



Premier All Star Handbook

(Limited travel teams ages 7-18)

2019-2020 Season

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

Welcome to Sonic Elite Olympia!

We are very excited about your interest in joining our Sonic family this season! At Sonic Elite Olympia 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 your child for the rest of their lives. Confidence, self discipline, and appreciation for the value of hard work are just a few. From stunting, tumbling, to dance your child will learn valuable life lessons from our incredible coaching staff.

We cant wait to see what this season has in store for the SEO family!

Welcome to Sonic,
Julia and Wes Bennett
Owners

Please keep this handbook to use for reference throughout the season. Please fill out, sign, and return sections 5-12 marked “SEO COPY” at evaluations. Parent and Athlete copies or yours to keep for future reference.

SEO Premier All Star Handbook Table of Contents

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- 8- 2019-2020 SEO Premier All Star Financial Agreement (parent copy)**

The following sections are to be filled out and returned to Sonic Elite Olympia at evaluations. Your athlete will not be able to participate in evaluations without these forms and applicable evaluations day payment outlined in section 1.

- 5- Athlete Conduct Agreement (signed SEO copy)**
- 6- Parent/Guardian Conduct Agreement (signed SEO copy)**
- 7- Treatment/Liability/Publicity Release_(signed SEO copy)**
- 8- 2019-2020 SEO Premier All Star Financial Agreement (signed SEO copy)**
- 9- Contact and Health Information (filled out SEO copy)**

Section1- 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 can not attend our evaluation date a private evaluation can be scheduled for a \$50 fee. Please email us at soniceliteolympia@gmail.com to schedule a private evaluation or for more information about registration and evaluations.

Evaluation date: May 11th 2019

5/11/19 Evaluation Fee: \$335

After evaluations your athlete will be placed onto a team. If your athlete does not make a Premier team you will be emailed a new packet to refill out and bring to practice. You are responsible for the above evaluation fee. If you have a returning athlete this fee does not apply to you. These fees include your uniform, tuition, and camp deposits plus sales tax. These payments can be paid by cash or check. Credit card payments will be subject to an additional 3% fee.

Things to bring to evaluations:

- “SEO copy” pages of this handbook filled out and signed.
- A copy or picture of athletes birth certificate.
- Your first payment per the applicable Evaluation Preseason Fee Schedule above.
- Athletic apparel and water bottle.

Premier All Star Team Placements: 5/12/19

On Sunday May 12th we will announce the 2019-2020 season teams. You will receive an email stating which team your athlete is on and what their practice schedule will be for the summer.

Premier Team practices: 1 hour tumbling class, 1 hour stretching class, 4 hours total team practices per week all included in tuition.

Premier All Star Cheer Team Age Divisions:

Youth: 7-11 years old on or before 8/31/19

Junior: 8-14 years old on or before 8/31/19 **Senior:** 11-18 years old on or before 8/31/19

Regular season Premier All Star fees include the following:

- All gym tuition
- All competition fees listed in section 4
- Uniform
- Varsity cheer shoes
- 3x choreography camp and 1x hot shot camp fees
- USASF registration
- Routine music fees
- 3x cheer bows
- Competition make up kit
- Apparel package:
 - Includes- 2x T-shirts, 2x tank tops, 2x shorts, 2x sports bra, 1x sweatshirt, and 1x backpack.

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

Section 2- Communication

If you have a question, concern, or just need to chat about something email us. Please refrain from text messaging or Facebook messaging. In the case of an emergency do not hesitate to contact us in any way.

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:

Julia Bennett
SEO Owner and Director
soniceliteolympia@gmail.com

If you would like to have a face to face meeting of any kind with an SEO staff member before or after a practice you must make a request via email or by phone and confirm an appointment 24 hours in advance.

Section 3- Attendance Expectations

Throughout the season attendance is incredibly important. If just one person is missing during a practice other athletes are effected. This stunts the development of other athletes and the overall momentum of that athletes 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.

Every athlete is permitted only **ONE unexcused absence and only **THREE** excused absences during the entire duration of the season.**

If your athlete needs to request an excused absence please visit our website, print the excused absence request form, fill it out, and send it to practice with your athlete. You will receive an email shortly after stating wether or not the request was granted. We encourage you to make all absence requests in advance as soon as possible.

Examples of unexcused and excused absences:

Unexcused:

- School activity that is not required and/or does not effect 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 effects a grade.
- Contagious illness with a doctors note.
- Family emergency.
- An absence requested on an "absence request " at the time of registration or with as much notice as possible. The absence request form can be found on our website.

Tardies:

15+ minutes late:

- 30 minutes of individual conditioning after the next practice, no exceptions. Athletes will be benched at practices until this is completed.
- Every three tardies during the entire duration of the season will result in an unexcused absence.

30+ minutes late:

- 30 or more minutes late to practice without proper notification, or not showing up at all, is considered a no show. A no show will result in the following consequences:
- Considered an unexcused absence.
 - 30 minutes of individual conditioning after the next practice, no exceptions. Athletes will be benched at practices until this is completed.
 - A **\$50 no show fee** will be billed to your account.
 - Possible **\$150 re choreography fee**.
 - Possible re-assignment to a different position or a different team

Section 3- Attendance Expectations (continued)

Competitions and Choreography Camp:

Attendance at the entirety of choreography camp and all competitions is **MANDATORY**. **ZERO absences two weeks prior to a comp or during choreography camp are permitted for any reason.** An absence of any kind within two weeks of a competition or at choreography camp will result in a \$150 re choreography fee, your athlete possibly not competing in the next competition, possible reassigned to a different position on their team, or possible reassignment to a different team.

