



2024-25

CONNECT CHEER NW

Prep Season Handbook



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



PREP TEAM PROGRAM

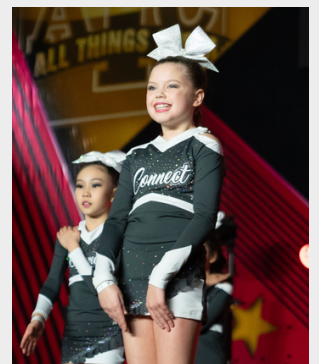
Prep Team (10-month program: June through March).

Practices either 1 day per week for 2 hours, or 2 days per week for 1 hour each day. Total of 2 practice hours per week.

Attends 2-3 local competitions during the season.

Official Tryout dates to join a Connect Cheer Prep Team will be held the week of 5/20-5/22. Final tryout schedule is TBD. A tryout fee of \$100 must be paid and all required paperwork must be submitted in order to attend tryouts. *If your athlete is unable to attend tryouts on their assigned day, then we can find another day and time that works for your schedule. Please email: inquiry@connectcheernw.com to schedule a different date/time.

Prep Team practices will begin the week of June 10th. Skills training will occur from June through September. Beginning 10/1, our focus will shift to routine choreography and competition preparation.



ESTIMATED FEES & COSTS

Upon registering for CONNECT Cheer NW, you are registering for our Prep program June - March. Once registered, you have created a spot on a team for your athlete and you are therefore financially responsible for all of the for the remainder of the season if your athlete leaves the program for any reason. *Fee Estimates listed below. Estimated amounts will be finalized by 7/1.

Prep Team Registration Fee: \$85

Monthly Tuition/Facility Fee: (10 installments): \$195 per month.
Due on the 1st of every month.

Competition Fees: \$395-\$500 Total (3 equal installments will be due on 10/1, 11/1 and 12/1).

Music and Choreography Fee: \$375-\$425 (2 equal installments due on 10/1 and 11/1).

Practice Wear: \$275-\$325 plus tax (due on 6/15)

*Practice wear set typically consists of cheer shoes, either a t shirt, or tank, sports bra, and shorts.

Additional Fees

USASF Fee – Estimated \$45-50 and is a required fee from the USASF to compete for the 2024-25 Season. This fee is paid directly to the USASF and can be done directly through their website.

Uniform: \$325-\$395 plus tax - Due on 10/1.

Connect Cheer Association Booster Club Fee: \$45. Make checks payable to: CCA

Mandatory Choreography

Our Prep Teams will have **MANDATORY** routine choreography. It is critical that your athlete attends their choreography session in order to have a choreographed spot in the routine. We will plan to begin choreography in early October. We will have a final choreography schedule to everyone by September.

ATTENDANCE POLICIES & PROCEDURES

Attendance is incredibly important to the overall success of the individual athlete as well as the team. To be a 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 Prep Season (June - March). Our season begins in June and our attendance policy will be in effect from September through March. 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.

Athletes are permitted **3 EXCUSED** absences from September through March. **ALL COMPETITIONS ARE MANDATORY**. Athletes may not miss team practices the two weeks prior to a competition.

Athletes missing either of the above will be required to pay a fine of \$75 for each occurrence and may need to be removed from the routine up to the coaches' discretion. Should a routine need to be re-choreographed due to an athlete's absence, then a choreography fee of \$150 will be uploaded to the family account. All absences must be reported to the athlete's coach prior to the start of practice in order to be excused. All absences due to Covid-19 are exempt from this policy. A Doctors note will be required for excused absences

Excused Absences

Contagious illness
Required quarantine
Family Emergency
Required school activity that results in a grade

Unexcused Absences:

Transportation problems
Birthday parties
Extra curricular activities
Vacation

Athletes are permitted **3 UNEXCUSED** absence from September through March. Absences are **NOT** allowed two weeks prior to a competition.



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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