



# All Star Cheer & Dance Handbook

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## WELCOME TO WASHINGTON EXTREME!

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### About Washington Extreme

Thank you for your interest in Washington Extreme Cheer and Dance! Our professional coaching staff has extensive experience in cheer, dance, youth sports, overall fitness, and FUN! We have coached athletes from beginning to elite skills, ages 3 - collegiate athletes, and everything in between. Our coaches are some of the most talented, creative, and respected professionals in the northwest cheer industry.

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### Our Mission

Washington Extreme strives to build successful athletes with confidence, strong character, and foster a passion for the sport of cheerleading. We teach the value of team work, sportsmanship, accountability, and developing skills while building confidence in a fun and safe environment.

Being an All Star athlete is a truly rewarding experience. Athletes will gain not only cheer skills, but life lessons as they gain friendships, find the scope of their abilities, learn to accept victories with honor and defeat with grace, and so much more!

While Washington Extreme has separate teams, Washington Extreme is one gym. We promote a family environment and believe success is not in the trophies brought home, but in the relationships, memories, and confidence athletes build along the way.

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### About this Handbook

This All Star Handbook has information about Washington Extreme's program, policies, and philosophies. Please read this handbook carefully and don't hesitate to call with questions. While having fun is the main objective, there are some guidelines each athlete must follow as a member of an All Star team.



# All Star Cheer & Dance Handbook

## ALL STAR DIVISIONS

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### Teams

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Washington Extreme works to create teams to give athletes the best possible chance for success in each division. The coaches are not necessarily looking for the best tumblers or jumpers for any particular team. Each team needs a mix of skills, ages, and strengths. The coaches expect cheerleaders and their parents to respect their decisions on team placements. Below is an average expectation of what each team does, but keep in mind this may vary as the season progresses.

We have several different levels of competitive cheer. They come with different levels of commitment, travel, and costs:

#### NOVICE

Novice teams compete twice per year in the Club Novice Division. This season these exhibition teams will have 2 sessions, and athletes may participate in one or both. Session 1: June – November. Session 2: December – May.

#### PREP

Prep teams compete at 2 virtual competitions and 3 national competitions in Kennewick, Bellevue and Tacoma. Teams are formed in June.

#### TINY ELITE

NEW! Tiny Elite team will compete in 2 virtual competitions, 4 PNW Road Trip Competitions, and 2 Flight travel national competitions in Las Vegas and San Diego. Teams are formed in June.

#### MINI/ YOUTH ELITE

Mini & Youth Elite teams will compete in 2 virtual competitions, 4 PNW Road Trip Competitions, and 2 Flight travel national competitions in Las Vegas and San Diego. Teams are formed in June.

#### JUNIOR/SENIOR ELITE

Junior & Senior Elite teams will compete in 2 virtual competitions, 4 PNW Road Trip Competitions, and 2 Flight travel national competitions in Las Vegas and San Diego (Or Orlando if a Summit Bid is earned). Teams are formed in June.

#### L6 NT WORLDS ELITE

NEW! Level 6 Non Tumble team will compete in 2 virtual competitions, 2 PNW Road Trip Bid Events, and 1 Flight travel national competitions in Las Vegas. Team is formed in June.

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### Summary

No matter if you are a returning athlete or new to the program, **everyone makes a team**. We have a no-cut policy; the tryout process is to determine which team will be the best fit. Not everyone can be on the team of their choice. However, with hard work each athlete can work up to a higher level. We hope each athlete will be proud to be a member of any one of our talented teams.



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## TIME OBLIGATION

### Overview

WE offer several different options for All Star. Parents and athletes can review the practice schedules, fees associated with each level, and decide the best fit for the athlete and family. Coaches will evaluate the athlete's skill level to be placed on the appropriate team. Families choose their comfort level with travel, and we do our best to accommodate based on age and skill level.

