

2026-2027



All Star Academy

Competitive Cheerleading Handbook



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Introduction

Welcome to the All Star Academy Cheer Program! We are creating a positive learning environment that will enrich the lives of our athletes. Our foundation is based on teaching the value of hard work, commitment, and teamwork while providing the fundamental building blocks to be successful in all aspects of life. This handbook will cover the team placement process and general guidelines for the season and included forms required for the 2026-2027 cheer season. All handbook rules apply to participation at the gym and at all other venues. This includes competitions, clinics and any other activity attended by the All Star Academy



Placements

Evaluations for all levels will be low stress; we will not ask any athlete to do anything they are not comfortable doing on their own.

Once the commitment is made to join our program, each cheerleader will be placed in work out groups for skill development. Teams will be formed by early July, based on skills and improvements amongst each athlete. Changes can be made throughout the season. Our goal is to form strong, competitive squads that continue to grow throughout the season!

Competitive Cheer Teams are separated by age and skill level. The evaluation process determines each candidate's skill level and suitability for placement on teams. the **tentative** team assignments will be sent via email; any changes will be finalized by July. Each team will have an introductory team practice approximately a week after placements, here they will meet their teammates and coaches and have their first practice. All registration paperwork with your first month's payment is due no later than your first (introductory) practice.

Summer: Summer workouts are critical for a team's success as this is when major skills are developed and lasting team relationships start forming. Initial team placements are made in July. Choreography camps in August. Choreography is a continually evolving refinement of the original routine that will be fine-tuned throughout the year. Choreography may be distributed between 2-3 days dependent on the team. Exact dates and times will be given in July.

Fall: Fall is when routines are perfected and all the skills developed during the summer are integrated into the routine that will be performed at competition.

Winter/Spring: Competition Season may begin in November. Travel teams will compete in 4-5 competitions, possibly more (pending bids). Limited travel teams will compete in fewer competitions, possibly more (pending bids). Prep teams will compete in 4 -5 competitions. The weeks leading up to each competition will frequently involve extra practices, to perfect routines.

Crossovers: Athletes that are on 2 teams, come to 2 practices and compete 2 times at competitions. Crossovers will be selected by the coaching staff, however, if you are interested in your athlete becoming a crossover, please notate so on their tryout form. There are no additional fees for crossovers.

Programs

Travel Teams

Travel teams practice 3-4 hours a week, compete in 4-5 or more competitions and may have over night hotel stays. The travel teams require a bigger commitment time wise and financially.

Limited Travel Teams (prep teams)

Limited travel teams practice 3-4 hours a week , compete in 4 to 5 semi local competitions. Limited travel competitions are located within driving distance and may or may not require hotel stay.

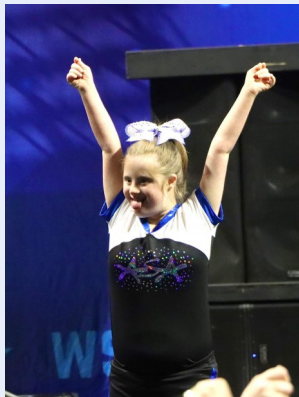
Novice Tiny Team (Ages 4-7)

The team will practice 1 hour per week. The team will showcase their finished routine at least 4 all-star cheerleading competitions.

Our Tiny's team is more about social and mental development than anything. At only 4-7 years old we expect them to only be able to follow directions, speak directly to their coaches, answer questions, wait in line nicely, play well with other teammates. He/She must be able to take care of all his/her own bathroom habits. If we feel they are not quite ready to focus in the large gym environment, we may recommend that they wait one more year until they have matured a bit more. If they meet our behavioral criteria, it is amazing how much cheer/tumble skill they can learn in the season and they are always, BY FAR, the cutest team on the mat! SHOW STEALERS EVERY TIME!!!!

Special Abilities Team (all Ages)

This team is comprised of athletes with special needs and challenges. We are thrilled and honored to coach these amazing athletes to help make their dreams come true. Their practices are usually limited one day per week. Because of volunteers and sponsorships, This team pays absolutely no fees. We are so proud to be able to offer this program for the community.



