



Excel All Star Handbook

Non-Travel Teams (Ages 3-18)

2020-2021 Season

“Champions are not born, they are built here, everyday.”

I am very excited about your interest in joining our Sonic family this season! At Sonic Elite Olympia (SEO) we pride ourselves in promoting personal growth as well as training our athletes in a safe and encouraging environment. All-star cheerleading instills countless positive benefits that will stay with an athlete the rest of their lives. Confidence, self-discipline, and appreciation for the value of hard work are just a few. From stunting to tumbling and dance, athletes will learn valuable life lessons from our incredible coaching staff. We can't wait to see what this season has in store for SEO!

Welcome to the family!

Julia Brusselback
SEO Owner and Director

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Please keep sections one through four of this handbook to use for reference throughout the season.

*****Please fill out, sign, and return all attachments at evaluations.*****

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Section 1- Evaluations/Team Placements

Every season at SEO we begin with registration and skill evaluations. No cheerleading experience is required to join SEO. (If your athlete cannot attend our evaluation date, a private evaluation can be scheduled for a \$50 fee.) Teams will be open until the end of June. Please email us at soniceliteolympia@gmail.com to schedule a private evaluation or for more information about registration and placements.

Evaluation date: May 16th 2020

Evaluation Fee: \$250

After evaluations athletes will be placed on a team. You are responsible for the above evaluation fee at the time of evaluations. The fee covers uniforms, tuition, and camp deposits plus sales tax. Payments can be paid by cash or check. (Credit card payments will be subject to an additional 3% fee.)

Things to bring to evaluations:

- All forms that are required from this handbook (See Pg. 2)...filled out and signed.
- A copy or picture of athlete's birth certificate, and a headshot
- Your evaluation fee (mentioned above).
- Athletic apparel and water bottle.

Excel All Star Team Placements: May 17th 2020

On Sunday May 17th, we will announce the 2020-2021 season teams. You will receive an email stating which team your athlete is on and what their practice schedule will be for the summer.

Excel All Star Cheer Team Age Divisions:

Tiny Exhibition/Novice: 3-6 years old on or before 06/01/20

Tiny: 5-6 year olds on or before 8/31/20 Mini: 6-8 years old on or before 8/31/20

Youth: 7-11 years old on or before 8/31/20

Junior: 8-14 years old on or before 8/31/20

Senior: 12-18 years old on or before 12/31/20

Regular season Excel All Star fees include the following:

- | | |
|--|--|
| - All gym tuition | - All competition fees listed in Section 4 |
| - Uniform | - Varsity cheer shoes |
| - 2 choreography camps | - Routine music fees |
| - USASF registration | - Competition make up kit |
| - 2 cheer bows/1 scrunchie | |
| - Apparel package: Includes 1 T-shirt, 2 tank tops, 2 shorts, 2 sports bras, 1 sweatshirt, and 1 backpack. | |

We have included everything your athlete will need for the regular season in your fees for the season. *No hidden costs, no surprises.*

Team practices:

One-hour tumbling class, four hours total team practices per week all included in tuition.

Section 2 - Communication

Our coaching staff is happy to talk with you or your athlete about any concerns that you have. Please understand that due to having so many athletes, teams, and classes here at SEO, staff members are often very busy and may not have time to chat in-between practices. We do ask that for topics pertaining to joining SEO, practices, clinics, classes, competitions, events, apparel orders, teams, athlete accounts, invoices, payments, or anything related to finances, please email us at:

soniceliteolympia@gmail.com

In the event you would like to have a face-to-face meeting with an SEO staff member before or after a practice, you must make a request via the email above and confirm an appointment at least 24 hours in advance. We ask that this is done so we can plan enough time to adequately address any concerns you have and ensure that your needs are met.

Unless it is an **emergency**, please refrain from texting, Facebook messaging, or instant messaging our staff. If it is an **emergency**, please use any means necessary to contact the staff member you need directly.

Section 3 - Attendance Expectations

Throughout the season attendance is incredibly important! If just ONE person is missing during a practice other athletes are affected. Poor attendance stunts the development of other athletes and the overall momentum of the team. Because of this we require near perfect attendance. We want to give every athlete the opportunity to progress as far as they possibly can in the sport of All Star Cheerleading.

Each athlete is only permitted THREE unexcused absences and SIX excused absences during the entire duration of the season.