| Program                | Practice Times  | Levels & Travel   | Birth Year   |
|------------------------|---|---|--|
| Tiny Novice            | ✓ 45 minutes per week   | Level 1 exhibitions   | 2015-2019  |
| Novice Teams           | ✓ 2.5 hours per week<br>(90 Minute team Practice + Tumbling)  | Level 1-3   | Mini 2013-2016<br>Youth 2010-2016<br>Junior 2006-2015<br>Senior 6/1/03-2011  |
| Tiny Prep              | ✓ 3 hours per week<br>(2 1 hour team Practice + Tumbling)   | Level 1 Competitive, PNW Travel, No flights   | 2015-2017<br>*2018 by exception  |
| Prep Teams             | <ul style="list-style-type: none"> <li>✓ 4 Hours per Week (2 90 minute practices per week + Tumbling)</li> <li>✓ Registration Closes August 1</li> <li>✓ Placement after June tryouts is based on availability and team needs.</li> </ul> | Level 1-3, PNW Travel, No flights   | Mini 2013-2016<br>Youth 2010-2016<br>Junior 2006-2015<br>Senior 6/1/03-2011  |
| Tiny Elite             | ✓ 4 Hours per Week (2 90 minute practices per week + Tumbling)  | Level 1 Competitive, Road trips + Flight Travel   | 2015-2017  |
| Elite Teams            | <ul style="list-style-type: none"> <li>✓ 6 Hours per Week (5 hours of team practice + Tumbling)</li> <li>✓ Registration Closes August 1</li> <li>✓ Placement after June tryouts is based on availability and team needs</li> </ul>        | Level 1-5, PNW Travel, plus up to two flight trips. Competition schedule will be finalized in September | Mini 2013-2016<br>Youth 2010-2016<br>Junior L 1-3 2006-2015<br>Junior L 4-5 2005-2014<br>Senior 6/1/03-2010<br>Open 2008 or before |
| Elite Worlds divisions | ✓ NT – 3 hours of practice per week   | Level 6 up to 3 flight trips, two for bid events and one to world championships.                        | Senior 6 6/1/03-2009<br><br>Non Tumbling Open - 2008 or Before   |



