



Welcome to the 2023-2024 Prism Elite All Stars!

Welcome to Prism Elite's competitive cheerleading program. We are excited that you have chosen to be a member of our 2023-2024 season! Our competitive cheerleading program's mission is to provide a safe environment for all team members to grow together and develop cheer, dance, and tumbling skills. Our vision is to provide a family-oriented relationship with every member of our organization.

The following pages will outline the requirements of our program, so please read the information carefully. Please note that this is the PRE-EVALUATION VERSION of our handbook to give a high level overview of expectations! The final version will be available by July 1, 2023 once teams have been selected and will include specific dates and financial commitments for each team. Please remember that Prism Elite reserves the right to modify the information in this packet as required to best support the all star program and our athletes.

Welcome to the Prism Elite family and we are so excited for a new season!

Best,
Shelly Levensgood
Owner, Prism Elite New York

Section One - Monthly Fees, Competition Fees, and Payment Schedule

All team members will pay a monthly fee, which covers competition registration fees, music/choreography fees, and administrative fees (coaches, facilities, weekly practice, etc.). You may choose to pay your season fees as a one-time payment or as monthly installments. All monthly fees are due on the last day of the month and are collected over 9 payments (August through April). Our system will automatically deduct payment on the last day of the month. If you chose to pay offline, then fees must be paid by the end of each month via cash, check, or Venmo. Uniform costs are in addition to the monthly cost since it varies per athlete. If a team qualifies, there is a possibility of attending an end of season competition, which would be an additional fee collected in the spring. Some other costs to consider that are not included in the monthly fee are:

- Competition travel expenses (hotels, transportation)
- Competition spectator costs
- Team gear (backpacks, spirit wear, etc.)
- End of season banquet

If there are outstanding balances, late charges will be applied, and the athlete may be removed from the team if balances are not resolved. If there are any problems financially, please speak with the office immediately and we will do our best to work with your situation. Anyone who leaves mid-season or is dismissed is responsible for outstanding balances that cannot be recouped, for example uniform fees or competition entry fees.

All star cheer has three tiers known as Novice, Prep, and Elite. Each tier has a further breakdown by skill level and age group. Novice is typically our youngest introductory teams and they have one required practice per week. Prep teams have some basic experience and they have one required practice and one optional tumble practice per week. Elite teams are our most committed/experienced teams and they have two required practices per week. The table below outlines the estimated cost breakdown for each team tier.

Estimated Costs	Novice	Prep	Elite
USASF Membership Fee	\$49	\$49	\$49
All Inclusive Monthly Fee (9 payments, August 2023 - April 2024)	\$160	\$220	\$300
Competition Uniform	\$280	\$280	\$380
Warm-up Suit	\$90	\$90	\$90
Shoes	\$60	\$60	\$90
Practice Wear	Optional	Optional	\$90
Total	\$1,919	\$2,459	\$3,399

*Uniform, warm-up, and shoes from last season can be used again for Novice and Prep teams.
*Elite Teams will be getting new uniforms.

Section Two -Team Practice, Competition Schedule, and Important Dates

All team practices, showcases, and competitions are mandatory. We realize all our athletes and families have many commitments and we will do our best to work with conflicts, but being a part of an all star team is a commitment and should be treated as a priority. Please remember to take our competition schedule into account when planning vacations during the season.

Please be aware that competitions release specific performance times the week of the event. It is common that our performance time is early in the morning, so be prepared for early mornings or you may book a hotel room the night before. You will be responsible for booking your own room and paying the hotel directly for your accommodations. All competitions are within approximately 3 hours driving distance. We typically meet in full uniform 1 hour before we compete to make sure everyone is ready and accounted for. Each athlete must have a chaperone at every competition. Competitions are typically on Saturday and/or Sunday and we usually do 5 to 8 events from January through May. Novice and Prep teams only attend 1 day events. Elite teams could attend 1 or 2 day events.

Any competition conflicts should be communicated immediately, and Prism Elite will determine approval. Required school, religious events, or family emergencies are examples of valid competition conflicts. If your child is sick and unable to compete, please let us know as soon as possible. Unlike other sports, each team member is an important part of the routine and a missing person often means last minute routine changes. There is no second string in all star cheer!

Please understand that practices may be changed and/or added throughout the season if needed. For example, an unexpected injury may require routine changes before competition and an extra practice is needed to help prepare the team.

We will set the practice and competition schedule for the entire season by July 1, 2023 once teams have been selected.

