

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 white 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

Kaitlynn Carrillo
Front Office

kwhite@premierathletics.com

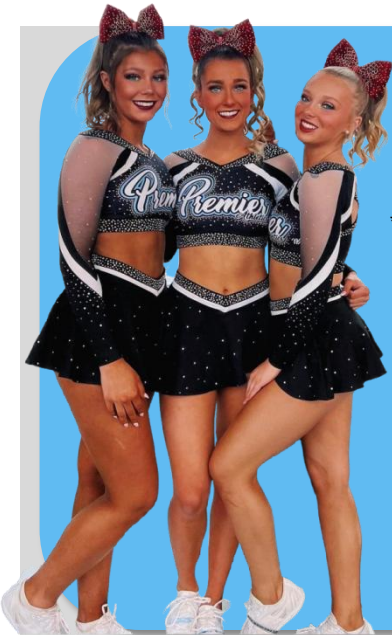
Brittnee Emmert
Front Office

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Lindsey Settlemyre
All Star Supervisor

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111250 Gilbert Drive
Knoxville, TN
37932
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Age Range : 2021-22 Season

Ages will be based on an athlete's birth year

The following breakdown is for ELITE All Star Divisions Only and does not show adjustments for International, Prep divisions

- TINY NOVICE – Birth Years 2016-2020
 - 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 6/01/04-2011
- SENIOR Level 6 (Worlds) – Birth Years 6/01/04-2010
- SENIOR OPEN Level 4-6 – Birth Years 05/31/06 or Before

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) • Back Walkover (recommended)
ELITE 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"> • Roundoff • Front walkover • Back walkover
Elite Level 2	<ul style="list-style-type: none"> • Prep level body position • 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 • Knowledge of body control & 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 walkover back handspring • Back handspring step out back walkover back handspring • Front walkover round-off back handspring • Round-off 2 back handspring series or round off back handspring step out

Skill Level	Building Skills	Jump Skills	Tumbling Skills
Elite Level 3	<ul style="list-style-type: none"> Extended Body Position Full up to two feet at prep level Switch up or Release body position 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 Back handspring step out 2 back handsprings Front walkover round-off back handspring back tuck or FWO Aerial Round-off back handspring back tuck or Punch Front
Elite Level 4	<ul style="list-style-type: none"> Release Body Position 360 Tic At Prep 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"> Back handspring back tuck 2 Back handspring back tuck Round off back handspring layout Specialty pass: whip tuck, whip bhs tuck, whip bhs layout, punch front to tuck/layout, front handspring front to tuck/layout
Elite Level 5	<ul style="list-style-type: none"> Full up to extended body position High to high tick tock—liberty to body position Inversion Lib 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"> 2 back handsprings to a layout Back handspring layout, jump 2 bhs layout, or bhs whip tuck Round-off back handspring full or FWO to full Specialty pass: whip bhs full, punch front to full, front handspring front to full
Elite Level 6	<ul style="list-style-type: none"> Hand Hand Lib High to high tic body position body position 1 ½ to lib/body position or twisting tic toc to lib/body position 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"> 2 BHS Full BHS Full, Standing Full, and or 2 BHS Double Specialty Pass: whip bhs full, punch front to full, front handspring front to full, arabian to full Round-off back handspring double full

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

JAWS & Open Team	<u>Team Selection Workout</u>	<u>Jaws Announced</u>
JAWS & Open Team	Friday, May 12 th 6P-9P	Monday, May 15 th . By 4PM

Age Groups	<u>Birth Year 2016-2018</u>	<u>Birth Year 2013-2015</u>		<u>Birth Year 2011-2012</u>	<u>Birth Year 06/01/04-2010</u>
Saturday May 13^h	10A-11A	11:30A-1P		1:30P-3P	4:30-6
Group Level Assessments	<u>Level 1</u>	<u>Level 2</u>	<u>Level 3</u>	<u>Level 4</u>	<u>Level 5</u>
Monday May 15 th		4:30P-6P		6:30P-8P	
Tuesday May 16 th	4:30P-6P		6:30P-8P		7:30P-9P
Wednesday May 17 th		4:30P-6P		6:30P-8P	
Thursday May 18 th	4:30P-6P		6:30P-8P		7:30P-9P

Sunday, May 21 st . 3P-4P	SHARK FRENZY
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BE SELF-CONFIDENT • DO YOUR BEST • HAVE FUN

Team Selections

What To Expect!



