



2024-25

# CONNECT CHEER NW

*Season Handbook*



[www.connectcheernw.com](http://www.connectcheernw.com)

# welcome to **CONNECT**

Connect Cheer is the largest All Star and Recreational Cheerleading program in the NW. Connect Cheer prides itself not only on training our athletes to be champions on the floor, but encouraging them to carry themselves as champions off the floor. We continue to promote a positive learning environment that not only builds self-esteem, but confidence and character as well. Connect Cheer athletes are trained to reach their fullest potential, but more so, they are taught how to work together as a team towards common goals.



Please know that Connect Cheer stands firmly against any words, or actions of racism, or discrimination. Any individual, or individuals displaying these types of behaviors will not be tolerated, or allowed to affiliate or participate in our program in any capacity, as they go against the core values that we stand behind. In our facility, our families truly do stay CONNECTed.

Connect Cheer strives to maintain a competitive edge without compromising the integrity that true athletes need to possess. Connect Cheer athletes will be taught solid technique and strong fundamentals in all areas of competitive cheerleading. Yet the most important lessons they learn are the life skills that encourage commitment, sportsmanship, and respect for self and others.

We hope that every member of Connect Cheer develops new skills, lasting friendships, self-confidence, a strong sense of gym pride, and priceless memories that they will carry with them forever. We look forward to working with you and your child, and recognize that it takes a CONNECTION with every athlete in order to build a successful program.

Cheers,  
Traci Bruener & Jodi Sides  
Owners



# PROGRAM OVERVIEW

## All Star Program

Full Year (12 month program)

Practice approximately 2 days per week for a total of 4 hours  
Typically competes in 5-6 competitions during the season and  
may include 2-3 travel trips

## Post Season Events

Worlds Teams: Will attend Worlds in Orlando, FL if awarded a  
Worlds Bid during regular season.

Junior/Senior Teams: Will attend The Summit in Orlando, FL if  
their team is awarded a Summit Bid during their regular  
season.

Mini/Youth Teams: Will attend the Regional Summit in  
Phoenix, AZ. if their team is awarded a Summit Bid during their  
regular season.

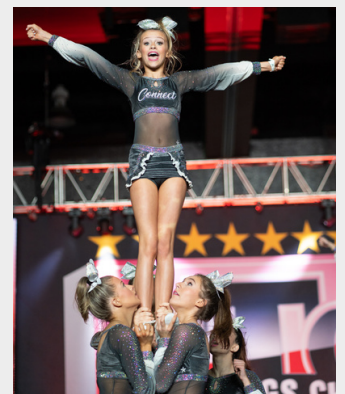
## Tryout Information

Official Tryout dates to join a CONNECT Cheer All Star Team  
will be held 5/20-5/22. A tryout fee of \$100 must be paid online  
to be eligible for tryouts. All required paperwork must be  
submitted in order to attend tryouts.

# EVALUATION & TEAM PLACEMENT

Connect Cheer NW's tryout process will be an evaluation and placement, rather than a make-or-don't-make tryout process. All athletes will be evaluated this season by a panel of judges (CONNECT Cheer NW Staff), demonstrating the tryout video that the athlete has chosen. \*This tryout video is available once an athlete officially registers for tryouts. Once athletes have completed their evaluation, our highly qualified staff will work as a team to place athletes onto appropriate team level practices. These team level practice groups will be announced by Thursday, 5/23 by 6 pm. Athletes will attend 3 total leveled practices (either Tuesday, Thursday, Tuesday, or Monday/Wednesday/Monday. Practice dates: Tuesday, 5/28, Wednesday 5/29, Thursday 5/30, Monday 6/3, Tuesday 6/4, Wednesday 6/5. Final team placements will be uploaded to the website Friday, 6/7 by 6 pm. After team placements are announced, Team practices will officially begin the week of 6/10.

Athletes will be placed on final teams following our Tryout Evaluations based upon several factors to include some of the following: mastered tumbling skills and technique of skills, stunting position and/or proficiency with stunt skills, jump technique, dance abilities/strength of motions, and mental maturity for the age division/level. It is expected that an athlete will maintain the skillsets shown at tryouts and will continue to grow and improve throughout the season. If an athlete is not able to maintain skills, nor is able to perform the skillsets required for the level/division, coaches reserve the right to assess a change in placement or utilization of an alternate athlete. Additionally, if an athlete violates CCNW's attendance policy or has excessive unexcused absences or absences within the two weeks of a competition, coaches reserve the right to secure an alternate fill-in.



Please keep in mind that Teams are strategically put together to score as high as possible in competitions. The ability to maximize the score sheet is key to the success of the team. Our goal is to create teams where the majority of the athletes have the minimum tumbling requirement for the level, but some athletes may tumble higher than the minimum requirements. We have had a lot of success in placing athletes appropriately, so please trust the Connect Cheer NW staff and our process in building teams that will be most successful at competitions.

\*Please note that athletes will continue to be evaluated over their team level practice times and their biggest strength, or asset will be taken into consideration when determining team placements to ensure that we can maximize all areas of the scoresheet for every team.

