

CAROLINAELITEINC.COM



# HALF YEAR PREP CHEERLEADING

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TEAM INFORMATION PACKET 2023-2024

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## HALF YEAR ALL STAR PACKET





# WELCOME

Welcome to Carolina Elite Athletics! We are incredibly excited to have you become a part of our Half-Year Prep program and family! We strive for excellence while teaching our athletes teamwork, discipline, and passion. We genuinely care for each one of these kids and hope to make a fun, organized, and well-communicated establishment. In this handbook, you will find information about the evaluation process, team placements, practice schedules, essential dates, athlete and parent policies, financial obligations, and terms and conditions. Please read this handbook entirely with your athlete prior to evaluations as you will be asked to sign and agree to terms in each section.

More importantly than any title or award, our athletes learn skills that benefit them throughout every area of their lives. Our #1 focus is ensuring your child learns valuable life skills while having fun and making lifelong friendships.

Our coaching staff is committed to developing competitive athletes who are not only superb on the competition floor but also upstanding individuals in everyday life. We create leaders and build confident athletes who have self-discipline and excellent work ethic. When it comes time for our athletes to graduate and move on to a new phase in life, they take with them the integrity, character, work ethic, and self-confidence they have gained by being a part of the Carolina Elite Athletics family.

In this packet, you will find all the information needed for Half-Year Prep Teams at Carolina Elite Inc. You will see a section on tryout information, parent and athlete policies, financial obligations, and other important information. If you have questions about the information in this packet, feel free to contact us.

Sincerely,

Cathrine Skipper HYPE Director (Half Year Prep)

[Halfyearallstars@carolinaeliteinc.com](mailto:Halfyearallstars@carolinaeliteinc.com)

Dani Smith, All-Star/Gym Director

[Allstars@CarolinaEliteInc.com](mailto:Allstars@CarolinaEliteInc.com)

Ashley T Peoples & Carolynn Rose-Delong

Carolina Elite Inc., Co-Owners

# HALF YEAR Cheerleading



<p><b>AGES</b></p>	<p>Our teams are available for ages 4-18 years old. Our coaches will make the final decision if they feel that a child is ready or not ready for allstar cheerleading. Coaches reserve the right to ask an athlete to wait another year before joining a team. Final decisions will be made by the coach and director by October 14th, 2023.</p>
<p><b>PRACTICES</b></p>	<p>The prep season runs from the 15th of Sept through March 23rd. Practices are once per week for 1.5 hours each. Tinies will practice for 45 minutes once per week.</p> <p><b>Regular attendance at practice is MANDATORY.</b>  <b>Extra practices if needed will be scheduled and are also MANDATORY.</b></p> <p>Athletes will work on their tumbling within the routine given. If they want to advance, tumble classes are discounted for our athletes (\$50 monthly).</p>
<p><b>UNIFORM</b></p>	<p>Our prep uniforms are not only beautiful, but they are eye-catching on the floor! Uniform and Practice Wear fees are due in September. Practice Wear is \$85, Uniform is \$300. Bow is \$50. Athletes are responsible for providing <b>**black**</b> no-show socks and <b>**BLACK**</b> cheer shoes. <b>NO HIGH TOPS.</b> Jerseys are \$65 and will be required this season, purchase needs to be made through the pro shop. Last day to order will be October 15th.</p> <p>Erika Bajcar handles the pro shop for Carolina Elite. She will size all athletes within the first couple of practices for their practice wear.</p> <p>If a returning athlete needs a new uniform, we encourage you to try to swap uniforms first, before ordering a new one. We will only be handling <b>NEW</b> uniform orders. The staff will not be involved in any uniform swap. Please be sure they are in new/good condition when swapping. Any item you want to try to resell will go for the following prices: 1 year old uniform Top: \$75 Skirt: \$75. 2 year old uniform Top \$50 Skirt \$50.</p>
<p><b>WHAT TO EXPECT</b></p>	<p>Our half-year athletes will attend practices throughout the fall to get ready for choreography. They will be focusing on building stunt groups, tumbling and jump technique, Half-year athletes will attend a professional choreography camp hosted by Dani Smith, which is <b>MANDATORY.</b></p>

# TEAM placements



Carolina Elite Athletics follows the rules and regulations that are set by Varsity.

