



## 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 requirements of our program, so please read the information carefully. 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 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). 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. You will receive a link in July to 'officially' register for your team and set up your monthly payment preference. We will have team fittings over the summer and place practice wear, uniform, and shoe orders at that time. Uniform payments are separate from the monthly fee and a separate link will be sent to pay for uniform fees.

Costs	Aqua	Fuchsia and Ultraviolet	Cobalt and Jade
USASF Membership Fee	\$49	\$49	\$49
All Inclusive Monthly Fee (9 payments, August 2022 - April 2023)	\$120	\$160	\$200
Competition Uniform (skirt, top, bow)	\$280	\$280	\$280
Warm-up Suit	\$80	\$80	\$80
Shoes (approx. cost)	\$50	\$50	\$80
Practice Wear (approx. cost)	\$80	\$80	\$80
<b>Total</b>	<b>\$1,619</b>	<b>\$1,979</b>	<b>\$2,369</b>
*Uniform, warm-up, and shoes from last season 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.

### Practice Schedule:

- Summer practices will begin on July 6<sup>th</sup> and run through August 31<sup>st</sup>.
- Our regular season practices will begin the week of September 12<sup>th</sup> and run through the week ending April 28<sup>th</sup>.
- There is a possibility that we will use regular practice time throughout the season to film for some virtual competitions. We will communicate these as they arise.

Practice Schedule	Aqua	Fuchsia and Ultraviolet	Cobalt and Jade
Summer Practice (encouraged, but optional)	None	Wednesday, 5 - 6:15pm	Wednesday, 6:30-7:45pm
Choreography Day (mandatory)	None	Fuchsia - 8/27/2022, 9 - 11:30am Ultraviolet - 8/28/2022, 9 - 11:30am	Cobalt - 9/10/2022, 12 - 2:30pm Jade - 9/10/2022, 9 - 11:30am
Regular Season Practice (mandatory, September - April)	Thursday, 4:30 - 5:30pm	Fuchsia - Wednesday, 5 - 6:30pm Ultraviolet - Thursday, 5 - 6:30pm	Cobalt - Wednesday, 6:30 - 8pm Jade - Tuesday, 6:30 - 8pm
Saturday Practice (November - January)	None	Fuchsia - 9 - 10:30am Ultraviolet - 10:30am - 12pm	Jade - 9 - 10:30am Cobalt - 10:30am - 12pm
Optional Tumble Practice (September - April)	None	None	Thursday, 5:30 - 6:30pm

## Competition Schedule:

- For competitions listing multiple days, we will know closer to the event if we will compete on Saturday or Sunday. We will communicate this as soon as the preliminary event schedule is available.
- 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.

Competition Name	Event Producer	Teams Attending	Date	Day & Time	Location	Venue	Approximate Distance & Travel Time
Family Showcase and Virtual Competition Filming	Prism Elite	Aqua Fuchsia Ultraviolet Cobalt Jade	1/7/2023	Saturday Athlete Meet Time: 1PM Showcase Time: 2PM	Pelham, NY	Pelham Memorial High School Gym (Blue Gym)	N/A
Jersey Championship	Liberty Spirit	Aqua Fuchsia Ultraviolet Cobalt Jade	1/21/2023	Saturday, Time TBD	Toms River, NJ	RWJ Barnabas Health Arena 1245 Old Freehold Rd. Toms River, NJ 08753	100 miles, 1 hr 45 min
Athletic Championship	Athletic (Varsity)	Cobalt Jade	1/28/2023	Saturday, Time TBD	Providence, RI	Rhode Island Convention Center One Sabin St Providence, RI 02903	155 miles, 2 hr 15 min
Lovebug Battle	ROC Spirit	Aqua Fuchsia Ultraviolet Cobalt Jade	2/11/2023	Saturday, Time TBD	Toms River, NJ	RWJ Barnabas Health Arena 1245 Old Freehold Rd. Toms River, NJ 08753	100 miles, 1 hr 45 min
Journey Championships	Midwest Cheer & Dance	Aqua Fuchsia Ultraviolet Cobalt Jade	3/11/2023	Saturday, Time TBD	Pocono Manor, PA	Kalahari Resort Ballroom 250 Kalahari Blvd Pocono Manor, PA 18349	112 miles, 2 hrs
Cheersport	Cheersport (Varsity)	Aqua Fuchsia Ultraviolet Cobalt Jade	3/19/2023	Sunday, Time TBD	Toms River, NJ	RWJ Barnabas Health Arena 1245 Old Freehold Rd. Toms River, NJ 08753	100 miles, 1 hr 45 min
US Finals - Trenton	US Finals (Varsity)	Aqua Fuchsia Ultraviolet Cobalt Jade	4/22/2023	Saturday, Time TBD	Trenton, NJ	CURE Insurance Arena 81 Hamilton Ave. at Rt. 129 Trenton, NJ 08611	90 miles, 1 hr 40 min

Important Dates	
12/17/2022	Required Saturday practice (Fuchsia/Jade 9-10:30am, Ultraviolet/Cobalt - 10:30am-12pm)
12/20 - 12/22	Last weekday practices before the holiday break
12/26/2022 - 12/30/2022	No practices this week for holiday break
1/3/2023 - 1/5/2023	Resume regular weekday team practices
1/5/2023	Virtual parent meeting, 8PM
1/7/2022	Family Showcase and Virtual Competition Filming, Meet Time: 1pm, Showcase Time: 2PM
1/21/2023	Jersey Championship competition, all teams
1/28/2023	Athletic Championship competition, Cobalt and Jade
2/11/2023	Lovebug Battle competition, all teams
2/20/2023 - 2/24/2023	No practices this week for winter break
3/11/2023	Journey Championship competition, all teams
3/19/2023	Cheersport competition, all teams
4/3/2023 - 4/7/2023	No practices this week for spring break
4/22/2023	US Finals competition, all teams
4/25/2023 - 4/27/2023	Last week of team practices
5/14/2023	End of Season Banquet

## 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](mailto: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.

