



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. Premier Athletics has 7 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

Lerone "Ace" Major
Gym Manager/All Star
Supervisor
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Lisa Davis
Front Office Manager
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615.896.7300

www.premierathletics.com

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 occurs when teams are competing at a level that they are capable of and training at a level above what they compete. When placing athletes this way we can correctly train the skills with proper technique. We ultimately 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. 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.

Every athlete will be placed on a team.

Team Placements



BE SELF-CONFIDENT • DO YOUR BEST • HAVE FUN

TEAM SELECTION SCHEDULE

*May 16th –
May 17th*

May 16 th	May 17 th
6-8 years old 6:00-7:00pm	13-15 years old 6:00-7:00pm
9-12 years old 7:00-8:00pm	16-18 years old 7:00-8:00pm

May 18th – May 25th

May 18 th	May 18 th	May 19 th	May 19 th
Level 1 6:00-7:30pm	Level 3 7:00-8:30pm	Level 2 6:00-7:30pm	Level 4-6 7:00-8:30pm

May 22 nd	May 23 rd	May 24 th	May 25 th
Level 1 6:30-8:00pm	Level 2 6:30-8:00pm	Level 3 6:30-8:00pm	Level 4-6 6:30-8:00pm

*Team Reveal Day will be May 28th
Practices begin on May 30th*

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Age Range

2023-2024 Season

Ages will be based on an athlete's birth year

***The following breakdown is for ELITE & Prep All Star Divisions and does not show adjustments for International or Novice divisions. USASF updates TBA.

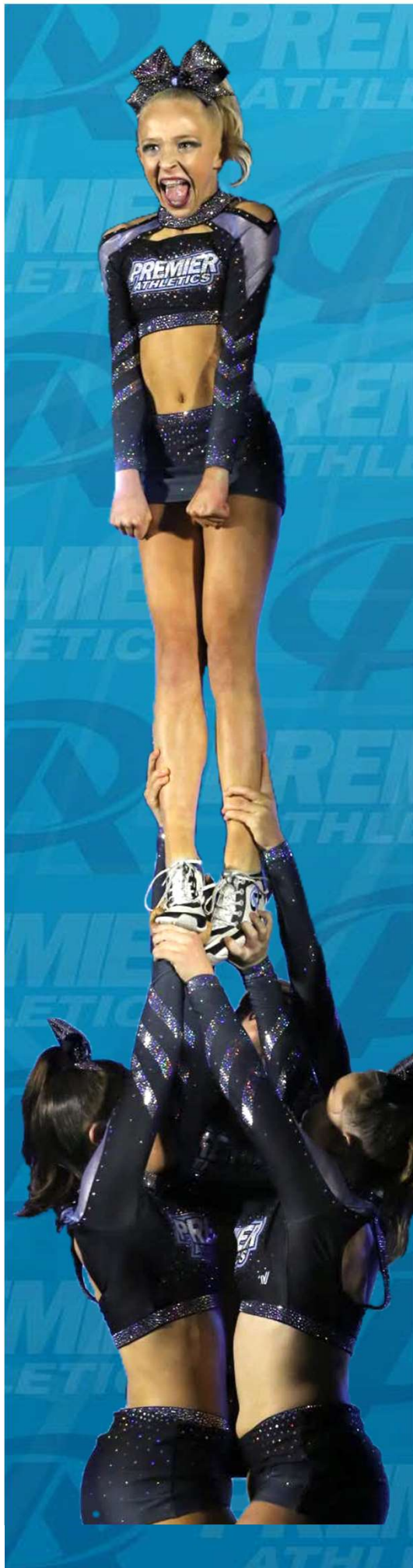
- TINY - AGES 6-7
- MINI - AGES 7-9
- YOUTH - AGES 8-12
- JUNIOR - AGES 9-15
- SENIOR - AGES 13-19

Skill Level Requirements

Premier Athletics reserves the right to take up to 25% of team members without the required tumbling skills for stunting purposes

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 & PREP All Star Team will practice 2 times per week for the Summer and 3 times per week from August to April. Additional practices may be added by the coaches.

