

East Coast Allstars is a vibrant, high-energy cheer gym known for its positive culture, strong leadership, and unwavering team spirit. It's the kind of place where athletes feel supported, motivated, and truly part of a family.

☀️ Encouraging Atmosphere – Coaches and teammates create a welcoming environment where every athlete feels valued and inspired to grow.

💪 Dedicated Training – With passionate, knowledgeable coaches, athletes receive high-quality instruction that builds skill, confidence, and discipline.

👯 Strong Sense of Community – The gym fosters teamwork, sportsmanship, and lifelong friendships, making it a second home for many.

## **East Coast Tumble**

1000 Tiogue Avenue

Coventry, RI

### **Communications:**

East Coast Allstars primary source of communication is email. Facebook is not an official form of communication for owners or employees. Facebook messenger does not serve as a formal way to communicate with any staff members.

### **Program Questions:**

info@eastcoasttumble.com

### **Accounts, Billing:**

info@eastcoasttumble.com

**Personal phone calls or texts** to any staff member are not considered official communication. They should only be used for emergency purposes only.

All information will be communicated via email. It is your responsibility to stay informed about what is happening in the gym, so please be sure to read emails carefully.

East Coast Allstars does have a facebook, tik tok and instagram page.

**Athletes and guardians acknowledge that images may be used on social media and in promotional materials as part of program operations.**

**Facebook:** East Coast Tumble

**Instagram:** @eastcoasttumble

**Tik Tok:** @eastcoasttumble

All communication between members must be positive. Speaking negatively about the program, families, or athletes is strictly prohibited. Our program is committed to upholding the highest standards of sportsmanship.

**East Coast Allstars reserves the authority to remove an athlete or family from the program due to conduct deemed negative or inappropriate.**

### **Social Media Policies:**

- Members may not use East Coast Allstars name, logo, on message boards, or posts.
- No inappropriate photos or content may be posted with the East Coast Allstars name, logo, or apparel.
- Illegal or underage behavior posted online may result in removal.
- **Zero tolerance for negativity, bullying, or inappropriate behavior on social media—this applies to athletes, parents, coaches, and staff.**
- No negative comments about athletes, families, coaches, staff, or other programs.
- No inappropriate language, images, or behavior on any platform.
- Social media should be used positively to support the program and its athletes.

**East Coast Allstars reserves the right to remove any athlete who violates these guidelines.**

### **Team “Lifeguards”:**

Each team will have an appointed team lifeguard to assist with the operations of their assigned group. Team lifeguards are required to be included in all team-related group chats across all platforms to ensure appropriate oversight. Group chats that do not include the assigned team assistant must be removed.

### **Dress Code:**

#### **Practice Appearance:**

- Athletes must wear proper practice attire at all times.
- Sports bras, practice tops, and athletic shorts must be worn.
- Cheer shoes are required; no street shoes, Crocs, slides, or socks-only practices.
- Hair must be pulled back securely and out of the face.
- No jewelry of any kind (earrings, necklaces, bracelets, anklets, rings, etc.).
- Fingernails must be kept short for safety.
- Practice clothing must be clean, appropriate, and in good condition.
- No clothing with inappropriate images, language, or messages.
- The program may require color-coded or themed practice wear on specified days; athletes must comply.

#### **Competition Appearance:**

- Athletes must arrive in the assigned competition uniform, clean and wrinkle-free.
- Competition bow or hair accessory must match team requirements and be worn correctly.
- Hair must be styled according to the team-approved competition hairstyle.
- Full competition makeup must be applied as directed by the coaching staff.
- No jewelry of any kind is allowed (earrings, necklaces, bracelets, rings, anklets, etc.).
- Fingernails must be short and natural; no acrylics, long nails, or bright nail polish.
- Cheer shoes must be clean and reserved for competition only—no wearing them outside.

- No additional clothing items may be worn over the uniform unless approved by the coach.  
**ATHLETES WITH ANY HALF TOP UNIFORM MUST WEAR AN APPROVED TOP OVER AT ALL TIMES UNLESS WITH FULL TEAM.**

## **Attendance Policy**

Missing practice impacts the entire team, not just your athlete. Please keep this in mind when requesting excused absences. Athletes with more than 3 unexcused absences may be subjected to removal from the team, or removal of spots in choreography.

