



# **COLE All-Star Parent Handbook**

**2024-2025**



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# Welcome to the Cheer Out Loud Extreme All-Star Cheer Program

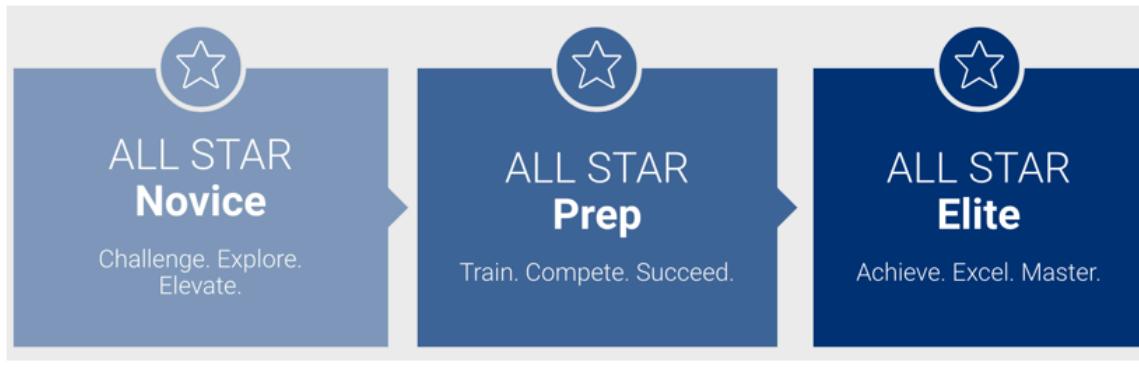
We are thrilled that you are joining us for our 2024-2025 season. Our goal here at COLE is to instill qualities in the athletes that will last a lifetime; qualities such as confidence, work ethic, loyalty, commitment, dedication, leadership, teamwork, and integrity. We want to create athletes that are strong both physically and mentally. Please know going into the season that our top priority is developing confidence in these young athletes that will help them become hard working and dependable adults. We know they will create friendships and memories that will last a lifetime.

Competitive cheerleading is so much more than just competing. We look forward to developing their skills of jumps, tumbling, stunting, and dancing to the best of their ability, but we mostly look forward to you and your family joining ours. We are a united front of dedicated parents and coaches who want the best life lessons and training possible for these young people. We want them to become the best version of themselves. It is these principles that have kept us together and growing. We value your dedication, commitment, and loyalty. We are so happy you have decided to join us on our journey!

*Love it! Proud to  
be a part of the  
Cole Family!*



# Stages of Competitive Cheer



ALL STAR CHEER IS A HIGH ENERGY, TEAM-BASED, PERFORMANCE SPORT THAT IS ATHLETIC, ARTISTIC AND ACROBATIC. IT INVOLVES ATHLETES COMPETING WITH A ROUTINE COMPOSED OF TUMBLING, STUNTING, PYRAMIDS, AND DANCE SEGMENTS.

WHILE SOME SKILLS ARE INDIVIDUALLY DEVELOPED, SUCH AS TUMBLING OR DANCING, STUNTS, PYRAMIDS AND TOSSES REQUIRE A GREAT DEAL OF TEAMWORK AND ROUTINES REQUIRE SYNCHRONIZATION AND TEAM UNIFORMITY.

## NOVICE

FOR INDIVIDUALS WHO ARE NEW TO CHEER BUT READY FOR A PERFORMANCE-BASED TEAM. NOVICE TEAMS FOCUS ON STRENGTHENING SKILLS THAT HELP PREPARE ATHLETES FOR COMPETITIVE ALL STAR TEAMS. THERE ARE THREE NOVICE "SESSIONS" WITHIN ONE FULL ALL-STAR YEAR (MAY-APRIL).

## PREP

FOR INDIVIDUALS WITH SOME CHEER AND/OR TUMBLING EXPERIENCE WHO WANT TO STRENGTHEN TECHNIQUE AND PERFORMANCE SKILLS IN A COMPETITIVE TEAM ATMOSPHERE. OUR PREP TEAMS ARE TYPICALLY YOUNGER TEAMS THAT ARE STILL GAINING EXPERIENCE AND WORKING ON PERFECTING THEIR SKILLS.

