



2014-2015



Atlanta Athlete & Parent Handbook

ACE Cheer Company, LLC strives to help each team member reach or exceed their potential as a competitive cheerleader and as a person. Our program is intended to teach teamwork, goal-setting, personal commitment and leadership qualities that will last a lifetime.

Paige Black, Happy Hooper and Susan Schwartz founded ACE All Stars of Alabama in the spring of 1999. Together, they envisioned a progressive competitive cheerleading program that offered opportunities to meet the needs of each individual cheerleader. With that in mind, ACE began its first competitive season. Since its first season, ACE has grown substantially and is now one of the largest cheerleading companies in the world. Built with consistent basic foundations and values, ACE locations can now be found throughout the South East, in five states and with numerous locations.

Please use this Athlete and Parent Handbook as a guide to understand the ACE of Atlanta competitive cheerleading and dance program and the policies and procedures that are put in place for your family. We encourage each family to take the time to review the rules, policies and procedures with their athlete. This will ensure that the athlete fully understands the expectations that will be put into place regarding individual and team commitments. ACE of Atlanta focuses tremendous effort into open communication with athletes and parents alike; therefore, understanding the Handbook in its entirety is of utmost importance. A detailed welcome packet will be provided to each family soon following Team Selections. The welcome packet will contain detailed, team specific information regarding your athlete's upcoming competitive season. As we enter our 6th year in Peachtree City, ACE of Atlanta is looking forward to an amazing season with our athletes and excited to welcome all new members into our Tribe family.

ACE Administration and Atlanta Staff Contact Information

<u>Name</u>	<u>Title</u>	<u>Phone</u>	<u>Email</u>
Happy Hooper	Owner	(205) 447-4275	HappyHooper@acetribe.com
Brandon Prince	Varsity Rep	(205) 292-0674	Bprince@varsity.com
Joyce Campisi	Business Director	(678) 520-5613	JoyceCampisi@acetribe.com
Courtney Joers	All-Star Director	(262) 247-6710	CourtneyJoers@acetribe.com
Tyler Carr	Class Director	(228) 238-4042	TylerCarr@acetribe.com
Kayla Rogers	Communications Director	(334) 395-4216	KaylaRogers@acetribe.com
Hayley Kendrick	Special Needs Director	(770) 241-5072	Hc_kendr@bellsouth.net
Mellanie Dunn	Staff Director	(770) 845-2818	MellanieDunn@acetribe.com
Dylan Tobin	Marketing Director	(734) 780-6280	DylanTobin@acetribe.com
Shannon Bednarowski	Staff	(678) 472-3555	Shannonbed@bellsouth.net
Brianne Hendrix	Staff	(404) 395-4216	BrianneHendrix@acetribe.com
Marquis Alexander	Staff	(404) 312-6883	MarquisAlexander@acetribe.com
Danielle Hancock	Staff	(678) 650-6261	DanielleHancock72@yahoo.com
Mitchell Boles	Staff	(770) 315 - 1772	Mitchell.Boles@hawks.shorter.edu
Todd Saye	Staff	(706) 499-8493	ToddSaye@yahoo.com
McCall Hearn	Staff	(404) 379-2906	McCall_Hearn@yahoo.com
Jimmy Hearn	Staff	(678) 859-0175	EmailJimmyHearn@gmail.com
Barry Garner	Staff	(770) 294-4027	BarryCGarner@gmail.com
Brantley Pitman	Staff	(706) 681 - 7038	Brantley.Pittman@gmail.com
David Lengling	Staff	(262) 352-1991	David.Lengling@yahoo.com
Matt Hendrix	Staff	(770) 231-0571	MHendrix23@gmail.com
Taylor Hearn	Staff	(404) 456 - 5254	tayhearn@hotmail.com
Elysse Sebald	Staff	(414) 469 - 4096	elyssegwen@hotmail.com

ACE of Atlanta's Direct Information Contacts

Information Regarding:	Direct Contact
Camps/Clinics/Special Events Coaching/Employment Opportunities	Mellanie Dunn Cell: (770) 845-2818 Gym: (770) 487-9999 mellaniedunn@acetribe.com
Account Billing & Payment Athlete & Family Registration General ACE of Atlanta Questions/Concerns	Joyce Campisi Gym: (770) 487-9999 joycecampisi@acetribe.com
All-Star Athlete Progression/Evaluation All-Star Questions/Concerns Coaching/Employment Opportunities General ACE of Atlanta Questions/Concerns	Courtney Joers Cell: (262) 247-6710 Gym: (770) 487-9999 courtneyjoers@acetribe.com
Class Scheduling Class Athlete Progression/Evaluation Class Questions/Concerns	Tyler Carr Cell: (228) 238-4042 Gym: (770) 487-9999 tylercarr@acetribe.com
*Please Note: All ACE of Atlanta Correspondence will be copied to Courtney Joers, Joyce Campisi and Happy Hooper.	

ACE of Atlanta Social Media Outlets

ACE Website: www.acetribe.com **Twitter:** @ACEofAtlanta **Facebook:** www.facebook.com/ACEofAtlanta

The ACE Website will be your source for important information regarding ACE of Atlanta announcements, calendars, competition information and practice schedules. The website is also used for class registration. ACE will use Twitter and Facebook will as an outlet for exciting announcements, athlete and team "shout-outs," last minute updates, picture/video posting and contests throughout the year.

