

2024-2025

# INFORMATION PACKET

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# ***WELCOME TO THE PRAMILY***

**WE ARE SO EXCITED TO WELCOME YOU TO NJ PREMIER ALL STARS. WE KNOW THAT YOU WILL LOVE OUR FUN, ENERGETIC, POSITIVE ALL STAR CHEER ENVIRONMENT!**

Our vision is to create a safe, elite training environment for athletes to develop the skills and confidence to perform at the highest levels of competition with a sense of “PRAMILY” along the way. Our athletes will have access to the BEST coaching staff from tumbling, stunt, and jump classes to our half-year and full-year teams. In addition to having an elite staff, we also believe in providing our athletes with exposure to renowned guest instructors/coaches from across the country at our yearly Skills Camp and events throughout the year. This all-inclusive approach helps us foster well-rounded athletes who will have the tools for success in all-star cheerleading and as individuals in life. We strive to push our athletes to succeed in a motivating, positive, and competitive environment while having fun and creating friendships and memories that will last a lifetime.

***WE WILL PROVIDE ATHLETES A HOME AWAY FROM HOME.  
TEACH OUR ATHLETES THE TRUE MEANING OF BEING A TEAM.  
REACH OUR GOALS THROUGH HARD WORK & DEDICATION.  
KEEP CHEERLEADING FUN!***

# ***TEAM PLACEMENT***

## **TRUST OUR PROCESS**

Our NJP Teams are formed with athletes of the same skill level to maximize the score sheet and be competitive. Our staff builds teams that we feel will result in a successful competitive season.

## **NJ PREMIER 1ST – TEAM 2ND – SELF 3RD**

“Cheerleaders who come off the mat a CHAMPION are never upset with their team placement.”

**TEAM PLACEMENTS ARE SUBJECT TO CHANGE AT THE COACHES' DISCRETION. ATHLETES MAY GO UP OR DOWN A LEVEL, INDIVIDUALLY OR THE TEAM AS A WHOLE. WE WILL HAVE OPEN COMMUNICATION WITH OUR FAMILIES ABOUT CHANGES THAT NEED TO BE MADE TO BENEFIT THE TEAM.**

## **NJ PREMIER ALL STARS FLYERS**

Athletes selected as flyers must maintain flexibility and skill requirements. Selected flyers unable to meet the level requirements must learn to base or will be moved to an alternate position. Flyers **MUST** attend 1 Flyer Stretch class per week. Attendance will be taken and shared with coaches. Flyer stretch class is \$20.00 per month for unlimited classes and is **NOT** included in tuition. In addition, stretching consistently at home is required and crucial to a flyer's success. Private Stretch & Stunt lessons are available and cost is determined by the instructor.

## **ADDITIONAL TUMBLING**

Additional tumbling classes will be required for athletes who do not maintain the level skill requirements throughout the season. Athletes who cannot maintain the necessary tumbling or execution for their team may be moved to a level that best suits their skills. Athletes may attend our tumbling classes at \$15.00 per additional class. Private lessons are available and cost is determined by the instructor.

# ***IMPORTANT DATES***

## **SEASON 14 CHOREOGRAPHY**

Choreography - July 27-31

Choreography - August 1-8

## **GYM CLOSINGS**

GYM CLOSED Summer Break - July 1 - 8

GYM CLOSED Labor Day - August 28 - September 2

Gym CLOSED Halloween - October 31

GYM CLOSED Thanksgiving - November 28 & November 29

GYM CLOSED Holiday Break - December 24 - December 27

GYM CLOSED Holiday Break - December 31 - January 1

GYM CLOSED Easter - April 20

## **SAVE THE DATES**

Team Reveal - May 26

Team Practices Start - June 3

Skills Camp - TBD

Summer Pool Party - July 26

Choreography - July 27-31

Choreography - August 1-8

Season Showcase - November 17

Pramily Pumpkin Picking - October 19 (Rain Date Oct 26)

Trunk or Treat: October 30

Mini/Youth Send off : TBD

End of Season Showcase: TBD

# ***MONTHLY TUITION INFORMATION***

## **AUTOPAY TUITION (MANDATORY).**

**AUTO PAY FOR TEAM TUITION IS MANDATORY**

## **NJP TUITION VARIES BY TEAM**

A credit card **must** be kept on file.

