

Wake Forest All-Star Cheerleading

2022-2023

Program Handbook



The Wake Forest All-Star cheerleading program operates out of Young's Gymnastics & Cheerleading, Inc. Young's Gym was established in the town of Wake Forest in 1994 and has been instructing the youth of Wake Forest and surrounding areas in the disciplines of gymnastics and cheerleading for over 28 years. The program is the oldest and most stable in the area with a reputation of being competitive, well organized and known for its high standards and small, family atmosphere.

We are glad that you are considering being a part of our family at WFAS! Our mission is to build self-confident, self-disciplined, team oriented, loyal athletes and families. At WFAS we value sportsmanship, dedication, integrity, and development of the cheerleader both on and off the floor.

In this handbook you will find information on the tryout process, financial obligations, athlete and parent policies, and important dates. ***Please read this handbook in its entirety prior to tryouts!***

WFAS Team Tryouts **UPDATED for the 22-23 Season**

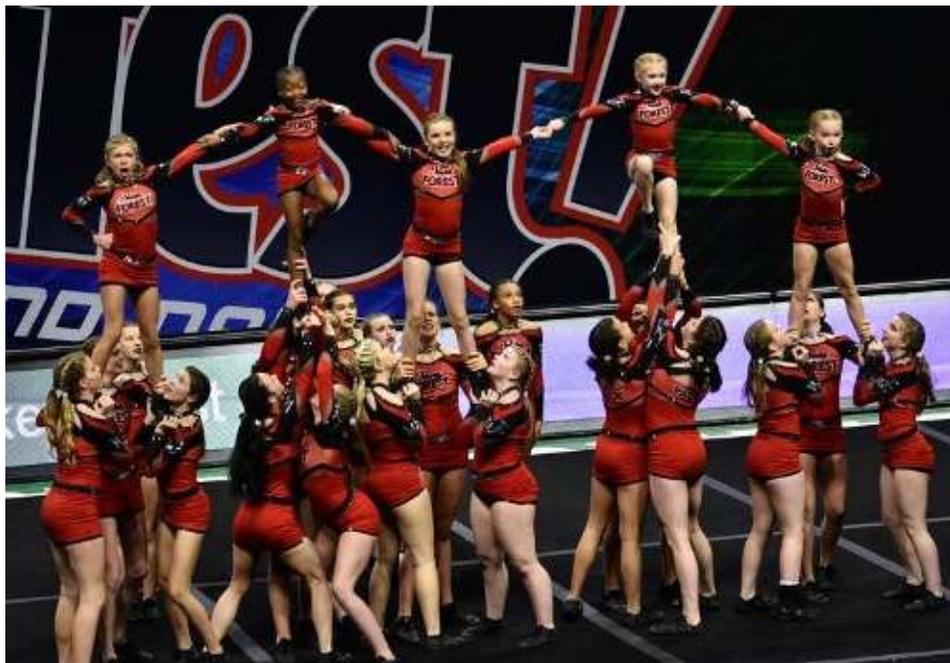
The WFAS cheerleading program is a small D2 program of 125 athletes or less each season as governed by the United States All-Star Federation (USASF). Teams are created based on athletes' ages and skill levels. An athlete's age for a competition season is based on that athlete's birth year.

The age grid for teams is determined by the USASF. Age is determined by your child's birth year:

| Cheer Division | Birth Year | # on Squad | Levels |
|----------------|---------------|------------|----------------------|
| Tiny Prep | 2015-2017 | 15 | Level 1.1 |
| Mini | 2013-2016 | 5-30 | Levels 1,2 |
| Youth | 2010-2016 | 5-30 | Levels 1,2,3,4 |
| Junior | 2006-2014 | 5-30 | Levels 1,2,3,4,5 & 6 |
| Senior | 6/1/03 - 2010 | 5-30 | Levels 1,2,3,4,5 |
| Senior | 6/1/03 - 2009 | 5-30 | Level 6 |
| Junior Prep | 2006-2014 | 5-30 | 1.1, 2.1 |

Divisions are split into small and large teams. Small teams consist of 5-22 athletes and large teams can have up to 30 athletes. At WFAS we typically strive to have small teams unless circumstances dictate otherwise at tryouts.

***There are tumbling requirements at WFAS for all full season athletes that will compete in the Youth, Junior, or Senior divisions of a competitive season (anyone born 2011-2015 is still MINI age). This means that athletes whose birth year for a season is 2010 or older must have a minimum of a **standing back handspring and roundoff back handspring unspotted on the floor WITH PROPER TECHNIQUE**. Without these minimum tumbling skills an athlete will NOT be placed on a full season WFAS team! In addition, an athlete MUST maintain these minimum skills throughout the entire season or risk being removed from the competition routine!