Connect Cheer NW tries to move athletes as little as possible, but understand that there MIGHT BE movement within our program of athletes. Movement can happen based on gaining and/or losing skills or the need on a team for certain skills.

Connect Cheer NW will create teams that fit into the overall standard USASF division requirements. Teams will be created by taking into consideration an athlete's age as well as the understanding that maximum skill level in the division by a MAJORITY of the team is a must for the overall success of the team.

# ESTIMATED FEES & COSTS

Upon registering for CONNECT Cheer NW, you are registering for the entire 2024-25 season. Once registered, you have a grace period up until 8/1 from team placements to terminate your contract without penalty. You will not be refunded for anything that has already been paid prior to 8/1. Please note that after 8/1, you have created a spot on a team for your athlete and you are therefore financially responsible to pay an early season termination fee of \$750 and your athletes All-Star fees for the remainder of the season if your athlete leaves the program for any reason after that date. All Star cheerleading requires a substantial financial commitment. Though we attempt to provide an accurate estimate financially per month, please remember that this monthly amount and additional fees are subject to change due to unforeseen, or unexpected circumstances.

This amount per monthly installment may fluctuate \$15 - \$30 per month. Should we need to make a change to the monthly installment charge, that will be communicated 30 days in advance of the charge. Official notice will be emailed to all families registered via our iClass system of the monthly change.

# Estimated Annual All-Star Fees for the 2024-25 Season:

Includes the following; Annual Tuition, Facility Fee/Insurance

\*THERE ARE NO ADDITIONAL FEES CHARGED FOR EXTRA PRACTICES throughout the season.

All Star Single Membership (families with one athlete) – Estimated \$325 per installment paid by E-Check (12 total installments with the 1st installment due on 6/1, and the final installment due on 5/1) This is billed through our auto draft pay system. We will continue using the same billing system as previous, where an ACH (electronic check) option will be available when setting up your payment account. Tuition Installments will be estimated at \$335 for all other payment options. To avoid that additional tuition amount, please choose the ACH/Electronic Check option available through iClass.

A pay in full option is also available. A discount of \$350 will be applied to the total due for the 12 monthly installments listed above. Pay in full must be communicated to Jodi prior to the June 1 installment. If interested, please email [jodi@connectcheernw.com](mailto:jodi@connectcheernw.com).

Discount per additional sibling registered for All Star ONLY: \$250 per athlete registered. This sibling discount will be applied to your June installment.



# Additional Fees Required

(These fees are estimated at this time and will be finalized prior to the actual billing due dates. These costs can fluctuate due to updated pricing associated to events, clothing vendors, choreographers and music producers).

We will notify every one of the final fees prior to the billing cycle.

There is a \$75 Annual All-Star administration/set up fee due once team placements are finalized. This is a separate fee charged for our All Star Program.

Competition Fees: (Total \$1250-\$1350) \*3 equal installments billed on 9/15, 10/15 and 11/15.

Music and Choreography Fees: (Total \$425-\$475) \*3 equal installments billed on 6/15, 8/1 and 9/1.

Practice Wear: (\$435-\$475 plus tax) \*1 Installment billed on 7/1.

Uniform Fee: Total (\$550-\$650) plus tax (We will bill \*2 equal installments on 7/15 and 8/15). \*WE WILL HAVE A NEW PROGRAM UNIFORM FOR THE 2023-24 SEASON.

CCNW Camp Fee: Total \$450-\$500 \* 2 equal installments billed on 6/15, 8/1

\*There is a required USASF annual fee that will be required for the 2024-25 season. This fee is paid directly to USASF. We will provide specific instructions on how to pay that through their website.

\*\*Teams that receive a SUMMIT, or WORLDS bid will have additional fees due for their post season event.

These fees are billed depending on when teams receive their bid.

## Level 5/6 Competitions

Should we choose to attend an additional air travel competition with this level, there will be additional fees associated to attending such competition. Example – Spirit Sports in Palm Springs, NCA in Dallas, or USA Nationals in Anaheim. There are coaches' fees, competition fees and travel costs associated in doing so. Those fees will be clearly outlined and communicated in advance and specific payment dates will be assigned accordingly.



# Level 3/4/5/6 Mandatory Tumbling/Stunting

Mandatory Team Tumbling/Stunting Class for All Star Levels 3/4/5/6 – All athletes placed on any of these levels will be required to attend in addition to their regular team practice.

Additional fees are as follows and will be due on the 1st of every month along with the athlete's regular installment amount. You will see this as a separate line item on your account for this charge:

Level 5 & 6 will be 90 minutes estimated at \$80-\$85 per month.

Level 3 & 4 will be 60 minutes estimated at \$60-\$65 per month.

# Level 1/2 Mandatory Tumbling/Stunting

We may need to add in a mandatory Sunday (or weekend) option class option for levels 1 and 2 for the following months: You will be notified 45 days in advance if that is the case.

February, March, and April.

Level 1/2 will be 60 minutes estimated at \$60-\$65 per month.