JAWS & Open Team

- Open Team not guaranteed 23-24 season
- Athletes will tumble routine style & perform as a group, then stunt

Saturday, May 13 Clinic

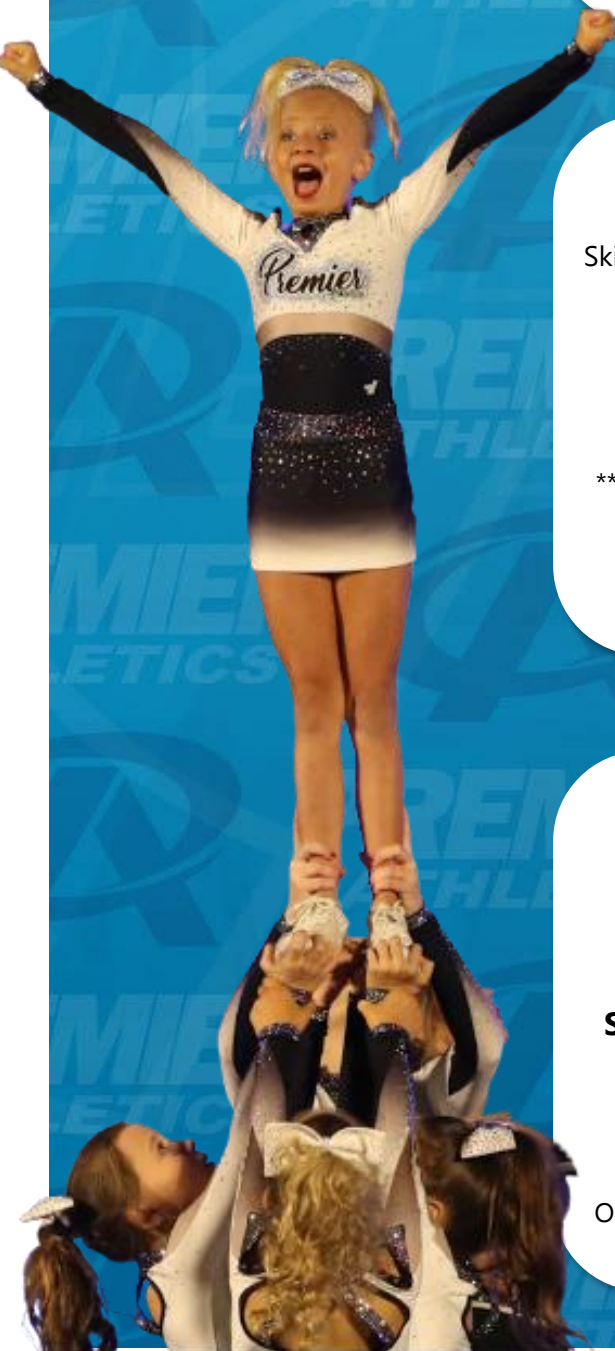
- Athletes will learn and practice jumps and tumbling mini routine that will be used to evaluate tumbling following week
- Stay tuned to social media to see examples for each level



Mon, May 15-Thurs, May 18

- Day 1 for each level will be tumbling evaluations
- Day 2 for each level will be stunt evaluations
- Athletes may be asked to attend multiple levels





Practice

All practices are MANDATORY.

Each Full Year All Star Team will practice 2 to 3 times per week from June to May. Additional practices may be added by the coaches.

**From August 6th 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)

Skills Camp

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

Elite Level 1-6 Teams
@ PA Knox West

Monday, June 19th – Friday, June 23rd

All teams will not attend all 5 days. A schedule will be created once teams are finalized

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.

Stunt/Pyramid Choreography – Teams TBD, and JAWS
June 8-11, 2023

Routine Choreography July 22nd – August 2nd
Teams TBD, and JAWS – August 3rd-6th

Once teams are finalized, each team will have set days & times inside of the above days. Teams will not attend every day listed above .

PROGRAM FEES

What's Included

Premier Athletics runs a balanced payment program. The following is included in your fees:

All Competition Registrations, Practice Wear, Practice Bow, Competition Bow, Choreography, Skills Camp, Routine Music, Coaches Fees, And Season Administration Fee!