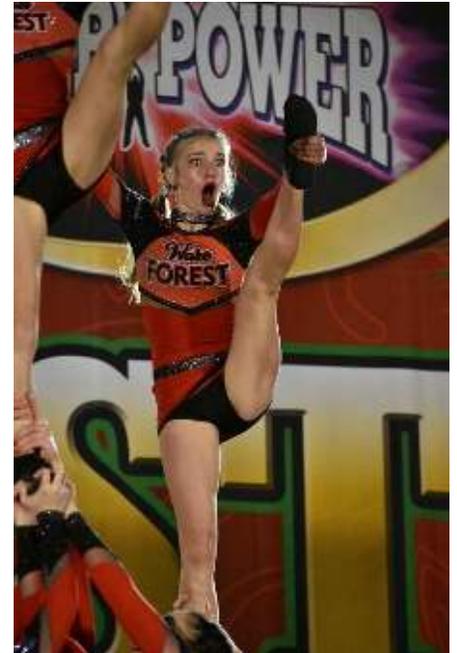
Team Placements (Full Season)

There may be athletes on any given team that tumble at a different level than their teammates. We try to match up the athletes by level as best we can, but please remember that stunting, pyramids, jumps, dance, motions, age, mentality, dedication, attitude, and work ethic are huge factors as well. Some girls will be stronger tumblers than others. Some will contribute more with stunts than others. We choose our teams based on the positions that we need to fill (Bases, flyers, tumblers, etc.) Every athlete is placed on a team for a reason - Please trust the coaches and staff. Our decisions are made on what is best for the **ENTIRE** team, program, and the individual athlete as well!

Each season we will need some athletes to compete on more than one team. These athletes, referred to in the industry as “crossovers,” are picked solely at the discretion of the coaching staff for the specific teams needed. If an athlete is asked to be a crossover to another team and she accepts the crossover position, her primary team will always be considered her age-appropriate team unless otherwise decided by the coaching staff. It is a privilege for an athlete to be a crossover; therefore, if an athlete is not fulfilling her duties on her primary team, she may need to be removed from her crossover team.

We try to have as few crossovers as possible. Ideally, we would have none because having crossovers creates scheduling conflicts for practices in the gym and at competitions. However, it is typically not possible in any season to not have some crossover athletes.

Crossovers do incur additional fees so parents should be aware of the extra costs before committing their athlete to a crossover position!



Team Crossovers

What is a crossover?

A crossover is an athlete that is chosen to compete on a 2nd team because they are qualified and can fill a specific role that the 2nd team needs (i.e. base, back spot, flyer). **If your athlete plans to do school athletics (school cheer, track, basketball, soccer, etc.), they will only be allowed to compete on ONE competitive cheer team.**

Please read this page in its entirety before you decide that your athlete would like to be CONSIDERED as a crossover.

- Crossovers will pay a stunt clinic fee, choreography fee, competition fees & team specific hairbows and/or apparel for BOTH teams. There is NO extra tuition for the 2nd team.
- Crossovers will be chosen to fill a need (i.e. base, back spot, flier). They will NOT be chosen just because they want to do 2 teams.
- If your athlete is NOT chosen as a crossover it does not mean that they are not good or did something wrong. It simply means that we did not need them on a 2nd team.
- Crossovers & parents need to understand that they will be expected to give 100% effort to each team even if those practices are back-to-back.
- We cannot guarantee that practices will not overlap or be back-to-back. The crossovers will be given at least a 5-minute break before they need to report to their 2nd team. Depending on what it is going on it would be at the coach's discretion to give a longer break. The crossover and parents must trust the judgment of the coaches in this area.
- Crossovers and parents need to be aware that there will be difficult practices and that it is OK for your athlete to be pushed. I promise it will only make them stronger! 😊
- Crossovers WILL NOT be treated differently on either team just because they do 2 teams. You are making a choice to be considered as a crossover.

Please check all that apply below:

_____ I DO want my athlete to be CONSIDERED as a crossover AND I am aware that choosing this option DOES NOT mean that she will be a crossover. (My athlete will not try out for school athletics).

_____ I DO NOT want my athlete to be CONSIDERED as a crossover.

_____ My athlete will be doing school sports this year and I understand that she will not be eligible to crossover.

Parent Signature: _____

If you have any questions, please email Shannon at Nikita@youngsgym.com

WFAS Tryout Checklist

Please bring the following documents with you to tryouts:

- Photo of Athlete (New athletes only)
- Crossover form
- WFAS Athlete Information
- WFAS “Policies, Payments, & Terms” Signed
- WFAS “Parent Payment Information” filled out
- WFAS “Family Code of Conduct” Signed
- Acknowledgement of WFAS Program Handbook Signed



WFAS Prep Teams- Wolf Cubs (Tiny Prep) & Tundra Wolves (Junior Prep)

The WFAS prep teams were created to allow athletes and parents the opportunity to experience All-Star cheerleading in a shorter and less costly season. There are NO requirements, evaluations, or tryouts to be placed on these teams. We do set the ages for these teams. Registration for these teams opens in June and practices begin in August. Just like full season athletes, competition age is based on their birth year (please see the age grid chart on page 4). The team is filled on a first come basis and the maximum positions allowed each season is determined by the coaching staff. The athletes on these teams do count towards our maximum allowed limit of 125 so the size of the prep teams may be adjusted based on the total number of full season athletes for that year.

Athletes who participate on these teams will experience All-Star cheerleading competitions just like the athletes on the full season teams. However, since these teams start over from scratch each season, it is not recommended that athletes participate on Tundra Wolves for more than 2 seasons. Athletes are not prohibited from cheering on Tundra Wolves for more than 2 seasons, but the repetitiveness of starting over each season could likely become boring. Hopefully over the course of one or two seasons on this team, an athlete will have decided to move up to the full season program or that All-Star cheerleading is not a sport that they wish to further pursue.