Healthy & Productive Communication

General Communication

- Courtney Joers is your point of contact regarding ACE of Atlanta and all of the coaching decisions made with All-Star Teams. Please contact Courtney Joers via email regarding any information and questions you may have.
- Coaches will be available following classes and team practices to answer any questions regarding your athlete, their needs and their individual progress.
- Coaches will **not** entertain questions regarding specific strategic decisions (placements made in formations, decision of why an athlete was moved, added, removed, or replaced in stunts and tumbling sections) in a public setting.
- If you or your athlete would like a better understanding of routine placements, team decisions, etc., please email Courtney Joers. We will then set up a meeting with you, your athlete, Courtney Joers and the athlete's coach. ACE keeps an open door policy with communication to help each parent and athlete understand every decision in which they are involved.
- It is inappropriate for an athlete or a parent to approach other ACE members about a problem they have with an ACE coach or teammate, regarding personal objections to coaching decisions, or disagreements with an administrative decision. This leads to unnecessary drama and will result in immediate dismissal from the ACE Program.
- We strongly encourage parents to have their athletes speak with the coaches directly in regards to, but not limited to, the following issues, should they arise:
 1. Routine Element Questions
 2. Individual Skill Preparedness
 3. Group Skill Preparedness
 4. Injury
 5. Illness
 6. Outside Events that may affect Performance

*(*In cases where the athlete is too young to articulate the issue, we ask that the parent aid in the communication appropriately.)*
- If there is a matter that seems to remain unresolved, or if the athlete has clearly legitimate concerns that speaking to the coach will not or cannot possibly resolve the matter, please bring the concern directly to Courtney Joers.

Communication with Staff

- The ACE Program, Staff, Athletes and Parents are all considered a part of the Tribe Family. Athletes and parents should feel comfortable speaking to the staff, in the appropriate setting, with any questions and/or concerns. This "open communication" is needed to ensure that there are no oversights within our teams and that situations involving or affecting the athlete are handled appropriately.
- We strongly encourage that parents have their athletes speak with coaches directly in order to remove any feelings of a communication barrier.
- During practices, coaches are needed to coach and instruct the team. Parents should never approach a coach during class or practice. Any issues that arise during a class or practice will be discussed at the end of practice. If an issue is urgent, please have the front desk notify Courtney Joers immediately.
- During competitions, coaches are needed to coach and instruct the team. Parents should never approach a coach with an issue at competitions. Any issues that arise during competition will be promptly addressed the following week. Please email Courtney Joers for prompt resolution.
- While in the gym, verbal communication regarding athletes, parents, classes, etc., should be held in private. Coaches will be available to discuss concerns regarding *your* athlete and only *your* athlete.
- We have a strict policy in place stating that Coaches are not available to discuss:
 1. Information regarding other ACE athletes and/or parents.
 2. ACE Coaches who do not coach their athlete.
 3. Decisions made by the Administrative Staff.
 4. Issues that involve any type of comparison of their athlete to another athlete, Coach to Coach, or ACE to any other cheerleading training facilities.
- At various points throughout the competitive season, Coaches will provide parents with written feedback detailing your athlete's progress both individually and in a team setting.
- If a concern is emotional or heated, ACE recommends a "cooling period" before contacting Courtney Joers and/or the Coach. We understand that issues involving a child are very important and require quick resolution; therefore, we want to ensure that the situation is of constructive resolve.
- All communication via text between staff and athletes require another staff member and/or parent to be copied in the messages.

ACE Gym & Staff Certifications

USASF Gym and Staff Certification

- The mission of the United States All Star Federation (USASF) is to enrich the lives of our All Star athletes and members. We provide consistent rules, strive for a safe environment for our athletes, drive competitive excellence and promote a positive image for the sport.
- ACE of Atlanta is a Certified Gym Member of the United States All Star Federation (USASF) and will only compete at USASF sanctioned events.
- ACE Staff are all credentialed and certified members of the USASF.
- Athletes in the ACE program will be required to become a credentialed member of the USASF yearly. More information is at www.usasf.net.

Safety Measures

- Athlete health and safety is of utmost concern to the ACE program. We are committed to maintaining a safe training environment at all times. Proper nutrition and hydration is encouraged for optimal performance and injury prevention. ACE is sufficiently prepared to respond to emergency situations with appropriate emergency-response plans; rest assured that your child is in safe and prepared hands.
- To ensure a safe environment at ACE, all coaches are certified and trained in:
 - CPR
 - First-Aid
 - USASF All Star Coaching:
 - Tumbling
 - Stunting
- At the American Heart Association's 2010 Conference on Nutrition, Physical Activity and Metabolism, the organization reported that students who are physically fit are not only healthier but also consistently score higher academically and prove more successful in life. ACE is an excellent outlet for building physically fit and mentally strong athletes both individually and in the team setting.

ACE "Team" Philosophy

- The ACE Team Philosophy is simple: **Program FIRST, Site SECOND, Team THIRD, Athlete FOURTH.**
- Athletes will set individual and team goals for the season. Along with the Staff, the athlete will work hard to obtain and even exceed those goals, building a strong work ethic for the future. ACE is focused on developing the lifelong success of the athlete, not on merely winning championships.
- Members of ACE agree to put the team ahead of the individual athlete. All decisions are made for the benefit of the team's performance, scoring and success. Although the individual athlete is very important to the ACE program, some decisions, initially, may not seem to be the best to the athlete or parent. We ask that each athlete take the time to see what the overall routine entails. If he/she still has a question or does not understand a decision, they should then speak with a coach.
- If it is in the best interest of the program, an athlete may be moved from one team to another team. This is a decision that will only be made through careful evaluation and consideration of both teams. A parent and athlete meeting with **Courtney Joers** will be scheduled prior to a team change.
- Athletes being moved to a different team should not be perceived as a negative consequence. The decision to move an athlete will be based off of one or more of the following reasons:
 1. Athlete's Routine Positions (side base, back base, top girl)
 2. Athlete's Skill Level (tumbling, stunting, jumping, etc.)
 3. Athlete's Attitude
 4. Athlete's Willingness to Learn and Improve in a Group Setting
 5. Team's Need for Competition
 6. Loss of Athlete from another Team
 7. Injury
- Athletes may request to be moved to a lower level team if he/she feels they are not sufficiently utilized throughout a routine or if they become overwhelmed by the routine layout. Although maintaining the mental and physical well-being of the athlete is recognized as a paramount concern, any move down to a lower level team will depend on whether the team is available and if the team has an available roster position. In this case, athletes must be willing to fulfill any position needed by that team.