Post season event expenses not included



Additional Fees

◆ Athlete Uniform – Premier Athletics will continue to use the uniform that debuted in the 2022-23 season. Returning athletes will not need to purchase a new uniform unless they have outgrown theirs or the team that they are placed on this season has a different uniform (ex- transitioning from a junior to senior team would require a different uniform top)

- ◆ Prep/Novice Uniform - \$195
- ◆ Female Elite Uniform – \$395
- ◆ Male Elite Uniform - \$340
- ◆ Female Worlds Uniform - \$415
- ◆ Male Worlds Uniform – 345
- ◆ Shoes- \$100
- ◆ USASF Athlete Registration - \$49
- ◆ Travel to Competitions – Hotel/Transportation
- ◆ Warm Up Jacket – Same as two previous seasons (Optional) - \$95
- ◆ Additional Practice Wear (Optional) – per garment
- ◆ Premier Athletics Backpack (Optional) - \$75-\$85



How to Pay

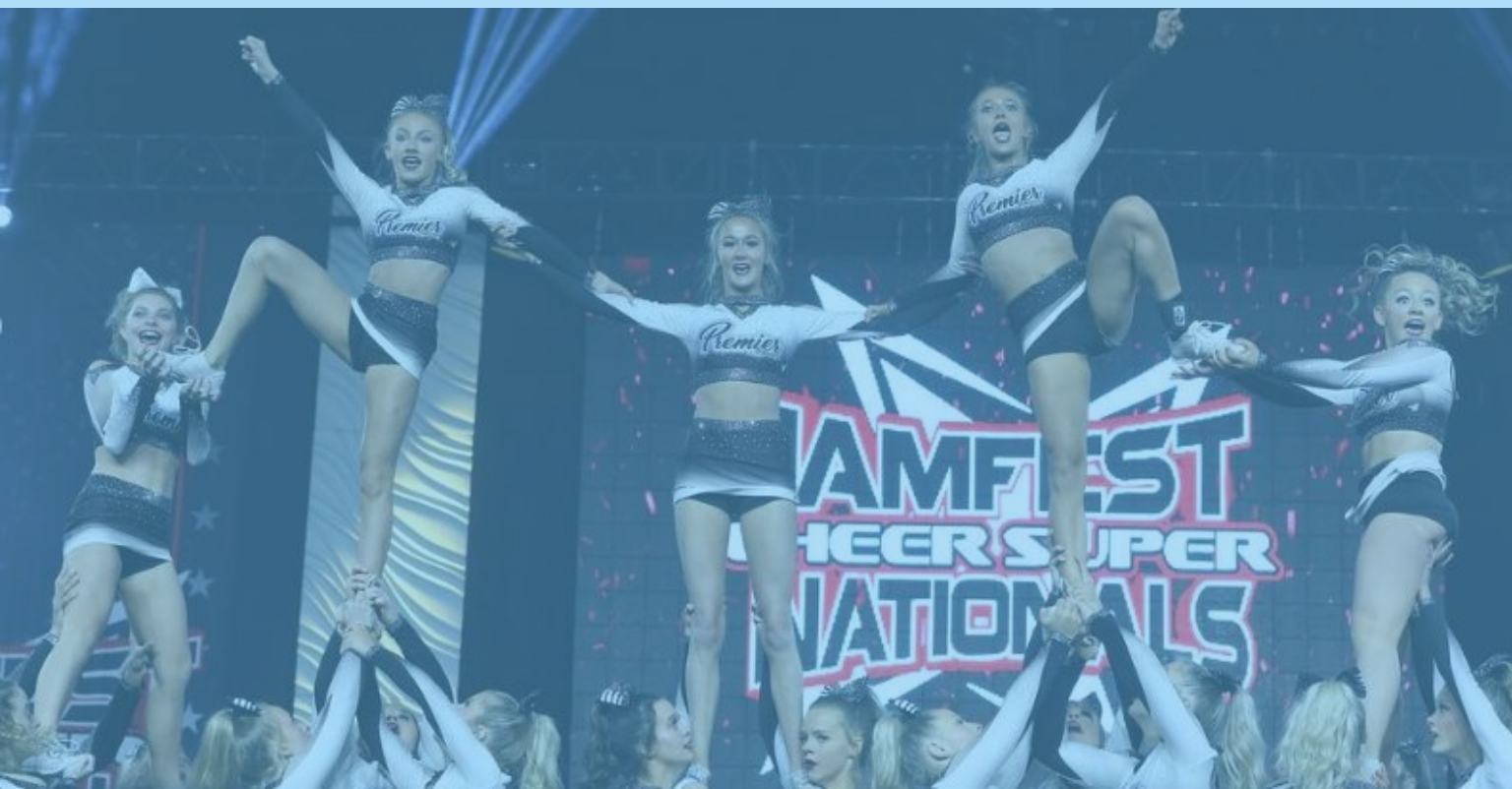
All payments will process automatically through iClassPro.