You must submit the Auto Pay Tuition Forms.

If you choose to pay by cash/check, it must be paid **PRIOR** to the **1st of the month** or the card on file will be run

\*June tuition is due at first practice

## **TUITION PAYMENT OPTIONS**

We accept Cash, Credit Card, Checks: Payable to NJ Premier

## **SUMMER PRACTICE HOURS : JUNE, JULY & AUGUST**

### **TINY EXPO**

(1) TEAM PRACTICE A WEEK / (1) HR PER WEEK

### **TINY NOVICE**

(2) TEAM PRACTICES A WEEK, (1) TUMBLING HOUR / (3) HRS PER WEEK

### **PREP & ELITE TEAMS**

(2) TEAM PRACTICES A WEEK, (1) TUMBLING HOUR / (4) HRS PER WEEK

## **FALL PRACTICE HOURS : SEPTEMBER-APRIL**

### **TINY EXPO**

(1) TEAM PRACTICE/WEEK / (1.5) HRS PER WEEK

### **TINY NOVICE**

(2) TEAM PRACTICES/WEEK - (1) TUMBLING HOUR / (4) HRS PER WEEK

### **PREP & ELITE TEAMS**

(3) TEAM PRACTICES/WEEK - (1) TUMBLING HOUR / (6) HRS PER WEEK



# ***MONTHLY TUITION PRICING***

## **PREP & ELITE TUITION TEAM PRICING**

\$220/Month (11 months)

## **TINY NOVICE TEAM PRICING**

\$190/Month (11 months)

## **TINY EXPO TEAM PRICING**

\$120/Month (11 months)



## **SIBLING TUITION DISCOUNTS**

(HIGHEST LEVELED/TEAM ATHLETE IS CONSIDERED ATHLETE #1 REGARDLESS OF AGE)

ATHLETE #2 DISCOUNT - \$50.00

ATHLETE #3 DISCOUNT - \$150.00

ATHLETE #4 - FREE

# **TEAM FEE INFORMATION**

## **TEAM FEE STRUCTURE**

NJ Premier All Star Team Fees teams will be divided into 8 monthly payments. Team Fee Payments are **due the 15th of each month** from June – January. This fee is **in addition** to the athlete monthly tuition. Please understand, once we have the exact cost of competition fees and uniforms, there may be an additional balance due on February 15th. End of Season events (Summit, Regional Summit, Youth Summit, US Finals) are not included in these fees.

Team Fees Paid after the 20th of every month will incur a **late fee of \$25**. Any fees paid after February 15th will incur a **late fee of \$125**.

Please be sure to adhere to the payment due dates, as your athlete **will not be able to participate** in any NJ Premier practices, tryouts, classes, open gyms, private lessons, etc. with a past due account. In addition, an athlete with a past due account will not be permitted to order merchandise from the Pro Shop.

**\*June Team Fees are due by May 31st**

## **TEAM FEE PAYMENT OPTIONS**

We accept Cash, Credit Card, Checks: Payable to NJ Premier

We highly encourage you to participate in our AUTO PAY Team Fee Payments. We will run your card on file the 15th of the month.

**All credit cards run for Tuition or Team Fees outside of our auto pay options will incur a \$5.00 charge per transaction.**

# ***TEAM FEE INFORMATION***

## **CHOREOGRAPHY**

NJ Premier All Stars brings in choreographers that are the best in the industry to choreograph our all star cheer routines. This fee includes the travel and choreography fees for our amazing choreographers. Choreography upgrades may be made throughout the season at an additional cost if the budget does not already meet the expense.

## **MUSIC FEES**

Our music is made by custom Music Companies to ensure a fun and catchy routine music mix that gets the athletes and crowd excited.

## **PRACTICEWEAR**

Getting ready for practices will not be stressful with our custom NJP Practice wear.  
Tiny Teams - 2 Tank Tops & Sports Bra  
All Other Teams - 2 Tank Tops, Sports Bra & Shorts Set, Scrunchie or Bow

## **WARM UP JACKET & BASKETBALL JERSEY**

This year all athletes will have a warm up jacket as well as a personalized CUSTOM Basketball Jersey to wear over their uniforms to competitions/events.

## **SKILLS CAMP**

Our summer skills camp will be a tumble/stunt camp hosted by instructors to really dive into the basics and work on the technique of all of our skills.