Communication

Communication

Please check-in with your designated "Team Rep" on a regular basis to make sure you are not missing any information being sent out. Both The All Star Academy cheer director and the Team Parent will be communicating details on upcoming events, planning for competition, and any general coaches or gym information. It is extremely important that our records be kept current. Please update any changes to your address, email address, telephone numbers, and/or medical information for the cheerleader. It is the parent's responsibility to stay informed. Check your e-mail and team Facebook page or band app regularly as these will be our primary sources of updates, information and events at The All Star Academy. It is your responsibility to ensure we have your current e-mail address on file. We will also post information on our social media outlets. There is no excuse for being uninformed or irresponsible when the information has been provided.

info@asaextreme.com - General Email

Team Reps

Team Reps play an important role in supporting our teams and coaches. Team Reps will be asked to assist the coaches at performances and competitions by gathering all the athletes, checking their uniforms and getting the teams to the appropriate warm-up area. They will also be asked to organize or promote team social events to help the teams get to know the other team members as well as fundraisers. Team Reps may also be asked to assist with registration of athletes on their respective team. All Star Academy reserves the right to select, change, or remove the team reps at any time if we feel it is in the best interests of the teams.

Here's to...

COACH SAYING "ONE MORE TIME"
THE TIMES YOU KNOW YOU COULD DO BETTER
SWITCHING STUNT GROUPS UNTIL EVERYONE HITS
BEING SORE & STILL THROWING EVERY SKILL
REACHING FOR A SEEMINGLY IMPOSSIBLE GOAL
STRANGERS BECOMING FAMILY
NOT SETTLING FOR ANYTHING LESS THAN YOUR BEST

...Not just Cheer

Team Bonding Activities

Being a close-knit group, the staff likes to have a personal interaction not only with the athlete, but also the entire family. We want our athletes to pull together in support of each member's efforts and parents to join together in that support. Please make an effort to attend the cheer outings and any other group

activities that are scheduled over the course of the season for you and your family to bond with others. With all of us working together we will continue to grow, improve, and have a good time doing so!

Public Appearances/Community Service Projects

Short notices of performances and community service projects will occur throughout the year. All-Stars are expected to attend. Please understand we are trying to teach our all-stars the importance of community involvement.

Fundraisers

Sponsorships enlisted in excess of the initial requirement will go directly towards your account. We also have a "Donation Letter" you may duplicate to send to individuals (relatives, friends, etc.) to ask for donations of any amount. ALL OTHER FUNDRAISERS MUST BE ORGANIZED BY THE PARENTS and must be approved by the cheer director or manager.



Decide. Commit. Succeed.

All-Star cheerleading requires a commitment from each team member in order to be successful. This point cannot be emphasized enough. While it is possible for team members to participate in other activities, your cheer team must be your first priority. A cheer team cannot have an effective practice with even one member missing. See attendance policy for more information on missing practices.

Joining a team is a year long commitment from May 2026 – the end of April 2027

All Star Academy will be a positive influence on your child's life, goal setting, and work ethic by leaving a lasting positive imprint of our love and concern for the athletes' well-being. All athletes quit training at some point in their life. If an athlete decides to quit after a season of cheer and just participate in classes, we will not lecture them on their decision. If an athlete quits after completing a competitive season because they have decided to explore other interests, we will encourage their success. If an athlete quits because they move, we may be able to assist regarding decisions of other gyms in the new location. However, quitting mid-season is not tolerated unless your family is moving or for other extreme circumstances decided upon with the coaching staff. Leaving a squad during the season affects everyone involved (parents, athletes, coaches, and the squad). If your child decides to quit midseason, they may not tryout the following year. With our commitment to you in mind to you and your athlete, we expect your loyalty to our team and respect for our coaching decisions. Please do not cross the barriers in the gym and do not coach your child from the sidelines. Watching on a regular basis may reduce your ability to appreciate the progress of your child.

All of your cheerleader's training must be done within our facility. An all-star may not participate with another gym without permission from the coaching staff.



Rules & Policies

Attendance

Attendance is mandatory. It is also imperative that you are here on time. . If you must miss, PLEASE contact the gym before practice to let us know. Please remember that one person missing will disrupt the entire practice. Each team's routine is made up of stunts, tumbling patterns and formations that interchange throughout the routine. When even ONE person is missing from a practice it is impossible to practice that stunt group and the entire team pyramid. Also, we cannot determine traffic problems in tumbling passes and formation changes. As you can see, it is very, very important for each All-Star to be at every practice. However, during the summer months you may be excused for vacations, but you must turn in those dates ahead of time. More than three unexcused absences, may result in dismissal from the team. The week of competition, all practices are mandatory, no excuses. The coaches reserve the right to work your child out of the routine for any missed practices the week of competition.