Roles & Expectations: ACE Staff, ACE Athlete and ACE Parents

Role of the ACE Staff

The ACE staff is highly trained, motivated and committed to the success of your athlete. Parents and Athletes can expect the ACE Staff to:

- Continue Cheerleading-industry Education and Certification.
- Always be approachable and friendly.
- Instruct skills in a manner that is technically precise, safe and appropriate for the individual athlete.
- Stay consistent with the guidelines set for appropriate athlete progressions in a manner that will continue to challenge the athlete to reach their full potential.
- Maintain open and professional relationships with each athlete and parent/guardian.
- Consistently enforce all rules and regulations, as outlined in the Parent and Athlete Handbook.
- Provide a fun, safe and overall positive atmosphere and training experience for your athlete.
- Provide parents with thorough athlete and team updates including:
 - Monthly Team Progress Emails to outline the team's goals and practice lesson plans.
 - Athlete Progress Reports evaluating the individual athlete in the team setting. These will be sent home in June, September, December and February.
 - Tumble Class Evaluations pertaining to the progress of the individual athlete within our class program.
 - Gym Wide Newsletters to keep all of our ACE families up to date with announcements, schedules and important information. These newsletters will be sent out, electronically, at the beginning of each Session (or as needed.)

Role of Athlete

As members of ACE competitive cheerleading and dance teams, athletes are expected to adhere to all rules and policies listed throughout the Handbook. These expectations will be strictly enforced at all ACE locations, during practices, clinics, competitions and all ACE events.

Athletes will be expected to:

- Treat fellow teammates, coaches, staff, and parent with respect at all times.
- Not listen to, participate in or instigate any idle, worthless gossip. This includes, but is not limited to, external, non-ACE related gossip and/or internal gossip about other ACE athletes, coaches and parents.
- Show good sportsmanship and class at ALL times.
- Accept both constructive criticisms along with praise for a job well done.
- Maintain a true "team" mentality at all times. Your team is your family; continuing to build up moral, increased positivity, determination and drive as a team is of utmost importance for success.
- Not participate and/or instigate in Bullying. This includes all possible forms of bullying such as electronic, verbal, physical, mental, media based, monetary, etc.
- Not use profanity and/or abusive language.
- Not consume alcoholic beverages and/or illegal behavior
- Use social networking and electronic media as a means of publicizing and spreading the word of ACE in a positive and appropriate manner. You represent yourself and your gym at all times.
- Refrain from using any social networking, messaging services or electronic media to distribute negative or inappropriate information that could be detrimental to yourself, your family, and the ACE Brand or reputation in any way. This is grounds for immediate dismissal from the program.
- Remain mindful that your decisions reflect that of yourself, your family, your teammates and the entire ACE program. Athletes should take pride in wearing the ACE name and conduct themselves accordingly to uphold the legacy of ACE.



Role of Parent

Parents are expected to:

- Encourage their athlete to treat fellow teammates, coaches, ACE staff and other parents with respect at all times.
- Ensure that their child understands what is expected of them as an ACE athlete, in regards to the attendance policies, dress codes and rules outlined by ACE.
- Not express their opinions during practice or coach their athlete “from the sideline” (i.e., from the parent-viewing area or the lobby.)
- Defer to the coaches’ discretion regarding team decisions.
- Not listen to, participate in or instigate idle, worthless gossip. This includes, but is not limited to, external, non-ACE related gossip and/or internal gossip about other ACE athletes, coaches and parents.
- Use social networking and electronic media as a means of publicizing and spreading the word of ACE in a positive and appropriate manner. You represent yourself and your gym at all times.
- Refrain from using any social networking, messaging services or electronic media to distribute negative or inappropriate information that could be detrimental to yourself, your family, and the ACE Brand or reputation in any way. This is grounds for immediate dismissal from the program.
- Never withhold an athlete from class and/or practice as a form of punishment. This punishes not only your child but every other team member and parent.
- Refrain from threatening to quit or pull their child from a team. This is unacceptable parent behavior that will not be tolerated. Any such threats will result in immediate dismissal from the program.
- **Understand that the parent viewing area is open as a privilege and not a right. If the viewing area becomes a parent issue, ACE has the right to close the area at any time without prior notice.**

Parent Travel Obligations

- Parents are responsible for their athlete’s activities and behavior at out-of-town events.
- Parents must understand that camps and competitions are not vacations. The athletes' time and focus should be fully committed to ACE and all related activities throughout the entirety of the event.
- Please note that with some out of town travel events, you **must** arrive on Friday evening by 7:00pm. You may also need to leave an event on a Monday due to scheduling by the Event Company and/or ACE.
- If a parent/guardian cannot attend an out of town event, you must arrange for another ACE parent, or responsible adult, to travel with your athlete. They will assume responsibility for the athlete and ensure the athletes’ adherence to all ACE rules and policies throughout the entirety of the event.