## ELITE

FOR INDIVIDUALS WITH STRONG CHEER TRAINING AND SOLID TECHNICAL ABILITY. ELITE TEAMS ARE COMPRISED OF ATHLETES WITH EXPERIENCE WHO ARE READY FOR HIGHLY COMPETITIVE PERFORMANCE. BEING ON AN ELITE TEAM DOES NOT GUARANTEE BEING ON AN ELITE TEAM THE NEXT SEASON. IF SKILLS NEED REFINED, A PREP TEAM WOULD BE A BETTER FIT.

# Team Placement

An athlete will not be placed on the team roster if your Cole and Booster Club accounts are not current. Please refer to the end of this packet for what to bring to try-outs. Athletes will not be placed on the roster if we do not have the items needed.

As a premier All-Star program, we have many options for our athletes. There are tumbling requirements to be considered for a Prep or Elite Team but we also offer Novice Teams. Any cheerleading, gymnastics, and dance experience is helpful in being placed on a team. A **positive attitude, dedication, and commitment** are all important and expected. **Loyalty** is extremely important to the morale of the program. We do not allow athletes to attend other gyms for tumbling, open gyms, privates, etc. and siblings are not allowed to compete with another cheer program.

If you have a pre-conceived stipulation of a team that your athlete will or will not be a part of, please do not try-out. It represents a poor attitude and example for your child, and is not what we want to teach our athletes. Remember that the coaches are the professionals and can make objective evaluations. They will be placed on a team that is appropriate for their current mental and physical state. There are stunt groupings that also come into play with decisions to make sure we have the proper number of flyers, bases, and back spots to make a team successful. If they are not placed on their desired team then they should work hard on their current team to be more mentally and physically prepared for that team next season.

We do not teach our athletes that everyone deserves first place and if they don't win someone or something must be to blame. We teach accountability. Many times the **BEST** athletes are those who have had to work hard to develop skills that don't come easily to them. We recognize good work ethic and celebrate hard working athletes.



# Desired Try-Out Performance Skills

Each athlete will be judged on the following skills: standing tumbling, running tumbling, and jumps. Previous All-Stars will be evaluated on previous years of participation. Attendance, attitude, and conduct will all be reviewed. The following are desired tumbling skills.

## Preferred Minimum Tumbling Skills

### Prep Teams

Ages 5-6- Roundoffs, Kickovers  
Ages 7-8-Back Walkovers  
Ages 9-11- Back Walkovers

### Elite Teams (All Ages)

Level 1- Front and Back Walkovers  
Level 2- Back Handsprings  
Level 3- Tucks

Please note that just because your child has the tumbling skills of a certain level does not guarantee a spot on a team of that level. Team placements are also based on their birth year. We want them to master all the skills on the team they can be on based on their birth year before moving to the next age group. We consider maturity level and readiness to take on more challenging and what can be stressful choreography if they are not ready. We also consider stunting positions. We never consider ONLY tumbling as they need to be ready to stunt at that level as well. Many times they will have higher tumbling than the team they are ready for this season. Please trust our decision on where we think your athlete will be most successful.



# Try-Out Results

Age divisions and levels will be finalized when we weigh our options after the try-out. Team rosters will be posted on our social media.

*No changes regarding placement within the program will be made under any circumstances.*

Once they are on a team, please register for their team on the Cole Academy app or through the parent portal on our website. The schedule will be available when you sign up.

Practice will begin on **Tuesday, May 14th**.

We will be getting a NEW parent Facebook page.

There will be a new GroupMe created for each team. Please download the GroupMe app if you do not have it already. You will soon get an invite for their team.



# Summer Obligations

Please avoid absences as much as possible in the summer (refer to excused absences). No one can be gone more than 2 weeks' worth of cheer practices in the summer due to vacation, so 4 practices total. That does not include time the gym is closed for breaks. You can record future absences through the Cole Academy app.

**Independence Day- Thursday, July 4- Saturday, July 6**

**Summer Break- Monday, July 29- Saturday, August 3**

If you could schedule any unplanned trips around our breaks, it would be greatly appreciated.

## Summer Recital

The Recital performance is extremely important to the All-Stars as they begin their season. It has a specific purpose for the success of the program. It is important that we don't waste any time and that we get started on the stunt group pairings right away. For those new to All-Stars, it is important to get them in front of an audience performing to know what it is like and what the expectations are. This gives us a head start.

It is also important to stress technique in stunting and other aspects of cheerleading so the routines formed for the recital are easier and more basic than what they will be competing. We sometimes see what works and what doesn't right away and can have that knowledge going into choreographing and placing them in their competition routines.