It should also be noted that tumbling skills and progressions may not be as focused on this team as they are in a specific tumbling class. All aspects of competitive cheerleading must be taught to this team from the beginning each year in a short amount of time! Elements learned include stunting, pyramids, jumps, dance, motions, and tumbling. Team tumbling practice may sometimes need to be replaced with competition routine practice if it is deemed imperative by the coaching staff. The objective is to have the team prepared for competition. Therefore, if an athlete is certain that her goal is to make a WFAS full season team one day and she does not have the required tumbling skills, she should consider taking a tumbling class and/or private tumbling lessons instead of participating on Tundra Wolves or in addition to cheering on Tundra.

| WFAS Prep Team Important Dates | | |
|-------------------------------------------------------------------|---------------------------------|--------------------------------------------------------------------------------------------------------|
| Monday, June 27, 2022 | Online Registration Opens! | 9:30am |
| Thursday, July 28, 2028 | Mandatory Parent Meeting | 5:00-6:00 Wolf Cubs 6:00-7:00 Tundra Wolves |
| TBA | Uniform Fitting | TBA |
| Tuesday, August 2 (Wolf Cubs) Friday, August 5 (Tundra Wolves) | 1 st Practice | |
| September 10 Wolf Cubs | Choreography - MANDATORY | Saturday, September 10 9:00-12:00 |
| September 9-10 Tundra Wolves | Choreography - MANDATORY | Friday, September 9 5:00-8:00 Saturday, September 10 1:00-6:20 Regular practice Sunday 5:30-7:30 |

WFAS Prep Team Practice, Competition, & Exhibition Dates

| Weekly Practice Times | | | |
|-----------------------|---------------------|-------------------------|-------------------------|
| Tuesday | Thursday | Friday | Sunday |
| Wolf Cubs 4:30-5:30 | Wolf Cubs 4:30-6:00 | Tundra Wolves 6:00-7:00 | Tundra Wolves 5:30-7:30 |

| Competition & Exhibition Schedule | | |
|-----------------------------------------------|---------------------|-------------|
| Competition | Date | Price |
| Exhibition Young's Gym, Wake Forest | October 30, 2022 | Young's Gym |
| CHEERSPORT Raleigh, NC | December 4, 2022 | \$70 |
| American Championships Raleigh, NC | January 28-29, 2023 | \$90 |
| Spirit Xpress Raleigh, NC | March 5, 2023 | \$50 |
| NCA Charlotte, NC | March 12, 2023 | \$70 |



2022-2023 Competition Agreement (Prep Teams)

- I understand that competitions are NOT OPTIONAL. All athletes are required to attend ALL events on the competition schedule.
- I understand that if my athlete misses a practice the week before an event for any reason other than a major illness or death in the family, she WILL lose her spot in the routine for that competition. Also, the coach cannot guarantee she will get that spot back after that event. She may be moved to another spot moving forward.
- I also understand that if my athlete chooses to miss a practice the week of an event it puts the team at a disadvantage. With Prep teams we DO NOT have athletes that can fill in on the team.
- I understand that changing an athlete's spots at the last minute puts the team at a disadvantage, however, the team MUST be able to practice all stunts and pyramids which is why the changes WILL be made. I also understand that this puts unnecessary stress on the team and coaches.

I agree to these terms and will review the competition schedule and mark ALL mandatory practices on my calendar making them a priority to my child's commitment to their team and Wake Forest All-Stars.

Parent: _____ Date: _____

Athlete: _____ Date: _____

WFAS Prep Team 2022-2023 Cost Breakdown (Half Season)

| | |
|------------------------------------------------------------------------------|--------------------------------------------------|
| Registration Fee | \$75 per athlete or \$100 per family |
| USASF Membership Fee | Parent responsible for registering their athlete |
| Monthly Tuition | \$135 August 2022 -March 2023 |
| Practice Wear | \$40 (2 t-shirts) |
| Hairbow | \$40 |
| Uniform | \$175 (New uniform this season) |
| Shoes (Order your own) | Nfinity Evolution or other (Teamcheer.com) |
| Choreography/Music/Dance | \$150 |
| Coaches Travel Fee | \$85 |
| Team Parties x 2 | \$50 (\$25 Christmas-\$25 End of Year Banquet) |
| Competition Fees | \$280 |
| Possible extra WFAS gear (Not required) Jersey Backpack Sweatshirts | |

| Monthly Payment Breakdown | 1 st of the month | 15 th of the month |
|---------------------------------------------------|------------------------------------|-----------------------------------------------|
| July 28 th (Parent meeting) Deposit | Practice wear, hairbow & ½ uniform | |
| August | Tuition \$135 | ½ uniform, Choreography fee \$150 |
| September | Tuition \$135 | Competition fee \$70, Coaches travel fee \$85 |
| October | Tuition \$135 | Competition fee \$70, Team Parties \$50 |
| November | Tuition \$135 | Competition fee \$70 |
| December | Tuition \$135 | Competition fee \$70 |
| January | Tuition \$135 | |
| February | Tuition \$135 | |
| March | Tuition \$135 | |

Please note that transportation, lodging, and parent admission fees are not included in these amounts. These arrangements must be made and paid for by each individual and separate from the Wake Forest All-Stars Program.

WFAS CheerAbilities Team

The WFAS cheerleading program is proud to offer a special needs cheerleading team as part of its program. This team, named Wonder Wolves, typically has from 10-14 athletes, and competes at 3 or 4 of our more local competitions. The team has 2 coaches and buddy athletes from our full season teams that assist on the competition floor. Athletes receive a practice t-shirt and a competition uniform at no cost. The team is funded each season by generous donations and volunteer coaching staff. The team typically practices on Sundays from 1:00-2:30.