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

**SAME INFO AS ABOVE, just in a different format.**

| 2022-23 Season                        | DIVISIONS                                     | TARGET AGES                            | USASF ATHLETE BIRTH YEAR (*"x" indicates eligible for that division) |                |                    |                  |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |  |
|---------------------------------------|---|--|--|----------------|--------------------|------------------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|--|
|                                       |   |  | INT Model  | 2002 or before | 1/1/2003-5/31/2003 | 6/01/03-12/31/03 | 2004 | 2005 | 2006 | 2007 | 2008 | 2009 | 2010 | 2011 | 2012 | 2013 | 2014 | 2015 | 2016 | 2017 | 2018 | 2019 |  |
| <b>ELITE CLUB</b>                     | Senior Open(L4/L5/L6)                         | 15+                                    | x  | x              | x                  | x                | x    | x    | x    | x    | x    |      |      |      |      |      |      |      |      |      |      |      |  |
|                                       | Senior (L6)                                   | 14-19                                  |  |                | x                  | x                | x    | x    | x    | x    | x    |      |      |      |      |      |      |      |      |      |      |      |  |
|                                       | Senior (L1-5)                                 | 13-19                                  |  |                |                    | x                | x    | x    | x    | x    | x    | x    |      |      |      |      |      |      |      |      |      |      |  |
|                                       | Junior (L5-6)                                 | 10-16                                  |  |                |                    |                  |      |      | x    | x    | x    | x    | x    | x    | x    |      |      |      |      |      |      |      |  |
|                                       | Junior (L4)                                   | 9-16                                   |  |                |                    |                  |      |      | x    | x    | x    | x    | x    | x    | x    | x    |      |      |      |      |      |      |  |
|                                       | Junior (L1-3)                                 | 8-16                                   |  |                |                    |                  |      |      |      | x    | x    | x    | x    | x    | x    | x    | x    |      |      |      |      |      |  |
|                                       | Youth (L5)                                    | 10-12                                  |  |                |                    |                  |      |      |      |      |      |      | x    | x    | x    | x    |      |      |      |      |      |      |  |
|                                       | Youth (L4)                                    | 9-12                                   |  |                |                    |                  |      |      |      |      |      |      | x    | x    | x    | x    | x    |      |      |      |      |      |  |
|                                       | Youth (L1-3)                                  | 7-12                                   |  |                |                    |                  |      |      |      |      |      |      | x    | x    | x    | x    | x    | x    | x    |      |      |      |  |
|                                       | Mini (L1-2)                                   | 7-9                                    |  |                |                    |                  |      |      |      |      |      |      |      |      |      | x    | x    | x    | x    |      |      |      |  |
|                                       | Tiny (L1)                                     | 6-7                                    |  |                |                    |                  |      |      |      |      |      |      |      |      |      |      |      | x    | x    | x    |      |      |  |
|                                       | <b>PREP</b>                                   | Senior Prep (L1.1, 2.1, 2.2, 3.1, 3.2) | 11-19  |                |                    |                  | x    | x    | x    | x    | x    | x    | x    | x    | x    |      |      |      |      |      |      |      |  |
|                                       |   | Junior Prep (L1.1, 2.1, 2.2, 3.1, 3.2) | 8-16   |                |                    |                  |      |      |      | x    | x    | x    | x    | x    | x    | x    | x    | x    |      |      |      |      |  |
| Youth Prep (L1.1, 2.1, 2.2, 3.1, 3.2) |   | 7-12                                   |  |                |                    |                  |      |      |      |      |      | x    | x    | x    | x    | x    | x    | x    |      |      |      |      |  |
| Mini Prep (L1.1, 2.1, 2.2)            |   | 7-9                                    |  |                |                    |                  |      |      |      |      |      |      |      |      | x    | x    | x    | x    |      |      |      |      |  |
| Tiny Prep (L1.1)                      |   | 6-7                                    |  |                |                    |                  |      |      |      |      |      |      |      |      |      |      | x    | x    | x    |      |      |      |  |
| <b>NOVICE</b>                         | Senior Novice(L1-3 w/restrictions)            | 11-19                                  |  |                |                    | x                | x    | x    | x    | x    | x    | x    | x    |      |      |      |      |      |      |      |      |      |  |
|                                       | Junior Novice (L1-3 w/restrictions)           | 8-16                                   |  |                |                    |                  |      |      | x    | x    | x    | x    | x    | x    | x    | x    |      |      |      |      |      |      |  |
|                                       | Youth Novice(L1-3 w/restrictions)             | 7-12                                   |  |                |                    |                  |      |      |      |      |      | x    | x    | x    | x    | x    | x    |      |      |      |      |      |  |
|                                       | Mini Novice (L1-2 w/restrictions)             | 7-9                                    |  |                |                    |                  |      |      |      |      |      |      |      |      | x    | x    | x    | x    |      |      |      |      |  |
|                                       | Tiny Novice(L1 w/restrictions)                | 4-7                                    |  |                |                    |                  |      |      |      |      |      |      |      |      |      |      | x    | x    | x    | x    | x    |      |  |
| <b>CheerAbilities</b>                 | CheerAbilities Elite (L2 w/restrictions)      | 6+                                     | x  | x              | x                  | x                | x    | x    | x    | x    | x    | x    | x    | x    | x    | x    | x    | x    | x    | x    | x    |      |  |
|                                       | CheerAbilities Novice (L1 w/restrictions)     | 6+                                     | x  | x              | x                  | x                | x    | x    | x    | x    | x    | x    | x    | x    | x    | x    | x    | x    | x    | x    | x    |      |  |
|                                       | CheerAbilities Exhibition (L2 w/restrictions) | 6+                                     | x  | x              | x                  | x                | x    | x    | x    | x    | x    | x    | x    | x    | x    | x    | x    | x    | x    | x    | x    |      |  |
| <b>ELITE INTERNATIONAL</b>            | International Open (L7)                       | 17+                                    | x  | x              | x                  | x                | x    |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |  |
|                                       | International Open/NT/Global (L6)             | 15+                                    | x  | x              | x                  | x                | x    | x    | x    | x    |      |      |      |      |      |      |      |      |      |      |      |      |  |
|                                       | International Open (L4)                       | 15+                                    | x  | x              | x                  | x                | x    | x    | x    |      |      |      |      |      |      |      |      |      |      |      |      |      |  |
|                                       | International U18 (L1-4, 6NT)                 | 14-18                                  |  |                |                    |                  | x    | x    | x    | x    | x    | x    |      |      |      |      |      |      |      |      |      |      |  |
|                                       | International U16 (L1-4)                      | 12-16                                  |  |                |                    |                  |      |      |      | x    | x    | x    | x    | x    |      |      |      |      |      |      |      |      |  |

Use the Birth Year column to verify athlete eligibility for all divisions. The Target Ages are reflective of the typical age range athletes are at some point during the 2023 calendar year based on their birth year.



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## PROGRAM EXPECTATIONS

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### Overview

All of the expectations stated below, unless otherwise specified, are in effect for all practices, competitions, and events:

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### Absences

Athletes are expected to attend every practice. Attendance directly effects the success of each team. Absences will be reviewed on an individual basis, as we understand there can be extenuating circumstances. Anyone missing practice two weeks prior to a competition may be removed from the routine at the coach's discretion.

There will be a form available to submit pre arranged absences electronically. This form must be completed by a parent. **Telling a fellow team member you will be gone is not acceptable.**

An athlete will be removed from a team and changed to ALTERNATE status for 3 unexcused absences or 5 total (3 excused and 2 unexcused, or 5 excused) absences. There are no "make up" practices due to absence. Our attendance policy is enforced beginning August 1, the week we begin choreography. While the summer months are more relaxed regarding attendance, we still need absences to be reported two weeks prior to the absence so coaches can plan practices accordingly.

#### Excused

An excused absence is either a **pre-planned event**, such as vacation, school activities, family events, or an **emergency**, such as a death in the family, contagious illness, or serious injury.