## **COMPETITION FEES**

This fee will cover the athlete entry cost to all of our competitions as well as the cost of coaches fees/lodging. ALL end of season events are **NOT** covered in these fees. (Regional Summit, Summit, US Finals)

## **UNIFORM FEE**

Our beautiful, sparkly, Rebel Uniforms are going to shine bright on the competition mat. This fee covers the cost of our custom uniforms.



# ***TEAM FEE REFUNDS & POLICIES***

\*By committing and registering for an NJP team, you acknowledge and agree to abide by all the policies and procedures outlined in this packet\*

## **TEAM FEE REFUNDS**

**PLEASE READ THIS SECTION THOROUGHLY!**

**ALL PAID MONIES ARE NON-REFUNDABLE AND NON-TRANSFERABLE.**

**There will be no exceptions under any circumstances.**

## **TEAM FEE POLICIES**

- Any payments for uniforms, competition fees, tuitions, camps, clinics, choreography, practice clothes, etc. are non-refundable and non-transferrable to other athletes in the gym. If your athlete decides to leave the program, you lose the rights to any garments you have paid for or put a deposit on.
- If an athlete leaves the program or is asked to leave the program, you will not be reimbursed for any deposits and/or payments made.
- NJ Premier reserves the right to move an athlete from one team to another at any point in the season. We are NOT responsible for reimbursement for any travel arrangements if your child is moved from one team to another, made an alternate, or removed from the program.
- All parents/guardians must understand that they assume full responsibility for all costs incurred as a member of NJ PREMIER ALL STARS including, but not limited to: gym registration/tryout fees, monthly tuition, practice outfits, choreography fees, uniform fees, skills camp, warm ups, bows, competition fees, & any other items or services purchased or rendered to NJP. It is expected to make all payments in full on those items, regardless of any circumstances that may arise (e.g., dismissal from the team, switching to a new team, dropping a level, missing competitions).
- Payment deadlines must be met or late fees will apply. Monthly Tuition is due on the 1st of the month, after the 10th you will incur a \$25.00 late fee. Team Fee Payments are due by the 15th of each month, after the 20th you will incur a \$25.00 late fee.
- Tuition pays for training. It does not pay for the right to perform.
- Vacations or time off will NOT be prorated.

# TEAM FEE REFUNDS & POLICIES

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## TEAM FEE POLICIES CONTINUED

- All customers must have a debit/credit card on file. If you do not pay your monthly tuition by the 10th of the month, your credit card will be automatically charged tuition, and you will incur a \$25.00 late fee.
- Any payments resulting in non-sufficient funds, declined credit cards, expired credit cards, returned checks and electronic debits, etc. will incur a \$30.00 service charge. It is your responsibility to update your information with us if it changed (ex: bank acct number, card number, expiration date, etc.)
- NJ PREMIER reserves the right to sit an athlete out of practice, or to remove an athlete from their routine for failure to keep up with financial obligations.
- Any payments received for an overdue account will be applied to the athlete's account items at the gym's discretion.
- All tuition / fees must be current before an athlete may collect any clothing / uniform or any other retail items.
- Athletes with an outstanding balance may not schedule or participate in private lessons. They are also prohibited from taking classes or making Pro Shop purchases until the balance is up to date.
- If an athlete chooses to leave, or is asked to leave NJ PREMIER for any reason before the season is over, any and all funds are completely nonrefundable.
- There will be a \$350.00 Quitters Fee for any athlete who quits after 7/15/2024. This fee will be charged to the card on file immediately after quitting a team.
- NJ PREMIER reserves the right to turn over all delinquent accounts to collection agencies and the parent / guardian will be responsible for all additional costs incurred.
- CREDITS ONLY will be received for any competitions missed or for any fees paid towards the season due to unplanned circumstances out of our control (e.g., cancelled competitions, COVID-19, etc.)
- There will be **NO REFUNDS!** All team fees and tuition must be paid in full; even if athlete does not finish out the 2024-2025 Season. **NO EXCEPTIONS.**

