

# Infinite Athletics' 2022-2023 Handbook v1



Infinite Athletics is an elite All-star Cheer program based out of Oakdale, CA. Our teams are divided into categories by age and experience, so that an athlete may participate in a way that fits them perfectly. These divisions allow Infinite Athletics to place athletes on teams where they can grow, and be inspired and challenged throughout the season ahead!

## **Infinite Athletics' Handbook: Purpose**

The purpose of the 2022-2023 Infinite Athletics' Athlete and Parent Handbook is to outline the expectations and requirements for all members of Infinite Athletics' Cheer and Tumbling program. Please read through our handbook in its entirety and let us know if you have any questions. Be sure to use the 2022-2023 Athlete and Parent Handbook as a resource as questions come up throughout the season.

## **A Message From Infinite Athletics**

Welcome to Infinite Athletics Cheer and Tumbling! We are excited that you have chosen Infinite Athletics as your home. Infinite Athletics has been named a National Champion over 60 times since opening our gym six years ago, which is something that no other cheer gym in California has achieved in such a short period of time! Welcome to our family!

Infinite Athletics offers your athlete a safe, but competitive, training curriculum for tumbling, stunting, and cheer. We are pleased to say that we are a very stable gym, as we are celebrating our 6th season of competing. We are one of the most decorated and recognized all-star cheer programs in Northern CA. In addition to competitive teams, Infinite Athletics offers classes for all ages and talent levels. We focus on training in each of the important categories in cheerleading, including tumbling, jumping, stunting, and more!

Our mission is to emphasize the importance of appropriate training and safety in our sport, including conditioning, skill technique, and gradual skill progression. We also focus on promoting sportsmanship, respect for our peers, and having fun. Although our goal is to make each team competitive, we really want our athletes to learn lifelong lessons in friendship, teamwork, time management, and community service. We also pride ourselves on promoting the importance of balancing education with commitment to the sport.

We would like to warmly welcome all new athletes to our program! We promise it will be a life-changing experience! We would also like to thank our returning members for continuing to be a part of the Infinite Athletics' family!

### **Types of All-Star Competitive Teams for 2022-2023**

Infinite Athletics will have three (3) types of competitive cheer teams for the new season. Here is a brief explanation of the types of teams:

1. Novice Teams
  - a. USASF-designed All-star Novice teams for athletes who have little to no experience, are just starting to learn the basics of competitive cheerleading, and are searching for a more competitive way to perform without the full commitment of an Elite or prep team. Novice teams practice 1 day per week for no more than 2 hours.
  - b. Routine is 1:30 minutes long
  - c. Only compete 1 day at 2-day events
  - d. 1 practice per week
  - e. Limited traveling required

## Novice Levels

### Level 1.1

*The first number refers to the level of stunts that can be performed, while the second number refers to the level of tumbling. As you can see, prep is a great option for those who do not yet have the same tumbling skills as the elite athletes.*

## 2. Prep Teams

- a. USASF-designed All-star prep teams for athletes who have some experience with cheer and are searching for a more competitive way to perform without the full commitment of an Elite team. Prep teams practice 1 day per week for no more than 3 hours.
- b. Routine is 2:00 minutes long
- c. Only compete 1 day at 2-day events
- d. 1 practice per week
- e. Limited traveling required

### Division of levels:

Level 1.1

Level 2.1

Level 3.1

Level 3.2

*The first number refers to the level of stunts that can be performed, while the second number refers to the level of tumbling. As you can see, prep is a great option for those who do not have quite the same tumbling ability as the elite athletes. However, that doesn't mean they can't stunt! Level 3.1 and 3.2 will likely be popular with older athletes who are just now beginning to understand the basics of tumbling.*

## 3. Elite Teams

- a. All-star Elite was designed to push athletes to their highest level of abilities, with a full year commitment to the program.
- b. Routine is 2:30 minutes long
- c. Compete both days at 2-day events
- d. Up to 5 practices per week
- e. Full team traveling required
- f. Elite team levels only have one number; the number represents the level of both stunting and tumbling for these teams.

Here are the full season teams we will have for the 2022-2023 season:

1. I6 Vengeance - Elite
2. S3 Karma - Elite
3. S1 Luxe - Elite
4. J2 Blackout - Elite
5. Y1 Couture - Elite
6. M1 Gems - Prep
7. T1 Sprinkles - Novice

### **Athlete Code of Conduct**

As a program, we pride ourselves on not only our talent, but also on the class and dignity of our members. The Athlete Code of Conduct was established as a set of principles and expectations for all Infinite Athletics' members and families to follow. As an Infinite parent, you are bound to the same level of expectations as your athlete. You represent our program and your child, and your behavior should not be a distraction to either. All members of our program are bound by the policies described below.

### **Bullying Policy**

Infinite Athletics has a Zero Tolerance Policy for bullying of any kind, including on social media/letter format and/or texting. If you discover that your child has been subjected to bullying, please let your coach know immediately. The protocol in this situation will be:

1. Discuss the matter with the parent whose child is being bullied
2. Determine if a meeting with both parents is necessary, if both children and coaches are needed to clear the issue, OR determine if the accused will be immediately dismissed.
3. If the meeting determines the accused will stay in the program, it is understood that one more accusation will result in dismissal from Infinite Athletics, and will not be welcome to ever return.

### **Athlete Behavior Policy**

1. Give 100% at every practice!
2. Show respect for the coaches, fellow teammates, other Infinite athletes, parents, judges, officials, and spectators. Disrespectful behavior will result in dismissal.
3. Demonstrate good sportsmanship before, during, and after competitions.
4. Treat all athletes and coaches from opposing teams with respect.
5. Be modest when successful; be gracious in defeat.

6. Abstain from using drugs, tobacco, alcohol, and abusive language. This behavior will result in immediate dismissal from the Infinite program. No excuses or exceptions.

### **Parent Behavior Policy**

1. TRUST THE PROCESS: Your athlete will progress safely with the proper support from their parents.
2. 24-HOUR RULE: Before approaching a coach with a concern that upsets you, please wait 24 hours to calm down before contacting the Infinite Staff.
3. For the safety of our athletes, parents are not permitted inside the practice area of the gym.
4. Encourage good sportsmanship by demonstrating positive support for all athletes, coaches, fans, and judges during all practices and competitions.
5. Place the well-being of your child and his/her team before your personal desire to win.
6. Advocate for a sports environment for your child that is free of drugs, tobacco, alcohol and abusive language, and refrain from their use during practices and competitions.
7. Encourage your child to play by the rules and respect the other teammates, athletes, coaches, judges, officials, and other parents.
8. Anyone threatening to quit or pull their child from a squad will be dismissed from the program immediately.
9. All parents must treat all staff with respect, including the team representatives. Should a parent promote unsportsmanlike behavior, he or she will be asked to leave the Infinite program immediately.
10. We will not tolerate pettiness, gossiping, or cliques that attempt to slander the "Infinite Athletics" name. Parents displaying improper behavior will be dismissed from the program immediately and will not be allowed to return the following year.
11. No parent may ever reprimand or discipline someone else's child. We will handle all disciplinary problems privately and professionally.
12. If you have any questions or concerns that need immediate attention, please use the following chain of command for team and/or practice related issues:
  - a. Team Rep
  - b. Head Coach
  - c. Owners
13. Contacting coaches by email is our first preference at [info@infiniteath.com](mailto:info@infiniteath.com). For emergencies, you may contact them by Facebook Messenger, but please DO NOT contact them outside the hours of 9:00 AM to 9:00 PM.

### **Practice – Athletes**

Because cheer is a team sport, it is very important that every athlete is present at all practices.

- 1. No gum allowed in the facility.**
2. Practices may be changed or added at any time during the season with proper notice. If a practice is canceled due to holidays, weather, emergencies, etc., make-up practices may or may not be added at the discretion of the Infinite Athletics' Program Director.
3. The Infinite Athletics' practice schedule is your first priority. Infinite Athletics cannot work around an athlete's high school sports schedule (soccer, high school cheerleading, track, etc.).
4. No jewelry, fake nails, or painted nails are allowed at practice or competitions.
5. If your athlete is sick (and not contagious) or has an injury, s/he still needs to attend team practice. It is important that they watch from the sidelines for any changes that may affect them.
6. If your doctor recommends your athlete refrain from practice due to an illness or injury, a written note is required from the doctor. PLEASE NOTIFY YOUR COACHES IMMEDIATELY IF AN INJURY OCCURS! If the original doctor's note does not indicate when your athlete is released, your athlete cannot return to the floor without another note medically clearing them for full participation.
7. If you are running late to practice, you must call and inform your team representative (do not notify the coach or another athlete).
8. No food, gum, candy, or sodas are permitted in the gym area. Only water and Gatorade are allowed.
9. MANDATORY: Formal practice attire will be worn to all designated practices. Please do not tumble in loose-fitting t-shirts or shorts. This is a safety hazard to the instructors and the athlete during spotting.
10. NO ABSENCES ALLOWED TWO WEEKS BEFORE COMPETITION!  
Coaches reserve the right to replace an athlete who misses practice two weeks before a competition.
11. Athlete cell phones must be placed in the team box or turned off and put away during practices. Parents who need to reach an athlete may call the office at 209-844-5616 or the Team Rep.
12. Lateness to practice: Practice is VERY important. Please be on time to practice. If your athlete will be late to practice, please notify your team rep as soon as you know your athlete will be late.
13. Lateness picking up your athlete: Parents have a 15 minute grace period to pick up their athlete after practice, class, or a private. For each additional 15 minutes or part thereof beyond the grace period, you will be charged a \$10

late fee. More than three late pick-ups may result in the athlete being removed from the program.