Our evaluations are based on age first but there are many other factors into forming teams including jumps, tumbling, stunting, dance, motions, dedication, physical and mental ability, attitude, and work ethic all are very important. Some kids might not have the same level of tumbling as other athletes on the team.

We try to match up athletes as best as we can, based on overall level. We also choose our teams based on the positions we need to fill (bases, tumblers, jumpers, flyers, etc.). We have a two-year rule for every athlete. They will remain on the same level for a minimum of two years in our program and could be more up to the coach's discretion. Trusting our staff will allow your child to thrive at the level. they will be successful. Our decisions are not only what is best for your athlete, but also, the entire Carolina Elite Athletics All-star program!

Team Reveal: **September 9th 11:00am-12:00pm**

We will reveal what team(s) your child has made, who his or her coaches will be, and what day and time your child's practice will be. Please allow coaches and staff 24 hours before voicing any concerns you have with your athlete's team placement.

Your eligibility age for the season is based on the year your child was born. Many athletes will fall into more than one category. We will place them based on what we feel is the best fit for the child and our gym.

## ATHLETE AGE GRID

Division - Age - Birth years

TINY NOVICE	4-6	Born 2016-2019
TINY LEVEL 1	5-6	Born 2016-2018
MINI TEAMS	6-8	Born 2014-2017
YOUTH TEAMS	6-11	Born 2011-2016
JUNIOR TEAMS	7-15	Born 2008-2015
SENIOR TEAMS	12-18	Born 6/1/04-2012

# PRACTICE

## expectations



### **ATTIRE, HAIR, NAILS & JEWELRY**

For practices, hair should be firmly secured out of the face. We recommend keeping a few extra hair ties in your child's backpack. NO jewelry to practice as it not only compromises athletes' safety during stunting and tumbling, but it also doesn't look professional to outsiders. Natural nails that cannot be seen past the finger are the only acceptable nails for practices and competitions. Every practice if an athlete is missing a piece of their practice wear, they will condition. This is a good way for them to learn discipline, and for teammates to recognize the consequences. If there is a sizing issue with practice wear or uniform, you will need to take those items to a seamstress.

### **APPAREL**

All apparel with Carolina Elite logo, team logo or team name on it must be purchased through the pro-shop. No outside sources are to be used unless approved by owners/director. This keeps us uniform looking at competitions and out in the public. Our team names and logos are specific to Carolina Elite. You may not use any logos or team names on a homemade or outsourced article of clothes/shoes.

### **COMMUNITY IMAGE & SOCIAL MEDIA**

Image is very important to us. Being a positive role model outside of the CEA family is just as important as being a positive role model inside of our CEA family. Violation of such will be handled by the discretion of the gym director and owners. Depending on the severity of the unfortunate actions, we may dismiss you and your child from our gym program.

### **NUTRITION**

Several times throughout the season athletes begin to feel queasy or uncomfortable at practice due to a poor diet throughout the day. Please help us encourage your children to make healthy choices (especially on practice days), with complex carbs, protein and plenty of water. Athletes will be given regular water breaks throughout practice.

# TIME

## commitment & attendance



Attendance at every practice is MANDATORY. This sport is extremely unique, in which we do not have a “bench” to pull from like basketball, or football. Everyone is very crucial to the team. Every absence will be sent to a review committee to be determined excused or unexcused (see review clause for more detail).

Choreography and all practices are mandatory. Unexcused absences are listed, but not limited to family vacations outside our given time off, extracurricular activities, schoolwork, tests, basketball games, football games, band/chorus concerts, plays, high school cheer practices, etc. The ONLY excused practices will be a death in the family or if you tested positive for the Flu, Strep, or Covid-19 and that will require a doctor’s note. If your child has symptoms of a sickness, we would like them to attend practice on restrictions. We suggest wearing a mask to not spread the illness. Absences will be documented and counted like baseball “three strike rule”. The first time we have a missed unexcused practice will be a written warning. The second time will be a mandatory parent and athlete meeting. The third time will be immediate dismissal from the team and the Re-choreography fee will commence.

