommon to remain on the same level for several years. We do this for the safety of your athlete and also to put together the most competitive teams. EEC aims to have teams with full team skills.
- Your athlete may be moved to another team as their skills change and as the coaches gain a fuller understanding of their abilities. However, it is not guaranteed. Gaining new skills does not necessarily mean that your athlete will be moved, but moves from one squad to another may occur as athletes gain or lose skills.
- Parents need to note that this is a highly competitive and dangerous sport. The stunts and tumbling could lead to injuries. These include but are not limited to bruises, pulled or strained muscles, torn or strained ligaments, broken bones, dislocations, paralysis or even death. We at Eagle Elite Cheerleading take every precaution to limit these injuries. Unfortunately, we cannot prevent them all.
- ***Any athlete experiencing an injury must still pay tuition while out due to the injury.***

EAGLE ELITE CHEERLEADING DISCOUNTS

- Discounted monthly rates are available for multiple athletes in the same family within the competitive program.
- The discounted rate is given in descending order (highest monthly rate is not the discounted rate). A second athlete/sibling will be assessed at 50% of the monthly rate of the highest team on which they are competing. A third athlete/sibling will be assessed at 25% of the monthly rate of the highest team on which they are competing. A fourth athlete/sibling will be assessed at 0% tuition.
- The sibling discount and crossover discount will NOT be stacked. There will be no additional discount off of the crossover rate.
- All discounted monthly rates are available by contacting our front office.

General Information

- Tryouts are held annually in May. We do accept private tryouts through the end of summer.
- Team placement is **NEVER** final. We can move an athlete up to a higher level or down to a lower level depending on the athlete's performance.
- We reserve the right to refuse service! We will not place an athlete in our program if we deem that the athlete or parent/guardian will have a negative impact.
- Our staff will not guarantee any athlete a certain team, stunting position (i.e. flyer, base, or back spot), tumbling passes, or a spot in a formation. We will always place athletes in a routine based upon what would make the strongest routine for the team.
- Practice days and times are not determined until after tryouts and team placements.
- Crossing Over- This simply means competing on more than one team within our program. Cross competitors may be used throughout the season for numerous reasons such as injury. If you and your athlete agree to become a cross competitor there are additional fees associated with cross competing. Typically, competition companies will charge a discounted rate for athletes who are cross competing within a program. Therefore, they will pay one full price fee and then the crossover fee for competing on the second team will be discounted.
- Monthly tuition for athlete's crossing over will include 100% of tuition at the highest/ oldest level they are competing in and will be \$35 for the tuition of the second team.



- If you agree to cross at tryouts, you are committed to both teams! You cannot decide to only be on one team, or try to choose the team that you want your child to be on.
- Our Team programs are a FULL year commitment beginning in May and ending in April of the current competitive cheer season. If you should quit or be removed from our program you are financially responsible for the remaining balance on your account including tuition for the remaining months of the season along with your buyout fee.

UNIFORM & CLOTHING POLICIES

- All uniforms and clothing must be paid **in full prior** to Eagle Elite ordering them. Replacement items can be purchased if lost, damaged, or your athlete grows out of them; however, this will be at your expense. ***Additional shipping costs may be incurred in this event.***
- Uniform fittings will be during tryouts. Your athletes uniform/ practice wear WILL NOT be ordered without parent signature approval of sizing. EEC will not be responsible for incorrect sizing.
- **You are not permitted to design or sell ANY items with Eagle Elite Cheerleading's name, logo, etc. without authorization from Joe & Kelly Eagle. Replication of our logo and company name are not permitted in order to protect the ownership of our logo and name. Thank you in advance. Please do not solicit or sell ANY ITEMS out of our lobby and to Eagle Elite customers without explicit permission.**
- We have practice wear for a reason. Due to the nature of our sport, baggy clothing is not allowed and can be hazardous while spotting, stunting, or tumbling. Matching practice wear is important, as it will make cleaning routines and formations easier. All athletes should wear approved practice wear to team practices. NO EXCEPTIONS. Athletes not in required practice attire for practices will have extra conditioning.
- If your child is a flyer, they should always wear briefs under their shorts if they are not form fitting.
- **NO JEWELRY AT ALL!!!** Wearing jewelry of any kind could result in an injury to your athlete or another athlete.
- **NO acrylic nails or long natural nails allowed.** Please ask your coaches if you are unsure, this is a safety issue.

