



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

Susan Traylor
General Manager
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All Star Supervisor
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11250 Gilbert Drive
Knoxville, TN
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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 jumps, tumbling and more. We will then evaluate individuals 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

HYPE TEAM SELECTION AND TEAM PLACEMENT SCHEDULE

<u>Athlete Evaluation</u>	<u>Check In</u>	<u>Age Group</u> <u>5-9 yrs old</u>
<u>October 24th</u>	<u>4P-4:30P</u>	<u>4:30P-6:30P</u>
<u>Athlete Evaluation</u>	<u>Check In</u>	<u>Age Group</u> <u>10-18yrs old</u>
<u>October 26th</u>	<u>5:30P-6P</u>	<u>6P-8P</u>
Team Reveal: Sunday, October 30 by 3P		
Uniform/Practice Wear Fittings: Tuesday November 1		
Team Practices Start: Tuesday, November 1		

BE SELF-CONFIDENT • DO YOUR BEST • HAVE FUN

Age Range

2022-2023 Season

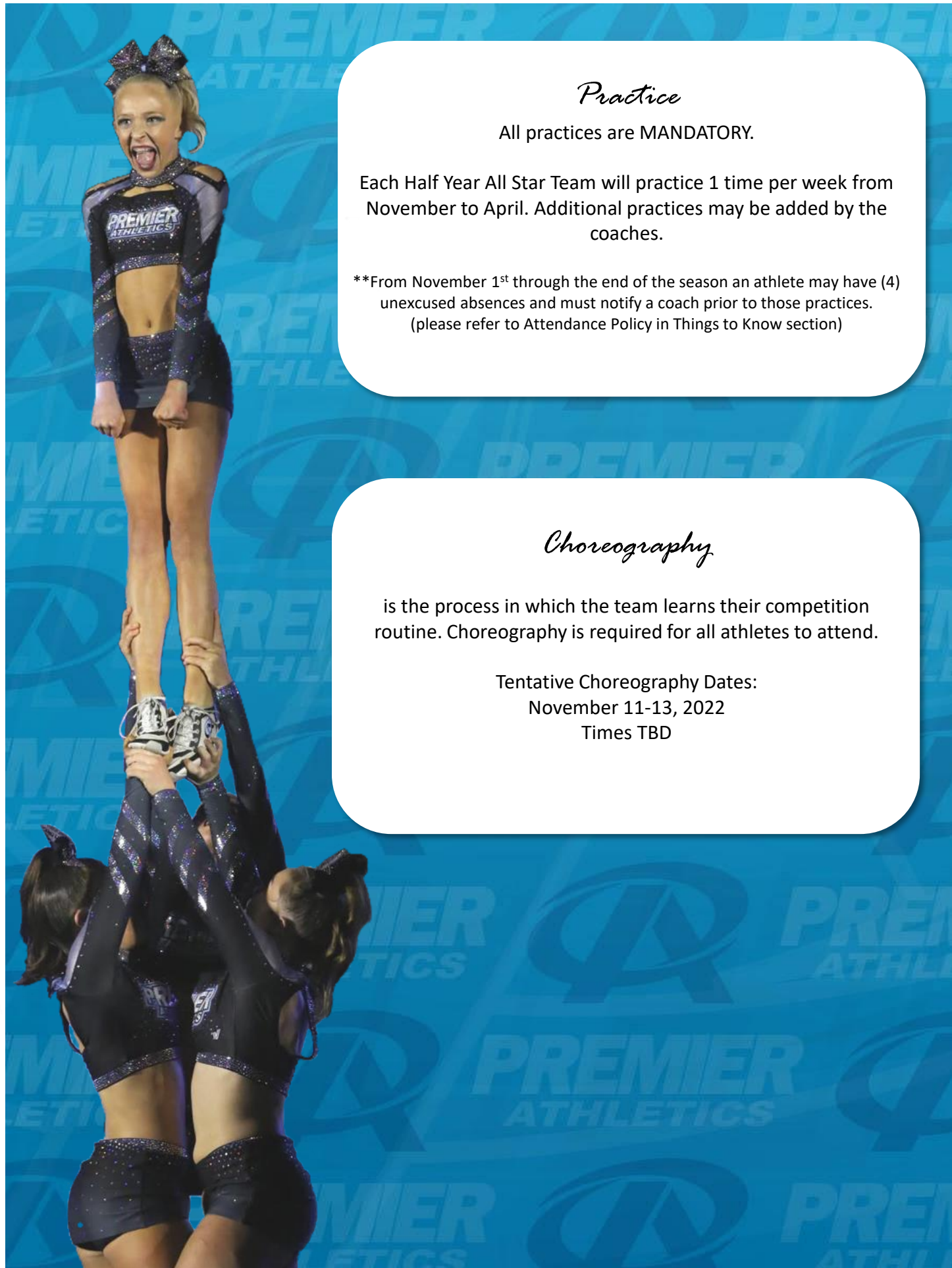
Ages will be based on an athlete's birth year

