



~~2024 - 2025~~  
SEASON 9

ALL-STAR PERFORMANCE  
INSTITUTE



# WELCOME

Welcome to API and thank you for your interest in our competitive cheer program. All-star cheer is an amazing sport and we are glad you are interested in learning more. This handout is designed to answer the questions we most frequently hear from families. If you need more information, please ask. We love to talk about cheer!

## Contact Information

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# TRYOUTS - \$50 Per Athlete

We look forward to working with you at tryouts. Athlete's should arrive 5-10 minutes prior to their tryout time window. Parents must attend tryout sessions and will need to fill out necessary forms and set up the online registration if you have not already done so. Athletes will then be given a try out number that they will pin to their shorts. All athletes should wear black shorts, a black tank or sports bra, and hair pulled up high in a ponytail with a bow of any color. Please come looking clean and presentable. We will lead the athletes through a warm up, quick stretching and evaluate their jumps, flexibility, tumbling skills, body control, and coachability.

**Flyers need to come to an initial tryout session and the flyer tryouts to be considered for a team.**



**May 13th**

4:00 pm -8:00 pm (All Ages)

**May 14th**

4:00 pm -8:00 pm (All Ages)

**May 15th**

4:00 pm -8:00 pm (All Ages)

**May 16th**

4:00 pm -6:00 pm (All Ages)

**May 16th (Flyer Tryout)**

6:00 pm -8:00 pm (All Ages)

## FLYER TRYOUTS - \$50

In order to be considered for a flyer position, athletes must attend the flyer tryout. During this specific tryout, we will only be evaluating flexibility and flyer technique. We will not be checking other skills; all athletes must attend a general tryout session in addition to the flyer tryouts. Attending the flyer tryout does not guarantee someone will be a flyer for the season.

## Family Accounts / Discounts

At API, we foster a vibrant and inclusive family environment that thrives on unity and support. We believe that cheerleading is not just a sport, but a way for families to come together, celebrate achievements, and build lasting memories. That's why we offer family memberships and discounted rates, ensuring that every family can afford the enriching experience of cheerleading. We understand the financial challenges families face and are dedicated to making cheerleading accessible to all. Our goal is to create a welcoming space where parents, siblings, and cheerleaders can bond, grow, and inspire one another, strengthening the bonds that make families truly special.



1. Annual Registration Fees are Per Family - \$149 per family
2. Tuition Discount of 50% for each additional athlete  
Example(Family of 3 with two elite athletes and one on prep team)

First Elite Athlete = \$149 Per Month

Second Elite Athlete = \$74.50

Third Prep Athlete = \$44.50

Total Cost: \$268/month

Total Savings \$109/month



# COST / TUITION

The registration fee is a per family expense and not applicable to each athlete.

Practice wear, uniforms, & bows are usually picked out before the season begins and cost is exactly as listed.

Competitions are as accurate as we can get them this early in the season. Competitions are billed per competition so the amount may vary.

Coaching fees are determined based on the number of coaches attending the competition and the amount of days they will have to stay. Fees cover hotel expense, food, competition pay, parking expenses, and entry fees if any apply.

## Novice Teams (Ages 4-9) : 9-month program

- Registration fee - \$149 (annual gym registration fee)
- Practice wear - \$50 (Due in full September 1)
- Uniform - \$150 (Due in full September 1)
- Uniform bow - \$25 (Due in full September 1)
- Competitions - \$360, three competitions for season \$120 each
- Tuition - \$89 / month (Due 1st of each of month August-April)

## All-Star Prep: (Ages 6-15)

- Registration fee - \$149 (annual gym registration fee)
- Practice wear - \$50/ 1 tank top (Due in full June 1)
- Uniform set - \$395, includes uniform bodysuit, skirt (Due in full by August 1)
- Competition Bow - \$30 (Due in full August 1)
- Routine choreography - \$300, includes choreography for full season and custom routine music. (Due in full July 1)
- Est. Competition registration fees - \$600, four one-day competitions, does not include coaches fees or end of season event (Amount due prior to competitions, dates TBA)
- Tuition - \$1308 / year split into 12 monthly payments of \$109, includes weekly practice, team tumbling, and any additional team practices (first payment due June 1st)