Important Wonder Wolves Dates for 2022-2023 Season:

| | | |
|-----------------------------|-------------------------------------|---------------------------------------|
| Online Registration Begins | Monday, July 18 th | 9:30am |
| Parent Meeting | Thursday, September 8 th | 6:00-7:00 Young's Gym |
| Practice Starts | Sunday, September 11 th | 1:00-2:30 |
| WFAS Showcase | Saturday, October 30 th | Young's Gym |
| 1 st Competition | December 4, 2022 | CHEERSPORT Concord, NC |
| 2 nd Competition | January 28-29, 2023 | American Championships Raleigh, NC |
| 3 rd Competition | March 5, 2023 | Spirit Xpress Raleigh, NC |
| 4 th Competition | March 12, 2023 | NCA Charlotte, NC |

For more information about Wonder Wolves please email Shannon or Lisa:

Shannon@youngsgym.com or office@youngsgym.com



WFAS Summer Practice Schedule 2022 (Full Season)

This schedule is subject to change!

| Team | Tuesday | Thursday |
|--------------|-----------|-----------|
| Wolf Pups | 6:30-8:00 | 6:30-8:00 |
| Red Wolves | 5:30-7:30 | 5:30-7:30 |
| Black Wolves | 4:30-6:30 | 4:30-6:30 |
| Lady Luna | 7:00-9:00 | 7:00-9:00 |
| Alpha Wolves | 7:45-9:45 | 7:45-9:45 |

WFAS Regular Season Practice Schedule 2022-2023 (September-May)

This schedule is subject to change!

| Team | Tuesday | Wednesday | Thursday | Friday | Sunday |
|-----------------------------|-----------|-----------|-----------|-----------|------------|
| Wolf Cubs | 4:30-5:30 | | 4:30-6:00 | | |
| Wolf Pups | | | 5:00-6:00 | | 3:00-5:00 |
| Red Wolves | 5:00-7:00 | | | | 2:00-4:00 |
| Black Wolves | 6:30-8:30 | | 5:45-7:45 | | |
| Lady Luna | | | 6:30-8:30 | | 4:00-6:00 |
| Alpha Wolves | 7:30-9:30 | | 7:30-9:30 | | 2:15-2:45* |
| Wolf Pups tumble | 5:30-6:30 | | | | |
| Red Wolves tumble | | | | 5:30-6:30 | |
| Black & Lady Luna tumble | | | | 4:30-5:30 | |
| Alpha Wolves tumble | | | | | 1:15-2:15 |
| Wonder Wolves | | | | | 1:00-2:30 |
| Tundra Wolves | | | | 6:00-7:00 | 5:30-7:30 |

WFAS Choreography & Stunt Clinic Schedule (Full Season)

| 2022 Summer Stunt Choreography | | |
|--------------------------------|------------------------------|------------------------------------|
| Team | Dates | Time |
| Wolf Pups | August 5-7 | TBA |
| Black Wolves | July 29 July 30 | 5:00pm - 8:00pm 4:30pm - 7:00pm |
| Red Wolves | July 30 | 9:00am - 3:00pm |
| Lady Luna | July 31 | 1:00pm - 6:00pm |
| Alpha Wolves | June 25 Stunt technique camp | 5:00-7:00 |

| 2022 Summer Choreography Camp | | |
|-------------------------------|------------------------|------------------------------------|
| Team | Dates | Time |
| Wolf Pups | August 5-7 | TBA |
| Red Wolves | August 26 August 27 | 5:00pm - 8:00pm 4:30pm - 7:00pm |
| Lady Luna | August 27 | 9:00am - 3:00pm |
| Black Wolves | August 28 | 1:00pm - 6:00pm |
| Alpha Wolves | August 19-21 | TBA |

Choreography camps are **MANDATORY** and last ALL weekend!

| 2022 Summer Tumble Clinic | |
|---------------------------|------------|
| Date | Time |
| Level 1 & 2 June 24, 2022 | 5:00-7:00 |
| Level 3 & 4 June 25, 2022 | 9:00-11:00 |
| Level 5 & 6 June 25, 2022 | 11:30-1:30 |
| Level 3 & 4 June 25, 2022 | 2:30-4:30 |

WFAS Absence Policy

Participating on a WFAS team is a commitment from the 1st day of practice in June through the end of the season in April or May of the following year. All-Star cheerleading is the ultimate team sport in that each member on a team has a specific role and a competitive routine requires every member working together to make it successful. This means that even one team member being absent from a practice can substantially affect the progression of the routine.

With all of that said, however, WFAS coaches and staff understand that there are times when an absence is necessary or warranted, but absences must be kept to a minimum during a season or a team's chance of success is GREATLY diminished.

Below you will find the WFAS absence policy that we are implementing for the 2021-2022 season. There is one policy for the summer and another for the regular season because we understand that absences in the summer are more common.

Summer 2022

Each athlete will be allowed a maximum of 4 absences during the months of June-August. After 4 absences, you will be charged \$25 per absence. If you know at the outset of the season that your athlete will miss more than 4 practices in the summer, then you MUST let us know and the WFAS coaches will NOT place your athlete in a stunt group during the summer months.