- TINY - AGES 5 & 6 - born between 2015-2017
 - MINI - AGES 6-8 - born between 2013-2016
- YOUTH - AGES 6-11 - born between 20010-2016
- JUNIOR - AGES 7-15 - born between 2006-2015
- SENIOR - AGES 10-18 - born between 6/01/03-2012

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 Mini/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 • 1½ 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"> • 1½ 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 Half Year All Star Team will practice 1 time per week from November to April. Additional practices may be added by the coaches.

**From November 1st through the end of the season an athlete may have (4) unexcused absences and must notify a coach prior to those practices.
(please refer to Attendance Policy in Things to Know section)

Choreography

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

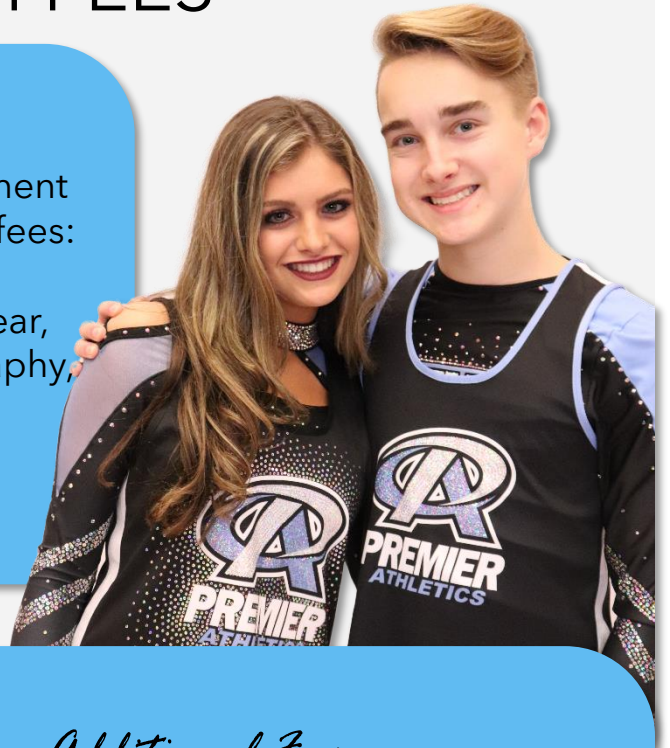
Tentative Choreography Dates:
November 11-13, 2022
Times TBD

PROGRAM FEES

What's Included

Premier Athletics runs an All-Inclusive payment program. The following is included in your fees:

All Competition Registrations, Practice Wear, Practice Bow, Competition Bow, Choreography, Music, Coaches Fees, and Season Administration Fee!