14. Team Practice Overview:

**a. Vengeance i6 Elite**

- Practice Days: Wednesday 7:00 to 9:00
- Sunday 6:00 to 8:00
- Coaches: Emily Mejia and Brandon Shaw
- Team Rep: Martha Goode
- 1st Practice: June 15, 2022

**b. Karma Senior 3 Elite**

- Practice Days: Tuesday and Thursday
- Practice Times: 6:30 to 9:00
- Coaches: Amy Dillon and Brandon Shaw
- Team Rep: Catherine Perez
- 1st Practice: June 14, 2022

**c. Luxe Senior 1 Elite**

- Practice Days: Monday and Wednesday
- Practice Times: 6:30 to 9:00
- Coaches: Lisa Bolton and Wendy Miles
- Team Rep: Danielle Baker
- 1st Practice: June 13, 2022

**d. Blackout Junior 2 Elite**

- Practice Days: Tuesday and Thursday
- Practice Times: 4:30 to 7:00
- Coaches: Emily Mejia and Ashley Maldonado
- Team Rep: Veronica Bate
- 1st Practice: June 14, 2022

**e. Couture Youth 1 Elite**

- Practice Days: Monday and Wednesday
- Practice Times: 4:30 to 7:00
- Coaches: Cassidy Ochoa and Lisa Bolton
- Team Rep: Sara Russell
- 1st Practice: June 13, 2022

**f. Gems Mini 1.1 Prep**

- Practice Days: Thursday
- Practice Times: 5:00 to 7:00
- Coaches: Lynette Stout and Riquel Riveira
- Team Rep: Azsha Samando
- 1st Practice: June 14, 2022

**g. Sprinkles Tiny Novice 1.1**

- Practice Days: Wednesday
- Practice Times: 5:00 to 7:00
- Coaches: Aubrie Collins and Lilly Wong
- Team Rep: Veronica Melendez
- 1st Practice: June 15, 2022

What do athletes wear until the practice uniforms come in?

1. Black shorts
2. Black sports bra
3. Team shirt
4. Hair in high ponytail with practice scrunchie
5. Athletic cheer shoes (white or black)
- 6. No makeup, jewelry, or long/fake nails allowed at practice**

### Practice – Parents

- 1. 24-Hour Rule: Before approaching a coach with a concern that upsets you, please wait 24 hours to calm down before contacting the coach.**
- 2. No gum allowed in the facility.**
3. No food on the couches (please respect the facility). Eating is only permitted at the tables.
4. No outside food allowed in the facility.
5. For the safety of our athletes, parents are not permitted inside the practice area of the gym.
6. The gym parent room is a privilege. Please respect our athletes and staff, and refrain from negative remarks in the parent room.
7. A coach has the right to dismiss your athlete from the program for any of the following reasons:
  - a. inappropriate behavior
  - b. too many absences
  - c. a pattern of unexcused lateness
  - d. not showing up for a competition
  - e. delinquent payments of tuition
8. Only cheerleaders, coaches, and team reps are allowed in the practice area of the gym.
9. The coaches reserve the right to turn off the parent viewing TVs at practices at any time for any reason. In this event, the Team Rep will remain at practices.
10. It is the parents' responsibility to know what is going on with your team. Here is how we communicate:
  - a. Facebook Messenger

- b. Email
- c. Band App for Junior and higher teams (this is for the athletes)
- d. If you have an issue with a coach, please send an email or call the office to schedule a private meeting with the coach and gym representative.

## **Social Media Policy**

1. No posting routine videos on social media - no exceptions
2. No SPAM accounts allowed. We do not want an avenue to post inappropriate content. This still links back to the athlete.
3. No athlete or parent may post inappropriate messages on a social media platform (Facebook (including team Facebook pages), Twitter, SnapChat, TikTok, Fierce Boards, group chats, etc.) about another program or individual, or Infinite Athletics' coaches and staff. Examples include: no sexual/nude photos, no photos showing drug or alcohol use (actual or implied), and no photos showing inappropriate or vulgar gestures. Any athlete who posts inappropriate messages/photos on any social media platform will be dismissed from the program.
4. No bullying will be tolerated, either in person, on social media, or group chats. Any athlete who bullies another athlete in person, on social media, or in group chats will be dismissed from the program.
5. No Infinite Athletics' team routine videos are allowed to be posted on YouTube, social media, or any other website without permission.
6. We do encourage sharing your athlete's journey on social media. We have top colleges following Infinite Athletics, and this is where the athletes (ages 12 and above) will start getting noticed on social media for cheer opportunities at the collegiate level.

## **Infinite Athletics' Disciplinary Policy**

Infinite Athletics will normally adhere to the following progressive disciplinary process:

1. Verbal Warning: An athlete will be given a verbal warning when a problem is identified that justifies a verbal warning or the athlete engages in unacceptable behavior. Verbal warnings are documented and placed in the athlete's file, and the parent is notified by the coach.
2. Written Warning: A written warning is more serious than a verbal warning. A written warning will be given when an athlete engages in conduct that justifies a written warning or the athlete engages in unacceptable behavior. Written warnings are maintained in an athlete's file and a copy is given to the parent.

3. Removal: An athlete will be removed from a team when he or she engages in conduct that justifies removal or does not correct the matter that resulted in less severe discipline. While Infinite Athletics will generally take disciplinary action in a progressive manner, it reserves the right, at the coaches' discretion, to decide whether and what disciplinary action will be taken in a given situation. Infinite Athletics reserves the right to dismiss an athlete from the program at any time due to policy infractions.

### **Athlete Attendance Policy**

Accepting a position on a team at Infinite Athletics requires your child to be here. Your child is on a team and is needed at practice for the team to be successful. Excessive absences will affect your child's role on a team. Examples include: changing stunt positions, tumbling positions, or removal from the program. This is at the coach's discretion. A child can be removed from a team at any given time based on negative attendance.

Repeated absences are grounds for dismissal from the program. A master attendance log is kept throughout the year to record all absences and the nature of the absence. All summer absences due to family visitation rights must be made known immediately. You may not be absent during mandatory camps and events.

ALL absences will be counted, including a contagious illness with a doctor's note, sickness/cramps, school related functions that reflect a grade, death in the family, jobs, social events (dances, birthday parties, concerts, etc.).

High School Cheer Athletes: Coaches need your full high school cheer schedule immediately. We encourage balance between your All-star and high school commitments. Please continue to communicate with your Infinite Athletics' coaches.

If your athlete will miss practice, it is required that you submit an Absence Form at least 2 weeks in advance. This helps the coaches plan for a productive practice for the other athletes.

### **Summer Practices and Tumbling Clinic**

Our training season begins June 13, 2022. It is important that all athletes participate in summer training. Do NOT skip summer training with the intention of joining a team in the fall - there may not be a space for your athlete. In addition, your athlete will miss valuable skills training.

1. From June 13, 2022 to August 15, 2022 we understand families may have a vacation planned. We fully understand and support this family time. If you

plan to take a summer vacation, please communicate with your team rep immediately and fill out an absence form.

2. Summer Tumbling Clinic (Mandatory):
  - a. Tiny/Mini Tumbling Clinic:
    - i. July 23, 2022 from 9:00 AM to 10:00 AM
    - ii. July 24, 2022 from 9:00 AM to 10:00 AM
  - b. Level 1 Tumbling Clinic:
    - i. July 23, 2022 from 10:00 AM to 1:00 PM
    - ii. July 24, 2022 from 10:00 AM to 1:00 PM
  - c. Level 2 Tumbling Clinic:
    - i. July 23, 2022 from 1:30 PM to 4:30 PM
    - ii. July 24, 2022 from 1:30 PM to 4:30 PM
  - d. Level 3-5 Tumbling Clinic:
    - i. July 23, 2022 from 5:00 PM to 8:00 PM
    - ii. July 24, 2022 from 5:00 PM to 8:00 PM

For team members in good standing, the summer tumbling clinic is part of your monthly payments. The coaches will let the athletes know what level of clinic your athlete needs to attend in early July after they have had some time to evaluate the team's needs and current skills.

### **Double-teamers and Fill-ins for the Season**

Double-teamers: Any athlete who crosses over to another team for the season will be REQUIRED to pay the Double-teamer's fees. When an athlete is crossing over to another team, they will be charged an extra \$280 in monthly tuition for the additional practices, competition fees, uniform, etc. The cross over fee will be billed during the competition month to the athlete's account. Note: coaches cannot make exceptions to the Double-teamers fees.

The team the athlete is originally placed on is their primary team. An athlete may not quit their primary team to be solely on their Double-teamers team. If an athlete is asked to cross over, that may or may not continue throughout the season. The coaches and Program Director reserve the right to change an athlete's Double-teamers status.

Double-teamers will be required to purchase a second set of competition shoes at \$110.

If a Double-teamer is struggling with one of the teams, the coaches have the discretion to remove the Double-teamer from the secondary team.

Fill-Ins: Fill-ins for an injured athlete must be approved by Ashley Fezette. The parent may be required to pay additional fees such as competition fees and uniform rental (if a uniform is available). Every situation is different and will be addressed on an individual basis. Note: coaches cannot make exceptions to the fees associated with filling in.

### **Injured Athlete Policy**

If an injured athlete wants to accompany their team to a competition and be able to stay with the team in the warm-up area, etc., the athlete must pay the full tuition and competition fees.

If the original doctor's note does not indicate when an athlete is released, the athlete cannot return to the floor without another doctor's note medically clearing them for full participation.

When an athlete is injured they are expected to continue to pay tuition and attend team practices unless the injury is season ending.

