

CONGRATULATIONS AND WELCOME TO  
Omni Elite Allstars  
PARENT/CHEERLEADER  
HANDBOOK

You have just become a member of one of the best all-star programs in the nation!! We ask that you and your parent/guardian review this packet and read **EVERY PAGE**.

By signing the Omni Elite Allstars Release and Indemnity form, you have agreed to ALL rules and regulations in this Parent/Cheerleader Handbook. We are very fortunate to have highly qualified coaches with a vast amount of experience in the sport plus an exceptional tumbling staff. We look forward to a long and rewarding relationship with you and your family. Please keep in mind that this handbook is merely a guideline and may not contain all of the information you need throughout the season. You will receive notices throughout the year both weekly and monthly via email, BAND, facebook, twitter and other social media sites. We also post information on our website.

**It is YOUR responsibility to stay up to date on all information.**

You may also login to our website: [omnieliteathletix.net](http://omnieliteathletix.net) and create an account. Please make sure we have a VALID email address for important correspondence. It is your responsibility to keep your email current with our office staff. We hope this packet will acquaint you with our company policies and answer most of your general questions.

All-Star Cheerleading can be an Expensive Sport. Please understand that we make every effort possible to keep costs low. If you are new to all-star cheerleading, we encourage you to take time to research or speak to other parents to learn as much as possible about the sport. In addition to your monthly tuition, you have uniform expenses, competition fees, coach fees, music and so forth. The list can be overwhelming. Each competition company (Cheersport, Universal Spirit Cheer, WSF, UCA etc...) charge a per person, per competition entry fee that can range from \$85 to \$190 per cheerleader per competition to enter. We have to pass this cost along to you. Take advantage of fund-raising!!! Don't shy away from this sport simply because things are new and overwhelming. Many families raise all fees. Stick with it and we guarantee your child will make friends for a lifetime and you may too!!!

**All past due balances must be paid prior to your child participating in evaluations.**

DUE ON THE FIRST DAY OF WORKOUTS \$65 Evaluation Fee

- ❖ If you are a current Full Year Athlete this fee is waived

DUE AT THE INITIAL EVALUATION EVERY CHEERLEADER MUST HAVE THESE ITEMS ON FILE WITH OUR OFFICE IN ORDER TO PARTICIPATE:

1. Birth Certificate (copy is sufficient)
2. Cheerleader Physical or Doctors Note
3. Credit Card or Debit Card Form
4. Signed Omni Elite Allstar Release and Indemnity Form

FIRST PAYMENT TOWARDS FEES (Drafted)

\$75.00 yearly registration fee (if not already paid)

First Month Of Tuition- June 1<sup>st</sup> for Full Year, September 1<sup>st</sup> for 3/4 year and November 1st for 1/2 year.

## ESTIMATED PROGRAM FEES

It is our goal, in this packet, to provide all Omni Elite Allstar cheerleaders and families with a cost breakdown for the season in its entirety. Please realize that some of these costs are estimates. When an exact cost is not available, we have tried to provide a price range. Often times, we are asked by families to give a total cost for the entire season. This is difficult to do as there are many variables that can make costs fluctuate from one family to the next (for instance, some athletes will purchase new uniforms while others will purchase second hand uniforms (if applicable), some will participate in fundraising while others choose not to). Please realize that not all of these fees are due at one time, but are spread out throughout the year.

The first month of tuition is due the first week of June and tuition is due the first of each month after.

**A \$25 late fee is assessed on all late tuition and Declined Cards.  
Plus a \$25 Late fee if tuition is not paid by the 5th of the month.**

**A 10% discount will be given if tuition is paid in full for the season June-May (Total tuition \$1920)  
Must be paid by June, 2020 to receive discount.**

## MULTIPLE CHILDREN IN PROGRAM

1st child Full Price

2nd child 10% off tuition

3rd child 10% off tuition

4th child tuition is Free

Your tuition is the one fee that you will pay on a regular, monthly basis. It will be drafted, please make sure you have an updated card on file at all times to avoid any service fee.. All other fees are one time fees added together and spread out in payment installments throughout the season.

- Team CHEERLEADER REGISTRATION FEE:  
All teams \$75.00 per year
- USASF REGISTRATION FEE All Teams: \$30.00  
**(Must register or renew by July 2020)**

CHOREOGRAPHY, MUSIC AND COACHES FEES Levels 1-6: \$125.00 approximately. There will be a mid season fluff camp to get ready for National events. Cost TBD we estimate around \$100.

