

THE 2023 WORLD & SUMMIT CHAMPIONS WANT YOU!



A★LIST ATHLETICS

2024-2025

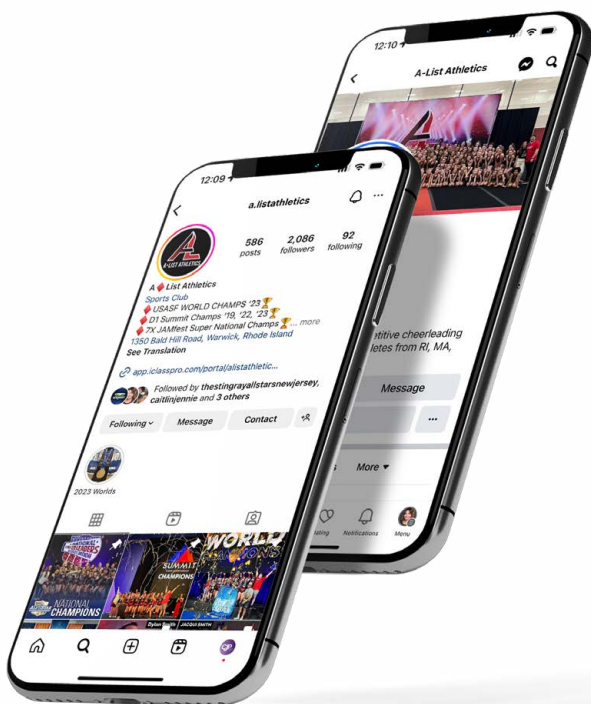
PROGRAM PACKET

1350 BALD HILL ROAD, WARWICK, RI 02886

WWW.A-LISTATHLETICS.CO | 401-320-8550 | INFO@A-LISTATHLETICS.CO

WELCOME TO SEASON 7!

A-List Athletics offers athletes of all ages and skill levels the opportunity to grow and develop under the supervision of trained professionals. Our USASF certified staff pride themselves on the growth of athleticism and confidence in our athletes. Our newly constructed training facility features the equipment needed for proper skill development. From our coaching staff to our facility, A-List Athletics is the standard for competitive cheerleading in New England. A-List is home of the 2023 USASF World Champions, as well as 3x D1 Summit Champions! Furthermore, our teams have won hundreds of national titles during our 6 years of business including JAMfest Super Nationals, CHEERSPORT, and NCA. We are excited to welcome your family to A-List Athletics.



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a.listathletics



A-List Athletics

TEAM PLACEMENTS & CELEBRATION

TRYOUTS

May 28th - 30th

PRACTICES BEGIN

June 5th & 6th

WELCOME MEETING

June 5th & 6th

Last 20 minutes of first practice (June 5th or 6th). Parents & team members are required to attend.

TEAM REVEAL

Monday, June 3rd

Novice/Prep/Elite/Premier status will be determined during the evaluation process and announced with Team Reveals!

TEAM CELEBRATION

June 8th

QUESTIONS

If necessary, please no messages, emails, or phone calls regarding team placements until 24 hours after they have been sent out.

NOVICE / PREP TEAMS

Will practice 2 days per week. No travel outside of New England. Will compete only on day 1 of two day events.

ELITE TEAMS

Will practice 2 days per week. Will attend 2 "travel" competitions, the remainder throughout New England.

PREMIER TEAMS

Will practice 2 days per week. A 3rd practice per week will be added on Saturdays starting on September 7th. Will attend 4 "travel" competitions, the remainder throughout New England.

TEAM PRACTICES

Gym closings are listed in the handbook, please schedule vacations during these times as it will be most helpful to your athlete and team's progress. There is no bench in all star cheer, every athlete is important.

SUMMER PRACTICES

- June 5th - September 2nd
- Each team will practice between 4-5 hours per week during the summer.
- Each team will have choreography during the summer months that is **MANDATORY**.

FALL/WINTER PRACTICES

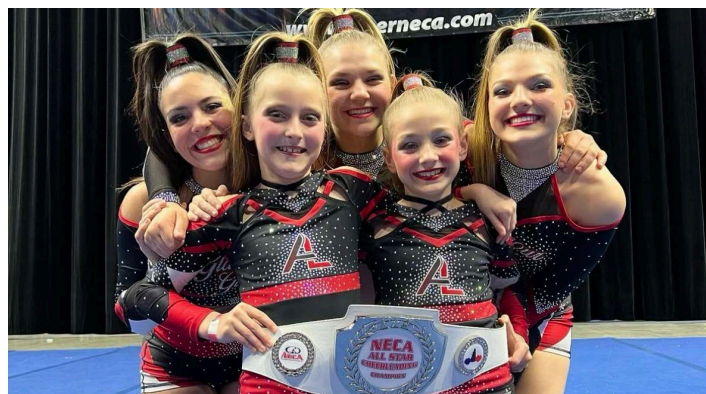
- September 3rd - April 1st
- Each team will practice between 4-7 hours per week during the school year.
- Depending on your team placement, weekend practice will be required.

