



Welcome to
the

PREMIER ATHLETICS

All Star family

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. Premier Athletics has 6 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 500 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

Chasity Carter
General Manager
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Kim Lemon
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Will Bradley
All Star Dance Admin Supervisor
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Trinity Lewis
Allstar Dance Operational
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2505 Pulaski HWY
931-505-8272



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 3-18. Every athlete will go through an individual evaluation process where they will demonstrate their abilities in picking up choreography, skills, and more. We will then evaluate individuals in both groups, and individually 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, appropriately to be competitive.

* We do foresee this to be a problem but if for some unforeseen reason, we do not have an age eligible team for your child- we will discuss solutions/options to fit their goals and needs.

Team Placement

TEAM SELECTION AND TEAM PLACEMENT SCHEDULE

Monday, May 9th:

- All dancers : 5pm-6pm
- Hip hop only: 6pm-7pm
- Lyrical only: 7pm-8pm

Tuesday, May 10th:

- All dancers (review): 5pm-7pm

Wednesday, May 11th:

- Evaluations all dancers- 5pm-7pm** Athletes will be released as they are evaluated
- Team reveal event will be held at the gym on Sunday, May 15th @ 2pm.

BE SELF-CONFIDENT • DO YOUR BEST • HAVE FUN



Age Range

2022-2023 Season

Ages will be based on an athlete's birth year

- TINY – AGES 4 & 6 – (2015-2018) (Half year)
- MINI – AGES 5-9 (2012-2017) (half year)
 - YOUTH – AGES 8-12 (2009-2014)
 - JUNIOR – AGES 10-15 (2006-2012)
 - SENIOR – AGES 12-18 (6/1/2003-2010)

** USASF age grid updates may change once voting has been finalized.

No Skill Level Required

	Potential Skills
Hip Hop	<ul style="list-style-type: none"> ▪ Headstands ▪ Headsprings ▪ Kip Ups ▪ Rubber bands (running) ▪ Aerial
Lyrical	<ul style="list-style-type: none"> ▪ Pirouettes ▪ Turns in Second ▪ Calypso ▪ Leaps ▪ Flrebirds

Practice

All practices are MANDATORY.

Each Full Year ELITE All Star Team will practice 1-2 times per week for 1-4 hours from June to May. Additional practices may be added by the coaches.

**From August 15th through the end of the season an athlete may have (3) 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.

We will be attending a skills camp (in house) the week of June 13th-17th. We are confirming the exact date and time once teams are confirmed .

Choreography

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

Choreography Week will be – July 11th-15th

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

PROGRAM FEES

What's Included in Monthly Installments?

Premier Athletics runs an All-Inclusive payment program.. (July- Dec.) The following is included in your installment fees:

All Competition Registrations, Choreography, Skills Camp, Music, Banquet, Program Shirt ,Program Jersey, and in-house showcase fee.

Monthly training fee is not included in these installments.



Additional Fees

- ◆ Athlete Uniform – \$200 per athlete
- ◆ Competition Make Up & jewelry– TBD (approx. \$12-\$20)
- ◆ Practice wear (same as last season)- \$105
- ◆ Travel to Competitions – Hotel/Transportation
 - ◆ Warm Up Jacket (Optional) - \$95
- ◆ Addition Practice Wear (Optional) – \$30 shorts, \$30 tank, \$45 bra per garment
 - ◆ Premier Athletics Backpack (Optional) \$75
 - ◆ Garment Bag (Optional) \$45
- ◆ * USASF membership: \$49/year pd. To USASF

How to Pay

This season we will be using iclass pro system/ parent portal. You must keep a credit card on file with PA to participate in the 2022-2023 season. This card will only be used, if you do not pay by the 1st of the month with another form of payment.





Financial Breakdown

	**Mini Hip Hop (HYPE)	Youth Lyrical/ Hip Hop	Junior Lyrical/ Hip Hop	Senior Lyrical/ Hip Hop
Tryout Fee	\$20	\$20	\$20	\$20
Membership Fee	\$215	\$295	\$295	\$295
Installment Fee	\$95	\$190	\$190	\$190
Training Fee	\$105	\$120	\$120	\$120
Uniform 1 st Half Due August 2 nd Half Due September	\$150	\$200	\$200	\$200

Training Fee (June- April)

Covers the athletes practice instruction. First practice will be the week of May 23rd, therefore the month of May will be included in the tryout fee

Membership Fee (Due June 15th)

Covers coach's competition cost and fees (per diems/ competition pay, hotel, car rental, gas, parking, misc. competition needs.)

