



Our Commitment to Excellence

Premier Athletics began in 1994 with its first competitive cheerleading team, since then it has grown to become the only gym of its kind in the country. We are the only program with 9 company-owned locations across the US. We are proud to have the highest quality All Star Teams in the area! Collectively Premier Athletics has won over 1000 National Titles, over 100 World Cheerleading and Dance appearances, with numerous top 10 finishes and Bronze, Silver and Gold Medal finishes. In addition Premier Athletics has sent over 400 athletes to continue cheerleading, dance and gymnastics at various Colleges and Universities. Premier Athletics believes in providing quality training for its staff. All coaches attend numerous seminars and training sessions throughout the year to provide the best care, choreography and coaching to our athletes.

Who's Who at Premier

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Team Selection

The safety and success of each, and every athlete is of the utmost importance to the Premier Athletics staff. Team Selection is a process of evaluations so each location can put together the most competitive teams possible. We have found the most success in our locations when teams are competing at a level that they are capable and training a level above what they compete. When doing this we can correctly train the skills with proper technique, build strong confident athletes and provide a safe environment.

It is important to understand that while winning is always the goal - our main priority is to ensure that our athletes have a good experience and learn lessons in team-work, confidence and overcoming life's obstacles.

Every athlete will be placed on a team. No experience is necessary to become a member of the Premier Athletics All Star program. We offer teams for all ages and all levels from ages 4-18. Every athlete will go through an individual evaluation process where they will demonstrate their abilities in stunts, jumps, tumbling and more. We will then evaluate individuals in both stunt groups, and large group settings to determine where the athlete's overall skill set best fits amongst a team. We pride ourselves on creating a non stressful evaluation process. This is not a TRYOUT. Once again, every athlete will be placed on a team.

Team Placement

TEAM SELECTION AND TEAM PLACEMENT SCHEDULE

	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6
TBA						
TBA						
TBA						
TBA						

BE SELF-CONFIDENT • DO YOUR BEST • HAVE FUN



Age Range

NEW for 2020-2021 Season

Ages will be based on an athlete's birth year

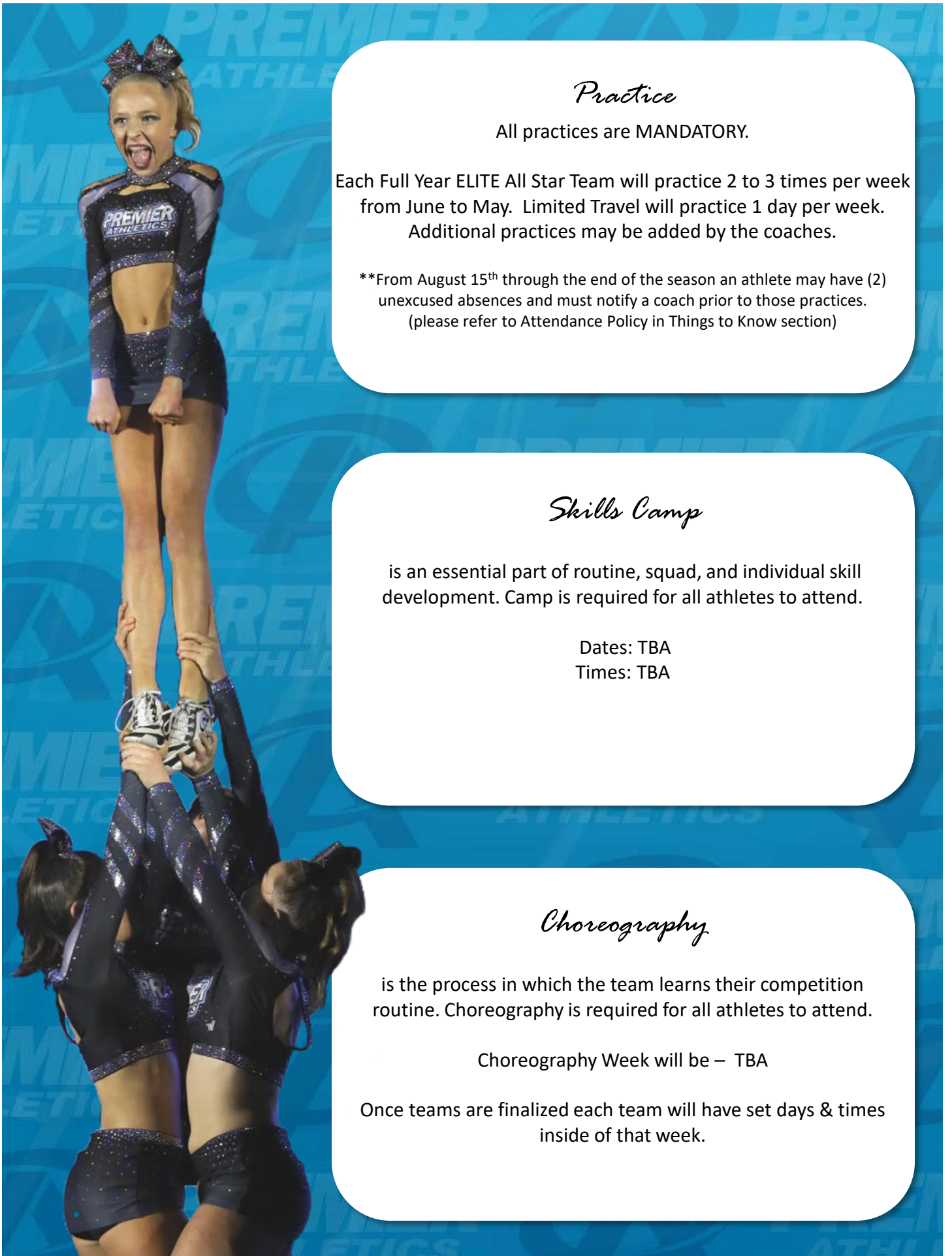
***The following breakdown is for ELITE All Star Divisions Only and does not show adjustments for International, Prep or Novice divisions