POST SEASON PRACTICES

- April 1st - May 4th
- Each team attending a post season event such as The Summit, Worlds or US Finals will have added practices in April leading up to their event.
- Practices will be on weekday evenings, as well as weekends.
- **DO NOT schedule any vacations/ family events/etc during April to ensure you will be available for practice.**
- Post season events are our toughest competitions of the year, we plan and work to end our season strong.
- All April practices are mandatory in order to attend post season events.

ALL-STAR TUMBLE BLOCKS

- NEW THIS SEASON!
- Every athlete's monthly tuition grants them access to our unlimited All-Star Tumble Blocks.
- There will be 6 blocks available per week, and each block will be 60 minutes in length.



PROGRAM COSTS

NEW 10 MONTH INCLUSIVE TUITION! Monthly tuition includes practice time, unlimited All-Star tumble blocks, specialty classes, choreography/music costs, competition fees, coaches' fees, and the events fee. (Jumps, Flexibility, Flyer, Fitness, Dance & Performance included)

TUITION

- **Novice & Prep(non travel):** \$327/month
- **Elite:** \$397/month
- **Premier:** \$487/month
- **Crossover:** \$25/month

SIBLING DISCOUNT

- **Novice, Prep & Elite:** Discount of \$165 for the season.
- **Premier:** Discount of \$217 for the season.

ADDITIONAL FEES

- **A-List Practice Apparel:** \$275/athlete - 2 practice tops, 1 pair of practice shorts, 1 scrunchie, 1 program t-shirt, and 1 pair of cheer shoes.
- **A-List Competition Apparel:**
Female (2 installments of \$375/athlete) - warm up set, uniform top, uniform bottom, uniform socks, and uniform hair accessory.
Male (2 installments of \$312/athlete) - warm up set, uniform top, and uniform bottom.
RETURNERS - Do not need to purchase new uniforms this season, but will need to purchase the warm up set at \$150
- **May Rate:** \$175/athlete - Includes "Level Up" practices, All-Star Tumble Blocks, and specialty classes.
- **USASF Registration:** Will need to be completed and paid directly to the USASF. Registration must be completed to attend choreography in July.
- **Post Season Fees:** Post season fees are NOT included in the amounts above. Post season coaches' fees will be billed in April. Costs for post season fees will be available once bids are earned.

PAYMENT LAYOUT & POLICIES

Due Date	Description	Amount
June 2024 - March 2025	Tuition (based on team placement) Practice, unlimited all-star tumble blocks, specialty classes, choreo/music costs, competition fees, coaches' fees, and event fees. (Jumps, Flexibility, Flyer, Fitness, Dance & Performance included)	Novice/Prep: \$327/month Elite: \$397/month Premier: \$487/month Crossover: \$25/month
June 15, 2024	A-List Practice Apparel	\$275/athlete
August 15, 2024	1st Competition Apparel Installment (New Athletes) Warm Up Set (Returning Athletes)	\$375 (Female) \$312 (Male) \$150 (Warm Up Set)
September 15, 2024	2nd Competition Apparel Installment	\$375 (Female) \$312 (Male)
April 2025	NO TUITION Post Season fees will be billed this month.	TBD
May 2025	May rate tuition	\$175/athlete

- **Payment Method:** A voided check will be required for the 24-25 season.
- **Tuition:** Monthly tuition or fees will not be prorated for any reason. There are many times throughout the season that we will add additional practices which you will not be charged for.
- **Refunds:** No tuition or fees will be refunded for any reason during the season.
- **Late Fee:** A \$30 monthly late fee will be added to any tuition outstanding after the 5th of the month.
- **Quit fee:** A quit fee in the amount of 1 months tuition will be charged to your account if you quit or are dismissed from the program before the season ends.
- **Uniforms/Warm Ups:** Once uniforms arrive, you must have a \$0.00 balance at that time to receive it.
- **Post Season:** Post season zero-dollar balance day will be April 7th, 2025. You must have a \$0.00 balance by April 7, 2025 to compete at your end of season event.
- **New Season:** Athletes must have a \$0.00 account balance to be evaluated for the new season.