*From August 6th 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 on pg

Skills Camp

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

Dates:

June 14th-16th at Premier Athletics Murfreesboro
No Skills Camp for Tiny Exhibition

Once teams are finalized, exact times will be set.

Choreography

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

Choreography- August TBD

*Teams will not have practice the week of choreography

*Choreography will be in the afternoon & evenings unless it falls on Saturday or Sunday.

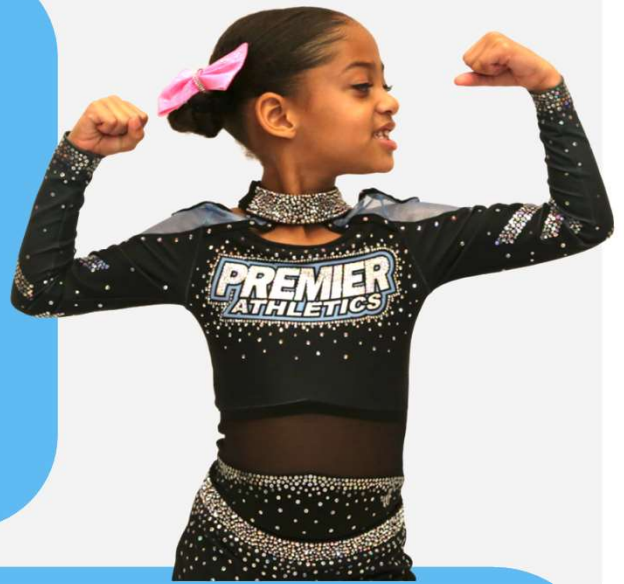
Once teams are finalized, exact days & times will be set.

PROGRAM FEES

What's Included

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

All Competition Registrations, Practice Wear, Practices Bow, Routine Choreography, Dance Choreography, Skills Camp, Music, Banquet, & Coaches Fees!



Additional Fees

- ◆ Athlete Uniform – we will be getting NEW uniforms for the 2023-2024 season
 - ◆ Program Uniform Female – \$395
 - ◆ Program Uniform Male- \$340
 - ◆ Worlds Uniform- \$415 (Female) - \$395 (Male)
 - ◆ Tiny Uniform \$195
- ◆ USASF Athlete Registration – approx. \$50 (paid to USASF)
- ◆ Travel to Competitions – Hotel/Transportation
- ◆ Competition Bow – \$45
- ◆ Warm Up Jacket (Mandatory) – approx. \$125
- ◆ Premier Athletics Backpack (Optional) - \$130
- ◆ White Cheer Shoes- \$125
- ◆ Makeup Kit – approx. \$60

How to Pay

If you are BRAND NEW to the gym, please contact Lisa at ldavis@premierathletics.com.

All others please:

- Go to www.premierathleticsmurfreesboro.com
- Click on Members Only
- Click on My Account
- Click YES you are a current customer (please do not create another account)
- Enter email address that we have on file and click "Forgot Password"

Once you receive your password, you will be able to login and add payment information to auto-draft & accept necessary policies. **Auto Draft is required.**



Financial Breakdown

Elite All-Star Teams

Month	Tuition	All-Star Team Fees	Total
		Registration Fee, May Tuition & T-shirt	
May 10 th	\$100		\$100
June 1 st	\$115	Membership Fee \$350	\$465
July 1 st	\$115	\$208	\$323
August 1 st	\$115	\$208	\$323
September 1 st	\$115	\$208	\$323
October 1 st	\$115	\$208	\$323
November 1 st	\$115	\$208	\$323
December 1 st	\$115	\$208	\$323
January 1 st	\$115	\$208	\$323
February 1 st	\$115	\$208	\$323
March 1 st	\$115	\$208	\$323
April 1 st	\$115	\$0	\$115

