



# All Star Cheer HANDBOOK 2023-24



*The power of WE*



# All Star Cheer & Dance Handbook

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## ALL STAR DIVISIONS

### **TEAMS AND TIME OBLIGATION**

We have a no-cut policy; the tryout process is to determine which team will be the best fit. We hope each athlete will be proud to be a member of any one of our talented teams. We offer Novice, Prep, and Elite programs which all come with different levels of commitment, travel, and costs.

#### **NOVICE**

- Half-season teams running October- March.
- Perform at two local events.
- Practice one day per week for 45-90 minutes. (depending on age).
- Registration for Novice opens August 31st, Clinics in September, first official practices in October.

#### **PREP**

- Full-season team running June-May.
- Compete at one-day competitions locally in the Pacific Northwest.
- Practice two days per week for 1 - 2 hours (depending on age).
- Tryout required for team placement.
- Camp & Choreography during the summer is required.

#### **LEVELS 1 & 2 ELITE**

- Full-season team running June-May.
- Compete at two-day competitions both locally and nationally.
- Practice two days/week for 90 minutes - 2 hours (depending on age/level).
- Tryout required for team placement.
- Camp & Choreography during the summer is required.

#### **LEVELS 3-6 ELITE**

- Full-season team running June-May.
- Compete at two-day competitions both locally and nationally.
- Practice two days/week for 2.5 hours.
- Tryout required for team placement.
- Camp & Choreography during the summer is required.

#### **LEVEL 6 NON-TUMBLING WORLDS ELITE**

- Half-season team running September-April.
- Ages 18+ ONLY
- Compete at two-day competitions both locally and nationally.
- Practice one day/week for 3 hours.
- Tryout required for team placement.
  - ◆ Previous cheerleading experience required.

\*\*\* Extra practice(s) may be scheduled in advance near competition time if necessary.



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## ATTENDANCE POLICY

### **ABSENCES**

Athletes are expected to attend every practice. Attendance directly affects the success of each team. Absences will be reviewed on an individual basis, as we understand there can be extenuating circumstances. **All absences must be communicated to the front desk via email at [info@washingtonextreme.com](mailto:info@washingtonextreme.com).**

#### **EXCUSED**

Excused absences include the following:

- Must be a **pre-planned event**, such as vacation or school activity for a grade.
- Must submit your request a minimum of **two weeks prior to the event**.
  - ◆ Email [info@washingtonextreme.com](mailto:info@washingtonextreme.com) with the dates you will be missing.
- Each athlete gets 3 excused absences.

*\* Absence will be considered unexcused if an email isn't sent to the front desk two weeks prior.*

#### **UNEXCUSED**

Unexcused absences include the following:

- Participating in another sport
- Missing to work on homework
- Family celebration

Unexcused absence procedure:

- First unexcused absence: The athlete will get a verbal warning by their coach.
- Second unexcused absence: The coach will meet with both the athlete and the parent.
- **Third unexcused absence: Coaches reserve the right to place the athlete as an alternate until further notice.**

#### **COMPETITION ABSENCE POLICY**

- Any absence during the 2 weeks leading up to a competition will be grounds for an athlete to be removed from the routine for that competition. Athletes will be added back into the routine at the coaches' discretion.
- Any absence at a competition will be grounds for an athlete to be removed from routine. Athletes will be added back into the routine at the coach's discretion.

#### **SICK POLICY**

You must attend practice even when you feel sick. Unless you have a fever higher than 100.4, vomiting, diarrhea, or any other contagious illness. If you do not have any of the above symptoms OR a Doctor's note you will be required to attend practice.

#### **INCLEMENT WEATHER POLICY**

We utilize District 81, Central Valley and Mead school districts relative to inclement weather closure. If 2 of the 3 districts close their school, we will close the gym. Gym closure



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information will be posted on [Facebook](#), [Instagram](#) & [BAND app](#). WE reserve the right to cancel practice if deemed unsafe regardless of the school closures.

