



SEASON 23 2025-2026 ADULT TEAM Packet

Communication - KCAC utilizes multiple platforms to communicate with families. We ask that if possible, please limit communication between 9:00 am to 9:00 pm, unless it is a competition day. If you are upset about something - please allow 24 hours before reaching out to coaches and/or staff.

- **Padlet** - [Padlet.com/Padlet](https://padlet.com/Padlet) app - this is the KCAC timeline of ALL THINGS happening at KCAC.
- **Email** - Please make sure we have your current email.
- **GroupMe** - Team chat (coach/staff monitored only) - if you're on a team GroupMe without staff/coaches please note we can NOT address any issues that may arise and do not recommend.
- **Team Snap** - Team pages/schedule of practices/competition/chat
- **Facebook** - Team pages & KCAC Family page

If you have questions - just ask us! Please respect that coaches are busy working with teams. If you need to have a conversation, set an appointment to talk privately. We are always happy to meet with you at a convenient time. Right before or after practice is not usually a good time. The best way to get a hold of us is via email - kcac@kcaccheer.com.

Lobby - Keep communication in the lobby and outside the gym positive! Any parent or athlete who creates drama, speaks about athletes, coaches or our program negatively will be released from the program.

IMPORTANT DATES TO REMEMBER

MAY 23 - 26	CLOSED - MEMORIAL DAY WEEKEND
JUNE 9	SUMMER PRACTICES BEGIN
JUNE 29 - JULY 5	CLOSED - SUMMER BREAK
AUGUST 11	FALL SCHEDULE BEGINS
AUGUST 29 - SEPT 1	CLOSED - LABOR DAY WEEKEND
SEPTEMBER 2	MANDATORY PRACTICES BEGIN
OCTOBER 31	CLOSED - HAPPY HALLOWEEN
NOVEMBER 23 - 29	CLOSED - THANKSGIVING BREAK



DECEMBER 20-27	CLOSED - WINTER BREAK
DECEMBER 31 - JANUARY 1	CLOSED - NEW YEAR BREAK
MARCH 15-21	CLOSED - SPRING BREAK
APRIL 5	CLOSED - EASTER
MAY 10	CLOSED - MOTHER'S DAY

KCAC ATTENDANCE POLICY

Competitive cheer is a team sport that depends on FULL PARTICIPATION for ALL athletes. Attendance at ALL PRACTICES from September to April/May is MANDATORY. This includes extra practices and makeup practices. Attendance at ALL COMPETITIONS is MANDATORY.

By accepting a position on a KCAC team, you are committed to being present and on time at all scheduled practices and competitions.

- All practices and competitions are MANDATORY.
- Athletes are expected to be on time and ready upon arrival.
- Athletes must come in proper practice attire, shoes ON, hair in a ponytail.
- Any missed practices will only be excused if a family emergency arises or a special circumstance.

The owner/coaching staff will make final decisions on each absence.

(athlete initials) _____

Vacations - Please plan family vacations around the gym schedule. If you are taking a vacation - plan your travel dates during the many weeks KCAC is closed.

(athlete initials) _____

Injury (physical or other) - Injury requiring you to not participate will require a doctor's note. If you cannot FULLY PARTICIPATE (stunt, jump, dance, etc.) 2 weeks prior to a scheduled competition, you will be asked to sit out of the competition. There will be NO REFUND ON COMPETITION FEES. A full doctor's release note will be required to return to practice. After being cleared by a doctor, your coach will put you back into the routine as time allows.

(athlete initials) _____



KCAC PRACTICE REQUIREMENTS/EXPECTATIONS

- Arrive to practice ON TIME and READY to practice.
- No jewelry allowed - Do NOT pierce ears during the competition season.
- Nails should be kept short - at or just above the skin. NO artificial nails.
- No gum.
- No cell phones on the mats during practice or water breaks.
- If you are sitting out sick - phones are not allowed.
- Bring a water bottle with your name on it.
- All personal belongings will be kept in labeled bags in the gym area. The only bag you touch is your own bag.
- KCAC is not responsible for lost, stolen or damaged items.
- For the SAFETY of all team members, KCAC will adhere to a strict attendance policy.