# TEAM FEE PRICING

<u>FEE</u>	<u>TIARAS</u>	<u>PRIMADONNAS &amp; FUTURE 5</u>	<u>SHOW STOPPERS</u>	<u>ELITE TEAMS</u>
Choreography	\$25.00	\$75.00	\$300.00	\$325.00
Choreography Upgrades	\$0.00	\$0.00	\$50.00	\$75.00
Skills Camp	\$0.00	\$50.00	\$75.00	\$100.00
Music Fees	\$40.00	\$75.00	\$100.00	\$115.00
Practicewear	\$75.00	\$185.00	\$185.00	\$185.00
Uniforms	\$225.00	\$450.00	\$500.00	\$500.00
Competition Bow	\$30.00	\$45.00	\$45.00	\$45.00
Warm Up Attire	OPTIONAL	\$125.00	\$125.00	\$125.00
Tentative Competition Fees	\$500.00	\$750.00	\$1,000.00	\$1,500.00
<b>TOTAL w/ UNIFORM &amp; CC FEES</b>	<b>\$945.00</b>	<b>\$1,805.00</b>	<b>\$2,430.00</b>	<b>\$3,020.00</b>
<b>TOTAL w/ NO UNIFORM &amp; CC FEES</b>	<b>\$720.00</b>	<b>\$1,355.00</b>	<b>\$1,930.00</b>	<b>\$2,520.00</b>

GREY IS RETURNING Athlete Pricing

Please note there is a Credit Card Fee incorporated in the monthly Team Fee Payment installments. If you PAY IN FULL you save \$75.00

If you opt out of TF AUTO PAY then there will be an additional \$5.00 CC processing fee for every credit card charge.

# MONTHLY BREAKDOWN

<u>TEAM</u>	<u>JUNE</u>	<u>JULY</u>	<u>AUG</u>	<u>SEPT</u>	<u>OCT</u>	<u>NOV</u>	<u>DEC</u>	<u>JAN</u>	<u>TOTAL</u>
NEW TIARAS	\$158.00	\$158.00	\$158.00	\$158.00	\$158.00	\$158.00	\$0.00	\$0.00	\$948.00
RETURNING TIARAS	\$120.00	\$120.00	\$120.00	\$120.00	\$120.00	\$120.00	\$0.00	\$0.00	\$720.00
NEW PRIMADONNAS & FUTURE 5	\$258.00	\$258.00	\$258.00	\$258.00	\$258.00	\$258.00	\$258.00	\$0.00	\$1,806.00
RETURNING PRIMADONNAS & FUTURE 5	\$194.00	\$194.00	\$194.00	\$194.00	\$194.00	\$194.00	\$194.00	\$0.00	\$1,358.00
SHOWSTOPPERS	\$335.00	\$335.00	\$335.00	\$335.00	\$335.00	\$335.00	\$335.00	\$335.00	\$2,680.00
ALL ELITE TEAMS	\$378.00	\$378.00	\$378.00	\$378.00	\$378.00	\$378.00	\$378.00	\$378.00	\$3,024.00
ALL RETURNING ELITE TEAMS	\$315.00	\$315.00	\$315.00	\$315.00	\$315.00	\$315.00	\$315.00	\$315.00	\$2,520.00

# PAYMENT SCHEDULE

Due Date	Payment	Tiaras	Prima/Future 5	Showstoppers	All Elite Teams
By May 31st	Team Fees	(N) - \$158 (R) - \$120	(N) - \$258 (R) - \$194	(N) - \$335 (R) - \$273	(N) - \$378 (R) - \$315
First Practice	Tuition	\$120	\$190	\$220	\$220
July 1	Tuition	\$120	\$190	\$220	\$220
July 15	Team Fees	(N) - \$158 (R) - \$120	(N) - \$258 (R) - \$194	(N) - \$335 (R) - \$273	(N) - \$378 (R) - \$315
August 1	Tuition	\$120	\$190	\$220	\$220
August 15	Team Fees	(N) - \$158 (R) - \$120	(N) - \$258 (R) - \$194	(N) - \$335 (R) - \$273	(N) - \$378 (R) - \$315
September 1	Tuition	\$120	\$190	\$220	\$220
September 15	Team Fees	(N) - \$158 (R) - \$120	(N) - \$258 (R) - \$194	(N) - \$335 (R) - \$273	(N) - \$378 (R) - \$315
October 1	Tuition	\$120	\$190	\$220	\$220
October 15	Team Fees	(N) - \$158 (R) - \$120	(N) - \$258 (R) - \$194	(N) - \$335 (R) - \$273	(N) - \$378 (R) - \$315
November 1	Tuition	\$120	\$190	\$220	\$220
November 15	Team Fees	(N) - \$158 (R) - \$120	(N) - \$258 (R) - \$194	(N) - \$335 (R) - \$273	(N) - \$378 (R) - \$315
December 1	Tuition	\$120	\$190	\$220	\$220
December 15	Team Fees	\$0	(N) - \$258 (R) - \$194	(N) - \$335 (R) - \$273	(N) - \$378 (R) - \$315
January 1	Tuition	\$120	\$190	\$220	\$220
January 15	Team Fees	\$0	\$0	(N) - \$335 (R) - \$273	(N) - \$378 (R) - \$315
February 1	Tuition	\$120	\$190	\$220	\$220
March 1	Tuition	\$120	\$190	\$220	\$220
April 1	Tuition	\$120	\$190	\$220	\$220

