

2022-2023
FREEDOM ATHLETICS
ALL-STAR CHEER HANDBOOK

Welcome to Freedom Athletics

We are a competitive cheerleading program dedicated to teaching athletes of all ages and abilities. Our all-star program starts with ages 4 thru adults. The success of our program comes from our loyal coaches who teach each athlete as if they were their own. All of our staff has been competitive all-star cheerleaders; they have cheered and/or coached from youth, schools, all-stars, and collegiate levels. Now we are young adults, older adults, mothers, wives, and **STILL** the most passionate coaches you will find in the industry.

Thank you for giving us the opportunity to work with your athlete.

COMMUNICATION

We use the band app, team Facebook pages, and email to communicate. Our band app and Facebook pages are for information ONLY. Comments are turned off so these platforms don't get congested and information gets lost. It is your responsibility to ensure that we have your current e-mail address, cell phone, etc on file. There is no excuse for being uninformed or irresponsible when the information has been provided. We also have team moms for each team. If you have questions, you must contact your team mom.

WHAT COMPETITIVE CHEER AT FREEDOM IS ALL ABOUT

The purpose of our program is to teach your athlete every aspect of competitive cheerleading through structure, positive reinforcement, safe and proper progression, and teamwork.

During the summer we train on tumblings, stunting, flexibility, jumps, team building, and team bonding during the day for 6 weeks. We continue assessing skills and building the most successful teams. We also have our routine choreography during the summer. In August we will have practices 1-2 days a week for novice and prep. Elite teams will practice 2-3 days a week with one day set for tumbling and strength. We will have closed practices. Parents may come up only for the last 10-15 minutes to watch. Closed practices allow the coaches and teams to focus on the skills of the routines. We will have occasional weekend practices set. Before the winter break, we will start to perform our routines at competitions either virtual or face-to-face. We attend competitions from November - May. Our elite teams will travel out of state. This year we will attend a competition in Savannah, GA March 11, 2023. Our season ends in May and our end-of-the-year banquet is in May.

In January we will add weekend practices **EVERY weekend in January AND February**. These additional practices are vital to the success of our teams. DO NOT plan things on any weekends from January to May without checking your practice schedule. Keep in mind everyone will create their own family calendars based on OUR schedule so last-minute changes are very challenging and frustrating. Letting us know well in advance is best.

As an all-star parent, you will want to support your child with every up-and-down experience in their all-star career. There may be skills your athlete masters in days and then there will be that one skill that takes 2 or more years to perfect. There may be times when your child may not make the team they expected or they may even see their friends placed on higher-level teams without them. The thrill of seeing your child perform a skill for the first time is incredible, while the pride of watching your athlete perform in front of hundreds of spectators will bring tears to your eyes. There will be great times and tough times, but your support as a parent is priceless.

FREEDOM WEEKS (AKA) HELL WEEKS

Freedom week costs are due the 1st day of the week. Your credit card on file will be processed on this day. Each Freedom week will cost between \$150-\$175. Week # 1 & 4 will cost \$175 EACH WEEK. Weeks #2,3,5,& 6 will cost \$150 EACH WEEK. This fee covers all clinic fees, team bonding activities, and gifts. IF you are missing a part and or week of Freedom week you may pay a discounted rate.

ACTIVE ALTERNATES

We use active alternates to replace any athlete who is not able to practice, perform or compete due to being benched, injury, sickness, or family emergency. Tuition fees AND competition fees will be used for the alternate to replace my athlete at the specific event. If for some reason the athlete can not return due to injury we will address each case individually.

COMPETITION DATES

All competition fees include entry fees for athletes and coaches fees. These fees are not yet finalized as various competitions have not posted their costs yet. Below are the **tentative dates** of competitions we will attend this season. Novice and Prep may compete at fewer competitions. We reserve the right to add or take away any competition as we see fit.