## PROGRAM EXPECTATIONS

### **COMMUNICATION**

It is the athlete's and parent's responsibility to:

- Stay informed about the team.
- Check BAND APP (All Gym Updates and your team's page) and emails regularly.
- Update the front desk with accurate email addresses and phone numbers.

### **EMAIL**

Washington Extreme's primary communication method is through email for monthly, weekly, and real-time updates. Send questions to [info@washingtonextreme.com](mailto:info@washingtonextreme.com).

### **BAND APP**

We will use the BAND APP for inter-team communication. These groups will be managed by coaches and Team Reps.

### **WEBSITE & SOCIAL MEDIA**

The Washington Extreme website and social media is updated regularly at [washingtonextreme.com](http://washingtonextreme.com) or @washingtonextreme on Instagram and Facebook.

### **TEAM REPRESENTATIVE**

Every team will have a designated team representative who can answer questions and address concerns.

### **QUESTIONS & CONCERNS**

**Communicate openly with WE Staff.** We can't fix it unless we know about it.

If you have any questions or concerns, please use the following chain of command:

- Team Representative (via band or in-person)
- Front Desk (email or in-person)
- Team Coaches (via band or schedule meeting)
- Owners (via band or schedule meeting)

### **MEDICAL CONCERNS/INJURIES**

Injuries and medical concerns must be reported to the front desk as soon as possible. If consultation with a physician is necessary, athletes will not be allowed to resume participation until released in writing by the treating physician. If an athlete sits out of practice due to an injury or chronic illness, the athlete must have a physician's note to continue to sit out of practice after the first occurrence.

We will re-choreograph routines based on the injury and length of recovery. Once the athlete has fully recovered, the coaches have complete discretion whether to replace the athlete for the rest of the season. All injured athletes must continue to pay monthly tuition and team fees. Athletes must be cleared to fully participate in practice two weeks prior to any competition or performance to be included in routines.





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## **DRESS CODE**

All athletes need to adhere to the following when representing, practicing or competing with Washington Extreme:

- Maintain personal hygiene.
- Wear correct uniform, practice gear, shoes and under garments (sports bras and spandex under loose shirts and shorts).
- Remove all jewelry. NO EXCEPTIONS.
- Keep hair and nails at an athletic length and natural color.
- At no time should any athlete wear jeans or pajama pants with the cheer uniform at a competition.
- All hair and makeup should be complete upon entering the event or practice.
  - ◆ Athlete hair and makeup expectations will be covered in detail during the parent meeting in the fall.

## **VIEWING AREA POLICY**

All parents need to adhere to the following when in the viewing area at Washington Extreme:

- No gossiping.
- No talking negatively about Washington Extreme athletes or staff.
  - ◆ If you have a concern, please see the communication section for protocol.
- No talking to your athlete during practice/classes.
  - ◆ This includes the viewing area, stairs, or lobby. Staff will give athletes one warning to not talk to parents upstairs. After the first warning, the athlete will be dismissed from practice or class for the day.
- Pick up after yourself to ensure our gym stays as clean as possible.
- You are responsible for all belongings and your children in the viewing area.
- Viewing area is closed for tryouts and the two weeks leading up to every competition (comp teams only).
- Anyone staying to watch practice/classes must stay in the viewing area.
  - ◆ Under no circumstances may a parent ever come on the gym floor.

***If at any time, Washington Extreme staff feels like the viewing area is distracting from practice, they have the right to close the viewing area until further notice. Our priority is the athletes and making sure they stay safe without unnecessary distractions.***

## **SUMMER/FALL PRACTICE POLICY**

Washington Extreme's summer practice runs from June- August. Our summer schedule has all team practices between Monday-Thursday. Team Tumbling will be held every Sunday.

