



Our Commitment to Excellence

Premier Athletics began in 1994 with its first competitive cheerleading team, since then it has grown to become the only gyms of its kind in the country. We are proud to have the highest quality competitive cheerleading teams in the area! Collectively Premier Athletics has won over 1000 National Titles, hundreds of World Cheerleading and Dance appearances, numerous top 10, bronze, Silver and Gold Medal finishes. In additions, Premier Athletics has sent over 500 athletes to continue cheerleading, dance and gymnastics and 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 coaches to our athletes.



Who's Who at Premier

Ace Major

Gym Manager

amajor@premierathleticsmurfreesboro.com

Lisa Davis

Office Manager

ldavis@premierathleticsmurfreesboro.com

Nikki Gann

Rutherford Raiders Director

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RAIDERS

The Rutherford Raiders program is made up of cheerleading teams that focus on competitive cheerleading. Rutherford Raider teams perform at local showcases, as well as compete at local and travel events.

Rutherford Raider teams perform a 2.5-3 minute routine with music that includes stunts, jumps, tumbling, & dance. A portion of the routine includes a cheer where team members use signs, poms, and megaphones to showcase their skills.



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 we can put together the most competitive teams possible. Our goal is to 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 teamwork, confidence and overcoming life's obstacles.

Every athlete will be placed on a team. 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. It is a team placement process. Athletes that do not fit criteria for current teams will be given options for other competitive teams within the gym.

Team Placements

RAIDERS' INFORMATIONAL PARENT MEETING

Thursday, April 18th at 7:00pm

RAIDERS TEAM OPEN WORKOUTS

All Tuesdays in April
(2nd, 9th, 16th, 23rd, and 30th)
From 6:00-7:30 pm

TEAM PLACEMENT EVALUATIONS

Friday, May 17 5:30-7:00 and Saturday May 18
2pm-3:30

*Athletes should wear a white shirt, black shorts, and a cheer bow. Hair should be pulled back. They will be released on Friday May 17th at the conclusion of their evaluation.



Practice

Practices will begin immediately after Team Placements.

Practices will be held twice a week.

Tuesdays 5:30-7

Thursdays 6-7:30

Practices are MANDATORY.



Tumbling Classes

Athletes 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.



Choreography & Camps

Choreography– Premier Athletics
*June 15th and July 23rd

UCA Camp– Premier Athletics
*July 13-14,2024

*Dates are subject to change.



Competitions

Middle TN Cheer Classic – Blackman HS

Space Center Regional – Huntsville, AL*

TN Extreme Regional – Franklin, TN *

Magic City Regional – Birmingham, AL*

Nationals Showcase

UCA NHSCC - Orlando, FL

(Nationals is for 10U & up teams only. Teams must be awarded a qualifying bid to compete at Nationals.)

(\$495 fee due January 1st)**

additional performances may be added

Prices may be subject to change, above is the 2024 price

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 an athlete misses a practice during competition week, they will not be allowed to compete

-**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.





RUTHERFORD RAIDERS
COMPETITION CHEERLEADING

FINANCIAL BREAKDOWN

DATE	TUITION	EXPENSE FEES	TOTAL
May 17 th	\$65	Registration/Tryout Fees	\$65
May 20 st	\$55		
June 1 st	\$110	\$250	\$360
July 1 st	\$110	\$130	\$240
August 1 st	\$110	\$130	\$240
September 1 st	\$110	\$130	\$240
October 1 st	\$110	\$130	\$240
November 1 st	\$110	\$130	\$240
December 1 st	\$110	\$130	\$240
January 1 st	\$110	\$130	\$240
February 1 st	\$110	\$0	\$110

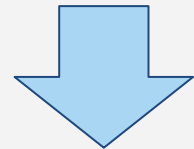
- **Membership Fee:** \$250 non-refundable fee due by June 1st
- **Expense Fees:** divided into 7 equal installments for your convenience

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, Camps, Music, & End of Season Banquet for athletes!

2024-2025 additional fees are subject to change! More information coming soon!



NEW

Additional Fees

- Athlete Uniform – \$395 RAIDERS will receive a new uniform for the 2024-2025 season
- Cheer Shoes – \$120 in the Pro Shop (A solid white cheer shoe is required to be worn at all competitions & showcases.)
- Warm-Up Jacket (required) & Pants (Optional) – \$225-**NEW** warm-up design for 2024-25
- Premier Athletics Backpack – \$130 (can be purchased through the Pro Shop)
- Annual Registration Fee – \$50

How to Pay

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

All others please:

Go to www.premierathleticsmurfreesboro.com

Click on Members Only then click on My Account

Click YES you are a Current Customer (you have an account so please do not create another one)

Enter your email address & click Forgot Password

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

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.
- 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

- WEBSITE
 - www.premierathleticsmurffreesboro.com
- EMAIL
 - 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.

- FOLLOW US ON SOCIAL MEDIA!

Premier Athletics Murffreesboro

Facebook- www.facebook.com/PremierAthleticsMurffreesboro

Instagram- @premierathleticsmurffreesboro

Rutherford Raiders

Facebook- www.facebook.com/rutherfordraiderscheer

Instagram- @therutherfordraiders

PREMIER
ATHLETICS

RAIDERS

Dress Code

Practice Dress Code

- Athletes must wear the correct practice clothes and bow. Cheer shoes must be worn at every practice. If incorrect practice clothing is worn, athletes are responsible for purchasing a new set through the front office.
- 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 practice clothes are lost, damaged, or outgrown, you may purchase a new set.
- 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
 - Official Rutherford Raiders 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 cut nicely, and face should be clean shaven or well groomed.