If athletes need to request an excused absence please print the excused absence request form from our website, fill it out, and send it to practice with the athlete at their next practice. Parents will receive an email shortly after stating whether or not the request was granted. We encourage you to make all absence requests in advance as soon as possible.

Unexcused:

- School activity that is not required and/or does not affect a grade.
- Non-contagious illness.
- Car trouble or issues getting a ride to practice.
- Practices or events for other sports the athlete participates in, including high school cheerleading.

Excused:

- School activity that is required and affects a grade.
- Contagious illness with a doctor's note.
- Family emergency.
- An absence requested on an "absence request " at the time of registration or with as much notice as possible.

Tardies:

While we understand things can happen that might make athletes late to practices, it is important for everyone to understand that athletes being late will affect a practice, just like an absence will. Every three tardies during the entire duration of the season will result in an unexcused absence.

Competitions:

Attendance at all competitions is **MANDATORY**. *Zero absences one week prior to a comp are permitted for any reason.* An absence of any kind within one week of a competition could lead to the athlete possibly not competing in the next competition, or possible reassignment to a different position on their team.

Practices:

During the season all practices, clinics, and classes are closed to family and friends unless otherwise stated. Non-athletes are asked to wait in one of the two kitchen areas only or outside of the building. Any areas other than those are off limits to friends and family during any practice or class at the gym. Athletes can be dropped off at the front of the building and will meet their rides in the areas mentioned or outside of the building after practice. Only parents of Tiny age athletes are permitted to walk their athletes to the cheer gym gate. Family and friends are not permitted to enter the cheer gym before, during, or after practice under any circumstances.

Practices are usually two days per week and last one to one and a half hours, depending on the team. Athletes are encouraged to participate in stretch and tumbling classes offered at SEO outside of regular practices. All stretch and tumbling classes are free to SEO athletes. Always make sure to be well hydrated and have recently eaten before coming to practice or a class.

The practice atmosphere is all business (mostly...we have fun too!) so come ready to work, push yourself, learn, and progress your skills. A good attitude is expected from all athletes inside of the gym at all times. SEO is a “drama free” zone... Please leave it at the door. The gym is our athlete’s sanctuary. We are practicing for competitions. Give each practice your absolute best effort at all times. Your coaches have high expectations and will accept *nothing less*. We want to help athletes become the best that they can possibly be and we need your best effort to achieve that together.

Red Weeks (Does not apply to Tiny Teams):

This is new for the 2020 season! There are specific weeks during and before camps and competitions, *any absence* will result in possible removal from positions or competitions. Red weeks will be clearly marked on the monthly calendars and are available in Section 4 - Important Dates (Pg. 7).

Section 4 - Important Dates

Competitions

January: TBA Showcase

06-07 February 2021: Best of the Northwest (Tacoma)

20 February 2021: UCA (Tacoma)

06-07 March 2021: PACWEST (Portland)

20 March 2021: Aloha (Tacoma)

May 2021: The Summit (Orlando Florida...if team qualifies full paid bid only)

Important Dates

**Due to Coronavirus, the May and June Schedule are fluid. Updates will come as we get them.*

May 16th: Evaluations

May 17th: Team Placements

May 18th: Regular team practices begin

May 18th-22nd: Coach Kali Stunt Clinic- Red Week

May 25th: Gym closed! (Memorial Day Weekend)

July 2nd-5th: Gym closed! (Independence Day)

July 13th-19th: Red Week

July 18th-19th: Choreography #1

August 3rd-9th: Red Week

August 8th & 9th: Choreography #2

August 10th-16th: Gym closed! (Summer Break)

September 4th-7th: Gym closed! (Labor Day weekend)

October 19th-24th: Red Week

October 24th: Halloween showcase/trunk or treat

November 16-21st: Red Week

November 21st: Thanksgiving showcase/Team bonding

November 26th-29th: Gym closed! (Thanksgiving break)

December: Competition season begins

December 14th-19th: Red Week

December 19th: Holiday showcase/ team parties

December 23rd- January 2nd: Christmas break

Team bonding: TBA

*Please remember red weeks and choreography camps will not apply to all teams.

ATHLETE CONDUCT AGREEMENT
(Return to SEO at evaluations)

I, _____ understand that as an athlete at Sonic Elite Olympia I will be held to the following standards of conduct:

Athlete please read and initial the following:

_____ I will keep up on all my schoolwork and maintain a GPA at school acceptable to my parents. I understand that my parents can arrange extra conditioning sessions for me with SEO staff as a consequence for poor performance at school or for any other reason that they see fit.

