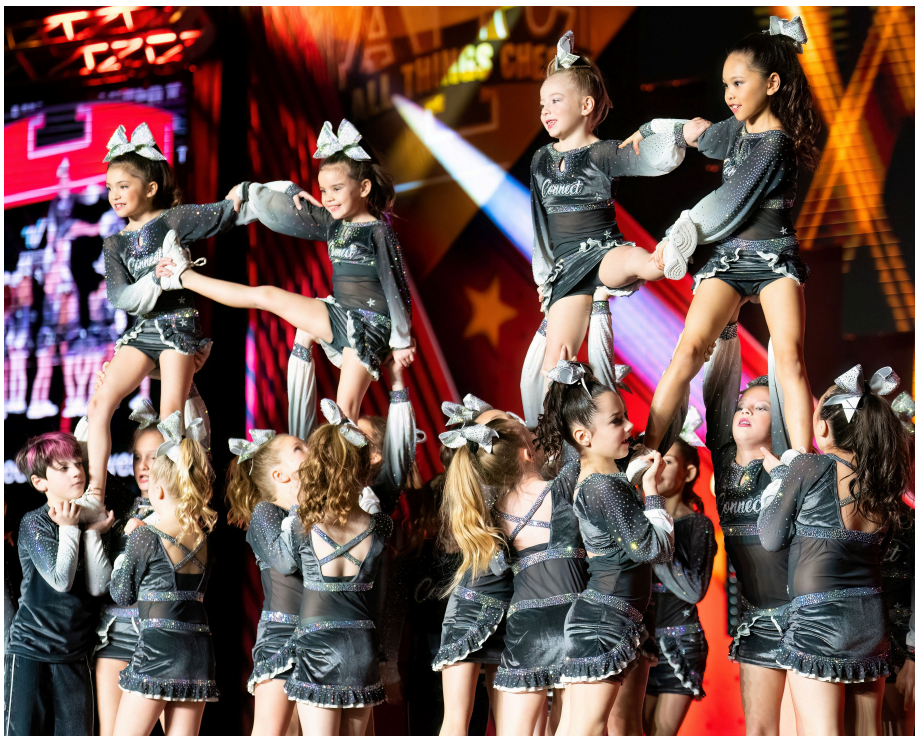




PREP TEAM HANDBOOK

2023 – 2024 Season



About Us!

Intro

CONNECT Cheer NW prides itself not only on training its athletes to be Champions on the floor, but encouraging them to carry themselves as Champions OFF THE FLOOR. We promote a positive learning environment that builds self-esteem, confidence, and character. CONNECT Cheer NW athletes are trained to reach THEIR fullest potential, but more so, they are taught how to work together as a team towards common goals.

CONNECT Cheer NW strives to maintain a competitive edge without compromising the integrity that true athletes need to possess. CONNECT Cheer NW 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.

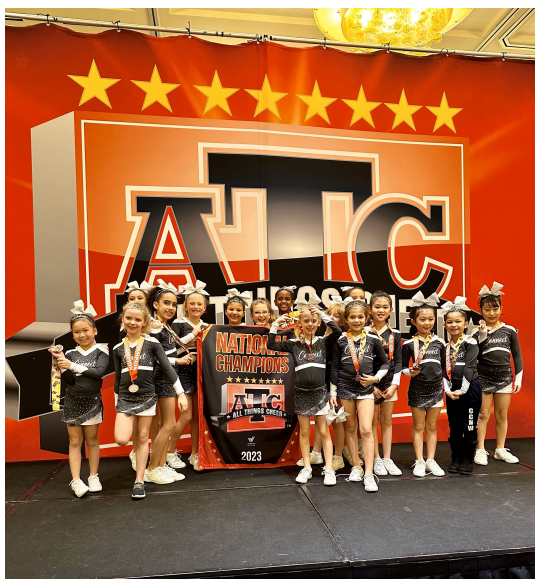
We hope that every member of CONNECT Cheer NW develops new skills, lasting friendships, self-confidence, a strong sense of gym pride, and priceless memories that they will carry with them forever. We look forward to working with you and your child, and recognize that it take a CONNECTION with every athlete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

Cheers,

Traci Bruener & Jodi Sides

Owners

** CCNW is a place where our families Stay CONNECTed!
Come join our family today!**



PREP TEAM PROGRAM

- Prep Team (10-month program: June through March).
- Practice 1 day per week for a total of 2 hours.
- Attends 2-3 local competitions during the season.
- Official Tryout dates to join a Connect Cheer Prep Team will be held in May. Final tryout schedule has not been assigned. 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.
- Prep Team practices will begin the week of June 12th.
- Official team assignments will be finalized June 9th by 6 pm.
- Skills training will occur from June through September. Beginning 10/1, our focus will shift to routine choreography and competition preparation.