Fall practices run from September- April . Novice and Prep teams will have no changes from summer to fall. Elite teams (youth and above) will have one of their practice days switched to Sunday. This allows those athletes the chance to go out for extracurriculars or sports that are during the week as well as get a part time job if needed.

## **TRADEMARK NOTICE**

The logo of Washington Extreme belongs to the owners of the program. Recreation or selling of the Washington Extreme logo is not permitted. This includes but is not limited to; teams names and any likeness to the logo, affiliation, and or program without the permission of Washington Extreme.



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## CLASS AND CAMP GUIDELINES

### **CLASSES/CAMPS**

It is the athlete's and parent's responsibility to:

- Register athletes for classes and camps through iClass prior to attending.
  - ◆ If an athlete shows up to a class and is not pre-registered, they will not be able to join the class UNLESS there is available space, and will be charged an additional \$5 'drop-in' fee, on top of the class charge.
- Cancel class/camp 24 hours in advance or subject to additional \$5 charge. This includes all tumbling, top girl, stunt technique, jump class and open gym.
  - ◆ To cancel, email [info@washingtonextreme.com](mailto:info@washingtonextreme.com).
- Evaluation by a tumbling coach is required to be considered for a higher level tumbling class. Schedule an evaluation with the front desk via email.

### **TEAM TUMBLING**

Promo code 'ALLSTAR' will be available for Team Tumbling classes for ONLY ONE designated class per week. Team Tumbling classes will be assigned once our schedule for the season is finalized.

### **PRIVATE LESSONS**

It is the athlete's and the parent's responsibility to:

- Register through the parent portal or iClass app under private lessons.
- Cancel with more than 24 hours of notice or no refund will be given.
  - ◆ No refunds for no shows or cancellations within 24 hours.
  - ◆ If an athlete needs to cancel or reschedule a lesson, please reach out to the coach that athlete is scheduled with via BAND.
- Understand that coaches will work on skills based off of the proper skills progressions.
  - ◆ Coaches will determine which skills are safe for athletes to work on.



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## COMPETITION GUIDELINES

### **GENERAL**

All athletes and parents need to adhere to the following when competing with Washington Extreme:

- Make sure your athlete has eaten before check-in time.
- Midriff must be covered unless in the warm up room or competing.
- Athletes need to arrive promptly for check-in.
  - ◆ Athletes late to the assigned check-in times may not compete for the remainder of the event.
- All uniform pieces must be with and on the athlete upon check-in. This includes hair and make up.
  - ◆ If your athlete forgets or loses a piece of their uniform, it is not the coaches responsibility to find a replacement.
- No parents are allowed in the warm up room(s) at any time for any reason.
  - ◆ If you need to communicate something to your child, please let your team representative know.
- After competing, teams will remain in full competition uniform (including shoes) until after the awards presentation.
- A detailed itinerary will be sent out via email and BAND APP the week of scheduled competitions.
  - ◆ *\*The event producers/directors reserve the right to change performance times and sometimes may run slightly ahead or behind schedule. Ensure that you are aware of and looking for communications regarding the warm up and start times for your team(s).*
- During competitions, BAND APP will be the primary source of communication.
  - ◆ Stay updated on the app for last minute time changes, meeting locations, etc.

### **COMPETITION ABSENCE POLICY**

- Any absence during the 2 weeks leading up to a competition will be grounds for an athlete to be removed from the routine for that competition. Athletes will be added back into the routine at the coaches' discretion.
- Any absence at a competition will be grounds for an athlete to be removed from routine. Athletes will be added back into the routine at the coach's discretion.

### **MANDATORY HOTELS**

Depending on the competitions, some Nationals events will be Stay to Play. Due to contract and "Stay to Play" obligations, all athletes are required to stay at team hotels. Hotel information will be available in September.





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## **COMPETITION SCHEDULE**

\*Subject to change if necessary.

