



ALL STAR CHEER TEAM HANDBOOK

COME SEE WHY
WE ARE
more than a gym

TEAMS FOR AGES 4-18.



WWW.CAROLINAREIGNALLSTARS.ORG

ABOUT US



"CAROLINA REIGN ALLSTARS, BUILDING LEADERS ON AND OFF THE MAT"

Thank you for showing interest in the Carolina Reign All-Stars Competitive Cheer Program. We opened our doors in 2017 with a strive for excellence and are excited that you are considering joining us in Season 6. No matter the age or skill level of your child, we have a program that can meet your needs!

NEW IN SEASON 6

- New Developmental Novice Teams for all levels
- Loyalty Discount for Returning Members



ALWAYS AVAILABLE GREAT OPTIONS

- Payment options to meet everyone's needs
- Novice Team Options
- Prep Team Options
- Elite Team Options
- Tumbling Classes included for all Competitive All-Star Teams.



"My girls absolutely love cheer with this organization. The coaches, Megan and Aliyah, are amazing! It isn't crazy expensive like some of this other cheer organizations. I would definitely recommend if your kid(s) are interested in cheer but you don't want to spend nothing outrages. They have such a great fun environment for the kids but work hard to be the best."

PROGRAM COMPARISON

We offer a variety of programs to meet your needs

	Performance Teams Ages 4-14	Tiny Novice Ages 4-6	Prep Teams Ages 5-18	Elite Teams Ages 7-18	Developmental Teams (add-on) Ages 4-18
Season Runs	Sept- March	Sept- March	June- May	June- May	August- April
Practices	1.5 hours per week	2 hours per week	5 hours per week	7-8 hours per week	2.5 hours per week
Tuition/ Fees	\$95/month	\$110/month	\$145/month	\$175/month	\$320 \$40/month (added to home team) Invitation only Must be on an alternate team
Uniforms	\$85 Includes: Top, Bottom and Bow	\$100 Includes: Top, Bottom and Bow	\$275 Includes: Top, Bottom, & bow	\$275 Includes: Top, Bottom, & bow	\$0
Competition Schedule	2-4 performances within the Triad *Non-Competitive	3-4 Competitions within NC	4 - One Day Competitions within NC 1 - End of season travel event	6-8 Competitions *Required Travel	4-5 Competitions within NC
Additional Info	No Evaluation Required	No Evaluation Required Choreography Camp	Evaluation Required. Choreography Camp	Evaluation Required. Choreography Camp Skills Maintenance Camp	Invitation Only
Potential Teams	Tiny Mini Youth Junior	Tiny Novice	Mini Level 1 Youth Level 1 Junior/Senior Level 2.1 or 2.2	Junior Level 2 Junior Level 3 Senior Level 2 Senior Level 3/4 Senior Level 4.2	Tiny Level 1 Mini Level 2 Youth Level 2 Junior Level 3 Senior Level 4

EVALUATION INFORMATION

HOW DO EVALUATIONS WORK?

All Prep and Elite athletes are invited to attend Tryout Clinics from Tuesday, May 10th through Thursday, May 12th.

During these clinics, they will get a chance to review the evaluation material as shown in the evaluation videos. Athletes will have the opportunity to get hands-on help as they get ready for their evaluation. Athletes can learn the evaluation material from the video or by coming to the clinics.

Tuesday: Dance Choreography

Wednesday: Jumps and Tumbling

Thursday: Stunts

Price:

\$10 per clinic

**Price included in current team member's tuition

Athletes will register for a 1-hour evaluation slot (based on age) on May 14th. During this evaluation slot, athletes will come in and perform their set routine, jumps, and tumbling for our panel of judges. There will be an evaluation fee of \$85 due on the day of tryouts. This fee will cover the cost of your athlete's practice wear for the season (includes 3 custom gym tanks and 2 pairs of running shorts). If you choose not to commit, your fee can be used as a class/camp credit on your account or will be refunded back to you.

ALL teams will be announced on Saturday, May 21st at our team reveal party!