Your music fee is part of your choreography fee. This fee also includes coaches stipends.

¾ year and Half Year teams choreography and music fees are included in competition fees.(\$400)

Tiny and Prep teams do not have cheer camp but may have extra practices for choreography.

ELITE TEAM Camps will be held in July/August. Each team will attend 3 days of camp. The exact days and times for each team will be released once teams are chosen. There may be a camp fee depending on what special coaches are brought in.

USASF: Every cheerleader is required to become a member of the USASF organization. A registration fee is required from by the USASF organization to receive a member ID# in order to compete at each competition. Being a member of the USASF organization is important to our organization and you the cheerleader for several important reasons. It is the U.S. All Star Federation, our All Star organization allowing access and the member ID # to each cheerleader who participates in our industry. We are able to track every cheerleader through each competition, registration process, level phase, and above all follow all safety and rule guidelines.

## PRACTICE WEAR AND CHEER SNEAKERS:

If you are a full year Elite Cheer family and already have black cheer shoes you will not need to purchase new but **your shoe must be approved**. The practice wear for Full year is 1 Sports bras and Shorts ensemble which will run around \$65. We will use the Black and Orange practice wear from last season, you may not need to purchase this. We will also use the tank you will receive for evaluations as part of our practice wear.

$\frac{3}{4}$  and Half Year teams do not have mandatory practice wear but may have a mandatory color to practice in. Check with your coach on what color shoes your teams will be wearing.

**❖ We plan to use the current uniform and bow through the 2021-2022 season.**

ELITE UNIFORM: Full Year \$540.00 approximately -NO additional Convertible will be needed for this uniform.

(2 payments)

$\frac{3}{4}$  and Half Year Uniform Pack: \$200.00 (Bow and Uniform)

ELITE BOW: Full year teams \$30 Everyone will need to order a new competition bow which is custom made to match our uniforms with rhinestones and logos or gym name. We will use the current bow again this season.

ELITE COMPETITION ENTRY FEES : Full Year teams Est. \$1400 All teams at Omni Elite Athletix will begin competing in November (if ready) and finish in May . A more detailed packet listing all local and national competitions will be released to families by the end of summer. We are currently waiting on pricing to be released by event producers and are in the process of deciding which events each team will attend for the upcoming season. Each Omni Elite All-star teams will travel, some out of state. Most competitions are within North Carolina. Please be aware that the above entry fees also include costs of coaches pay and stipends, travel fees, hotel accommodations, airfare, car rental etc for the coaches... Once all travel plans are solidified an exact schedule will be released to families. The fundraising opportunities provided by our Omni Elite Foundation can greatly reduce your entry fees for the season. This is where your fundraising commitment comes in. The more you fundraise, the less expensive these costs will be.

$\frac{3}{4}$  and  $\frac{1}{2}$  year teams: \$400 Includes 3 Local Competitions. In addition, there will be one final event, the cost for this event will be released mid season.

TRAVEL FEES All families at Omni Elite Allstars are responsible for their own airfare and hotel costs. Omni Elite Athletix will on most occasions, provide a room block and instructions to each family about how to secure these rooms. When planning our travel for the season, we do our best to minimize travel costs by choosing locations that are accessible by most major airlines and by choosing hotels that are affordable. Please also remember that booking airfare in a timely fashion can greatly reduce your travel expenses. In addition, some families do decide to drive to various events rather than flying. When deciding which competitions to attend, a great deal of research is done. Determining factors include other gyms/teams attending, competitiveness of event, cost, date, location, etc. Please know that some additional overnight stays will be incurred due to 2-day events located within North and South Carolina and Georgia.. Most of these competitions are in a 1-4 hour radius and are within driving distance. However, many families choose to stay overnight to avoid commuting on both Saturday and Sunday. We want all parents & cheerleaders to be aware that when we travel to an out-of-state competition, the primary purpose of our trip is to compete. While we hope each family will enjoy our trips, they are not intended to be a "family vacation." No family will be allowed to miss practice times or exhibitions that precede the competition.



