



"The ONE Finals" Champions!

**AT LARGE** **WILD CARD** **AT LARGE**

Pensacola All Stars  
Great Whites  
L4 SMALL SENIOR COED

Pensacola All Stars  
Hammerheads  
L3 MEDIUM JUNIOR

Pensacola All Stars  
Threshers  
L1 SMALL YOUTH

Levels 1-6...Leveling UP in Season 4



Welcome To The Shark Family!



SEASON 4



SHARKS

Pensacola All Stars  
[www.pensacolaallstars.com](http://www.pensacolaallstars.com)

2019-2020





# 2019 - 2020 SEASON

Age as of August 31.2019

Athlete Name: \_\_\_\_\_ DOB: \_\_\_\_\_  
Athlete Email: \_\_\_\_\_ Athlete Cell \_\_\_\_\_  
Address: \_\_\_\_\_ City/Zip: \_\_\_\_\_  
Mother Name: \_\_\_\_\_ Mother Cell: \_\_\_\_\_  
Father Name: \_\_\_\_\_ Father Cell: \_\_\_\_\_  
Current School: \_\_\_\_\_ School Cheerleader YES or NO  
Parent Email: \_\_\_\_\_  
How did you hear about us: \_\_\_\_\_ T Shirt Size: \_\_\_\_\_

## Season #4 Parent Information

2474 W 9 Mile Road Pensacola 32534

Please bring the following information to your Evaluation and Placement Time

1. Registration and Try-out Fees \$50.00
2. Registration Form and Waiver
3. Copy of Child Birth Certificate and current photo

### Evaluation Skills Clinic Dates

**May 28th at 6:00PM ~ Level 1 Athletes (Beginner Athletes)**

**May 29th at 6:00PM ~ Level 2 & 3 (Back Handsprings and Back Tucks)**

**May 30th at 6:00 PM Level 4/5/6 (Layouts and Full Twist)**

As a legal guardian of all of my student(s). I hereby consent to the all person(s) participating in this facilities program. I recognize that potentially severe injuries can occur in any activities involving height or motion, including tumbling and related activities including cheerleading, tumble track, trampoline, stunt, pyramids, dance, and physical activity in general. I understand that it is the express intent of all staff and personnel to provide for the safety and protection of my student and, in consideration for allowing my student to use these facilities. I further understand that I am participating at my own risk and that the participant may sustain serious injury, and/or illness with participating at Pensacola All Stars Cheer and Dance and I further assume the risk of such an occurrence. I agree to hold harmless and indemnify Pensacola All Stars LLC. and its operating subsidiaries from any medical and/or legal costs which may arise due to any injury and/or illness sustained. I understand that this covers the participating athlete and myself or family members in and around the gym and gym area. I authorize the staff to seek treatment for any injury or illness for the above mentioned participate and as authorize the physician and/or hospital near the Gym facility to perform treatment to any illness or injury to the participant. I authorize payment for treatment, either personally or through my family health insurance.