- **Excused absences are limited to:**
  - Personal grievance.
  - School function that affects grades (teacher's note required).
- **June – September:**
  - Each athlete is allowed 3 absences.
  - After exceeding 3 unexcused absences, a fee of \$20 per missed practice will be charged.
- **October – April:**
  - Each athlete is allowed 3 absences.
  - After exceeding 3 unexcused absences, a fee of \$20 per missed practice will be charged.
- **Blue Zones Practices:**
  - Attendance is mandatory.
  - Blue Zones start 7 days before competition.
  - Failure to attend will result in non-competition and removal from the team.
  - Travel Competitions, blue zones start 14 days before competition.
  - End of the season competition, blue zones start April 5, 2027.

## **Sickness & Injury Policy:**

- All absences due to injury will only be excused with a doctor's exemption note that includes details about treatment, and expected recovery time.
- If an athlete is sick without a doctor's note, they are expected to attend practice.
- Extended sickness or injury may result in loss of position in a routine.
- If an athlete is injured and cannot compete, the program will temporarily fill their spot until they return.
- Families are still responsible for all fees, including tuition, choreography, and competition costs, regardless of injury.
- Injured athletes are expected to attend practices and events during their recovery, unless otherwise directed by a doctor.
- Once an athlete has fully recovered, they may or may not be choreographed back into their original positions at the discretion of the coaching staff.

## **Conditioning:**

Our certified staff members take every precaution to minimize the risk of injury; however, it is impossible to prevent all injuries. Conditioning is essential to reducing injuries. We take the health and safety of your athlete very seriously.

- All-Star cheerleading is a physically demanding sport that requires athletes to maintain top levels of flexibility, strength, and endurance.
- Athletes are expected to participate fully in all pre-, during-, and post-practice workouts, as these exercises are critical to injury prevention.
- **Tumbling drills must be taken seriously, as they teach proper technique, which significantly reduces the risk of injury.**

## **Financial Policies:**

## **East Coast Allstars understands that participating in all-star cheerleading is a significant financial commitment.**

### **Explanation of Tuition:**

- Tuition costs vary by team. Tuition includes all scheduled practice time and one team tumble class.
- Crossovers will pay an additional \$25 per month on top of regular tuition.
- Tuition does not increase or decrease due to gym closings, additional practices, longer practices, or shorter months.

### **Tuition Discounts:**

#### **Sibling Discounts**

- Sibling discounts apply to tuition only.
- Families with multiple athletes will receive 50% off the lowest tuition fee.

#### **Team Assistant Discounts**

- Team Assistants will receive \$55 off monthly tuition.
- Prep Team Assistants will receive \$35 off monthly tuition.

### **Discount Explanation:**

- Families cannot combine multiple discounts (e.g., Team Assistant, sibling, etc.).
- When eligible for multiple discounts, the highest discount will apply.

### **Financial Obligation Agreement:**

All parents/guardians must understand that they assume full financial responsibility for all costs associated with being a member of East Coast Allstars. This includes, but is not limited to:

- Gym registration and evaluation fees
- Monthly tuition
- Practice wear and Uniform
- Competition fees
- Travel expenses
- Payment in full is required for all obligations regardless of any circumstances that may arise, including withdrawal, removal, injury, or changes in personal schedule.

### **Music and Choreography fees:**

- Choreographers charge per routine, and fees vary based on the choreographer and routine type.
- Choreography and music fees are non-refundable, even if an athlete leaves the team for any reason.
- Athletes who join the team after choreography has been completed are still required to pay the full choreography fee.
- Fill-ins are not required to pay any choreography or music fees.
- All charges are due according to the deadlines.
- All families are required to keep a credit card on file. All fees will be auto-drafted on the due dates.
- A late fee for any payments made after the pay period will be charged to accounts
- Any account more than 60 days past due is subject to athlete removal from the active roster.