Practices:

During the season **all practices, clinics, and classes are closed to family and friends** unless otherwise stated. Family and friends are asked to wait in one of the two kitchen areas in the building only or outside of the building. The mezzanine bleacher area or any area other than the two kitchen areas is off limits to friends and family during any scheduled practice or event at the gym unless otherwise stated. Athletes can be dropped off at the front of the building and will meet their rides in either of the two kitchen areas 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 2-3 days per week and last 1.5-3 hours depending on the team. Athletes are encouraged to participate in stretch and tumbling classes offered at SEO outside of practice. 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 your athletes 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 you become the best cheerleader that you can possibly be and we need your best effort to achieve that together.

Section 4-Important Dates

COMPETITIONS

Premier All Star Teams

December: Jamz, Tacoma, TBA

January: Aloha, Portland, January 18th and 19th

February: Best of the Northwest, Tacoma, February 8 and 9th - UCA, Tacoma, February 22nd

March: Pacwest, Portland, March 7th and 8th

April: SEA to Sky, Canada, April 4th and 5th

May- The Summit, Orlando Florida (if team qualifies)

IMPORTANT DATES

May 1st-May 7th: Gym closed coaches at The Summit

May 11th: Evaluations

May 12th: Team Placements

May 13th: Regular team practices begin

May 24th-27th: Closed for Memorial Day weekend

May 28th-1st: Coach Kali Stunt Clinic- mandatory

June 28th- July 7th: Gym closed summer break

July 8th: Gym reopens for team practices

July 17th-21st: Choreography #1- mandatory

August 7th- August 11th: Choreography #2 - mandatory

August 24th and 25th: Hot shot camp- mandatory

August 25th: Summer bbq and parent meeting

August 30th- September 3rd: Gym closed Labor Day weekend

September 4th : Gym reopens

October 26th: Halloween showcase

November 23rd: Thanksgiving showcase

November 28th- December 1st Thanksgiving break

December: Competition season begins

December 20th- January 2nd: Christmas break

January Showcase: January 11th - subject to change

Team bondings: TBA

Section 5- Athlete Conduct Agreement (parent / athlete copy)

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

Athlete initial:

_____ I will keep up on all my school work 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 that I will need a doctors 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 _____

Section 6- Parent / Guardian Conduct Agreement (parent copy)

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 staff discretion, and the sport of cheerleading.

_____ I understand that the staff members of Sonic Elite Olympia reserve the right to suspend any athlete's 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 Premier All Star financial agreement.

Parent
Signature _____ Date _____

Athlete Name: _____

Section 7- Treatment / Liability / Publicity Release (parent copy)

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 media treatment.

_____ I understand that cheerleading camps, competitions, practices, and any equipment used in these events have associated risks and that injuries are a possibility.

_____ I further acknowledge that each participant has elected to participate in Sonic Elite Olympia program 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.

Parent's Signature: _____

Date: _____

Athlete Name: _____

Section 8- 2019-2020 SEO Premier All Star Financial Agreement (parent copy)

2019/2020 SEASON SEO PREMIER ALL STAR FEE SCHEDULE (includes sales tax)											
6/1/19	7/1/19	8/1/19	9/1/19	10/1/19	11/1/19	12/1/19	1/1/20	2/1/20	3/1/20	4/1/20	5/1/20
\$335.00	\$335.00	\$335.00	\$335.00	\$335.00	\$335.00	\$335.00	\$335.00	\$335.00	\$335.00	\$335.00	\$335.00

I, _____, the parent of _____, understand that I am solely responsible for paying each and every monthly payment outlined on the 2019-2020 season SEO Premier 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 2019-2020 season SEO Premier 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 2019-2020 season SEO Premier All Star fee 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 2019-2020 season SEO Premier 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 2019-2020 season SEO Premier All Star fee schedule above is unsuccessful at the time it is transferred or charged that 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 3rd day of the month immediately following that payments 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 2019-2020 season.

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_____ I understand that if my athlete ever accrues a “no show fee” per 3 “Attendance Expectations” of the SEO Premier 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 “re-choreography fee” per section 3 “Attendance Expectations” of the SEO Premier All Star Handbook that 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 5/13/19.

By signing below I fully understand and agree to all of the terms and conditions listed in the SEO 2019-2020 Premier All Star Financial Agreement:

Parent Signature: _____ **Date:** _____

Parent Printed Name: _____

Athlete Name: _____

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:** _____

Section 5- Athlete Conduct Agreement (SEO copy)

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(athlete initial)

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_____ 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 expulsion from the SEO program.

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Parent Signature _____ Date _____

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_____ I understand that cheerleading camps, competitions, practices, and any equipment used in these events have associated risks and that injuries are a possibility.

_____ I further acknowledge that each participant has elected to participate in Sonic Elite Olympia program 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.

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Parent's Signature: _____

Date: _____

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\$335.00	\$335.00	\$335.00	\$335.00	\$335.00	\$335.00	\$335.00	\$335.00	\$335.00	\$335.00	\$335.00	\$335.00

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Parent Signature: _____ **Date:** _____

Parent Printed Name: _____

Athlete Name: _____

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:** _____

Section 9- Contact and Health Information (SEO copy)

Athlete Name: _____

Birthdate: _____ Age: _____

Current Grade: _____

School: _____

Street Address: _____ City: _____

State: _____ Zip: _____

Mothers Name _____ Cell: _____

Email: _____

Fathers Name _____ Cell: _____

Email: _____

Does your child have any allergies?

If yes, please specify: _____

Does your child have asthma? YES _____ NO _____

If yes please make sure your athlete any necessary medication with them at all SEO events.

Does your child have any history of heart problems/seizures or severe medical problems?

If yes, please specify: _____

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

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 _____