Additional Fees

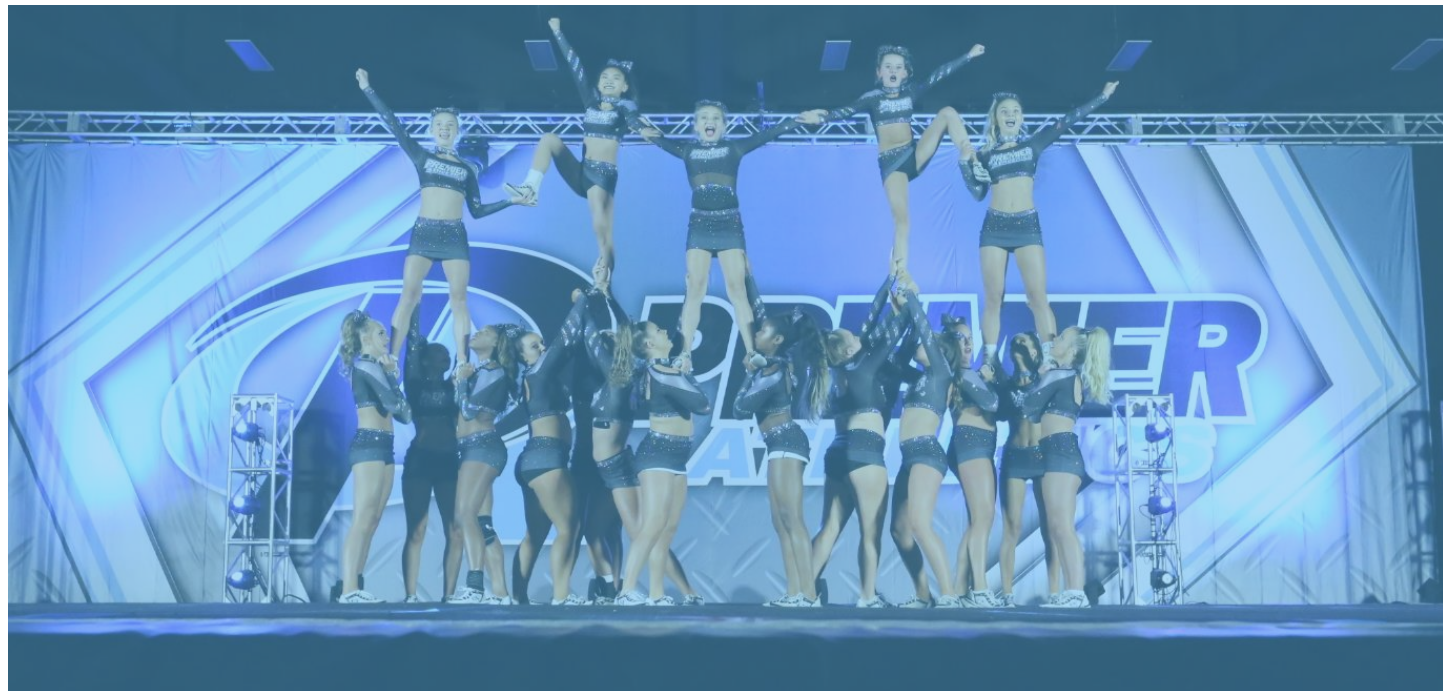
- ◆ Athlete Uniform – NEW***
 - ◆ Uniform – \$195
- ◆ USASF Athlete Registration - \$49
- ◆ Travel to Competitions – Hotel/Transportation
- ◆ Warm Up Jacket (Optional) - \$95
- ◆ Premier Athletics Backpack (Optional) \$75



How to Pay

A credit or debit card will be required to have on file and charges will be processed on that card automatically on the due date. You can access your account or create a new one by clicking [HERE](#).

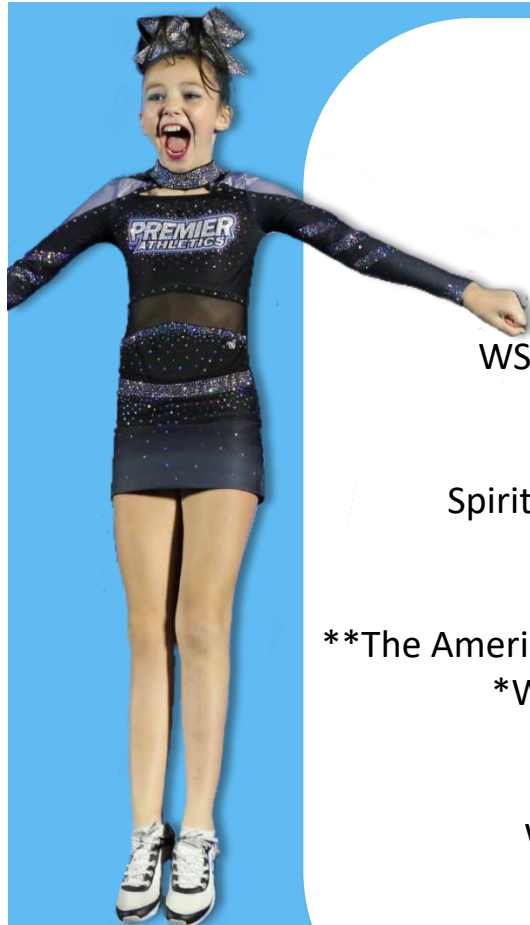




Financial Breakdown

Team Selection Fee	\$25
Monthly Tuition (1 st of each month)	\$105
Monthly Team Fund Payments (15 th each month- November through March)	\$160
Uniform (Due January 15)	\$195 - 3 Payments of \$65 (Nov, Dec, Jan)





Competitions

WSA – Gatlinburg, TN– Rocky Top Sports Center
February 11, 2023

Spirit Solutions – Knoxville, TN – Knoxville Coliseum
March 4, 2023

****The American Championships – Sevierville, TN – Sevierville CC****

Weekend leading into Knox Co Spring Break

***March 11, 2023**

WSA – Chattanooga, TN – Chattanooga CC
April 15, 2023

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:

- 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.