- TINY - AGES 5 & 6 - born between 2013-2015
- MINI - AGES 5-8 - born between 2011-2015
- YOUTH - AGES 5-11 - born between 2006-2015
- JUNIOR Level 1-3 - AGES 6-15 - born between 2004-2014
- JUNIOR Level 4 - AGES 8-15 - born between 2004-2012
- JUNIOR Level 5 & 6 - AGES 9-15 - born between 2004-2011
- SENIOR Level 1-5 - AGES 12-18 - born between 6/01/01-2008
- SENIOR Level 6 (Worlds) - AGES 13-18 - born between 6/01/01-2007

Skill Level Requirements

Skill Level	Building Skills	Jump Skills	Tumbling Skills
Level 1 Tiny Mini/Prep	<ul style="list-style-type: none"> • No required building skills 	<ul style="list-style-type: none"> • No required jump skills 	<ul style="list-style-type: none"> • Forward roll (recommended) • Cartwheel (recommended)
Level 1 Youth Junior Senior	<ul style="list-style-type: none"> • Basic knowledge of stunting • Above average flexibility for flyers/top girls 	<ul style="list-style-type: none"> • Ability to connect jumps with above average body control 	<ul style="list-style-type: none"> • Cartwheel • Roundoff • Back walkover
Level 2	<ul style="list-style-type: none"> • Prep level liberty • Full extension • 1/2 up to full extension • Great control in all aspects of building • Flyers/Top Girls <ul style="list-style-type: none"> • Above average flexibility • Excellent knowledge of body control and ability to engage core 	<ul style="list-style-type: none"> • Strong motion technique • Ability to connect two elite level jumps (toe touch, hurdler, pike, etc.) 	<ul style="list-style-type: none"> • Back handspring • Back walkover back handspring • Front walkover round-off back handspring • Round-off back handspring series