(N) = New Athlete (Uniform Needed)

(R) = Returning Athlete (No Uniform Needed)

# ***COMPETITION SCHEDULE***

**COMING SOON**

## ***END OF SEASON EVENTS***



## ***TO BE DECIDED...***



# ***SICK, INJURED & ABSENCE POLICIES***

\*By committing and registering for an NJP team, you acknowledge and agree to abide by all the policies and procedures outlined in this packet\*

*All absences must be disclosed to your coach via a Band message AND must be submitted on the Google Form.*

Google Form link: <https://forms.gle/3hfHApuTv3w3CwqQ9>

## **ABSENCES - EXCUSED VS. UNEXCUSED**

### **EXCUSED**

Sick with a Dr. note, Religious function, School function resulting in a grade, bereavement (immediate family member)

### **UNEXCUSED**

Birthday parties, School dance, Vacation, Banquet, Other sports, Sick w/o Dr. note and not contagious, etc.

### **SICK OR INJURED**

A sick athlete must present a doctor's note to have the absence be considered excused. Unless contagious, a sick or injured athlete is expected to be present for practice to observe. Chronic "excused" absences may jeopardize the athlete's position in the routine and on the team. Injured athletes must be cleared by a doctor to return. Return to the routine/competition will be at the coach's discretion based on current timing and what is in the best interest of the team.

# **ABSENCE POLICIES**

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## **ABSENCES**

Every cheerleader is required to be at every practice, camp, choreography session, special event, competition, and awards session.

Summer practice attendance is very important for skill building purposes. We ask that no athlete miss more than two weeks of practice during the months of June, July, and August.

**You must provide any dates you will be missing to your coach via Band AND the Google Form as well as send your coaches a reminder message closer to the scheduled absence.**

Starting in September, each cheerleader will receive TWO unexcused absences, which can be used at your discretion.

## **BLACKOUT WEEK**

Practices during BLACKOUT WEEK (the week of competition) CANNOT be missed.

Unexcused absences may NOT be used during this week. If a practice is missed during BLACKOUT WEEK, you are jeopardizing your athlete's spot at that competition and an alternate may fill the position.

This is up to the discretion of the coach.

We strongly encourage you to coordinate your own vacations with gym closings. **Missing a competition is unacceptable and absolutely every effort should be made to show up (regardless of issue that has come up) to compete. Athletes missing due to illness are to provide the gym with a doctor or hospital note dated the day of the competition.**

Please note that if you do not adhere to the above rules, you can be removed from the team. NJ PREMIER reserves the right to remove any athlete from the program because of excessive absences.

