

New York All Stars

2025-2026

Cheer Program Handbook



*"Preparing tomorrow's leaders through fitness
and performing arts"*

Dear Parents,

Welcome to the team! New York All Stars began in 2013 with one small Saturday morning tumbling and cheer class in Yonkers. Over the next seven years, we served hundreds of cheerleaders on competitive and recreational teams, in addition to numerous enrichment classes and an award winning performing arts program.

We are incredibly grateful to St. Barnabas High School which has allowed us to bring the program back to the Yonkers area! With over 20 years of cheerleading experience including school and some of the best all star programs in my home state of Texas, this sport is very dear to my heart. I have competed at the highest level of National Championships and also enjoyed the amazing spirit and community of sideline cheering - and this experience has informed the unique approach I take to our All Star Program and why it became so popular, so quickly.

Whether your child has prior experience or is brand new to the sport, they will have a home with New York All Stars and I hope you will consider joining us for a truly one-of-a-kind opportunity!

Cheers!

Katy Cocovinis

Katy Cocovinis
Founder/Executive Director
New York All Stars



About our cheerleading program

New York All Stars combines the community spirit of traditional cheerleading with the safety and training levels established by industry standards for all star competitive cheer. Our program welcomes athletes of all ability levels and focuses on foundational skills in tumbling, stunts, jumps and synchronized choreography. We perform throughout the year and attend local competitions in the Spring (all within the tri-state area). Our goal is to encourage excellence. We receive feedback from judges and continue practicing to improve our scores. Trophies are never guaranteed but the experience builds discipline, teamwork, determination and other skills to last a lifetime.

Types of Cheer Programs at New York All Stars

To better support cheerleaders with different schedules and goals, we're excited to introduce three cheer options this season! Whether your child is just starting out, wants to cheer recreationally, or is ready to go "all in," we have the perfect fit.

★ Tiny Stars Cheer (Ages 4–7 as of Sept. 1)

A fun and exciting introduction to All Star Cheer!

- 1-hour weekly practice (September–May)
- Local performances and 1–2 spring competitions
- A great way for young athletes to build confidence and skills in a supportive setting!
- **Tuition is *\$80 per month plus apparel & events (see page 9)**



🌟 Club Cheer (Ages 8–19 as of Sept. 1)

Same fun—less time and financial commitment!

- 1-hour weekly practice
- Local performances and 1–2 spring competitions
- All participants are placed on a team, as long as we can accommodate their age group
- **Tuition is \$80 per month plus apparel & events (see page 8)**



🌟 All Star Cheer (Ages 6–19 as of Sept. 1)

For athletes—and parents—ready to be "ALL IN"!

- 2–3 hours of practice weekly
- Local performances
- 3–5 competitions, including one National Championship
- Athletes are placed on teams based on age and ability
- While we aim to include everyone interested, placement is not guaranteed
- **Tuition is \$115 per month plus apparel and events (see page 7)**



What to expect

Your child will be placed on a team of up to 16 athletes, grouped by similar age and ability level. While we do include some fun, traditional cheerleading elements throughout the year, All Star Cheer has a different focus. Unlike sideline cheer, we do not use pom-poms or megaphones, and there's no actual "cheering" for a sport - Instead, we are the sport! Our athletes train to perform a 2-minute routine set to customized music, featuring synchronized jumps, stunts, tumbling, and dance.

To learn more about divisions and skill levels in All Star Cheer, visit: unitedscoringpartners.org

Season at a Glance

JUNE 2025: Tryouts & Team Placement

- **Tiny Stars (ages 4–6): No tryout required. Registration is now open.**
- **Club Cheer & All Star Candidates must attend:**
 - Tryout Clinic: Saturday, June 7 - 9:00–11:00 AM
 - Tryout Evaluations: Saturday, June 14 - 9:00–11:00 AM
 - Location: St. Barnabas High School Gym - 424 E. 241st Street.

Cheerleaders will be grouped by age, learn a short routine, and be evaluated on current skills, potential, and past commitment (if applicable). All participants will receive a confidential score sheet to guide growth for the new season.

- Unable to attend? Submit a tryout video by June 14. Contact Coach Katy for details.