Installment Fee (July- Dec.)

Covers competition entry fees for the season, skills camp, music, choreography fee, practice wear, banquet, and program shirt/program jersey.

2022-2023 Competitions

NOVEMBER

PA Showcase @ Sevierville, TN November 20th

DECEMBER

*Groove @ Louisville, KY - December 3rd-4th

JANUARY

Aloha Showdown @ Chattanooga, TN – January 13th-14th

FEBRUARY

Gym showcase @ Premier- Feb. 26th

MARCH

The Connection/Stage 8- Nashville, TN – March 4th and 5th

APRIL

One Up Championships – Nashville, TN – Opryland Hotel
April 1st & 2nd

Possible Post season event is invitation only. Our team must require a Silver bid to Stage 8 Nationals to attend post-season.

Stage 8 dance Nationals: Hilton Orlando- April 30-May 2

* This is a stay-to-play event and require a room block requirement/program.

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, we reserve the right to dismiss he or she from the team, and the commitment fee will be charged.

Gym Facility Guidelines

- For the safety and fairness of all participants, only coaches and athletes are allowed on the gym floor/ training premises.
- We will not allow parents, friends, grandparents, etc on the floor at any time unless invited by a coach to view a routine, during showcase or a special performance.
 - 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 platforms, group messaging systems or any negative communication lines that compromise the team members experience in the program.

Information & Social Media Outlets

Information and updates can be found on our website <http://premierathleticscolumbia.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 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.
- We ask that you please use social etiquette in addressing concerns or debatable opinions specifically in GroupMe/group settings. Please respect the coach, team, and program by setting up a meeting to address your concerns with your coach/supervisor privately. Negativity will not be tolerated from athletes and/or parents..

• SOCIAL MEDIA

Premier Athletics

www.facebook.com/premierathletics

Instagram - premierathletics1

Columbia

www.instagram.com/pa_columbia

<https://www.facebook.com/premierathletics931/>

Things
To
Know

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, SafeSport, NHS concussion training and CPR/AED certified and are background checked.
- 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. Parents will need to go to the website and register their athlete each season. (\$49 fee- not included in the fees owed to the gym.)

Additional Training Options

- **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).**

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. Ultimately, our goal is to not have crossovers so that athletes can enjoy their full team experience.

Dress Code

Practice Dress Code

- Athletes must wear the correct practice clothes/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. (Costume jewelry acceptable if applicable.)

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 (unless part of the costume).
- 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 gym.
- 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.
- Some travel events require a "stay-to-play" room block for athletes/coaches and a percentage of our program must stay at the host hotels in order to be considered eligible to compete. (asterisks can be found in the competition schedule for those we know doing a travel requirement).

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. Athletes are expected to attend practices/competitions even though they are injured as they continue to gain knowledge through visual and auditory learning which greatly plays an important role in their ability to return to play.

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. (July 1st-July 10th).
- 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 2022 and ends April/May 2023. 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 **three (3)** unexcused absences during competition season, if a third 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.

School Cheerleading/ Dance /Other Sporting Events

We understand that many of our middle and high school age athletes also participate in school cheerleading and other sports. We do our best to accommodate to all athletes that want to experience this side of sports. In the beginning we work hard to ensure that there are no conflicts regarding competition scheduling. In the odd case that a school competition/ game were to be changed to the date of an all-star event. We would expect for the athlete to attend with their all-star team, or vice-versa. We encourage school sports participation and in most cases are willing to bend on our end to ensure participation in both, however, we expect your athlete to be at our team practices the week of a competition. (This includes the Sunday and weekday practices leading into an event). Watching an event as a spectator is not an acceptable/excusable absence from practice and/or events.

POST SEASON EVENTS (STAGE 8 DANCE NATIONALS)

All Full Year competitive teams may earn the opportunity to compete at a post season event. All regular season balances must be paid in full in order to be eligible for post season events. Our team must require a Silver bid to Stage 8 Nationals to attend post-season.

Stage 8 dance Nationals: Hilton Orlando- April 30-May 2

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 or is removed for breaking the terms and policies agreed upon signing up for the 2022/2023 season after team choreography, they will be responsible for paying a buy out fee of \$500 which will be charged upon leaving/dismissal from the team/program.