GYM POLICIES

CONDUCT

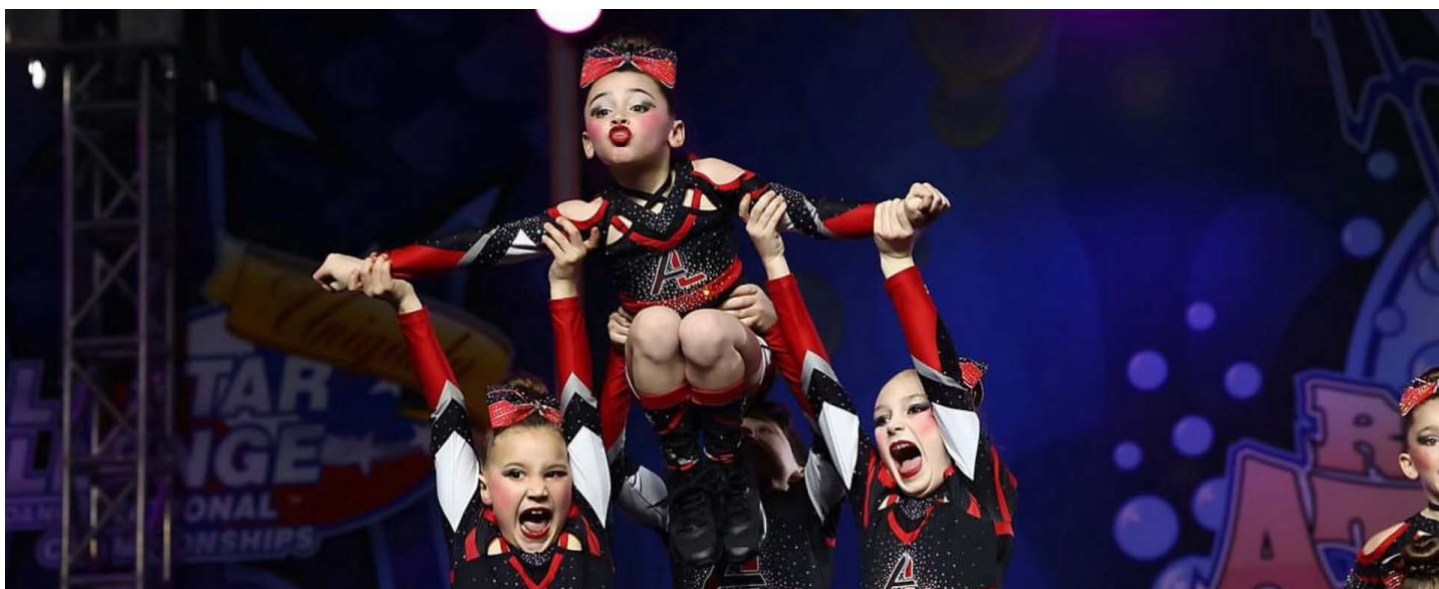
We are all here for a common goal and failure to comply with the following guidelines may result in your family's dismissal from the A-List Athletics program.

- It is the parent and athletes' responsibility to know what is going on with your A-List team at all times.
- Please do not gossip about other children/families, your team, coaches, or other teams. This includes posts made on social media platforms/group messages. This will not be tolerated.
- There will be no yelling onto the floor at team members or coaches while practices or classes are in session. Parents are not allowed onto the practice surface and have a designated lobby to watch from.
- Please feel free to speak to our coaches/owners about anything, just remember to do it at the appropriate time and in the appropriate manner.

CONDITIONING

Competitive cheerleading is very strenuous and athletes in our program are expected to be in top physical shape. This includes flexibility, strength, and endurance. If a team member is lacking in an area, they may be required to take additional specialty classes that we feel they need.

All team members are expected to take care of their bodies. This means no drugs, no vaping, no alcohol, no tobacco products. We expect our athletes and families to practice proper health & nutrition.



GYM POLICIES

PRACTICE

- **Dress code:** A practice wear schedule for training days will be set once we receive the apparel. You are required to follow this dress code, no exceptions. Failure to follow the designated dress code will result in conditioning for your child.
- **Hair:** Hair in a high ponytail with the practice scrunchie.
- **Fingernails:** Fingernails must remain short. Fake nails are not allowed at practice or competitions. Please remove them prior to each of these events. Long/sharp fingernails can cause injury to yourself and others.
- **Jewelry:** No jewelry will be worn at A-List practices or competitions. Jewelry can cause injury to yourself and others. This includes apple watches.
- **Late Arrival:** Athletes that arrive more than 15 minutes late to practice with no prior communication with coaches will be marked as an unexcused absence
- A-List Athletics reserves the right to move athletes between levels and teams.
- A-List Athletics reserves the right to change a team's level.
- A-List Athletics reserves the right to close practice viewing:
- Practices will be closed for viewing during:
 - All choreography sessions.
 - The entire month of November leading up to Showcase.
 - The second practice of competition weeks. (Wednesday/Thursdays)
 - If any additional practices are going to be closed for viewing, we will give you notice ahead of time.