## **All-Star Elite: Mini (Ages 7-9), Youth (8-12), Junior (9-15) and Senior (13-19)**

- Registration fee - \$149 (annual gym registration fee)
- Practice wear - \$50/ 1 tank top (Due in full June 1)
- Uniform set - \$495, includes uniform bodysuit, skirt (Due in full by August 1st)
- Competition Bow - \$60 (Due in Full August 1st)
- Routine choreography - \$400, includes choreography for full season, covers initial choreography dates, dance choreography, and music. (Due in full July 1st)
- Est. Competition registration fees - \$1200, seven competitions, does not include coaches fees or end of season event (Due prior to competitions.)
- Tuition - \$1788 / year split into 12 monthly payments of \$149, includes weekly practice, team tumbling, and any additional team practices (first payment due June 1st)

## **All-Star Travel Teams : Junior (9-15) and Senior (13-19)**

- Registration fee - \$149 (annual gym registration fee)
- Practice wear - \$50/ 1 tank top (Due in full June 1)
- Uniform set - \$495, includes uniform bodysuit, skirt (Due in full by August 1st)
- Competition Bow - \$60 (Due in Full August 1st)
- Routine choreography - \$400, includes choreography for full season, covers initial choreography dates, dance choreography, and music. (Due in full July 1st)
- Est. Competition registration fees - \$1200, seven competitions, does not include coaches fees or end of season event (Due prior to competitions.)
- Tuition - \$2028 / year split into 12 monthly payments of \$169, includes weekly practice, team tumbling, and any additional team practices (first payment due June 1st)



## ADDITIONAL ITEMS NEEDED



**Black spring floor cheer shoes**  
(used or new; recommended brands include Varsity or Nfinity)



**Plain black no-show socks**



**Plain black hair scrunchie for practice**



**Black hair bow for practice**



**Water bottle for practice**



**Eye shadow for performances**  
(pictures will be provided)

## SAMPLE FEE SCHEDULE

<b>MAY</b>	Team Placements	
<b>JUNE</b>	Tuition 1st	Practice Wear (1st) Registration Fee (1st)
<b>JULY</b>	Tuition 1st	Choreography (1st)
<b>AUG</b>	Tuition 1st	Uniform Fees
<b>SEPT</b>	Tuition 1st	
<b>OCT</b>	Tuition 1st	Competition Fees
<b>NOV</b>	Tuition 1st	Competition Fees
<b>DEC</b>	Tuition 1st	Competition Fees
<b>JAN</b>	Tuition 1st	Competition Fees
<b>FEB</b>	Tuition 1st	Competition Fees
<b>MAR</b>	Tuition 1st	
<b>APRIL</b>	Tuition 1st	

**MAY 1ST, 2025 - FINAL TUITION PAYMENT**

# LEVELS

At ALL-Star Performance Institute, our athletes are meticulously placed, their unique talents tailored to the team's demands. But it's not just about tumbling; it's a symphony of elements. Mesmerizing jumps, awe-inspiring flexibility, explosive tumbling, captivating dance, mind-bending stunts, unwavering commitment, emotional maturity, and an unyielding attitude—every factor weaves a tapestry of greatness.

Here's a little secret: Lower Levels aren't to be underestimated. Our Level 1 and Level 2 teams consistently mesmerize with their exceptional performances. Witness the magic as these remarkable athletes transcend boundaries and redefine what's possible.

In our program, every level, every athlete, every position, and every team holds irreplaceable value. They are the building blocks of an extraordinary tapestry, where passion, precision, and excellence intertwine to create an indescribable spectacle.



## PLACEMENT AND EVALUATIONS

Never cheered before? No worries, we would Love to teach you. Our team placements are Low stress evaluations of current skills. Athletes are given multiple opportunities to show their skills and can even request a skilled coach to spot them on specific skills.