Bad behavior in school or at home is not an excuse to miss practice. School work is also not be excused. Time management is a great thing to learn at a young age. Please find a punishment that does not also punish coaches and teammates. This action will be brought to a review committee and could lead to dismissal from the program.

Extra practices will be prescheduled for the Saturday right before any competition. These practices WILL be mandatory. If an emergency (injury/sickness) arises, coaches will be allowed to add an extra practice during the week if necessary.

Any preplanned vacations must be given to the director at the evaluations. It will then go to the review committee and will be determined excused or unexcused (see review clause for more detail).

You must submit an Absence Request Form two weeks prior to the absence to find a fill-in for your athlete. A completed form doesn’t NOT automatically excuse the absence. They must be approved by the director.



# CHOREO & COMP *Dates*

Athletes will attend a mandatory professional choreography camp hosted by Dani Smith to learn their routine. Athletes will compete in a 2-minute routine at 3 events throughout the year. We will compete locally and regionally in the 2023-2024 season. All cheer and tumbling practices are mandatory.

## Choreography Schedule

**\*\*\*\*Block these dates!\*\*\*\* Once teams are formed, we will let you know what day to attend**

**Tiny choreography**  
during practice

**Prep team choreography**  
October 13th 5:30pm-8:30pm  
October 14th 9:30am-12:30pm

## Competition Schedule

**All events are 1 day events and will not require a hotel stay**

### **January Event**

American Superstarz  
Raleigh, NC  
01/27/2024

### **March Events**

Encore - Showdown  
Concord, NC  
03/2/2024

CANAM - Grand Nationals  
Myrtle Beach, SC  
03/16/2024



# COMPETITION

## Expectations

All travel, hotel stay, transportation, etc. are the responsibility of each family. There are times families have traveled together to save on costs of hotels, rental cars, etc.

All competitions listed in this packet are mandatory for every athlete. The finalized schedule is posted in August. Please make sure there are no conflicts before choreography starts. If you miss a competition for any reason this will result in immediate dismissal of the team. No refund of any kind will be given, and the buyout contract will apply. All absences will go to the review committee and will be determined excused or unexcused (see review clause for more detail).



Vacations are not permitted during the competition season. Please plan any vacations during our total of seven weeks we are giving the children off throughout the year (reference important dates page for those closures). We ask that parents and athletes act appropriately during the competition day. You are representing Carolina Elite so we expect great sportsmanship and lots of pride for our gym. If you have a concern, please give staff and coaches 24 hours before addressing them. You will need to make an appointment if you still feel a certain way about the situation.



# COMMUNICATION

## Information 1

Carolina Elite Athletics uses a variety of communication methods to ensure parents are informed at all times. That said, it can sometimes seem like an overload of information if you're trying to catch it in a variety of formats. The following will help you determine what method may be best for you. Our advice: Keep tabs on the team Facebook group and your email for all star information that is very important for your child.

COMMUNICATION METHOD	HOW TO BEST UTILIZE THIS RESOURCE
 <p>Team Facebook Group</p>	<p>Each team will have their own Facebook group. This is the first place we will post information, remind parents of extra practices or scheduling changes and ask for feedback. This is our #1 way of communicating with families and we highly recommend joining the team's Facebook group. Information posted in this group is typically specific to the all star program or the specific team.</p>
 <p><a href="mailto:HALFYEARALLSTARS@CAROLINAELITEINC.COM">HALFYEARALLSTARS@CAROLINAELITEINC.COM</a></p>	<p>Information regarding schedule changes, competition details, etc. will dually be sent out via email. Additionally, each Monday you'll receive our members' only email with information about what's happening around the gym.</p>
<p><a href="http://WWW.CAROLINAELITEINC.COM">WWW.CAROLINAELITEINC.COM</a></p>	<p>Go to our website for event sign-ups and the latest news</p>
<p>Front Desk Carolina Elite Gym 910.821.1717</p>	<p>Our front desk is staffed 11:30am-3:30pm. Monday-Friday. Our director can answer all of you questions over the phone and in-person support during the day. Any other times need to be scheduled.</p>
<p>Group Chat</p>	<p>We will set up a GroupMe chat where we can get in touch with everyone. This will be required to be a part of as a parent.</p>