**This is a time that their whole team is there and we can really start to visualize how the team is going to work together in specific stunting placements.**

If there is someone that has to miss the recital it greatly affects the team and puts them behind as they will not be performing in the same stunt groups as desired. It is still important that the other teammates have the experience but it does greatly affect the team as a whole.

**It is also important to show your support for COLE as a whole and for everyone to appreciate all of the hard work that goes into making us what we are.**

This is a large community event. It is important for us to have a strong presence in the community and for everyone to know we have an amazing All-Star program right here in Muncie. The athletes work hard and love showing off their skills to their friends and family without the pressure of competing. This is considered our pre-season showcase.

# Commitment

All-star cheerleading is a team sport and a year-long commitment. It is a time and financial investment that needs to be carefully considered prior to try-outs by both parents and participants. Routines are choreographed around the number and ability of the original team. It is not fair to either their teammates or the coaches to have to change the routine. This required dedication needs to be fully understood upfront to have a successful team. It greatly affects the quality of performances if the team is forced to learn new formations and rework stunt groups when it is not otherwise necessary. Cheerleaders need to carefully consider this time commitment in relation to present and future activities. This needs to be something that the athlete wants to do, and realizes that there will be sacrifices that he/she will have to make along the way for their team in regards to practice.

Do not rely solely on another cheer family to get your child to practice and/or competitions. It is the responsibility of the parent to make sure they get to all practices and previously scheduled events either themselves or have a plan for a reliable family member or friend to get them there.

Carpooling is great but you need to have a plan in case that cheer family would remove themselves or be removed from the program. It is bad enough if we would ever have to lose one cheerleader, let alone two. That would be very detrimental to that team.

Commitment to the team can never be based off of your child's placement within a stunt or a formation. A flyer might become a base, a base, a back-spot, someone moved from the front to the back, as in life things are constantly changing. We teach lifelong lessons and explain that every spot helps to make the team the best it can be. We expect parents to lead by example and help them to understand that there is a lot of hard work involved and to encourage them after a tough practice or competition. Every position is important!

# COLE ALL-STAR EVENT SCHEDULE 2024-2025

JUNE 11 | RECITAL REHEARSAL | EMENS

JUNE 15 | SUMMER RECITAL | EMENS

NOV 19 | PEP SESSION | COLE

NOV 23-24 | **MCDA** | SOUTH BEND, IN  
*\*WILL COMPETE ONLY 1 DAY*

DEC 14 | **MAXIMUM** | MUNCIE, IN

FEB 8-9 | **MAXIMUM** | INDIANAPOLIS, IN  
*\*WILL COMPETE BOTH DAYS*

FEB 22-23 | **SMOKEY ROYAL NATIONALS** | SEVIERVILLE, TN  
*\*WILL COMPETE BOTH DAYS*

MAR 15 | **MCD** | SANDUSKY, OH- KALAHARI

APRIL 1 | PEP SESSION | COLE

APRIL 5-6 | **CHEER MAX NATIONALS** | LOUISVILLE, KY  
*\*WILL COMPETE ONLY 1 DAY*

APR 26-27 | **FLORIDA FINALS\*** | KISSIMMEE, FL  
*\*ONLY WITH AN AT LARGE OR PARTIAL PAID BID AT THE  
DEC. 14 OR FEB. 8-9 COMPETITIONS*

# Competition Expectations

1. Must be on time! Arrive in warm-ups with make-up/hair finished or allow enough time to finish before the "go time". Arriving late affects the whole team and adds unneeded stress for the coaches, athletes, and families. A missed practice fee will be charged if they are not ready by the time specified.
2. Stay in uniform with hair up/bow in during awards. Please do not wear a t-shirt or anything over the uniform. Have competition shoes on for awards.
3. Make-up must be applied in a uniform fashion. There will be a demonstration closer to competition time.
4. No jewelry or nail polish
5. Make sure shoes are clean (should NEVER be worn outside).
6. Hair must not be messy. Once we decide exactly how the hair will be worn for the year, we will let you know.
7. COLE athletes and parents are reflections of our program and should conduct themselves in a manner that makes other teams see us in a very positive way; anything else will not be tolerated. Unsportsmanlike behavior or disrespect to another team is not acceptable. Respect for the COLE All-Star coaching staff and team parents is expected of everyone. We would not want any athlete to be removed from the program due to the actions of their parents.
8. Parents will have no contact with a competition official for any reason.
9. We need support for all of our teams and not just your child's team. If the times are reasonable, we would love for you to cheer on the other teams. The athletes appreciate the noise and it creates a strong presence.
10. Awards are mandatory for everyone. If you have something very important to get to then we should know about it **way ahead of time**. We understand that you have other things going on and it might not be convenient to wait, but this is what they work for and shows good sportsmanship. A missed practice fee would be charged if we had not approved the absence from awards in advance.