*Elite/Prep/Dance/Rec teams compete on both days

Competition Date	Competition Name	Competition Location
NOV. TBA	TBA	Virtual
DEC. 3, 2022	Ultimate Championships	Ft. Pierce, FL
JAN. 21-22, 2023*	Kissimmee Cheer Fest	Kissimmee, FL
FEB. 3-5, 2023	All Out Nationals	Orlando, FL
MARCH 11, 2023	The Savannah Championship	Savannah, GA
MARCH 25 or 26, 2023	Freedom Showcase	Rockledge High School
APRIL 15, 2023	Next Level	Tampa, FL
MAY 4-7, 2023	All Star Worlds	Orlando, FL
MAY 13-14, 2023*	Grand Nationals	Orlando, FL

ROSTER SELECTION

Rosters for our teams are designed, as best we can, to give each team a roughly equal chance for success within their division. Much like other sports, a variety of skills, abilities, and even body types are necessary to give teams the best opportunity to place highly at competition. We try to match up the athletes as best we can, but please remember that maturity, physical stature, stunting, pyramids, jumps, dance, motions, and age are huge factors as well. It is simply not feasible (or desirable) for every team to have 36 exactly matched identical athletes. Some will be stronger tumblers than others. Some will help us out with stunts more than others. Every athlete is on a team for a reason, please trust our staff. We are always working hard to push every athlete to improve their skills, even if it means working on skills that are above what is allowed in the routines at their team's current level.

The most common confusion or misconception from parents and athletes relates to tumbling ability. Proper technique is more crucial now than ever to achieve high scores in difficulty, technique, and execution. Simply being able to complete a skill without falling to the ground is no longer the standard for when athletes "have" skills. You must perform the skill with perfect or near-perfect form and be able to do it consistently, on a spring floor, under pressure, in nearly any scenario. Many athletes and parents greatly overestimate the ability and form of the athlete against this standard. A parent's version of "my child has a back handspring, tuck, or layout" is often dramatically different from the coaching staff and this can lead to confusion about team placement.

The second most common confusion comes from dramatically overestimating the importance of tumbling compared to other factors. As mentioned already, there are many factors that go into determining the best spot for an athlete, not just how well they can tumble.

Please note that no athlete has an absolute guarantee of a roster spot on a particular team. The coaching staff and owner reserve the right, at any time, without notice, to change the rosters of teams by adding, rearranging, or removing athletes to or from teams for a performance or practice. However, we attempt to make roster changes as infrequent and with as much warning as possible. Athletes may be benched or removed from our program at any time for reasons which may include but are not limited to:

1. Attitude problems
2. Excessive absences and/or tardiness
3. Talent level
4. Lack of improvement
5. Losing a required skill
6. Lack of financial responsibility
7. Fitness level of an athlete
8. Personality conflicts between athletes, coaches, parents or anyone else involved in our program

TEAMS & TUITION FEES

Team names will not be given until we finalize teams and levels in July. We follow the USASF 2022-2023 Cheer Age Grid.

Tuition fees cover your monthly training fees that may include strength training, yoga, cheer instruction, and team tumbling. It also covers our normal operating expenses and coaches pay. Additional tumbling classes are available to current Freedom athletes at a discounted rate. *Elite teams will be required to take an additional tumbling or flexibility class due to the skill level of the team. Once our teams are finalized, we will have a firm number on tuition.

Monthly tuition is billed on the 20th of each month and auto-drafted from your credit card on file on the 25th.

August will be the first month that your monthly tuition will be due. In June and July, will pay weekly for your Freedom weeks. Competition, practice wear, and uniform packages are separate fees and are charged throughout the season.

<u>TEAM</u>	<u>DIVISION</u>	<u>BIRTH YEAR</u>	<u>TUITION FEE</u>	<u>PRACTICE</u>
TINY	NOVICE	2015-2018	\$150	1-2X A WEEK
TINY	PREP	2015-2017	\$165	1-2X A WEEK
MINI	NOVICE	2013-2016	\$175	1-2X A WEEK
MINI	PREP	2013-2016	\$185	2X A WEEK
MINI	ELITE	2013-2016	\$199	2-3X A WEEK
YOUTH	NOVICE	2010-2016	\$185	1-2X A WEEK
YOUTH	PREP	2010-2016	\$199	2 X A WEEK
YOUTH	ELITE	2010-2016	\$199	2-3 X A WEEK
JUNIOR/SENIOR	PREP /ELITE	2006-2015	\$199	2-3X A WEEK