## \*\*\*\*\*REFUNDS\*\*\*\*\* Please read carefully

Please read this rule. There will be no exceptions under any circumstances. MONIES ARE NON-REFUNDABLE AND NON-TRANSFERABLE. **Any payments for uniforms, competition fees, trips, tuition, camps, clinics, choreography, etc. are non-refundable under any circumstance.**

If your child decides to leave the program or is asked to leave the program, you will NOT be reimbursed for any deposits or payments made at any time regardless for reasons leaving the program. If you leave the program, regardless of reason, prior to receiving your Omni Elite Allstar items, these are property of Omni Elite Allstars. *You lose rights to any garments that you have paid for or put a deposit on. You must also give a 30 day written notice and are expected to pay any fees due during that 30 days. This includes tuition and competition fees.*

### PAYMENT DUE DATES ALL TEAMS TBD

**Please be sure to adhere to the payment due dates as your child will not be able to participate in any Omni Elite Allstar practices with an outstanding balance. No child will be permitted to participate in any classes, open gyms, private lessons, etc. with a past due account. No child will be permitted to order merchandise, pick up uniforms, shoes or practice wear with a past due account.**

**Please understand that you will receive your FINAL travel/competition schedule by November.**

### RULES ABOUT COMPETITIONS and TRAVEL

1. Your child is there to compete. He/She will have scheduled practices, meetings, and team functions during the time we are there. These are mandatory.
2. All travel must be paid in full by posted dates. You will receive a calendar with due dates for all travel plans from the team mom.
3. ALL PARENTS AND/OR GUARDIANS MUST TRAVEL WITH THEIR CHILD ON ALL TRIPS. The Omni Elite Allstar staff will not be responsible for chaperoning your child. If you cannot attend for any reason, it is your responsibility to find a parent who is willing to chaperon your child and stay in their room.
4. No child is permitted to leave for an out of state competition prior to the last scheduled practice. **All children must arrive to an out of state competition by 6 PM (Unless a different time is stated by your coach) on Friday**
5. **ALL ATHLETES ARE REQUIRED TO STAY FOR AWARDS FOR THEIR TEAM.**
6. Any child who engages in ANY ILLEGAL activity will be immediately removed from the Omni Elite Allstar program. This includes any alcohol or drug use, smoking cigarettes, and/or stealing. If there are any other illegal activities that are not listed the rule above also applies. You are representing OMNI ELITE ATHLETIX when you travel to a local or out-of-state competition. We take our reputation very seriously and have worked very hard to be regarded as a respectful program with high morals and ethics. We want to ensure that every child is safe and in order to do this, we must enforce these rules to the highest degree. We expect all cheerleaders and parents to display a high level of sportsmanship at all times.
7. Parent conduct is very important. Our children watch how we react to situations and this could set the tone for the entire day. Please make sure you are representing your child, your child's team and your gym in a positive way. Sometimes things may not go as planned. There are behind the scene events that may take place controlling meet times and location changes. Please be flexible. If you have an issue please address it with a coach and refrain from negative comments to other parents. This brings down our teams and affects performances as athletes do hear everything we say. Keep in mind that we are training children and sometimes mistakes happen on stage. Please refrain from speaking negatively about an athlete, the team or the coaches. If you have an issue we will be glad to set up a meeting with you, your child and the

coaches when we return from the competition.

#### PARKING LOT

Hundreds of children and parents go in and out of the gym every day. Safety is our number one concern. Please slow down and watch for children. Please discuss with your child to ensure their safety. They should wait for pick-up inside the gym and NOT in the parking lot. Once practice is over, all cheerleaders become the responsibility of each parent. Please stress your rules and guidelines for staying in the building.

## DROP OFF AND PICK UP-(DO NOT ILLEGALLY PARK IN HANDICAP SPOTS)

You must pull into a parking spot when picking up or dropping off your child. Please do not leave your car in the middle of the parking lot, this is unsafe for you and the cheerleaders. Please make sure you are parked in an actual parking spot, do not create spots in the lot. Parents must physically enter the gym at least the week prior to competition in case any forms need to be filled out.

**PLEASE DO NOT BE LATE PICKING UP YOUR CHILD.**

## INCLEMENT WEATHER POLICY

Inclement Weather Policy: Every reasonable attempt will be made to open our doors for business on regular scheduled practice days. However, in the event of severe weather conditions, we will send out an email concerning practices and post on all of our social media. Please also check our website under POSTS. It is your responsibility to be sure our office staff has an updated email for your cheerleader at all times.