# COMMUNICATION

## Information 2

### COACHES & SOCIAL MEDIA

It's very important that parents and athletes have the opportunity to interact with coaches and ask any questions they may have. That said, practice is a tough time to do that as coaches work hard to create a lesson plan that has the most effective utilization of time for all teammates. For that reason, we ask that parents set up a time to meet with the All-Star Director and/or any team coach outside of regular practice times. We're happy to set up an in-person, over the phone or Zoom meeting to best meet your schedule. That said, many of our coaches are students and have full-time jobs outside of Carolina Elite. We do ask parents to refrain from private messaging our coaches. To establish a healthy work and personal-life boundary, our staff has been asked to direct any inquiries made on their personal social media accounts to the gym's email and/or social media. By doing this, we're able to create a healthy work environment while also responding to your needs efficiently and accurately.

### POSITIVE COACHING ENVIRONMENT

Our goal as a gym is to always ensure that your child is developing healthy character skills and leadership that will continue to benefit them later in life. Sports are an excellent way to foster teamwork, drive, and self-discipline. All-star cheerleading, while incredibly rewarding, is also very challenging. At times, both you and your child will be challenged emotionally and mentally. From the emotional growth of a young adult and the difficulties of overcoming challenges your child may be faced with adversity at times. We ask that you let our staff know if they're finding challenges in sports, school or daily activity that would impact their choices and attitude at practice. This helps our staff to work alongside you to foster positivity. In the same way, we ask that parents who have questions or concerns bring those to our staff in a timely manner. By doing this, we are provided the opportunity to answer your questions and develop solutions before negativity ensues. It is important that our coaches are given the ultimate authority to make decisions and help your child grow in the areas we see fit. We will make changes throughout the season to our routines to better our scores, which may include your athlete being taken out or put into different spots. We ask that you trust our judgment and allow us to do our job. That said, if parents ever have any questions or would like to get clarification on their child's progression plan, please set up a time to meet with our All-Star Director, who will be happy to provide additional information.

### OPEN LINE OF COMMUNICATION

We keep an open line of communication here at Carolina Elite. Email, Facebook groups, and group chats will all be used during this season to send important information about practices, competitions, and events. If any questions arise or you have any concern about the team, or your child, please contact the HYPE Director at [halfyearallstars@carolinaeliteinc.com](mailto:halfyearallstars@carolinaeliteinc.com).

# FINANCIAL *Commitment*

Like our recreational classes, tuition payment is automatically drafted. Allstar tuition is charged the 15th of each month. There is no penalty for early payments. On the 1st of each month, the assessment All-Star fees are automatically drafted. If you choose to take a tumble class, the \$50 tumble tuition will be added to your tuition payment on the 15th of the month.

All tuition and professional fees must be current before an athlete may compete, practice, or collect any uniform, clothing or other items. No refunds will be given for any reason. In the event that this occurs, we will reach out to event producers and make every effort to recover fees.

After October 15th if an athlete is released from the gym for any reason, a **\$250 re-choreography fee** will be processed immediately for each team the athlete is on. This fee is waived for injuries that require more than 8-week non-participation status. Crossovers to any team who are released from one team for not meeting their contract obligations are hereby released from all teams.

Only authorized fundraisers will be allowed. At no time may parents use the logo, team names or gym name in reproduction, personal apparel items or fundraising efforts to receive monetary incentive.

## **INJURED ATHLETES POLICY**

A doctor's note is required for every injury that needs professional medical attention. It is the responsibility of the athlete and family to keep the coaches informed about any injury. If the injury prevents the athlete from returning, there will be no refunds paid in advance.

When the athlete's injury is healed, the coaches and director will put in place a "return to play" course of action to ensure that the athlete is fully ready to return. We require athletes to attend practice two weeks before a competition on restriction and back fully to play the week of the competition to be able to participate.

If your child is injured or is unable to practice due to an injury and needs a fill-in athlete for practice and/or competitions for most of the season. With the discretion of your Athletes doctor and your athlete's coaches, you have the option to leave the program. If you choose this option, your athlete will not be able to come back until the next season's tryouts. Their team placement will not be guaranteed for the next season.