Prep All-Star Teams

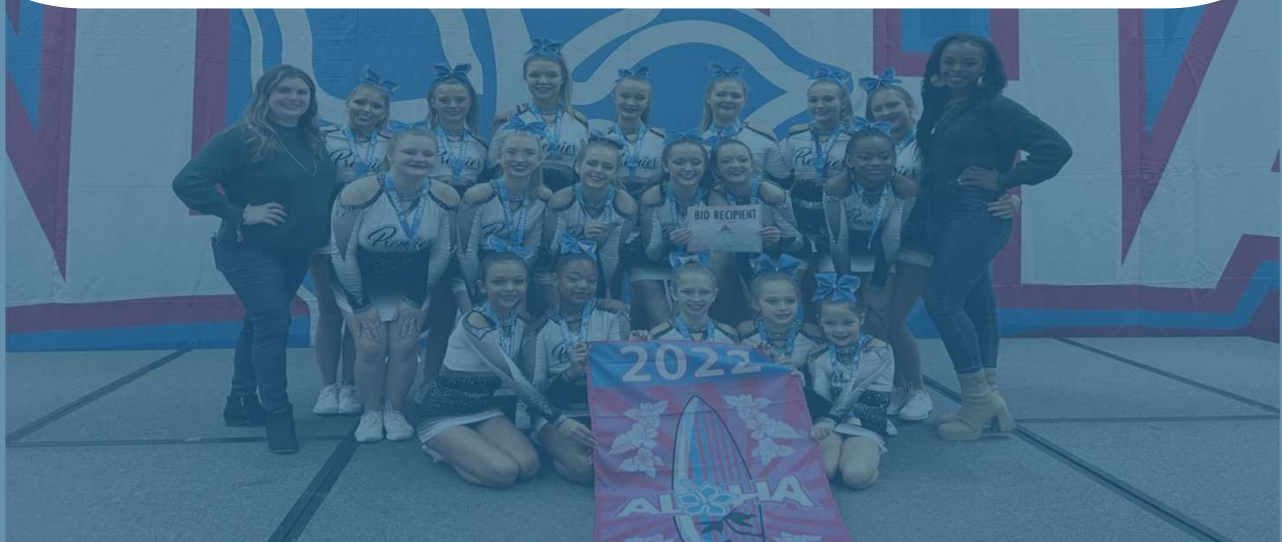
Month	Tuition	All-Star Team Fees	Total
		Registration Fee, May Tuition & T-shirt	
May 10 th	\$100		\$100
June 1 st	\$115	Membership Fee \$300	\$415
July 1 st	\$115	\$178	\$293
August 1 st	\$115	\$178	\$293
September 1 st	\$115	\$178	\$293
October 1 st	\$115	\$178	\$293
November 1 st	\$115	\$178	\$293
December 1 st	\$115	\$178	\$293
January 1 st	\$115	\$178	\$293
February 1 st	\$115	\$178	\$293
March 1 st	\$115	\$178	\$293
July 1 st	\$115	\$0	\$115

PREMIER ATHLETICS

What to Expect at Competitions

All competitions are mandatory. Missing a competition may result in removal from the team. Prior to each competition, athletes will be given the following set of team-specific times for each event:

- 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.*
- Event schedules are released by competition companies the week of competitions
- **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
- **Dismissal time** – the time when your athlete is released to leave the competition



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.
 - 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 all Social Media platforms