# **RULES & REGULATIONS**

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## **RULES & REGULATIONS**

1. Only registered athletes are allowed in the gym practice area. Siblings, family members, friends, etc. are not allowed in the practice area. Students who are not in a class / private lesson may not be in the gym. Parents are not permitted in the practice area.
2. All spectators in the viewing area must keep conversation positive and refrain from criticizing other children, coaches, etc. Any issues should be brought directly to Tabatha or Lisa . This area is intended to be for your enjoyment. If this area becomes a negative atmosphere, NJ PREMIER reserves the right to close the viewing area.
3. No food or gum in the gym.
4. All trash must be disposed of in proper trash receptacles.
5. No cell phones allowed in the practice area.
6. All choreography and music is highly protected and should not be shared, traded, shown, or discussed with others. NO videos or music should be uploaded to any online site such as YouTube, Facebook, Twitter, Soundcloud, Instagram, etc.
7. ONE parent or coach will be designated to record each team's performance and post on the gym's Band to allow for all parents to watch and cheer on the performing team. Videos are not to be posted publicly by parents.
8. Every child is required to be at every practice, camp, choreography session, competition, and special events. If the coach feels you cannot be in the routine due to extensive sickness or other commitments, we have the right to remove you from the team, or put you as an alternate.
9. Every cheerleader AND parent must hold the ideals and morals that NJ PREMIER abides by. That includes being a team player, showing respect for all members of all teams, including their own, other teams in the gym, and other competing teams. No foul language should be used at any time. If we feel that our athletes or parents are not upholding these qualities, they will be asked to leave the program.

# ***RULES & REGULATIONS*** ***CONTINUED***

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## **RULES & REGULATIONS**

10. No parent should speak negatively about any athlete in the program, including their own.
11. NJ PREMIER reserves the right to name alternates to any team in the program at any time during the year.
12. We will not work around any schedules for any additional activities that your child may be involved in.
13. No parent should interrupt a coach or instructor during practice or class. If there is an issue that you need to discuss, please let our receptionist know, and we will schedule a meeting. Athletes other than your own will not be discussed with you.
14. No NJ PREMIER cheerleader is allowed to tumble or compete with any other all-star program.
15. No cheerleader is to wear any jewelry during practices or competitions. This is a USASF rule, and it will be strictly enforced. Jewelry must be removed and may not be covered by a band aid.
16. All NJ PREMIER members must wear ONLY NJP apparel during competitions. No pajama pants, or street clothes are to be worn at any time. Also, no altering the uniform. No Nike pros with the uniform top and the top is to be worn the right way not unbuttoned or unzipped. We want our athletes to represent our gym in a positive way.
17. Any athlete (sick, injured, or otherwise) attending warm up, performance, or awards with an NJP team should be in athletic clothing and sneakers, if not in the team uniform.
18. Athletes and parents are prohibited from bringing drugs, alcohol, tobacco, vapes, or any other harmful substances into the gym. Doing so or entering the gym under the influence of any substances could lead to immediate removal from the program.

# ***RULES & REGULATIONS CONTINUED***

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## **HEALTH**

1. You must provide NJP with emergency information.
2. You must inform NJP of any medical condition that may limit or prevent participation in any activities.
3. Immediately notify NJP of any injury sustained as a result of a sanctioned NJP activity.
4. Provide a written physician's note if you are unable to participate, including the duration of time that your participation is limited.
5. Provide NJP with a list of medications that you are currently taking or any allergies you may have.
6. All athletes must refrain from the use of illegal drugs, alcohol, tobacco, or any other harmful substances.

## **TEAM PARTIES/GIFTS/BONDING**

1. All team parties will be handled by NJP unless otherwise specified by coaches, owners, or NJP Staff
2. All team gifts and team bonding must be approved by your NJP coach and/or owner.
3. Team parent should be informed of any intentions of the above and coordinate with coaches.

## **NJP BRANDING/CLOTHING/APPAREL**

1. No one may use the NJ PREMIER logo or name for any clothing, novelties, or any other use unless authorized by one of the owners.
2. Any items that are distributed to any of the NJ PREMIER athletes, where money is being collected, must be authorized by the owners, and handled by the NJ PREMIER Pro Shop.
3. Anything created without approval will not be accepted, and cannot be worn in the gym, to any competitions, or to any activities.
4. PARENTS ARE NOT ALLOWED TO MAKE THEIR OWN APPAREL! This includes anything with "NJP", our specific team names, logos, or slogans.

# ***RULES & REGULATIONS CONTINUED***

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## **DRESS CODE**

1. Athletes must maintain a groomed appearance and good personal hygiene at all times.
2. Hair must be pulled out of the face at all practices and events.
3. While in any NJ PREMIER clothing or representing the gym in any way, inside or outside of the gym, we expect each athlete to hold themselves at a high standard and to represent the gym in a dignified and positive manner.
4. At competitions you must be dressed in the competition dress code which can include NJP gear, uniform, and / or warmup. You must be in athletic clothing and sneakers. No PJ's, UGG slippers or boots, mismatched clothing will be permitted.
5. Socks and sneakers must be worn at all times.
6. Jewelry must be removed prior to meeting times. Coaches will not be responsible for holding jewelry.
7. No colored nail polish at competitions.
8. Nails must be trimmed and not sharp to safety stunt without injury to yourself or teammate.
9. Dating age students may not show any public displays of affection while in a NJP uniform or clothing. Hand holding is also not acceptable while in uniform.
10. All athletes must be in full uniform for all award ceremonies.