- **All Prep and Elite Athletes are required to complete an evaluation.**

IMPORTANT EVALUATION DATES:

- Evaluation Clinics: 5/10-5/12 from 6pm to 8pm
- Evaluations for Elite and Prep Teams 5/14
- All Team Announcements: 5/21 at 5pm
- Elite and Prep Team Practices Begin: June 6th
- Developmental Team Practices Begin: August 7th
- Performance and Tiny Novice Practices Begin: September 6th

Parents attend first practice to ensure billing, uniform sizing, shoe sizing, and communication band are set up.

TEAM INFORMATION

HOW DO YOU PLACE TEAMS?

There may be athletes on any given team that tumble at different levels than the rest of their team. We try to match up the athletes by level as best as we can, but please remember that stunting, pyramids, jumps, dance, and motions are a factor as well. Some athletes will be stronger tumblers than others, while some will contribute to stunting more than others. Creating a team is like a giant puzzle and we need to make sure we all fit together perfectly. Every athlete is placed on the team we think they will be the most successful on.

PREP & ELITE SKILLS BY LEVEL:

The following are the skills that will be performed by level at evaluation.

Level 1:

Standing Tumbling: Cartwheel, Handstand, FWD Roll
Running Tumbling: Front and Back Walkover Series

Level 2:

Standing Tumbling: Standing Back Handspring
Running Tumbling: Round Off Back Handspring

Level 3:

Standing Tumbling: Standing Series Handsprings
Running Tumbling: Round Off BHS Tuck

Level 4:

Standing Tumbling: Standing Tuck and 1 to Tuck
Running Tumbling: Round Off BHS Layout

Level 5:

Standing Tumbling: Series Handsprings to Layout
Running Tumbling: Round Off BHS Full

Level 6:

Standing Tumbling: Series to Full and Jump Tuck
Running Tumbling: Specialty to full or Round off BHS Double Full



AGE GROUPS:

Your eligibility age for the season is based on the year your athlete was born. Many athletes will fall into more than one category, we will place them based on what we feel is the best fit for the athlete.

2022/2023 Age groups:

Tiny Teams- Born in 2016-2018
Mini Teams- Born in 2015-2018
Youth Teams- Born in 2011-2016
Junior Teams- Born in 2008-2016
Senior Teams - Born in 2005-2011

TUITION

Tuition is paid monthly per athlete for all teams.

- Tuition for Elite and Prep teams is paid on a 12-month term that runs from June 1st, 2022 to May 1st, 2023.
- Tiny Novice and Performance team tuition is paid on a 7-month term that runs September thru March 2023.
- Developmental Team tuition is paid on a 9-month term that runs August thru April 2023.

Tuition covers all team practices and regularly scheduled tumbling classes each week. Tuition also covers any additional practices called during competition season. Discounts apply to the tuition only. Tuition is paid on the 1st of every month and is automatically run through Dance Studio Pro, our class management software.

Tuition for Performance Teams for the 2022-2023 Season is:

- \$95 per month + assessments per month for 3 months
 - Uniform, Warmup Suit, and Team Bookbag

Tuition for Tiny Novice Teams for the 2022-2023 Season is:

- \$110 per month + assessments per month for 4 months

Tuition for Prep Teams for the 2022-2023 Season is:

- \$145 per month, + assessments per month for 7 months

Tuition for Elite Teams for the 2022-2023 Season is:

- \$176 per month, + assessments per month for 7 months

Tuition for Developmental Teams for the 2022-2023 Season is:

- \$40 per month (August-April)



ASSESSMENTS:

Assessments are the fees that the gym pays out to outside vendors. Assessments are split up monthly throughout the season. Length of the monthly payment will depend on the team that athletes are placed on. The first assessment payment is June 15th for Prep and Elite Teams, and September 15th for Tiny Novice and Performance Teams.

We do not discount Assessments.

The assessments include:
Competition Fees, Choreography Fees, Camp Fees, Music Fees, Coach's Fees, Uniforms, and Competition Day Apparel.

DISCOUNTS AND SAVINGS:

1. Loyalty discount of 2% per completed season. Discount on tuition only.
2. Pay in Full discount of \$100 off total tuition only



ASSESSMENT FEES

Assessment fees will vary per athlete, based on when they joined the team. This is an overview for brand new athletes. An exact breakdown of what your specific athlete will owe will be sent in your financial form upon commitment.