Closed Practices

At any given time we may close practice (does not apply to Tiny teams). It is a proven fact that practices operate much better when All-Star parents are not in the gym. All-Star parents cannot attend closed practices. Even though your All-Star should not see you here or may not know you're here, please understand as we coach your child, naturally your parenting instincts sometimes kick in and what seems ridiculous to you, from your standpoint, is imperative in coaching a team. We reserve the right to change this at any time.

Attitude

We expect parents and All-Stars to be supportive at all times. Disrespecting coaches or other team mates will not be tolerated from an All-Star and/or a parent and may lead to expulsion of the All-Star with no refunds. **THE STAFF IS SOLELY RESPONSIBLE FOR DECISIONS CONCERNING POSITIONING OF TEAM MEMBERS IN FORMATIONS, STUNTS, TUMBLING PASSES, ETC.** Positioning of team members will be changing constantly throughout the year based on performance ability of each All-Star at each and every practice and competition.

Competitions

At each competition you will be given a meeting place and time. It is extremely important for you to be there on time. Parents will need to sit together to form a large cheer section. All-Stars will need to be left with their coaches to stretch, review, warm-up, etc. Teams must stay for awards at EVERY competition. WE WILL ALWAYS TAKE PICTURES AFTER AWARDS, DO NOT LEAVE UNTIL AFTER PICTURES!

Members of the All Star Academy may not compete as a member of another All-Star competitive cheerleading team. Competitions are not optional and all team members are required to participate in every competition. Out of town competitions will require travel which parents will be responsible for their own travel arrangements and cost. If a parent is unable to attend a competition, they must make arrangements with other parents for transportation, and accommodations if overnight is required.

Competition Venues & Companies

All communication or problems with any organization is to be handled by your All-Star Director. Parents are absolutely not allowed to approach or phone any professional organization that All Star Academy associates with. Any legitimate complaint you may have must be texted or emailed to your All-Star director.

Injury/Illness Policy

It is impossible to eliminate the risk of injury. In the event of an injury, please remain calm, many of the coaches are safety and CPR certified and have firsthand experience on the procedures to take. **If you are sick or injured we expect you to still come to practice and watch; unless you are throwing up or have fever, higher than low-grade.** Often times when the athlete is injured, he/she will still be expected to attend practice sessions and participate when able. Conditioning will be appropriately modified to achieve personal goals and goals of the team. It is the athlete's responsibility to remind the coach of injury, if it is not easily seen. Only in rare cases will the cheerleader be able to miss practice due to an injury. The coach will inform the athlete if they feel it is unnecessary for him/her to be in practice or in a competition. A doctor's note is required for an athlete to be excused from any of his/her workout or dismissed from any practice or competition due to injury or illness. In cases of a long-term injury, a doctor's excuse and a doctor's release is required, prior to the athlete being allowed to resume participation.



Miscellaneous Information

Choreography

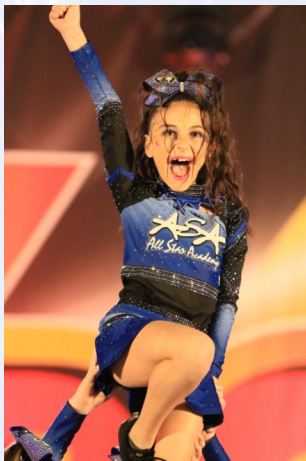
All routines/choreography including cheers, dances, stunts, transitions, and tumbling should be highly protected and shall not be shown or discussed with others. All Star Academy choreography should not be taught or copied to anyone without the consent of the cheer director. NO VIDEOS of routines, choreography, or tryout material should be uploaded to any social network sites such as YOUTUBE or Facebook, etc...

School Cheer

School cheer is a great avenue for learning how to truly cheer for a team and lead school spirit. We work to support our kids doing both as much as possible. We want to be balanced and will work our schedules as much as possible not to conflict with school cheer. Communication is key! We want to see our All-Stars as the cheerleaders for their individual schools, and we want to train them to better their school teams as well.