SUMMER 2025

- Optional Tumbling Classes and Virtual Flexibility Training will be offered and are highly encouraged.
- All Star Boot Camp: *Exact Schedule depends on team. Boot camp is optional for Club Cheer participants

SEPTEMBER-MARCH Training & Performance Season

Includes fun events like Cheer & Dance Night at Citi Field and the St. Patrick's Day Parade

MARCH-MAY Competition Season

All teams may have extended practices during this time at no extra cost.

**Practice schedules will be based on
Team Placement and Availability surveys
which will be distributed in June.**

**If we cannot accommodate your availability, placement on a team
is not guaranteed.**

Ways to Save

Here are all the ways New York All Stars helps you save.

Tuition Discounts

Save on your tuition with these discounts:

Sibling/Multi-class Discount

Save 5% per additional student/class in the same household and on the same account. Applies to ALL NYAS programs!

Pay in Full Season Tuition by August 25th

Save 10%

Refer a Friend!

When you refer a new family who joins ANY New York All Stars program, you'll receive a \$10 credit! Be sure they e-mail us your name upon registration to receive the credit. No limit!

Annual Uniforms Swap & Sell

Don't buy new if you don't have to! Our annual Swap & Sell Event gives families the chance to:

- Buy / Sell gently used cheer items at a discount
- Trade with other families

We also help facilitate uniform and gear swaps throughout the season!



Fundraising Opportunities

We are committed to keeping this program accessible. While cheerleading does come with necessary expenses, we provide optional fundraising opportunities to help reduce or even eliminate your balance. In past seasons, some families have paid their entire tuition through just one fundraiser! We will kick off the season with our most successful fundraiser - **Double Good Popcorn**, this July!

👉 Want to help shape our fundraising efforts?

Join the Parent Fundraising Committee and be part of the planning team!

Support Our Mission

New York All Stars is a fiscally sponsored project of Fractured Atlas, a 501(c)(3) nonprofit arts service organization. That means all donations are tax-deductible and go directly toward keeping our program affordable.

📣 Please consider making a one-time or recurring donation or inviting local businesses to become supporters. Every bit helps our stars shine brighter!

Your Financial Commitment

The following pages outline the financial commitment required to participate in cheerleading with New York All Stars. We've itemized most expenses for the full school year to help you plan accordingly.

- Page 7: All Star Cheerleader Fees
- Page 8: Club Cheerleader Fees
- Page 9: Tiny Stars Cheerleader Fees

Please note: The following items are not included in the listed fees:

- Travel, Lodging, Spectator Fees, Gifts, Cheer Shoes (You will need to provide white cheer shoes. Recommended brands include Kaepa Stellarlyte, Chassé, and Nfinity.)

Payment Policies

Monthly Payment Plans

Families on a monthly payment plan must enroll in Auto-Pay with either a credit/debit card or ACH draft via the secure parent portal. Your account will be charged on the 25th of each month for the upcoming month's tuition. Monthly payments are a way to fulfill your season-long tuition commitment—they do not represent a month-to-month enrollment. You are responsible for the full tuition amount for the season.

PLEASE NOTE: In order to ensure accounting accuracy, we will NOT ACCEPT Venmo, Zelle, Apple Pay for monthly tuition payments. All payments must be made through the parent portal. You may update your payment information at any time. Alternative forms of payment will only be accepted for point of sale merchandise.

Tuition

Tuition is non-refundable and will not be pro-rated, refunded, or credited due to scheduled closures, inclement weather, or other circumstances beyond our control—including but not limited to public health emergencies, safety concerns, mechanical issues, or natural disasters. In the case of an extended closure, programming will resume virtually. If a class is canceled due to instructor illness, every effort will be made to schedule a makeup class. If more than two classes are canceled in a single semester and cannot be made up, a credit will be applied to your family's account for future use. Tuition rates are based on the full season and include all regularly scheduled classes. Additional practices scheduled near events are included at no extra charge.

Late and Returned Payments

A \$35 fee will be automatically applied to any returned or declined transaction or fee that is 5 days late.

Outstanding Balances

Students with unpaid balances will not be permitted to attend classes, rehearsals, or performances. You cannot register for events, additional classes or merchandise if you owe a balance. If you are experiencing financial difficulty, please contact us as soon as possible—we're happy to discuss options such as individual fundraisers to help meet your tuition commitment.

Cancelling Membership

We carefully place each member on the team with consideration for the entire season. Quitting mid-year can cause the team significant set-backs. Canceling membership after January 1st will result in a charge of \$150 to replace your athlete, re-choreograph and train a new member. If the fee is not collected, you will continue to be billed for the remainder of the season and subject to collections pursuit.