_____ I will treat my coaches and teammates with dignity and respect at all times. I will not be rude, disrespectful, or put people down at any time on or off the floor.

_____ I will represent myself and SEO well in all of my social media posts. I will refrain from posting things that are vulgar or inappropriate according to SEO standards. This includes anything containing nudity, drug or alcohol references, shaming, or speaking negatively about anyone.

_____ I will refrain from gossiping about my fellow teammates. If I have an issue of any kind with another teammate or believe another teammate is behaving inappropriately on or off the floor, I will report it to my coaches immediately.

_____ I will keep all electronics turned off and in my bag or locker for the entire duration of practice.

_____ I will consistently come to all SEO functions with a positive attitude and ready to work hard. I understand that my teammates are depending on me to give my best effort at all times.

_____ I will make attendance and being on time to all SEO functions a top priority.

_____ I understand that if I have an injury or illness that causes me to sit out during, or miss a practice, I will need a doctor's note releasing me to return to practice. I understand that if I am injured but still mobile or sick, but not contagious, that I am still required to attend practice and watch from the sideline in order to keep up with changes to the routine.

_____ I understand that not following any of the above conduct standards can result in me being assigned to a different position on my team, reassignment to a different team, additional individual conditioning, or possible dismissal from the SEO program at the discretion of SEO management.

Athlete Signature _____ Date _____

Parent Signature _____ Date _____

PARENT CONDUCT AGREEMENT
(Return to SEO at evaluations)

I, _____ parent of _____
 understand that as a parent at Sonic Elite Olympia I will be held to the following standards of
 conduct:

Please read and initial the following:

_____ I will not be involved in any matter of disrespect towards any members of the Sonic
 Elite Olympia staff, parents, or athletes.

_____ I will not use inappropriate language and I will behave in a manner that respects
 myself, Sonic Elite Olympia (per their discretion), and the sport of cheerleading.

_____ I understand that the staff members of Sonic Elite Olympia reserve the right to
 suspend any athlete or parent's participation in activities as disciplinary action, all the way
 up to removal from the program.

_____ I understand that Sonic Elite Olympia does not allow parent viewing of any kind during
 team practice hours.

_____ I understand that during a team practice or competition it is not the proper time/place to
 discuss with staff any issues I may have, and instead will schedule a meeting to be held at a
 later date.

_____ I will not participate in negative gossip, or communications that adversely affect
 Sonic Elite Olympia. This includes, but is not limited to; verbally to other individuals, email,
 Facebook, twitter, Instagram, chat rooms, or any other websites, or social medias.

_____ I will not verbalize or post information about the extent of my injuries, diagnosis,
 prognosis, etc., on any Sonic Elite Olympia, Facebook, Twitter, Instagram, or any other
 websites, or social media.

_____ I understand that I am responsible for arranging transportation of my athlete to all
 practices, competitions and gym related functions.

_____ I understand that I, the parent, can be dismissed from the SEO program for violating any
 of the above points in this agreement. I also understand that if that occurs, my athlete can also
 be dismissed (per SEO management discretion) and that I will be subject to all financial
 responsibilities regarding dismissal per the section 8 All-Star Financial Agreement.

Parent Signature _____ Date _____

TREATMENT/LIABILITY/PUBLICITY RELEASE WAIVER
(Return to SEO at evaluations)

Please read and initial the following:

_____ I authorize medical professionals to administer any necessary emergency treatment for any injury or serious illness if neither parent can be reached. I will assume all financial responsibility for any medical treatment.

_____ I understand any equipment used at tumbling classes, clinic, or open gyms has associated risks and that injuries are a possibility.

_____ I further acknowledge that the athlete below has elected to participate in Sonic Elite Olympia programs at their own risk, and will not hold the Sonic Elite Olympia owners, and/or instructors liable for any and all injuries that may occur while participating in any activity or event that Sonic Elite Olympia may hold.

_____ I hereby grant Sonic Elite Olympia and its successors, the unrestricted right to use my child's name, likeness, or appearance on any program literature, calendars, photographs, flyers, video material, film material, computer software, computer hardware, electronic on-line services, or other similar promotional material in any form, content or medium to promote or market Sonic Elite Olympia.