## GYM HOLIDAYS

We are closed on certain holidays and vacation weeks. These dates will be posted on our website. Please keep in mind that some months have five weeks while others have four. We do not charge more for the months with five weeks. This allows us to close for those weeks and those Holidays. Also, during competition season, we add many, uncharged for, unscheduled practices for each team.

## ABSENTEE POLICY

Every cheerleader is required to be at every practice, camp, choreography session and special event. Please note that if you do not adhere to the above rules you can be removed from the squad. Omni Elite Allstars reserves the right to remove any child from the program because of excessive excused absences as well. If your child is involved in any other activities besides all-star cheerleading, please make sure they will not have conflicts. Starting in September, each cheerleader will receive 2 unexcused absences which can be used at your discretion. **Please note that after your 3<sup>rd</sup> unexcused absences, you will be placed on probation as notification and the next missed practice will result in removal from the team.** This attendance policy has been put into effect to insure that all cheerleaders participate with the same amount of commitment level. You may have excused practices throughout the summer and school season but they consist of the following: illness or injury (MUST HAVE A DOCTORS NOTE), school event for a grade (MUST HAVE A SCHOOL NOTE FROM TEACHER ON SCHOOL LETTERHEAD), an unfortunate circumstance such as family death/funeral. An Omni Elite All-star coach or staff reserves the right to remove any child from the program if they have excessive Doctors notes due to injuries. Prior to September: **You may miss for vacations as long as coaches are notified 2 weeks prior via email. We HIGHLY encourage cheerleaders to take vacations during gym closings, if possible. Unless vacations are already planned (as we understand camp and choreography dates have not been announced) we do not recommend missing either. Reminder, this is a competitive sport not recreational.**

**\*\*If any practices are missed the week of a competition, a fill-in will be placed in his or her spot and the athlete who missed practice will not compete.\*\***

## **EXCUSED SCHOOL PRACTICES OR EXTRACURRICULAR Activities**

Omni Elite Allstars will **TRY** to work around your school Football cheer scheduled practice, games, and competitions (Football Season Only). We will require that every cheerleader pass in a practice and game schedule at the beginning of each season. **If your school coach decides to ADD additional practices, these will not be excused. For example: If your school team practices every day from 3-5 and your school coach decides to add a Saturday or Sunday practice, and it conflicts with Omni Elite Allstars, it will not be excused.** Please note, the only time we cannot accommodate your school schedule is if your high school team practices on the same day and time as your Omni Elite All-star team. There will be alternates from other teams on every team at Omni Elite Allstars going forward so if you cannot fulfill

your obligation to the team at any time, you will be replaced. We do not ask for many hours of practice but we cannot be a top notch program unless every child involved is willing to make a 100% commitment. **If you decided to participate in School Basketball Cheerleading, we will NOT work around your schedule. This is our busy season for competition and it is impossible to accommodate. If you miss a practice due to a game or practice for your school team it will be considered UNEXCUSED.** You pay to have your child involved in this program, as do other families. We want you to get the full value of your investment.

**\*\*We will not work around girl scouts, school play commitments or dances.**

**These absences will be considered unexcused.\*\***

**VACATIONS Please do not schedule any vacation plans over school breaks and be prepared to have practices and competition during March/April spring break.**

**Vacationing in the summer months is allowed, but you must give your coaches these dates immediately.**

## **CONTACTS**

Please feel free to contact Angie DeHart or Bailey DeHart with any of your needs throughout the season. You can email us at any time.

Billing/Accounts – Please contact Angie DeHart via email: [omnieliteathletix@gmail.com](mailto:omnieliteathletix@gmail.com)

Uniforms/Shoes/Apparel – Please see or email Angie for all questions regarding uniforms and sneakers and all Omni Pro Shop items.

Parental Concerns/Team issues – Please contact your coach first then Angie or Bailey via email: [omnieliteathletix.net](mailto:omnieliteathletix.net) with any issue you may have throughout the season. We will do our best to address parental concerns as they arise. Please understand that certain concerns will not be addressed (such as your child's placement in routine choreography).

**Absences – Please email [omnieliteathletix.net](mailto:omnieliteathletix.net) and you MUST provide a note to your coach and the office staff with the valid reason for your absence or it will be counted as an UNEXCUSED absence.**

**The 4<sup>th</sup> UNEXCUSED absences and you are dismissed from the program. The note can be emailed to [omnieliteathletix.net](mailto:omnieliteathletix.net)**

**PRACTICE SCHEDULES** All Omni Elite All-star teams plan to have their first practices begin the week of June 10th for Elite Full year, September for  $\frac{3}{4}$  year prep and November for  $\frac{1}{2}$  year.. A complete practice schedule will be sent home and posted on our website. There are two different schedules that will be provided throughout the season.