Role of the Team Representative

The Team Representative position is a very important role as they will become a very important liaison for team communication. If you are interested in this responsibility and would like to be considered for the position, please contact Courtney Joers via email and/or note this on the Team Selection Form. If you choose to be a team representative, you will be responsible for, but not limited to, the following duties:

- Become the main contact for information regarding the team schedules.
- Roll call at all team practices, competitions and special events.
- Communication with parents and athletes via email, text, phone.
- Electronic maintenance of attendance for athletes throughout the season.
- Developing team specific announcements, emails and reminders.
- Individual team Social Media set-up and maintenance.
- Becoming the “voice” for the parents by relaying any questions/concerns to the team coach.
- Team management at competitions from arrival time to release time.
- Collecting and distributing ACE T-Shirts/warm ups at competitions.
- Organizing and preparing team outings and team bonding activities.



Inside The Tribe: The Official ACE Magazine

We will be producing and distributing a magazine fully supported and representative of our company. This publication will be the first magazine of its kind; raising the bar and setting the example for all gyms in our industry. *Inside the Tribe* will provide a comprehensive look into to the happenings within ACE Cheer Company and the competitive cheerleading industry, as a whole. The magazine will be distributed quarterly, with the first issue out and available to you by your first team meeting!

Attendance Policies and Procedures

Practice Attendance Policy

Summer Session Practices

- Practice attendance is critical to your athlete's progress and integral to the success of the team. Athletes should attend practices and classes during the summer session in order to prepare themselves for their individual routine obligations and to build team cohesiveness.
- ACE recognizes that athletes value the "summer break" therefore; summer practices will accommodate family vacations, summer sports, church trips, summer camps, etc. **Please note that there are no make-up classes for time missed.*
- A point system will be put into place outlining the required number of points each athlete must meet throughout the summer months. Points will be acquired by attending classes, practices, camps and clinics throughout the summer. Not meeting the required point totals will subject the athlete to reevaluation. This is done to ensure that the athlete's skill set is consistent with what is required of his or her team level. This also includes the all around physical fitness of the athlete. ACE wants to ensure the athlete is able to execute the appropriate tumbling, stunting, jumps, and motions/dance skills per their team level in a routine. Detailed information will be provided in the ACE Welcome Packet.
- Athletes must turn in Planning Calendars, listing all planned absences, in order to be excused. Additions may be made by contacting your Team Rep within 24 hours of practice.

Competition Season Practices

- The "**Competition Season**" begins August 2014 and ends April 2015.
- Practice attendance is absolutely mandatory and compliance with the attendance policy will be strictly enforced. An athlete's team position will be jeopardized for noncompliance with all of the attendance policies.
- Athletes are expected to be at every class, clinic and practice scheduled.
- If an athlete is absent from practice for any reason, whether excused or unexcused, he or she is responsible for learning ALL routine changes made prior to the next practice.
- It is unfair to the team to waste valuable practice time re-teaching one athlete the material that he or she missed. Not taking the initiative to learn routine changes is selfish behavior and not the attitude of a team player.
- Practices may be changed or added at any time throughout the year. Parents must check emails, social media, team calendars and the ACE website, regularly, for updates.
- Although the April calendar includes only bid opportunity competitions (The Summit & The Cheerleading Worlds) the athletes will be scheduled for their weekly tumbling class along with being allowed to attend all Open Gym Sessions throughout the month. Monthly fees are prorated and spread throughout the entire year, so the April fees will include these classes.

Yearly Outlook: All-Star Team Practice Schedule & Classes

All-Star Team Classes & Practices: Yearly Outlook

- May: 1 Tumbling Class and 1 Team Practice per week.
 - Tinys: Team Practices are 1 ½ Hours.
 - Mini, Level 1 & Level 2: Team Practices are 2 Hours.
 - Levels 3, 4 & 5: Team Practices are 3 hours.
- June & July: 1 Tumbling Class, 1 Team Practice and 1 Specialty Class per week.
 - *Specialty Classes are assigned by the coach leading up the June schedule release.
 - Tiny: Team Practices are 1 ½ Hours.
 - Mini, Levels 1 & 2: Team practices are 2 Hours.
 - Levels 3, 4 & 5: Team practices are 3 hours.
- August-April: 1 Tumbling Class and 2 Team Practices per week.
 - Typically, One of the Team Practice Days will be a Sunday afternoon/evening time.
 - Tiny: Practices are 1 ½ Hours.
 - All Other Teams: Practices are 2 Hours unless otherwise designated by the All-Star Director.



Excused Absences

Absences that have been scheduled on the planning calendar and fit the following:

- a. **School Functions** that result in a grade.
- b. **School sponsored cheerleading events.**
 - Courtney Joers has ultimate, discretionary authority to excuse absences on a case-by-case basis. *Please note that continued absences may result in changes in routine positions and rosters. Attendance is necessary for success!

Unexcused Absences

ALL other absences that do not meet the above allowances are unexcused. Examples include:

- **Academics:** School is definitely a high priority and ACE stresses the importance of education however; homework, projects, and studying are unexcused absences. Proper time management is expected so that this does not become an issue.
- **Extra Curricular Activities and Jobs:** Extracurricular activities and jobs need to be scheduled around the commitment to ACE. This includes school clubs, etc.
- **Church:** Church is an understood priority at ACE and with many of our families. We will schedule around the most common church times however, absences related to church youth groups, speakers, retreats, etc., will be unexcused.
- Unexcused absences are **NEVER** allowed the weekend or week prior to a competition under any circumstance. Noncompliance will result in the athlete being taken out of the routine, specific elements or being placed as an alternate.