Athlete Name: _____

Parent Name: _____

Parent Signature: _____

Date: _____

2020-2021 SEO EXCEL ALL STAR FINANCIAL AGREEMENT

2020/2021 SEASON EXCEL FEE SCHEDULE (includes sales tax)										
6/1/20	7/1/20	8/1/20	9/1/20	10/1/20	11/1/20	12/1/20	1/1/21	2/1/21	3/1/21	4/1/21
\$250	\$250	\$250	\$250	\$250	\$250	\$250	\$250	\$250	\$250	\$250

(Return to SEO at evaluations)

I, _____ the parent of _____, understand that I am solely responsible for paying each and every monthly payment outlined on the 2020-2021 season SEO Excel All Star fee schedule above on its associated due date.

Please read and initial the following:

_____ I understand that any and all monthly payments per the 2020-2021 season SEO Excel All Star fee schedule above are 100% non refundable.

_____ I understand that if at any point my athlete withdraws or is dismissed from Sonic Elite Olympia that I must pay 50% (25% if I am active military and moving out of the area due to mandatory reassignment) of the sum total of all unpaid monthly payments on the entire schedule above.

_____ I agree to provide my bank account number and routing number or credit card information to Sonic Elite Olympia allowing each individual monthly payment to be automatically withdrawn from my bank account or charged to my credit card on its associated due date, per the 2020-2021 season SEO Excel All Star fee schedule above.

_____ I understand that all credit card transactions will be subject to an additional 3% fee.

_____ I understand and agree that if any monthly payment per the 2020-2021 season SEO Excel All Star fee schedule above is unsuccessful at the time it is transferred or charged, I will be responsible \$25 fee, which will be added to the failed payment. Sonic Elite Olympia will notify me via email the day of the unsuccessful bank transfer or card charge attempt.

_____ I understand that if any monthly payment is not paid in full by the end of the third day of the month, immediately following that payment's original due date, my athlete will be benched at practice on the fourth day of that month. My athlete will remain benched at practice until the payment is made in full. If my payment has not been paid in full before the 15th day of the same month that it was originally due, or mutually agreed upon payment terms between myself and Sonic Elite Olympia have not

been made, my athlete will be permanently dismissed from Sonic Elite Olympia for the entire remainder of the 2020-2021 season.

_____ I understand that if my athlete ever accrues a “no show fee” per Section 3 - Attendance Expectations of the SEO Excel All Star Handbook, that my account will be charged \$50, which will be added to my next monthly payment due and automatically transferred or charged at the same time.

_____ I understand that if my athlete ever accrues a “choreography fee” per section 3 - Attendance Expectations of the SEO Excel All Star Handbook, my account will be charged \$150 which will be added to my next monthly payment due and automatically transferred or charged at the same time.

_____ I understand that I am responsible for the Evaluation Fee that is associated with the date of the evaluation that my athlete attends per Section 1 - Evaluations /Team Placements. I also understand that my athlete will not participate in practice if these fees are not paid prior to the start of the season on 5/13/20.

By signing below I fully understand and agree to all of the terms and conditions listed in the SEO 2020-2021 Excel All Star Financial Agreement:

Athlete Name: _____

Parent Name: _____

Parent Signature: _____ Date: _____

The following banking and or credit card information will be removed and permanently destroyed immediately after being entered into the SEO accounting program.

.....
Bank Name: _____

Bank Account Number: _____

Bank Routing Number: _____

OR

Name on Card: _____ Billing Zip Code: _____

Credit Card Number: _____ Expiration Date: _____

HEALTH AND CONTACT INFORMATION
(Return to SEO at evaluations)

Athlete Name: _____

Date of Birth: _____ Age: _____

Current Grade: _____

School: _____

Street Address: _____

City: _____ State: _____ Zip: _____

Mothers Name _____ Cell: _____

Email: _____

Fathers Name _____ Cell: _____

Email: _____

Does your athlete have any allergies?

If yes, please specify: _____

Does your athlete have asthma? YES _____ NO _____

(If yes, please make sure athletes have any necessary medication with them at all SEO events.)

Does your athlete have any history of heart problems, seizures, or severe medical problems?

If yes, please specify: _____

Has your athlete had any broken bones, sprains, tears, or concussions?

YES _____ NO _____ If yes, please specify: _____

Athletes Physician: _____ Phone: _____

Medical Insurance Provider _____ Policy #: _____

Emergency contact other than parents:

Name: _____ Phone: _____

Relationship to Athlete: _____

Name: _____ Phone: _____

Relationship to Athlete _____