



HANDBOOK

Our Core Values: FUEL Athletics is our promise of a better program. We demand a safe, positive, fun and fulfilling environment for our athletes. We demand coaches that are the best at what they do, not just by accomplishments, but by what they bring to those around them. We have high expectations for our teams, but also maintain a high respect and understanding of each individual team member. We will never jeopardize our morals and ethics in order to win, and we never hold back athletes by prioritizing a trophy over the progress of the individual athletes. We judge success not only by the skill based accomplishments of our athletes, but also by their growth in becoming confident leaders who can excel in all aspects of their lives.

What is All-Star: All-Star Cheer and Dance is a competitive sport that involves athletes performing a timed, choreographed routine that can include tumbling, stunting, pyramids, jumps and dancing. All-Star Cheerleading and Dance are two of the fastest growing sports in the World.

Team Roster Selection: Much like other sports, a variety of skills and abilities are necessary to give teams the best opportunity to place highly at competitions. Scoring, regulations, choreography, stunt group requirements, athlete maturity, physical stature, skills (stunting/pyramids/jumps/dance/motions), and age are just some of the factors that we have to take into account while building teams. While we try to accommodate requests and place each athlete in the role which they desire, we cannot guarantee any athlete the right to any particular role or location in a routine.

Team Roster Changes: Although we attempt to make roster changes as infrequently as possible, the coaching staff reserves the right to, at any time and without notice, make roster changes or remove athletes for reasons which may include but are not limited to: threatening to quit, attitude problems, absences and/or tardies, talent level, lack of improvement, losing a required skill, lack of financial responsibility, fitness level of an athlete, personality conflicts between athletes, coaches, parents or anyone else involved in our program, bullying of any kind, excessive talking/distractions during practice or inappropriate behavior on social media.

Behavior: Sportsmanship and team unity are very important to our organization. Please be courteous and considerate to all athletes and teams both within and outside of our program. Don't speak negatively about any person, decision, or result. All social media posts, by both the parents and the athletes, must positively represent both the athlete and our program as a whole.

Practices & Attendance: Practices are where your child will learn new skills, work on their competitive routine and perform physical fitness conditioning. Attendance at these practices is critical as multiple parts of the routine cannot be performed without all athletes present. To ensure good attendance, please schedule doctors appointments, birthday parties, vacations, etc. outside of practice and competition dates.

Practices between August 1st and May 31st, choreography days, extra practice days, competitions, and all other performances are mandatory.

“Unexcused absences” are defined as any absence from practices or extra practice days between August 1st and May 31st that were not previously excused by the Fuel Athletics Program Director. Fuel Athletics reserves the right to charge a \$25 “absence fee” for each unexcused absence. Do not use another team member’s absence as an excuse to miss practice yourself. We review each situation individually, and cannot discuss why we excused, or did not excuse, absences for other members of the team.

Athletes with multiple “unexcused absences” may be subject to removal from our program without refund. Athletes who miss a competition, a performance, or choreography, may be immediately removed from our program without refund.

Athletes with unavoidable scheduling conflicts can request for an absence to be excused by emailing flames@fuelcheer.com as soon as the conflict is known. No absence will be excused if we are not given adequate time to make team roster adjustments.

Practice dates and times may change throughout the season. Please check the online schedule and your email regularly to stay up to date with changes and additions. Fuel Athletics may extend practice times, or add additional practices throughout the season. Parents and athletes are responsible for checking the online schedule, the email communications, and the team GroupMe chats regularly to find out date/time additions and changes.

Your Role as a Parent: Parents are every bit as influential to the success of the teams as the coaches and athletes are. Here are some guidelines for parents:

- Please attend all competitions, sit together and cheer for all of our teams. The more support you give the teams, the better they will perform.
- Please have a good attitude and be positive, especially while in our facility or at competitions. Athletes whose parents are excessively negative, disrespectful or destructive will be removed from the program. As adults, we set the tone.
- If you have a problem or concern, please schedule a time outside of practice to speak to the Program Director directly about it, or send us an email.
- Refrain from “coaching” your child. Athletes taking direction from anyone other than their coaches can lead to confusion, improper technique, performance failures and even injury to themselves or others.
- For the safety of our staff and other customers, do not enter the athlete room or the gym area without prior approval from a coach or staff member.
- It is the parent’s responsibility to provide your athlete with the best possible diet. We recommend that your child eats at least 1.5-2 hours before practice. Too big meals before the practice or before a competition will result in a stomach ache and lack of focus. Do not send your child to practice or competition on an empty stomach.
- Withholding a child from practice or competition should never be used as a form of punishment. You are not only punishing your child, but every other team member, coach and parent on that team.

- It is your responsibility to contact the gym if you feel your child may not be at full capacity to practice. This includes but is not limited to sickness and/or injury. Depending on the situation, your child may still be asked to come to practice to watch so that they don't miss any crucial choreography updates.
- It is the parent's responsibility to have your child's health and athletic ability checked regularly by a qualified physician, and to communicate any medical conditions or concerns with the Program Director.

