



**TNT Cheer, LLC**  
**All Star Elite**  
**2021-2022**  
**Handbook**

Welcome to TNT Cheer, LLC. We are ecstatic that you have decided to join the Cedar Valley's only gym dedicated to all things cheer!! You will learn to jump, stunt, dance, and tumble in a safe and fun environment. Improve team building skills, confidence, and keep fit too. Our entire All Star coaching staff gets trained through the United States All Star Federation (USASF). Our goal every day is to teach our athletes the values of commitment, hard work, integrity, leadership, self-confidence, positive attitude and a love for the sport. It is our goal to be the very best cheer program in the area, if not the country. Each and every family is important to us and our program. We cannot wait for you to experience #3FTNTP4L!!!

## TEAMS

Based on the evaluations held, we will have the following teams for the 2021-2022 season:

- Missiles – Mini Level 1 coached by Kia Widen
  - Junior coaches Ava Bown, Danika Moulds, and Madi Brogan
- Ign1te – Youth Level 1 coached by Lexi Hellman
  - Junior coaches Addison Fischer and Brooklynn Knox
- Blaz3 – Junior Level 3 coached by Kia Widen and Hannah Bustamante
- Code Black – Senior Coed Level 4 coached by Lexi Hellman

Please keep in mind several things are taken into consideration when forming a team. First and foremost, we place athletes on the best team for them. Everyone makes a team where they will be successful. We select teams to be the most competitive in each level. Teams were formed based on BOTH age and skill level, giving priority to making well rounded teams that will succeed throughout the year. Skill levels were primarily based on tumbling and stunting level, but also the coaches' knowledge of the athlete's athletic ability, maturity, and coachability. Skill Levels in All Star Cheer are determined by the United States All Star Federation (USASF); below are listed the basic tumbling skills for each level. An athlete may have the skills listed below; however, this does not guarantee they will make a team of that skill level as we are looking for athletes who have mastered the skills and elite passes within the level; not just got the entry level skill for that level.

- Level 1: Back walkovers, roundoff backbend kickovers, cartwheel back walkovers
- Level 2: Standing back handsprings, roundoff multiple back handsprings
- Level 3: Standing multiple back handsprings, roundoff back tuck, roundoff back handspring back tuck
- Level 4: Standing back tuck, standing back handspring back tuck, roundoff back handspring layout
- Level 5: Jumps to standing tuck, roundoff back handspring full, standing back handspring to full

Teams were also determined by age. Some exceptions to age were made depending on the athlete's maturity level and the specific needs of the teams.

- Youth All Star Elite Cheer: No younger than age 5 and no older than age 12 as of 12/31/21
- Junior All Star Elite Cheer: No younger than age 5 and no older than age 15 as of 12/31/21
- Senior All Star Elite Cheer: No younger than age 12 and no older than age 18 as of 12/21/21

## SUMMER SEASON PRACTICE SCHEDULE (May 17 – Aug. 26)

Summer practices for All Star Elite will begin on Monday, May 17<sup>th</sup> and go through Thursday, August 26<sup>th</sup>.

	Monday	Tuesday	Wednesday		Thursday	
<b>6:00 PM</b>				Missiles		
<b>7:00 PM</b>	Code Black	Blaz3	Ign1te	Code Black	Missiles	Ign1te Blaz3
<b>8:00 PM</b>	Code Black	Blaz3	Ign1te	Code Black *Practice until 9:30 PM		Ign1te Blaz3

In addition to weekly team practices, each athlete will also enroll in a one of the tumbling classes listed on the schedule below when registration opens on Saturday, May 8<sup>th</sup> (please see the athlete list to determine which tumbling class your athlete should enroll in as you must be enrolled to participate).