# FINANCIAL *Commitment*

<b>FEES FOR THE 2023-2024 SEASON</b>	
<b>TRYOUT FEE</b>	<p><b>Tryout Fee \$50 and Registration \$45</b>  <i>Tryout fee is non-refundable. USASF Fee \$50 (paid on your own)</i></p>
<b>HALF YEAR TUITION MONTHLY</b>	<p><b>Half-Year Prep Monthly Tuition</b>  <i>based on hours per Month</i>  <b>\$100</b></p> <p><b>Tinies Prep Monthly Tuition</b>  <i>based on hours per Month</i>  <b>\$65</b></p> <p><b>**Sibling 10% discount on Half Year tuition**</b></p> <p>Tumble is not included but is discounted to our allstar athletes  <b>\$50 per class</b></p>
<b>ASSESSMENT FEES BREAKDOWN</b>	<p>Competition fees, Prep \$450 / Tiny's \$325            Coaches Travel Fees \$300            Music Fee \$175            Choreography Fee \$175</p> <p><b>Total \$1100 / Tiny's \$975</b></p> <p><i>**This will be divided into 5 months and automatically drafted on the 1st of each month</i></p>
<b>OTHER FEES</b>	<p>Uniform, Shoes, Bow, Jersey, Practice Wear, and parent travel fees.</p>

<b>Half Year Teams</b>	<b>Assessment Fees Due Date</b>	<b>Dues</b>
	<b>August</b>	
Aug 26th	Annual Reg Fee	\$45.00
Aug 26th	Evaluation Fee	\$50.00
	<b>September</b>	
Sept 15th	Practice wear	\$85.00
Sept 15th	<b>Tuition Due on the 15th</b>	\$100.00
	<b>October</b>	
Oct 1st	Uniform (same as last season)	\$300.00
Oct 1st	Bow (new)	\$50.00
Oct 15th	Last day to order Jersey (purchase through pro shop)	\$65.00
Oct 15th	<b>Tuition Due on the 15th</b>	\$100.00
	<b>November</b>	
Nov 1st	Music /Choreography /Competition fees/ Coaches Travel	\$220.00
Nov 15th	<b>Tuition Due on the 15th</b>	\$100.00
	<b>December</b>	
December 1st	Music /Choreography /Competition fees/ Coaches Travel	\$220.00
December 15th	<b>Tuition Due on the 15th</b>	\$100.00
	<b>January</b>	
January 1st	Music /Choreography /Competition fees/ Coaches Travel	\$220.00
January 15th	<b>Tuition Due on the 15th</b>	\$100.00
	<b>February</b>	
February 1st	Music /Choreography /Competition fees/ Coaches Travel	\$220.00
February 15th	<b>Tuition Due on the 15th</b>	\$100.00
	<b>March</b>	
March 1st	Music /Choreography /Competition fees/ Coaches Travel	\$220.00
<b>Total</b>		<b>\$2,295.00</b>

<b>Tiny's Team</b>	<b>Assessment Fees Due Date</b>	<b>Dues</b>
	<b>August</b>	
Aug 26th	Annual Reg Fee	\$45.00
Aug 26th	Evaluation Fee	\$50.00
	<b>September</b>	
Sept 15th	Practice wear	\$85.00
Sept 15th	<b>Tuition Due on the 15th</b>	\$65.00
	<b>October</b>	
Oct 1st	Uniform (same as last season)	\$300.00
Oct 1st	Bow (new)	\$50.00
Oct 15th	Last day to order Jersey (purchase through pro shop)	\$65.00
Oct 15th	<b>Tuition Due on the 15th</b>	\$65.00
	<b>November</b>	
Nov 1st	Music /Choreography /Competition fees/ Coaches Travel	\$195.00
Nov 15th	<b>Tuition Due on the 15th</b>	\$65.00
	<b>December</b>	
December 1st	Music /Choreography /Competition fees/ Coaches Travel	\$195.00
December 15th	<b>Tuition Due on the 15th</b>	\$65.00
	<b>January</b>	
January 1st	Music /Choreography /Competition fees/ Coaches Travel	\$195.00
January 15th	<b>Tuition Due on the 15th</b>	\$65.00
	<b>February</b>	
February 1st	Music /Choreography /Competition fees/ Coaches Travel	\$195.00
February 15th	<b>Tuition Due on the 15th</b>	\$65.00
	<b>March</b>	
March 1st	Music /Choreography /Competition fees/ Coaches Travel	\$195.00
<b>Total</b>		<b>\$1,960.00</b>