Illness, Injury or Family Emergency

Illness: Athletes are expected to be a practice unless they have a fever as fever can mean that an athlete is contagious. Practice participation will be situation-based and at the Coach's discretion. When absences due to illness perpetually occur, a doctor's note listing the treatment and length of recovery is required.

Injury: In the event that an athlete is injured, you should notify your coach immediately. Please ensure to update the coach with information details concerning the prognosis, recovery time and any change in circumstance affecting their ability to perform.

- We will re-choreograph routines based on the athlete's injury and length of recovery. It is not guaranteed that an athlete will be choreographed back into the routine upon recovery. Injured Athletes must continue with fee payments **in full**.

Unexpected/Family Emergency: Contact Courtney Joers, Team Coach & Team Rep.

Absence Allowances and Protocol

- 24 hour notice is required for the coach to plan accordingly. No Exceptions!
- Fulfilling the Summer Session's point system requirement is mandatory. Failure to meet these requirements will result in athlete reevaluation and possible movement to another team and/or class level.
- Athletes are only allowed **three (3) unexcused absences during competition season.** Competition Season begins on the first week of the August Schedule.
- Reaching (3) unexcused absences may result in the athlete being removed from the team and placed in an alternate position. **This is at the discretion of the All-Star Director.**
- Missing a competition without prior notice will result in immediate dismissal from the program.



Dress Code

1. Practice Dress Code

- Athletes must wear the designated practice clothes and cheer shoes to every practice.
 - If an athlete does not have the correct practice clothes for practice, he or she is required to purchase the correct outfit and your ACE account will be charged.
- Hair must be pulled out of the face, in a high ponytail with a gold bow at every practice. Short chin-length hair may be worn pulled back with an ACE headband or half up/half down with a bow.
 - If a female does not have her gold bow or headband, she will be required to purchase another and your ACE account will be charged.
- Practice shorts are not to be rolled excessively. They are intended to be worn as shorts, not bloomers.
- Practice clothes may sometimes shrink and athletes will likely grow throughout a season. Should the fit become extremely unflattering or inappropriate, ACE staff may require an athlete to purchase larger sized practice shorts or tops.
- Athletes are free to purchase additional sets of practice clothes at anytime throughout the season.
- Male athletes' hair must be cut out of the face and off of the neck. Faces should be cleanly shaven.
- Female athletes **must** wear bloomers under their practice attire at all times.
- Male athletes **must** wear compression shorts, under their practice shorts, at all times.
- Female athletes are encouraged to wear sports bras (as opposed to regular bras) under their practice tops in order to provide adequate support. Sports bras may even be layered for additional support.
- Female athletes may choose to wear black/red biker shorts as long as they are appropriate and coordinate with the team's practice wear.
- NO jewelry of any kind is allowed in the gym. Neither ACE nor ACE employees are responsible for jewelry if it is worn into the gym, removed for practice, lost or stolen.
- All ACE apparel must be made by approved ACE vendors.

2. Competition Dress Code

"Competition Ready" dress code is required upon arrival to a competition venue. The following options are the ONLY acceptable forms of dress:

- 1) Full uniform. (proper hair and warm up are still required.)
 - 2) Official ACE warm-up. (Uniform and proper hair are still required.)
- Hair should be secured in a high ponytail with ACE bow or headband. A bump, braid and/or curls will be allowed at the coach's discretion.
 - Make-up should be of a natural look. Red lipstick and Blush should be worn. No Glitter!
 - Athletic shoes must be worn at all times. Absolutely NO boots, flip flops, Ugg Boots, etc.
 - No jewelry allowed at any time. Most competition companies will apply deductions if worn on the floor.
 - Wearing tape or Band-aids over your earrings is NOT acceptable.
 - No Hats of any type.
 - Uniform skirts should be worn **under** accompanying athletic attire.
 - Athletes must use restrooms for changing while at a competition venue. It is inappropriate for athletes to change in designated ACE rooms, hallways or any other public place.
 - Apparel and/or backpacks worn must either be ACE specific and/or specific to the competition that the athletes are attending. (Example: Cheersport jackets may be worn to Cheersport competitions only.
 - They would not be allowed at Jamfest, NCA, etc.)

ACE is known for showcasing athletes that are clean cut and uniform. These rules allow the athletes to equate the ACE uniform with being viewed as one of the classiest programs in the world. The ACE dress code also provides confidence by the "look good, feel good" principle. Athletes are expected to be focused on the job at hand while in "competition mode," as these events are not fashion shows. Designated ACE Program t-shirts are the only shirts allowed to be worn over the uniform unless otherwise noted.

Protocol for Athlete Discipline

Athletes are expected to behave themselves in a manner that is consistent with the rules listed throughout the ACE Handbook. These expectations will be upheld at all ACE events: camps, classes, clinics, competitions, practices and any point at which the athlete is under watch of the ACE Staff. When an athlete's behavior does not meet the expected standards and/or the athlete continues to pose a problem while under ACE supervision, disciplinary action will be enforced.

The ACE approach to athlete discipline will be conducted as follows:

- Offense #1:** The Coach will discuss the problem directly with the athlete and expect immediate resolve of the issue.
- Offense #2:** The Coach will, again, discuss the issue with the athlete however, a form of conditioning and/or appropriate discipline will be included.
- Offense #3:** The Coach will remove the athlete from practice. In turn, this may cause an athlete to lose valuable class and/or team instruction. Make-Up Classes will not be allowed.
- Offense #4:** The Coach will set up a meeting with Courtney Joers, the athlete and the parent to discuss the issue and the lack of response from the athlete. Parents will have the opportunity to be involved with correction of the problem at this time.
- Offense #5:** If the problem continues, the athlete will be suspended from participation in practices and/or class training. The Athlete must attend and all practices; on time and in full dress code however, the athlete will not be allowed to participate.
 - *The goal is for the athlete to gain a renewed perspective on the importance of respect for the coach and the team by observing the practice from the "outside looking in."*
- Offense #6:** The athlete will be removed from the team. This will only occur in the most extreme cases and, rest assured, that ACE will make every effort to find an acceptable solution that enforces all outlined policies and procedures in a fair and consistent manner.

