

Welcome to

# PREMIER ATHLETICS

## 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

Kerissa Stott  
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# TEAM SELECTIONS

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.

# TEAM PLACEMENT

Every athlete will be placed. 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.

## TENTATIVE TEAM SELECTION AND TEAM PLACEMENT SCHEDULE

Age Groups	<u>5-8yrs old</u>	<u>9-13yrs old</u>	<u>14-18yrs old</u>	<u>JAWS</u>
Tuesday May 26th	3P-4:30P	4P-5:30P	5P-6:30P	6:30P-9:30P
Assigned Groups (Will receive assignment on Tues 5/26)	<u>5-8yrs old</u>	<u>9-13yrs old</u>	<u>14-18yrs old</u>	<u>JAWS</u> <u>Announced</u>
Wednesday May 27th	3:30P-5P	5:30-7:30P		BY 1P
Thursday May 28th			5P-7P	
Friday May 29th	9A-9:30A	9:30A-10:30A	10:30A- 11:30A	

BE SELF-CONFIDENT • DO YOUR BEST • HAVE FUN

# 2020- 2021 Age Grid

NEW- 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 2009-2015**

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

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





## Practice Schedule

**ALL PRACTICES ARE MANDATORY**

**FRENZY 1- Tues. 5-7pm**

**FRENZY 2- Wed. 6-7pm & Thurs. 5-7pm**

**FRENZY 3- Mon. 5-7 & Wed. 5-6**

**PROGRAM WIDE VIRTUAL PRACTICE- Tues. 12- 1pm/ Wed 1-2pm**

### Summer Practices

Mon.- Thurs. June 1st- August 10th

Summer All Star Break June 29th- July 5th

### Competition Season Practices

Begin after All Star Break

Back to School All Star Break Aug 10th- 16th

## Skills Camp

Skills Camp is an essential part of routine, squad, and individual skill development

*Skills camp is required for all athletes to attend*

**Dates: Week of July 20th Times: TBD**

## Choreography

During Choreography Camp each team will learn their competition routine

*Choreography camp is required for all athletes to attend*

**Dates: Weekend of August 21st**

Times: will be set within the week once teams are finalized

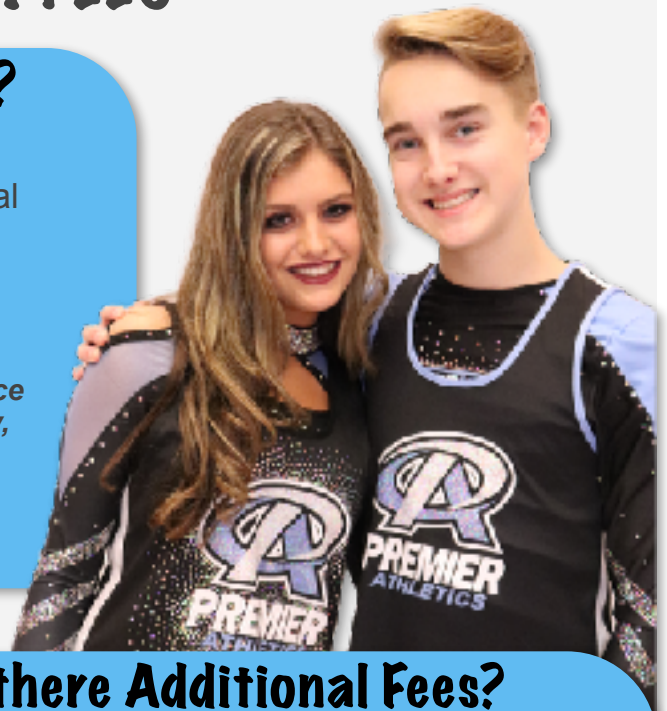
# PROGRAM FEES

## What do program fees cover?

Premier Athletics runs an All-Inclusive payment program to ensure you understand your financial commitment upfront

The following is included in your fees:

*All Competition Registrations, Practice Wear, Practice Bow, Competition Bow, Cheer Shoes, Choreography, Skills Camp, Music, Coaches Fees, and Season Administration Fee*