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>

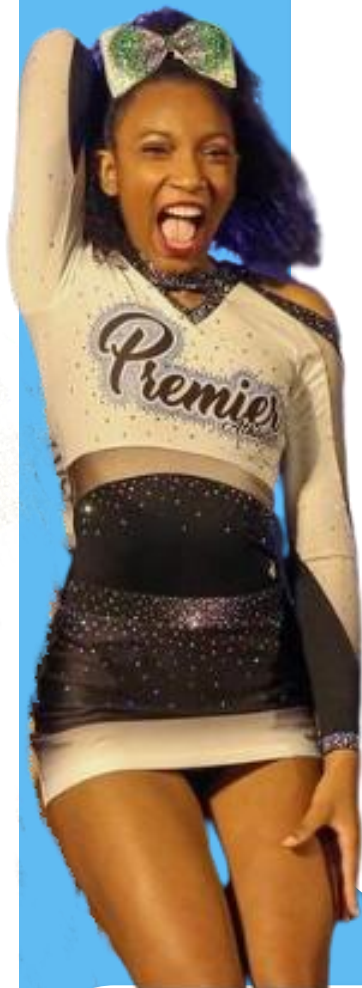
If you have ever had an account with us, please use the email address on file to log in. You do not need to create a new account.





Financial Breakdown

	Prep/Tiny/ Novice	Elite Mini/Youth	Elite Jr/Sr Levels 1-3	Elite Jr/Sr Levels 4-5	Level 6 (Worlds)
Team Selection Fee – Includes May tuition New Athletes Only	\$65	\$65	\$65	\$65	\$65
Monthly Tuition (1 st of each month)	\$130	\$165	\$165	\$165	\$170
Monthly Team Fund Payments (15 th each month– June through March)	\$135	\$210	\$225	\$240	\$265
Uniform (Same as last season)	\$195 <small>(or \$48.75/month June through Sept)</small>	\$395 <small>(or \$98.75/month June through Sept)</small>	\$395 <small>(or \$98.75/month June through Sept)</small>	\$395 <small>(or \$98.75/month June through Sept)</small>	\$415 <small>(or \$103.75/month June through Sept)</small>



Showcase – Pigeon Forge, TN – LeConte Center
October 28, 2023: ALL Teams

Universal Spirit– Lebanon, TN – Farm Bureau Expo Center
November 19, 2023: Novice, Levels 1-6, Open

UCA – Sevierville, TN – Sevierville CC
December 2-3, 2023: Novice, Levels 1-5, Open

GMCE – Columbus, OH – Columbus CC
December 9-10, 2023: JAWS

Jamfest Super Nationals – Indianapolis, IN – Indiana CC
January 12-14, 2024: HH, Tiger, GW, JAWS (Friday Indy Practice)

Athletic – Birmingham, AL – Bham Jefferson Convention Complex
January 27-28, 2024: Level 1-5

NCA – Nashville, TN – Nashville Municipal Auditorium
February 3, 2024: Novice, Youth

Cheersport Nationals– Atlanta, GA - GWCC
February 16-18, 2024: Jr, Sr Teams, Open (FNL & Friday ATL practice)

GMCE – Knoxville, TN – Knox Coliseum
March 2, 2024: ALL Teams

****The American Championships – Sevierville, TN** - Sevierville CC**
•Weekend leading into Knox Co Spring Break*
March 9-10, 2024: ALL Teams

Jamfest – Cartersville, GA – Lakepoint Sports Facility
March 23, 2024: Novice, Level 1-5*

One Up – Louisville, KY – Kentucky Fair Expo
April 6-7, 2024: Novice, Level 1-6, Open

Regional Summit – Atlanta, GA – GA International CC
April 20-21, 2024 – Novice, Prep, Youth, Jr/Sr*