Premier Athletics Rules and Regulations

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 or for special events.
 - If you need something, please let our Front Desk Personnel know and they will alert a coach.
- Viewing Area is used for viewing only. Parent/Guardians should not coach, correct, reprimand, or distract their athlete, other athletes, the team or the coaches during practices. Should a problem arise upstairs Premier Athletics reserves the right to close practices or prohibit certain persons from being in the viewing area.
- 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.

Premier Athletics Retains the right to:

- Place athletes on the team(s) we feel will best suit the athlete and our program
- Move, replace, add, suspend, or even dismiss an athlete for a period of time or indefinitely from a team or the entire program based on criteria including but not limited to: Attendance, Conduct, Skills, Finances, Parent Conflict
- Determine the role of athletes on their team (flyer, base, back spot, tumbler, alternate)
- Schedule additional practices or extend regularly scheduled practices.

Premier Athletics Parent and Athlete Expectations

- Parent/Athletes should remember to be respectful & courteous to others at all times. A positive attitude & good sportsmanship are vital parts of our program. Our expectation is that parents/athletes will encourage teamwork & productive contribution to our program
 - Social Media – comments regarding Premier Athletics, teammates/members, other gyms etc should only be made in a positive fashion
 - No gossip about other teams, gym, etc
 - Smoking, vaping, drinking alcoholic beverages, or use of drugs can warrant immediate dismissal
 - Challenging authority of coach, program director, or gym manager can warrant dismissal
 - Negative or Abusive behavior towards another athlete, parent, or coach can warrant dismissal
 - Be respectful of our facility – take care of equipment, common areas, and throw away trash. Be the example
 - No profanity or abusive language
 - We want our athletes to use the gym as much as possible, however no child should be at the gym more than 10 minutes before the start of practice or 10 minutes after practice has ended

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

Competition Season Practices

The "Competition Season" begins November 2022 and ends April 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.
- Practices may be changed or added at any time during the year. Parents must check the Band App and emails on a daily basis to stay on top of the practice schedule for updates on day and times.
- 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.

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 will not receive any financial relief for that event.
- If an athlete is late to competition meet time and not present prior to heading to warm ups said athlete will not take the competition floor and will not receive any financial relief for that event.

Dress Code

Practice Dress Code

- Athletes must wear the correct of practice clothes. Cheer 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 or competition. Neither Premier Athletics, nor a Premier Athletics employee is responsible for jewelry if it is worn into the gym, to competition, removed for practice, or competition, 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 with an approved Premier Athletics Garment over top
 - If your athlete is on a senior team their crop top must be covered by a Premier Athletics T-shirt, Tank, Jersey, or Warm Up jacket until going to warm ups.
 - "Official" Premier Athletics/Gym Warm Up
 - Athletes should be in FULL UNIFORM for awards ceremonies – Hair, Make, Bow, Uniform, Shoes.
- 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.
- Athletes cannot wear uniform top with sweat pants. They must have a PA Top over their uniform with the pants

Premier Athletics Merchandise

- All Apparel must 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 to - gym mascot logos, team names, Premier Athletics logo or any gym initials.
 - If you have apparel ideas please submit them to your gym manager.



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
 - Athletes turning 18 or older will be required to submit for a background check, receive a "Green light" and complete the athlete Safesport Training.

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 a discounted rate of \$45/month. 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 \$25/month.
- 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.



Important Dates & Gym Closures

2022

- Monday, October 24th – 5-9yr old Athlete Evaluations
- Wednesday October 26th – 10-18yr old Athlete Evaluations
- Sunday, October 30th – Team Reveal
- Tuesday, November 1st – Uniform/Practice Wear Fittings
- Tuesday, November 1st – First week of practices
- Friday, November 11th – 13th - Routine Choreography
- Wednesday, November 23rd – Saturday, November 26th – Thanksgiving Break – Closed
 - Sunday team practices will resume Sunday, November 27th
- Friday, December 23rd – Sunday, January 1st – Christmas and New Years – Closed
 - Team practices will resume Monday, January 2nd

2023

- Monday, March 13th – Sunday, March 19th – Spring Break – Closed
- Sunday, April 9th – Easter – Closed

Information & Social Media Outlets

Information and updates can be found on our website www.premierathleticsknoxwest.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 be using the 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

www.facebook.com/premierathletics

Instagram - premierathletics1

Knoxville West

www.instagram.com/pa_knoxvillewest

www.instagram.com/pakw_sharkscheer/

www.facebook.com/PremierAthleticsKnoxvilleWest