# Monthly Tuition

If your daughter/son makes a team you will have until Tuesday, May 14 to enroll your athlete on the proper team. You can login to your app and register from there or go to [www.coleacademy.com](http://www.coleacademy.com). If you have a current student, you will already have an account. The Cole Academy app and online parent portal link to the same account. **You must always have an active card on file.** Please enroll for whatever team they made. The registration fee (\$30) will be charged right away with full May tuition. If you need help with this e-mail [colehelpdesk@gmail.com](mailto:colehelpdesk@gmail.com).

Your athlete will not be able to practice with the team during the first practice if enrollment is not finalized. Included in tuition are all practices and any extra practices. If for any reason we are not able to have in person practices, practices will remain on Zoom and tuition will remain the same.

## Prep Teams \$130/month

2 practices/week, roughly 3 hours/week

## Elite Teams \$140/month

2 practices/week, roughly 4 hours/week

## Tumbling Class \$44/month

45 min-1 hour/week

# Tumbling Class

All-Stars must be enrolled in a tumbling class once a week. All-Stars will have their own tumbling classes. **All-Stars receive a highly discounted price on tumbling classes of \$44/month versus the \$64/month that other athletes pay.** Even if you want individual lessons for your athlete they still are required to be enrolled in tumbling. We will let you know what tumbling class they will be in. It will be one day a week either before or after their regular cheer practice. Older athletes will have the option to join other upper level tumbling classes if they do not want to go back to back with practice. They will not necessarily be in the same class as their teammates.

# Initial Expenses

- Booster Club Fee \$35
- Recital Shirt/Bow \$35

**Please make a \$70 check payable to COLE All-Star Booster Club and place it in the silver box in the lobby closest to the cheer gym.**

- Full May Tuition & \$30 Registration Fee



# Booster Club Payments

There will be 3 installments of \$300. Installment #4 is only if they get a special bid to Florida and we would know that by the Feb. 8-9 competition. Make installment checks payable to COLE All-Star Booster Club by the **15th of the month** the installment is due. Installments can't be paid with a credit or debit card since the installments go through the Booster Club. **There will be fundraisers to offset these costs.** We do our best to make this as affordable as possible without sacrificing quality, but competitive cheerleading can be costly. Family statements are e-mailed out from the Booster Club Treasurer so you can keep track of fundraising profits, and make sure that you have the installment amount in your account by the due date. If you do not have the full amount in your Booster Club account by the 15th of the month it is due, the **full amount** will be transferred to Cole Academy and a 10% late fee will be added.

**Example:** You have \$100 of fundraising profit in your account and the \$300 installment is due that month. You only need to write a check for \$200 by the 15th of the month the expense is due.

**Example:** You have \$200 of fundraising profit in your account and the \$300 installment is due that month. You forget to write a check for the additional \$100 due. The full amount due (\$300) will be transferred to your Cole account with the 10% late fee and the \$200 will remain in your Booster account for the next expense due.



# Breakdown of Expenses

## **Installments DO cover the following costs:**

- Competition Entry Fees
- Admin Costs
- Music
- Choreography
- Coaches Expenses

## **Installments DO NOT include the following costs:**

*All costs are subject to change. Anything you already have, you will not need to purchase again unless you need a different size. You can look into purchasing used items on your own if you would like.*

- Booster Club Fee \$35
- Recital Shirt/Bow \$35- *this will double as a practice wear shirt*
- Competition Uniform \$375 (same as last season)
- Warm-Up Jacket: \$175 (same as last season)
- Competition Bow \$40 (same as last season)
- Competition Makeup \$40 (same as last season)

## **New this season**

- Practice Wear Set- \$70-90
- Shoes- \$80-\$100

# Travel Expenses

You will be responsible for making your own travel arrangements including hotel stays if needed for competitions. Do not feel like you HAVE to stay in a hotel; if you would like to drive, that is perfectly fine. Although many of us try and stay at the same hotels, it is ultimately up to you if and where you stay.