The Cheerleading Worlds – Orlando, FL – ESPN Wide World of Sports
April 26-29, 2024 - JAWS

The Summit – Orlando, FL – ESPN Wide World of Sports
May 2-5, 2024 – Jr/Sr Teams – BID REQUIRED*

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What to Expect

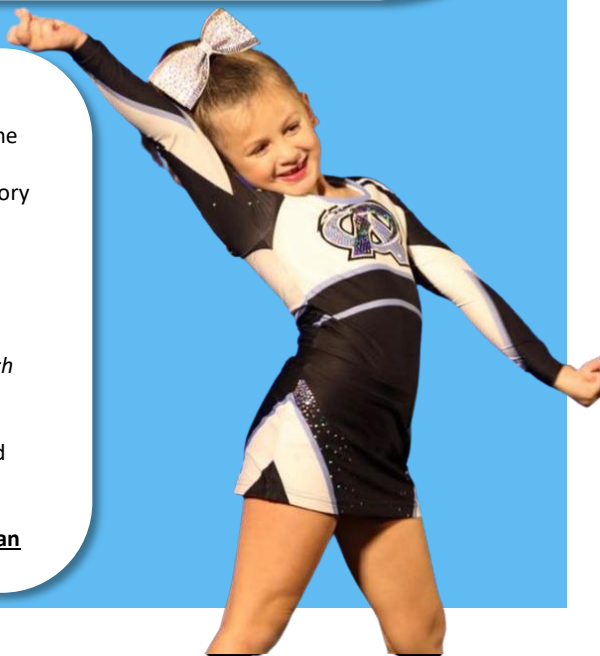
All competitions are mandatory. Prior to each competition, athletes will be given the following set of team-specific times for each competition:

- If your team is having Friday night practice at an event - it is considered a mandatory practice time: These events will be emailed out during the Summer.
- 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

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.
- 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 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 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 **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.

POST SEASON EVENTS (US Finals, Summit, Worlds)

All Full Year competitive teams may earn the opportunity to compete at a post season event. US Finals/Regional Summit is an option for ALL Full Year teams if they place in the top 3 at competition. The Summit is a "bid" opportunity event. Junior-Senior, 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 TWO absences between regular season events and their designated post season event.

BID Required Event Rosters: When A Post Season Bid Is Earned:

- 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 could 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.

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 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.

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
 - 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:

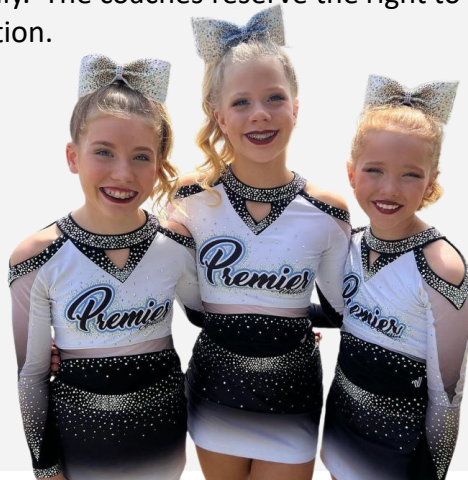
- All-Stars are encouraged to take an extra hour of tumbling per week to improve their tumbling skills. In order to facilitate everyone's tumbling needs, we offer regularly scheduled tumbling classes at a discounted rate of \$45/month. You must register for tumbling classes on a monthly basis.
- **Please 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

2023

- Monday, May 29th – Memorial Day
- Monday, July 3rd – Friday, July 7th – Independence Day
- Monday, July 31st-Thursday, August 3rd – School Year Schedule Adjustment
 - Gym is OPEN, but no Sharks practices/classes during these dates**
- Sunday, September 3rd - Monday, September 4th – Labor Day
- Wednesday, November 22nd – Saturday, November, 25th – Thanksgiving Break
 - Wednesday teams will have a day time practice on 11/22.**
 - Sunday team practices will resume Sunday, November 26th for comp. week.**
- Friday, December 22nd – Monday, January 1st – Christmas and New Years
 - Teams will have day time practices on Wednesday/Thursday 12/20-21.**
 - Team practices will resume Tuesday, January 2nd**

2024

- Monday, March 11th – Sunday, March 16th – Spring Break
- Sunday, March 31st – Easter

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