##### **Pre-planned**

For pre-planned absences, you must submit your request a minimum of two weeks prior to the event. This allows us to bring in replacements or make adjustments to fill the gaps so that the team can still practice.

##### **Emergencies**

If there is an unplanned emergency, please let our staff know as soon as possible. In the case of severe injury or sickness, please bring a doctor's note to your coach upon return to the gym. Do not come to practice if you are contagious. Without a note we will not allow the athlete to practice.

#### Unexcused

An unexcused absence is an absence that does not justify missing practice or other mandatory Washington Extreme event, such as participation in other sport, poor grades, homework, or family celebrations. **An athlete will be removed from a team after 3 unexcused absences at the gym's discretion.**

#### Tardiness

Please be on time to team activities.



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## Inclement Weather Policy

We utilize District 81, Central Valley and Mead school districts relative to inclement weather closure. If 2 of the 3 district close their school, we will close the gym. Gym closure information will be posted on [Facebook](#), [Instagram](#) & [BAND app](#). WE reserve the right to cancel practice if deemed unsafe regardless of the school closures.

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## Drop off & Pick Up

Parents need to bring athletes to the gym no more than 15 minutes prior to practice, and pick them up on time, no later than 15 minutes after practice. It is important to be timely, because two staff members must stay until all of the athletes are picked up.

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## General Behavior Guidelines

- ✓ Promote friendship between all team members through support, encouragement, and RESPECT.
- ✓ Set an example of good behavior at all times (whether in uniform or not) in class, at home, and at all functions.
- ✓ Promote self-discipline & self-confidence.
- ✓ Parents and athletes agree to be a positive representative of Washington Extreme at all times, whether in uniform, performing or not.

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## Athlete Behavior

### Behavior Guidelines

- ✓ Negative attitudes and disrespect are not acceptable from anyone (cheerleader, coach, or parent), and will be considered grounds for suspension or dismissal if the negativity persists.
- ✓ Never blame or put down team members; always work toward the greater good of the entire team.
- ✓ Promote friendship among all team members through support, encouragement, and respect.
- ✓ Set an example of good behavior at all times, whether in uniform or not, in class, at home, and at all functions.
- ✓ Promote self-discipline & self-confidence.

### Work Ethic

- ✓ Work ethic is crucial for our teams, and athletes are expected to be at practice ready to work hard.
- ✓ Coaches reserve the right to remove anyone from the team who does not display the work ethic, discipline, and respect necessary to be on a team.

### GRIEVOUSLY OFFENSIVE BEHAVIOR

The following will not be allowed at any time and will result in removal from the team:

- ✓ Insubordination
- ✓ Temper tantrums, outbursts, profanity, lewd language
- ✓ Showing disrespect to coaches, such as talking back, eye rolling
- ✓ Showing disrespect to a fellow team member
- ✓ Lack of participation or poor attitude
- ✓ Threatening a staff member or athlete
- ✓ Any physical confrontation of any kind

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## Drugs and Alcohol

The Washington Extreme Cheer and Dance will not, in any setting, tolerate alcohol or drug usage, prescription medication abuse, or other such potential or perceived substance uses or abuses. We have a ZERO tolerance policy. No exceptions.





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## Safety

- ✓ Athletes are responsible for their own safety at all times. Athletes should never practice tumbling or stunting without safety mats, including practicing at home.
- ✓ New skills are to be attempted only after proper preparations and practice and only with the approval of a coach.
- ✓ Athletes should not engage in "rough-housing" at any time.

## Other Guidelines

- ✓ Personal issues are to be left at the door when entering the gym. If you feel that it will affect the team or practice, please speak to a staff member to try and resolve that issue.
- ✓ School and/or social networking 'drama' will not be tolerated in the gym.
- ✓ Youth, Junior, and Senior Athletes: Please make sure to keep deodorant in your gym bag, and use it.
- ✓ Silence all cell phones and other electronic devices during practice.

## Parent Guidelines

### Parent Behavior

- ✓ Please do not discuss program, team, or coaching concerns with other parents. This can lead to commiseration and the spreading of false information. If you have any issues, please discuss them with a staff member.
- ✓ Do not coach your child while they are at practice. We have the best coaches in the Inland NW, and you have entrusted your child to learn from us. You may mean well, but your coaching can make it difficult for your child to learn.
- ✓ Do not call out to your child during practice. This is extremely disruptive to the entire team.
- ✓ No parents may be on the cheer floor at any time. Doing so could result in injury for parents, athletes, and staff.
- ✓ Practices are closed to parents and spectators 2 weeks prior to competitions and events as noted. Washington Extreme reserves the right to close the viewing area at any time for any reason.
- ✓ Do not withhold an athlete from a practice or competition as a form of punishment. This hurts the rest of the team and can directly impact your placement on a team per the attendance policy.
- ✓ Anyone threatening to pull their athlete from a team or switch to another gym will be dismissed from the program immediately.