1. Injured athletes will require a doctor's release before returning to full practice.
2. Injured athletes will be required to attend practice.

When an athlete is injured and the team cannot bring in an alternate, the coaches will use an existing athlete to fill the spot. When the injured athlete returns to the team, the injured athlete will have to re-earn their position on the team.

### **Return from Concussion**

Competitive cheer is a dangerous sport and we do our best to keep athletes healthy and safe. However, on occasion, an athlete may get hurt and get a concussion.

Return to cheer is not allowed until all concussion symptoms are absent, and the athlete has been cleared by a healthcare professional with experience managing concussions.

Progression through the protocol is individualized and will be determined on a case-by-case basis. Factors that may affect the rate of progression include previous history of head injury/concussion, duration and type of symptoms, and age of the athlete.

### **Photo and Videography Policy**

Infinite Athletics is committed to the safeguarding and well-being of its members and has a strict photography and videography policy in place. Infinite Athletics does have a

photographer that will help capture some of these special moments and share on the team Facebook Messenger page.

Infinite Athletics will use images of athletes to promote its activities through their website, social media, and promotional materials, such as posters/flyers and press releases.

By joining the Infinite Athletics' program, the parent/guardian/athlete gives consent for Infinite Athletics to take photographs, and/or film footage during practices, competitions, and Infinite Athletics' associated events and activities.

Please also be aware that during practices, competitions, and Infinite Athletics' associated activities/events, athlete's parents/guardians/ spectators may take photographs or film footage of Infinite Athletics' members.

Important Information about videography of Infinite Athletics' routines:

1. DO NOT post any Infinite Athletics' routines on social media. There are routine pirates that steal routines that we pay thousands of dollars for, and this can take the competitive advantage away from our program, as we have the best choreography in the industry.
2. You can record the routine for personal use to share with family members, but please do not share with others outside of your immediate family.

### **Competitive Team Expectations**

To be part of our All-star teams is a privilege that comes with several responsibilities. When traveling for a competition or event, you will represent the Infinite Athletics' brand with the utmost respect and class. All athletes on travel teams must adhere to the following guidelines:

1. All athletes MUST stay with a parent, guardian, or designated chaperone.
2. No jewelry, fake nails, or painted nails allowed at team practices or competitions.
3. Parents will provide airfare reservations for their athletes. Airfare itineraries must be given to the Team Rep prior to departure. (Portland Comp.)
4. All athletes will follow the curfew set by their coaches. Any athlete caught in the hallways after curfew may be suspended from the team.
5. No boyfriends or girlfriends allowed at overnight competitions. Competing and socializing with your teammates is the priority. If caught breaking this rule, you could be subject to dismissal from your team.

6. The use of drugs, tobacco, alcohol, and/or abusive language is prohibited. This behavior will result in immediate dismissal from the Infinite Athletics' program. No excuses or exceptions.
7. All athletes and parents will demonstrate good sportsmanship at all times to our staff, parents, judges, officials, spectators, and opposing teams/parents.
8. All parents are highly encouraged to sit together in support of all Infinite Athletics' teams.
9. All athletes are expected to arrive at away competitions by 8:00 PM. on Fridays. NO EXCEPTIONS.
  - a. If the parents have to work, please work with your team rep to coordinate a ride with a family who is leaving earlier.
  - b. Athletes who arrive late or in the morning of a competition will not be physically ready to compete at a high level and this will hurt the team's performance.
10. All travel teams may be required to travel out of state. All athletes are responsible for travel accommodations, airfare, and other travel expenses, in addition to the monthly payment schedule.
11. We repeat: NO ABSENCES ALLOWED TWO WEEKS BEFORE COMPETITION! Coaches reserve the right to replace an athlete who misses practice two weeks before a competition.

### **Athlete of the Month**

Each month starting July 1, 2022 the coaching staff votes on 1 athlete per team who was exceptional and stood out during team practices. These athletes will be selected as our athlete of the month. The gym will post an Athlete of the Month picture on social media and on our Athlete of the Month TV in the parent room.

Q: Will every athlete get to be athlete of the month during the season?

A: NO - this is not a participation award. To be athlete of the month, the athlete must give 110%, put in extra work, stay active in classes, and demonstrate the core values of Infinite Athletics.

### **Stay-To-Play Hotel Requirements**

It is not required that you book your reservations within our gyms recommended hotels. However, if it is a Stay-to-Play competition, you ARE required to stay at one of the hotels on the approved list AND you MUST book your hotel through the designated housing company.

### **Skill Level Requirements**

We pride ourselves on our ability to create talented teams that are true to their skill level. Our teams are built based on score sheet requirements for each USASF level.

Please read through this section to gain some insight on the skill requirements for Levels 1-6. Your athlete has been assigned to a team based on their true skill level that was demonstrated at tryouts. If an athlete has only a few of the skills listed in any particular level and a majority (75%) of the skills listed in the previous level, then that athlete will be considered the lower level. One or two higher level skills does not justify the skills required for the next level.

**Please note: Team movement can occur based on individual progress/maintenance of skills throughout the season.** We want you to know up front SOME of the ways your athlete's spot could become in jeopardy on your team:

1. Delinquent accounts
2. Loss of skills/abilities
3. Excessive absences
4. Poor attitudes
5. Lack of effort in practice
6. Poor decisions on social media posts/likes
7. Injuries (if an injured athlete is replaced in a routine, they may or may not be worked back into the original position in the routine at the discretion of the coach)

The sport of All-star cheerleading has changed immensely when it comes to tumbling. In order to score in the high range of tumbling and to remain competitive, your athlete needs to have not only every skill, but also an elite skill with that level as well. In past years, depending on the level, we allowed athletes to have  $\frac{3}{4}$  of the tumbling requirements.

This 2022-2023 season, we will be forced to make our team requirements stricter in order to remain competitive both locally and nationally. Of course, there will always be exceptions in order to make sure the team is well-rounded and successful on all parts of the score sheet. The coaching staff has full discretion when it comes to building and maintaining the team rosters.

Lastly, we want to remind you that cheer is not like school or sideline cheer. Sometimes there is an assumption that your child will move up every year and that is simply not the case. We want to offer the chance for a child to master her or his level prior to moving up so they are better prepared to transition to that next level.

## **Tumbling Skills Requirements**

With the new requirements for almost full team tumbling, here are the skills requirements for team:

### Vengeance i6

1. None - this is a non-tumbling team

### Karma Senior 3

1. Round-off Back Tuck
2. Round-off Back Handspring Back Tuck
3. Standing Back Handspring Series 3x
4. Front Tuck
5. Aerial
6. Front Handspring Punch
7. Standing Back Handspring Step Out Round-off Back Handspring
8. Front Handspring Step Out Round-off Back Handspring Back Tuck
9. Round-off 3 Back Handsprings to Back Tuck
10. Level 3 Specialty Pass

### Luxe Senior 1

1. Forward Roll
2. Backward Roll
3. Handstand on the Floor for 10 Seconds
4. Handstand Against the Wall (stomach Facing) 15 Seconds
5. Standing Bridge to 5 second Hold with Kick Over to Lunge
6. Handstand to Bridge and Stand Up
7. Handstand to 1 Leg Bridge (mats) with 1 Leg Kick Over
8. Standing Bridge (with 1 leg to mat)
9. Cartwheel Left/Right (straight line)
10. Round-off
11. Power Hurdle into Round-off
12. 2 Step Power Hurdle into Round-off
13. Front Walkover
14. Back Walkover
15. Back Walkover Switch
16. Level 1 Specialty Pass

### Blackout Junior 2

1. 2+ Front Walkovers
2. 2+ Back Walkovers
3. Roundoff Back Handspring
4. Back handspring
5. Back handspring Step Out

6. One Arm Cartwheel
7. Front Handspring
8. Round Off to 2 Back Handsprings
9. Standing 3 Back Handsprings
10. Front Handspring Step Out Round-off Back Handspring
11. Fly Spring
12. Level 2 Specialty Pass

#### Couture Youth 1

1. Forward Roll
2. Backward Roll
3. Handstand on the Floor for 10 Seconds
4. Handstand Against the Wall (stomach-facing) 15 Seconds
5. Standing Bridge to 5 second Hold with Kick Over to Lunge
6. Handstand to Bridge and Stand Up
7. Handstand to 1 Leg Bridge (mats) with 1 Leg Kick Over
8. Standing Bridge (with 1 leg to mat)
9. Cartwheel Left/Right (straight line)
10. Round-off
11. Power Hurdle into Round-off
12. 2-Step Power Hurdle into Round-off

#### Gems Mini 1.1 (we will work on these skills over the season)

1. Forward Roll
2. Backward Roll
3. Handstand on the Floor
4. Handstand Against the Wall (stomach-facing) 15 Seconds
5. Standing Bridge to 5 second Hold with Kick Over to Lunge
6. Handstand to Bridge and Stand Up
7. Handstand to 1 Leg Bridge (mats) with 1 Leg Kick Over
8. Standing Bridge (with 1 leg to mat)
9. Cartwheel Left/Right (straight line)
10. Round-off
11. Power Hurdle into Round-off
12. 2-Step Power Hurdle into Round-off

#### Sprinkles Tiny Novice 1.1 (we will work on these skills over the season)

1. Forward Roll
2. Backward Roll
3. Handstand on the Floor
4. Handstand Against the Wall (stomach-facing) 15 Seconds
5. Standing Bridge to 5 second Hold with Kick Over to Lunge

6. Handstand to Bridge and Stand Up
7. Handstand to 1 Leg Bridge (mats) with 1 Leg Kick Over
8. Standing Bridge (with 1 leg to mat)
9. Cartwheel Left/Right (straight line)
10. Round-off
11. Power Hurdle into Round-off
12. 2-Step Power Hurdle into Round-off

We require all athletes to take at least one tumbling class per week at Infinite Athletics. If your athlete is taking tumbling at another gym/facility, this needs to be approved by Infinite Athletics and the coaching staff. As we strive to have the best technique in tumbling, some other gyms focus on getting skills quickly and ignoring the safety aspect of the skills they are teaching. We just want to ensure that athletes are not losing or learning skills in an unsafe environment.