	Monday	Tuesday	Wednesday	Thursday
<b>5:00 PM</b>		Beginning	Beginning and Novice	Beginning
<b>6:00 PM</b>	Advanced	Beginning and Advanced		Novice and Intermediate

## SCHOOL SEASON PRACTICE SCHEDULE (Aug 29 – March/April)

School season practices for All Star Elite will begin on Sunday, August 29<sup>th</sup> and go through March/April keeping in mind that extra practices will be added as we approach competition season if necessary (exact All Star Elite season end date TBD based on competition schedule).

	Sunday		Monday	Tuesday	Thursday	
<b>5:00 PM</b>	Blaz3	Ign1te				
<b>6:00 PM</b>	Blaz3	Ign1te				Missiles
<b>7:00 PM</b>	Code Black		Code Black	Blaz3	Ign1te	Missiles
<b>8:00 PM</b>	Code Black		Code Black *Practice until 9:30 PM	Blaz3	Ign1te	

In addition to weekly team practices, each athlete will also enroll in a one of the tumbling classes when registration opens in early August (schedule TBD).

No classes:

- Monday, May 31<sup>st</sup>: Memorial Day
- Sunday, September 5<sup>th</sup> and Monday, September 6<sup>th</sup>: Labor Day
- Thursday, November 25<sup>th</sup>: Thanksgiving
- Monday, December 20<sup>th</sup> – Sunday, January 2<sup>nd</sup>: Holiday Break
- Sunday, March 13<sup>th</sup> – Thursday, March 17<sup>th</sup>: Spring Break
- Sunday, April 17<sup>th</sup>: Easter

Inclement Weather: The weather will be monitored throughout the day and all practices will be cancelled by 3:00 PM on Sunday and 3:00 PM during the weekday. We will post all cancellations on our Facebook Page and on Instagram in addition to sending text or email notifications to those who are impacted and enrolled to receive text and email notifications.

## Practice apparel:

- NO jewelry or piercings
- Only cheer shoes on the equipment
- Nails must be kept cut such that the tips cannot be seen when looking at the palm side of the hand
- Approved clothing includes spandex, shorts, t-shirts, tank tops, sports bras, and leggings.
- NO SWEATSHIRTS OR SWEATPANTS WILL BE ALLOWED
- Your coach may give you a specific schedule for practice apparel which all athletes will be expected to follow

## Summer (June through August) Attendance Policy

During June through August, each athlete on Missiles will be permitted 2 excused absences and 1 unexcused absence and each athlete on Ign1te, Blaz3, and Code Black will be permitted 4 excused absences and 1 unexcused absence. To be considered an excused absence, an absence request form must be submitted one full week prior to the missed practice(s) and be APPROVED BY THE COACH. In the event of illness, a doctor's note must be obtained in order to be considered excused; headaches, cold, migraines, cramps, etc. are not a reason to miss a practice and if an athlete is injured it is expected that they attend practice knowing that participation may be limited. If an athlete misses more than 45 minutes of a practice, it will count as one HALF absence. Unexcused absences include those absences where a form was not completed and approved by the coach one full week in advance of the missed practice(s), anyone arriving more than 15 minutes late, and anyone not showing up at all to practice. If an athlete has a second unexcused absence, the athlete will be immediately removed from the team.

## Competition Season (September through April) Attendance Policy

During the competition season, each athlete on Missiles will be permitted 2 excused absences and 1 unexcused absence and each athlete on Ign1te, Blaz3, and Code Black will be permitted 4 excused absences and 1 unexcused absence. To be considered an excused absence, an absence request form must be submitted one full week prior to the missed practice(s) and be APPROVED BY THE COACH. In the event of illness, a doctor's note must be obtained in order to be considered excused; headaches, cold, migraines, cramps, etc. are not a reason to miss a practice and if an athlete is injured it is expected that they attend practice knowing that participation may be limited. If an athlete misses more than 45 minutes of a practice, it will count as one HALF absence. Unexcused absences include those absences where a form was not completed and approved by the coach one full week in advance of the missed practice(s), anyone arriving more than 15 minutes late, and anyone not showing up at all to practice. If an athlete has a second unexcused absence, the athlete will be immediately removed from the team. ATTENDANCE AT ALL PRACTICES THE WEEK PRECEDING A COMPETITION ARE MANDATORY AND CANNOT BE MISSED. ATHLETES NOT IN ATTENDANCE WILL BE REMOVED FROM THE ROUTINE FOR THAT COMPETITION. THE ONLY EXCEPTIONS ARE AS FOLLOWS:

- Funeral with documentation
- Athlete illness with doctor's note
- Required school event with at least two weeks' notice

## CHOREOGRAPHY CAMP

Choreography Camp is where the routines for the 2021-2022 season will be taught. Choreography Camps are mandatory. In the event you are unable to attend Choreography Camp, it will be your responsibility to find an athlete in a similar stunt position to fill in for you and learn the routine and then teach the routine to you upon your return. Choreography Camps are as follows:

- Missiles: Monday, June 28<sup>th</sup> 8:00 AM – 12:00 PM, Tuesday, June 29<sup>th</sup> 8:00 AM – 12:00 PM, Monday, August 2<sup>nd</sup> 8:00 AM – 12:00 PM, and Tuesday, August 3<sup>rd</sup> 8:00 AM – 12:00 PM
- Ign1te: Monday, July 12<sup>th</sup> 1:00 PM – 5:00 PM, Tuesday, July 13<sup>th</sup> 8:00 AM – 12:00 PM, and Wednesday, July 14<sup>th</sup> 8:00 AM – 12:00 PM; no team practices that week
- Blaz3: Wednesday, July 14<sup>th</sup> 1:00 PM to 5:00 PM, Thursday, July 15<sup>th</sup> 8:00 AM – 12:00 PM, and Friday, July 16<sup>th</sup> 1:00 PM – 5:00 PM; no team practices that week
- Code Black: Tuesday, July 13<sup>th</sup> 1:00 PM – 5:00 PM, Thursday, July 15<sup>th</sup> 1:00 PM – 5:00 PM, and Friday, July 16<sup>th</sup> 8:00 AM – 12:00 PM; no team practices that week

## COMPETITIONS

For the 2021-2022 All Star Elite season, specific competition information will be posted by July 1<sup>st</sup>. While most event promoters have their schedules available, very little details are available at this time. We still need pricing, stay-to-play/stay smart, and a few independent event promoter's schedules which all is not typically released until early summer. Past competitions have been in Iowa, Minnesota, Wisconsin, Illinois, Missouri, Nebraska, and Indiana. All Star Elite teams will compete in up to 7 competitions from November through April and are required. Also, All Star Elite Junior and Senior teams will attend an end of the season event such as Varsity D2 Summit in Orlando, FL if they receive an At Large or Paid bid and this is NOT included in the current pricing.

## ADDITIONAL COMMITMENTS

We will have public appearances throughout the season and it is an expectation to attend as a member of TNT Cheer. If there are conflicts, please let your coach know in advance. Below are the known appearances for the 2021-2022 season:

- Parades
  - My Waterloo Days Parade: Friday, June 11<sup>th</sup> 6:30 PM
  - Sturgis Falls Parade: Saturday, June 26<sup>th</sup> 10:00 AM
- Teambuilding
  - Team Representatives and Coaches will be looking for opportunities throughout the season
- Free Cheer Clinic/Open House
  - TBD; will be announced by July 1<sup>st</sup>
- TNT Cheer Team Showcase
  - TBD; will be announced by July 1<sup>st</sup>
- TNT Cheer Pictures
  - TBD; will be announced by July 1<sup>st</sup>
- TNT Cheer Holiday Party
  - TBD; will be announced by July 1<sup>st</sup>
- TNT Cheer Team Banquet
  - TBD; will be announced by July 1<sup>st</sup>