Important Dates and Yearly Schedules

Summer Session Outlook:

- Choreography Camps:
 - o We will schedule choreography dates during the 3rd week of May once we have our first official director meetings for 2014-2015. This will allow for a better understanding of athlete schedules.
 - o Tiny teams will learn their choreography throughout the summer months during scheduled practice times.
 - o We are projecting for the choreography camps to be held near the end of July. Please note that routines will change throughout the year for various reasons; thus the emphasis on practice attendance.
- Summer Skills Camp:
 - o We will be holding the Summer Skills Camp in Birmingham, AL, at the Birmingham Jefferson Civic Center. Hotel accommodations are available at the Westin and Sheraton near the convention center. Athletes will arrive at 11:00 am CST on June 21st. Camp will conclude on June 22nd at 3 p.m. CST. All teams will attend, except Tiny teams.
 - o Athletes will learn elements for stunts, baskets, pyramids, jumps and dance, from instructors at all of our ACE locations. The atmosphere is fun and exciting for all of the athletes.
 - o Tiny Teams will **NOT** attend Skills Camp.
- Hot Shots Camp (Level 5 Team Members Only):
 - o This is an "Invitation Only" event that is held by ACE, Charlotte All-Stars, Top Gun and World Cup. Only select organizations are invited to attend.
 - o Hot Shots Camp is **mandatory** for Level 5 Teams who are selected to go.
 - o All ACE level 5 teams may not be allowed to attend Hot Shots. Decisions on the ACE level 5 teams that will be in attendance will be made in early June.
 - o Hot Shots Camp will be June 28th-July 2nd at the Omni Hotel in Orlando, FL.
 - o *Note: This camp is NOT a vacation. This event is for the athletes to train with incredibly talented staff members from the nation's top cheerleading organizations. This camp will be used to teach elite tumbling, stunts, baskets and pyramids that will be incorporated into our routine.
- Sizing Dates
 - o Wednesday, June 4th
 - o All athletes will be sized for shoes and uniforms with Brandon Prince, our Varsity Rep.

2014-2015 ATLANTA COMPETITION SCHEDULE:

**Please note that the competition schedule is tentative and subject to change.*

Red = Limited Travel

Gold = Travel

RED

COMPETITION	VENUE	LOCATION	DATE
Meet The Tribe Day	BJCC	Birmingham, AL	November 1, 2
Cheersport Grand	GWCC	Duluth, GA	December 7
Red Fox Championship	Boutwell Arena	Birmingham, AL	January 10, 11
Cheersport Nationals	GWCC	Atlanta, GA	February 14, 15
Crimson Classic	BJCC	Birmingham, AL	March 21
The Summit*	Walt Disney World	Orlando, FL	May 1, 2

GOLD (Level 2)

No NCA-Dallas! Add American Championships

COMPETITION	VENUE	LOCATION	DATE
Meet The Tribe Day	BJCC	Birmingham, AL	November 1, 2
Cheersport Grand	Gwinette Arena	Duluth, GA	December 7
Battle Under the Big Top	GICC	Atlanta, GA	December 13, 14
Red Fox Championship	Boutwell Arena	Birmingham, AL	January 10, 11
Spirit of Hope Nationals	Charlotte C.C.	Charlotte, NC	Jan 17, 18
Cheersport Nationals	GWCC	Atlanta, GA	February 14, 15
UCA Nationals	Walt Disney World	Orlando, FL	March 14, 15
The Summit*	Walt Disney World	Orlando, FL	May 1, 2

GOLD (Level 3-4-5)

COMPETITION	VENUE	LOCATION	DATE
Meet The Tribe Day	BJCC	Birmingham, AL	November 1, 2
Cheersport Grand	Gwinette Arena	Duluth, GA	December 7
Battle Under the Big Top	GICC	Atlanta, GA	December 13, 14
Red Fox Championship	Boutwell Arena	Birmingham, AL	January 10, 11
Spirit of Hope Nationals	Charlotte C.C.	Charlotte, NC	Jan 17, 18
Cheersport Nationals	GWCC	Atlanta, GA	February 14, 15
NCA Nationals	Dallas C.C.	Dallas, TX	February 28 - March 1
UCA Nationals	Walt Disney World	Orlando, FL	March 14, 15
Cheerleading World Championships*	Walt Disney World	Orlando, FL	April 24-27
The Summit*	Walt Disney World	Orlando, FL	May 1, 2

***NOTE: ATTENDANCE TO THE CHEERLEADING WORLD CHAMPIONSHIPS AND/OR THE SUMMIT IS CONTINGENT ON THE TEAM RECEIVING A BID.**

****NOTE: IF A TEAM RECEIVES AN AT-LARGE BID TO EITHER POST SEASON COMPETITION, ADDITIONAL COSTS & FEES WILL APPLY.**

2014-2015 GENERAL ALL-STAR CALENDAR

MAY						
Sun	Mon	Tue	Wed	Thur	Fri	Sat
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

JULY						
Sun	Mon	Tue	Wed	Thur	Fri	Sat
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

SEPTEMBER						
Sun	Mon	Tue	Wed	Thur	Fri	Sat
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