# ***RULES & REGULATIONS CONTINUED***

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## **SPORTSMANSHIP/CONDUCT**

1. Always set a positive example for others.
2. Remain with NJP in section at competitions (e.g., no separate suites).
3. Enter rotational viewing to cheer on all NJP teams at competitions.
4. Be respectful to others. This includes officials, security guards at events, competition staff and athletes or coaches from other teams, etc.
5. Refrain from using abusive language and physical confrontations of any sort.
6. Accept placements and awards with dignity and class.
7. Always cheer on other teams and gyms. We have formed relationships with other gyms, competition companies, etc. throughout the years. You are expected to always uphold proper sportsmanship at all times.
8. The NJ PREMIER coaching staff will deal with any scoring at events. Parents or cheerleaders should never discuss, and under no circumstances should any parent approach a judge or competition official for any reason.
9. All cheerleaders and parents must refrain from expressing any negative opinions on public message boards and internet sites. Please do not post negative comments towards any other gyms, competition companies, etc. We prefer that athletes and parents refrain from posting on these sites entirely.

## **ADDITIONAL COMMITMENTS/ACTIVITIES/SPORTS**

1. Athletes will disclose intentions to be a part of additional sports/activities that may conflict with NJP scheduling.
2. Athletes are expected to disclose their commitment to NJP and NJP's schedule to the director/coach/advisor of the additional activity.
3. Athletes are expected to prioritize NJP team practices, events, and competitions in the event of a schedule conflict with additional activity.
4. Missed practices, leaving early, or attending late due to alternate sport/activity can lead to loss of position to an alternate. BLACKOUT WEEKS and competitions are NON-NEGOTIABLE.

# ***RULES & REGULATIONS*** ***CONTINUED***

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## **SOCIAL MEDIA POLICY**

1. If you feel a post may be inappropriate, it probably is. There is a NO TOLERANCE policy for social media abuse.
2. There will be no negative comments on any form of social media regarding any athletes, coaches, staff, or other programs. Please post only POSITIVE comments.
3. Negative posts not naming the gym or individual athletes that can be perceived as negative, such as “Wow, amazing how one kid can spoil a whole routine...” are not acceptable.
4. No submissions or interactions with anonymous cheerleading accounts are allowed.
5. No inappropriate pictures posted. If you are engaging in something illegal or inappropriate, do not post on social media. Example: Pictures of underage athletes drinking at a party, even though they are not in NJ Premier clothing it still is not acceptable.
6. No inappropriate language on social media. If you are upset about something that happened during your day, we do not need to see it through vulgar language on social media. This goes for parents, staff, and athletes. Even if you do not reference NJ Premier it may still be associated with our program. This is not how NJ Premier wants to be portrayed.
7. Athletes and their public actions reflect on our gym as a whole. Athletes are expected to represent NJP in a positive and responsible way both in and out of uniform. NJP reserves the right to remove any athlete that is unable to uphold this expectation from the program.

# ***CROSSOVER & ALTERNATE POLICY***

\*By committing and registering for an NJP team, you acknowledge and agree to abide by all the policies and procedures outlined in this packet\*

## **ASKED TO BE A CROSSOVER OR ALTERNATE?**

### **CROSSOVERS**

Teams will have crossover athletes when needed. Crossovers are required to have 100% dedication to both teams. In the summer, crossover athletes will practice 3-4 days a week. In the fall, it will be 3-4 weekdays and a weekend day. Crossovers will have additional team fees. Crossovers are chosen by the coaches and if at any time they are not maintaining skills for both teams or there is lack of dedication, it will be at the coaches discretion to remove them from a team of the coaches choice.

### **ALTERNATES**

An athlete asked to be an alternate to a team will secure a schedule with the coaches of the alternate team. This will outline expected frequency of practice attendance. Alternates will not compete with the team unless the alternate is asked to take the mat for any given reason. Coaches reserve the right to dismiss an athlete from alternate duties at any time.