Skill Level	Building Skills	Jump Skills	Tumbling Skills
Level 3	<ul style="list-style-type: none"> • Full extended liberty • Full up to two feet at prep level • Excellent flexibility for flyers/top girls 	<ul style="list-style-type: none"> • Strong motion technique • Ability to connect two elite level jumps (toe touch, hurdler, pike, etc.) 	<ul style="list-style-type: none"> • Standing series back handspring • Front walkover round-off back handspring back tuck (or other specialty pass) • Round-off back handspring series to a back tuck
Level 4	<ul style="list-style-type: none"> • Full up to extension • Switch-up to extended liberty • Excellent flexibility for flyers/top girls 	<ul style="list-style-type: none"> • Strong motion technique • Ability to connect two elite level jumps (toe touch, hurdler, pike, etc.) 	<ul style="list-style-type: none"> • Standing back tuck • Back handspring back tuck • Standing series back handspring to a back tuck • Front walkover round-off back handspring layout (or additional specialty pass)
Level 5	<ul style="list-style-type: none"> • Full up to extended body position • 1$\frac{1}{2}$ up to extension • Low to high tick tock–liberty to liberty • Excellent flexibility for flyers/top girls 	<ul style="list-style-type: none"> • Strong motion Strong motion technique • Ability to connect two elite level jumps (toe touch, hurdler, pike, etc.) 	<ul style="list-style-type: none"> • Toe touch back tuck • Standing series back handsprings to a layout • Round-off back handspring full
Level 6	<ul style="list-style-type: none"> • 1$\frac{1}{2}$ up to extended body position • High to high tick tock–heel stretch to heel stretch • Prep level inversion to a liberty • Excellent flexibility for flyers/top girls 	<ul style="list-style-type: none"> • Strong motion technique • Ability to connect two elite level jumps (toe touch, hurdler, pike, etc.) 	<ul style="list-style-type: none"> • Toe touch back tuck • Standing series back handsprings to a full • Round-off back handspring double full • Front walkover round-off back handspring to a full (or additional specialty pass)



Practice

All practices are MANDATORY.

Each Full Year ELITE All Star Team will practice 2 to 3 times per week from June to May. Limited Travel will practice 1 day per week. Additional practices may be added by the coaches.

**From August 15th through the end of the season an athlete may have (2) unexcused absences and must notify a coach prior to those practices. (please refer to Attendance Policy in Things to Know section)

Skills Camp

is an essential part of routine, squad, and individual skill development. Camp is required for all athletes to attend.

Dates: TBA

Times: TBA

Choreography

is the process in which the team learns their competition routine. Choreography is required for all athletes to attend.

Choreography Week will be – TBA

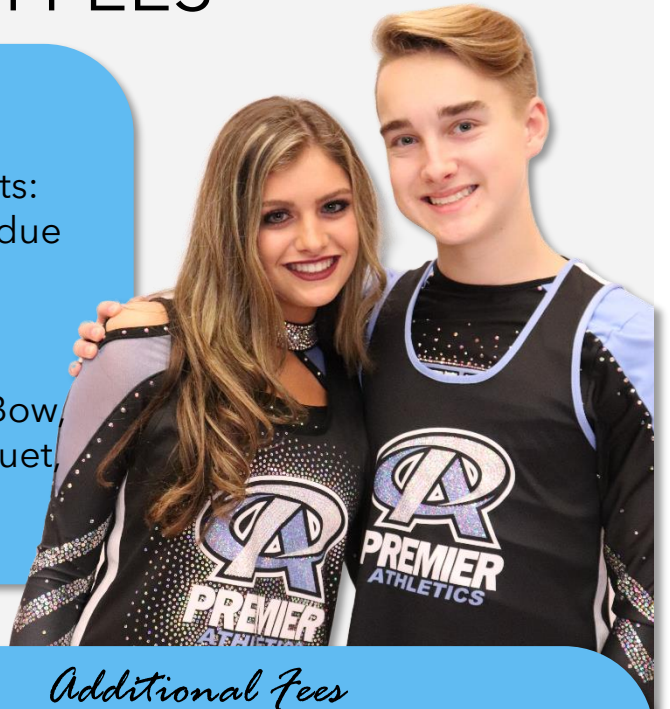
Once teams are finalized each team will have set days & times inside of that week.

PROGRAM FEES

Team Tuition/ Team Fund

Premier Athletics runs 2 monthly payments: team tuition due on the 1st and team fund due on the 15th.

Team fund includes: all Competitions Registrations, Practice Wear, Competition Bow, Cheer Shoes, Choreography, Music, Banquet, Coaches Fees.