GYM POLICIES

COMPETITION

- Athletes and families may be required to stay and support our program at events during their performances. A bigger fan viewing section often leads to bigger energy on the mat leading to a bigger performance score!
- If issues are to ever arise at a competition, please reach out to A-List staff following the event. No athletes or families should contact the event producers on the gym's behalf.
- **Dress code:** Athletes should arrive at the competition with hair and makeup complete. Athletes should arrive wearing their A-List warm-ups over their uniform with their competition cheer shoes on (weather permitting).
- **Awards attire:** Athletes are to be fully competition ready for awards, hair and makeup must be complete. Athletes will wear their A-List warm-up jacket over their uniform for awards. No cell phones are allowed on stage at awards.
- Competition schedules will be sent to families once they are made final by the event producer. This will be posted in our team Band pages.

TRAVEL

All athletes & families are responsible for their own travel accommodations, airfare, and any other travel expenses (hotel, rental cars, food, etc.).

- Teams traveling to larger events will have set travel dates which will be strictly enforced. DO NOT schedule travel accommodations until you are given the go ahead. Teams must adhere to these guidelines, so they are not to miss crucial practice times before large events.
- There are several “stay to play” events this season. This means that we are REQUIRED to stay at one of the designated hotels assigned by the event producers. There are no exceptions to this rule. A link for housing will be made in late summer/early fall.



GYM POLICIES

ABSENCE

There is no bench in All Star Cheerleading! Missing practice does not only impact your athlete, but each of their stunt groups, pyramid groups, and other athletes/families. Please take this into consideration when asking for your athlete to be excused from practice.

- The ONLY excused absences:
 - For a grievance.
 - For a contagious illness (must provide doctors note).
 - For a school function resulting in a grade (must provide teachers note).
- While we support our athletes that want to take part in their school cheer teams and other school sports, scheduling conflicts between outside sports and A-List will not be excused.
- Throughout the months of June-August you will receive 3 absences to use at your discretion. Once you have exceeded 3 unexcused absences, you will be charged a fee of \$30 per missed practice.
- Throughout the months of September-April you will receive 3 absences to use at your discretion. Once you have exceeded 3 unexcused absences, you will be charged a fee of \$30 per missed practice. **No absences are allowed in April.**
- Practice during the week of competition is mandatory. “Competition Week” starts 7 days before the competition. Failure to participate may result in your athlete being removed from competition.

SICKNESS/INJURY

As mentioned above all absences due to illness will only be excused with a doctor’s note providing detailed information regarding the illness, treatment, and length of recovery. If you are sick without a doctor’s note you must come to practice. Extended sickness or injury may result in loss of position in a routine. If your child becomes injured and cannot compete, we will find someone to fill their spot until they return. You are still responsible for all fees including but not limited to tuition, choreography, and competitions. Injured athletes are expected to attend practices and events for the duration of their injury. We expect all injuries to be reported to us immediately. These conditions apply for dental, medical and any other health related issues that would prohibit a student from participating. Please do not leave messages or post on social media about absences due to sickness/injury. Contact our staff via email at info@a-listathletics.co. Once the individual has fully recovered, he or she may or may not be choreographed back into their original positions.

Communication: Please use the following order of communication when contacting the gym:

1. Email the owners directly at info@a-listathletics.co
2. Band Chat
3. Phone Call

IMPORTANT DATES

Event	Date	Description
Choreography	In House (Dylan & Jacqui): July 8th - 14th Lewis McClendon: August 4th - 9th	Once teams are selected, we will schedule the days/times that athletes will have their team choreography sessions.
Red Carpet Roll Out	November 23rd or 24th	-
Beach Day	Saturday, August 10th	Weather permitting
Halloween Trunk or Treat	Saturday, October 26th	-
Christmas Party	Friday, December 20th	-
Program Photos	TBD	We will set a date once everyone receives uniforms
Program Practices (Mandatory)	Sunday, December 1st & Saturday, December 21st	-
Elite Teams Practice (Mandatory)	Sunday, January 5th	-

GYM CLOSURES

Event	Date
Independence Day	July 1st - 5th
Back to School / Labor Day	August 28th - September 2nd
Halloween	October 31st
Thanksgiving Break	November 27th - 30th
Winter Break	December 22nd - January 1st

A-LIST BOOSTERS

The A-List Boosters 501c3 Non-Profit offers many fundraising opportunities throughout the year to help pay for tuition, uniforms, team fees, etc. The funds you raise from A-List Boosters are only allowed to be used towards your A-List Athletics experience. If interested in joining the booster club, please email alistboosters@gmail.com

TOTAL RAISED

\$340,000.00

TOP 3 FUNDRAISERS

XFINITY

\$103K

28 events | 2185 hours | 42 members

CANNING

\$65K

38 events | 17 cities | 3 states

YETI RAFFLE

\$35K

ADDITIONAL OPPORTUNITIES

SALES

RAFFLES

GILLETTE

DIRECT SPONSORS

COMMUNITY OUTREACH