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 or Rutherford Raiders logo without authorization from the gym manager.
 - This includes, but is not limited too - gym mascot logos, team names, Premier Athletics logo, Rutherford Raiders logo, or any gym initials.
 - If you have apparel ideas, please submit them to your gym manager.

Swag Bags

- Athletes will receive a swag bag before leaving for their last competition.
- Raiders will provide 1 item towards swag bags. Parents will facilitate all other items in bags.

Banquet

- The banquet will be held prior to Nationals and will include a Nationals sendoff celebration.

Attendance

Season Practices

The "Competition Season" begins August 2024 and ends February 2025. 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. The gym will be CLOSED for two weeks during the summer (June 23rd-July 7th, 2024) with no team practices. It is highly encouraged to schedule your vacations during this time.

- Athletes are expected to be at every practice.
- If an athlete is absent from practice for any reason, whether excused or unexcused, they are responsible for learning ALL routine changes made in their absence **before** the next practice.
- Any summer vacation dates must be listed on the **Athlete's Vacation Calendar**. It should also be communicated with the Coaches via email, noting the vacation, camp, and any other scheduled activity preventing the athlete from attending summer practice. We also ask that you send a reminder to the coaches at least 24 hrs before the scheduled date.
- Practices may be changed or added at any time during the year. Parents must check the BAND app and emails daily to stay on top of the practice schedule for updates on days and times.
- Absences should be emailed two weeks in advance with a reminder 24 hours before. Last minute absences due to illness, injury, or family emergency should be communicated privately, directly through the band app, and emailed to coaches, directors, etc. (Excused absences must be accompanied with emailed verification. (doctor's note, teacher's note for a grade, etc)
- 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, Program Directors & 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.** Examples of unexcused absences: family gatherings after breaks, concerts, parties, studying, birthday parties, dances, formals, etc.
- Missing a competition will result in immediate dismissal from the program.

Quitting Fee

- If a Rutherford Raiders athlete decides they no longer want to be part of the program after team choreography, they will be responsible for paying a buy out fee of \$500.
- No refunds will be given.

Attendance

Injury: In the event an athlete is injured, you should notify your Raiders director 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. A doctor's note will be required.

We will re-choreograph routines based on the athlete's injury and length of recovery. Once the individual has fully recovered, they may or may NOT be choreographed back into the same spots in the routine. The determination of when they will be placed back into the routine is up to the coaches, Raider Director and Gym Manager based on the team and competition schedule at the time. Every situation could vary.

POST SEASON EVENTS (Nationals)

Teams may earn the opportunity to compete at a post season event. Teams must earn a bid at a qualifying event in order to attend Nationals. 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.

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.
- 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, they 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

PREMIER
ATHLETICS

Tryout Information and Paperwork

Tryout Dates:

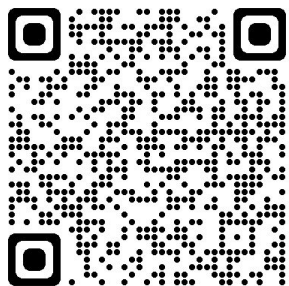
- **May 17, 2024 - 4:30-6:00pm (Tryout Clinic Day & Paperwork)** @ Premier Athletics Murfreesboro. *Please turn in PA Registration Form, PA Auto withdrawal form, and tryout fee to Lisa at the front desk. Link located below, or you may pick up at the front desk.*
- **May 18, 2024 - 2:00-3:30 (Tryouts)** @ Premier Athletics Murfreesboro
 - o - Candidates will tryout in groups of 3-5 before the RRCC coaching staff. Unfortunately, we cannot guarantee placement for every athlete, or that we will have enough athletes to create all desired teams. But, we will give you and your athlete more information on other possible cheerleading opportunities available outside of the RRCC program if this situation arises.
 - o - The final results will be posted on our Social media.

All paperwork must be completed in their entirety. **Candidates that do not submit the completed paperwork by the May 17, 2024 will not be allowed to participate in the tryout until the paperwork is submitted complete.**

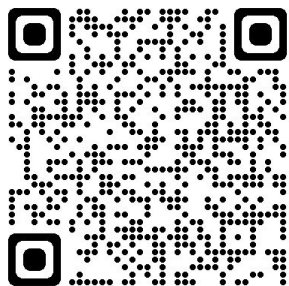
All paperwork is due by May 17, 2024. The following google forms, Family registration, autopay and athlete calendar form are required (please submit before arrival if at all possible):

- The Rutherford Raiders Competition Cheerleading Contract
- The Parental Code of Conduct Contract
- The Athlete Code of Conduct Contract
- Athlete Information

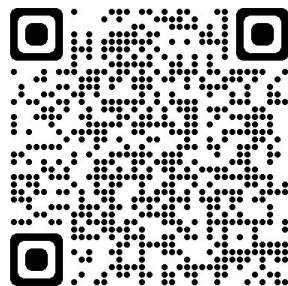
Submit all forms (signed & dated) listed above by scanning the QR codes provided below:



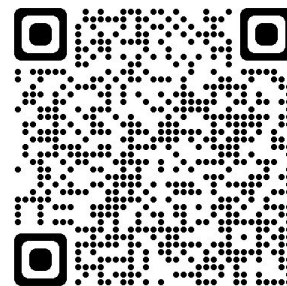
Athlete Info



2024-25 RRCC
Contract



Athlete Contract



Parent Contract

Family Registration form

[Updated Family Registration Form - 2020 \(windows.net\)](#)

Athlete Calendar

[Click here](#)

Auto pay authorization form

[15059.pdf \(windows.net\)](#)