### **Team Representatives - How We Communicate**

Each team has a Team Representative who serves as a volunteer liaison between the gym owner, coaches, and the parents. These Team Reps are responsible for sending out emails from management and coaching staff, collecting absences (in writing) for coaches, distributing and collecting competition forms, coordinating team bondings, etc. Team Representatives are not employees and are not the voice of the coaches. They are volunteer positions assigned to help with communications and paperwork only.

Team Reps are expected to follow all Infinite policies and procedures. Team Reps can be dismissed at any time at the discretion of gym management. Team Reps are as follows:

1. Head Team Rep: Marzy Pizarro
2. Vengeance i6: Martha Goode
3. Karma Senior 3: Catherine Perez
4. Luxe Senior 1: Danielle Baker
5. Blackout Junior 2: Veronica Bates
6. Couture Youth 1: Sara Russell
7. Gems Mini 1.1: Azsha Samando
8. Sprinkles Tiny Novice 1.1: Veronica Melendez

### **Facebook Messenger Etiquette**

We use Facebook Messenger for 90% of our communications. We require at least one parent to be on the team Facebook Messenger app.

1. Please do not give a thumbs up to every post. This really makes it annoying and hard for parents who work all day then come look at the page and see a bunch of thumbs up.
2. You can like a specific message by clicking on it and liking that message only.
3. Posting Times
  - a. Do not post before 7:30 AM
  - b. Do not post after 10:00 PM
  - c. Occasionally the gym staff will post something outside of these hours if it is very important.

### **Snack Bags for Teams**

ALL snack bags/gifts, whether using the Infinite Athletics' name, team name, or not, must be sent to the head Team Rep Marzy Pizarro for approval in advance. Any spirit wear MUST be reviewed and approved by her before you purchase or order it for a team.

Teams may NOT design their own logo for their team and use it on apparel or gift items. Team reps are allowed to collect a lump sum of money from parents at the beginning of the season for upcoming goodie bag/gift items. If the team reps ask parents for money for goodie bags/gift items, this is optional and parents do not have to pay this fee. However, if parents do not pay the asked fee, their athlete will not receive the items and neither team reps nor coaches will pay for that snack bag for the athlete. If items are being donated by individuals to the team (ex: candy, cupcakes, etc.), then every athlete on the team must receive this item, and parents providing the donation must ensure there is enough for all on the team.

Under no circumstances can you use the Infinite Athletics' or team name without prior approval – NO EXCEPTIONS! If you would like to use the Infinite Athletics' team name, the head Team Rep needs to see a mockup of the item first.

Each athlete will pay the Team Rep \$12 for the snack bag for the season. This payment will need to be made in September 2022. This does not include the snacks. This is the snack bag that will be custom-made by our uniform vendor.

A few items that are NOT allowed in snack bags:

1. No Gum
2. No Cheetos or any chips that have heavy seasoning that will stain uniforms
3. No Energy drinks

### **Routine Choreography & Competition Music**

**Choreography is MANDATORY unless you made previous arrangements with the Infinite coaches. If you cannot make choreography, please notify your team rep immediately.**

Choreography dates will be set by June 20, 2022, for Vengeance, Gems, and Sprinkles. Each athlete must be present to maximize the benefits of each choreography session. If an athlete must miss choreography, they MUST notify their coach as soon as the choreography dates are announced so the coach can assist the athlete in finding a fill-in for those dates.

All fill-ins must be pre-approved by the coach. All routines/choreography including dances, stunts, and transitions should be highly protected. Infinite Athletics' choreography should never be copied or taught to anyone. This also includes any and all portions of music selections and editing. No videos of routines/choreography should ever be uploaded to any online site or social media such as YouTube or Facebook. Violation of this rule or the theft of music is grounds for immediate dismissal from the program.

#### 2022 Choreography Dates:

1. I6 Vengeance
  - a. Mid August 2022
  - b. Choreographer: Jack Kidney
2. S3 Karma
  - a. July 6, 2022 from 3:00 PM to 6:00 PM
  - b. July 7, 2022 from 3:00 PM to 6:00 PM
  - c. July 8, 2022 from 3:00 PM to 6:00 PM
  - d. Choreographer: Michael Chow
3. S1 Luxe
  - a. July 6, 2022 from 6:00 PM to 9:00 PM
  - b. July 7, 2022 from 6:00 PM to 9:00 PM
  - c. July 8, 2022 from 6:00 PM to 9:00 PM
  - d. Choreographer: Michael Chow
4. J2 Blackout
  - a. July 6, 2022 from 12:00 PM to 3:00 PM
  - b. July 7, 2022 from 12:00 PM to 3:00 PM
  - c. July 8, 2022 from 12:00 PM to 3:00 PM
  - d. Choreographer: Michael Chow
5. Y1 Couture
  - a. July 6, 2022 from 9:00 AM to 12:00 PM
  - b. July 7, 2022 from 9:00 AM to 12:00 PM
  - c. July 8, 2022 from 9:00 AM to 12:00 PM

- d. Choreographer: Micheal Chow
- 6. M1 Gems
  - a. July 14, 2022 from 10:00 AM to 2:30 PM
  - b. Choreographer: Katey Chote
- 7. T1 Sprinkles
  - a. July 21, 2022 from 10:00 AM to 2:30 PM
  - b. Choreographer: Katey Chote

Once the routines are complete, we will order the custom music for each team. Here is when we can expect to have our routine music.

- 1. I6 Vengeance
  - a. September 14, 2022
- 2. S3 Karma
  - a. August 15, 2022
- 3. S1 Luxe
  - a. August 15, 2022
- 4. J2 Blackout
  - a. August 15, 2022
- 5. Y1 Couture
  - a. August 15, 2022
- 6. M1 Gems
  - a. August 30, 2022
- 7. T1 Sprinkles
  - a. August 30, 2022

Once the teams have their competition music, the coaches will share the music with the athletes so they can start to associate their counts to the music. Please do not share our routine music with anyone, as we order fully custom music that is expensive and customized to our routines.

The parent room TVs will be turned off during choreography.

The choreographer may put athletes in different positions during the choreography sessions. This may not be their final position once the coaches start working with the team and see what works best for the team.

### **Competition Uniforms & Practice Wear**

Infinite Athletics changes the uniforms every three years of use. Here is where we are this season with uniforms:

- 1. I6 Vengeance - Second season with uniform

2. S3 Karma - Second season with uniform
3. S1 Luxe - New Uniforms
4. J2 Blackout - New Uniforms
5. Y1 Couture - New Uniforms
6. M1 Gems - New Uniforms
7. Y1 Sprinkles - New Uniforms

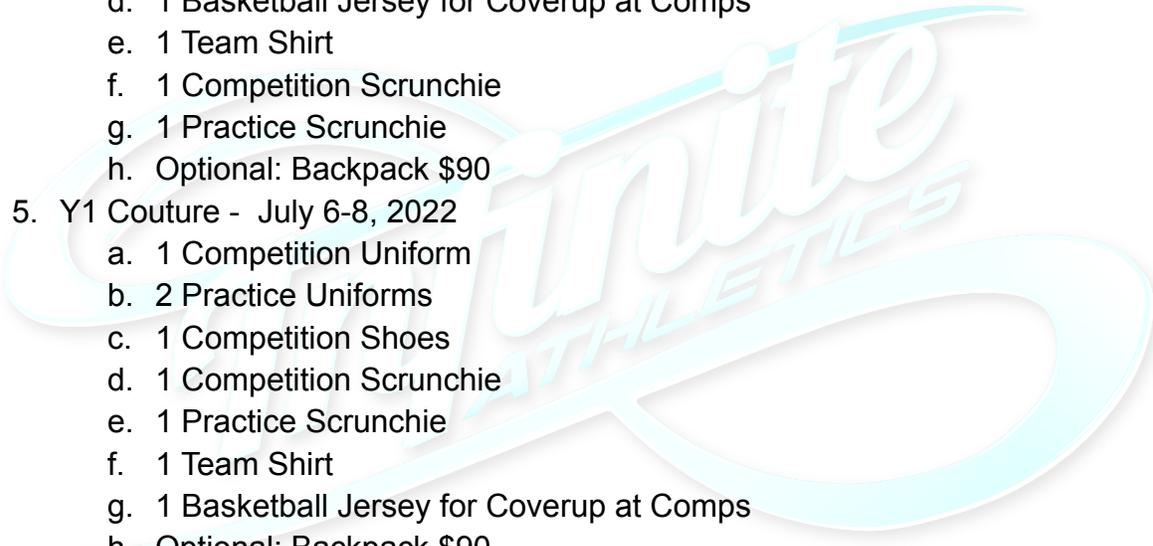
Competition uniforms will arrive in mid- to late November 2022. When uniforms arrive, they will require some alterations, as Infinite requires all uniforms to fit the athlete perfectly. The cost of alterations is the responsibility of the parent/athlete.