Regular Season 2022-2023

During the regular season of September-April, each athlete will be allowed a maximum of 6 absences. After 6 absences, you will be charged \$25 per absence.

That's a total of 10 absences over the course of an entire season. That is a lot for any competitive sport. In all honesty, if you feel that your athlete will be missing that many practices over the course of the season then participating on a WFAS team may not be a good idea. That is how critical attendance is for the success of a team and the entire program.

We understand that some absences will be unavoidable such as sickness or a family emergency. However, those types of absences should be considered when you do your planning at the start of the competitive season!

We are not trying to profit from excessive absences by charging a fine. It is merely a consequence of a violation of a policy that we can enforce. Larger gyms with many teams and multiple locations have the luxury of easily replacing athletes who have excessive absences. Miss too many practices and you simply lose your spot. As a small gym with limited athletes that is just not feasible. Removing an athlete from a spot on a team with no other comparable athlete to replace her can be even more detrimental to the team than the absences so, most likely, WFAS coaches would not be able to remove an athlete without making the situation worse.

WFAS Tuition Prices (Full Season)

| Team | Summer 2022 Tuition (June-August) (2 practices per week) | Regular Season Tuition 2022-2023 (September-April) (2 practices & 1 tumble class) |
|--------|----------------------------------------------------------------|-----------------------------------------------------------------------------------------|
| Minis | \$125 | \$150 |
| Youth | \$135 | \$165 |
| Junior | \$135 | \$165 |
| Senior | \$135 | \$165 |



WFAS 2022-2023 Cost Breakdown (Full Season)

| | |
|-------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------|
| Registration Fee | \$75 per athlete or \$100 per family |
| USASF Membership Fee | Parent MUST register athlete |
| Practice Wear | \$120 (2 t-shirts \$40 & practice outfit) |
| Hairbows x 2 (Practice & Competition) | \$50 |
| Uniform | \$460 NEW UNIFORM YEAR Senior \$500 |
| Warm Up | \$135 |
| Tumble Clinic | \$50 |
| Stunt camp/Choreography/Music | Level 1 & 2 teams \$275 Level 3 teams \$300 Level 4 teams \$325 Level 5/6 teams \$385 |
| Coaches Travel Fee | \$255 (does not include post season events) |
| Shoes | \$120 Varsity Ascend Air (Black) |
| Team Parties x 2 | \$65 (\$25 Christmas-\$40 End of Year Banquet) |
| Monthly Tuition | Summer \$125/\$135 Regular season \$150/\$165 |
| Competition Fees | \$1006.00(Alpha \$1201.00) Cross-over 465.00(Alpha \$645.00) |
| Post season events: Each team will ONLY do ONE post season event. D2 Summit Regional Summit Youth Summit | May 2023 April 14-15, 2023 Atlanta, GA April 20-21, 2023 Tampa, FL |

Please note that transportation, lodging, and parent admission fees are not included in these amounts. These arrangements must be made and paid for by each individual and separate from the Wake Forest All-Stars Program.

WFAS Fee Schedule 2022-2023 (Full Season)

| | | |
|------------------------------------------------|-------------------------------------------|---------------------------------|
| June 2022 | | |
| Registration Fee | \$75 | |
| Practice Wear | \$120 | |
| ½ Uniform | \$230 Senior 5 \$250 | |
| Tumble Clinic | \$50 | |
| Tuition | \$125 (Mini) | \$135 (Youth, Junior & Seniors) |
| July 1st | | |
| Tuition | \$125 (Mini) | \$135 (Youth, Junior & Seniors) |
| July 15th | | |
| ½ Choreo/music | \$137.50-\$192.50 (depends on team level) | |
| ½ Uniform | \$230 Senior 5 \$250 | |
| Shoes | \$120 | |
| Hairbows | \$50 | |
| Aug 1st | | |
| Tuition | \$125 (Mini) | \$135 (Youth, Junior & Senior) |
| Aug 15th | | |
| Competition fees | \$201.20(Alpha \$240.20) | \$93(Alpha \$129) Crossovers |
| ½ Choreo/music | \$137.50-\$192.50 (depends on team level) | |
| Warmup | \$135 | |
| Sept 1st | | |
| Tuition | \$150 (Mini) | \$165 (Youth, Junior & Senior) |
| Sept 15th | | |
| Coaches Travel Fee | \$85 Payment 1 of 3 | |
| Competition Fees | \$201.20(Alpha \$240.20) | \$93(Alpha \$129) Crossovers |
| Oct 1st | | |
| Tuition | \$150 Minis | \$165 All Others |
| Oct 15th | | |
| Competition Fees | \$201.20(Alpha \$240.20) | \$93(Alpha \$129) Crossovers |
| Team Parties | \$65 | |
| Nov 1st | | |
| Tuition | \$150 Minis | \$165 All Others |
| Nov 15th | | |
| Competition Fees | \$201.20(Alpha \$240.20) | \$93(Alpha \$129) Crossovers |
| Coaches Travel Fee | \$85 Payment 2 of 3 | |
| Dec 1st | | |
| Tuition | \$150 Minis | \$165 All Others |
| Dec 15th | | |
| Competition Fees | \$201.20(Alpha \$240.20) | \$93(Alpha \$129) Crossovers |
| Coaches Travel Fee | \$85 Payment 3 of 3 | |
| Jan 1st | | |
| Tuition | \$150 Minis | \$165 All Others |
| Feb-April | | |
| Tuition 1 st of each mo. | \$150 Minis | \$165 All Others |
| May | | |
| | \$TBD | \$TBD |
| D2 Summit, Regional Summit & Worlds | FEES ADDED IN ONCE WE RECEIVE A BID | |