# Payment Schedule '24-'25

Cole Academy

Autopay

*1st business day  
of the month*

Booster Club

Fundraising and/or

Check

*Due on the 15th of the month*



<b>May</b>	<b>Tuition &amp; Registration Fee (\$30)</b>	Booster Club Fee (\$35) & Recital Shirt/Bow (\$35)
<b>June</b>	<b>Tuition</b>	Competition Uniform (\$375) ONLY IF NEEDED
<b>July</b>	<b>Tuition</b>	Practice wear Set (TBD)
<b>August</b>	<b>Tuition</b>	Warm-Up Jacket (\$175) & Competition Bow (\$40) ONLY IF NEEDED
<b>September</b>	<b>Tuition</b>	Installment #1 (\$300)
<b>October</b>	<b>Tuition</b>	
<b>November</b>	<b>Tuition</b>	Installment #2 (\$300)
<b>December</b>	<b>Tuition</b>	
<b>January</b>	<b>Tuition</b>	Installment #3 (\$300)
<b>February</b>	<b>Tuition</b>	
<b>March</b>	<b>Tuition</b>	Installment \$4* (\$300) *Florida Finals Entry Fees & Coaches Expenses ONLY IF BID IS RECEIVED
<b>April</b>	<b>Tuition</b>	

Everyone will pay full May 2024 tuition. Try-outs are included in May tuition; we do not charge a try-out fee.

Practice after Nationals is not mandatory (unless they are going to Florida) but is a really fun time to work on individual skills. Full April 2025 tuition will be charged whether they come to the optional practices or not.

# Parent Responsibilities

Parents are required to be on our closed Parent Facebook page, have an active e-mail on file at Cole Academy, and be on the GroupMe app for their team. E-mail is how most all communication takes place. Important e-mails are sent out regularly. In the case of a child living in separate homes, please make sure the other parent is either part of our communication or notified of important information and updates.

**In regard to practices**, your child is your responsibility prior to and immediately after their scheduled practice time. Please do not leave young children unsupervised as this creates an unsafe environment. If young children are early, please make sure they are quiet and stay with you. Please never leave siblings unattended. Please make sure athletes are not interrupting individual lessons or other practices.

**During competitions**, we take them early to stretch and practice before their actual warm-up time. After your child has competed and has been turned back over to the parents, they become your responsibility. They will then need to meet back up for awards, and will go back to the parents after awards are finished.

## Booster Club

The COLE All-Star Booster Club is a huge part of our program. The booster club helps make everything possible; they raise funds and provide support for our athletes. They plan and organize events to promote spirit and pride in our program. All parents are a part of the booster club but your level of involvement is up to you. We do ask that you try to check the parent Facebook page as often as possible as fundraising information is posted there along with reminders from coaches. Do not at any time give any of the officers of the booster club a hard time regarding payment, etc. They are parents volunteering their time. The new officers have already been picked for the upcoming season. The booster club will have a meeting soon.

# Practice Schedules

Most teams will start practice right away on Tuesdays and Thursdays. One team will be Mondays and Thursdays. If there is a time that there is no possible way they could practice, please let Tracy know ASAP so we can do our best to accommodate. This could affect what team they are placed on, so please be as flexible as possible.

Our oldest team's schedule will be on Tuesdays/Thursdays through the summer and will go to Thursdays/Saturday late morning once school starts back. All schedules are subject to change as we do our best to ensure the athletes can participate on their school team without compromising their commitment to their All-Star team.



Once selected for an All-Star team it is your obligation to get your child to all practices and ON TIME. When one member is absent it keeps the whole team from achieving their goals for that practice. Please do not be late as this holds up the entire team. Practices cannot be observed inside the gym. You will have access to watch all of your athlete's practices live from the **SpotTV app**.

# TEAMWORK MAKES THE DREAM WORK

We expect our cheerleaders to be hardworking, dedicated, and fun to work with. Nothing is ever perfect all the time, and there will certainly be times throughout the season when people get "stressed-out", but overall we strive to have a team environment that is positive and enjoyable.

There are no unexcused absences allowed. If you miss a practice, unless it is excused, a \$10 fee will be charged to your tuition account. If they are sick (not contagious) or injured, they are still required to come to watch. A doctor's note will be required in order not to be charged. With virtual appointments offered, this shouldn't be an issue. Make arrangements to **NEVER** miss the week before competition, even if it would normally be considered "excused".