One for Summer and One for Back to School. Back to School Schedule will be provided as soon as possible.

Summer Schedule – The summer schedule will include the month of June as well as August and September. All teams except for  $\frac{1}{2}$  year Novice will practice twice a week with an additional tumbling day for full year teams.

**IMPORTANT DATES TO BLOCK OFF FOR THIS YEAR** Once our teams are put together an exact camp and choreography schedule will be released. Omni Elite Athletix will work with many professionals throughout the year and will determine post-tryout which individuals will work best with each team. The dates posted below are general time blocks and each team will be assigned specific days within each block. We have several choreographers who we do not have firm dates scheduled as of yet, so some additional days and times will be added.

Camp dates – All teams will participate in 2-3 days of camp in July/August Routine choreography Dates will be provided as soon as teams are formed. (This will be adjusted for the 2020-2021 season)

#### FINANCIAL OBLIGATION AGREEMENT

- 1.
2. All parents/guardians must understand that they assume full responsibility for all cost incurred as a member of Omni Elite Allstars including, but not limited to gym registration/tryout fees, monthly tuition, practice outfits, uniforms, competition and travel expenses, camp fees, or any other item(s), reservations or services purchased or rendered to Omni Elite Allstars and the payment in full of those items, regardless of any circumstances that may arise such as dismissal from the team, switching to a new team, etc.
3. All payment due dates must be met.
4. Monthly payments are due the first week of each session and are drafted from a credit or debit card. Monthly payments later than the 1st week of the session will be automatically charged a \$25.00 late fee if payment is not made on the 1st of each month and a \$25 Fee for declined cards.
5. Do NOT give any payments to coaches. Office staff ONLY. Get a receipt for ALL cash and check payments.
  
6. Please update your card information and email with our office when needed to avoid fees.
  
7. All Omni Elite Allstar Families will be required to keep a credit or debit card on file with the office. You will receive an Auto Debit Authorization form which must be completed at your first practice.
8. Tuition pays for training.
9. Vacations or time off will not be prorated.
10. If you have questions about your statement, please contact the office 704-684-0100 or email [omnieliteathletix@gmail.com](mailto:omnieliteathletix@gmail.com)
11. We accept Visa, Master Card, Checks, Cash, Money Order for Apparel. You can also pay by credit/debit card by calling during evening business hours.  
Please clearly mark Omni Elite Athletix
12. Any payments resulting in NSF (non-sufficient funds), declined credit card, expired credit card, returned check and electronic debits, etc. will incur a \$25 service charge. It is your responsibility to update your information with us if it changes (eg – bank acct number, card number, exp date, etc)
13. All accounts must be in good standing to try out for the next season as well as continuing to participate in practices, competitions and other events.
14. Omni Elite Allstars reserves the right to sit an athlete out of practice or to remove an athlete from their team at any time for failure to keep up with financial obligations.
15. Any monies received for an overdue account will be applied to the athlete's account items at the gyms discretion.
16. All tuition/fees must be current before an athlete may collect any clothing/uniform or other retail items.
17. Students with an outstanding balance may not schedule or participate in private lessons. They



are also prohibited from taking classes or making pro-shop purchases until balance is brought up to date.

18. If an athlete chooses to leave or is asked to leave Omni Elite Allstars for any reason before the season is over, any and all funds are completely non-refundable and non-transferable.
19. Omni Elite Allstars reserves the right to turn over all delinquent accounts to collection agencies and the parent/guardian will be responsible for all additional costs incurred.