WFAS 2022-2023 Competition Schedule (Full Season) TENTATIVE

| Competition | Date | Price |
|----------------------------------------------|----------------------------------------------------------------|----------------------------|
| Showcase (Young's Gym) | October 30, 2022 Mandatory practice Oct. 23, 25, 27 & 29 | |
| CHEERSPORT Concord, NC | November 12, 2022 Mandatory practice Nov. 6, 8, 10 & 11 | \$76 \$45 Crossover |
| CHEERSPORT Raleigh, NC | December 4, 2022 Mandatory practice Nov. 29, Dec. 1 & 3 | \$76 \$45 Crossover |
| Aloha Gatlinburg, TN | December 10-11, 2022 Mandatory practice Dec. 6 & 8 | \$138 \$60 Crossover |
| Spirit of Hope Charlotte, NC | January 14-15, 2023 Mandatory practice Jan. 8, 10 & 12 | \$165 \$70 Crossover |
| The American Championships Raleigh, NC | January 28-29, 2023 Mandatory practice Jan. 22, 24, 26 & 27 | \$150 \$65 Crossover |
| Battle at the Capitol National Harbor, MD | February 4-5, 2023 Mandatory practice Jan. 31 & Feb. 2 | \$180 \$70 Crossover |
| NCA - Dallas Alpha Wolves ONLY | February 24-26, 2023 Mandatory practice Feb. 19, 21 & 23 | \$195 \$180 Crossover |
| NCA Charlotte, NC | March 12, 2023 Mandatory practice March 5, 7, 9 & 10 | \$76 \$45 Crossover |
| Spirit Sports Myrtle Beach, SC | March 25-26, 2023 Mandatory practice March 19, 21 & 23 | \$145 \$65 Crossover |
| Regional Summit Atlanta, GA | April 15-16, 2023 Mandatory practice April 9, 11 & 13 | \$TBD \$TBD Crossover |
| Youth Summit Tampa, FL | April 20-21, 2023 Mandatory practice April 16 & 18 | \$TBD |
| D2 Summit Orlando, FL | May 2023 | \$650+ Plus Travel Fees |
| EACH TEAM WILL DO ONLY ONE | END OF SEASON EVENT! | |

Attendance at ALL practices is imperative to the success of the team! The dates highlighted in **PINK** are mandatory practice dates. **If your athlete misses one of these practices they WILL NOT be allowed to compete at the competition.** We will handle illness and injury on a case by case basis.

Again, PLEASE make practice a priority so that your athlete and her team can have every opportunity to put their best performance on the floor at each competition!

WFAS 2022-2023 Post Season Events (Full Season)

The Regional Summit, the Youth Summit (new this season), the D2 Summit (Junior and Seniors teams only) and Worlds (Level 6 only) are an invitation-only National competition. Teams are awarded bids to this event at the regional competitions throughout the regular season. Any WFAS team that receives a bid to the Regional Summit, the D2 Summit or Worlds will attend. A bid invitation to either of these events is the highest achievement a D2 gym can reach during the regular season. There are 4 levels of bids: 1) Wild Card (D2 Summit) 2) At Large (the Regional Summit, D2 Summit and Worlds) 3) Partial Paid (Regional Summit) or 4) Paid (D2 Summit and Worlds).

The Regional Summit events are offered to full season teams in all age groups. The teams still must receive a bid to attend these events. These events are closer to home and therefore less expensive!

ALL WFAS team WILL ONLY attend ONE post season event! If they were to receive a Gold Bid to the US Finals we will celebrate and be proud but we will not attend that event. The goal of our teams are the above mentioned post season events.

Any teams receiving a bid to the Regional Summit, the D2 Summit or Worlds WILL ATTEND in 2023 so please plan accordingly!



2022-2023 Competition Agreement (Full Season)

- I understand that competitions are NOT OPTIONAL. All athletes are required to attend ALL events on the competition schedule.
- I understand that if my athlete misses a practice the week before an event for any reason other than a major illness or death in the family she WILL NOT compete at that competition.
- I also understand that if my athlete chooses to miss a practice the week of an event it puts the team at a disadvantage. While we are lucky to have talented athletes that can fill in it puts the team in a position to make last minute changes that are unfamiliar and puts unnecessary stress on the team and coaches.

I agree to these terms and will review the competition schedule and mark ALL mandatory practices on my calendar making them a priority to my child's commitment to their team and Wake Forest All-Stars.