# IMPORTANT

## Dates

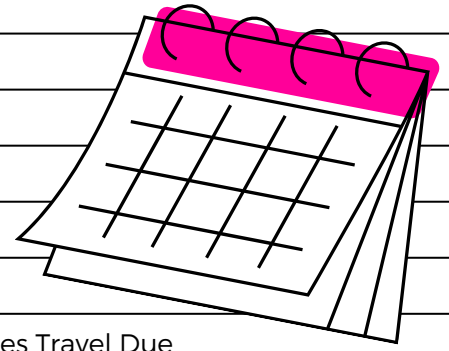


Please read through the following and mark your calendar accordingly. Regular practices that land on a holiday or break listed below will be banked and rescheduled. All reschedules, stunt group private lessons or extra practices will be scheduled at least two weeks in advance. Parents will be notified via email and Facebook team pages. Please notify our staff within 48 hours if any scheduled practices or events conflict with your already-scheduled activities so we can readjust lesson plans accordingly or reassess the dates and times selected.

Practice Schedule	Practice times will be listed on your reveal sheet
Choreography is MANDATORY. Your athlete will not be in the routine if they miss choreography.	Choreography dates and times will be released at a later date. Coach Dani will be the Choreographer for our half year teams.
<b>GYM CLOSINGS:</b>	<b>DATES:</b>
Labor Day	September 1st-5th
Halloween	Oct 30th and 31st
Thanksgiving	November 22nd-26th
Christmas / New years	December 18th-January 2nd
Cheersport travel	February 15th-19th
Spring Break	March 4th - 8th (Pender County spring break)

# Dates to remember in 2023-2024

September 1st -5th	Gym Closed -Labor Day
September 9th	Team reveal for all half year teams
September 15th	Tuition Due; Practice Wear Due
October 1st	Uniform and Bow Due
October 15th	Tuition Due
Oct 30th-31st	Gym Closed- Halloween
November 1st	Music /Choreography /Competition fees/ Coaches Travel Due
November 15th	Tuition Due
November 22nd-26th	Gym Closed - Thanksgiving
December 1st	Music /Choreography /Competition fees/ Coaches Travel Due
December 2nd	Extra Practice for all allstar teams (except Tinies) Time TBD
December 8th	No practice due to coaches travel
December 11th	No practice for Tinies due to coaches travel
December 13th	4:15-5pm Wednesday Tiny's extra practice
December 15th	Tuition Due
December 18-Jan 2nd	Gym closed for Christmas/Holiday Break



January 1st	Music /Choreography /Competition fees/ Coaches Travel Due
January 6th	Extra Practice for all allstar teams (except Tinies) Time TBD
January 12th	No practice due to coaches travel
January 15th	Tuition Due
January 20th	Extra Practice for all allstar teams (except Tinies) Time TBD
January 26th	No practice due to coaches travel
January 27th	American Superstarz- Raleigh, NC
February 1st	Music /Choreography /Competition fees/ Coaches Travel Due
February 10th	Extra Practice for all allstar teams (except Tinies) Time TBD
February 15th	Tuition Due
February 16th	No practice due to coaches travel
February 19th	No practice for Tinies due to coaches travel
February 21st	4:15-5pm Wednesday Tiny's extra practice
February 24th	Extra Practice for all allstar teams (except Tinies) Time TBD
March 1st	No practice due to coaches travel
March 2nd	Encore Showdown Concord,NC
March 4th-8th	Gym Closed -Spring Break
March 9th	Extra Practice for all allstar teams (except Tinies) Time TBD
March 15th	No practice due to coaches travel
March 16th	CANAM - Grand Nationals -Myrtle Beach, SC