ALL STAR CHEER FEES

Annual Registration	\$50
Monthly Tuition Tuition is automatically charged on the 25 th of the month and covers the cost of weekly practices during the regular season only. Tuition is billed September to May with the first payment due on 8/25/25. 10% Savings when you pay in full by August 25th.	\$115
Official New York All Stars 2025-26 T-Shirt *Required for cheerleaders Available for family members as well! **Customize the back for \$8 Orders are due July 1st. This is the ONLY time during the season we will offer customization!	\$20
Summer Boot Camp & Choreography Clinic Schedule is based on team placement/availability Due July 1st	\$175
All Star Uniform All Star Teams will vote whether to upgrade uniforms Due August 1st	\$195-\$250
Mets Cheer & Dance Night *All cheerleaders and spectators need a ticket - Cheerleaders perform on the field at CitiField! Due September 1st	\$50
Optional Warm-up Jacket and Pants *Jacket only is \$95 Due October 1st	\$160
Competition All Access Pass Covers all regular season competition fees AND Nationals entry fees. Does not include Great Adventure Due March 1st	\$425
Six Flags Great Adventure CheerFest All cheerleaders and spectators purchase the All-Inclusive Park Ticket and Event Wristband. Six Flags season pass holders may purchase just the event wristband. Psst: You can fundraise your entire order! Due April 1st - Earlier deadline ensures biggest discounts!	\$70 <u>*approximate</u>
Showcase & Awards We honor each athlete for the hard work by producing an annual Showcase and presenting each cheerleader with awards and special recognition. Showcase & Awards fees are due May 1st, 2026	\$50

On your own:

Cheer shoes: Cheerleaders may wear any brand of white cheer shoe to practices and performances. Check the BAND for recommendations.

Hotels: For two day events, a hotel is needed. We will coordinate group blocks or you may book on your own. Optional for one day events.

CLUB CHEER FEES

Annual Registration **\$50**

Monthly Tuition **\$80**

Tuition is automatically charged on the 25th of the month and covers the cost of weekly practices during the regular season only. Tuition is billed September to May with the first payment due on 8/25/25. 10% Savings when you pay in full by August 25th.

Official New York All Stars 2025-26 T-Shirt

*Required for cheerleaders Available for family members as well!

**Customize the back for \$8

\$20

Orders are due July 1st. This is the ONLY time during the season we will offer customization!

Uniform (if needed)

\$195

Due August 1st

Mets Cheer & Dance Night

\$50

*All cheerleaders and spectators need a ticket - Cheerleaders perform on the field at CitiField!

Due September 1st

Optional Warm-up Jacket and Pants

\$160

*Jacket only is \$95

Due October 1st

Spring Competition Entry and Team Fee

\$85

This is the entry fee for each cheerleader. Spectators pay admission upon arrival at the event (typically around \$25 cash)

Due March 1st

Six Flags Great Adventure CheerFest

\$70

All cheerleaders and spectators purchase the All-Inclusive Park Ticket and Event Wristband. Six Flags season pass holders may purchase just the event wristband. Psst: You can fundraise your entire order!

Due April 1st - Earlier deadline ensures biggest discounts!

*approximate

Showcase & Awards

\$50

We honor each athlete for the hard work by producing an annual Showcase and presenting each cheerleader with awards and special recognition.

Showcase & Awards fees are due May 1st, 2026

On your own

Cheer shoes: Cheerleaders may wear any brand of white cheer shoe to practices and performances. Check the BAND for recommendations.

Hotels for competitions: OPTIONAL. We will coordinate group blocks for those interested.

TINY STARS FEES

Annual Registration **\$50**

Monthly Tuition for Tiny Stars **\$80**

Tuition is automatically charged on the 25th of the month and covers the cost of weekly practices during the regular season only. Tuition is billed September to May with the first payment due on 8/25/25. 10% Savings when you pay in full by August 25th.

Official New York All Stars 2025-2026 T-Shirt **\$20**

*Required for cheerleaders Available for family members as well!

**Customize the back for \$8

Orders are due July 1st. This is the ONLY time during the season we will offer customization!