# COMMUNICATION

## WHEN YOU HAVE QUESTIONS OR CONCERNS:

01

### Can the Team Parent or Front Desk Staff answer this question?

Utilize the Team Parent or the Front Desk Staff for questions about team/gym happenings. If they do not have the answer, it is likely the information has not yet been put out. Please be patient.

02

### Outreach your Coach via the Band app

For questions or concerns that the Front Desk or Team Parent cannot answer, contact your coach next via Band. DO NOT text your coach on their personal phone, Facebook Messenger, etc. Athletes other than your own will not be discussed with you. Please allow ample time for your coach to respond.

03

### Outreach Owners via the Band app or Email

For questions or concerns that your coach was unable to answer, contact Tabatha via Band or Email ([njpremierTabatha@gmail.com](mailto:njpremierTabatha@gmail.com)). DO NOT text a personal phone. Please allow ample time for a response.

## TEAM PARENT

Each team at NJ PREMIER will be assigned a “team parent.” The function of the team parent is to help once teams have been selected. The team parent is responsible for relaying information to the parents. They are the team contact person at competitions, and will be asked to organize or promote team social events, collect forms, and plan team parties/gifts.

NJ Premier All Stars reserves the right to choose the team parent as well as to relieve a team parent of their duties. It is up to the discretion of the team parent to decide which modality is used to communicate with the rest of the team's parents.

Phone Number: 732-970-5555

Website: [www.njpremierallstars.com](http://www.njpremierallstars.com)

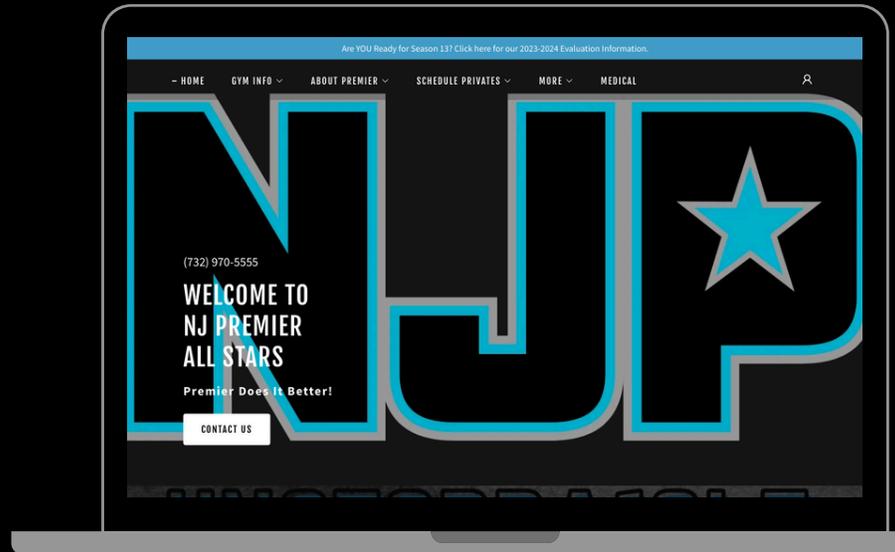
E-mail: [NJPremierallstars@gmail.com](mailto:NJPremierallstars@gmail.com)

# CONNECT WITH US

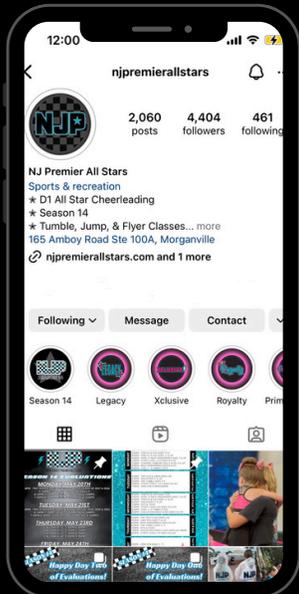
## Stay Up To Date

There are always so many new and exciting things happening at NJ Premier All Stars! Connect with us through our social media and website to be up to date on all of our happenings!

Visit our website  
[www.njpremierallstars.com](http://www.njpremierallstars.com)  
for gym updates



Book a private lesson with us [HERE](#)



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