

# PREMIER ATHLETICS

*Welcome to the HYPE 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. We are the only program with 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 400 athletes to continue cheerleading, dance and gymnastics at various Colleges and Universities. Premier Athletics believes in providing quality training for its staff. All Premier 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  
General Manager  
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Lisa Davis  
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## ***What's The H.Y.P.E. About?***

H.Y.P.E. stands for “Half-Year Performance Education” and is a cheer program designed to meet the needs of both new and experienced athletes born between 6/2004-2017. The H.Y.P.E. program is perfect for athletes that wish to participate in a cheer program that focuses on dance, tumbling, jumps, and stunting. Athletes in the H.Y.P.E program will enjoy lighter time and financial commitments than traditional full-year cheer, but all the FUN! H.Y.P.E. is a perfect opportunity for athletes finishing up a sideline cheer program or the Cheer Experience class. Lesson plans revolve around teaching safe and proper technique in all skills, fostering teamwork among the cheerleaders, and encouraging a safe, fun, and educational environment for everyone.

***PREMIER***  
***ATHLETICS***

## HYPE 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 HYPE program. We offer teams for multiple ages and skill levels. Every athlete will go through an individual evaluation process where they will demonstrate their abilities in stunts, jumps, tumbling and more. We pride ourselves on creating a non-stressful evaluation process. This is not a TRYOUT.

## HYPE Team Placements

### H.Y.P.E TEAM SELECTIONS

**WEDNESDAY, October 11th**

**@7:00pm**

(\$25 Team Placement Fee due by October 11th)

*Athletes should wear all black. Hair should be in a high ponytail w/a bow.*

### H.Y.P.E 1st PARENT MEETING

**Sunday, October 22<sup>nd</sup>**

**@3:30pm**

**BE SELF-CONFIDENT • DO YOUR BEST • HAVE FUN**

## *Practice*

Practices are **MANDATORY**.

HYPE will begin practicing the week of October 15th.

Practice will be held twice a week. Each team will practice on Sundays and one day during the week.

Teams' exact practice times will be released following Team Selections



## *Tumbling Classes*

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.

# PROGRAM FEES

## *What's Included*

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

All Competition Registrations, Practice Wear, Practice Bow, Competition Bow, Choreography, Music, & Coaches Fees



## *Additional Fees*

- ◆ Athlete Uniform – \$195 (same uniform as last season) - 2 Installments of \$97.50 DUE Nov 1<sup>st</sup> & Dec 1<sup>st</sup> (no refunds)
- ◆ Cheer Shoes – Athletes MUST wear a solid white cheer shoes at all events. Optional Varsity Brand shoes available at Pro Shop - \$125
- ◆ Warm Up Jacket (Optional) - \$125 (no refunds)
- ◆ Premier Athletics Backpack (Optional) – \$130
- ◆ Annual Registration Fee- \$50
- ◆ Team Selection Fee- \$25 due before team selections on Oct 11<sup>th</sup>.
- ◆ USASF fee - approx. \$49 paid directly to USASF

## *How to Pay*

If you are BRAND NEW to the gym, please contact Cade at [ldavis@premierathletics.com](mailto:ldavis@premierathletics.com).

All others please:

- Go to [www.premierathleticsmurfreesboro.com](http://www.premierathleticsmurfreesboro.com)
- Click on Members Only
- Click Begin
- Create New Account

Once you receive your password you will be able to login and add payment information to **auto-draft**. **Auto Draft is required**. If you already have an iClass account, you do not need to do this.



# FINANCIAL BREAKDOWN

Due Date	Tuition	All Star Fee	Additional Fees	Total
October 15th	\$55	\$75	Registration \$50	\$180
November 1st	\$110	\$75	Uniform \$97.50	\$282.50
December 1 <sup>st</sup>	\$110	\$75	Uniform \$97.50	\$282.50
January 1 <sup>st</sup>	\$110	\$75	\$0	\$185
February 1 <sup>st</sup>	\$110	\$75	\$0	\$185
March 1 <sup>st</sup>	\$110	\$75	\$0	\$185
April 1 <sup>st</sup>	\$110	\$75	\$0	\$185

*Payments are due monthly by the 1<sup>st</sup> of the month. If an on-time payment has NOT been made, a late fee will be applied to the account.*



# PREMIER ATHLETICS



## Competitions

JAMFest  
Nashville, TN  
February 24, 2024

All Out Championships  
Nashville, TN  
April 13, 2024

Exact competition schedules are sent out to gyms the week of events. We will send out event schedules to you as soon as we receive them.

## What to Expect

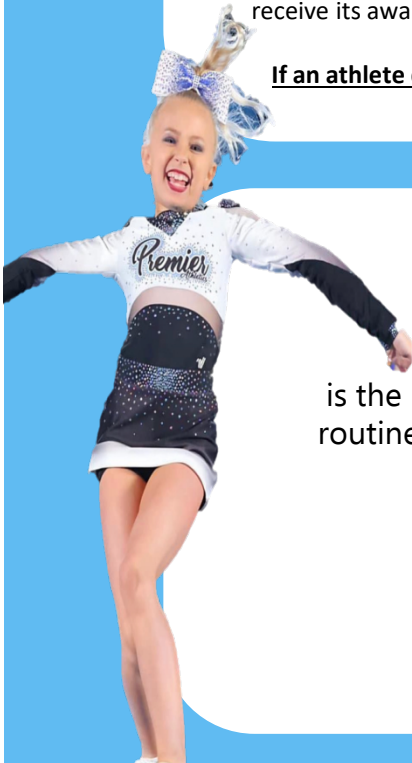
All competitions are mandatory. Prior to each competition, athletes will be given the following set of team-specific times for each competition:

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

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

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

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



## Choreography

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

Choreography Dates – December 2<sup>nd</sup> & 3<sup>rd</sup>

Once teams are finalized, exact times will be set.

## 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 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 can be found on our website [www.premierathleticsmurfreesboro.com](http://www.premierathleticsmurfreesboro.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 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

PA Murfreesboro

Instagram - @pamurfreesboro

Facebook - @PAMurfreesboro

Premier Athletics

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

Instagram - premierathletics1





## Dress Code

### Practice Dress Code

- Athletes must wear the correct 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 or rolled up excessively.
- In the event practice clothes are lost, damaged, or outgrown, you may purchase a new set.
- Athletes are free to purchase larger sizes, or additional sets of practice clothes, at anytime throughout the season.
- Hair should be pulled up and out of the face.
- **NO Jewelry** of any kind is allowed to be worn during practice. Neither Premier Athletics, nor a Premier Athletics employee, is responsible for jewelry if it is worn into the gym, removed for practice, lost or stolen, or causes injury.
- Fingernails are to be kept short. Fake fingernails that are excessive in length will not be allowed and said athlete will sit out at practice until they meet the recommended safety length. If said athlete must 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

- Athletes have two options that may be worn during competition.
  - Full uniform with an approved cover up over the uniform
  - "Official" Premier Athletics warm up
- Hair and makeup should be complete before entering the arena.
- 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 nicely cut, 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 the gym manager.



## Attendance

### Season Practices

The "Competition Season" begins October 2023 and ends April 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 on day and times.
- 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.
- **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.**
- **If an athlete is sick w/a fever or misses due to illness, please provide a doctor's note and/or proof of fever.**
- Missing a competition will result in immediate dismissal from the program.

## Quitting Fee

- If an athlete quits after November 30th, there will be a buyout fee in the amount of \$250.

**PREMIER**  
**ATHLETICS**