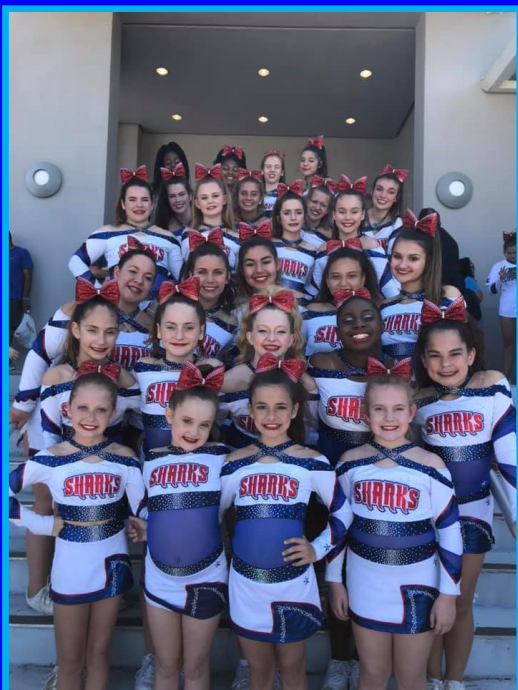
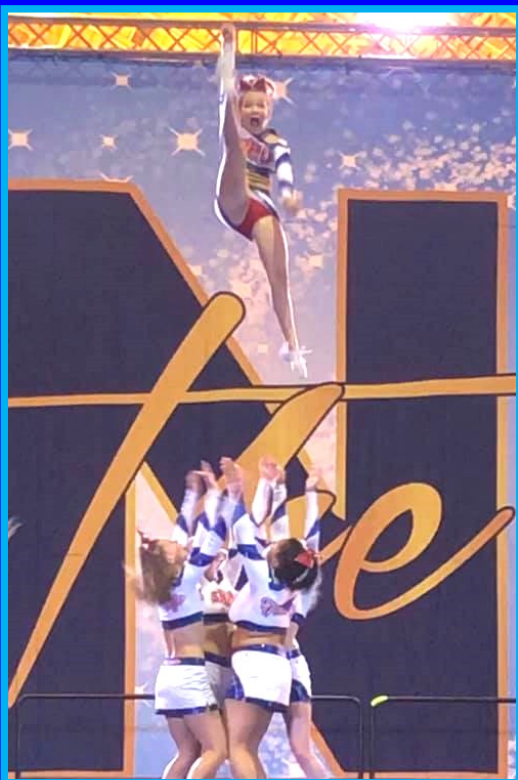
PAS has my consent to use the likeness of the participant in photographs or videotapes promoting Pensacola All Stars LLC. Partnerships of Pensacola All Stars & merchandise. I understand there is no refund for tryout fees, registration fees, classes or any programs even if I decide not to join the program after trying out or beginning class. I further understand by signing this I am choosing to sign up for a class and or the program above at my own free will and will not be due any refund if I do not compete with the class and or program, whether the class continues, I quit or am asked to leave for any reason.

Signature

Date

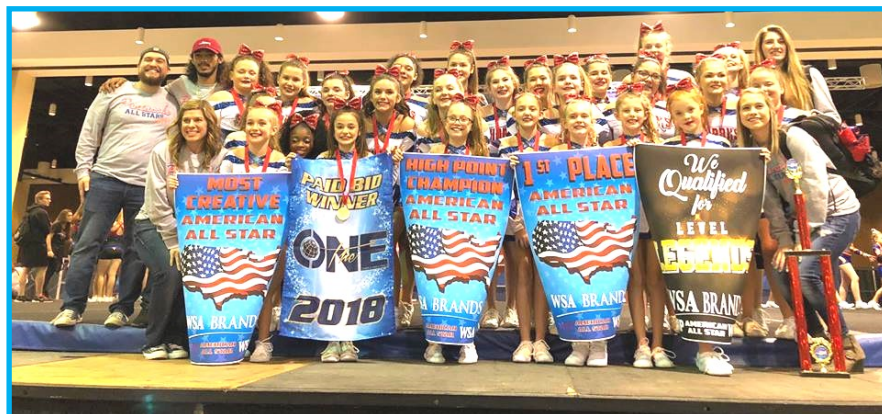
**www.pensacolaallstars.com 2474 W 9 Mile Rd, Pensacola FL 32534**

Every Family  
has a Story to  
Tell...  
Welcome to  
**OURS!**



# About Pensacola All Stars

Welcome to the Pensacola All-Star Cheer Program! We are creating a positive learning environment that will enrich the lives of our athletes. Our foundation is based on teaching the value of hard work, commitment, and teamwork while providing the fundamental building blocks to be successful in all aspects of life. Each and every family is important to us and our program! Your athlete is not a statistic and won't get lost in the crowd. You will be a part of the award winning cheer family! **#pasfam**



This handbook will cover the team placement process and general guidelines for the season and included forms required for the 2019-2020 cheer season. All handbook rules apply to participation at the gym and at all other venues. This includes competitions, clinics, and any other activity attended by the Pensacola All-star Cheerleaders.