Private Lessons

Privates are an excellent opportunity for All Star Academy athletes to grow and excel their skills. While we value the results they provide, they must be conducted in the following way. *All tumbling privates will be set up through individual instructors and are not set up through the gym. *Payments for privates are paid directly to the coach. IF YOU HAVE A BALANCE OF ANY TYPE AFTER THE 10TH OF THE MONTH, YOU WILL NOT BE ALLOWED TO DO PRIVATES OR ADDITIONAL CLASSES UNTIL THE BALANCE IS PAID IN FULL.



Discipline

Members may be reviewed for any infractions of rules listed in this handbook or posted in the gym.

1. Social Media – comments regarding All Star Academy team members, other gyms, etc... should be made only in a positive fashion. NO NEGATIVE COMMENTS! If you see inappropriate comments at any time please report them to our Cheer Director immediately and do not respond to them.
2. No gossip about any other team or gyms (school or all-star)
3. No smoking, drinking of alcoholic beverages or use of drugs. This will warrant immediate dismissal from the squad.
4. Challenging the authority of the coach or person in charge, by student or parent, will be automatic dismissal from team.
5. Abusive behavior, lying or any other negative form of behavior is ground for dismissal.
6. Each member will follow all rules and guidelines given by the coach or person in charge.
7. Any negative behavior towards a All Star Academy member or to another gym will result in dismissal from the team.
8. Be respectful of the facility and always take care when using equipment and pick up after yourself in all areas of the facility. Set an example to others by being respectful at all times.
9. Inappropriate dress attire is not tolerated
10. No profanity or abusive language

Discipline work will be assigned for things such as dropped stunts, talking while a coach is talking, forgetting a routine change continuously, not paying attention, arriving late or leaving early from competition and/or practice, etc.



Three Strike Rule

All Star Academy has a 3-strike rule to help ensure respect and discipline is in place with all cheerleaders at all times. The purpose of this rule is to uphold team member accountability for the team commitment they have each made at the beginning of the season and is a disciplinary rule for those times when a team member may not be meeting that commitment they made to the team, to you as a parent, and to The All Star Academy.

Here is how it works:

Strike 1- Any time a team member is not meeting their commitment (i.e. displaying inappropriate behavior and attitude, treating The All Star Academy and others with disrespect, coming to practice late, etc, they will be given a strike and removed from practice (either for a portion of practice or the entire practice depending on severity).

Strike 2- same reason as strike 1, however this will be entire practice and parents will be notified.

Strike 3 - same reasons and this will result in a meeting between their coach, team member, parent, and the Cheer Director to determine if they are eligible to remain on the team.



Financial Policies

In addition to the time commitment and hard work, there is a financial obligation to be part of the All Star Academy. With this investment in mind, we have worked to spread out payments throughout the year. Competition/Coaches fees will be separated throughout the year to avoid “bulk payments.” Uniform fees will be paid at the beginning of the season in a separate payment plan.

Once you become a part of our program, you become a part of The All Star Academy family. If at any time a family experiences financial turmoil, a payment plan may be arranged. Families in this situation **MUST** be proactive and have a plan in place before the balance becomes too high. It is our intention to work with each family individually where possible.

- No tuition refund or partial monthly credits are given if a member quits, is dismissed from the program for any reason, or cannot compete due to injuries or illness. Likewise, there are no credits given for short months, winter breaks or snow days. The All Star Academy will not charge for additional practices that may be needed.
- There are no refunds for competition fees, no matter what the reason – as these costs are paid in advance by The All Star Academy and not refundable to us. If an athlete is not able to attend a competition, the Coach and Director should be notified immediately. If an athlete is sick or has a last minute emergency, unfortunately we are not able to offer a refund because of this prepayment. If an athlete is unable to fulfill attendance requirements prior to a competition, they will be pulled from the competition without a refund.
- Monthly paper statements are not sent home so please remember that tuition is due the first of each month.
- It is your responsibility to keep up with your account. If you do not keep up with your account, we will hand statements and invoices to your child to take home. If you are behind on your account we reserve the right to sit your child out of practice until the account is brought into good standing.
- **It is your responsibility to make sure you are receiving statements from the gym and emails from your team reps.** We work hard to input everyone’s email correctly, but each year we have parents who are not receiving emails due to transposition errors, email spam, or new email addresses. Be pro-active and **STAY IN THE LOOP!**

Train Your Heart Tour/Tour Dates

(coming to a city near you)