Additional Fees

- ◆ Athlete Uniform – we will be keeping this uniform through the end of the 2022 season
 - ◆ Female Uniform NEW – \$385
 - ◆ Male Uniform NEW - \$340
- ◆ USASF Athlete Registration - \$30
- ◆ Competition Make Up – TBD (approx. \$12-\$20)
- ◆ Travel to Competitions – Hotel/Transportation
- ◆ Warm Up Jacket NEW (Optional) - \$95
- ◆ Premier Athletics Backpack (Optional) \$75



How to Pay

Currently we are using Iclasspro but will be switching to Amilia in June/July. Information coming ! All-Stars must have credit card on file in order to participate in the program (No exceptions) unless you pay for the entire season upfront.



Tentative Competitions



- GMCE Dance Event – Cincinnati, Ohio
November 7th (Dance teams only)
- Americheer Cheer Event – Columbus, Ohio
November 14th (Cheer teams only)
- GMCE Cheer Event – Columbus, Ohio
December 19-20th (Cheer teams only)
- Jamfest Winter Jam – Louisville, KY
December 12th (all teams)
- Ameridance Dance Event – Columbus, Ohio
January 16th (Dance teams only)
- Jamfest Dance Nationals – Louisville, KY
February 13-14th (Dance teams only)
- Athletic Championships – Columbus, Ohio
January 30-31st (all teams)
- COA Columbus – Columbus, Ohio
February 27-28th (Cheer teams only)
- Double Down/Groove Pigeon Forge/Sevierville, TN
March 13-14th (all teams)
- One Up Championships – Nashville, TN – Opryland Hotel
March 27 & 28, 2021 (all teams)

- US Finals – Louisville, KY
April 17 & 18, 2021 (qualifying teams)
(each team will compete only 1 of the 2 days)
- Worlds/ The Summit – Orlando, FL – APRI/MAY TBD
(only for teams that earn a qualifying bid)

What to Expect

All competitions are mandatory. Prior to each competition, athletes will be given the following set of team-specific times for each competition:

- If your team is having Friday night practice at an event - it is considered a mandatory practice time
- Arrival time- when you must be present in the competition venue
- Meet time- when your team is required to meet with a coach and congregate at a specific place.
- Warm Up time - is determined by the competition company and assigned to each team.

***If an athlete is late to a competition, and not present for warm-ups, the coach reserves the right to not allow the athlete to compete.*

- Performance time- the time when the team is scheduled to perform
- Award time- the time of the awards ceremony that your team has been scheduled to receive its award.

If an athlete does not show up for a competition, he or she will be dismissed from the team.



Gym Facility Guidelines

- For the safety and fairness of all participants, only coaches and athletes are allowed on the gym floor.
- We will not allow parents, friends, grandparents, etc on the floor at any time unless invited by a coach to view a routine.
 - If you need something, please let our Front Desk Personnel know and they will alert a coach.
- Please help us in this effort to provide the best service to our/your athletes.
- Participants are not permitted to compete, fill in for or participate with any other All Star Cheerleading or Dance team while currently enrolled in a Premier Athletics program. For more information go to www.usasf.net
- We are honored to work with your children and we do not take that task lightly. Please also understand that participation in the program is a choice and a privilege. Any parent or athlete who displays negative behavior or is counter - productive to the overall success of the program can be dismissed from the program at anytime without warning.
 - This includes Social Media

Information & Social Media Outlets

Information and updates can be found on our website www.premierathleticsnky.com

- EMAIL
 - It is the **main** way we communicate! 😊 It is your responsibility to make sure that we have your **current email address** so that you can receive all pertinent information.
 - We will do our best to always answer your emails within 48 hours.
 - Please use email , **not social media/text**, to contact the gym, coaches, etc
 - We will also be using the GROUPME OR BAND APP as a method of Team and Program information. You will be required to have this App and will be added to the group upon joining a team.
- SOCIAL MEDIA
 - Premier Athletics – Corporate PAGE
 - www.facebook.com/premierathletics
 - Instagram - premierathletics1
 - NKY
 - Instagram: @premiernky
 - Twitter: @Premier_NKY
 - Facebook: @Premier Athletics of NKY



USASF Credentialed Staff and Certified Gym

- The mission of the United States All Star Federation (USASF) is "to support and enrich the lives of our All Star athletes and members. We provide consistent rules, strive for a safe environment for our athletes, drive competitive excellence, and promote a positive image for the sport."
- The Premier Staff and all gym locations are certified through USASF and compete only at sanctioned events.
- Each athlete within the Premier Athletics program will be required to become a member of the USASF. More information can be found at www.usasf.net