We look forward to a fun, positive, and rewarding season. Thank you in advance for your support and dedication as we enter into **SEASON 4**.



*We have a Team for ALL Levels and Ages!*

# Programs

## Travel Teams

Travel teams practice 4 to 6 hours a week, compete in multiple competitions and could have over night hotel stays. The travel teams require a bigger commitment time wise and financially.

LEVEL 3-6 will qualify as a Travel Teams

All Girl, Co-ED, Non-Tumbling Elite Divisions

## Limited Travel Teams

Limited travel teams practice 2-3 hours a week , compete in multiple area competitions. Limited travel competitions are located within driving distance and do not require hotel stay.

## Super Tiny Team (Ages 4-5)

The team will practice 1 hour per week. The team will showcase their finished routine at 2 all-star cheerleading competitions and a second time at the Pensacola All-star showcase (date TBD) .

Our Tiny's team is more about social and mental development than anything. At only 3-5 years old we expect them to only be able to follow directions, speak directly to their coaches, answer questions, wait in line nicely, play well with other teammates. She/he must be able to take care of all his/her own bathroom habits. If we feel they are not quite ready to focus in the large gym environment, we may recommend that they wait one more year until they have matured a bit more. If they meet our behavioral criteria, it is amazing how much cheer/tumble skill they can learn in the season and they are always, BY FAR, the cutest team on the mat! SHOW STEALERS EVERY TIME!!!!

## Hip Hop Dance Team

PAS is adding HIP HOP to Season #4. We are super excited about this addition and will have more information coming in

AUGUST.

## GAME DAY Cheer Team

PAS is adding A REC Cheer Program to Season #4. We are super excited about this addition to our program.





# Fundraisers

Sponsorships enlisted in excess of the initial requirement will go directly towards your account. We also have a "Donation Letter" online you may duplicate to send to individuals (relatives, friends, etc.) to ask for donations of any amount. We will be asking all Pensacola All-star cheerleaders and parent volunteers to participate in **a one mandatory fundraiser**. The proceeds from the fundraiser will be used for the scholarship fund and other miscellaneous items/equipment for the facility. We ask for your participation and support with this process. Parents that prefer to opt-out of the mandatory fundraiser will be provided with a buy-out option, which would be equal to the fundraiser's profit per athlete.

PAS gives many opportunities to raise money to off-set the cost of your monthly fees, uniforms, spirit wear and etc. PAS provides many opportunities to raise your entire commitment fee with PAS. Please take advantage of all of our fundraisers.

**Financial concerns should not prevent any athletes from attending PAS.**

## Discounts

### Siblings

1st child is regular price,

2nd child will receive **\$50.00** off Monthly Team Fees

3rd child will receive **\$100.00** off Monthly Team Fees

### School Cheer Discount

Athletes that are participating in school cheer and All Star cheer will receive **\$32.50** off Monthly Team Fees.

NOTE: (Discounts for Team Tuition Fees can not be combined with other discounts.)

### PAY IN FULL (YEAR) DISCOUNT

Payments made for full year Tuition will receive a **10%** Discount on the Total!

Payments must be made by June 3rd to receive the 10% Discount!

### Referral Rewards Credit

**\$150.00 CREDIT** for each referral Athlete that signs up for the Season 4 Program.

(Note: Referral Reward will be credited 60 Days after new athlete is placed on a Team!)

### Tumbling Discount

PAS All Star Athletes will receive a **\$15.00** Discount off monthly Tumbling Class Rates.

(Regular Tumbling Class Rate is \$60.00)

# Miscellaneous Information

# Discipline

## Choreography

All routines/choreography including cheers, dances, stunts, transitions, and tumbling should be highly protected and shall not be shown or discussed with others. Pensacola All-stars choreography should not be taught or copied to anyone without the consent of Pensacola All-stars NO VIDEOS of routines, choreography, or tryout material should be uploaded to any social network sites such as YOUTUBE or Facebook, etc....