Tiny Stars Uniform (if needed) **\$120**

Due August 1st

Optional Warm-up Jacket and Pants **\$160**

*Jacket only is \$95

Due September 1st

Tiny Stars Spring Competition Entry and Team Fee **\$85**

This is the entry fee for each cheerleader. Spectators pay admission upon arrival at the event (typically around \$25 cash)

Due March 1st

Six Flags Great Adventure CheerFest **\$70**

All cheerleaders and spectators purchase the All-Inclusive Park Ticket and Event Wristband. Six Flags season pass holders may purchase just the event wristband. Psst: You can fundraise your entire order!

Due April 1st - Earlier deadline ensures biggest discounts!

Showcase & Awards **\$50**

We honor each athlete for the hard work by producing an annual Showcase and presenting each cheerleader with awards and special recognition.

Showcase & Awards fees are due May 1st, 2026

On your own

Cheer shoes: Cheerleaders may wear any brand of white cheer shoe to practices and performances. Check the BAND for recommendations.

Hotels for competitions: OPTIONAL. We will coordinate group blocks for those interested.

New York All Stars Program Policies

1. Students should be prepared and on time for every scheduled class or event. This includes proper attire, hair away from the face, and water. Water is the only beverage allowed!
2. **Attendance:** Cheerleading is a team sport in which every member of the team is needed at every practice. Attendance at all practices and events is **mandatory**. You must communicate in advance if your child will be late or miss a class due to illness or a pre-planned conflict. Punctuality is also important. If your child is late to practice they are missing valuable warm-up and conditioning time which could cause injury. Frequent tardies or unexcused absences will result in your child losing the privilege to perform or compete. **Please note: Practice the two weeks before a competition is mandatory. If your child is not at the last practice before an event for any reason, they will not compete.** You can log an expected absence in your Parent Portal – the link is available on our website: www.newyorkallstars.org
3. **Classes are drop-off**, except for invited performances. While we have allowed parents to stay, the noise is challenging for teaching due to an echo in the gym. Parents who stay in the gym are asked to quietly watch practice without talking. Parents more than 15 minutes late for pick-up may be subject to a \$15 late pick up fee to cover the cost of our staff's overtime.
4. **What to wear:** Cheer shoes, New York All Stars t-shirt, black leggings or shorts. Girls should wear a sports bra or tank under their t-shirt. You may also purchase NYAS practice wear from our online store. We will also have several in-uniform practices. Hair should be up and out of the face. Performances will have required hair styles and make-up. **ABSOLUTELY NO JEWELRY OF ANY KIND**, including stud earrings. These are significant safety risk and we will not be responsible for lost or misplaced jewelry.
5. **During classes:** No food, No Gum, No Phones (unless the device is used for instruction/music/research under the supervision of a teacher). Water is the only beverage allowed at practice.
6. **No side-coaching:** Parents should try to avoid coaching children during classes or performances. Our staff will provide guidance for how to help your child practice at home.
7. **Join the BAND APP:** This is a required tool which we will use for communication, practice tips and challenges and sharing of videos and pictures.
8. The New York All Stars brand is the result of dedicated collaboration with our trusted partner vendors and the creative vision of our team. While we love seeing team spirit and enthusiasm, the replication, reproduction, or sale of merchandise featuring our name and/or logo without prior authorization is strictly prohibited.

Our Community Standards

At New York All Stars, we are committed to building a positive, inclusive environment that nurtures leadership, teamwork, and wellness. By enrolling in our program, all students, parents, and caregivers agree to uphold our COMMUNITY STANDARDS.

We expect all members of our community to treat one another with kindness, respect, and integrity. We recognize and appreciate the hard work and dedication required to deliver a high-quality experience for every participant.

We have zero tolerance for abusive or inappropriate language, behavior, or actions directed at any student, parent, or staff member or at any event. Consistently disruptive behavior that cannot be managed in class may result in removal from the program without a refund.

If you have a concern or complaint, we ask that it be addressed respectfully and privately, away from the presence of other families. We are here to support you and take concerns seriously. Please email us or request a phone call or meeting with an administrator or teacher.

Failure to adhere to our Community Standards by any student or family member may result in immediate dismissal from the program without refund.

Ready to Register?

- Visit our website at: www.newyorkallstars.org
- Click the link for the parent portal to create an account.
- Register for Tiny Stars, Club Cheer or All Star Cheer.
- Complete your registration and try-out payment.
- Keep an eye on your e-mail for further details.

Questions? E-mail: office.nyas@gmail.com