PREP TEAM COST AND FEES

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. Final amounts confirmed by 8/1.

- Prep Team Registration Fee: \$85
- Monthly Tuition/Facility Fee: (10 installments): \$170 per month. Due on the 1st of every month.
- Competition Fees: \$375-475 (3 equal installments of \$125-\$150- due on 11/1, 12/1 and 1/1).
- Music and Choreography Fee: \$375 (2 installments of \$175 - due on 10/1 and 11/1).
- Practice Wear: \$225-\$275 plus tax (due on 7/1)
**Practice wear set typically consists of cheer shoes, t shirt, tank and team color scrunchie.*

Additional Fees:

- USASF Fee – Estimated \$45-50 and is a required fee from the USASF to compete for the 2023-24 Season. This fee is paid directly to the USASF and can be done directly through their website.
- Uniform (new athletes only): \$250-\$325 plus tax - Due on 10/1.
Returning athletes will not need to buy a new uniform if the one they have still fits them properly.
- Connect Cheer Association Booster Club Fee: \$40. 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 mid-October. We will have a final choreography schedule to everyone by September.

ATTENDANCE POLICIES AND 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 2023-24 Prep Season (June - March). Our season begins in June and our attendance policy will be in effect from October 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 October 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. 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

Athletes are permitted 1 UNEXCUSED absence from October through March. Absences are NOT allowed two weeks prior to a competition.

UNEXCUSED ABSENCES:

- Transportation problems
- Birthdays, parties, etc.
- Extra-curricular activities
- Family vacations

GYM CLOSURE DATES

Father's Day Closure – Sunday, 6/18

Fourth of July Closure – Saturday, 7/1 – Friday, 7/7

(Classes resume on 7/8 and Team Practices resume on Monday, 7/10)

Labor Day Closure – Friday, 9/1 – Monday, 9/4

(Classes and Team Practices resume on Tuesday, 9/5)

Thanksgiving Gym Closure – Monday, 11/20 – Sunday, 11/26

(All Classes and Team Practices resume Monday, 11/27)

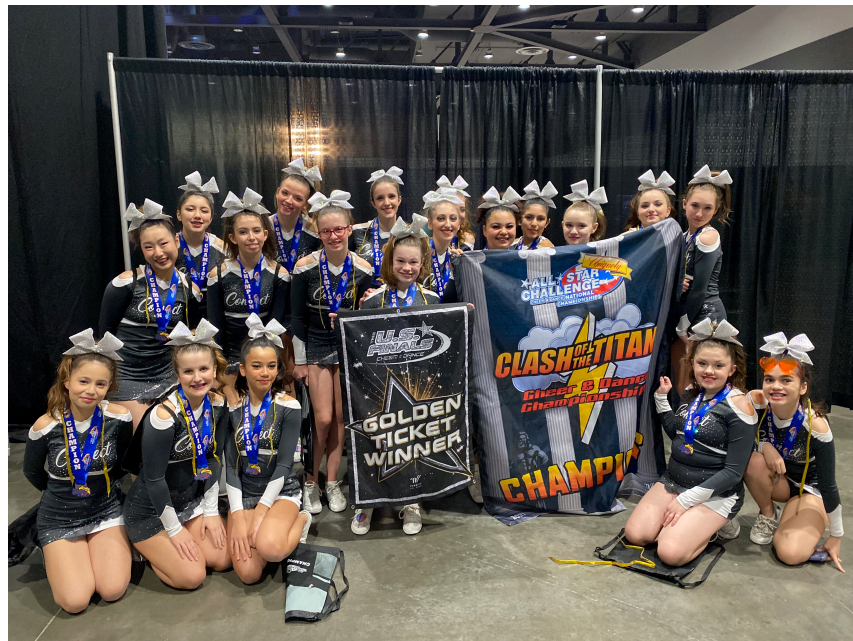
Holiday Gym Closure – Monday, 12/18 – Monday, 1/1

(All Classes and Team Practices resume Tuesday, 1/2)

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

We do NOT CLOSE the gym for any other holidays:

President's Day, Mid-Winter Break, Spring Breaks, etc. Please do your best to plan your family holiday vacation around the gym closures listed above. This will eliminate athletes missing critical practices during our competition season.



CONNECT CHEER NW

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Website: www.connectcheernw.com

Follow us on Facebook: www.facebook.com/ConnectCheerNW

Follow us on Twitter: www.twitter.com/CheerNW

Follow us on Instagram: www.instagram.com/connect_cheernw