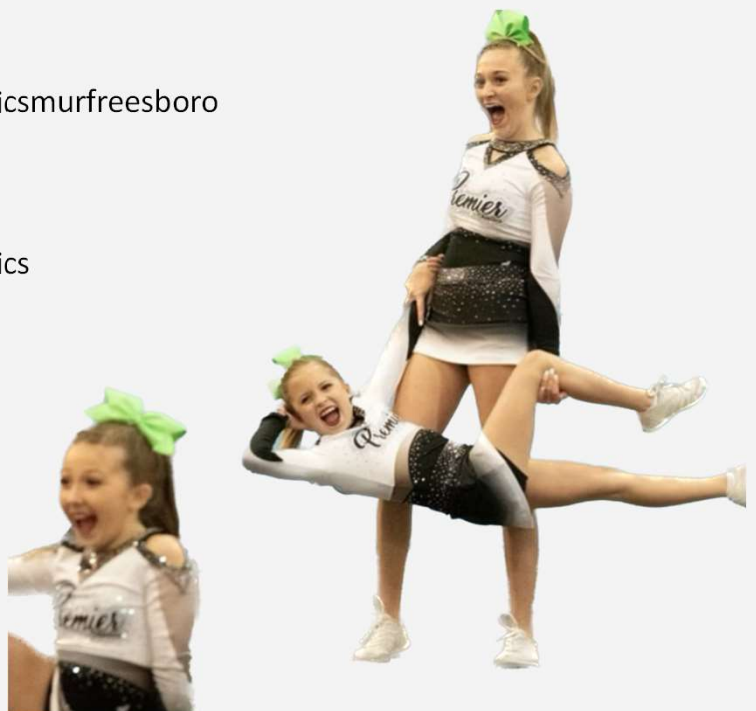
Information & Social Media Outlets

Information and updates can be found on our website www.premierathleticsnashville.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 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 Murfreesboro
Instagram- [pamurfreesboro](#)
www.facebook.com/premierathleticsmurfreesboro

Premier Athletics
Instagram - [premierathletics1](#)
www.facebook.com/premierathletics



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. The cost is approx. \$50. If an athlete turns 18 during the season, they are required to do Safe Sport Training and have a background check. More information can be found at 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 classes until their account is current. (This also includes siblings that are not all stars that take classes).**

All Star Tumbling Classes:

- All star athletes are required to attend an additional hour of tumbling per week.
- Classes will be offered by level.
- They will be held on Sundays starting in August.

Crossing Over To Another Team:

- All Stars may want to cheer 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 is greatly increased.
- 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 practice clothes and bow. Cheer shoes must be worn at every practice.
- Athletes will be charged for new practice attire if they arrive to practice in the incorrect outfit.
- Please keep in mind that shorts are meant to be worn as shorts, and do not need to be pulled up excessively.
- 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.
- New piercings are strongly discouraged during the season.

Competition Dress Code

- Athletes have two options that may be worn during competition.
 - Full uniform with program jersey
 - "Official" Premier Athletics 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. We will post competition ready hair and makeup before the first event.
- 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.
- Bras should not be visible under uniform.
- 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 logo. 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 entirety of the event.
- Athletes are expected to arrive to away events the evening before they compete.
- 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. Athletes are required to attend their award ceremony at all events.
- 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.
- In the event of inclement weather, we will remain in contact with the event company and get information to you as soon as possible. If the event is still being held, we plan to attend the 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 **ALL** practices during the summer season.
- We will designate two weeks during the Summer with no team practices. Please try to schedule your family vacations during this time. **June 24th-July 8th, 2023**
- Any absence must be listed on the Athlete's Vacation Calendar paperwork . It should also be communicated with the Coaches via email, noting the vacation, camp, game and/or any other scheduled activity preventing the athlete from attending practice **at least 2 weeks in advance**. We also ask that you send a reminder to the coach the day before.
- Last minute absences due to illness or family emergency can be communicated privately/directly through the group messaging app, but also emailed to the Coaches and All-Star Supervisor as soon as possible.
- **Continuous and Excessive absences** may lead to movement to another position on the team, movement to another team, or potential dismissal from the program.

Competition Season Practices

The "Competition Season" begins August 6, 2023, ends April/May 2024. Practice attendance is 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 daily to stay on top of the practice schedule for updates.
- 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 reserves 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 **TWO (2)** unexcused absences during competition season. If a third absence occurs, a parent meeting will be scheduled, or the 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.
- **Examples of unexcused absences: family gatherings after breaks, concerts, parties, studying, birthday parties, dances, formals, etc.**
- **Unexcused absences are NEVER allowed the weekend and/or 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.**
- The gym follows Rutherford County School's calendar. Breaks outside of this schedule will be considered unexcused.
- Missing a competition will result in immediate dismissal from the program.

Attendance

Injury: In the event 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

All full-year competitive teams may earn the opportunity to compete at a post season event. The Summit is a "bid" opportunity event. Bid Eligible Divisions 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 post season events.
- Athletes are permitted only **ONE** absence between regular season events and their designated post season event.
- Post Season Events require additional costs that will be assessed once a team has received a bid, or we have finalized which Post Season Event a team will attend. A payment plan will be sent out and those payments are usually made Feb., Mar., & Apr.

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**.
- **No refunds will be given.**

