

EVOLUTION ALL STARS

PROGRAM HANDBOOK SEASON 2022-2023

Address:

11921 SW 130 St. #40

Miami, FL 33186

Phone Number: 305.506.1415

Email: evolution.allstars@yahoo.com

www.evolution-allstars.com

Gym Hours:

Monday - Friday

5:00pm - 9:00pm

Office Hours

Monday - Thursday

5:00pm - 8:00pm



MISSION

Evolution All Stars, LLC we strive to help each member reach and exceed his or her highest potential both as a cheerleader and as a person. Our family oriented program is intended to teach teamwork, personal commitment and leadership qualities that will last a lifetime. At the same time, develop self-confidence of each participant as well as of the teams. Most importantly to have FUN! By working as a family, we need and value your continued support and look forward to being our very best.

SAFETY PROMISE

Athlete health and safety is of the utmost concern at Evolution All Stars. Our program is committed to keep a safe environment at all times. Coaching staff is trained on injury prevention and spotting. Methods of development and progression are used to ensure that improper stunting or tumbling will not occur.

No child will be asked to perform a skill if inconsistent or unsafe. Hydration and nutrition are and will continue to be encouraged at Evolution All Stars for optimal performance and prevention. In case of an emergency our staff at Evolution All Stars is properly prepared to handle the situation. All are trained in First Aid and CPR. First Aid Kits are located in two places. An emergency plan is in place to handle any situation that may arise.

PRACTICES

- A. All Teams have regular two (2) day practice days per week scheduled.
- B. All athletes must wear the proper practice attire. This includes cheerleading shoes, hair in ponytail, sports bra required each day.
- C. Athletes are to be at Evolution All Stars 15 minutes prior to start of practice time.

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- D. Evolution All Stars reserves the right to close practices to parental viewing at any time. The Parent seating area is located behind the gym by the bay doors. This helps us with the flow of traffic coming in and out of the gym. Athletes ONLY are to arrive through front door and leave ALWAYS through back door
- E. NO JEWELRY, NO GUM, NO BAREFEET, NO CELL PHONES, NO CURSING, NO EATING at any time during practice. NO JEWELRY AT ALL TIMES while an Evolution All Stars Cheerleader is in practice or at competitions. Insubordination may result in suspension from practice or team.
- F. Additional practice prior to performances, competitions, and events will be mandatory and scheduled when necessary.
- G. Evolution All Stars will not tolerate disturbances at any time from friends, family, parents, or athletes. This includes inside the gym at practices or at any time outside the gym where Evolution All Stars are represented.
- H. School work: School is high priority and Evolution encourages participation. Athlete are expected to maintain proper time management.
- I. Effective August 1st, 2022 up to April 30, 2023 all unexcused absence will have a penalty of \$50.00.
- J. Any Athletes that breaks contract will be subject to a probationary period or removal of the team the coaches and program director.

ATTENDANCE REQUIREMENTS

Evolution All Stars will allow up to 5 valid absences from practice. Athletes missing any practice without a valid reason may be benched. There are NO absences allowed from any Competition. Every team member is expected to attend every competition. Summer practices aren't optional; they are MANDATORY. However, we will approve requests for absences during the month if given enough advance notice. Effective August 1st, 2022 up to April 30, 2023 all unexcused absence will have a penalty of \$50.00. Our sport is a yearlong activity and we realize vacations and other events are a much needed break from our rigorous schedule. We encourage all athletes to attend Open Gym on Fridays to improve tumbling skills. EXTRA Privates are highly recommended.

COMPETITIONS

Our goal is to create champions on and off the mat. Competitions are typically held during weekends and holidays. Therefore, school absences are limited. Each team usually attends 6-8 competitions between the months of December and April. Exact dates will be given out as soon as they are available.

- a. Always cheer on other teams. Wish them Good Luck. Sportsmanship is part of the score sheet.
- b. While in uniform, all athletes must represent EAS with their best behavior.
- c. Proper Attire: Full make up, hair, full warmups and team performance uniform, appropriate shoes upon arrival. No one is to arrive in sandals/Crocs while wearing competition attire.



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EAS EVENTS

New Season – Season14: May 1, 2022 through April 30, 2023

Team Announcements: May 28, 2022

Parents Meeting: May 31st, 2022

EAS STUNT CAMP: Sunday, June 13th

USASF Owners Conference Coach Training June 24-26

SUMMER BREAK: Monday July 4th through July 8, 2022

July 25-29 SPIRIT WEEK

July 31- GERRYYS CELEBRATION (BBQ)

AUGUST 13- TEAMS EVALUATIONS

Evolution Camp: August 5, 6 & 7, 2022

Evolution Tumbling BOOT CAMP: TBD

Choreography: September 17-18 10-4 and or September 24-25

EVOLUTION HAIR/MAKEUP CLASS: October 7 at EAS at 7:00 pm

Halloween Trunk Or Treat: TBD

No PUBLIC school: November ___ Practice EARLY

Thanksgiving Dinner: Nov. 11 @ 7pm

Winter Movie Night: TBA

Showcase Winter at Evolution All Stars: December 3rd, 2022

Christmas Dinner: December 22, 2022

*If not listed, GYM IS OPEN for regular ACTIVITIES.