Date	Location	Competition Company / Community Event	Type of Bid	Prep and all
December 11, 2026	Brewton, AL	Christmas Parade		All
01/23-24/27 (2 Day)	Pensacola, FL	CheerExpo		All
02/27-28/27 (one Day)	Destin, FL	Deep South		All
03/6-7/27 or 03/13-14/27	Mobile, AL	WSA	The One	All
04/3-4/27	Destin, FL	WSA	The One	All
05/8-9/27	Destin/Ft Walton, FL	WSA D2 Championship		All

Please note that competitions are sometimes cancelled and substitute competitions could be added after the calendar goes out. We will try to give you any updates as soon as we are given the change. *Schedule as of 05/20/26*

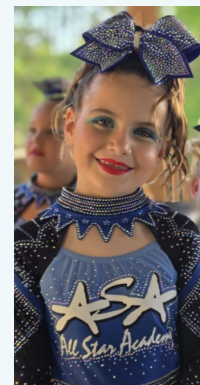
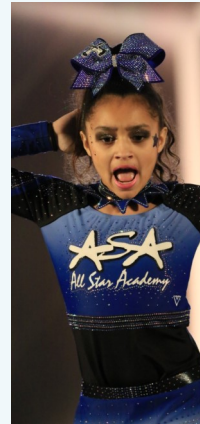
****We will try to participate in only one competition each month.**

Athlete's Competition Checklist & Rules

- Come to competition with all pieces of your uniform on.
- Remove all jewelry, nail polish, body drawings, or fake tattoos.
- Give your parents all personal belongings. It will not be the coach's responsibility to return items to the child or child's parents at a competition.
- Eat healthy prior to all competitions.
- Wear your clean competition shoes, double knotted, and tied tightly.
- Visit the restroom prior to meeting the coaches, if needed.
- Have full make-up on and hair fixed (use thick hair tie).
- Arrive on time! (Please consider traffic and emergencies)
- All cheerleaders are required to compete. The coach will be the only person to excuse any child from competition for any reason. You will be expected to compete through sickness whenever possible.
- All cheerleaders are required to stay throughout the awards ceremony. Come to awards in full uniform! No one is allowed to leave early.
- You are not allowed back stage unless it is time for you to perform.
- We like to consider The All Star Academy as your second family. Please take the time to support all squads at all of the competitions. The cheerleaders and coaches appreciate the noise, support and presence that this creates in the stands.

USASF Image Policy

USASF, the governing body for competitive cheerleading has implemented a new image policy. Compliance is not optional and any violations will result in a team penalty and/or disqualification. 1. Athletes must have on all pieces of the uniform at all times. 2. Cheer shoes are the only footwear athletes may wear. No UGGS, TOMS, flip-flops, etc. 3. All jewelry and piercings must be removed. Makeup should be uniform and appropriate for both the performance and the age of the athletes. Face/Eyelid Rhinestones are not allowed. 4.. Bows should not be excessive in size (generally no more than 3" in width) and shouldn't be a distraction to the performance. Bows should be worn in a manner to minimize risk for the participants, should be adequately secured and should not fall over the forehead into the participants' eyes or block the view of the participant while performing



Discounts

Siblings

- 1st child is regular price,
- 2nd child will receive 50% off monthly tuition
- 3rd child will receive Free monthly tuition

Duel enrollment

Athletes may participate in school cheer and All Star cheer

Referral Rewards

\$50 tuition credit for each referral you bring to the All Star program

Tumbling classes

We will be offering tumbling classes. Athletes that would like to participate in additional tumbling classes will get a discounted rate of \$45.00 for 4 weeks of tumbling classes (1x week).
Regular price \$65.00 per month

Parent Obligations

- Follow attendance policy.
- Bring your child to practice on time.
- Fulfill all financial obligations on time. Failure to pay on time will result in late fees and possible dismissal from team. No refunds will be given in the event of dismissal.
- Try your best to be completely honest about your child's athletic capability and actual skill level.
- Help your child love their gym time; don't coach him/her on the way to the gym, on the way home, at the competition, over the gym barriers, etc.
- Do not make suggestions to the coaches on how to run practice.
- Don't compare the skill of your child as well as the courage, attitude, and accomplishments with that of other members of the squad or any other children.
- Teach him/her to enjoy the thrill of competition, to be out there trying, working to improve skills and attitudes, to take the physical bumps and come back for more.
- Get to know the coaches so that you are assured of their philosophy, attitude, ethics and knowledge, and are happy to expose your child to them.
- Do not cross the barriers during workouts.
- Realize that some practices will run over, please be patient and understand it is for the betterment of the squad.
- Coaches do schedule extra mandatory practices and your child is required to come to those practices. You can expect these before the first competition of the season and before/during Nationals season.
- Under no circumstances are parents allowed backstage at competitions. In the case of having a parent squad, parent athletes are not allowed back stage unless it is time for you to perform.
- The All Star Academy's name is proprietary. You may not make or distribute any items with team names or our Images/logo without the consent of The All Star Academy's management. This includes music and/or team choreography.
- Spreading negativity, rumors or ill will about The All Star Academy's parents and/or cheerleaders is not tolerated. Talking about quitting the team or participating at another gym's tryouts, classes, etc. will result in dismissal from our cheer program. This is disruptive to team moral.