NOVEMBER						
Sun	Mon	Tue	Wed	Thur	Fri	Sat
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

JANUARY						
Sun	Mon	Tue	Wed	Thur	Fri	Sat
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

MARCH						
Sun	Mon	Tue	Wed	Thur	Fri	Sat
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

JUNE						
Sun	Mon	Tue	Wed	Thur	Fri	Sat
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

AUGUST						
Sun	Mon	Tue	Wed	Thur	Fri	Sat
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

OCTOBER						
Sun	Mon	Tue	Wed	Thur	Fri	Sat
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

DECEMBER						
Sun	Mon	Tue	Wed	Thur	Fri	Sat
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

FEBRUARY						
Sun	Mon	Tue	Wed	Thur	Fri	Sat
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28

APRIL						
Sun	Mon	Tue	Wed	Thur	Fri	Sat
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

CALENDAR KEY:

GRAY: Gym Closings/Holidays

RED: Competitions/Performances

YELLOW: Extra Practices

(**Extra Practices are based on Competition Dates. Extra Practices will be the day or weekend prior to an event)

BLUE: All-Star Special Events

PINK: Billing Month Start Date

(*Billing Based on 4 Week Cycle not Calendar!)

Financial Policies and Procedures

Website Registration and Payment Authorization

All Athletes must be registered in Jack Rabbit, our online system, by the first team practice. The online registration is where families will select all of their classes for the year. A credit/debit card is required for registration however, be aware, the website is very secure and no fees are automatically billed. Please use the following steps to complete your athlete's online registration:

- Visit www.acetribe.com
- Under Locations Select 'Atlanta, GA.'
- Click on the Registration link.
- Complete the required information.

You may choose to have the card on file automatically charged or you may bring another form of payment into Joyce Campisi at the front desk. There is also the option to pay the year in full and receive a 10% discount off your monthly gym fee total. *Note: If payments are not received on time, a Late Fee (\$15) will be assessed.

Monthly Payments

Monthly payment plans have been established for each level of travel. The monthly payment plan has been set up to distribute the costs associated with competitive cheerleading in an affordable manner. In order to keep the All-Star Fees at a lower cost, ACE expenses must be paid out on time. We expect the same courtesy with timely payments from all ACE families.

- Monthly fees are posted to athlete accounts at the end of the prior month. (Example: July fees are billed at the end of June.)
- Monthly Payments are due no later than the first of the month. (Example: July fees are due by July 1st)
- Accounts not paid by the 5th of the month will assess a \$15 Late Fee.

The listed fees are only an estimate of the year's costs. Any additional ACE merchandise, hotel fees and transportation costs are not included. This financial commitment is for a full 12 months. **If you commit to becoming a member of a team, you are responsible for all costs and fees associated for the season's entirety.**

May: Team Evaluations, Team Selections and Fees

Team Selections are May 10th and May 12th – 14th, 2014. Doors Open at 9:00am. Athletes ages 11 & Under (10:00-11:30am) and Athletes 12 & Up (10:00am-1:00pm.) **Please note the athlete's age is as of August 31, 2014!** Athletes will be required to stay throughout the entire time block to ensure efficient evaluation. We ask that families arrive **at least** 30 minutes prior to their time blocks to turn in paperwork and complete registration.

Team Selections are a very laid-back, low stress evaluation process used for selecting our All-Star teams. At ACE, we do not want the athlete to feel as though they are participating in a stressful "try-out" process or that they will not make a team. ACE offers teams for athletes of all age and skill levels. ACE will no longer allow athletes who have not met their previous season financial commitment to participate in Team Selection.

The Team Selection Process is structured as follows:

- Athletes will be required to show jumps, jump/tumble combinations, standing tumbling, running tumbling, motion section & stunting abilities. This will be done in an open, group setting.
- Athletes interested in a Top Girl position **must** show flexibility skills and required body positions.
- After athletes have been evaluated, the coaches will form the strongest, most competitive team rosters.
- May 15th will be the official announcements of the teams. Teams will be posted on our website under "Forms" letting the athlete know the team, team level and team practice day for May.
 - There is a **mandatory** parent meeting at the first team practice. The Contract, Summer Vacation Calendar and a list of possible practice conflicts days are due at the parent meeting in order for the athlete to participate.
- The May Deposit (\$105) is paid on, or before, May 10th (First Team Selection Day) and will cover the May tuition. May Tuition includes one weekly tumbling class and the team practices for the month. If an athlete decides to not continue with their ACE team, they may continue their tumble class for the month however, the May Deposit is **non-refundable**.

If you quit or are released from the team at any point throughout the season, you will continue to be financially responsible for fees in full. These fees are expected to be paid in accordance with the assigned payment schedule. If you are listed as an alternate for a team, you are financially responsible for the year in full whether you compete or not.

