

# A1 ATHLETICS

Welcome to another exciting cheer season! We are committed to making this a successful and memorable experience for you and your children. Our goal is to instill qualities such as good sportsmanship, athleticism, a sense of family, camaraderie, and pride in both oneself and the team. These values are important not only for the cheerleaders but also for you, the parents.

To achieve this, we will emphasize the importance of communication between the coaching staff and parents. Team spirit, cheering, and encouragement are always appreciated! Remember, “Positive communication is essential to a successful relationship!”

In this 2026-2027 handbook, you will find A1 Athletics' rules, regulations, and policies. Please read through the complete contract. If you have any questions or concerns, do not hesitate to contact us.

Regards,  
A1 Athletics

## **A1 ATHLETICS ALL-STARS ATHLETE & PARENT RULES AND REGULATIONS:**

*As stated above, the following applies to every A1 Family member.*

### **SPORTSMANSHIP:**

1. We hold a high expectation to our athletes to be well mannered as they represent our gym at any event or competition. Any negative behavior towards other teams, teammates and coaching staff may result in immediate removal of the program. Here at A1, we want an approach that encourages a positive mindset, promoting strong teamwork skills and celebrating their hard work and accomplishments throughout our entire season.
2. Members of all teams are to show respect for the coaches, fellow teammates, other athletes, parents, judges, officials and spectators from opposing organizations.
  - a. This includes but is not limited to sitting outside practice facilities.
  - b. Disrespectful attitude, back talking and any form of ill-mannered behavior towards coaches and other athletes is unacceptable and will not be tolerated.
3. In the spirit of good sportsmanship and all-around team morale we encourage that any questions, comments or concerns be brought to management directly. Be modest when successful and be gracious regardless of placement.
4. Exhibit good sportsmanship at the gym as well as during and after all competitions.
5. Encourage my child to abide by the rules and respect all other teammates, athletes, coaches, judges, officials & other parents.
6. All unmannerly conduct will be handled directly with the head coach and athlete.
7. Any escalated issues will result in a parent, athlete conversation.

### **GYM AND PRACTICE:**

1. Athletes will NOT be allowed phones during practice. Phones will be collected and placed in a team box or phones can be left with parents. In case of an emergency call gym landline. (754) 703 - 7738
2. Throughout the season all practices will be closed practices. This is for the optimal athlete focus and participation.
3. Respect the privilege of the use of our facility. All cheerleading equipment is for the progression of skills and will be used by all athletes and coaches appropriately. No athlete is permitted to use gym equipment if not supervised. No parents are allowed on any gym equipment as well. Siblings are not allowed to wander or be left unsupervised.
4. If you are running late to practice for ANY reason, you must call /text to inform your coach within a timely manner. Band App must be downloaded by parent and athlete (if applicable)
5. No food, gum, candy or drinks are permitted in the gym area. Only water & Gatorade are allowed. No food or drinks are allowed on the blue mats!

## **ABSENCES:**

1. Absences will be reviewed on an individual basis.
2. Anything beyond 5 absences for the season is highly unacceptable. Excused or unexcused absences count towards the 5 absences.

Excessive absences may be grounds for

- A. Parent meeting
- B. Probation from competition team and performances
- C. Change or replacement in the competition team / routine
- D. Dismissal from the program

## EXCUSED ABSENCES:

Include but not limited to:

- A. Death in the family
- B. School related functions that reflect a grade, coaches must know at minimum 3 weeks prior to any function to plan accordingly.
- C. A contagious illness with **doctor's note**

## UNEXCUSED ABSENCES:

Include but not limited to:

- A. Sickness, without a doctor's note
- B. Traffic or long-distance driving. Traffic in our area is always a problem, please plan accordingly.
- C. Homework/ school projects

## **ATHLETE DROP OFF/PICK UP:**

1. Athletes can be dropped off 5-10 minutes before class time.
2. Athletes are NOT allowed on equipment until their class has started.
3. Athletes must be picked up 5-10 minutes after class has ended.

## Gym Closures

- Memorial Day - Weekend: May
- July 4th
- Labor Day
- Halloween
- Thanksgiving Break
- Winter Break
- Presidents Day

### **FINANCIAL OBLIGATIONS:**

Parents are to fulfill the financial obligations on time for the entire competition season. There is a strict no refund policy.

1. All tuition payments will be automatically withdrawn on the 1st of each month through your online portal.
2. Tuition is drafted through our automatic payment system. Tuition must be paid through automatic credit/debit card tuition withdrawal. Due dates cannot be overridden and changed. Unless the proper communication has been made with the gym manager
3. Declined transactions will receive a \$25.00 1st of the month late fee.