Team Assessments

Item	Includes	Price	Due Date
Practice Wear	3 Gym Tank Tops 2 Pairs of Running Shorts	\$85	May 14th (at evaluations)
Team Shoe	Required shoe for competition (Prep & Elite Only)	\$65	June 15th
Choreography Camp	14 hours of routine choreography (Tiny Novice: 8 Hours)	Senior Team: TBA All other Elite Teams: \$165 Prep Teams: \$165 Tiny Novice: \$100	July 15th
Uniform	Top, Bottom, Bow, and Liner (if needed)	Prep & Elite: \$275 Tiny Novice: \$100 Performance Team: \$85	August 15
Warm-Up Suit	Competition Day Jacket and Leggings	\$85	September 15
Team Bookbag	Custom CRA Bookbag	TBA	October 15
Makeup Kit	Custom Competition Day eyeshadow pallet, glitter highlight, eyeliner, mascara	\$45	November 15

FINANCIAL

Competition fees will vary per team, based on team classification (Tiny Novice, Prep, or Elite). Fees will cover athlete registration and coach's fees. Registration pricing is determined solely by the event producers of each competition. A final competition schedule for each team will be provided to all parents by June 1st.

All teams will not attend every competition!

Preliminary Competition Schedule

- January
 - 1/28 | Diamond Cheer and Dance | Fayetteville, NC
 - \$85 Athlete Registration | Due November 15th
- February
 - 2/25 | M Events | Concord, NC
 - \$95 Athlete Registration | Due December 15th
- March
 - 3/4 - 3/5 | 9 Panel | Charleston, SC | ELITE TEAMS ONLY
 - \$140 Athlete Registration
 - \$70 due January 1st
 - \$70 due January 15th
 - 3/11 | Maximum | Raleigh, NC
 - \$85 Athlete Registration | Due January 15th
- April
 - 4/1 | Deep South | Atlanta, GA | ELITE TEAMS ONLY
 - Pricing TBD
 - 4/22 | All Out Championships | Charlotte, NC
 - \$100 Athlete Registration | Due February 15th
- May
 - 5/5 | Global Cheer and Dance Championships | Myrtle Beach, SC
 - \$165 Athlete Registration | Due March 15th

I COMPLETED AN EVALUATION NOW WHAT?

After individual evaluations, we will take the athletes scores and assign each athlete to a team. Teams will be announced at our team reveal party, as well as emailed out. Remember you are signing up for a spot on a Carolina Reign Team, not for a specific team.

Your first practices will include parent prep. On this day, all athletes and parents will come in and receive any additional information, fill out any missing paperwork, get sized for your uniform and make sure your DSP account is set up!

WHAT DO I NEED TO BRING FOR EVALUATION?

We look forward to working with you at our upcoming evaluations. Be sure to arrive with these items in order to expedite the process:

- \$85 Evaluation Fee (This will cover the cost of your practice wear)
- Evaluation Information Form
- Financial Agreement
- Participation Form
- Forms can be found in this packet or online

WHEN IS THE GYM CLOSED?

- Summer Break July 4th - 8th
- Labor Day Weekend- 9/2 -9/5
- Fall Break- 10/28- 10/31
- Thanksgiving Break- 11/23 - 11/26
- Winter Break- 12/23- 1/2
- Spring Break- 4/7 - 4/16

WHEN IS CHOREOGRAPHY CAMP?

- Parents will be asked to provide planned summer vacation dates during evaluations. Once teams are formed and dates are provided to the coaches, team choreography dates will be announced. This will be no later than June 15th.
- As a reminder, Choreography is mandatory for all Prep and Elite Athletes.



WHEN WILL MY CHILD PRACTICE?

Each team will receive a practice schedule for the season. These can not be created until we see what teams we will have for the season. Practice schedules will stay consistent throughout the season for ease of planning. Practice schedules will be announced May 21st.

CAN I WATCH PRACTICE?

Yes! We have a few areas where parents can view from. Our parents are welcome as long as the Covid regulations allow it. However, parents are not allowed to come onto the floor unless accompanied by a coach. We have designated viewing areas for parents and family members, please understand this is for the safety of our athletes.