## Are there Additional Fees?

- **All Star Membership Fee- \$250**
- Athlete Uniform — current uniform will be used through the end of the 2022 season
  - Female Uniform NEW— **\$385**
  - Male Uniform NEW- **\$340**
- USASF Athlete Registration- **\$30**
- Competition Makeup— **TBD (approx. \$12-\$20)**
- Travel Accommodations— **Hotel/Transportation**
- Warm Up Jacket NEW (Optional)- **\$95**
- Addition Practice Wear (Optional)— **per garment**
- Premier Athletics Backpack (Optional)- **\$75**
- Garment Bag (Optional)- **\$45**

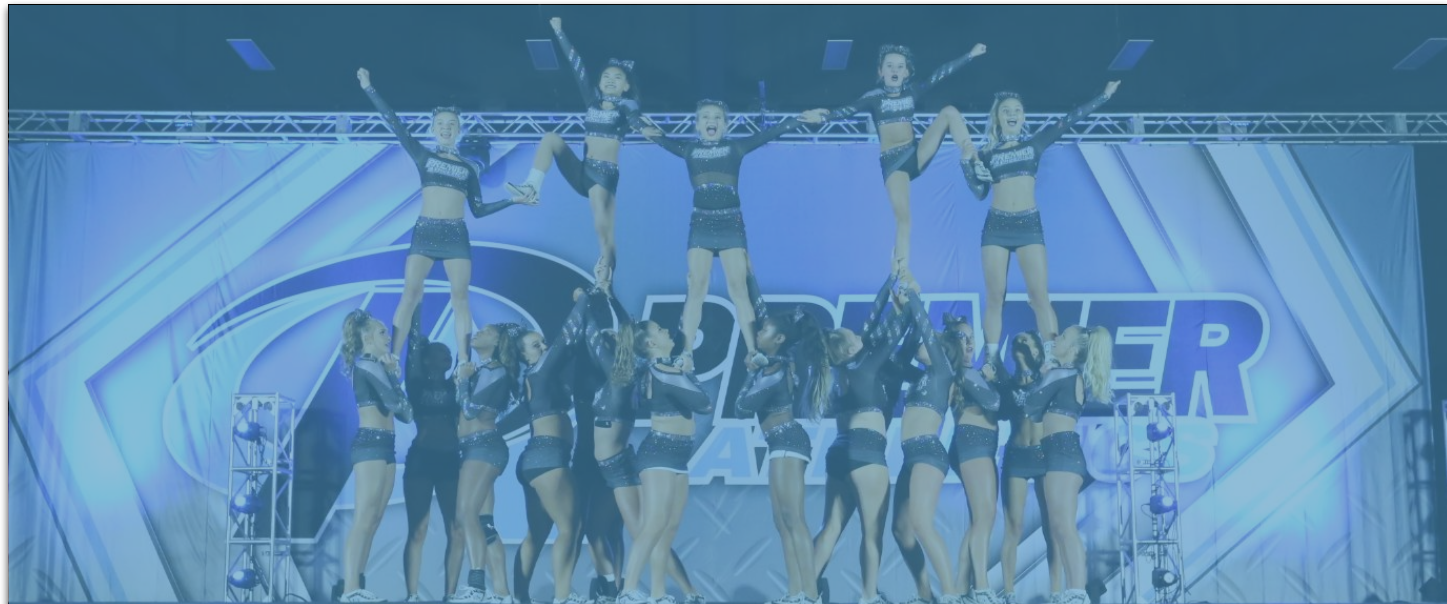


## How can I Pay?

PA Knox North is currently working to implement a new Class Management Software program, Amilia. This program is going to be very user-friendly and make keeping up with your account so simple! We look forward to being able to share all of the details on how to set up your account as soon as we are able to launch the new program. We plan to have all of the details out to you before the start of Team Selections.

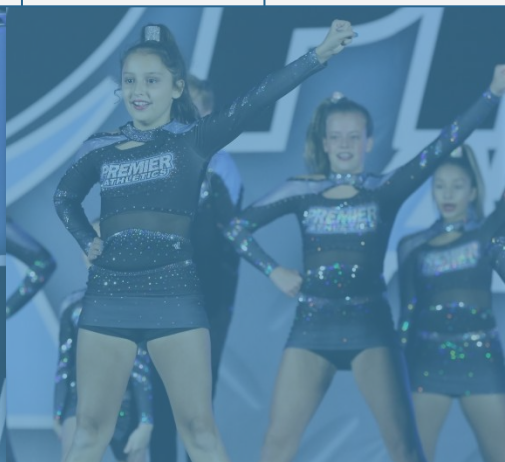
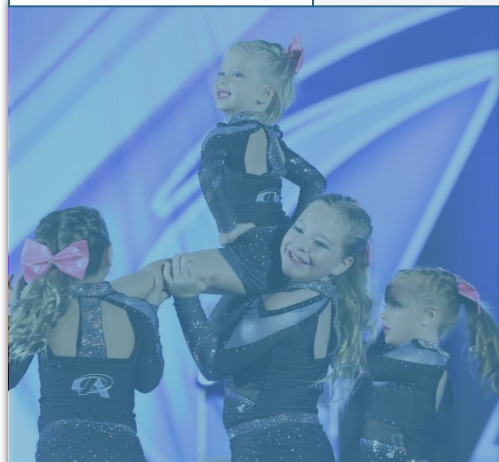