DISCOUNTS

1. Sibling discount: 10% off tuition only
2. Referral Discount: \$25 credit towards your account for each athlete referred to Freedom Athletics that becomes a member for cheer or tumbling classes. This credit will be applied to your January tuition and they must still be enrolled in January or your athlete can receive 1 free private lesson for every referral that is enrolled for more than 30 days.
3. SGT classes (Small Group Tumbling Classes): All current Freedom all-star cheerleaders can take our SGT classes specific for only current Freedom cheerleaders, at a discounted rate of \$80 for 4-weeks. This will get billed monthly and due on the 1st of each month.
4. Private Lessons: All current Freedom all-star cheerleaders will get a discount on 30-minute private lessons at the rate of \$35.
5. Tuition paid in full: A 5% discount off the total tuition amount will be applied for those who pay in full by June 15, 2022.

UNIFORM PACKAGE FEES & OTHER FEES

***ALL athletes must renew or create their USASF membership. www.usasf.net**

TINY & MINI NOVICE & PREP UNIFORM PACKAGE

Includes

- 1 uniform top and bottom (\$120)
- 1 competition bow (\$25)
- 1 pair of competition shoes (\$100)
- Freedom Jersey (\$60)
- Freedom Back Pack (\$100 - \$139.10)
- Competition Lips (\$50)

YOUTH/ JUNIOR PREP UNIFORM PACKAGE

Includes

- 1 uniform top and bottom (\$300-\$360)
- 1 competition bow (\$30)
- 1 pair of competition shoes (\$100)
- Freedom Jersey (\$60)
- Freedom Back Pack (\$100 - \$139.10)
- Competition Lips (\$50)

MINI/ YOUTH/ JUNIOR / SENIOR ELITE UNIFORM PACKAGE

Includes

- 1 uniform top and bottom (\$140 - \$360)
- 1 competition bow (\$30)
- 1 pair of competition shoes (\$100)
- Freedom Jersey (\$60)
- Freedom Back Pack (\$100 - \$139.10)
- Competition Lips (\$50)

CALENDAR AT A GLANCE

<p>June, July, August</p>	<p>6/1 - Parent Zoom Mtg 6/4 - Skill Evaluations 6/6-6/23 - Hell Weeks 6/24-7/10 - Vacation No Cheer Practices 7/4-7/8-Freedom Gym Closed for Holiday 7/11-7/28 - Hell Weeks & Routine Choreography 7/29-8/7 - Vacation No Cheer Practices 8/10 - 1st Day of school BCPS & Cheer Practice starts</p>	<p>Skill Evaluations Hell Weeks Strength Training Skill Training Team Building & Bonding Routine Choreography *Must Attend USASF Membership due</p>
<p>September, October, November</p>	<p>9/5 - Gym Closed Labor Day 10/17-10/21 - Halloween themed practices 10/31 - NO cheer practice 11/11 - No Cheer Practice Veteran's Day 11/21-11/27 - No Cheer Practices Thanksgiving Break 11/28-12/2 - Extra practices</p>	<p>Strength/Cardio Training Practice section of routines and full routines 1 weekend practice each month Freedom Family Thanksgiving @ the Merritt Island Mooselodge 1st competition in November</p>
<p>December, January, February</p>	<p>12/21-1/3 - Gym Closed for Winter Break 1/4 -BCPS School Starts & Cheer practice resumes Jan. 7,8,14,15,16,28,29 - Extra Practice (specific day TBA) Feb. 11,12,18,19,20,25,26 - Extra Practice (specific day TBA)</p>	<p>Strength/Cardio Training Cocoa/Rockledge Christmas Parade * Mandatory Christmas Party @ Gym Practice every weekend (Jan. & Feb.) Compete full routines</p>
<p>March, April, May</p>	<p>3/13-3/17- BCPS Spring Break Gym Closed No Cheer Practice 3/25 & 26 - Weekend Practice 3/27-3/31 -Extra Practices</p>	<p>Strength / Cardio Training Freedom Showcase Compete full routines Add/Take away skills New practice schedule after spring break</p>