COMPETITION POLICIES & PROCEDURES

- Team members must arrive to competitions in the specified uniform, with hair and makeup done, unless told otherwise.
- Team members and families will sit together at all times.
- Tiny, mini, and youth team members will remain with the team from meeting time until they have competed. Once they have competed team members will be returned to their parent/guardian until the awards ceremony.
- All members and parents will be present for all award ceremonies and our programs performances.
- If the competition runs late into the evening we may allow our tiny, mini, and youth teams to leave without watching the older teams perform, However you will be notified in advance if this will happen; otherwise you are expected to stay and watch the older teams.
- **YOU ARE NOT ALLOWED TO APPROACH ANY REPRESENTATIVE FROM A COMPETITION COMPANY NOR CONTACT ANY Eagle Elite Cheerleading vendors.**
- Team members must be dressed in full competition uniform or full warm up for the entire competition unless otherwise directed. NO jeans, shirts, pants, uggs, etc. may be worn with your uniform unless approved by our coaching staff.
- Competition sock will be a white no-show sock.
- Nails should be trimmed with **NO NAIL POLISH.**



- Competition shoes must be clean and white. Only wear your shoes for practices and competitions. Do not wear them outdoors.
- You DO NOT get to dictate competitions in which your child competes. You must schedule your events around the competition schedule.
- Your child can be taken out of a routine based on numerous reasons such as but not limited to: attendance, attitude, finances, or even injury. If your child should be taken out of the routine you are still financially responsible for the competition. It will also be at the coaches' discretion when your child will be choreographed back into the routine.
- Remember when at a competition you are representing our business/program, your team, and your family. Irresponsible or inappropriate behavior may result in removal from our program.
- You will be given a meet time prior to each competition. Your athlete must be completely ready (*in uniform, makeup and hair done, in cheer shoes, and all personal items left with a parent*) no later than their given meet time. They must meet our coaches and their team at the meet time given to you. You should arrive at the competition venue at least 1 hour before meet time to ensure you are never late for the team meeting.
 - Athletes that are late to their team meet time will be fined \$25

SPONSORSHIPS

- Many athletes offset the cost of their competition season by finding a business to sponsor them. Sponsorship letters are available and can be mailed or hand delivered to any business.
- **Levels of sponsorship: Bronze, Silver, Gold & Platinum (\$150-\$1,000+).**
- Depending on the level of sponsorship, some advertising material such as a banner must be purchased by EE. If these items need to be purchased the cost of these items will be deducted from the sponsorship amount and the appropriate balance/ percentage will then be applied to your athlete's account. (10%)

TRAVELING TO COMPETITIONS

- You are responsible for your athlete's transportation to competitions. None of the costs associated with traveling to competition are included in tuition or fees.
- All athletes MUST arrive at competition, fully ready to compete a MINIMUM OF ONE HOUR PRIOR TO SCHEDULED MEET TIME.
- During competitions where overnight stays are optional, hotel arrangements will be left up to individual families.
- **PLEASE REMEMBER THAT WE ARE ONLY RESPONSIBLE FOR YOUR ATHLETE DURING TIME OF WARMUPS AND PERFORMANCES. BEFORE AND AFTER, YOUR ATHLETE SHOULD BE SUPERVISED AT ALL TIMES BY A PARENT.**

If you and your child are moving more than **30 miles** away from EEC following joining our program you must provide Eagle Elite Cheerleading with proof of a **new** residency (i.e. utility bill). All upcoming tuition charges will be waived, as well as competition charges or clothing that Eagle Elite Cheerleading has not yet paid for on your athlete's behalf. If Eagle Elite Cheerleading has registered and paid for your athlete to compete or ordered clothing prior to the move then you will still be financially responsible for the competition fee and/or clothing.

If your child is injured and will not be physically able to complete the competitive season, you must provide Eagle Elite Cheerleading with a letter from the physician stating the time period they must be out for. If Eagle Elite has registered and paid for your athlete to compete or ordered clothing prior to the injury/medical problem then you will still be financially responsible for the competition fee and/or clothing.



*****No refunds will be given for any reason.*****

There is a 48-hour grace period after you sign your contract if you wish to cancel.

You are also able to buyout of your contract for \$500 at any point in the season.

If you and your child make the decision to quit the team before the end of the season you will be required to buyout of this contract for \$500 and you will be responsible for any remaining balance due.

I HAVE READ AND UNDERSTAND ALL PAGES/SECTIONS OF THE EAGLE ELITE CHEERLEADING HANDBOOK AND AGREE THAT MYSELF AND MY ATHLETE WILL ABIDE BY ALL RULES/GUIDELINES SET FORTH IN THE HANDBOOK WITHOUT EXCEPTION AND UNDERSTAND THAT FAILURE TO DO SO MAY RESULT IN DISMISSAL FROM THE PROGRAM WITHOUT NOTICE.

X _____
Signature of parent or guardian

Printed Name Date

X _____
Signature of participating athlete

Printed Name Date