### **NOVICE**

2/24	TSN	Kennewick, WA
3/24	WE Spring Showcase	Spokane Valley, WA

### **PREP**

11/18	WE Fall Showcase	Spokane Valley, WA
12/2	American Championship	Portland, OR
1/26	ATC Grand Nationals	Bellevue, WA
2/24	TSN	Kennewick, WA
3/24	WE Spring Showcase	Spokane Valley, WA
4/6	US Finals	Tacoma, WA

### **LEVELS 1 & 2 ELITE**

11/18	WE Fall Showcase	Spokane Valley, WA
12/2-12/3	American Championship	Portland, OR
1/13-1/14	Aloha Showdown	Portland, OR
1/27-1/28	ATC Grand Nationals	Bellevue, WA
2/18-2/19	JAMZ D1 All Star Nationals	Las Vegas, NV
2/24-2/25	TSN	Kennewick, WA
3/24	WE Spring Showcase	Spokane Valley, WA
<u>End of Season Event:</u> *Each team will only go to one*		
4/6	US Finals	Tacoma, WA
4/13-4/14	West Regional Summit (if Bid is earned)	Phoenix, AZ
5/1-5/4	D1 Summit (if Bid is earned)	Orlando, FL



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## LEVELS 3-6 ELITE

11/18	WE Fall Showcase	Spokane Valley, WA
12/2-12/3	American Championship	Portland, OR
1/13-1/14	Aloha Showdown	Portland, OR
1/27-1/28	ATC Grand Nationals	Bellevue, WA
2/18-2/19	JAMZ D1 All Star Nationals	Las Vegas, NV
2/24-2/25	TSN	Kennewick, WA
3/8-3/10	Aloha Grand Nationals	Phoenix, AZ
3/24	WE Spring Showcase	Spokane Valley, WA
<u>End of Season Event:</u> *Each team will only go to one*		
4/6	US Finals	Tacoma, WA
4/13-4/14	West Regional Summit (if Bid is earned)	Phoenix, AZ
4/26-4/29	The Cheerleading Worlds (if Bid is earned)	Orlando, FL
5/1-5/4	D1 Summit (if Bid is earned)	Orlando, FL

## NT 6 WORLDS TEAM

11/18	WE Fall Showcase	Spokane Valley, WA
1/27-1/28	ATC Grand Nationals	Bellevue, WA
2/18-2/19	JAMZ D1 All Star Nationals	Las Vegas, NV
3/8-3/10	Aloha Grand Nationals	Phoenix, AZ
3/24	WE Spring Showcase	Spokane Valley, WA
4/26-4/29	The Cheerleading Worlds (if Bid is earned)	Orlando, FL



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## IMPORTANT DATES

Families are asked to arrange their vacations around the following closures and important dates. If an athlete cannot arrange a leave of absence around a gym closure/important date, please email the front desk so that options can be considered.

### GYM CLOSURES:

- Summer Break: June 26th-July 4th
- Back to School Break: September 3rd-September 9th
- Halloween: October 31st
- Thanksgiving Break: November 22nd-November 24th
- Christmas Break: December 22nd-January 1st
- Spring Break: March 31st- April 6th (Depending on end of season events)

### IMPORTANT DATES:

- Tryouts : May 21-25th & May 30th
- Team Reveal: May 31st
- Gym/Team Bonding + Open Gym: June 1st
- Practices begin: Week of June 5th
- **All Star Camp: July 6th-9th @ Deer Lake**
  - ◆ **Prep/Elite Youth teams + above ONLY**
  - ◆ **Prep/Elite Tiny and Mini teams will have a separate In-Gym camp (TBA)**
- Team Choreography: August 1-4 or 7-10 TBA
- Novice Team Registration: Opens Thursday, August 31st - Closes Monday, September 30th
- September 10: Elite teams school year schedule begins
- Fall Showcase: November 18th
- Spring Showcase: March 24th, 2024
- WE Awards show: May, 2024 (TBA)