



Welcome to the 2022-2023 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 2022-2023 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 preliminary requirements of our program, so please read the information carefully. A final version of this packet will be available once teams have been selected. 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.

Best,
Shelly Levengood
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). 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.

The table below outlines the estimated cost breakdown for each team. We will have team fittings over the summer and place practice wear, uniform, and shoe orders at that time.

Estimated Costs	Tiny Novice (Typically Preschool)	Tiny/Mini (Typically grades K-4)	Youth/Junior/Senior (Typically grades 5-12)
USASF Membership Fee	\$49	\$49	\$49
All Inclusive Monthly Fee (9 payments, August 2022 - April 2023)	\$120	\$160	\$200
Uniform (skirt, top, bow)	\$280	\$280	\$280
Warm-up Suit	\$80	\$80	\$80
Shoes	\$50	\$50	\$80
Practice Wear	\$80	\$80	\$80
Estimated Total	\$1,619	\$1,979	\$2,369

*Please note that all costs are estimates and may change based on our final team numbers. If you have a uniform, warm-up, and shoes from last season these can be used again, unless items no longer fit.

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 3.5 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.

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 or in quarantine 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.

Fall 2022 - Spring 2023 Weekday Practice Schedule:

- Fall practices will begin the week of September 12th.
- Our season runs through the week ending April 29th, unless we qualify for an end of season event, which could extend the season by a week or two.
- There will be no practice and Prism Elite will be closed during school holidays.
- Saturday practices will be added during the winter months (November - January) to make sure we are competition ready. These will be required team practices and exact dates will be communicated in advance.
- We also have an end of season banquet, which is optional, but typically early May 2023

Estimated Dates	Tiny Novice	Tiny/Mini	Youth/Junior/Senior
Summer Practice (encouraged, but optional)	None	Once per week	Once per week
Choreography Day (mandatory)	None	Saturday or Sunday in August or September	Saturday or Sunday in August or September
Regular Season Practice (September - May, tumble day - encouraged, team day - mandatory)	Once during the week	Once during the week, Saturdays during the winter	Twice during the week, Saturdays during the winter
Season Kick Off (mandatory)	Saturday in December or January	Saturday in December or January	Saturday in December or January
Competitions (mandatory)	3-4 live events, 2-3 virtual events	4-6 live events, 2-3 virtual events, 1 possible end of season event	5-7 live events, 2-3 virtual events, 1 possible end of season event

Section Three - Absences and Tardiness

Please understand that you are a part of a team that requires a time and attendance 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.