ATLANTA FINANCIAL OBLIGATIONS SPREADSHEET

Pricing List	GOLD (Level 3-5)	GOLD (Level 2)	RED	RED (Mini)
May Deposit & Tuition	\$105	\$105	\$105	\$105
Administration Fee	\$125	\$125	\$125	\$125
Competition & Coaches Fees	\$1330	\$1090	\$558	\$558
Choreography	\$250	\$250	\$250	\$250
Music	\$75	\$50	\$50	\$50
Skills Camp Fee	\$65	\$65	\$65	\$65
Tumble Clinics	\$100	\$100	\$100	\$100
USASF Membership	\$30	\$30	\$30	\$30
Hair Bows (2)	\$30	\$30	\$30	\$30
Inside The Tribe Subscription	\$24	\$24	\$24	\$24
Total Fees Cost	\$2,134	\$1,869	\$1,337	\$1,337
Monthly Tuition Fee <i>(June-April)</i>	\$1375	\$1375	\$1375	\$1,100
Total Cost plus tuition	\$3,509	\$3,244	\$2,712	\$2,437
Practice Clothes & Varsity Shoes <i>(Paid in May)</i>	\$155	\$155	\$155	\$155
**Uniform <i>(Paid in June and July)</i>	\$400	\$400	\$400	\$190
Total Year's Cost Without Optional Items	\$4,064	\$3,799	\$3,267	\$2,782
Sports Bra & Compression Shorts <i>(Paid in August)</i>	\$70	\$70	\$70	\$40
ACE Warm-Up <i>(Paid in August)</i>	\$165	\$165	\$165	\$165
Total Year's Cost With Warm Up	\$4,299	\$4,034	\$3,502	\$2,987
Additional Fees:				
All-Star Stunt Class <i>(Required for ALL Top Girls!)</i>	\$40/month	\$40/month	---	---
Year In Full Price (10% Discount off of Tuition)	\$4,161.50	\$3,896.50	\$3,364.50	\$3,097

** Final cost for uniform may vary and is subject to change.

ATLANTA MONTHLY OBLIGATIONS

Pricing List	GOLD (Level 3-5)	GOLD (Level 2)	RED	RED (Mini)
May Fee (Paid on or before May 10 th .)	\$105	\$105	\$105	\$105
Practice Clothes and Shoes (Paid by May 25)	\$155	\$155	\$155	\$155
June Fees (Monthly Fees and ½ Uniform Cost)	\$615	\$577	\$501	\$371
July Fees (Monthly Fees and ½ Uniform Cost)	\$615	\$577	\$501	\$371
August Fees (Monthly Fees. Optional Item fees are due)	\$415	\$377	\$301	\$276
Optional Fees (Warm up \$165 and Sports/spanks set \$70)	\$165/\$70	\$165/\$70	\$165/\$70	\$165/\$40
September-December Fees	\$415	\$377	\$301	\$276
January – April Fees	\$125	\$125	\$125	\$100

**Male Athletes receive a considerable tuition discount.
Contact Joyce Campisi with any and all questions regarding Monthly Fees.**

Commitment to Excellence

As the parent/guardian and athlete, we have read and completely understand the rules, requirements and regulations as outlined in this handbook. We promise to uphold and abide by the rules set forth herein. We realize that ACE reserves the right to change, amend or assess the stated policies and procedures as deemed necessary on a case-by-case basis.

I have read and understand the Financial Policies and Procedures. I understand that it is my responsibility as a parent to follow through with my child's financial obligations associated with tuition and other fees during the 2014-2015 competition season. Should I fall behind or fail to make payments I recognize that my child's involvement will be jeopardized.

Athlete Name

Athlete Signature

Parent/Guardian Name

Parent Signature

Date



2014-2015 ACE TEAM SELECTIONS: ATHLETE INFORMATION

Athlete's Name _____

Date of Birth _____ Current Age _____ Age as of August 31, 2014 _____

Athlete's Prior Experience: All-Star Recreation Cheer School Cheer School Competitive Cheer

Previously Competed Level: 1 2 3 4 5 N/A

Current Skill Set: (Circle All Skills That Apply)

- Level 1 (Back Walkover, Front Walkover, Cartwheel Back Walkover Series, Jump to Back Walkover)
- Level 2 (Back Walkover BHS, Combo w/ ROFF BHS Series, Combo w/ Standing Multiple BHS)
- Level 3 (Standing & Running Combo w/ ROFF BHS Tuck, ROFF Tuck, Punch Front, 4 Jumps+3 BHS)
- Level 4 (Standing BHS to Layout, Whip/Front to Layout, Standing Tuck, 4 Jumps+BHS Tuck)
- Level 5 (Double Full, Standing Full, Jump+BHS to Full/Double, Trick to Full/Double, 4 Jump+Tuck)

***NOTE: Tumbling is not the only requirement to fulfill the needs of the competitive rubric. Jumps, Motions and Stunt Needs are factors.**

I am Interest In The Following Stunt Positions: Main/Side Base Back Base Top-Girl

***NOTE: Athletes are never guaranteed a position. Each position is earned through practice and positions are fluid throughout the season.**

Please List Any Additional Skills The Athlete Would Like To Showcase:

I am interested in being a competitor for: (Circle One)

- A Full Travel Team (Gold Package)
- A Semi Limited Travel Team (Gold 2 Package)
- A Limited Travel Team (Red Package)
- Crossover to 2nd Cheer Team (TBD)
- Crossover to Dance Team

If the selected travel option is **not** available for the athlete's level, are you willing to change the option? YES NO
 *If No, are you willing to compete at the closest offered level for your travel option? YES NO

Would you like to be considered for a Team Representative position? YES NO

Do You Have Siblings In The Program? YES NO
 *If Yes, Must Siblings Be On The Same Team? YES NO

If cheering on a team with siblings and/or specific friends is crucial, please list them below:

*(*Note: It is not always possible to have siblings and/or friends cheer on the same team. This will be at the discretion of the ACE Program.)*

Parent & Athlete Contact Information

Parent's Name _____ Parent's Cell _____

Parent's Email _____

Athlete's Email _____ Athlete Cell _____

Athlete's T-shirt Size _____ Athlete's School _____ Grade _____

Allergies/Medications _____

Athlete's Other Activities _____

*(Please list activities that are current and that he or she may become involved later in the season. Also include possible practice conflict days known for these activities. **Please note these may not be excused.**)*