An excused absence would be considered an outside activity that has been approved and only takes them away from our practices a reasonable amount of time. This pertains to things like school cheer practices/games. An All-Star cheerleader **IS** still able to be a cheerleader at school as well. We just ask that there is always open communication so we know where they are at and what to expect. We do ask that if involved in another activity that the athlete makes the best effort to be there for as much time as possible before or after the other activity, even if just for **15 minutes**.

We will work around family vacations as long as they do not miss more than 2 weeks' worth of practices in the summer or more than 2 practices (not including when we are closed) for Fall, Christmas, and Spring Breaks. Remind your child that there will be sacrifices that have to be made in reference to birthday parties, family celebrations, and other events. If they choose to miss, and it is unexcused, the \$10 fee will be charged. A cheerleader can never miss for an unexcused reason the week before competition.

# Practice Rules

- BE ON TIME! must have shoes on ready to go by the start of practice
- No jewelry for safety purposes
- Hair up (you might want to put extra hair ties in their practice bag)
- No gum or food during practice
- Do not come out on the floor until your coach says that it is time for your group
- All cheerleaders must leave the floor when their practice is finished
- No cell phones (if they have one, it MUST be silenced and no checking phones)
- Must wear designated practice wear/shoes, do not wear shoes outside
- Insubordination is unacceptable! Conflicts are to be left at the door when cheerleaders enter the gym. The following actions will result in a discussion with a parent and might result in removal: temper tantrums, showing disrespect to the coaches or fellow team member, lack of participation, poor attitude, unnecessary or excessive talking

**Cheerleaders are expected to be at every practice. Do not use practice as a punishment tool, this only makes our job harder and is not fair to the rest of the team. Please find alternative ways of grounding. If absences become a problem, you will be asked to leave the program.**

# Excused Absences

- Wedding of Immediate Family Member
- Funeral of Family Member
- Contagious or debilitating illness (doctors note required). In the case of non-debilitating sickness or injury, cheerleaders are still required to sit and watch if possible (please wear a mask if symptomatic).
- Vacation (if it is a reasonable amount of time missed and we know in advance)
- Previously excused extracurricular activity (if there is absolutely no way around it). We ask that they come before or after the event if time allows. Bring in schedules as soon as they are available to you and we will review and compromise on an individual basis. A missed practice fee is charged if they could have been there for at least 15 minutes but chose not to come.

# Conduct

By participating in our program you are trusting in our abilities as coaches to do what is in the best interest of both your child and the team. We realize that you will not agree with all decisions that are made by the coaches. You are never to talk negatively about another athlete. It is the job of the coaches to give corrections and not a parent. Even though you might not understand the reason for the placements within the team regarding stunts and formations, there is always a thorough decision making process involved. We ask you not to question those decisions or discuss them with other parents as this creates a negative environment and sets a poor example for your child. Each athlete has an important role that makes a successful routine possible. If you have an issue involving your athlete there is an appropriate time and place for that discussion. At competition, in front of other parents, your child and/or other members of the team is **NOT THAT PLACE.** If you would like to set up a meeting, contact Tracy at **tracy@coleacademy.com.**

Communication to coaches should go through GroupMe and direct messages through GroupMe if necessary. Parents should only have a coaches' number if they are working with them on private lessons. Nothing other than the private lesson will be discussed.

**Social Media-** Please make sure that both you and your child are representing us well through all social media. Never put something on Facebook, Instagram, TikTok, or other social media platforms that you wouldn't want all parties to see. Please know that you and your family are always representing Cole Academy. Please be a positive role model for your child regarding respectful behavior. If a post is questionable, you or the athlete will be asked to remove it. If at any time this becomes an issue, you will be asked to leave the program.



# Note from Coaches...



We know this is a lot of information at once, but we just want to make it clear what you are getting into, no surprises! This will be an amazing and fun experience for your athlete. They will learn not only cheer but will become responsible, dependable, and accountable young adults.

We strive to be positive role models and all of the coaches here truly care about your child's development. We expect our parents to be positive and supportive and our athletes hard working. We are very excited about our upcoming season. We look forward to getting to know all of the new families.

## What do I need to bring to the Try-Outs?

- Signed 2024-2025 All-Star Financial Agreement
- Signed Terms and Conditions

## What do I need to bring to the 1st Practice?

- Please make a \$70 check payable to COLE All-Star Booster Club.

Remember that they will not be able to participate in the first practice unless their account is current through the office and May's Tuition/Registration Fee is paid.

# Welcome to COLE!