### Questions & Concerns

When possible, all concerns must be addressed outside of the presence of athletes. Parents are welcome to call or schedule an appointment to meet with WE Staff to discuss issues.

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

If you have any questions or concerns that need immediate attention please use the following chain of command:

- ✓ Team Rep
- ✓ Front Desk
- ✓ Head Coach
- ✓ Owner

## Practice Dress Code

- ✓ Any WE t-shirt or tank top may be worn at practices until practice gear arrives. Then practice clothes will be required as scheduled.
- ✓ Always wear appropriate cheer shoes with flat bottoms! No tennis shoes with tread. Never wear cheer shoes outside. Put them on inside the gym BEFORE practice.
- ✓ Sports bras must be worn by female athletes.



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- ✓ No JEWELRY, including nose, tongue, eyebrow, or belly button rings. Wearing these could result in serious injury to the athlete, another athlete, or coach. This is a USASF Guideline.
- ✓ Fingernails MUST be kept short for the athlete's safety and that of others. Please, no fake nails. Long hair should be pulled back in a ponytail.
- ✓ Female athletes must wear spandex under cheer shorts so undergarments are not exposed during stunting and tumbling.

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## Competition Guidelines

Prior to the first competition each athlete will receive detailed information regarding each competition for the season. When Washington Extreme teams are traveling, in hotels, out to eat, or competing, **each athlete is an ambassador for Washington Extreme Cheer and Dance**. All of the behavior guidelines stated above apply at all times.

### General

- ✓ Reach out to the below contacts in order of precedence for any competition questions:
  - Team Rep
  - Coach
  - Carol\Tara
- ✓ Ensure that you are aware of and looking for communications regarding the warm up and start times for your team(s). Each team will have different warm up & start times.
- ✓ Do not contact the event producers\directors. Please refer to the first bullet point above regarding questions and\or comments. If an issue or question needs to be brought to the attention of the event producers\directors, Carol\Tara will do so.
- ✓ There are no parents allowed in the warm up room(s) at any time for any reason. If you need to communicate something to your child, please follow the contact list under bullet 1.
- ✓ How to do hair and make up for your child will be covered in detail during the parent meeting in the Fall.

### Curfew

While staying at a hotel for a competition, we ask that all athletes be in a room by 10pm.

### Dress Code

- ✓ Uniform top and warm up pants.
- ✓ At no time should any athlete wear jeans or pajama pants on with the cheer uniform at a competition.
- ✓ Athletes may wear their warm up jackets at any time over the uniform.
- ✓ No jewelry during a competition. This could result in the team being disqualified from the competition.
- ✓ All hair and makeup should be complete upon entering the event.
- ✓ After competing, teams will remain in full competition uniform (including shoes) until after the awards presentation.
- ✓ When in uniform, sleeves should be down.

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## Facility Expectations

- ✓ No food or drink is allowed in the gym, except for water bottles & sports drinks. Do NOT drink soda or coffee during practice.
- ✓ Gum chewing is not allowed in the gym at any time.
- ✓ No running in the gym will be allowed except when participating in team or class workouts.
- ✓ Please keep the gym, lobby, and rooms clean. Throw away all garbage and take belongings with you.
- ✓ WE All Star Cheer & Dance is not responsible for any lost or stolen items. A "Lost & Found" is available. However, at the beginning of every month all items are donated.



# All Star Cheer & Dance Handbook

## Communication

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### Overview

It is the athlete's and parent's responsibility to stay informed about the team. Check BAND APP, emails and the website regularly. It is the athlete's and parent's responsibility to update Washington Extreme All Star Cheer & Dance with accurate email addresses and phone numbers.

### Email

Washington Extreme's primary communication method is through e-mail 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

The Washington Extreme [website](http://washingtonextreme.com) is updated weekly at [washingtonextreme.com](http://washingtonextreme.com).

### Team Representative

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





# All Star Cheer & Dance Handbook

## Medical Concerns/Injuries

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### Physicals

Washington Extreme suggests every athlete have a physical examination from a qualified doctor and be cleared to take part in the rigorous activity involved with All-star cheer and dance. If an athlete does not have a physical examination, his/her parents agree that their child is healthy enough to participate and must sign a waiver.

### Injuries while Training/Competing

Injuries and medical concerns must be reported to the coaches 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.

### Other Injuries

If an athlete is injured outside of Washington Extreme and is unable to participate on the team, we ask the athlete to notify us as soon as possible. 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.