## **Athlete Expectations (please see COVID-19 updates):**

- Be at practice on time and ready to go. This means that your hair is done, shoes and braces are on, and you are ready to walk onto the floor at least five minutes before your scheduled practice time.
- When you arrive to practice, get ready quietly and place your things in one of the cubbies. PLEASE NO TALKING IN THE GYM while other practices are going on as it is disruptive to the others.
- Bring a water bottle to practice!
- NO CELL PHONES or other ELECTRONIC DEVICES out during practice at all.
  - If your coach sees one of these items, he/she will take possession of it until the end of practice.
- Always bring your best SPORTSMANSHIP to all practices, activities and competitions.
- Respect your coaches, teammates, and the program at all times.
  - This includes being aware of your activities while wearing TNT apparel in public.
- Be encouraging to all members of TNT Cheer regardless of ability and age. We are a family!
- Bullying will not be tolerated at any time.

## **Parent Expectations (please see COVID-19 updates):**

- All parents must remain in the Parent Area when watching a practice. No parents will be allowed in front of the cubbies, in front of the mat, on the floor, or in the doorway at any time during the practice. In addition, please be respectful to the athletes and coaches by keeping talking in the parent area low so that it does not disrupt the practices. If this is not followed, we will close practices to all parents.
- Parents are expected to be supportive and respectful of all TNT athletes, the coaches, and the program as a whole.
- Encourage good sportsmanship and be sure you are presenting a good example for your athletes.
- Be sure to get athletes to practice on time. This means the athlete will be fully prepared to walk on the floor and begin practice five or more minutes before the scheduled practice time.

## COST

At TNT Cheer, we use a "budget billing" payment system for All Star Elite that includes all monthly tuition, a tumbling class, program shirt, program practice set, team shirt, competition fees, coaches' fees, choreography, and music. The only items not included are one-time items that can be used for multiple seasons in addition to USASF athlete fee (\$30 to be paid by parent directly to USASF by August 1<sup>st</sup>), travel expenses and optional items.

- Missiles: \$150 per month May through March; will attend up to 4 competitions
- Ign1te and Blaz3: \$215 per month May through March; will attend up to 6 competitions
- Code Black: \$235 per month May through March; will attend up to 7 competitions

For siblings, the cost for All Star Elite per month is discounted by \$10 per athlete.

Tuition is due monthly May 2021 through March 2022 and is charged to the primary card on file the first of each month (May will be charged to the card on file May 17<sup>th</sup>). We accept cash, checks, and all major credit cards (except American Express) prior to the first of the month or tuition will be automatically charged to your required card on file the first of the month, no exceptions. Also, any returned payments will be charged a \$30 returned payment fee.

There are no refunds if you leave the program for any reason. If you begin the month, you are responsible for that month's payment. Also, there will be no refunds made to anyone who is asked to leave the program. Anyone who leaves the program after choreography camp will be required to pay a \$250 re-choreography fee and anyone who chooses to not the end of the season event such as Varsity D2 Summit in Orlando, FL if they receive an At Large or Paid bid (this is only for Junior and Senior teams) will be required to pay a \$100 re-choreography fee. If there is ever a financial problem, please contact the office immediately. Your coach will not be able to advise you on these matters.

Additional fees due as follows:

- June 15<sup>th</sup>: \$110 for cheer shoes; will be in hand by September
- July 15<sup>th</sup>: \$395 for Code Black uniform and \$400 Missiles, Ign1te, and Blaz3 uniform
- August 15<sup>th</sup>: \$70 for make-up kit and competition bow

Optional fees due as follows:

- August 15<sup>th</sup>: \$130 if ordering a warmup jacket
- August 15<sup>th</sup>: \$115 if ordering a personalized back pack
- Additional apparel and merchandise orders will be taken throughout the season; more information to come!!

**TNT Cheer, LLC maintains the right to refuse services at ANY time.  
Any questions may be addressed to:**

TNT Cheer, LLC  
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319-415-8442 (only to be used in case of emergencies and during events where we are offsite)

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Please contact TNT Cheer by phone at 319-234-1147 for all day-of absences. DO NOT CONTACT COACHES using their personal cell phones, through Facebook, or other social media platforms. Thank you in advance for that respect!!