**All competitions are mandatory. Each athlete is financially responsible for every competition on the schedule. Competition fees are not included and are billed separately than tuition**

### **LATE FEES:**

1. Any tuition not paid by the 1st of the month will receive a \$25.00 late fee. If the tuition is still not paid by the 15th of the month the account will receive a 2nd \$25.00 late fee.
2. Athletes with a balance over a month delinquent will sit out until the account is up to date. If the athlete misses practice due to this infraction the absences will count and actions will be taken
3. Failure to meet the deadline for payments, lack of reasonable & fair communication regarding payments or delinquent accounts will result in one or all of the following.
  - A. Withholding services (Sitting out of practice, private lessons or other classes etc.)
  - B. Withholding purchased items (uniforms, practice wear, warm-ups, etc.)
  - C. Replacing or moving the athlete in routines
  - D. Dismissal from the program

**Please be aware that phone calls, text messages, and emails concerning delinquent/past due accounts are a courtesy and will be sent out as frequently as needed. Please remain up to date with your account standing.**

### **QUITTING OR DISMISSAL FROM THE PROGRAM:**

1. If your athlete quits or is dismissed from the program, a \$350.00 dismissal fee will be charged the day of for breach of contract.
2. You will still be held responsible for all items purchased for your child. Payments for these items will be deducted on the 1st of each month.
3. You will forfeit any and all money and services previously paid to A1 Athletics. **(No REFUNDS)**

THIS INCLUDES:

- A. Paid private lessons, other paid A1 classes, tumbling, competition team practices, choreography practices, camps, open gym, tuition, etc.
- B. Uniforms, practice wear, bows, shoes, shirts, makeup, etc.

### **CHOREOGRAPHY:**

1. Choreography for each team is MANDATORY.
2. Each athlete MUST be present to maximize the benefit of each choreography session. No athlete spot will be held
3. Choreography should never be copied or taught to anyone. This also includes any and all portions of music selections and editing.
4. Choreography videos should not be shared
5. Date to learn choreography will be set during the summer break. Arrangements must be made to work around these dates.

### **CROSSOVERS:**

1. Any athlete who is SELECTED to cross over to another team will be required to pay additional crossover fees, including:
  - A. Additional tuition fees
  - B. Choreography fees
  - C. Competition fees

### **COMPETITIONS:**

1. All competitions are subject to change, not all teams will attend the same competitions.
2. All competitions are MANDATORY for all competing athletes.
3. Competition fees vary according to team, level, and Competition Company.
4. All competition fees MUST be paid in advance and promptly upon the due date.
5. BE ON TIME!! This allows athletes and teams to focus on competition. Review counts, stunts, and entire routine.
6. Once athletes have checked in with their team coach, no parents are allowed in warm up areas or review areas
7. All parents and family members attending competition must abide by the A1 code of conduct and competition code of conduct. No improper behavior of any kind will be tolerated.

### **FUNDRAISERS:**

1. Fundraisers are designed to help with the cost of fees. Fundraiser monies can be used for: merchandise, apparel, choreography, competition fees or private lessons. Excluding tuition.
2. You may carry over credits to the next season, however if you quit or take a break, you will forfeit any and all credits.
3. There is a CASH only policy for any and all fundraisers.
4. Due dates are important in receiving items in a timely manner.
5. Fundraisers are not mandatory. If an athlete decides not to participate the fees will be charged to their personal accounts

### **Practice Wear:**

1. Practice Wear Policy: All athletes are required to attend each practice in the MANDATORY practice wear on the specified days. If practice wear is not worn on the correct day, your athlete accepts extra conditioning at the end of practice. Correct shoes are obligatory for practice. Non-cheer shoes will NOT be allowed. Female athletes are required to have all hair pulled back from face in high ponytail including bangs and wear sports bras underneath practice shirts. Jewelry is not permitted at any event including practice because of the safety risk. We are not responsible for lost items.

### **SOCIAL NETWORKS:**

1. No A1 team videos and/or music are allowed to be posted on YouTube or any other website without permission. Including live videos. Violation of this rule or the theft of music is grounds for immediate dismissal. We strongly encourage our parents)/spectators to have their phones down and hands up to enjoy a visual performance of their athlete.
2. No athlete or parent may post inappropriate/ negative messages on Facebook, Instagram, Twitter, Snapchat or any other social media platform, website and/or message board about A1, another program or individual. Any posting of this nature will result in immediate dismissal for the program.