### Competing with Injuries

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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## Travel

### Financial Considerations

Fees and expenses for travel competitions, including hotels, food, and transportation, are the responsibility of each athlete/family.

### Mandatory Hotels – UPDATE!

Only two Nationals events will be Stay to play. All athletes will stay in the same hotel during these travel competitions. Due to contract and "Stay to Play" obligations all athletes are required to stay at team hotels. Hotel information will be available in September. Competition fees do not cover hotel costs. EXCEPTION: Summit & Worlds fees include hotel stay for the duration of the team trip. ONLY Bellevue Grand Nationals in January and PacWest Grand Nationals in March are stay to play.

### Charter Buses

Charter busses may be available for some trips, and will be sold per seat, first come first served, as space allows.

### Airfare

Competition fees do not cover airfare.



# All Star Cheer & Dance Handbook

## IMPORTANT DATES

Because the cheer season is long, it includes several scheduled gym closures throughout the year. Families are asked to try to arrange their vacations around these closures. If an athlete cannot arrange a leave of absence around a gym closure, please notify the coach so that options can be considered. Because of specific requirements and limits for each team, there may not be room on every team after tryouts. The competitions on this schedule are **tentative** and will be finalized prior to October 15th.

2022-23 Schedule:

| May  | June  | July  |
|--|---|---|
| 24-26 Tryouts In Gym<br>31 Team reveal party!  | 1 Team Practices Begin<br>26-30 Closed for Summer break   | 1 – 5 CLOSED for Holiday<br>28/29/30 – Re-evaluations for team shift prior to choreography.                       |
| August   | September   | October   |
| 1-4 Elite Teams In Gym Camp – TIMES TBA<br>5-7 Prep & Elite Teams Overnight Camp at Camp Gifford<br>8-10 Prep Teams in gym camp<br>28-31 CLOSED for back to school break | 1 – 5 CLOSED for Back to School Break<br>6- Team practice resumes<br>Parent meeting, TBA<br><br>*in September Elite teams move to Sunday + one weekday practice | Choreography on Saturdays as needed, TBA<br>31 – Closed Halloween   |
| November   | December  | January   |
| 6 – Live stream competition/ Showcase<br>23 – 25 Closed for Thanksgiving Break<br>27 – Team practices resume   | 3-4 American Showcase (Jr/Sr Elite Only)<br>Novice Team Sign Ups<br>17 Livestream (Prep Only)<br>19-31 Gym Closed (Winter Break)                                | 2- Team practices resume<br>21-23 TSN Kennewick (Prep Saturday only)<br>28/29 Bellevue Jr/Sr Elite & Worlds Teams |
| February   | March   | April   |
| 12 – TSN Everett<br>19/20 JAMZ Las Vegas (Elite & Worlds Teams)  | 4/5 PacWest Portland Oregon<br>18/19 TSN Tacoma   | Spring Break, Gym Closed<br><br>15/16 TSN San Diego<br><br>TBA – Spring Show (week after last competition)        |



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## COMPETITION SCHEDULE

\*Subject to change if necessary.

| Month    | NOVICE                                 | PREP   | Tiny/Mini/Youth Elite   | Junior/Senior Elite   | Level 6 NT Worlds Team                         |
|----------|--|--|---|---|--|
| November | 6- TSN Livestream / WE Showdown *Local | 6- TSN Livestream/ WE Showdown *Local          | 6- TSN Livestream/ WE Showdown *Local                             | 6- TSN Livestream/ WE Showdown *Local   | 6- TSN Livestream/ WE Showdown *Local          |
| December | Novice Team Sign Ups                   | 17 – Livestream in gym                         | 3, 4 American Showcase, Portland OR<br><br>17 – Livestream in gym | 3, 4 American Showcase, Portland OR<br><br>17 – Livestream in gym             |  |
| January  |  | 21 TSN Kennewick                               | 21, 22 TSN Kennewick  | 21, 22 TSN Kennewick<br><br>28, 29 ATC Bellevue *required hotels              | 28, 29 ATC Bellevue *required hotels           |
| February |  | 12 – TSN Everett WA                            | 12 – TSN Everett WA<br><br>19/20 JAMZ Las Vegas                   | 19/20 JAMZ Las Vegas  | 19/20 JAMZ Las Vegas                           |
| March    |  | 18 TSN Tacoma                                  | 18, 19 TSN Tacoma   | 4, 5 PacWest Portland OR *required hotels<br><br>18, 19 TSN Tacoma            | 4, 5 PacWest Portland OR *required hotels      |
| April    |  |  | 15, 16 TSN San Diego  | 15, 16 TSN San Diego<br><br>29, 30 SUMMIT Orlando FL *only if a bid is earned | 23, 24 Worlds                                  |
| May      | Spring Show – Date TBA                 | Spring Show – Date TBA<br><br>All Star Banquet | Spring Show – Date TBA<br><br>All Star Banquet                    | Spring Show – Date TBA<br><br>All Star Banquet                                | Spring Show – Date TBA<br><br>All Star Banquet |