There will be no charge for additional practices from June - January

# REQUIRED BOOSTER CLUB MEMBERSHIP AND FUNDRAISING CONTRIBUTION AND/OR PARTICIPATION:

Families will be required to join the Connect Cheer Association Booster Club upon registration.

The booster club fee will be \$75 per athlete and can be submitted with your athletes tryout paperwork. Families will also be required to participate in no more than two fundraisers this season. These fundraisers will help offset some of the additional costs associated to our season. Including; team parties, team building exercises, or additional equipment and/or replacement equipment for our athletes to use, etc. Please note: \$100 minimum per athlete per cheer season will be required. Families who do not wish to participate in CCNW fundraising throughout the season can pay this fee in advance and opt out of participating.



This fee will be paid directly to the CCNW Booster Club which is a 5013c. There will be more specific instructions given from the Booster Club regarding the fundraising available and how to pay this additional fee.

There will also be an additional post season fundraiser/corporate sponsorship to help offset some of the costs for attending any post season events such as Summit/Worlds. More information regarding this will be available after our season begins.



# MANDATORY CAMP & CHOREOGRAPHY

We are planning to host our CCNW mandatory stunt and tumbling skills camp 7/17-7/20. Mandatory All Star routine choreography will be held 8/15-8/19. PLEASE BLOCK OUT **BOTH** of these dates as they are mandatory for the 2024-25 Season.

## Potential Competitions

All Star Athletes will compete in approximately 5-6 regular season competitions total between December – April for the 2024-25 Season. Does not include any post season events, should a team receive a bid to attend such as Summit/Worlds.

A tentative competition schedule will be posted to our website and emailed out to our All-Star families once that has been finalized on or before 7/1.

Athletes who are on a team that has been awarded a SUMMIT, OR WORLDS BID, will not be permitted to travel during the entire month of April. Team practices in April for SUMMIT, OR WORLDS teams are mandatory.

# ATTENDANCE POLICIES & PROCEDURES

Attendance is incredibly important to the overall success of the individual athlete as well as the team. To be an All-Star competitive cheerleader, it takes a lot of practice and training to properly and safely perform a winning routine. This sport fully embraces the TEAM concept and utilizes every athlete at least once. There is no “bench” or substitutes. Athletes must attend all practices and competitions as a TEAM.

At registration, you are making a commitment for the 2024-25 competitive season. Our season this year will begin in June and continues through our regular season of scheduled competitions. Please understand that even one team member missing from practice/competition adversely affects the entire team and excessive absences will not be tolerated.

CONNECT Cheer NW will strive to keep extra practices to a minimum, but this can only be accomplished with productive and mandatory practices. You can expect there to be some extra practices, especially as we get close to competitions, and all extra practices are mandatory. There are no additional fees due to extra practices.

Athletes are permitted 3 EXCUSED absences beginning September 2nd through May 1st, or until conclusion of post season events if applicable.

All absences must be reported to the athlete’s coach prior to the start of practice in order to be excused.

## ALL COMPETITIONS ARE MANDATORY

Athletes may not miss team practices the two weeks prior to a competition. Athletes missing within this timeframe will be required to pay a fine of \$125 for each practice day missed and may also be required to pay a \$300 choreography fee should an alternate athlete need to be placed in your athlete’s spot due to their absence. In addition, the athlete may need to be removed from the routine altogether for that upcoming competition and placed on a reserve roster as an alternate. This decision will be up to the coaches and owner’s discretion.

# Unexcused Absences:

Non-contagious illness  
Transportation problems  
Extra-curricular activities  
Homework  
Birthdays, parties, school dances, etc.  
Family vacations



## Gym Closure Dates

Other than the dates listed below, we DO NOT CLOSE the gym for any other holidays (\*exception – religious holiday). Please notify your coach in advance if you are unable to attend practice due to a religious holiday. Holidays that we do not close for: President's Day, Mid-Winter Break, various school Spring Breaks, etc. Please do your best to plan your family holiday vacation around the gym closures listed below. This will eliminate athletes missing critical practices during our competition season and avoid any additional fines, or fees.

Scheduled Gym Closures: Please note that the gym will be closed for classes and team practices during the dates listed below. We will be offering Holiday Camps and Clinics during the Holiday gym closure dates.

Father's Day Closure – Sunday, 6/16

Fourth of July Closure – Monday 7/1 – Sunday, 7/7

Labor Day Closure – Saturday, 8/31 – Monday, 9/2

Thanksgiving Gym Closure – Monday, 11/25 – Sunday, 12/1

Holiday Gym Closure – Sunday 12/21 – Saturday 1/4

\* We will be offering Holiday Camps and Clinics during this time.

# CONNECT CHEER NW



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## Website

[www.connectcheernw.com](http://www.connectcheernw.com)

## Social Media

Facebook: [www.facebook.com/ConnectCheerNW](http://www.facebook.com/ConnectCheerNW)

Instagram: [www.instagram.com/connect\\_cheernw](http://www.instagram.com/connect_cheernw)