Your Role as an All-Star Athlete:

The following are a list of responsibilities that show respect and loyalty for our gym and are expected of all team members:

- Attend all practices. Arrive ON TIME and stay until practice is over.
- Practice mutual respect with teammates, parents, coaches and staff. Be kind to the younger athletes and lower levels.
- Poor behavior and crying will NOT be tolerated. Athletes will be asked to take a short break to compose her or himself and quickly return to the practice. Mentally and physically strong and mature children with a positive attitude have a much higher chance to progress and stick with All-Star for a long time.
- Practice mutual respect with all of the coaches at all times. Always ask to be excused and report to the coach if you have to leave the practice for any reason. Never leave practice without reporting to the coach first. Maintain eye contact whenever you coach is giving instructions and be prepared for corrections.
- Be respectful of the gym and equipment. Keep the gym clean. Pick up all of your stuff after practice and throw away any trash.
- Do not enter the foam pit area or use fitness equipment with permission from a coach.
- Do not touch any glass, windows or mirrors located inside the gym.
- We are not responsible for lost or stolen items.
- Work hard and try your best at every practice. Do not compare yourself with others, but only with yourself. Be honest and work hard even when your coaches are instructing other students. Listen to what your coaches tell your teammates and learn from it. Avoid asking too many questions or talking to your teammates.
- Report any injuries or any other problems you may have immediately to your coach. Report any concerns about someone else's inappropriate behavior and also report if you notice any damage being done to the equipment or to the building. Communicate any questions or concerns DIRECTLY with your coach.
- Maintain the restrooms as clean as possible. Keep all your stuff in your bag or in your designated area. Do not leave any food laying around. Always turn around before you leave to see if you have left the restroom as clean as it was before you came. Pick up your accessories from the gym after practice.
- Maintain good health and hygiene. Take a shower after each practice and wash all of your apparel regularly.
- Always wait inside the gym for your ride to arrive.
- Please dress in accordance with our dress code while at practice and at competitions.
- Athletes should not chew gum, eat food or wear any jewelry during practice.
- Athletes must refrain from illegal use of drugs, alcohol, tobacco, or any other substance. Violation of this rule will result in immediate expulsion from the gym.
- Nails must be trimmed to an "athletic" or "sport" length.. This is a major safety hazard that can result in injury to your child and/or another athlete.
- Hair must be pulled back and away from the cheerleader's face. Barrettes made of sharp material may pose a safety hazard (especially when stunting and tumbling) and are not allowed. Long bands must be secured with clips. Practice bows are a mandatory part of the dress code.

- Athletes may not volunteer for, work for, compete under or otherwise be affiliated with any other all star cheer or dance program without prior approval from the Fuel Athletics Program Director.

Representing Fuel Athletics:

- You are what represents our organization outside of the gym. We encourage you to show your FUEL spirit and wear the logo with pride.
- Permission is required from the All-Star Director before anyone may sell, manufacture or barter any product or service that involves, uses, or displays our name and logo.
- All sales involving FUEL Athletics merchandise must go through FUEL Athletics. We want to be very careful about how our brand is presented.
- Do not share or post FUEL Athletics music, choreography, routines, stunts, etc. on any social media without permission from the All-Star Director. Out of courtesy to other programs, please do not share any other programs' choreography, videos, or information either.
- Parents, relatives, friends and athletes are never allowed to speak with competition officials for any reason. If you have an issue or concern that you wish to be addressed about a competition, please contact your coach who will direct the concern to the appropriate FUEL Athletics staff member.
- Parents are never allowed to represent FUEL Athletics without specific permission from the staff concerning accommodations, competitions, and/or other situations.

Communication: It is the parent's responsibility to stay informed. Check your e-mail, GroupMe Team pages, and FUEL Athletics website regularly as these will be our primary sources of updates, information, and events at FUEL Athletics. It is your responsibility to ensure we have your current e-mail address on file, and to make sure that we have been added to your address book to avoid spam filters. There is no excuse for being uninformed or irresponsible when the information has been provided.

Competition Reminders:

- Competition schedules, dates, locations and times are subject to change at any time.
- Performance schedules for competitions are typically posted the week of the competition and the first schedule release is tentative. As soon as the performance schedules are posted and near finalized (typically three or four days before the event), we will send out an e-mail to notify everyone of the competition details, including meeting times, etc..
- We request that every parent and athlete watches and cheers for other FUEL Athletics teams whenever possible.
- Poor sportsmanship by athletes or parents may cause removal from our program. This includes, but is not limited to, bad-mouthing other teams, athletes, parents, or the judges.
- Coaches have to multi-task while at competitions, and while there will always be a coach present for each performance and the awards ceremonies, it might not be the coach who regularly coaches that team.
- **NO PARENTS OR SPECTATORS ARE PERMITTED IN THE COMPETITION WARM UP AREAS.**
- Parking and spectator fees can vary from competition to competition. We have no control over these fees as they are established by the venue and/or competition host.
- Some parents choose to book hotel rooms for out-of-town competitions, or competitions that have very early or very late schedules. If you choose to book a hotel, please make sure that your reservation is refundable in the event of a competition cancellation, venue change or other unexpected change. We will not be responsible for anything related to hotels or travel.
- We work with event producers to avoid event required hotel stays but in the event that a hotel room is mandatory, we will notify you ahead of time so that you can plan for that expense.
- Arrive at the competition 15 minutes prior to the scheduled check-in time. When you arrive at the competition, you should report to the coaches immediately in uniform, with hair and makeup done.

- Before traveling to a competition, double check that you are bringing your uniform, hair bow, cash for parking and admission and anything else that you might need for the day.
- Absolutely NO visible hair wraps, beads, or non-Fuel colored nail polish on competition day. Clear polish, American or French manicures are fine. Nails should be maintained at an athletic, sport length.
- No jewelry is allowed at any time. Jewelry includes, but is not limited to: earrings, belly button rings, "other" piercings, necklaces, wristbands, rings, or anklets. Besides being a safety hazard, this could result in our teams being severely penalized by the event producer.
- Cheerleaders will have designated makeup to be worn.
- Hair may be done with a pouf, but must be in a ponytail or half-up/half-down.

ALWAYS ALWAYS ALWAYS compliment and recognize your athlete's successes, but at the same time you also need to keep them humble in the ability that they have been given. We hope you and your athlete enjoy your time at Fuel. We look forward to a fantastic competitive season!!!!