



Welcome to Power Cheer All Stars!

Power Cheer All Stars would like to welcome your family to our competitive cheer program. If you are reading this team handbook, then your child has impressed us with her/his cheerleading talent and potential. Through this team handbook we hope to give you more insight into how our program operates and answer many of your questions.

We are here to provide your cheerleader with an introduction to a more concentrated, structured cheer environment, whether this leads to a long-term competitive sport, or you are here just for FUN!

First, and most important, building happy, healthy, confident kids is what this gym is all about. We are here for the young children, many who have hopes and dreams of being the best they can be in life and in this sport. We are here to support them in that dream.

To make that dream come alive the cheerleaders, parents, and coaches must function as a TEAM. Remember: Together – Everyone – Achieves - More!

After reading this handbook, if you have any questions about any aspects of our program please ask! Our staff will be happy to answer any questions or provide you with the information needed. Once again, welcome to Power Cheer All Stars. We are so glad to have you on our TEAM!

Power Cheer All-Stars Code of Conduct

1. **Commitment:** We appreciate your commitment to your team. As a cheerleader you will learn to balance school, family, friends, and cheerleading. As with all things in life, it is your responsibility to fulfill your commitments. Your commitment to this program is for the entire season from May 1, 2025 - May 31, 2026.
2. **Please be at practice on time:** Remember, this is a team sport, and we need all team members at practice and on time. It is not fair to the rest of the team if you are late or missing. If you need to miss, please let us know so we can adjust the practice accordingly.
3. **Communication:** Please check your email regularly to keep informed and avoid missing important information. Make sure your coach and the AAK front office have your most current email address. If for some reason you will be late or absent, please email Coach Wolfe. There is a team Band App for communication. This should be used for team information only. All questions regarding your child's progress may be discussed by appointment with your coach.
4. **COMP WEEK:** The week before a competition practice is MANDATORY. Unless you have communicated with your coach(s) beforehand, if you don't show up to practice the week of comp, you will not compete.
5. **Please support our coaches:** Please support the coaching staff in all decisions. They are doing their best for PCA and your child. If you have a concern, please contact Andrew (Wolfe) via email to set up an appointment.
6. **Please leave the coaching to our coaches:** Interaction between cheerleader and parent (visually or verbally) during practice is not appropriate. A distracted cheerleader is a prime candidate for injury. Contact the front desk first if you need to communicate with a cheerleader on the workout floor (i.e., need to leave early.) **PARENTS ARE NOT ALLOWED ON THE GYM FLOOR OR FUNZONE, UNLESS A CHILD IS PLAYING IN THE FUNZONE.**
7. **Watching Practices:** We would prefer that you do not watch every practice. Cheerleading is a very hard sport, and every skill/routine takes many repetitions to master. Watching occasionally is OK, that way you will notice more progress. Also, many times when your child is struggling with a certain skill or part of the routine, having parental presence often compounds the stress-level making it more difficult to work through. Viewing is from upstairs only.
8. **Social Media:** Please do not post any pictures or videos of the routine to any social media platform until we begin competitions and make sure anything you post is appropriate. Do not post other kids without their parents' consent.
9. **Practice:** Practice wear is mandatory to wear too all practices. White cheer shoes and sports bras are mandatory for all practices. Hair must be pulled up. No jewelry or cell phones. Please only bring water out in the gym.
10. **Injuries:** Please provide a doctor's note if injured or need to sit out of practice. If it is OK with your physician, you should still come to practice and condition/workout so that strength is not lost and the injury can be rehabilitated for a speedy recovery. Your coach will set up a revised workout for each situation.

* I understand that if I miss practice in the 2 weeks before the competition, I may not be allowed to compete in that competition. The coach will make the best decision for the team.

* I understand only coaches are allowed to speak with competition officials/staff, no parents allowed in warm ups or on-stage during awards.

* I understand that this is a year commitment (May 1- May 31) and there are no refunds for the CCC, uniforms or monthly tuition fees.

Cheerleader Name _____

Parent Signature _____

Date _____

2025 - 2026 FINANCIAL COMMITMENT

Monthly Tuition

\$155/month – 4 hours/week

Tuition is charged on the 15th of each month for the next month

Team commitment is from June 1, 2025 - May 31, 2026

The annual membership fee is \$40/student.

Elite Teams

\$191/month – 6 hours/week

Tuition is charged on the 15th of each month for the next month

Team commitment is from June 1, 2025 - May 31, 2026

The annual membership fee is \$40/student.

Competition, Choreography and Coaches Fees- CCC

3 payments of \$315 (due July 1, September 1, and November 1)

*This fee covers choreography, music, team parties, all competition registration, coaches' competition pay, per diem (coach), mileage/hotel (coach). You are responsible for all travel costs to the competitions. You must log into your AAK account to pay the CCC fee. If it is not paid on time, your child will not be registered for the competitions.

Apparel

All athletes must purchase a competition uniform, bow, practice shirt and cheer shoes. A 50% deposit is paid to order the uniform. All other apparel is fully paid upon placing the order. Log into your All About Kids account through the Parent Portal and click on Proshop to place your order.

Approximate prices:

Uniform \$450+tax

Competition Bow \$50+tax

Required practice apparel: T-shirt or Tank shirt: \$30+tax

Optional apparel: Sports Bra: \$60+tax

Practice shorts: \$60+tax

Backpack: \$165+tax

Shoes – white Varsity Aeros Elite Cheer Shoe \$140 (order these on your own)

Contacts

Program Director

Coach Wolfe

wolfe@allaboutkids.cc

All Star Coach

Lizzie Hubbard

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All Star Coach

Sam Allen

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Billing

Vanessa Zebich

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Important Dates

June 1st:

Practice Apparel Order Due

July 1st:

CCC Payment due \$315

July TBD:

Required Team Choreography/Camp

September 1st:

2nd CCC Payment due \$315

August 1st:

Uniform Orders and deposit due

November 1st:

3rd CCC Payment due of \$315

2025-2026 Competition Schedule

| | | |
|----------------|---|----------------|
| November 15-16 | JamFest Lexington Classic | Lexington, KY |
| December 13 | The Christmas Crown Classic | Corbin, KY |
| January 24-25 | The Derby City Crown and UCE Louisville | Louisville, KY |
| February 14-15 | Cheer Max | Louisville, KY |
| March 14-15 | Crown Super Nationals | Louisville, KY |
| April 16-19 | AllStar Worlds | Orlando, FL |