## FINANCIAL BREAKDOWN

	Exhibition	Prep	Semi-Travel	Elite	Level 6
<b>Team Selection Fee</b> <small>(New Athletes Only)</small>	\$40	\$40	\$40	\$40	\$50
<b>Monthly Tuition</b> <small>(20th previous month)</small>	\$85	\$125	\$145	\$145	\$160
<b>Monthly Team Fund Payments</b> <small>(2nd Friday of the month- July- through February)</small>	\$135	\$160	\$220	\$250	\$220 <small>(June- Feb)</small>
<b>Uniform</b> <small>(if needed)</small>	\$175	\$385	\$385	\$385	\$385





# COMPETITIONS

ATC – Leconte Center  
November 14, 2020

WSF – Louisville, KY - Kentucky Expo Center  
December 5-6, 2020

NCA – Franklin, TN - Williamson Expo Center  
December 16, 2020

Universal Spirit – Charlotte, NC – Charlotte CC  
January 16-17, 2021

Cheersport – Knoxville, TN – Knoxville CC  
January 30, 2021

Jamfest – Nashville, TN – Municipal Auditorium  
February 6, 2021

Cheersport– Atlanta, GA – GWCC  
February 13 -14, 2021

America's Best – Nashville, TN – Municipal Auditorium  
February 20, 2021

Double Down – Sevierville, TN – Sevierville CC  
March 13-14, 2021

One Up – Nashville, TN – Gaylord Opry  
March 27-28, 2021

Cheerleading Worlds – Orlando, FL  
April 23-25, 2021

Summit – Orlando, FL  
April 30-May 3 2021

## 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 - 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 or chooses to miss, he or she can be removed from the routine or 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](http://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.premierathleticsknoxnorth.com](http://www.premierathleticsknoxnorth.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 GROUPME 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

[www.facebook.com/premierathletics](https://www.facebook.com/premierathletics)

Instagram - premierathletics1

Knoxville North

[www.instagram.com/pak\\_north](https://www.instagram.com/pak_north)

[www.instagram.com/pak\\_northcheer](https://www.instagram.com/pak_northcheer)

[www.facebook.com/paknorth](https://www.facebook.com/paknorth)



## 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](http://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.
- This option is *not* for everyone. The commitment of time and money is greatly increased.
- Also, competitions can be stressful and competing twice (or more) in one day may not be for everyone.
- First year athletes are discouraged from participating on more than one team. 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, 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 with an approved cover up over it
  - "Official" Premier Athletics/Gym Warm Up
- Hair and makeup should be complete before entering the arena - unless the team is getting together to do hair. This will occur occasionally for certain events if time permits.
- 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](http://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 and written in the Attendance Book, 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 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 can 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.

### COMPETITION ATTENDANCE

- If you are not present at awards, you will forfeit any awards/prizes you may win (jackets, backpacks, medals, etc)
- If an athlete does not show up or chooses to miss a competition, he or she may be removed from the routine, dismissed from the team, and or could forfeit any postseason opportunities.

### POST SEASON EVENTS (US Finals, Summit, Worlds)

All Full Year competitive teams may earn the opportunity to compete at a postseason 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 must earn a Wildcard, At Large, or Paid bid to The Summit in order to attend and compete. The Cheerleading Worlds is also a "bid" opportunity event. Senior Level 6 is the only eligible team. The Senior Level 6 team must earn an At Large or Paid bid to The Cheerleading 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 postseason 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 (un)excused 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 chooses to miss a competition for any reason other than injury, illness, or family emergency that athlete could 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
  - Coaches discretion

#### 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.