

A group of eight cheerleaders and athletes in Premier Athletics uniforms posing in front of a large Premier Athletics logo. The logo features a stylized 'P' with a star and the word 'Premier' written across it. The background is dark with stars and a blue arc.

Welcome to the

# PREMIER ATHLETICS

*All Star family*

## Our Commitment to Excellence

Premier Athletics began in 1994 with its first competitive cheerleading team, and since then it has grown to become the only gym of its kind in the country. 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

[straylor@premierathletics.com](mailto:straylor@premierathletics.com)

Kaitlynn Carrillo  
Front Office

[kwhite@premierathletics.com](mailto:kwhite@premierathletics.com)

Brittnee Emmert  
Front Office

[bemmert@premierathletics.com](mailto:bemmert@premierathletics.com)

Lindsey Settlemyre  
All Star Supervisor

[lsitzlar@premierathletics.com](mailto:lsitzlar@premierathletics.com)

111250 Gilbert Drive  
Knoxville, TN  
37932  
865.671.6333

## Age Range : 2023-24 Season

Ages will be based on an athlete's birth year

*\*The following breakdown is for PREP/NOVICE All Star Divisions Only and does not show adjustments for International, Prep divisions\**

- TINY – Birth Years 2016-2018
- MINI – Birth Years 2014-2017
- YOUTH – Birth Years 2011-2016
- JUNIOR – Birth Years 2008-2015
- SENIOR Level 1-5 – Birth Years 6/01/04-2012

### Skill Level Requirements

Skill Level	Building Skills	Jump Skills	Tumbling Skills
NOVICE Tiny, Mini, Youth	<ul style="list-style-type: none"> <li>• No required building skills</li> </ul>	<ul style="list-style-type: none"> <li>• No required jump skills</li> </ul>	<ul style="list-style-type: none"> <li>• Forward roll (recommended)</li> <li>• Cartwheel (recommended)</li> <li>• Push Up to Bridge or Backbend</li> </ul>
PREP Level 1 Youth, Junior Senior	<ul style="list-style-type: none"> <li>• No required building skills</li> </ul>	<ul style="list-style-type: none"> <li>• Ability to connect jumps with average body control</li> </ul>	<ul style="list-style-type: none"> <li>• Roundoff</li> <li>• Front walkover</li> <li>• Back walkover</li> </ul>
PREP Level 2 Youth, Junior, Senior	<ul style="list-style-type: none"> <li>• Prep level single leg stunt</li> <li>• Average control and knowledge in all aspects of building</li> <li>• Flyers/Top Girls                             <ul style="list-style-type: none"> <li>• Above average flexibility</li> <li>• Knowledge of body control &amp; 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 walkover back handspring step out back walkover</li> <li>• Back handspring step out back walkover back handspring</li> <li>• Front walkover round-off back handspring</li> <li>• Round-off 2 back handspring series</li> </ul>

Skill Level	Building Skills	Jump Skills	Tumbling Skills
<p><b>PREP</b></p> <p><b>Level 3</b></p> <p><b>Junior,</b></p> <p><b>Senior</b></p>	<ul style="list-style-type: none"> <li>• Extended Body Position</li> <li>• Full up to two feet at prep level</li> <li>• Switch up or Release body position</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>• Back handspring step out 2 back handsprings</li> <li>• Front walkover round-off back handspring back tuck or FWO Aerial</li> <li>• Round-off back handspring back tuck or Punch Front</li> </ul>



# 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 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 on a team.

# Team Placement

## TENTATIVE TEAM SELECTION AND TEAM ANNOUNCEMENT SCHEDULE

**Monday, October 16**

**Birth Years 2012-2018**

**6:30P-8:30P**

**Wednesday, October 18**

**Birth Years 06/01/2004-2011**

**6:30P-8:30P**

**Monday, October 23**

**Team Reveal**

**Via Email by 4P**

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

# Team Selections

## What To Expect!

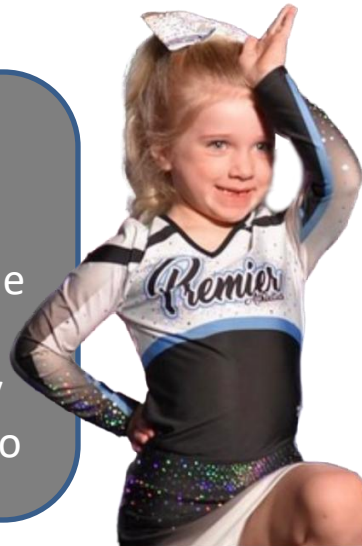


### Athlete Evaluation

- Athletes will be evaluated on tumbling skills.
- Little to no experience required. All experience levels welcome!