Parent: _____ Date: _____

Athlete: _____ Date: _____

WFAS Athlete Information

Cheerleader Name: _____

Address: _____

City: _____ Zip: _____

School: _____ Grade: _____

Birth Date: _____ Home Phone #: _____

Medical Conditions/Allergies: _____

Cheerleader Cell Phone: _____ Email: _____

Mom Name: _____ Cell: _____

Mom Email: _____

Dad Name: _____ Cell: _____

Dad Email: _____

Emergency Contact (Other than Parent) _____

Emergency Contact Phone: _____

Health Insurance Carrier: _____

Policy #: _____ Group #: _____

WFAS Athlete Sizing Information

| Please circle a size for T-Shirt below | | | | | | |
|----------------------------------------|---------|---------|---------|---------|---------|---------|
| T-Shirt | Youth S | Youth M | Youth L | Adult S | Adult M | Adult L |

WFAS Policies, Payments, & Terms

(Please initial and sign below)

- I understand that a valid credit card is required to be kept on file. At the end of the month, any unsettled balances will be charged to the card on file unless other arrangements have been made and accepted by management.
- I understand that monthly payments are auto drafted on the 1st and 15th of each month.
- **I understand that no refunds or credits will be given to any account for which an athlete quits during the season.**
- I understand there is a \$30 Returned check fee.
- I understand there is a \$250 re-choreography fee for an athlete leaving the program after choreography has been completed. This fee is non-negotiable and is charged when the athlete leaves the program regardless if the athlete quits or was dismissed.
- I understand that an athlete who quits during a season is NOT allowed to tryout the next season.
- I understand that WFAS management reserves the right to remove any athlete or family from the WFAS program at any time for any reason deemed by management to be detrimental to the program.
- I understand that social media posts by athletes or parents deemed inappropriate and unacceptable by WFAS management are considered grounds for immediate removal from the WFAS program.
- I understand that my athlete's skills must stay consistent all season to keep her position on a team.
- I understand that my athlete's attitude and ability to get along with coaches and teammates is a determining factor in keeping her position on a team.
- I understand that if a parent or anyone is observed speaking negatively about a team, coach, parent, or athlete, he/she will be talked to and/or asked to leave. If this kind of behavior continues to be an issue, the athlete will be removed from the team and the family dismissed from the program.
- If my child chooses to miss a competition due to something other than an illness, injury or family emergency and the team receives a bid to an end of season event, the athlete that competes on the floor with the team may be the one who competes at the end of season event with the team.

Parent Signature: _____ Date: _____

WFAS Parent Payment Information

Name as it appears on credit card: _____

Billing Address: _____

Credit Card #: _____ Exp. Date: _____

Signature: _____ Date: _____

Cheerleader's Name: _____

Financial Commitment

I have read and fully understand my financial commitment to The Wake Forest All-Star program outlined in this packet. I understand that my commitment is for the 2021-2022 All-Star competitive season. I understand that I am giving my credit/debit card information and that information may be used if I do not meet payment deadlines to the Wake Forest All-Star program. I understand that I will forfeit any monies paid if I choose to leave or am asked to leave the program. I understand that I am entering this program of my own free will.

Parent Signature: _____ Date: _____

For Office Use Only

| | | | |
|-----------------------|------------------------|-----------------------|------------------------|
| May Dep. | Aug. 15 th | Nov. 15 th | Feb. 15 th |
| June 1 st | Sept. 1 st | Dec. 1 st | March 1 st |
| June 15 th | Sept. 15 th | Dec. 15 th | March 15 th |
| July 1 st | Oct. 1 st | Jan. 1 st | April 1 st |
| July 15 th | Oct. 15 th | Jan. 15 th | April 15 th |
| Aug. 1 st | Nov. 1 st | Feb. 1 st | |

WFAS Parent Code of Conduct

- If you ever have a problem with anything, please do not hesitate to contact us. We are here for YOU. If you have any questions or concerns that need immediate attention, please contact the head coach first followed by the All-Star director next if necessary.
- Attendance at practices is critical. If you are going to be absent, you MUST contact the head coach or office manager BEFORE practice! DO NOT send notification with another parent or cheerleader!
- Excessive absences may result in removal from a team.
- Participation in the WFAS program takes precedence over ALL other extracurricular activities, INCLUDING SCHOOL CHEER AND OTHER SPORTS!
- Social Media responsibility... Any negative, inappropriate, vulgar, or insensitive conduct on social media by parents or athletes will result in dismissal from the WFAS program.
- If an athlete is absent from a competition without telling the All-Star director prior to that day then she will immediately be dismissed from the program.
- Do not leave ANY personal items in the hallways or lobby. The gym is NOT responsible for lost or stolen items.
- No profanity or abusive language.
- You must arrive at all practices, competitions, or any scheduled event ON TIME.
- NO GOSSIP.
- Only cheerleaders and coaches are allowed in the gym.
- Do not yell onto the floor or try to make contact through the parent viewing area window during practices or tumble classes. This is extremely distracting to the athletes and coaches.
- The coaches reserve the right to close practices at ANY time for ANY reason. In this event, the team mom will remain at practices.
- It is the parents' responsibility to know what is going on with their athlete's team. Check emails and the website regularly.
- Athletes should use good time management to balance schoolwork and All-Star practices. Homework is NOT an acceptable excuse for missing practice.
- Parents, relatives, friends, and cheerleaders are NEVER allowed to speak with competition officials for any reason.
- Parents are never allowed to represent Wake Forest All-Stars under any circumstances concerning accommodations, competitions, or any other situation.
- There will be no arguing or questioning of the coaching staff's decisions at competitions.
- If a problem arises between you and another parent, the problem will be addressed with all parties involved at a meeting with your coach and the All-Star director.
- Athletes must be present for mandatory practices. If absent, for any reason, the week of a competition and/or a mandatory practice, the athlete will be replaced in the routine for that competition.
- Feel free to talk to your coach about anything; just remember to do it at an appropriate time. Approaching a coach in the middle of a practice would not be an appropriate time.
- Do not text coaches or staff on their private cell phones unless given permission to do so.
- WFAS coaches and staff will NOT engage in any social media discussions or texts over issues.
- Emails to the WFAS program director are an acceptable way to communicate concerns. Phone calls to the program director and old-fashioned face to face meetings are also still acceptable!