Tuition costs include the custom-designed competition and practice uniforms, which are custom-made and will arrive as follows:

1. Competition Uniform: November 21, 2022
2. Competition Shoes: November 21, 2022 (not included for Minis and Tinys)
3. Competition Scrunchie: November 21, 2022
4. Basketball Jersey: November 21, 2022 (not included for Minis and Tinys)
5. Practice Uniforms: August 1, 2022 (one practice uniform for Minis and Tinys)
6. Team Shirt: June 27, 2022
7. Practice Scrunchie: June 15, 2022

Here is what is included:

1. I6 Vengeance
  - a. 1 Competition Uniform
  - b. 2 Practice Uniforms
  - c. 1 Competition Shoes
  - d. 1 Basketball Jersey for Coverup at Comps
  - e. 1 Team Shirt
  - f. 1 Competition Scrunchie
  - g. 1 Practice Scrunchie
  - h. Optional: Backpack \$90
2. S3 Karma - July 6-8, 2022
  - a. 1 Competition Uniform
  - b. 2 Practice Uniforms
  - c. 1 Competition Shoes
  - d. 1 Basketball Jersey for Coverup at Comps
  - e. 1 Team Shirt
  - f. 1 Competition Scrunchie
  - g. 1 Practice Scrunchie
  - h. Optional: Backpack \$90

- 
3. S1 Luxe - July 6-8, 2022
    - a. 1 Competition Uniform
    - b. 2 Practice Uniforms
    - c. 1 Competition Shoes
    - d. 1 Basketball Jersey for Coverup at Comps
    - e. 1 Team Shirt
    - f. 1 Competition Scrunchie
    - g. 1 Practice Scrunchie
    - h. Optional: Backpack \$90
  4. J2 Blackout - July 6-8, 2022
    - a. 1 Competition Uniform
    - b. 2 Practice Uniforms
    - c. 1 Competition Shoes
    - d. 1 Basketball Jersey for Coverup at Comps
    - e. 1 Team Shirt
    - f. 1 Competition Scrunchie
    - g. 1 Practice Scrunchie
    - h. Optional: Backpack \$90
  5. Y1 Couture - July 6-8, 2022
    - a. 1 Competition Uniform
    - b. 2 Practice Uniforms
    - c. 1 Competition Shoes
    - d. 1 Competition Scrunchie
    - e. 1 Practice Scrunchie
    - f. 1 Team Shirt
    - g. 1 Basketball Jersey for Coverup at Comps
    - h. Optional: Backpack \$90
  6. M1 Gems - August 2022
    - a. 1 Competition Uniform (no bling on Mini's uniforms)
    - b. 1 Practice Uniform
    - c. 1 Team Shirt
    - d. 1 Competition Scrunchie
    - e. 1 Practice Scrunchie
    - f. Optional:
      - 1 Competition Shoes (optional cost of \$80)
      - 1 Basketball Jersey (optional cost of \$85)
      - Backpack (optional cost of \$90)
  7. Y1 Sprinkles - August 2022 (no bling on Tiny's uniforms)
    - a. 1 Competition Uniform
    - b. 1 Practice Uniform

- c. 1 Team Shirt
- d. 1 Competition Scrunchie
- e. 1 Practice Scrunchie
- f. Optional:
  - 1 Competition Shoes (optional cost of \$80)
  - 1 Basketball Jersey (optional cost of \$85)
  - Backpack (optional cost of \$90)

Hair and Make-up: Hair and make-up are important parts of the overall Infinite Athletics' look. Our style may be different from other gyms, but it is one of the things that sets us apart. Your team rep will instruct you on your team's hair and make-up requirements. Infinite Athletics will release the makeup colors by the end of August 2022.

- 
- 1. I6 Vengeance
    - a. Full Makeup
    - b. Competition Hair
    - c. Fake Eyelashes
  - 2. S3 Karma
    - a. Full Makeup
    - b. Competition Hair
    - c. Fake Eyelashes
  - 3. S1 Luxe
    - a. Full Makeup
    - b. Competition Hair
    - c. Fake Eyelashes
  - 4. J2 Blackout
    - a. Full Makeup
    - b. Competition Hair
    - c. Fake Eyelashes
  - 5. Y1 Couture
    - a. Full Makeup
    - b. Competition Hair
    - c. Fake Eyelashes
  - 6. M1 Gems
    - a. Makeup - Light Blush and lip gloss
    - b. Competition Hair
    - c. No Fake Eyelashes
  - 7. T1 Sprinkles
    - a. Makeup - Light Blush and lip gloss optional
    - b. Competition Hair

c. No Fake Eyelashes

### Competitions and End of Season Events

The final competition schedule will be available late July 2022. Competitions may vary for teams. Please note that the competition schedule may be subject to change. In an effort to encourage competitiveness, we have expanded our travel to regional competitions where we can compete against the best in the world. We will be attending competitions in California and Oregon in order to provide our athletes with the opportunity to compete against adequate teams.

**AWARDS:** All athletes are expected to be at awards. If an athlete does not stay for awards and the team wins a prize, the athlete may forfeit their prize.

Number of Competitions Teams will attend over the 2022-2023 Season:

1. I6 Vengeance: 5 Competitions
2. S3 Karma: 7 Competitions
3. S1 Luxe: 7 Competitions
4. J2 Blackout: 7 Competitions
5. Y1 Couture: 7 Competitions
6. M1 Gems: 4 Competitions
7. T1 Sprinkles: 3 Competitions

End of season events require an invitation to attend, and only the top 3% of teams will ever receive an end of year bid to a prestigious competition. Here are the 4 types of bids that are offered:

1. Wildcard Bid
  - a. Wildcard bids are for Elite teams for the D2 Summit. This is an invitation to compete on the Friday before the D2 Summit. Teams must place in the top 3-5 Wildcard division to continue onto the D2 Summit competitions.
  - b. Eligible Teams: S3 Karma, S1 Luxe, and J2 Blackout
  - c. Does Infinite Athletics accept wildcard bids? NO!
2. At-Large Bid
  - a. At-Large bids are for Elite teams for the D2 Summit and Youth Summit. This is an invitation to compete at the D2 Summit without any financial assistance.
  - b. Eligible Teams: S3 Karma, S1 Luxe, J2 Blackout, and Y1 Couture
  - c. Does Infinite accept At-Large Bids: YES!
3. Partial-Paid Bid

- a. Partial-Paid bids are for Elite teams for the Cheer Worlds and D2 Summit. This is an invitation to compete at the Cheer Worlds and D2 Summit with a small financial discount.
  - b. Eligible Teams: i6 Vengeance, S3 Karma, S1 Luxe, and J2 Blackout
  - c. Does Infinite accept Partial Paid Bids: YES!
4. Paid Bid
- a. Paid bids are for Elite teams for the Cheer Worlds, D2 Summit, and Youth Summit. This is an invitation to compete at the Cheer Worlds, D2 Summit, and Youth Summit with a larger financial discount. Paid bids DO NOT cover 100% of fees for the athlete.
  - b. Eligible Teams: i6 Vengeance, S3 Karma, S1 Luxe, J2 Blackout, and Y1 Couture
  - c. Does Infinite accept Paid Bids: YES!

### **USASF Cheer Worlds**

1. Team Eligible: i6 Vengeance
2. Location: Disney World ESPN Center - Orlando Florida
3. Dates: April 22-24, 2023
4. Cheer Worlds payments will only accept cash; please plan ahead of time.
5. Estimated Cost per member attending USASF Cheer Worlds: \$1200 per person excluding airline, local transportation, and food. These payments are only accepted in cash.

Bids to Cheer Worlds Full Paid Bids: Full Paid Bids do not cover all the expenses to attend Cheer Worlds. That is why, in addition to the monthly tuition and All-star Fees, Worlds Team athletes are required to pay additional fees once the bid is awarded.

If an athlete quits a Worlds Team prior to attending Worlds, then all monies will be forfeited without exception.

At-Large Bids to Worlds: There will be additional money due above and beyond the monthly tuition. These costs will be calculated after the team receives their bid and will be due by due dates to be established, but no later than the end of March 2023.

### **Varsity D2 Summit**

1. Teams Eligible: S3 Karma, S1 Luxe, and J2 Blackout
2. Location: Disney World ESPN Center - Orlando Florida
3. Dates: May 5-7, 2023
4. D2 Summit payments will only accept cash; please plan ahead of time.

5. Estimated Cost per member attending Varsity D2 Summit: \$1000 per person excluding airline, local transportation, and food. These payments are only accepted in cash.

Bids to D2 Summit: This competition is NOT included in the All-star Fees. Whether a team receives a paid bid or an at-large bid, parents are responsible for any additional costs associated with attending D2 Summit (airfare, additional costs for rooms, etc.), including covering expenses for coaches. Paid bids generally do not cover the full cost of attending the competition.

D2 Summit fees: Depending on when a team receives their bid, due dates for D2 Summit payments will vary. If an athlete does not meet the payment deadline, they will NOT be rostered for D2 Summit.

NOTE: If a team receives a D2 Summit bid in March or April, the full amount will be due almost immediately to meet the event producer's deadlines for the gym. If a team receives a D2 Summit bid and then a bid to another awarded event (i.e. US Finals, etc.), the D2 Summit bid takes precedence and the team will not attend the other competition.

### **Varsity Youth Summit**

1. Team Eligible: Y1 Couture
2. Location: Tampa Florida
3. Dates: April 20-21, 2023
4. Youth Summit payments will only accept cash; please plan ahead of time.
5. Estimated Cost per member attending Varsity Youth Summit: \$800 per person excluding airline, local transportation, and food. These payments are only accepted in cash.

Bids to Youth Summit: This competition is NOT included in the All-star Fees. Whether a team receives a paid bid or an at-large bid, parents are responsible for any additional costs associated with attending Summit (airfare, additional costs for rooms, etc.), including covering expenses for coaches. Paid bids generally do not cover the full cost of attending the competition.