### Team Placement

- Teams will be created based on skill set then age group.
- If we field two teams of the same level, athletes will be grouped based on age group first and may only be moved up an age group to fulfill a stunt position



### Team Reveal

- Email with team name, coaches, and practice days will be sent by 4P, Monday, October 23



## *Practice*

All practices are MANDATORY.

Each Half Year All Star Team will practice 1 time per week November through April. Additional practices may be added by the coaches.

\*\*From November 1<sup>st</sup> through the end of the season, an athlete may have (4) unexcused absences and must notify a coach prior to those practices.

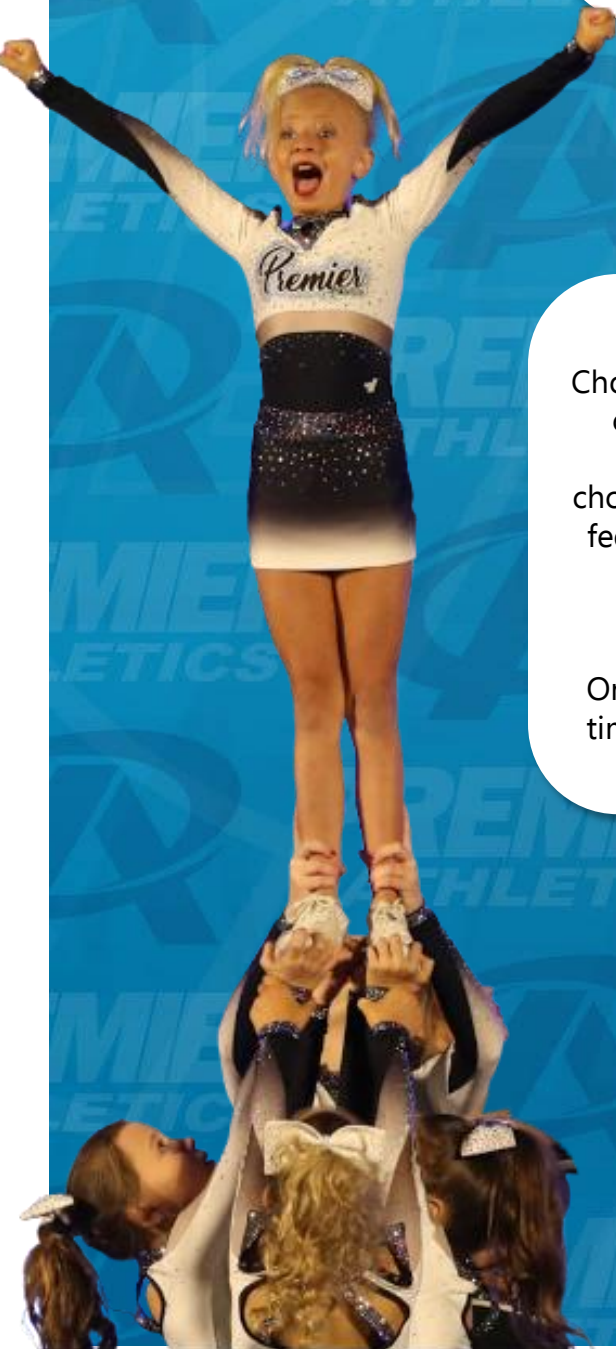
(please refer to Attendance Policy in Things to Know section)

## *Choreography*

Choreography is the process in which the team learns their competition routine. Choreography is required for all athletes to attend. If an athlete is unable to attend choreography, a fill-in is required. Note that choreography fees are paid regardless of attendance as you are paying for the routine, not the time spent learning.

**Routine Choreography** – November 10-12

Once teams are finalized, each team will have set days & times inside of the above days. Teams will attend 2 four-hour sessions.



# PROGRAM FEES

## *What's Included*

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

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



## *Additional Fees*

- ◆ Shoes- \$100 if purchased through Premier Athletics
  - ◆ Plain white cheer shoes required
  - ◆ Does not have to be purchased through PA
- ◆ USASF Athlete Registration - \$49
  - ◆ Paid directly to USASF
- ◆ Travel to Competitions – Hotel/Transportation
- ◆ Quarter Zip Warm Up Jacket – (Optional) - \$95
- ◆ Full Zip Warm Up Jacket – (Optional) - \$115
- ◆ Premier Athletics Backpack (Optional) - \$75-\$85