## RULES AND REGULATION

### GENERAL

1. **Only registered athletes are allowed in the practice areas. Siblings, family members, friends, etc are not allowed in the practice area. Students who are not in a class must not be on the spring floor or any equipment.**
2. **All spectators in viewing area must keep conversation positive and refrain from criticizing other children, coaches, etc. Any issues should be brought directly to our attention: email: [omnieliteathletix@gmail.com](mailto:omnieliteathletix@gmail.com) rather than being discussed in viewing areas. This area is intended to be for your enjoyment. If this area becomes a negative atmosphere, Omni Elite Athletix reserves the right to close the viewing area.**
3. No food, gum or drinks are allowed in the practice area or viewing areas.
4. All trash must be disposed of in appropriate trash receptacles.
5. No cell phones are allowed in the practice area.
6. All choreography and music is highly protected and should not be shared, traded, shown or discussed with others. NO videos or music should be uploaded to any site such as YouTube, Facebook, Instagram, etc. Coaches will let you know when it is OK to post performance videos to Facebook.
7. Every child is required to be at every practice, tumbling class, camp, choreography session and special event. If for any reason the coach feels that you are not able to fulfill your obligation due to extensive sickness or other commitments, we have the right to remove you from the squad or put you on an alternate status.
8. Every cheerleader AND parent must hold the ideals and morals that the OMNI ELITE ALLSTARS program abides by. That includes being a team player, showing respect for all members of all teams, including their own, other teams in the gym, and other competing teams. No foul language should be used at any time while representing Omni Elite Allstars. If for any reason we find that a cheerleader or parent is not upholding these qualities, they will be asked to leave the program.
9. Omni Elite Allstars reserves the right to place children on the team that they feel best suits their ability, age and needs. We also have the right to change any child at any time in the year to a different team if we feel the needs of the team or the ability of the child has changed.
10. Omni Elite Allstars reserves the right to name the alternates to any team in the program at any time during the year. A child can be named an alternate at tryouts, or can become an alternate at any time during the year. Any child that is an alternate is required to pay tuition.
11. **We will not go around schedules for any activities that your child may be involved in.**
12. Please be aware that our employee office and staff room are exclusively for our staff.
13. **No parent should interrupt a coach or instructor during practice or class. If there is an issue that you need to discuss, please let our receptionist know and we will get in touch with you to schedule a meeting to discuss your concern.**
14. NO Omni Elite Allstar Cheerleader is allowed to compete with any other all star program.
15. No Cheerleader is to wear any jewelry during practices or competitions. This is a USASF rule



and it will be strictly enforced. It is for the SAFETY of your child.

16. All Omni Elite members must wear ONLY Omni Elite apparel during competitions. No pajama pants, random t-shirts or street clothes are to be worn at any time. Also, no skirts are to be unbuttoned or top to be unzipped. We want our athletes to represent our gym in a positive way. Warm-up Jackets and pants, if NOT Omni apparel, should be all black with NO logos.
17. DURING AWARDS: Full uniform is required to be on stage: Bow, Uniform and Shoes. Nothing is to be worn over the uniform.

## WEBSITE, EMAILS, FACEBOOK

1. The Omni Elite Allstars website, emails and Facebook must be checked regularly for any and all updates. The link to our website is [omnieliteathletix.net](http://omnieliteathletix.net)
2. The website and our Facebook page is one of our primary means of communication at Omni Elite Allstars. Any information that needs to be disseminated to students and parents will be posted there.
3. All completed forms and information must be turned in to the Omni Elite Allstars office as requested.

## HEALTH

1. You must provide Omni Elite Allstars with your current health insurance and emergency information.
2. You must inform Omni Elite Allstars of any medical condition that may limit or prevent participation in any Omni Elite Allstars activity.
3. Immediately notify Omni Elite Allstars of any injury sustained as a result of a sanctioned Omni Elite Allstars activity.
4. Provide a written physician's note if you are unable to participate, including the duration of time that your participation is limited.
5. Provide Omni Elite Allstars with a list of medications that you are currently taking.
6. All athletes must refrain from the use of illegal drugs, alcohol, tobacco or any other harmful substances.
7. If you are injured inside or outside of OEA and cannot participate in cheerleading for a limited time; when you are able to return, you must obtain a doctor's note stating 100% capacity to return to OEA.

## ATTENDANCE

1. You must attend and be ready to participate in all Omni Elite Allstar activities including those unexpectedly added throughout the season. We will add extra practices before a competition.
2. Schedule all vacations so that they do not interfere with competition schedules.
3. Notify Omni Elite Athletix immediately of all expected absences or tardiness.
4. DO NOT call the day of practice unless there is an unexpected emergency.
5. **If you are not feeling well, you must be at practice.** Call prior to practice or let coaches know at the beginning of practice. In the middle of practice or when asked to do something is not an acceptable time to notify us.
6. Absentee forms are to be filled out prior to all misses whenever possible and emailed or handed in to the office for file. Emails are to be sent to the office or the office is to be notified of absences ALONG with notifying your coach.