After the final sessions of tryouts, the coaches will review the rosters for the upcoming season. We always intend to form teams that have the best chance of success for the season. There will be athletes on teams that are at a different Level than the rest of their teammates. Some will be stronger tumblers than others. Some will contribute more with stunts than others. We choose our athletes based on the needs of each team. **Every athlete is chosen for their team for a reason - please trust that the coaching staff has the best interest of the team and athletes in mind.**



# PRACTICES

Summer team practices will begin on June 3rd. Summer practices are open to family and friends. We want you and your family to get comfortable with API, get to know the coaches, owners, and other parents during this time before stressful competition season hits.

Beginning in August all team practices for Junior, & Senior elite teams will be closed to all spectators including family and friends. This is to foster a better coach/athlete relationship as well as keep our choreography and training styles in house until our routines have been put on the performance floor. Parents are invited in to observe the final 15 minutes of each practice.

Please note, placements are not final until after choreography. Athletes who do not keep skills performed at try outs may be moved to a different team during choreography or ask to sit as an alternate until their skills improve to the Level needed for their routine. Also, athletes who achieve skills not performed at tryouts may be considered for higher level teams. Athletes may also be asked to move teams based on the needs of the overall program if an injury occurs, athletes move etc. We try to avoid that at all cost, but it is a possibility that we want you to be made aware of. Flexibility and a team mindset are extremely important in the success of each athlete and our program.



## Time Commitment

**Novice Teams** - 1 hour per week practice

**Prep Teams** - 2 - 3 hours per week of practice

**Elite & Travel Teams** - 3 to 5+ hours per week of practice

# Team Tumbling

Exciting news for all team members! We are thrilled to offer a specialized class exclusively for our cheerleaders. Introducing our All-Star Tumbling Class, designed to cater to all levels of tumbling skills and led by our experienced coaches.

This class is tailored to meet the unique needs of our cheerleading teams, providing focused instruction to enhance tumbling abilities. Whether your child is a beginner or an advanced tumbler, our coaches are dedicated to helping them progress and reach their full potential.

What makes this opportunity even better? The Cheer Tumbling Class is available at no additional cost to our team members. It's our way of ensuring that every cheerleader has access to comprehensive tumbling training to support their cheerleading journey.

By participating in this class, your child will gain valuable tumbling skills, improve technique, and enhance their overall performance on the cheerleading team. We strongly encourage all cheerleaders to take advantage of this fantastic opportunity.

# TRAVEL INFORMATION

Are you ready to embark on an exhilarating cheerleading journey with us? At API, we offer a range of teams to suit every level of experience and competition. Let's dive into the thrilling opportunities that await you!

For our Novice and Prep teams, get ready for action-packed 1-day competitions mostly located conveniently within a 2.5-hour radius from Columbia, MO. The best part? No need to worry about booking hotels for these events. However, we're more than happy to set up room blocks if you'd like to stay closer to the heart of the action. Whether you're a novice or a seasoned cheerleader, these competitions are bound to ignite your passion for the sport.

Now, let's turn our attention to our Elite teams. These talented athletes are in for a treat with our epic 2-day competitions. Most events are located within a manageable 2-4-hour distance from Columbia, MO. We make it a priority to limit out-of-state travel to surrounding states, ensuring a convenient and exciting experience for our elite cheerleaders. While team hotels are not mandatory for Missouri events, we strongly encourage families to stay together for the ultimate bonding experience. However, for out-of-state events, team hotel stays are required to ensure eligibility for competition.

Last but not least, we have our Travel teams. This team will take the excitement to new heights with a combination of in-state and out-of-state travel. Alongside our Elite teams, they compete in the same thrilling competitions. The Travel team will also have the opportunity to participate in exciting events in other states, adding an extra element of adventure to their cheerleading journey.

Competitive sports are not just about the thrilling competitions but also the unforgettable memories created along the way. We believe that traveling with teammates and other families adds a unique and exciting dimension to the cheerleading experience. So get ready to hit the road, cheer your heart out, and make lasting connections with your fellow athletes and families. Let the adventure begin!