## *How to Pay*

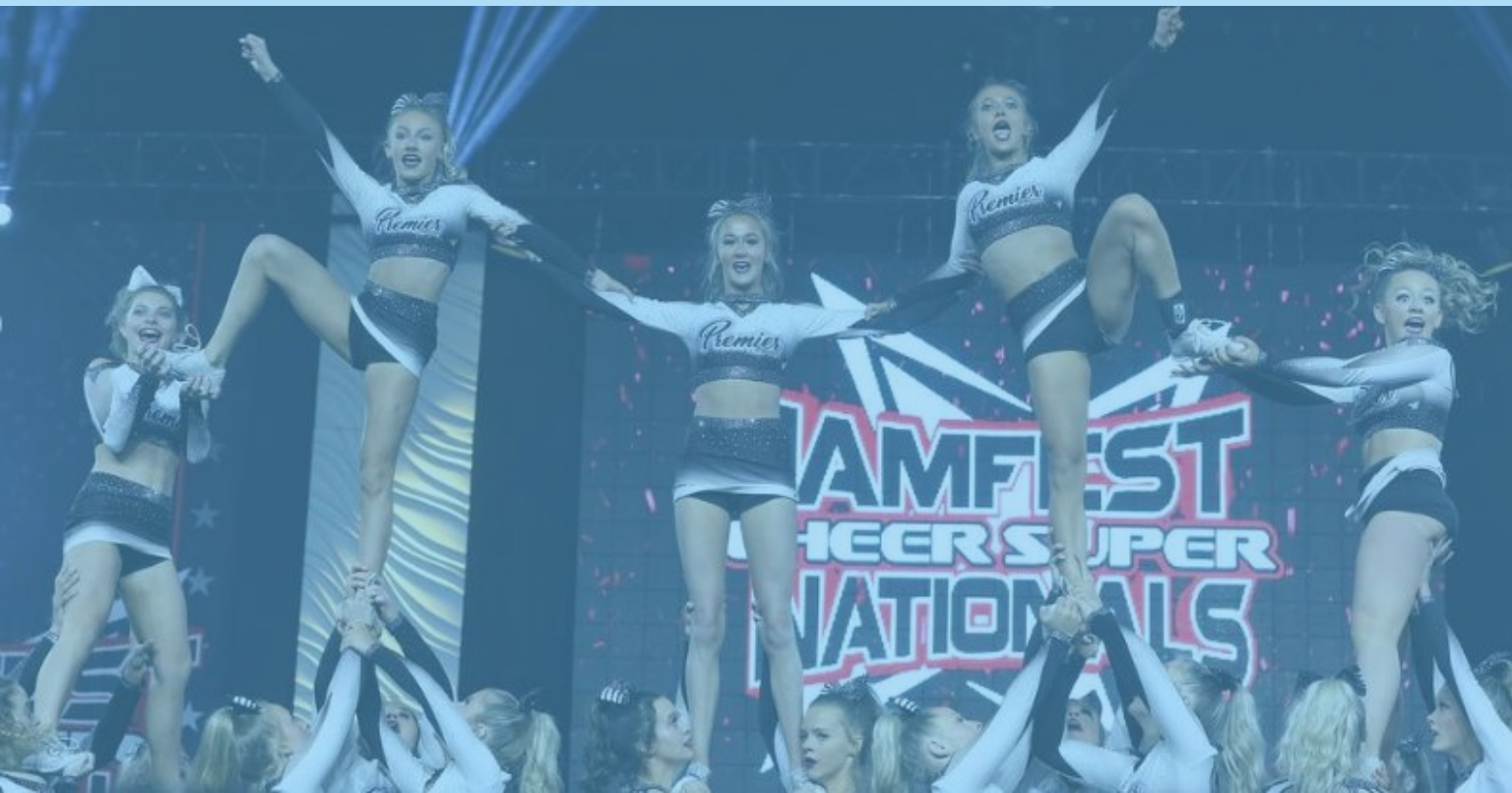
All payments will process automatically through iClassPro.

Team athletes are required to have a card on file for all expenses. You have the option to pay in advance of the due date, but any fees not paid by the date they are due will be processed on the method of payment on file. You can access your account with us at

<https://app.iclasspro.com/portal/paknoxwest>

If you have ever had an account with us, please use the email address on file to log in. You do not need to create a new account.





## *Financial Breakdown*

Team Selection Fee	\$30
Monthly Tuition (1 <sup>st</sup> of each month)	\$110
Monthly Team Fund Payments (15 <sup>th</sup> each month– November through April)	\$165
*Uniform*	\$170 (included in Monthly Team Fund Payments – NOT additional charge)