## DRESS CODE

1. Athletes must maintain a groomed appearance and good personal hygiene at all times.
2. Hair must be pulled out of the face at all practices and events.
3. While in any Omni Elite Allstar clothing or representing the gym in any way, inside or outside of the gym, we expect each athlete to hold themselves at a high standard and to represent the gym in a dignified and positive manner.
4. At competitions you must be dressed in the competition dress code which can include Omni Elite All-star gear, uniform, and/or warm-up. You must be in athletic clothing. No PJ's, UGG slippers or boots, mismatched clothing will be permitted.
5. Socks and sneakers must be worn at all times.
6. Jewelry must be removed prior to meeting times. Coaches will not be responsible for holding jewelry.
7. No colored nail polish at competitions.
8. Dating age students may not show ANY public displays of affection while in an Omni Elite Allstar Cheer uniform or clothing. Hand holding is also not acceptable while in uniform.

## OMNI ELITE ALLSTARS CLOTHING/APPAREL

1. No one may use the Omni Elite Allstar or Omni Elite Athletix logo or name for any clothing, novelties, or any other use unless authorized by the owners.
2. Any items that are distributed to any of the Omni Elite All-star athlete, where money is being collected, must be authorized by owners.
3. Anything created without approval will not be acceptable and cannot be worn in the Omni Elite Athletix gym, to any competitions, or to any Omni Elite Allstars or Omni Elite Athletix activities.
4. If you leave the program for any reason, you are not able to wear the uniform to any Omni Elite All-star events in representation of Omni Elite Allstars. This is a false representation of Omni Elite Allstars.

## SPORTSMANSHIP/CONDUCT

1. Always set a positive example for others.
2. Be respectful and courteous to everyone. This includes officials, security at competitions, cheerleaders from other teams, etc.
3. Refrain from gossiping! You will have a much more enjoyable season.
4. Refrain from using abusive language and physical confrontations of any sort.
5. Schedule an appointment of any issues that may arise throughout the season.
6. Accept placements and awards with dignity and class.
7. Always cheer on other teams and gyms.
8. Remember that Omni Elite Allstars and Omni Elite Athletix has formed relationships with other gyms, competition companies, etc. You are expected to always uphold proper sportsmanship at all times.
9. Remember that your coaching staff will deal with any scoring issues at events. This is not something that parents or cheerleaders should discuss and under no circumstances should any parent approach a judge or competition official for any reason.
10. All cheerleaders and parents must refrain from expressing any negative opinions on public message boards and internet sites.

## TRAVEL/COMPETITIONS

1. All families must book their travel arrangements in a timely fashion.
2. Please adhere to the hotel block time restraints and book your rooms within the allotted time frame to avoid any excess charges or the hotel possibly selling out.
3. Athletes must not leave the gym to travel to an event prior to their last scheduled practices. You must check with your coaches or refer to the website so that you will know the expected dates of departure. Anyone found to have booked their travel before the allowed date will be asked to change their travel plans or the athlete may be replaced in the routine.
4. Athletes must arrive at meeting times and competitions on time.
5. You must follow the designated travel dates, scheduled meeting times, activity times, etc set forth by Omni Elite Allstars at all competitions.
6. All competition dates, venues, and itineraries will be released on the Omni Elite Athletix website and Omni Elite Allstars Facebook page as soon as we have that information.
7. Athletes must be at all travel comps by 6 PM unless otherwise stated by the coach.

## **\*\* NEW PRIVATE LESSON POLICY \*\***

We encourage you to schedule private lessons to help your child excel in a skill they have been working on. We will no longer allow athletes to schedule private lessons unless they are enrolled in a tumbling class.

It is very important that all athletes go through tumbling progression and conditioning. Your child will only fully benefit from our tumbling instruction by taking a weekly or bi-weekly class.

If you schedule a private lesson and need to cancel for any reason you must give the coach a 24 hr notice. If notice not given or is given in less than 24 hours of the lesson, you will still be responsible for payment of the private and it cannot be rescheduled.

This goes for both Tumbling and Stunting privates.

I have read and acknowledged the rules and regulations of Omni Elite Athletix All-star Cheerleading.

This Handbook will remain in effect and include any revisions made from year to year.

Athlete \_\_\_\_\_

Date \_\_\_\_\_

Parent \_\_\_\_\_

Date \_\_\_\_\_