## School Cheer

School cheer is a great avenue for learning how to truly cheer for a team and lead school spirit. We work to support our kids doing both as much as possible. We want to be balanced and will work our schedules as much as possible not to conflict with school cheer. Communication is key! We want to see our All-Stars as the cheerleaders for their individual schools, and we want to train them to better their school teams as well.

## Scholarships

We understand that competitive cheerleading is a large financial commitment and don't want finances to be the sole reason for your athlete not participating. Tuition Scholarships will be available based on a case by case basis. To apply, please contact our All Star Director. Any athlete qualifying for a tuition scholarship will be required to participate in **ALL** fundraisers and will have to do up to 3 hours of service work a week at the gym (depending on scholarship amount). Scholarship funds are limited. The scholarship program is funded through donations, advertising packages, and Pensacola All Star driven fundraisers. If you are interested in donating to the scholarship fund please contact the cheer director.

## Private Lessons

Privates are an excellent opportunity for Pensacola All Star athletes to grow and excel their skills. While we value the results they provide, they must be conducted in the following way. \*All tumbling privates will be set up through individual instructors and are not set up through the gym. \*Payments for privates are paid directly to the coach. IF YOU HAVE A BALANCE OF ANY TYPE AFTER THE 10TH OF THE MONTH, YOU WILL NOT BE ALLOWED TO DO PRIVATES OR ADDITIONAL CLASSES UNTIL THE BALANCE IS PAID IN FULL.

Members may be reviewed for any infractions of rules listed in this handbook or posted in the gym.

1. Social Media – comments regarding Pensacola All-star team members, other gyms, etc... should be made only in a positive fashion. NO NEGATIVE COMMENTS! If you see inappropriate comments at any time please report them to our Cheer Director immediately and do not respond to them.
2. No gossip about any other team or gyms (school or all-star)
3. No smoking, drinking of alcoholic beverages or use of drugs. This will warrant immediate dismissal from the squad.
4. Challenging the authority of the coach or person in charge, by student or parent, will be automatic dismissal from team.
5. Abusive behavior, lying or any other negative form of behavior is ground for dismissal.
6. Each member will follow all rules and guidelines given by the coach or person in charge.
7. Any negative behavior towards a Pensacola All-star member or to another gym will result in dismissal from the team.
8. Be respectful of the facility and always take care when using equipment and pick up after yourself in all areas of the facility. Set an example to others by being respectful at all times.
9. Inappropriate dress attire is not tolerated
10. No profanity or abusive language.
11. We want our All-stars to use the gym as often as possible, but no child should be dropped off at the gym unsupervised, unless practices are closed.

*Discipline work* will be assigned for things such as dropped stunts, talking while a coach is talking, forgetting a routine change continuously, not paying attention, arriving late or leaving early from competition and/or practice, etc.

# SHARKS



# Rules & Policies

## Attendance

Attendance is mandatory. It is also imperative that you are here on time. . If you must miss, PLEASE contact the gym before practice to let us know. Please remember that one person missing will disrupt the entire practice. Each team's routine is made up of stunts, tumbling patterns and formations that interchange throughout the routine. When even ONE person is missing from a practice it is impossible to practice that stunt group and the entire team pyramid. Also, we cannot determine traffic problems in tumbling passes and formation changes. As you can see, it is very, very important for each All-Star to be at every practice. However, during the summer months you may be excused for vacations, but you must turn in those dates ahead of time.

## Closed Practices

At any given time we may close practice (does not apply to Tiny teams). It is a proven fact that practices operate much better when All-Star parents are not in the gym. All-Star parents cannot attend closed practices. Not all practices will be closed. Calendars will indicate if a practice is open.

## Attitude

We expect parents and All-Stars to be supportive at all times. Disrespecting coaches or other team mates will not be tolerated from an All-Star and/or a parent and may lead to expulsion of the All-Star with no refunds. **THE STAFF IS SOLELY RESPONSIBLE FOR DECISIONS CONCERNING POSITIONING OF TEAM MEMBERS IN FORMATIONS, STUNTS, TUMBLING PASSES, ETC.** Positioning of team members will be changing constantly throughout the year based on performance ability of each All-Star at each and every practice and competition.