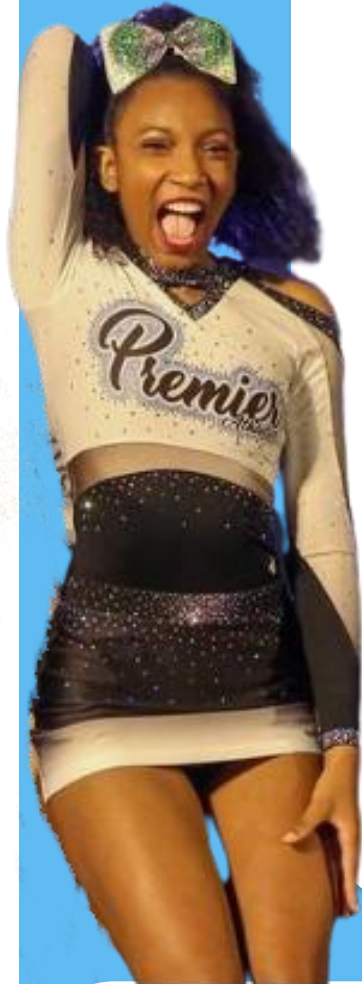
NCA – Nashville, TN  
Nashville Municipal Auditorium  
February 3, 2024

GMCE – Knoxville, TN  
Knox Coliseum  
March 2, 2024

Jamfest – Cartersville, TN  
Lakepoint Sports Facility  
March 23, 2024

Regional Summit – Atlanta, GA  
GA International CC  
April 20-21, 2024

C  
O  
M  
P  
E  
T  
I  
T  
I  
O  
N  
S



### *What to Expect*

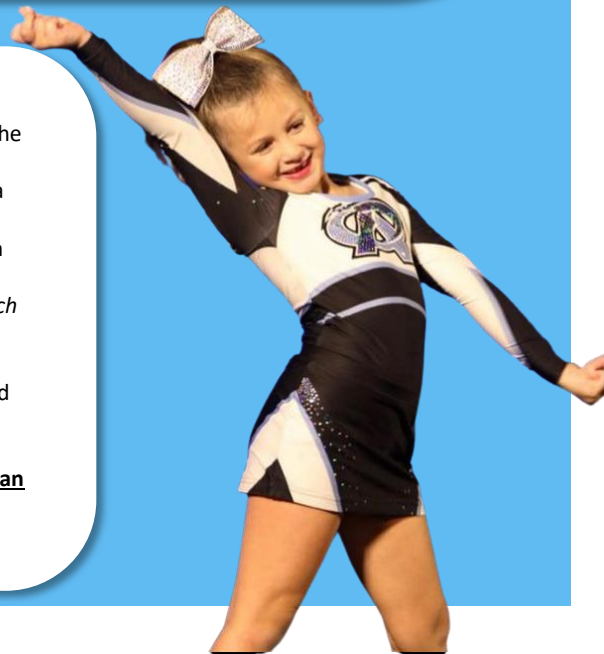
All competitions are mandatory. Prior to each competition, athletes will be given the following set of team-specific times for each competition:

- 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 or 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 or on our premises, 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** - Any absence must be communicated with the Coach and All Star Supervisor via email

### **Competition Season Practices**

The "Competition Season" begins November 2023 and ends April/May 2024. 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 of any of 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 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 **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.
- Excessive absences for sickness can result in an unexcused absence.
- **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 Manger based on the team and competition schedule at the time. Every situation could vary.

## COMPETITION ATTENDANCE

- If for any reason an athlete is unable to take the floor for competition, there will be no changes to financial responsibilities.
- 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 post season opportunities.

## All Star Quitting Policy

- If an All-Star decides they no longer want to be part of Premier Athletics after January 3, 2024 they will be responsible for paying a buy out fee of \$250.



## 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 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 a Premier Athletics Garment over top
  - "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 their scheduled meet time.
- Proper shoes are to be worn the entire time. No Uggs, boots, flip flops, slippers, etc worn with the uniform
- 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.

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 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)
  - 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 or private lessons 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 \$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

### 2023

- Wednesday, November 22<sup>nd</sup> – Saturday, November, 25<sup>th</sup> – Thanksgiving Break
  - **Wednesday teams will have a day time practice on 11/22.**
  - **Sunday team practices will resume Sunday, November 26<sup>th</sup> for comp. week.**
- Friday, December 22<sup>nd</sup> – Monday, January 1<sup>st</sup> – Christmas and New Years
  - **Teams will have day time practices on Wednesday/Thursday 12/20-21.**
  - **Team practices will resume Tuesday, January 2<sup>nd</sup>**

### 2024

- Monday, March 11<sup>th</sup> – Sunday, March 16<sup>th</sup> – Spring Break
- Sunday, March 31<sup>st</sup> – Easter

## Information & Social Media Outlets

Information and updates can be found on our website [www.premierathleticsknoxwest.com](http://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](http://www.facebook.com/premierathletics)

Instagram - premierathletics1

Knoxville West

[www.instagram.com/pa\\_knoxvillewest](http://www.instagram.com/pa_knoxvillewest)

[www.instagram.com/pakw\\_sharkscheer/](http://www.instagram.com/pakw_sharkscheer/)

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