TEAM/ATHLETE POLICIES

ABSENCES

Attendance is crucial to the success of any team. An absence request form should be submitted prior to missing any practice.

Excused Absences

- Contagious Illness
- Graded School Functions
- Family Emergency

Unexcused Absences

- School Dances or Games
- Traffic
- Too much homework or studying
- Feeling tired
- No ride

WHERE CAN I FIND AN ABSENCE REQUEST?

All of our forms can be found on your Program BAND. When your child is assigned to a team they will receive directions on how to access this. This form should be completed at least one week prior to any absence. Each athlete receives 5 unexcused absences per season, after this a \$10 fee is assessed.

ATHLETES CAN NOT MISS PRACTICE DURING BLACKOUT DATES AND COMPETITIONS.



VACATIONS

We work hard to give you the gym closures early and schedule dates. If you are taking a vacation during official competition season (November-May), please try to keep the provided dates in mind. When the competition schedule is released, the week prior to competition is blacked out, athletes who miss a practice during these weeks may not be eligible to compete at the competition that week.

INJURIES

If an injury should occur, it is the responsibility of the parent to seek professional help. After seeing a physician, please provide us with an evaluation of the athletes injury and status. An athlete with a serious injury will not be allowed to return to activity without a release from a medical professional.

TRAVEL/COMPETITIONS

During the competition season, cheerleaders will be asked to travel to events. Some athletes will travel to national events out of the state. In this case, a separate rule sheet maybe handed out closer to the time of the competition. Transportation to competitions is the responsibility of each team member and their family.





TEAM/ATHLETE POLICIES

UNIFORMS AND ATTIRE

Please keep all Carolina Reign clothing and uniforms in good condition. Please report any lost or damaged uniform items to your coach. The cost of replacement will be the responsibility of the athlete and their family.

Athletes can not have any piercings and/or jewelry in for competitions. Please be mindful of this when thinking of getting new piercings.

Band-aids or clear space holders will not be allowed. Athletes also cannot have any acrylic nails during the cheer season. Finger nails should be cut short throughout the season.

COPYRIGHT NOTICE:

The logo of Carolina Reign All-Stars belongs to the owners of the program. You cannot sell or create your own CRA clothing or any other items. This includes team names and any likeness to logo, affiliation, and/or program without the permission of Megan Newton or Aliyah Walton, Owners of Carolina Reign All-Stars.



DISCIPLINE

If any of the above rules are compromised, the following actions will occur:

- 1st violation- Meeting with the athlete to define the problem
- 2nd violation- Meeting with the athlete and parent
- 3rd violation- Athlete may be removed from the team or entire program

CORE VALUES:

Here at Carolina Reign, all decisions we make are guided by our five core values. Please make sure you understand and can commit to these before becoming a part of CRA.

- Effort Over Everything - there may be people that have more talent than you, but there is no excuse for anyone to work harder than you.
- Kindness Matters - everyone you meet is fighting a battle you know nothing about. Be kind always.
- Integrity Always - always do the right thing, even if no one is there to know.
- Teamwork Makes the Dream Work - talent wins games, but teamwork wins championships.
- Just Keep Swimming - you grow in the moments when you think you can't go on but you keep going anyways. *You keep going until you get it right. And then you keep going until you can't get it wrong.*

PARENT POLICIES



COMMUNICATION

To streamline communication, as a parent, you will receive information one way, we will use the BAND App with team groups in which all events and current information can be found. We will give information after tryouts on how to join the app.

FEES

- A schedule of payments is listed in this handbook. All monthly payments are set up in DSP and come out automatically on the 1st of the month. If you choose to make a payment and not have your designated card charged, you must bring a form of payment to the desk before the 1st of the month. Please make all checks payable to Carolina Reign All-Stars.
- A late fee of \$25 will be assessed for all payments made after the 5th of each month. If your payment is declined from your bank, please make the payment immediately at the desk or via DSP.
- Monthly tuition is not pro-rated for any reason.
- Assessments are non-refundable. If you choose to leave or are removed from the team these fees are not returned.
- By the 10th of each month, your account must be up to date. Otherwise, your athlete will no longer be allowed to participate.