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## FINANCIAL OBLIGATIONS

Washington Extreme works hard to keep costs down to provide the best program at an affordable price. If you have any questions regarding your financial obligations, please contact the front desk at [info@washingtonextreme.com](mailto:info@washingtonextreme.com)

| Program             | Tuition  | Other Fees  | Uniform   |
|---------------------|--|---|---|
| <b>Details</b>      | <b>Per Month. Tuition rate based on length of practice time, numbers of hours per week, etc.**</b><br><i>(Paid June – May)</i> | <b>Total Fee for the season. Registration, Practice Wear, Camp, Music, Choreography, Competition Fees**</b> | <b>You do not need to pay this fee each year. Due upon ordering. **</b> |
| Tiny Novice Team    | \$49   | \$310   | *Included in Monthly fees   |
| Novice Teams        | \$70   | \$425   | *Included in Monthly fees   |
| Tiny Prep           | \$84   | \$550   | \$125 Same as 2021  |
| Prep Teams          | \$112  | \$1,020   | \$125 Same as 2021  |
| Elite Tiny          | \$112  | \$1,193   | \$375 *NEW Includes Day 1 & Day 2                                       |
| Elite Mini/Youth    | \$140  | \$1,448   | \$375 *NEW Includes Day 1 & Day 2                                       |
| Elite Junior/Senior | \$168  | \$1,830   | \$375 *NEW Includes Day 1 & Day 2                                       |
| Elite Worlds NT 6   | \$84   | \$1,265   | \$375 *NEW Includes Day 1 & Day 2                                       |

\*estimate, could be less

\*\*All fees include tax, and shipping & handling.

Uniforms are NEW for Elite Teams in 2022!

New athletes must buy a uniform. Some used uniforms may be available. Returning athletes may use their existing uniform as long as it is in acceptable condition.

NOTE: All fees are non-refundable. Accepted methods of payment are cash, check, money order, major credit cards, or on our website via PayPal or the parent portal.



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## Itemization of fees

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- ✓ Registration (includes insurance).
- ✓ Practice clothes and bows/scrunchies/rhinestone cuffs for practice and competition.
- ✓ Cheer Camp. Prep and Elite Team athletes are required to attend a mandatory overnight, team-bonding, 3-day summer camp at Camp Gifford on Deer Lake. Time will be spent on stunting, dance, and choreography, as well as swimming, games, and fun. Fee includes meals, lodging, and instruction.
- ✓ Music Fee is for custom music.
- ✓ Choreography Fee. All team members are charged a choreography fee to compensate the coaches and staff for quality routines and custom music. All team members must pay the fee, even if an athlete joins the team after the choreographer has taught the routine.
- ✓ ALL Competition fees.
- ✓ USASF Membership. This is a national required membership. This will be paid separately outside of your gym fees. Each family is responsible for maintaining their membership with USASF.

## Discounts

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### General

- ✓ \$10 off of monthly tuition if paid in full by the 25<sup>th</sup> of the preceding month OR
- ✓ \$10 off per month when using the Auto Draft Form.
- ✓ All Star athletes may take additional tumbling classes for 50% off punch cards.

### Siblings

- ✓ Washington Extreme offers the following tuition discount for siblings:
- ✓ 1<sup>st</sup> Athlete – full price
- ✓ 2<sup>nd</sup> and 3<sup>rd</sup> Athlete - 50% off tuition (for lower costing athletes)
- ✓ 4<sup>th</sup> or more – Free tuition

NOTE: Discount applies only to tuition and not to other fees.

### Male Cheerleaders

To encourage equality and participation in the sport of cheer currently male athletes will have their monthly tuition waived. NOTE: this benefit is for tuition only. There is no discount for other fees.

### Pre-Payment

If you would like to pay monthly tuition in advance, the following discounts apply:

- ✓ 6 Months in Advance – \$70 Off\*
- ✓ 12 Months in Advance (Entire 2022-23 Season) – \$150\*

*\*Pre-Payment discount only applies to first athlete when using Sibling Discounts.  
Male athlete tuition cannot be discounted.*

## Fundraising

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Washington Extreme organizes a variety of fundraising opportunities for our athletes, once per month. All athletes are encouraged to participate in fundraising opportunities. All fundraisers are optional and benefit individual cheer accounts, unless otherwise noted.