Practice Schedule:

- Summer practices will begin the week of July 17th and run through the week ending September 1st. The summer practice schedule will be different from our regular season schedule. Summer practices are highly encouraged, but optional.
- Our regular season practices will begin the week of September 11th, 2023 and run through the week ending May 3rd, 2024. We will not practice during school breaks and we try to follow the schedule of the local schools. Most teams will have a required choreography practice one weekend in September.
- There is a possibility that we will use regular practice time throughout the season to film for virtual competitions. We will communicate these as they arise.
- We typically add Saturday practices in the winter months (November - January) if it is needed for teams to be better prepared for the upcoming competitions.
- Novice teams have one required practice per week, usually 1-1.5 hours.

- Prep teams have one required practice (1.5-2 hours) and one optional tumble practice per week (1 hour).
- Elite teams have two required practices per week, usually 2 hours each.

Competition Schedule:

- The competition schedule will be coming soon once teams are selected!
- Competitions are typically on Saturday and/or Sunday and we usually do 5 to 8 events from January through May. Novice and Prep teams only attend 1 day events. Elite teams could attend 1 or 2 day events.
- We will provide a list of possible hotel accommodations for the competitions that are further away. Hotels book up quickly for the larger events, so we recommend reserving a hotel room for the weekend (typically Friday and Saturday) and then canceling once we know the event schedule.

Section Three - Absences and Tardiness

Please understand that you are a part of a team that requires a priority commitment, as the other team members are relying on your attendance. All absences and tardiness should be communicated in advance and emailed to info@prismeliteny.com for approval.

- If an athlete is not attending practice regularly, Prism Elite reserves the right to dismiss that athlete from the team.
- Any athlete who is sick or in quarantine should not attend practice or competition and notify us as soon as possible.
- Tardiness and absences at competition will not be tolerated and will result in a warning and/or dismissal from the team.
- Please refer to our competition and practice schedule when planning vacations and other activities.
- If there are any scheduling conflicts the week prior to a competition, please let the coach know in advance. Practice the week of competition is especially important!

Section Four – Injuries

Prism Elite is committed to making sure all our athletes stay safe, but there are risks involved with all star cheer. Please understand that cheerleading is a highly competitive and dangerous sport. Stunts and tumbling can lead to injury. These include, but are not limited to: bruises, pulled and strained muscles, torn or strained ligaments, concussions, broken bones, dislocations, paralysis, or even death. We at Prism Elite will do everything in our power to limit these injuries from occurring; however, we cannot prevent them all from happening. If your child is injured at the gym, we will do everything necessary to ensure your child's well-being and assist in a safe return to practice. Acceptance of our liability waiver will be required during registration.

If your child has been injured outside of our facility, please be sure to let us know and we will work together to ensure their safety as they return to practice. Please also keep us informed of any

medical conditions or medical changes for your child. For example, asthma that requires an inhaler before strenuous activity.

Section Five - Dress Code

Practice Dress Code

- Athletic attire, which allows the ability to move freely, is required.
 - Spandex shorts/leggings, gym shorts, tank tops, or t-shirts are all appropriate options.
 - Fitted or tucked in tops are preferred, so they do not rise up when inverted.
 - Optional practice wear will be available for purchase.
- Cheerleading shoes or athletic shoes that fit securely are preferred.
 - Once you receive your team shoes, they should be reserved for practice and competitions only.
- Hair should be secured away from the face with soft elastics.
 - Buns or braids are preferred, as they don't get in the way when inverted.
- No skirts, dresses, jeans, jewelry, hoods, hats, or belts are allowed.

Competition Dress Code:

- A full tutorial of hair, makeup, and uniform will be available as we approach our first competition.
- Please arrive for competitions in full uniform, which means:
 - Hair complete with bow in
 - Makeup finished
 - Uniform top and bottom with warm up suit covering
 - White cheer shoes and white no show socks
 - All jewelry removed

Section Six - Additional Information and Expectations

- The main form of communication from Prism Elite will be through email, so please be sure to read your email, especially those specific to all stars.
 - Text messaging, BAND app, Facebook, Instagram, and website updates are also popular forms of communication.
- Prism Elite creates routines to be competitive and in the best interest of the entire team. There are no assigned spots in routines and adjustments will be made throughout the season based on the coach's discretion. Please help your child understand the following:
 - That this is a team sport and decisions are made to support the team as a whole
 - Every child learns at a different pace and that is OK!
 - Not every child can be a flyer or in the front, but we do try to feature everyone as best as possible!
- All issues, conflicts, or concerns should be communicated directly with the owner, not another parent, athlete, or coach.

- Our owner and coaches are happy to answer any questions; just remember to do so at an appropriate time and in the appropriate manner.
 - For example, approaching a coach in the middle of a practice or class is not an appropriate time.
- No arguing, gossip, profanity, abusive language, or inappropriate gestures/behavior are allowed at any Prism Elite affiliated event or location.
 - Prism Elite reserves the right to dismiss a child from the team for inappropriate behavior from the athlete or parent/guardian.