Additional Training Options

Tumbling Class Option:

- All-Stars are encouraged to take an extra hour of tumbling per week to improve their tumbling skills. In order to facilitate everyone's tumbling needs, we offer regularly scheduled tumbling classes at 50% off the regular rate. You must register for tumbling classes on a monthly basis.
- **Please note that if you have an outstanding balance on your account, your All-Star will not be allowed to take any classes until their account is current. (This also includes siblings that are not All-Stars that take classes).**

Flex Class for Flyers:

- ALL team flyers will be required to have ALL body positions in order to fly in their routine.
- The cost of the class for All-Stars is also 50% off.
- It is open to all participants
- There will be classes offered that should conveniently coincide with the All-Star practice time.

Crossing Over To Another Team:

- All-Stars may want to cheer or dance on more than one team.
- The additional practices and extended time in the gym will help develop their athletic ability and confidence.
- We offer this at an additional cost of \$30/month tuition and crossover fee for comps.
- This year we will discuss prior to the start of the season any conflicts with Summit or Worlds.
- Please understand that each case will be addressed individually. The coaches reserve the right to make exceptions under special circumstances without question.



Dress Code

Practice Dress Code

- Athletes must wear the correct of practice clothes. Cheer shoes/dance shoes must be worn at every practice.
- Please keep in mind that shorts are meant to be worn as shorts and do not need to be pulled up excessively.
- In the event that practice clothes are lost, damaged, or outgrown you may purchase a new set.
- Athletes are free to purchase larger sizes or additional sets of practice clothes at anytime throughout the season.
- Hair should be pulled up and out of the face.
- **NO Jewelry** of any kind is allowed to be worn during practice. Neither Premier Athletics, nor a Premier Athletics employee is responsible for jewelry if it is worn into the gym, removed for practice, lost or stolen, or causes injury.
- Fingernails are to be kept short. Fake fingernails that are excessive in length will not be allowed, and said athlete will sit out at practice until they meet the recommended safety length. If said athlete has to sit out for more than 2 practices a parent meeting will be scheduled.
- New piercings are also strongly discouraged during the season.

Competition Dress Code

- Athlete's have two options that may be worn during competition.
 - Full uniform or Dance Costume with an approved cover up over it
 - "Official" Premier Athletics/Gym Warm Up
- Hair and makeup should be complete before your meet time.
- Proper shoes are to be worn the entire time. No Uggs, boots, flip flops, slippers, etc
- Jewelry is not permitted to be worn at competitions.
- Boys' hair should be cut nicely and faces should be clean shaven or well groomed.
- For more on dress code you may check out www.usasf.net Image policy

Premier Athletics Merchandise

- All Apparel should be ordered through the gyms
- To protect the integrity of our brand, no parent or athlete is permitted to use the Premier Athletics or mascot logos without authorization from the gym manager.
 - This includes, but is not limited too - gym mascot logos, team names, Premier Athletics logo or any gym initials.
 - If you have apparel ideas please submit them to your gym manager.

Parent Travel Obligations

- Parents are responsible for their athlete's activities and behavior at all times.
- Parents must understand that competitions are a time for the athletes to focus and should be fully committed to the team and Premier Athletics through the time of the event.
- Athlete may need to arrive by a designated time on Friday evenings of a two day event for scheduled practices at the event. It is also possible that awards for some teams could be late Sunday evening. The gym will give you this information as soon as it is available to them.
- If a parent/guardian cannot attend an out of town event, you will arrange for another Premier Athletics parent or responsible adult to travel with your athlete to and from the event, and to be responsible for the athlete during the entire event.

Attendance

Summer Practices

- Attendance at practice is critical to your athlete's progress and integral to the success of the team and athletes should be at practices during the summer season.
- However, we recognize that some athletes may need a "break," each gym designates two weeks with no team practices. This is designed to accommodate family vacations, softball, swimming and other summer sports, church camps, summer camps, beach trips, for example. Please try to schedule your family vacations during this time.
- Any absence must be communicated with the Coach and All Star Supervisor via email, noting the vacation, camp, game or any other scheduled activity preventing the athlete from attending practice at least 2 weeks in advance.
- Last minute absences due to illness or family emergency can be communicated privately/directly through the group messaging app, but also emailed to the Head Coach and All Star Supervisor as soon as possible.