(athlete initials) _____

COMPETITION REQUIREMENTS/EXPECTATIONS

- All set competitions are MANDATORY - along with attendance at AWARDS. Please review the competition schedule and plan accordingly. (If you see a potential conflict, tell your coach IMMEDIATELY in writing).
 - If you miss a competition, KCAC reserves the right to remove you from the team.
 - There are NO refunds on competition fees.
 - Competition Gifts - keep team gifts at a minimum, small items such as bag tags, candy and good luck items only. Clothing/spirit wear items are not allowed to be given as team gifts.
 - If an event producer changes the date of a competition on our schedule - we will look for the closest/best competition date to keep the date original to your schedule.
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- Competition days are long. We ask that you block the entire day off for cheer (8:00 am-9:00 pm). This does not mean that the competition will last that long, but we will not have a schedule until the week of competition.
 - Be FLEXIBLE -schedules can change at any time/keep an eye on team communications throughout the competition weekend.
 - Athletes are expected to arrive early and/or stay late to support our other KCAC teams competing.
 - Athletes should arrive at competitions ready to compete. Uniforms/Hair/Makeup/Shoes ON.
 - All athletes will go to the Awards mat in complete uniform (no sweats/slippers/backpacks allowed).
 - Travel Competitions - if flights are booked - plan to arrive at the destination by 4:00 pm the day BEFORE competition. Never take the last flight of the day.

(athlete initials) _____



KCAC Fee Information

Team fees are automatically drafted from your primary credit card on file via our portal system per the billing schedule set forth at the inception of the season. It is your responsibility to set up your preferred payment method through the athlete portal and keep the information up to date. Expenses other than those listed in the billing schedule are pulled at the time of purchase or shortly after. If you have a question or issue, please email Chrissy - Chrissyjohnson@kcaccheer.com

Fees are based on a yearly fee schedule set at the beginning of the season, therefore, your fees do not change if a practice is canceled due to a holiday, vacation or inclement weather. If an extra practice is required, you will not be charged any extra for that practice. If you have outstanding fees on your account, it can result in sitting out practice and/or removal from the team. If your card on file declines payment twice for the same payment attempts, a \$15 Repeat Processing fee may be charged to your account. Communication is KEY to keeping fees at a minimum.

Tuition is pulled on the 1st of each month June 2025-April 2026 (see table below for team specific rates).

Competition Fees will be split into 6 monthly installments - pulled on the 15th of each month (Sept - Feb). Competition Fees will be determined by August 1, 2025.

MONTHLY TUITION (Due on the 1st of each month JUNE 2025 - APRIL 2026)	PRICE
VINTAGE/RETRO @ 2 hours per week/one practice	\$140
Sibling/Family Discount	\$30
Loyalty Discount - applies on October 1st to all families who have been with our gym for 5 consecutive seasons.	\$60

Commitment Fee: For the 2025–2026 season, we are introducing a \$300 commitment fee, due on June 1st. This fee is designed to support consistent participation and ensure the ongoing success of the program throughout the year. If you decide to leave the program before the season concludes, the fee will be retained to help sustain the program's success. However, at the end of the season, you can choose to apply the fee toward the final competition fee and/or tuition or roll it over as a credit for the following season. This new system allows us to continue delivering the best possible experience for all our families!