# General Rules

1. All team practices (exception tiny and mini teams) are closed to non-athletes. Summer practices are open and will close on August 14th. Choreography is closed as well.
2. It is the parent's responsibility to stay informed. Check your email, band app, and website regularly. If you aren't receiving emails, contact the Gym ASAP.
3. Anyone threatening to quit will be asked to leave immediately. No refund will be given.
4. Any person that disrupts a practice will be asked to leave the gym immediately.
5. No food, drinks, or gum are permitted on the mats. NO NUTS OR PEANUT BUTTER!
6. All trash must be disposed of after each practice. Athletes will condition if the gym is left a mess.
7. Cell phones must be left outside of the practice area unless otherwise approved by a coach.
8. API is not responsible for any personal items lost or stolen.
9. All choreography including cheers, dances, stunts, transitions, tumbling, music selections, editing, are the exclusive property of API and shall not be shown or discussed with others. NO VIDEOS of routines/choreography should be uploaded to any online site such as Facebook, YouTube, Snapchat or Instagram!



# FINANCIAL POLICIES

1. A schedule of payments is listed in this handbook. Families must have a card on file and be set up for autopay.
2. A current credit card must be kept on file so that tuition payments can be processed on the 1st of the month. No refunds will be given for any reason.
3. A late fee of **10% of account balance** will be assessed for all past due payments as of the **2nd** of each month. You may pay by cash, check, credit card or money order if the payment is made prior to or on the billing date. If payment is not made prior to or by the billing date, then your card on file will automatically be run for amount due. API will run your card on file for any past due amounts until the balance is paid in full.
4. For additional fee payments please make checks payable to API. Any returned checks will be subjected to a \$25 returned check fee. If a check is returned, no checks will be accepted for any reason for the remainder of the season.
5. Team monthly tuition cannot be pro-rated for any reason and is non-refundable.
6. Fee payments will be automatically charged to the card on file on the due date. For families wanting to pay by other means payment must be submitted prior to the due date. You may pay by cash, check, money order, or credit card. If you have a balance on your account that is past due, your card may be charged at anytime to satisfy the balance.
7. Any account past due **30** days or more will result in your athlete being dismissed from the program.
8. Tuition and Fee payments are non-refundable. Including but not limited to cases of injury, illness, and relocation.

# TEAM & ATHLETE POLICIES

Attendance is crucial to team success! No practices can be missed two weeks prior to any competition. If you do not comply with this rule, and with the discretion of the coach, your athlete may be pulled from the routine for the upcoming competition.



## Excused Absences

Contagious illness with doctor's note

School function that affects grade with a 2-week prior notice

Family illness and/or death

Family vacation during summer or scheduled breaks

Family/Custody arrangements



## Unexcused Absences

Traffic

Common cold / non-contagious illness

Other sports practices without coach permission

Other sports game without coach permission

Homework

Don't have a ride

Tardy – Don't be late

Your own, a friend's or family member's birthday

Tired

No call/no show

## DISCIPLINARY ACTIONS

### Summer Practices

During this time each athlete is allotted 2 excused sick absences. We also allow for athletes to attend family vacations and summer camps. We ask that these dates be given to us by June 5th. If an athlete misses more than this or an excessive amount during the summer this may result in the athlete being placed in an alternate position during routine choreography. All absences must be cleared by the owner prior to the date, this includes vacations.

### Season Practices (August 11th- May 16th)

- 2 excused absences (two-week prior notice must be given for school functions)
  - 2 excused sick absences (must have documentation for a doctor or be running a fever of 101.4 or above)
- Unexcused absence will result in temporary suspension from the team and 4 hours of community service. More than 1 unexcused absence may result in immediate removal from program. A parent/owner meeting will be set after 2 unexcused absences.