Competition Season: January 1, 2023 through April 30, 2023

Competition Dates: TBA



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EAS HOLIDAYS

Independence Day: July 4, 2022 (Monday)

Coaches Training: May & June TBA

USASF Conference: June 24, 25 & 26, 2022 (Only Privates will be offered that weekend)

Summer Break: Aug. 8-11, 2022

First Day of School: August 17, 2022

Halloween: Oct. 31, 2022 (Monday)

No PUBLIC school: November 24 Practice EARLY

Thanksgiving Dinner: Nov. 11, 2022 @ 7pm

Thanksgiving: Nov. 24-25, 2022

Christmas Dinner: December 16, 2022

Winter Break: December 20, 2022 through Jan 3, 2023 (TEAMS MAY HAVE PRACTICE)

New Year's Day: January 1, 2023

Spring Break: March 21-25, 2023 (TEAMS MAY HAVE PRACTICE)

*If not listed, GYM IS OPEN for regular

MONTHLY PAYMENTS

Monthly payment options are available, so you don't incur in transaction fees. Monthly payments can be sent via Zelle, Venmo, monthly automatic check from your bank institution and Check. If a Check is returned by the bank, there will be a \$35 charge for all returned check. We can also accept credit card such Visa, MC, Amex and Debit Card. Credit Card Transactions will have a 5% transaction fee charged at the time of use. The following are the accounts that you can use:

Zelle: evolution.allstars@yahoo.com

Venmo: @Beverly-Hoover

Accounts that are not kept current may result in your athlete being held out of activities or benched. Balances must be cleared COMPLETELY before NEXT SEASON REGISTRATION. USASF release of athlete must be cleared before Registration. Release of athlete from program requires a zero (0) balance to become part of program.

REFUNDS

If an athlete quits or is removed from the program by Evolution All Stars, you will not receive a refund of any kind. Parent(s)/Guardian assumes 100% responsibility for all costs incurred as a member of Evolution All Stars regardless of any circumstances that may arise such as dismissal from the team or quitting.

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FINANCIAL OBLIGATIONS

As with any extra-curricular activity, cheerleading requires a substantial financial commitment from each ATHLETE AND ATHLETE'S GUARDIAN. Effective August 1st, 2022 up to April 30, 2023 all unexcused absence will have a penalty of \$50.00. We will offer various opportunities throughout the year. **We appreciate the sacrifices that are made in order for our athletes to compete.** Evolution reserves the right to turn over all delinquent accounts to a collections agency and the parent/athlete will be responsible for all additional costs incurred.

FUNDRAISING

Evolution All Stars will make available RECOMMENDED fundraisers for all cheerleaders throughout the season to offset costs. Each Athlete will have a fundraiser account. Sponsorship from any company must have cheerleader's name on Sponsorship Form. Fundraising is to aid each participant with any expense that applies to Evolution All Stars cheerleading or any expenses incurred with the program.

Registration Fee & Tuition Included Items

Included in registration:

1. Non-Refundable Annual Registration
 - EAS (1) Practice Uniform (top & bottom)
 - Practice Bow
 - Evolution Season Gym T-Shirt
2. Monthly payments:
 - EAS Team Practice wear
 - EAS Rental Performance uniform
 - Team Practice Bow and Performance Bow
 - New Program Athletes*
 - *Warm-Up (Pants & Fitted Jacket) Personalized
 - *EAS Gym Backpack Personalized
 - All Local Competition Registration
 - Coach's fees

NOT INCLUDED IN MONTHLY

- USASF Annual Fee \$49 (Registration through www.USASF.net)
 - ✓ (Due by August 1st)
- National Bid Competitions (Registration Fee)
 - Travel and lodging
 - ✓ (provided as soon as its received by competition producers)
 - Make-Up-Kit & Bag \$35

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- EAS Camp (August 2022)
- Choreography
- Music Licensed fee,
- New Cheer sneakers
- Daytona Package

**PLEASE CONTACT OUR OFFICE FOR SEASON FEES AND SERVICES PROVIDED FOR ALL AGES
ASK us HOW TO RECEIVE a month free tuition!**

The attached forms must be completed for 2022-2023 Cheer Season 14

1. Acknowledgement Commitment to Excellence
2. Registration form
3. Release Form
4. Athlete and Parent Code of Conduct
5. Debit Authorization Form
6. Branding



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