Youth Summit fees: Depending on when a team receives their bid, due dates for Summit payments will vary. If an athlete does not meet the payment deadline, they will NOT be rostered for Youth Summit.

NOTE: If a team receives a Youth Summit bid in March or April, the full amount will be due almost immediately to meet the event producer's deadlines for the gym. If a team receives a Youth Summit bid and then a bid to another awarded event (i.e., US

Finals, etc.) the Youth Summit bid takes precedence and the team will not attend the other competition.

### **End of Season Event Swag Bags**

Once a team gets a bid to an end of year event, the team rep will begin planning the swag bags for the athletes. We do ask each parent/guardian/ athlete to donate \$50 to help offset the cost of the swag bags. The money is paid directly to the team rep.

1. Account credit cannot be used to cover this cost.
2. Credit cards cannot be used to cover this cost.
3. Venmo is the best way to make the donation payment directly to the team rep.

### **How are End of Season Bids Revealed**

1. USASF Cheer Worlds - these bids are awarded at the competition at the end of the award ceremonies.
2. D2 Summit - these bids are awarded virtually on Varsity TV at 6:00 PM.
  - a. Infinite Athletics will let the team know who is eligible and if the score was high enough to be in the running for a bid. If the team is in the running for a bid, the team rep will invite the team to the gym so the athletes can watch the bid reveals together with the coaches.
3. Youth Summit - these bids are awarded virtually on Varsity TV at 6:00 PM.
  - a. Infinite Athletics will let the team know who is eligible and if the score was high enough to be in the running for a bid. If the team is in the running for a bid, the team rep will invite the team to the gym so the athletes can watch the bid reveals together with the coaches.

### **What to Expect at Cheer Competitions**

Infinite Athletics makes sure the competitions are a fun and rewarding experience for the athletes and families. Here is what to expect at competitions:

1. No jewelry or fake/painted fingernails.
2. All athletes arrive at competition in full competition uniform. For teams that are required to wear make-up, they will need to have everything on except lipstick.
3. The itinerary for competitions will not be available until the Wednesday prior to the competition. If we get the info earlier, we will put it out right away, but schedules are not finalized until the Wednesday prior to the competitions.
4. We generally like teams to be about 2.5 hours early to a competition so we can properly get the athletes ready to compete at a high level.

5. After arriving at competitions, the athletes are to check in with the team rep and stay together with the team.
6. Approximately 15-20 minutes after arriving, the team rep will take the athletes to do team pictures and get them ready for the coaches.
  - a. Prior to going with the team rep, the parents need to take the athlete's backpack and belongings.
7. Coaches will do a pre-warmup and go over the routine with a walk through.
8. Approximately 1 hour before the performance time, the team will go backstage to go through their official warm- up and get prepared to compete.
  - a. Only athletes, team reps, and coaches are allowed backstage. No family member is allowed backstage, as this will get the program disqualified immediately.
9. About 15 minutes prior to the team performance, all team spectators will line up and get ready to go up front and watch the team perform.
10. During the performance, we need the parents and spectators to be LOUD and cheer our athletes on. Crowd involvement is part of the performance that the teams are judged on.
11. After the performance, the athletes will again go backstage and watch their performance on a TV in the viewing area.
12. After watching their routine, the team rep will lead the athletes back to their parents.
13. Teams will be required to support at least two teams from the gym. In the itinerary, you will learn when you need to be there, when the athlete will be released, and what teams they will support.
14. All athletes are required to be at awards.

When the athletes are warming up, we do not allow the parents to be in the warmup area, as we need to get the athletes focused and ready to compete. If you need to communicate with your athlete when they are warming up, you must communicate through the team rep, as the coaches will be busy and not watching their phones.

### **Competitions Entrance Fees and Parking Fees**

Every competition's cost is different for spectators. In general, you can expect to pay within the following price ranges:

1. Entrance Fee:
  - a. 1-day event: \$25 - \$30
  - b. 2-day event: \$30 - \$45
  - c. Many events offer discounts for seniors and veterans.
  - d. Athletes have to be in uniform to enter the competition.
2. Parking:

- a. Starts at \$10 and can go up to \$45 per day, depending on where you park.

**Cheer Competitions**

1. Every year, we go through losses and additions to teams. The dismissal/addition of a team member is solely the coach’s decision.
2. You are required to attend all competitions. Missing a competition will result in dismissal.
3. No jewelry, fake nails, or painted nails allowedp at competitions.
4. The Infinite Athletics’ schedule is your first priority. Infinite cannot work around an athlete’s high school sports schedule (soccer, high school cheerleading, track, etc.).
5. See the Financial Policy & Information section for information about fees to the Youth Summit, D2 Summit, and Cheer Worlds competitions.
6. Our staff will have sole communication with the competition companies. Parents are not permitted to contact our vendors directly. Please see your Team Rep if you have any questions.
7. We anticipate having three regular competitions that will require an overnight stay out of town:
  - a. Bakersfield, CA (Tinys will not travel to Bakersfield)
  - b. Palm Springs, CA (Minis and Tinys will not attend Palm Springs)
  - c. Anaheim, CA (Minis and Tinys will not travel to Anaheim)
8. End of Season Competitions (Bid required to attend):
  - a. Keep in mind, only the top 3% of the teams will earn a bid to one of these events.
  - b. Monthly tuition does not cover any of these end-of-season events. When the teams earn the bid to attend one of the above events, the fees will be added to your account, and a May 2023 tuition payment will also be added.

**Competition Schedule - tentative until August 1, 2022**

i6 Vengeance

Date	Competition	Location
1/14/23 – 1/15/23	GSSA - Grand Nationals	Rabobank Arena 1001 Truxtun Ave Bakersfield, CA 93301

1/21/23 – 1/22/23	The American Masterpiece	San Jose Convention Center 150 W. San Carlos Street San Jose, CA 95113
2/4/23 – 2/5/23	Spirit Sports Grand Nationals	Palm Springs Convention Ctr 277 N Avenida Caballeros, Palm Springs, CA 92262
3/11/23 – 3/12/23	American Cheer Power	Santa Clara Convention Ctr 5001 Great America Pkwy, Santa Clara, CA 95054
3/18/23 – 3/19/23	USA All Stars Grand Nationals	Anaheim Convention Ctr 800 W Katella Ave, Anaheim, CA 92802

S3 Karma, S1 Luxe, J2 Blackout, and Y1 Couture

Date	Competition	Location
12/3/22 – 12/4/22	American Cheer Power - Roseville - Showdown	Roebbelen Center 700 Event Center Drive Roseville, CA 95678
1/14/23 – 1/15/23	GSSA - Grand Nationals	Rabobank Arena 1001 Truxtun Ave Bakersfield, CA 93301
1/21/23 – 1/22/23	The American Masterpiece	San Jose Convention Center 150 W. San Carlos Street San Jose, CA 95113
2/4/23 – 2/5/23	Spirit Sports Grand Nationals	Palm Springs Convention Ctr 277 N Avenida Caballeros, Palm Springs, CA 92262
3/11/23 – 3/12/23	American Cheer Power	Santa Clara Convention Ctr 5001 Great America Pkwy, Santa Clara, CA 95054
3/18/23 – 3/19/23	USA All Stars Grand Nationals	Anaheim Convention Ctr 800 W Katella Ave, Anaheim, CA 92802

<b>4/1/23</b>	<b>JAMZ NorCal Challenge</b>	<b>Stockton Arena 248 W Fremont Street, Stockton, CA 95203</b>
---------------	------------------------------	--

#### M1 Gems

<b>Date</b>	<b>Competition</b>	<b>Location</b>
<b>12/3/22 – 12/4/22</b>	<b>American Cheer Power - Roseville - Showdown</b>	<b>Roebbelen Center 700 Event Center Drive Roseville, CA 95678</b>
<b>1/14/23 – 1/15/23</b>	<b>GSSA - Grand Nationals</b>	<b>Rabobank Arena 1001 Truxtun Ave Bakersfield, CA 93301</b>
<b>3/11/23 – 3/12/23</b>	<b>American Cheer Power</b>	<b>Santa Clara Convention Ctr 5001 Great America Pkwy, Santa Clara, CA 95054</b>
<b>4/1/23</b>	<b>JAMZ NorCal Challenge</b>	<b>Stockton Arena 248 W Fremont Street, Stockton, CA 95203</b>

#### T1 Sprinkles

<b>Date</b>	<b>Competition</b>	<b>Location</b>
<b>1/14/23 – 1/15/23</b>	<b>GSSA - Grand Nationals</b>	<b>Rabobank Arena 1001 Truxtun Ave Bakersfield, CA 93301</b>
<b>3/11/23 – 3/12/23</b>	<b>American Cheer Power</b>	<b>Santa Clara Convention Ctr 5001 Great America Pkwy, Santa Clara, CA 95054</b>
<b>4/1/23</b>	<b>JAMZ NorCal Challenge</b>	<b>Stockton Arena 248 W Fremont Street, Stockton, CA 95203</b>

#### Recommended Hotels - Optional

When we travel the coaches and staff will be staying at the hotels listed below. Parents and athletes are welcome to stay anywhere they want, but some families like to be close to the program and other families.