DATE:	ADDITIONAL TEAM FEES:	RETRO	VINTAGE
JUNE 1	COMMITMENT FEE (can be applied toward last competition fees or rolled into next season)	\$300	\$300
TIME OF ORDER	BASEBALL JERSEY (optional)	\$55	\$55
TIME OF ORDER	ALL-WHITE CHEER SHOE	\$70 - \$115	\$70 - \$115
JUNE 15	CHOREOGRAPHY & MUSIC (1 OF 2)	\$75 - \$110 (estimate)	\$110
JULY 1	COMPETITION BOW	\$50	\$50
JULY 15	COMPETITION UNIFORM (estimate)	\$250 - \$350	\$250 - \$350
AUGUST 1, 2025	USASF (for background check + Adult Abuse Training)	\$49+ \$19	\$49+ \$19
AUGUST 15	CHOREOGRAPHY & MUSIC (2 OF 2)	\$110	\$110
SEPTEMBER 15	COMPETITION FEES (Estimates) (RETRO: \$400 - \$500) (VINTAGE: \$800 - \$950)	TBD By 8/15/25	TBD By 8/15/25
OCTOBER 15	ACTIVITY FEE	\$150	\$150

(athlete initials) _____



At Kansas City Athletics LLC (KCAC), we fully support your right to express yourself—whether that’s through speech, social media, or the communities you’re part of. That said, being part of KCAC is a privilege, and with that comes the responsibility to carry yourself in a way that reflects positively on you, your team, and the organization. As athletes, you’re looked up to as role models, and we count on you to represent KCAC with pride, respect, and positivity—on and off the mat.

Please note that routine videos may not be posted on ANY social media site. Athletes should be aware that third parties (coaches, cheerleaders, peers, etc.) could easily access their profiles and view all personal information. Everything you post is public information, even if you limit access. This includes but is not limited to, all texts, pictures, videos, comments and posters. Once you post a photo or comment on a social networking site, that photo or comment becomes the property of the site and may be searchable even if you remove it. Inappropriate material found by third parties affects the perception of cheerleaders and the Kansas City Athletic Cheer program.

(athlete initials) _____

ACKNOWLEDGEMENT OF TEAM HANDBOOK

I, the athlete: _____, acknowledge I received a copy of the 2025-2026 Team Handbook. I understand and agree to abide by the rules, policies and expectations outlined in the Handbook.

Athlete Signature: _____ **Date:** _____

I further acknowledge, understand, and agree, that if at any time during the season, I decide to quit, or am removed from the team, the \$300 commitment fee will be forfeited and there will be NO REFUNDS for any amounts paid including tuition, uniform, practice wear or competition fees.

(athlete initials) _____



KCAC Financial Commitment & Payment Information
Authorization Form for Auto Draft Recurring Payments

Financial Commitment

I have read and fully understand my financial commitment to Kansas City Athletic Cheer as outlined in this packet. I understand that I am committed to the 2025-2026 All-Star competitive season. I understand that I am giving my preferred payment information, and that information will be used to collect payment if I do not make payment in full before the scheduled payment date. I understand that I will forfeit any monies paid if I choose to leave a team or am asked to leave the program. I understand that I am entering into this program of my own free will. I am committing my time and my fees to the 2025-2026 All-Star season in its entirety. I understand that participating can be costly, especially with travel expenses, but I'm able to afford it and ACCEPT that those additional costs are my responsibility.

Athlete Signature: _____ **Date:** _____

I, _____, authorize Kansas City Athletic Cheer to draft my credit/debit account listed below based on agreed upon draft schedule (June 2025-April 2026). The authority I give to charge my account will remain in effect until KCAC is notified in writing to terminate the authorization. I will give at least a 15 day notice if I need to change the account being drafted. If the amount of my payment or payment schedule changes, I will be notified at least 10 days before the payment due date. I understand if my payment method is deficit (insufficient funds/declined), I could incur a \$15 administrative fee. Failure to communicate and/or keep my account paid up to date can result in removal from the team.

Use credit card on file _____

CREDIT/DEBIT: VISA: _____ MASTERCARD: _____

Cardholder Name: _____ Card # _____

Exp Date: ____ / ____ CVV: _____

Billing Address/zip code: _____

Date: _____

Signature of Financially Responsible Party