## Competitions

At each competition you will be given a meeting place and time. It is extremely important for you to be there on time. Parents will need to sit together to form a large cheer section. All-Stars will need to be left with their coaches to stretch, review, warm-up, etc. Teams must stay for awards EVERY competition. WE WILL ALWAYS TAKE PICTURES AFTER AWARDS, DO NOT LEAVE UNTIL AFTER PICTURES!

Members of Pensacola All-Stars may not compete as a member of another All-Star competitive cheerleading team. Competitions are not optional and all team members are required to participate in every competition. Out of town competitions will require travel which parents will be responsible for their own travel arrangements and cost. If a parent is unable to attend a competition, they must make arrangements with other parents for transportation, and accommodations if overnight is required.

## Competition Venues & Companies

All communication or problems with any organization is to be handled by your All-Star Director. Parents are absolutely not allowed to approach or phone any professional organization that Pensacola All-Stars associates with. Any legitimate complaint you may have must be e-mailed to your All-Star director.

## Injury/Illness Policy

It is impossible to eliminate the risk of injury. In the event of an injury, please remain calm, many of the coaches are safety and CPR certified and have firsthand experience on the procedures to take. **If you are injured we expect you to still come to practice and watch.** Often times when the athlete injured, he/she will still be expected to attend practice sessions and participate when able. Conditioning will be appropriately modified to achieve personal goals and goals of the team. It is the athlete's responsibility to remind the coach of injury, if it is not easily seen. Only in rare cases will the cheerleader be able to miss practice due to an injury. The coach will inform the athlete if they feel it is unnecessary for him/her to be in practice or in a competition. A doctor's note is required for an athlete to be excused from any of his/her workout or dismissed from any practice or competition due to injury or illness. In cases of a long-term injury, a doctor's excuse and a doctor's release is required, prior to the athlete being allowed to resume participation.

# Decide. Commit. Succeed.

All-Star cheerleading requires a commitment from each team member in order to be successful. This point cannot be emphasized enough. While it is possible for team members to participate in other activities, your cheer team must be your first priority. A cheer team cannot have an effective practice with even one member missing. See attendance policy for more information on missing practices.

Joining a team is a year long commitment from the Beginning of the Season through the End of Season.

Pensacola All-stars will be a positive influence on your child's life, goal setting, and work ethic by leaving a lasting positive imprint of our love and concern for the athletes' wellbeing. All athletes quit training at some point in their life. If an athlete decides to quit after a season of cheer and just participate in classes, we will not lecture them on their decision. If an athlete quits after completing a competitive season because they have decided to explore other interests, we will encourage their success. If an athlete quits because they move, we may be able to assist regarding decisions of other gyms in the new location. However, quitting mid-season is not tolerated unless your family is moving or for other extreme circumstances decided upon with the coaching staff. Leaving a squad during the season affects everyone involved (parents, athletes, coaches, and the squad). With our commitment to you in mind, we expect your loyalty to our team and respect for our coaching decisions. Please do not cross the barriers in the gym and do not coach your child from the sidelines. Watching on a regular basis may reduce your ability to appreciate the progress of your child.

All of your cheerleader's training must be done within our facility. An all-star may not participate with another gym without permission from the coaching staff.

## Financial Policies

In addition to the time commitment and hard work, there is a financial obligation to be a part of the winning program at Pensacola All Stars. With this investment in mind, we have set up a monthly payment program with payments due at the beginning of each month. Competition/Coaches fees are included in the monthly fees which are spread out throughout the year to avoid "bulk payments." **Note:** Uniform fees will be paid at the beginning of the season in a separate payment plan with the balance of uniform fees due by the end of August.