FUNDRAISING

Carolina Reign offers the following for the 22-23 season:

- 4-5 individual fundraisers throughout the season. These are individual fundraisers and all credits will go directly to your account. These fundraisers do involve extra work outside of cheer but we have seen people pay for an entire season of cheer! We strongly suggest you participate in fundraising.
- There will be 2-3 gym fundraisers hosted throughout the season. Funding from these will go towards the gym to help with funding for equipment and building costs. All individual fundraisers will be **optional**. All gym fundraisers will be **mandatory**. If you do not wish to participate in a mandatory fundraiser, there will be a buyout fee available.
- Upon quitting or being dismissed from the team, all fundraised monies will be forfeited. There are no refunds on fundraised money.
- Any surplus in fundraising credit can be applied to classes, teams, and merchandise.

GOSSIP AND THE LOBBY

- Our lobby is for your convenience to allow you comfort while your child practices.
- Siblings are not to be left unattended in the facility nor are they to be running around the facility.
- Our lobby is supposed to be a positive environment. It is your job as a parent to love and support your child, leave the coaching to us.
- In the event of parents being an issue in the lobby, they will be asked to leave or could be removed permanently.
- By registering to be a part of our program you understand and agree to this.



FINANCIAL AGREEMENT

parent of

Name of parent / legal guardian

Print the name of the athlete here

- I understand and agree to the following:
- I understand and agree that tuition is due on the 1st of the month for the current month. So June tuition is due June 1st. Tuition is set up and automatically drafted through Dance Studio Pro each month.
- I understand that as a member of Carolina Reign All-Stars, I MUST have a valid card on file through Dance Studio Pro. I also understand that if I would like to use another form of payment, my balance must be paid before the 1st of the month.
- I understand that in addition to tuition, I will pay assessments and competition fees as outlined in the packet. Assessments are run automatically on the 15th of each month.
- I understand that I am subject to a late fee charge of \$25 after the 5th of the designated month. Excessive tardiness of payments will be grounds for my child not competing and possible dismissal.
- I understand and agree that as the parent signing this contract, I am solely responsible for the Tuition, Travel Expenses, and Assessments as outlined in this packet.
- I understand if I leave the program prior to May 15th 2023, I am subject to a \$250 buyout fee. This will be billed to the card on file at the your time of departure from the program.

Parent / legal guardian signature

Date



INFORMATION FORM

Athlete Name

Athlete Date of Birth

Athlete Age on 12/31/22

Parents/ Guardian #1 Name: _____

Parents/ Guardian #1 Cell Phone: _____

Parents/ Guardian #1 Email: _____

Parents/ Guardian #2 Name: _____

Parents/ Guardian #2 Cell Phone: _____

Parents/ Guardian #2 Email: _____

Does your athlete have any allergies we need to be aware of? _____

Does your athlete have any medical conditions we need to be aware of? _____

Has your child ever experienced a concussions? _____

Please Check All That Apply to Your Athlete:

_____ My Child is not doing an Evaluation and will be placed on a Performance or Tiny Novice Team.

_____ My Child is evaluating for a Prep Team

_____ My Child is evaluating for an Elite Team

_____ My Child would like to be considered for a Developmental Team

_____ My Child would like to be considered for a crossover (2 competitive teams) position



POLICY AGREEMENT

Please Read, Initial, and Sign Fees, Payments, and Policies

- ____1. The Cheer Season is a full year commitment from June 2022 - May 2023
- ____2. All CRA customers are required to have a card set up in Dance Studio Pro for all payments. All tuition is ran on the 1st of each month. Athletes will not be allowed to practice until there is a card on file or the account balance is paid in full.
- ____3. Your account must be current for your child to participate in team practices, tumbling classes, open gyms, private lessons, and/or competitions.
- ____4. All monthly fees, assessment fees, and/or uniform fees, must be paid in advance in order to participate in any event. **All fees are 100% Non-Refundable for any reason.**
- ____5. If you chose to pay your Assessments in full and choose to discontinue anytime from June 2022 to April 2023, your fees are **Non-Refundable**. The \$250 buyout fee and expenses already paid out for the season will be deducted and the remaining balance will be applied as a credit onto your account for CRA Services or Goods. **NO REFUNDS** will be given. Remember you are signing up for a spot on a CRA team, not for a specific team or position.
- ____6. I understand that if my child decides to quit the CRA program (for any reason other than family relocation, or a season-ending illness or injury with a valid physician's certificate) at any time from July 1st, 2022 to the end of the competition season May 2023, I will be charged a \$250 buyout fee. This fee will be deducted from the card on file or needs to be paid by check within 5 days if card is not approved.
- ____7. It is mandatory to abide by the Attendance policy as outlined in the 2022-2023 Athlete Policies given out in this packet. All athletes are to attend their team's regularly scheduled practices. If an athlete is not feeling well, or injured, they are still expected to be at practice. If your child has a fever or is vomiting they should not attend. A parent must fill out an absent form PRIOR to practice for this to be excused. All school activities and pre-planned vacations should be submitted 14 days in advance online as explained in the packet. After the athlete has reached 5 unexcused absences for the season, each additional unexcused absence will result in a \$10 absence fee. If your athlete reaches 10 missed practices, unexcused or excused, a parent meeting will take place. At this time your child may be removed from their team and program at the discretion of the owners. Attendance is required for success.
- ____8. If at any time your child misses a competition for an unexcused reason, this is means for immediate termination from the team and no refunds of any sort will be given.
- ____9. Carolina Reign All-Stars will issue a list of "Black-Out Weeks", which are the week prior to a competition. During said black-out weeks, any missed practices will result in the athlete not being able to compete at the next competition. No competition fee refunds will be given for missing a competition blackout practice.
- ____10. Your child can and will be suspended from practices and or competitions for displaying inappropriate behavior and refusal to follow gym rules and instructions from coaches and staff. Please discuss this with your child. You are still responsible for your athlete's fees during the period of suspension.
- ____11. Athletes should not be dropped off more than 15 minutes early for a team or class. Athletes should not be picked up more than 15 minutes from the end of their practice/class, as this requires coaches and staff to work past their set hours.



POLICY AGREEMENT

____12 Fundraising- All fundraisers facilitated are individual unless otherwise noted. We will apply credits to your accounts. Any surplus of credits from fundraisers can be used towards any services or products that Carolina Reign offers. Funds can't be transferred to another athlete. If athletes leave with a fundraiser credit that will be transferred to the general fund. Refund checks will not be issued as a result of a surplus or dismissal/resigning from a team.

____13. All transportation to and from competitions is the sole responsibility of parents. I understand that some competitions require a specific hotel. Information will be given as those dates approach.

____14. I understand that as a member I am not allowed to use the Carolina Reign All-Stars Logo and make my own CRA merchandise. I cannot sell or create my own CRA branded apparel or merchandise. I also understand I am not allowed to contact any vendors on behalf of Carolina Reign All-Stars, doing so is grounds for dismissal from the program.

____15. I understand that my athlete needs to come to practice every day in the proper attire. Athletes can wear anything for class but must be in the right attire for team practice. Hair needs to be up and secure.

____16. We reserve the right to close practices at any time. This will occur if the viewing room becomes negative or distracting. Please remember to be your athlete's, team's, and coach's biggest cheerleader! As a parent, if you are causing drama you can and will be removed from the gym.

____17. It is the parent's responsibility to stay informed. Check your team BAND Group regularly, if you are not receiving information contact Megan or Aliyah immediately so we can check your account.

____18. Part of an All-Star Team is uniform, hair, and makeup. To be on the team, all athletes must follow these guidelines. If you cannot commit to doing hair and makeup in the designated style, your athlete can't participate.

____19. Athletes are placed on a team with the expectation that the skills they have at tryouts will remain and grow through the season. If an athlete can no longer fulfill the role they were placed on the team for, they will be moved to a team where they can fulfill the necessary role.

____20. All athletes and parents are expected to carry and conduct themselves with the utmost maturity on social media. This includes but is not limited to social media posts, photos, interactions, and discussion boards. Any violation of this policy may result in immediate termination from the program.

I understand and agree to abide by the policies as outlined above:

Athlete Name: _____

Print Parent Name: _____ Date: _____

Signature of Parent/Legal Guardian: _____