Competition Season Practices

The "Competition Season" begins August 2020 and ends April/May 2021. Practice attendance is absolutely mandatory and compliance with the attendance policy below will be strictly enforced. An athlete's team position will be jeopardized for noncompliance with all the following terms of the attendance policy.

- Athletes are expected to be at every practice.
- If an athlete is absent from practice for any reason, whether excused or unexcused, he or she is responsible for learning ALL routine changes made in their absence, **before** the next practice.
- Practices may be changed or added at any time during the year. Parents must check the GroupMe, Band App and emails on a daily basis to stay on top of the practice schedule for updates on day and times.
- We are aware that many junior/senior HS age athletes will need to take the ACT/SAT on a Saturday. We recommend that you schedule these as early in the season as possible. A competition cannot be missed due to ACT/SAT testing. Please let your coach know your SAT/ACT dates as soon as possible.
- The viewing area is open for practice/class observation every day. However, if a problem arises, the Premier Athletics staff reserve the right to close viewing at anytime.

The Manager, All Star Supervisor and team coaches have ultimate discretionary authority to excuse absences on a case-by-case basis.

Unexcused Absences

- Athletes are only allowed **four (4)** unexcused absences during competition season, if a fourth absence occurs a parent meeting will be scheduled, or parent will be notified via email. If additional absences occur disciplinary action may be taken for noncompliance; including but not limited to, removal from the team, being put on probationary status, placed as an alternate, or removed from various elements of choreography and skills.
- **Unexcused absences are NEVER allowed the weekend and week before a competition or performance under any circumstance. Noncompliance may result in the athlete being moved to an alternate position or removed from an upcoming competition.**
- Missing a competition will result in immediate dismissal from the program.

Attendance

Injury: In the event that an athlete is injured, you should notify your All Star Supervisor and Head Coach of the team and let them know of the happening of such injury immediately. Thereafter, you should continuously update coaches as soon as possible with all information concerning doctor's prognosis, estimated length of recovery, potential for surgery, and any change in circumstance affecting their ability to perform the physical skills required to fulfill their role on the team.

We will re-choreograph routines based on the athlete's injury and length of recovery. Once the individual has fully recovered, he or she may or may NOT be choreographed back into the same spots in the routine. The determination of when he or she will be placed back into the routine is up to the coaches, All Star Supervisor and Gym Manager based on the team and competition schedule at the time. Every situation could vary.

POST SEASON EVENTS (US Finals, Summit, Worlds)

All Full Year competitive teams may earn the opportunity to compete at a post season event. US Finals is an option for ALL Full Year teams if they place in the top 3 at competition. The Summit is a "bid" opportunity event. Youth-Senior, Level 1-5 and Tiny-Junior HH teams and must earn a Wildcard, At Large, or Paid bid to The Summit in order to attend and compete. The Cheerleading & Dance Worlds is also a "bid" opportunity event. Senior Level 6 and Senior HH teams are the only eligible teams. These teams must earn an At Large or Paid bid to The Cheerleading & Dance Worlds in order to attend and compete. ALL Post Season events are a privilege for each team, athlete, and coach.

- All regular season balances must be paid in full in order to be eligible for post season events.
- Athletes are permitted only ONE absence between regular season events and their designated post season event.

BID Required Event Rosters:

- If an athlete has an unexcused absence during competition week, the athlete is not permitted to compete, and a fill in is required, the fill in will be rostered for the post season event.
- If an athlete is injured or sick, meaning the athlete is physically unable to be on the mat and execute their skills, a temporary fill in will compete. The original athlete (injured or sick) will return to the roster and in the routine once released and will compete at the post season event as long as routine responsibilities are met.
- If an athlete chooses to miss a competition for any reason other than injury, illness, or family emergency that athlete will forfeit any opportunity to compete at the post season event, but may attend as an alternate.
- Just because your athlete was on the roster and in the routine to earn the post season event bid, does not mean the athlete will be on the roster or in the routine at the actual post season event.
 - Financial responsibilities must be met
 - An athlete's skill set, work ethic, and or commitment level must be maintained

All Star Quitting Policy

- **If an All-Star decides they no longer want to be part of Premier Athletics after team choreography they will be responsible for paying a buy out fee of \$500.**