Athlete Obligations

- Arrive to practice on time in practice wear, hair pulled back and secured tightly.
- Participate in all aspects of practice. This includes but is not limited to stretch, team building games, stunts, tumbling, conditioning, jumps, and demonstrations.
- Come to practice with a positive attitude, ready to achieve new skills. Give 100%!
- Be encouraging to your teammates.
- No gum, candy, snacks, or sodas are allowed during practice. Avoid junk food before practice. Water bottles are allowed during designated break times and must be kept off all matted areas.
- Do not wear jewelry, body jewelry, fake tattoos, or writing on any part of your body to practice.
- Use the locker room for all belongings.
- You are expected to wait patiently, without disruptive behavior, until your practice begins. Be respectful to all coaches and parents. Do not disrupt other athletes in classes.
- Visits with parents or friends are to be completed before practice begins.
- We do not allow lewd language, eye rolling, talking back, or any kind of disrespect.
- All athletes have to wait inside of the building to be picked up.
- Athletes are not allowed on gym equipment until they are called in for practice.
- Commit yourself 100% to your squad for the full competitive season

IT'S NOT ABOUT PERFECT. IT'S ABOUT EFFORT. AND WHEN YOU BRING THAT EFFORT EVERY SINGLE DAY, THAT'S WHERE TRANSFORMATION HAPPENS. THAT'S HOW CHANGE OCCURS.
POSITIVELIFETIPS.COM



Program Fees

Program	Deposit Amount (includes annual registration fee)	Tuition	Team Fees	Total Amount Due Each Month	Season Cost	Paid in Full (10% off tuition) —\$137.50
Limited Travel (New Athlete)	\$260 June	\$125 July—April	\$100 July—April	\$225 July—April	\$2,510	\$2,372.50 (non-refundable)

Payments

Program	June	July	August	September	October	November	December	January	February	March	April
Limited Travel	\$260	\$225	\$225	\$225	\$225	\$225	\$225	\$225	\$225	\$225	\$225

Prices above include the following:

- Annual Registration Fee
- Monthly Tuition
- Competition Fees
- Coaches Competition Fees
- Music
- Choreography
- Spirit Shirts or practice wear
- USASF Gym & Coaches Membership
- Banquet tickets (Athletes)
- Individual/Team Pictures

Additional Expenses

- Uniform
- Bow
- Shoes
- Warm-up (optional)
- Backpack (Optional)
- USASF Athlete Membership



Program Fees

Program	Deposit Amount	Tuition	Team Fees	Total Amount Due Each Month	Season Cost	Paid in Full (10% off tuition)
Tiny Novice (4-7 year old)	(includes annual registration fee)					—\$71.50
Limited Travel	\$195 June	\$65 July—April	\$95 July—April	\$160 July—April	\$1,795.00	\$1,723.50 (non-refundable)

Payments

Program	June	July	August	September	October	November	December	January	February	March	April
Tiny novice											
Limited Travel	\$195	\$160	\$160	\$160	\$160	\$160	\$160	\$160	\$160	\$160	\$160

Prices above include the following:

- Annual Registration Fee
- Monthly Tuition
- Competition Fees
- Coaches Competition Fees
- Music
- Choreography
- Spirit Shirts or practice wear
- USASF Gym & Coaches Membership
- Banquet tickets (Athletes)
- Individual/Team Pictures

Additional Expenses

- Uniform
- Bow
- Shoes
- Warm-up (optional)
- Backpack (Optional)
- USASF Athlete Membership





**If you want to compete,
Train your body,
If you want to win,
Train your heart.**