These policies are put in place to protect the team as a whole and the hard work you put in all year. This is a highly competitive sport with intense training. Team commitment is crucial. One practice with just one athlete missing can set the team back weeks. These routines are crafted specifically with each athlete in mind and they all have a special position. A practice truly cannot be done fully without EVERY team member there. Please consider this when joining this sport as you are not just becoming a team member but becoming a part of a family that relies on you every step of the way!

# IMPORTANT DATES



## Tentative Breaks & Holidays & Important Dates

Choreography Week | July 26 - 29, 2024

Summer Break July 30 - August 10, 2024

Dance Choreography | September 2024

Labor Day Weekend | August 30 - September 2, 2024

Thanksgiving Break | November 22nd - November 26th, 2024

Winter Break | December 20th, 2024 - January 1st, 2025

Spring Break | March 21 -28, 2025 (Practice resumes March 30th)

Easter Break | April 17-21st, 2025



Please schedule your breaks and vacations around these times as much as possible. We give you LOTS of time off. Remember this is a competitive sport and a team sport and absences affect the outcome of our success greatly. We must show up to be great! There will also be lots of unforeseen illnesses or injuries that will limit our practice times as a group. So, following our schedule is extremely important to ensure the teams are prepared and performing at the level we expect at API

# COMPETITION SCHEDULE AND SHOWCASE PERFORMANCES



**Final Competition Schedule for each team will be posted by August 15th.** Prep teams will attend 3-4 of the competitions Listed. Elite teams will attend 6-8. Novice teams will attend 2-3. Travel teams will attend the same competitions as the Elite teams with the addition of a Mid-Season and End of Season event. The final choices of the competitions we will attend for each team will be made final in August. Currently, please make all these dates available. Once final competitions are chosen, we will use some of these as make up competitions in the case a competition gets canceled or needs to be reschedule due to weather etc. It is very hard to know the outcome of things planned this far in advanced so we want you to be over prepared for any obstacles that might get in the way of these plans.

The **Fall Showcase** is also a mandatory event that we consider as a competition. This is a chance for friends, family, grandparents and those unable to travel to see you perform your routine. We always have a huge showing and wonderful time! If you know now that you cannot attend, we need to be made aware of this so we can adjust your position in the routine prior to choreography. Thank you so much for staying on top of your schedule and helping us keep an organized and smooth season!



# SUMMIT

If one of our travel teams receive a bid, we WILL be going to Summit. This is to give our athletes the experience of competing at the Summit and remaining a competitive program, while also allowing off years to help with fundraising and cost savings. This is a great accomplishment to be invited to participate in the competition and we hope to get all our teams there!

If you know that you will not be able to attend Summit, please let us know be upfront about that so we can roster our teams appropriately.

Prices for Summit will be extra on top of fees already paid.

## Example Cost for SUMMIT

### Onsite

**\$853 (quad) - 1538 (single)** | 3 Night Hotel/ per person

**\$100** | Practice Wear

**\$75** | Updated Choreography/ Music

**\$190** | Coaches Fee (Owners/ Coaches)

**Cost Per Athlete= \$1019 - \$1346** (food/flight not included)

### Offsite Cost

**\$100** | Practice Wear

**\$432** | Commuter Pass

**\$75** | Choreography/ Music

**\$190** | Coaches Fee (Owners/ Coaches) (does not include travel or lodging)

API will have fundraisers run by the Booster club for all athletes to help raise the money needed to attend the Summit. These will begin at the beginning of the year in hopes that a bid is awarded.

## INCLEMENT WEATHER / COMPETITIONS

The safety of our athletes, coaches and families is of the utmost importance to API and weather-related decisions are not made lightly. We will make every effort possible to compete in every competition. Please keep in mind that we are not however, able to delay or extend a competition to another day.

We put our reputation on the line each time we compete, and we therefore will make every effort possible to see that all events and competitions are attended.

API utilizes an automatic text message system to keep parents updated regarding all weather decisions. In the event of a weather-related delay or cancellation, all parents will be contacted by this automated system. Information regarding these decisions can also be found on our Facebook page. Refunds will not be issued for weather related cancellations. Every effort will be made to get a credit towards a comparable event.