- **It is your responsibility to make sure you are receiving statements from the gym and emails from your team reps. Login to your PAS account in JackRabbit and click on the "My Contacts" tab to check or update your contact information.**
- Monthly statements are sent out via email through **JackRabbit** (the online account management service PAS uses). We strongly encourage parents to use this online payment portal to manage their account and make their payments. As a program, PAS is committed to the use of this online account management tool.
- No tuition refund or partial monthly credits are given if a member quits, is dismissed from the program for any reason, or cannot compete due to injuries or illness. Likewise, there are no credits given for short months, winter breaks or snow days. Pensacola All Stars will not charge for any additional practices that may be needed. If a member quits, a \$500.00 Fee will be charged to that Member's Account.
- If an athlete is not able to attend a competition, the Coach and Director should be notified immediately. Unfortunately, if an athlete is sick or has a last minute emergency we are not able to offer a refund because of the full pre-payment required by the competition event. If an athlete is unable to fulfill attendance requirements prior to a competition, they will be pulled from the competition without a refund.
- It is your responsibility to keep up with your account. If you are behind on your account we reserve the right to sit your child out of practice until the account is brought into good standing. PAS is requiring each family to have a Credit or Debit Card on file inside their Account Portal (JackRabbit). Monthly payments are due the first day of each month. If payment is not received by the 10<sup>th</sup> of the month, PAS will charge the Credit/Debit Card that is on file for that account.



# Frequently Asked Questions

Q. How do we get our uniforms?

A. You will have a uniform fitting on or around July and this date will be mandatory. You will have your uniform before the first Competition.

Q.: Can my athlete move up to a new level?

A. Athletes have the potential to move up to a new level. PAS will make final decisions on teams in July. They will be placed on their team for Season 4 after final evaluations and prior to choreography.

Q. What should I wear to evaluations?

A. Please wear shorts T shirt or Sport Bras. Hair needs to be pulled back. Tennis Shoes and absolutely NO jewelry. Most of all Wear a **SMILE!**

Q. Do I have to bring any documents to Evaluations?

A. Please bring a copy of your athletes' birth certificate, current photo and Registration Forms and Payment

Q. Do you allow athletes to play more than one sport?

A. This is a very time consuming sport. Our practice schedule is mandatory to participate at PAS. One athlete missing hurts the whole team. We support our athletes' in other activities as long as does not conflict with their responsibilities to their commitment to their Team at PAS. Participation must be discussed with our coaching staff to determine any potential conflicts.

Q. Does PAS cut athletes who try out?

A. **NO!** There is a place for every age and level of athlete. **Everyone makes a TEAM!**

Q. When will the Competition Schedule be released?

A. **The Competition Schedule will be published in June/July timeframe!**

*We look forward to another great season of memories. Please take time to read over the policies carefully created for this packet. It is much easier for the coaches and athletes if we are educated all aspects of the PAS program. When you have read and understand all the information given, please fill out the appropriate forms and turn in to the PAS office. We look forward to meeting you and your family.*

*Welcome to the SHARK Family!*

# Program Fees

| Program                            | Deposit Amount | Total Amount Due Each Month |
|------------------------------------|----------------|-----------------------------|
| Travel (New Athlete)               | \$50           | \$247                       |
| Travel (Returning Athlete)         |                |                             |
| LEVELS 1 - 6                       | \$50           | \$237<br>June—April         |
| Limited Travel (New Athlete)       | \$50           | \$199                       |
| Limited Travel (Returning Athlete) |                |                             |
| LEVELS 1 - 2                       | \$50           | \$189<br>June—April         |
| Super Tiny & Prep (prep) Teams     | \$50           | \$150<br>September—April    |

Coaches Fees and Spirit Gifts for Bid Events are NOT included in the Program Fees! We will add fees to your March

## Additional Expenses

Uniform

Bow

Shoes

USASF Athlete Membership

Stunt/Jump Camp Fees

## Prices above include the following:

Annual Registration Fee

Monthly Tuition

Competition Fees

Coaches Competition Fees

Music

Choreography

Spirit Shirts

USASF Gym & Coaches Membership

Banquet

Individual/Team Pics

NEW LEVELS

New Pro Shop Items For Sale