Date	Competition	Recommended Hotel
12/3/22 – 12/4/22	American Cheer Power - Roseville - Showdown	Residence Inn Roseville 1930 Taylor Rd Roseville, California 95661
1/14/23 – 1/15/23	GSSA - Grand Nationals	Bakersfield Marriott at the Convention Center 801 Truxtun Avenue Bakersfield, California 93301
1/21/23 – 1/22/23	The American Masterpiece	San Jose Marriott 301 South Market Street San Jose, California 95113
2/4/23 – 2/5/23	Spirit Sports Grand Nationals	Marriott's Shadow Ridge II 9003 Shadow Ridge Rd Palm Desert, California 92211
3/11/23 – 3/12/23	American Cheer Power	Santa Clara Marriott 2700 Mission College Boulevard Santa Clara, California 95054
3/18/23 – 3/19/23	USA All Stars Grand Nationals	Anaheim Marriott 700 West Convention Way Anaheim, California 92802

### Mandatory Classes

1. All athletes are required to attend at least one tumbling class per week, unless they get a waiver from their coaches and have mastered all tumbling for their level. (Exception: Vengeance)

2. All flyers need to be in at least one stretching class per week. (Exception: Sprinkles)
3. All athletes are required to attend at least one jumps technique class per month, unless they get a waiver from their coaches and have mastered all jumps for their team. (Exceptions: Gems and Sprinkles)
4. If your athlete has a **STAR** on their team card at team reveals, they must be in at least two classes per week or take at least one class and one private lesson.

## **Class Progression**

Athlete safety is our number 1 priority. It is important that athletes are in the correct class for their skill level. If the athlete is on a level 1 team, they need to be in level 1 tumbling until all level 1 skills are perfected. We do encourage athletes who are very close to mastering their level 1 tumbling to also take a level 2 class, but their main priority still needs to be perfecting all of their level 1 skills, as this is the foundation for all tumbling skill levels from 2-7.

It is important that parents and athletes talk with their coaches to put together a plan on proper and safe progression.

## **Class Cancellation or Missed Classes**

It is the responsibility of the parent/athlete to manage the classes on their own in the Infinite Portal (*this is for classes and not team practices*).

1. If you want to cancel a class, this is done through the portal and must be done 72 hours prior to the class. If you try to cancel within 72 hours of the class, you will forfeit the class fee.
2. If you miss a class, you forfeit the class fee - no exceptions.
3. If you need to transfer a class, this also **MUST** be done 72 hours prior to the class date. If not, the system will automatically deny the transfer, and you will forfeit the class fee.

## **Flier Expectations**

Infinite Athletics is pushing for all fliers to have a needle and extreme flexibility for this season. Stretching is very important to be a flier at Infinite Athletics. We require the team fliers to post body positions during the week. The coaches will notify the fliers on when they need to post body positions.

## **Financial Policy & Information**

Tuition Fee Per Team:

1. I6 Vengeance: \$380 per month
2. S3 Karma: \$400 per month
3. S1 Luxe: \$400 per month
4. J2 Blackout: \$400 per month
5. Y1 Couture: \$400 per month
6. M1 Gems: \$320 per month
7. T1 Sprinkles: \$240 per month
8. Double teamers Tuition: \$280 per month
9. Alternate Tuition: \$125 per month

Please note: Coaches do not have the authority to offer discounts of any kind to athletes at any time. Coaches cannot waive Double-teamers fees or fees associated with filling in on a team.

Tuition payments are due on the 1st of the month. You have a grace period until the 5th of the month. After that, you will be charged a \$30 late fee. Everyone must sign-up through our online portal at <http://infiniteath.com>. Tuition is required to be paid through our auto-payment service. All tuition and All-star fee payments are processed through Infinite Athletics, Inc.

Failure to have your monthly payments processed through Infinite Athletics' autopay service will result in an additional administrative monthly fee of \$15 per month. If your auto-payment returns three times, you will be taken off the auto-payment system and will be subject to the \$15 administrative monthly fee. In addition, your payments will be due on the 25th of each month (approximately 5 days earlier) in cash or credit card only.

1. Any payments made after the due date will result in a late fee of \$30 automatically charged to your account.
2. Worlds Teams, D2 Summit Teams, and Youth Summit Teams: Your monthly tuition does not cover the end of season events.

#### Inconvenience Quit Fee

1. Any athlete quitting after the first practice will be charged a \$500 Inconvenience Quit Fee and will not be refunded any monies already paid.
2. Any athlete quitting after July 15, 2022 will be charged a \$1000 Inconvenience Quit Fee, will not be refunded any monies paid, and will not receive any items from the gym.
3. The athlete will also be required to pay any current balance on their account. This includes tuition, All-star fees, Worlds fees, Summit fees, or any fees associated with award events.

4. Failure to meet the deadline for payments, and lack of reasonable and fair communication regarding payment, will result in your child's loss of services (sitting out of practice) and/or dismissal from the program.

Please note: Coaches reserve the right to replace the athlete if this happens. If your account is delinquent, Infinite Athletics reserves the right to:

1. Withhold services (i.e., sitting your athlete out of practice)
2. Restrict scheduling of private lessons and classes until your account is brought up to date
3. Withhold uniforms, practice wear, scrunchies, shoes, etc.
4. Restrict Pro Shop in-house purchases and preorder purchases
5. Restrict Snack Bar charges
6. Withhold team and individual pictures
7. Withhold travel accommodations payments made through Infinite Athletics
8. Any funds paid towards the above will be forfeited and applied to the athlete's past due account

#### Additional Payment Information

1. Infinite Athletics is not responsible for reimbursing travel expenses to team members or individuals in the unforeseen canceling of an event, athlete's loss of skills, or athlete's removal from the program.
2. Please note that all competitions are subject to change and all monies are NON-REFUNDABLE. If a competition is canceled by Infinite Athletics, we will make the decision to replace it with a comparable event if we are able to, and we will adjust fees accordingly.

#### Fundraising

Infinite offers at least one fundraiser per month; we try to offer two when possible. Fundraising money earned is added to your account by the 28th of the month that the money was earned and turned in.

Fundraising Coordinators:

1. Racheal Estrada - head of fundraising
2. Veronica Bates
3. Tina Nelson
4. Lisa Porter

To participate in fundraising, you must join the Infinite Athletics Fundraising 2022 Facebook Group to get all the details.

Fundraising Pickup and Drop Off will be Monday - Thursday from 5:30 PM to 8:30 PM at the gym. Each fundraiser will have a specific date to turn in money.

If you are working the events in the Bay Area, please plan accordingly. If you sign up you **MUST** attend. If not, the group is charged \$250 plus the \$100 gym fee. If you miss one event without proper notice, you will be automatically removed from working these events for the remainder of the season.

No checks or credit cards accepted for fundraising payments.

**IMPORTANT: The Bay Area events payout in about 60-75 days. When using this money for tuition, please make sure to plan accordingly, as we cannot wait for these payments to come in to cover past due balances.**

Infinite also has two mandatory GYM FUNDRAISERS to help with gym maintenance and upgrades:

1. July 2022 - BBQ Dinner
  - a. Each athlete must sell 5 tickets at \$40 each
  - b. Buyout is \$150 if you plan to not attend
2. March 2023 - Crab Feed (or something similar if crab is too expensive)
  - a. Each athlete must sell 5 tickets at \$70 each
  - b. Buyout is \$275 if you plan to not attend

If you have more than one athlete your total tickets to sell is as follows:

1. 1 athlete - 5 tickets
2. 2 athletes - 8 tickets
3. 3 athletes - 11 tickets
4. 4 athletes - 14 tickets
5. 5 athletes - 18 tickets

NOTE: Money raised by fundraising cannot be refunded to the family. This money can only be used as credit on the account.

### **Parent/Guardian First Team Meeting**

Our Infinite Athletics' staff likes to meet with parents/guardians to make sure we keep a clear path of communication and are here to answer any questions. We will go over the handbook and answer any questions. The first team meetings are as follows:

- I6 Vengeance - June 15, 2022 at 7:30 PM
- S3 Karma - June 16, 2022 at 7:00 PM
- S1 Luxe - June 15, 2022 at 7:30 PM

- J2 Blackout - June 16, 2022 at 5:30 PM
- Y1 Couture - June 15, 2022 at 6:00 PM
- M1 Gems - June 16, 2022 at 5:30 PM
- T1 Sprinkles - June 15, 2022 at 6:00 PM

Please do not bring siblings to the team meetings, if at all possible. We are limited on space and want to make sure every parent/guardian is able to get in and participate in the meeting.

### **Gym Bondings/Team Bondings**

As a program that strives to build a family culture, gym and team bondings are two of the ways we get the entire program together and meet everyone. It is important that the athletes participate in these bonding events, especially the Summer Pinecrest BBQ and Swim Party.

1. Pinecrest Gym Bonding:
  - a. June 25, 2022 at Pinecrest Lake
  - b. We recommend arriving early, as parking after 8:30 AM is almost impossible
  - c. Infinite Athletics will provide the main food for the gym bonding and each team will bring sides and utensils. Each team is responsible for the following:
    - Vengeance: Paper Plates
    - Karma: Drinks
    - Luxe: Dessert (cookies/pastries)
    - Backout: Chips
    - Couture: Pasta Salad/Potato Salad/Etc.
    - Gems: Forks
    - Sprinkles: Napkins
    - Plan for about 200 people
  - d. Alcohol is allowed if consumed moderately and there is a designated driver.
  - e. This is for the entire family to join us and get to know everyone
  - f. If anyone likes to fish, we will meet at 6:00 AM to fish before we start the BBQ
  - g. We will eat around 12:00 PM
  - h. After we eat families can leave or stay
  - i. Gym staff will stay until 3:00 PM

For additional team bondings, the team rep will schedule one team bonding every two months until December 2022 when we start our comp season. After December 2022, we will only have special occasion team bondings.