By signing below, I agree that I have completely read and understand all the codes of conduct listed above for the WFAS cheerleading program. I agree to follow all the rules set forth by the WFAS coaching and management staff. If I fail to do so in anyway, I understand that I and my family risk being removed from the WFAS program. I also understand that I or my family may be dismissed from the WFAS cheerleading program for any violations of the rules listed above or any reason that the WFAS staff or management deem detrimental to the success of the program.

Parent's Signature _____

Date _____

WFAS Athlete Code of Conduct

- If you ever have a problem with anything, please do not hesitate to contact us. We are here for YOU. If you have any questions or concerns that need immediate attention, please contact the head coach first followed by the All-Star director next if necessary.
- Attendance at practices is critical. If you are going to be absent, you MUST contact the head coach or office manager BEFORE practice! DO NOT send notification with another parent or cheerleader!
- Excessive absences may result in removal from a team.
- Participation in the WFAS program takes precedence over ALL other extracurricular activities, INCLUDING SCHOOL CHEER AND OTHER SPORTS!
- Social Media responsibility... Any negative, inappropriate, vulgar or insensitive conduct on social media by parents or athletes will result in dismissal from the WFAS program.
- If an athlete is absent from a competition without telling the All-Star director prior to that day, then she will immediately be dismissed from the program.
- Do not leave ANY personal items in the hallways, lobby, or on the competition floors. Any valuables should be left at home or with a parent. The gym is NOT responsible for lost or stolen items.
- No profanity or abusive language.
- You must arrive at all practices, competitions, or any scheduled event ON TIME.
- NO GOSSIP.
- Athletes should use good time management to balance schoolwork and All-Star practices. Homework is NOT an acceptable excuse for missing practice.
- Athletes are NEVER allowed to speak with competition officials for any reason.
- There will be no arguing or questioning of the coaching staff's decisions at competitions.
- If a problem arises between you and a teammate, the problem will be addressed with all parties involved at a meeting with your coach and the All-Star director.
- Athletes must be present for mandatory practices. If absent, for any reason, the week of a competition and/or a mandatory practice, the athlete will be replaced in the routine for that competition.
- Athletes are expected to have a positive attitude during practice and to respectfully address their coaches and teammates when there is a problem.
- Athletes MUST understand that team/position placements are about what is needed to be successful and not about one element in the routine. Athletes MUST understand it is sometimes necessary to be moved from one position to another dependent upon what is best for the overall success of the team.
- Athletes MUST understand that all team, position, and routine decisions are left to the discretion of the coaches. If an athlete has a concern or opinion that conflicts with a coaches' decision, the athlete can address it with the coach outside of practice time at a mutually agreed upon time.
- No cell phones allowed in the gym during practice.
- It is the athlete's responsibility to wear the appropriate attire to each practice. Not having on the specified practice clothes may result in conditioning for the individual or the whole team.
- Athletes MUST be wearing appropriate cheer shoes to be able to participate in practice.
- Feel free to talk to your coach about anything; just remember to do it at an appropriate time. Approaching a coach in the middle of a practice would not be an appropriate time.
- Do not text coaches or staff on their private cell phones unless given permission to do so.
- WFAS coaches and staff will NOT engage in any social media discussions or texts over issues.
- Emails to the WFAS program director are an acceptable way to communicate concerns. Phone calls to the program director and old-fashioned face to face meetings are also still acceptable!

By signing below, I agree that I have completely read and understand all the codes of conduct listed above for the WFAS cheerleading program. I agree to follow all the rules set forth by the WFAS coaching and management staff. If I fail to do so in anyway, I understand that I and my family risk being removed from the WFAS program. I also understand that I or my family may be dismissed from the WFAS cheerleading program for any violations of the rules listed above or any reason that the WFAS staff or management deem detrimental to the success of the program.

Athlete's Signature _____

Date _____

ACKNOWLEDGEMENT OF WFAS PROGRAM HANDBOOK

Parent/Guardian Acknowledgement

I, the parent/guardian of _____, acknowledge I received a copy of the 2022-2023 WFAS Program Handbook.

I understand and agree to abide by all the rules, regulations and policies set forth in this Handbook.

_____ (initial)

I further acknowledge that I have read, understand and agree to abide by all Financial Policies.

_____ (initial)

I acknowledge, understand, and agree that the payment of tuition, expenses and other fees does not guarantee the right for my child to perform and that my child must meet all skill requirements.

_____ (initial)

Parent/Guardian Signature: _____

Date: ____ / ____ / ____

Athlete Acknowledgement

I _____ acknowledge I received a copy of the 2021-2022 Program Handbook.

I understand and agree to abide by all the rules, regulations and policies set forth in the Handbook.

_____ (initials)

I further acknowledge that I have read, understand, and agree to abide by the Athlete Code of Conduct.

_____ (initials)

I acknowledge, understand, and agree that the payment of tuition, expenses and other fees does not guarantee my right to perform and that I must meet the skill requirements.

_____ (initials)

Athlete Signature: _____

Parent/Guardian Signature: _____

Date: ____ / ____ / ____