### **COMMUNICATION:**

1. We will be sending messages via text, Band app and through emails to keep the lines of communication open with all parents and athletes. Please make sure all your contact information is always current.
2. Weekly: practice schedules and attire.
3. Band app notifications MUST be left on at all times for any changes and/or reminders.
4. Band app, group chats or message boards are used for information ONLY. Any complaints, concerns or questions should be addressed privately

### **ADDITIONAL INFORMATION:**

1. If a competition is canceled by A1, we will make the decision to replace it with a comparable event if able to and adjust fees accordingly.
2. If a competition company cancels, it will get replaced and money will roll over.
3. A1 Athletics logo, name and team names are NOT to be reprinted on any apparel or other items for distribution or sale.
4. A1 management has the right to dismiss your athlete from the program for any of the following reasons (not limited to):
  - A. Inappropriate behavior. This includes behavior from both the athlete and the parents or family of said athlete.
  - B. Excessive absences
  - C. A pattern of tardiness
  - D. Not showing up for a competition
  - E. Delinquent payment

## **A1 ATHLETICS ALL-STARS 2026-2027 HANDBOOK ACKNOWLEDGEMENT AND AGREEMENT**

**Sportsmanship Policy:** I have received and read the A1 Athletics sportsmanship policy. I fully understand this contract between the A1 Athletics and myself.

Initials: \_\_\_\_\_

**Gym & Practice Policy:** I have received and read the A1 Athletics gym and practice policy. I fully understand this contract between the A1 Athletics and myself.

Initials: \_\_\_\_\_

**Absence Policy:** I have received and read the A1 Athletics absence policy. I fully understand this contract between the A1 Athletics and myself.

Initials: \_\_\_\_\_

**Athlete Drop Off/ Pickup Policy:** I have received and read the A1 Athletics athlete drop off/pick up policy. I fully understand this contract between the A1 Athletics and myself.

Initials: \_\_\_\_\_

**Financial Obligation Policy:** I have received and read the A1 Athletics financial obligation policy. I fully understand this contract between the A1 Athletics and myself.

Initials: \_\_\_\_\_

**Late Fees Policy:** I have received and read the A1 Athletics late fee policy. I fully understand this contract between the A1 Athletics and myself.

Initials: \_\_\_\_\_

**Quitting or Dismissal Policy:** I have received and read the A1 Athletics quitting or dismissal policy. I fully understand this contract between the A1 Athletics and myself.

Initials: \_\_\_\_\_

**Choreography Policy:** I have received and read the A1 Athletics choreography policy. I fully understand this contract between the A1 Athletics and myself.

Initials: \_\_\_\_\_

**Crossover Policy:** I have received and read the A1 Athletics crossover policy. I fully understand this contract between the A1 Athletics and myself.

Initials: \_\_\_\_\_

**Competition Policy:** I have received and read the A1 Athletics competition policy. I fully understand this contract between the A1 Athletics and myself.

Initials: \_\_\_\_\_

**Fundraiser Policy:** I have received and read the A1 Athletics fundraiser policy. I fully understand this contract between the A1 Athletics and myself.

Initials: \_\_\_\_\_

**Practice Wear Policy:** I have received and read the A1 Athletics practice wear policy. I fully understand this contract between the A1 Athletics and myself.

Initials: \_\_\_\_\_

**Social Networks Policy:** I have received and read the A1 Athletics social networks policy. I fully understand this contract between the A1 Athletics and myself.

Initials: \_\_\_\_\_

**Communication Policy:** I have received and read the A1 Athletics communication policy. I fully understand this contract between the A1 Athletics and myself.

Initials: \_\_\_\_\_

**Additional Information Policy:** I have received and read the A1 Athletics additional information policy. I fully understand this contract between the A1 Athletics and myself.

Initials: \_\_\_\_\_

Athlete's Agreement

As an athlete of A1 Athletics, I am expected to follow the rules of the program and remain in good standing with my fellow teammates, coaches and staff. I have read and understand all the terms in the code of conduct and agree to abide by them. I have received and read the A1 Athletics Handbook. I have received and read the A1 Athletics Handbook. I fully understand this contract between the A1 Athletics and myself.

Athlete's Signature: \_\_\_\_\_

Date: \_\_\_\_\_

Athlete's Name Printed: \_\_\_\_\_

Date: \_\_\_\_\_

Parent's Agreement

I recognize that athletics help achieve a sense of teamwork, self worth and sportsmanship. I encourage my child to abide by the rules and respect the rights of others. I understand that it is important to enforce the rules of A1 Athletics, and respect the sport of cheerleading. I understand that A1 Athletics has a strict NO REFUNDS policy. I understand that I must remain in good standing financially. I have received and read the A1 Athletics Handbook. I fully understand this contract between the A1 Athletics and myself.

Parent's Signature: \_\_\_\_\_

Date: \_\_\_\_\_

Parent's Name Printed: \_\_\_\_\_

Date: \_\_\_\_\_

Parent's Email Printed: \_\_\_\_\_

Date: \_\_\_\_\_