### **Snack Bar**

Infinite Athletics has a convenient snack bar for the parents and athletes. We offer a charge account for full season athletes, if approved by the parent/guardian.

1. Athletes and parents can write the athlete's name on our charge sheet and order off the menu.
2. Accounts are updated every two weeks with charges from the snackbar.
3. If an athlete wants a meal or something from the snackbar after practice, the athlete will write down their order on a tag and put the time they want it ready.
4. Snackbar Hours:
  - a. Monday - Thursday
  - b. 4:30 PM - 8:15 PM
  - c. For Vengeance's Sunday practice, we will only have water and gatorade available. See the coach or team rep to place an order for a drink.

### **Monthly All-Inclusive Payment Schedule**

Infinite Athletics is an all-inclusive program. We split the tuition over 11 monthly payments to help plan and budget. The gym pays all fees up front and then recoups the fees throughout the year.

If you have any financial questions about your account, please email [accounting@infiniteath.com](mailto:accounting@infiniteath.com).

If you make a payment via Venmo, you must screenshot your payment and send a copy to [accounting@infiniteath.com](mailto:accounting@infiniteath.com)

NOTE: Our monthly payment does not include a specific amount of practices, comps, etc. This is an all inclusive program that covers the entire season.

**All payments are non refundable - no exceptions!**

### **I6 Vengeance**

<b>Jun</b>	<b>Jul</b>	<b>Aug</b>	<b>Sept</b>	<b>Oct</b>	<b>Nov</b>	<b>Dec</b>	<b>Jan</b>	<b>Feb</b>	<b>Mar</b>	<b>Apr</b>
<b>\$380</b>										

### **S3 Karma**

Jun	Jul	Aug	Sept	Oct	Nov	Dec	Jan	Feb	Mar	Apr	May
\$400	\$400	\$400	\$400	\$400	\$400	\$400	\$400	\$400	\$400	\$400	*

### S1 Luxe

Jun	Jul	Aug	Sept	Oct	Nov	Dec	Jan	Feb	Mar	Apr	May
\$400	\$400	\$400	\$400	\$400	\$400	\$400	\$400	\$400	\$400	\$400	*

### J2 Blackout

Jun	Jul	Aug	Sept	Oct	Nov	Dec	Jan	Feb	Mar	Apr	May
\$400	\$400	\$400	\$400	\$400	\$400	\$400	\$400	\$400	\$400	\$400	*

### Y1 Couture

Jun	Jul	Aug	Sept	Oct	Nov	Dec	Jan	Feb	Mar	Apr	May
\$400	\$400	\$400	\$400	\$400	\$400	\$400	\$400	\$400	\$400	\$400	*

\*There is no payment due for May 2023 until the team gets a bid to an end of season event. Once the bid is received, the regular tuition will be added for May 2023 and the related competition fees for that event.

For planning purposes for the end of season events, budget approximately \$1200 per person going to the event. It can be a little higher or a little lower depending on what bid is received to which event.

### M1 Gems

Jun	Jul	Aug	Sept	Oct	Nov	Dec	Jan	Feb	Mar	Apr
\$320	\$320	\$320	\$320	\$320	\$320	\$320	\$320	\$320	\$320	\$320

### T1 Sprinkles

Jun	Jul	Aug	Sept	Oct	Nov	Dec	Jan	Feb	Mar	Apr
\$240	\$240	\$240	\$240	\$240	\$240	\$240	\$240	\$240	\$240	\$240

### Approved Payment Discounts

1. Sibling Discount: 10% off the highest tuition for one athlete only
2. Pay in full with cash or check: 10% discount if paid by June 30, 2022 - no exceptions.

## **Already have a Uniform?**

1. If you were on S3 Karma last season, you will get a \$35 per month discount.
2. If you were on Vengeance last season and will also be on Vengeance this season you will get a \$30 discount per month.
3. No other teams will be using the same uniform this season.

## **What is Included in the monthly payment:**

i6 Vengeance, S3 Karma, S1 Luxe, J2 Blackout, and Y1 Couture:

1. Competition Uniform
2. Competition Shoes with colored shoe laces
3. Competition Bling Scrunchie
4. Competition Fees for Athlete
5. Custom Basketball Jersey for Coverup at Comps
6. 2 Practice uniforms
7. Practice scrunchie
8. Team shirt
9. Choreography
10. Music
11. Coaching Fee
12. Summer Tumbling Clinic
13. Discounted classes

Double-teamers will not receive the following for the second team:

1. Competition Shoes
2. Basketball Jersey

M1 Gems and T1 Sprinkles:

1. Competition Uniform
2. Competition Bling Scrunchie
3. Competition Fees for Athlete
4. 1 Practice uniform
5. Practice scrunchie
6. Team shirt
7. Choreography
8. Music
9. Coaching Fee
10. Discounted classes

If an athlete loses any items, the replacement costs are as follows:

1. Team Shirt - \$35
2. Competition Top - \$405
3. Competition Bottom - \$320
4. Competition Scrunchie: \$30
5. Basketball Jersey: \$85
6. Practice Top: \$50
7. Practice Bottom: \$60
8. Practice Scrunchie: \$5
9. Competition Shoes: \$110

#### **What is NOT Included in the Tuition:**

1. USASF Registration
2. Backpack
3. Travel expenses
4. Snack Bag
5. Shoes - not included for Mini and Tiny
6. Basketball Jersey - not included for Mini and Tiny
7. Double teamers second set of shoes - parents are required to buy a second pair of shoes.

#### **USASF Membership Required**

USASF governs All Star Cheer. We require all team members to be an active member of USASF at <https://www.usasf.net/>.

Athletes who are 18 or older or who turn 18 during the 2022-2023 cheer season are required to do a background check.

We require all athletes to be active members in USASF by June 30, 2022. If you are an existing member you will renew; if you are a new member, you will need to create a new account and select Infinite Athletics as the gym you are associated with.

The membership term, regardless of time of payment, will run June 1, 2022 – May 31, 2023.

If you have issues with your USASF account, the gym cannot help with anything USASF related, as they are there to help protect the athletes. You can call USASF at 901-231-1952.

#### **Gym Closures**

The gym is closed the Monday after these following competitions:

1. Bakersfield, CA - Monday, January 16, 2023

2. Palm Springs, CA - Monday, February 6, 2023
3. Anaheim, CA - Monday, March 20, 2023

During the dates listed below, all classes will be canceled. Some team practices and private lessons will still occur during gym closures. Check with your team rep to be sure.

1. Independence Day - July 4, 2022
2. Labor Day - September 5, 2022
3. Halloween - October 31, 2022
4. Thanksgiving - November 23, 2022 through November 27, 2022
5. Christmas - December 23, 2022 through December 26, 2022
6. New Years - December 30, 2022 through January 1, 2023

### **Athlete Private Lessons**

Private Training sessions or individual training sessions between an Adult Coach(es) and a Minor Athlete(s) are permitted under the Infinite Athletics' policy.

1. If you schedule a private lesson and do not show up, you are still responsible for the private lesson fee;
2. If you miss a private lesson and do not communicate with the coach in advance, you will be barred from booking any future private lessons;
3. If you are late to a private lesson, you will lose the time that you were late, as coaches generally have back to back lessons;
4. If the private training session is observable and interruptible by another adult; and/or
5. If parents/guardians are allowed to observe the training session. If the individual training session is not observable and interruptible by another adult, then Adult Coach(es) must obtain written consent from the Minor Athlete'(s') parent or guardian prior to the training session. Such written consent must be obtained at least every six months and may be revoked at any time by the Minor Athlete's(s') parent or guardian.

Private lessons are a great way to gain skills faster. Infinite Athletics does not schedule the private lessons. These must be booked directly with the coaches of Infinite Athletics.

To book private lessons, text one of the following Infinite Athletics' coaches:

1. Emily Mejia
  - a. Level 1 – 4 Tumbling
  - b. Text (209) 662-4205
2. Cassidy Ochoa

- a. Level 1- 3 Tumbling
  - b. Stretching
  - c. Jumps
  - d. Text (925) 303-0907
3. Brandon Shaw
- a. Level 1 - 4 Tumbling
  - b. Stunting
  - c. Text (209) 981-1633
4. Amy Dillon
- a. Intensive Flier Stretching and Body Positions
  - b. Text (209) 988-8105
5. Dom Fertado
- a. Level 3-7 Tumbling
  - b. Text (951) 775-5630
6. Lilly Wong
- a. Flier Body Positions/Stretching
  - b. Text (209) 993-7872

Private Lesson Costs:

- 1. 1-hour - \$70
- 2. 30 Minutes - \$45

For private lessons, the coaches ONLY accept cash or Venmo. You **CANNOT** use gym credit or credit cards for private lessons.

Do not text coaches regarding team questions. These questions need to go through the team rep.

**Infinite Athletics Proprietary Information and Copyrights**

- 1. The Infinite Athletics' logo and team names are copyrighted. No one can reprint our logo or team names on any apparel or other items for apparel distribution or sale. All items will be sold through our Pro Shop.
- 2. TEAMS ARE NOT PERMITTED TO CREATE THEIR OWN LOGOS FOR TEAM NAMES!
- 3. No soliciting. The sale or distribution of any outside products is not allowed at our facility without permission from Ashley Fezette or Amy Dillon.

**Non Profit Tax ID:**

Infinite Athletics is a 501c(3) corporation. You can use the tuition payments as a tax write off if:

1. You consult with your tax advisor before using your payments for a tax write off
2. Tuition is paid in full in June 2022
3. You get a sponsor and the payment is sent directly to Infinite Athletics

Our tax ID number is: 83-1494902

Sponsorship forms are available from your team rep after June 13, 2022.