If you have a fundraising suggestion, please send it to [info@washingtonextreme.com](mailto:info@washingtonextreme.com).





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## PAYMENT SCHEDULE OPTIONS

We have 2 payment schedule options. You can pay a consistent amount monthly (which would include tuition and fees) or make 5 installments to include your fees for the entire season and then just pay tuition for the remainder of the season.

### 5 Installments Option

| Program                    | Tuition         | Other Fees                     | Installment total  |
|----------------------------|-----------------|--------------------------------|--|
| <b>Details</b>             | Monthly tuition | Divided into 5 equal payments* | Due on the first of June, July, August, September, and October |
| <i>Tiny Prep</i>           | \$84            | $\$550/5 = \$110$              | \$194  |
| <i>Prep Teams</i>          | \$112           | $\$1,020/5 = \$204$            | \$316  |
| <i>Elite Tiny</i>          | \$112           | $\$1,193/5 = \$238$            | \$350  |
| <i>Elite Mini/Youth</i>    | \$140           | $\$1,448/5 = \$290$            | \$430  |
| <i>Elite Junior/Senior</i> | \$168           | $\$1,830/5 = \$366$            | \$534  |
| <i>Elite Worlds NT 6</i>   | \$84            | $\$1,265/5 = \$253$            | \$337  |

\* For athletes joining after June 1<sup>st</sup>, this amount will be adjusted to reflect payments broken up over fewer months.

\*For months outside the 5 installments, only monthly tuition will be due.



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## Monthly Installments Option

| Program             | Tuition<br>Monthly tuition | Other Fees<br>Divided into 12 equal payments* | Monthly Total due on the first of each month.<br>June – May<br>Includes tuition and fees |
|---------------------|----------------------------|---|--|
| Tiny Prep           | \$84                       | $\$550/12 = \$46$                             | \$130  |
| Prep Teams          | \$112                      | $\$1,020/12 = \$85$                           | \$197  |
| Elite Tiny          | \$112                      | $\$1,193/12 = \$99$                           | \$211  |
| Elite Mini/Youth    | \$140                      | $\$1,448/12 = \$121$                          | \$261  |
| Elite Junior/Senior | \$168                      | $\$1,830/12 = \$153$                          | \$321  |
| Elite Worlds NT 6   | \$84                       | $\$1,265/12 = \$106$                          | \$189  |
|                     |                            |   |  |

\*This does NOT include additional tumbling classes, crossover fees, or any individual or stunt group performances an athlete may choose to be a part of.

\* For athletes joining after June 1<sup>st</sup>, this amount will be adjusted to reflect payments broken up over fewer months.

### Novice & Tiny Teams Installment Plans

| Program      | Tuition & Fees   |
|--------------|--|
| Tiny Novice  | \$75 *Join Anytime   |
| Novice Teams | \$120 *Join Anytime June – September for Summer Fall Session and December – February for Winter/Spring Session |



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## Guidelines

- ✓ Make all payments to Washington Extreme.
- ✓ **All accounts must be paid in full to try out for the upcoming season.**
- ✓ Monthly installment payments will be billed to each Athlete's account on the 20<sup>th</sup> of the preceding month.
- ✓ A \$10 per month discount is applied if paid by the 25<sup>th</sup> of the preceding month.
- ✓ Fees are due on the 1st of the month, late after the 10th .
- ✓ If a payment is more than 30 days late, the athlete will be placed on a sit list and not be allowed to practice with the team or tumble until the account is current. Unless payment arrangements have been made with the front desk.
- ✓ A \$30 fee will be charged for each NSF check and declined credit card charge. If paying by check, please write the athlete's name on the memo line. Washington Extreme will not accept postdated checks.
- ✓ No refunds will be given if an athlete quits or is removed from the program. Any athlete who leaves or is dismissed is responsible for all debts and legal fees. A 30-day written notice is required if an athlete leaves the team, regardless of the reason.
- ✓ A \$250 separation fee per team is due for any athlete who quits after athletes are placed on teams.
- ✓ If an athlete quits after team choreography, the \$250 quit fee is not charged, however the athlete is responsible for the remainder of the season fees.

Questions about financial issues should be directed to Michelle Prudente. Team coaches will not be able to advise you on financial matters.

## ADDITIONAL EVENTS

Occasionally throughout the season our teams are invited to do special performances. In the past these have included the Spokane Wolfpack Football, Hoopfest, Silverwood, Harlem Globetrotters halftime performances, and other events. Some of these performances require athletes and parents to purchase tickets in order to perform. These are an additional cost, and are required events as determined by team coaches. These are not optional events. If your athlete's team is selected to perform, you are obligated to purchase tickets for them to be able to participate.