



SEASON 22

2024-2025 TEAM PACKET

Athletes Name: _____

Parents Name: _____

WELCOME TO THE KCAC FAMILY - KCAC prides itself on building strong, confident and well rounded athletes. KCAC strives to build athletes that not only succeed on the competition floor, but athletes that face their fears, trust their teammates and coaches, and work hard to achieve their goals. Our Coaches and Staff look forward to helping your child grow as an athlete and an individual, and create great memories and build lifelong friendships.

We have put together the following information to help each family understand the commitment level that is expected. Please take the time to thoroughly read over this packet in full and discuss this with not only your athlete, but your family as well prior to team placements. Together we can have a positive impact on your athlete and create experiences for your entire family.

We offer teams with various skill levels for athletes of all ages. Athletes are placed according to both age and skill level. This upcoming season, your child's eligible division will be based on their birth year. All athletes will be placed on an age appropriate team.

USASF PROPOSED AGE BRACKETS

NAME	ELIGIBLE BIRTH YEAR
TINY NOVICE	2017-2021
TINY	2017-2019
MINI	2015-2018
YOUTH	2012-2017
JUNIOR	2009-2016
SENIOR 1 - 5	6/1/2005-2012
SENIOR 6	6/1/2005-2011

Communication - KCAC utilizes multiple platforms to communicate with families. We ask that if possible, please limit communication between 9am to 9pm, 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 KCAC timeline of ALL THINGS happening at KCAC
- **Email** - please make sure we have your current email.
- **GroupMe** team pages (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.
- Currently looking into moving from GroupMe to Team Snap - we will keep you updated.
- **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 and your athlete 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 that creates drama, speaks about athletes, coaches or our program negatively will be released from the program.

IMPORTANT DATES TO REMEMBER

MAY 14/15/16	COMPETITIVE TEAM PLACEMENT EVALUATIONS
MAY 17	TEAM PLACEMENT NOTIFICATIONS VIA EMAIL
MAY 19	TEAM PRACTICES BEGIN
MAY 25/26/27	CLOSED - MEMORIAL DAY WEEKEND
JUNE 14/15/16	SKILLZ CAMP (Prep/Elite teams)
JULY 1/2/3/4/5	CLOSED - SUMMER BREAK
JULY 22/23	STUNT CHOREOGRAPHY - Elite teams
AUGUST 9/10	CHOREOGRAPHY - Prep teams
AUGUST 11	FALL SCHEDULE BEGINS
AUGUST 11/12	CHOREOGRAPHY - Elite teams Levels 1&2
AUGUST 16/17	CHOREOGRAPHY - Elite teams Levels 3&4
AUGUST 18/19	CHOREOGRAPHY - Elite teams Levels 5&6

AUGUST 31-SEPTEMBER 2	CLOSED - LABOR DAY WEEKEND
SEPTEMBER 3	MANDATORY PRACTICES BEGIN
OCTOBER 31	CLOSED - HALLOWEEN
NOVEMBER 21- DECEMBER 1	CLOSED - THANKSGIVING
DECEMBER 22-29	CLOSED - WINTER BREAK
MARCH 16-23	CLOSED - SPRING BREAK
APRIL 20	CLOSED - EASTER
MAY 11	CLOSED - MOTHER'S DAY

LEVEL EXPECTATIONS - HOW WE EVALUATE ATHLETES

We want to remind you that the sport of CHEER is not like school. Sometimes there are assumptions that your child will move up every year and that is simply not the case. We want to offer the chance for your child to master his or her level before moving up, so they are better prepared to transition to the expectations of the next level.

Mastering a level before moving up is extremely important! When placing athletes on a team we look at the athletes' experience on their current level. Were they at the higher end? How many sections of the routine did they participate in? Did they hit their stunts and execute their tumbling at competitions? Did practices throughout the season seem hard for them? Are they physically and mentally ready to move up? Moving up to a higher level requires more practice, commitment, mental coaching and maturity. Is your family ready to put in the extra time outside of practice to stay up to speed with being on a higher level? It is also very important for athletes to experience a season where they are the stronger tumbling, flyer, base, tumbling or performer on the team as it only gets harder as they level up. KCAC's goal is to create teams that are true to their skill level.

Our teams are built based on score sheet requirements for each USASF level. Your athlete will be placed on a team based on their true skill level. Whatever skill your athlete has at team placements will be the level team they are assigned to. If an athlete has only a few of the skills listed in any particular level and a majority (75%) of the skills listed in the previous level, then that athlete will be considered the lower level.

The sport of All Star cheer has changed immensely when it comes to tumbling and scoring. In order to score in the high range of tumbling and to remain competitive, your athlete needs to have not only every skill, but also an elite skill with that level as well.

Of course there will always be exceptions in order to make sure the team is well-rounded and successful on all parts of the score sheet. The coaching staff has full discretion when it comes to building the team rosters.

Crossovers for the Season - Any athlete who crosses over to another team for the season will be required to pay the crossover fees that KCAC is charged by the competition companies. The team the athlete is originally placed on is their primary team. An athlete may not quit their primary team to be solely on their crossover team. If an athlete is asked to cross over, that may or may not continue throughout the season. The coaches and owner reserves the right to change an athlete's crossover status.

Level Tumbling Requirements

**All tumbling must be shown with proper technique and mastery of each skill*

RO: Round Off

BWO/FWO: Back Walkover/Front Walkover

BHS: Back Handspring

Level 1 Prep	Level 1 Elite	Level 2 Prep	Level 2 Elite	Level 3 Elite	Level 4 Elite	Level 5/6 Elite
	All Level 1 Prep Skills	All Level 1 Elite Skills	All Level 2 Prep Skills	All Level 2 Elite Skills	All Level 3 Elite Skills	All Level 4 Elite Skills
Forward Roll	Forward & Backward Straddle Roll	Dive Roll	Bounders/Fly Spring	Standing Three Back Handsprings	Standing Tuck	RO - BHS - Full
Backward Roll	Front Walkover	Front Handspring	FWO - RO - Back Handspring	Toe Touch - Back Handspring	Standing BHS to Tuck	Cartwheel - Full
Handstand	Handstand Forward Roll	Standing Back Handspring	BHS - Step Out - BWO - BHS	RO - BHS - Back Tuck	Toe Touch - BHS - Back Tuck	Specialty tumbling to Full/Double
Cartwheel	Connected Backwalkovers	Round Off Back Handspring	Cartwheel Back Handspring	Punch Front	Round Off BHS to Layout	Standing BHS to Full
Back Walkover	Back Extension Roll	Back Walkover - Back Handspring	Round Off Multiple Back Handsprings	Ariel	FWO or Punch Front to RO - BHS - Layout	
Front Limber	Switch leg Back Walkover	Back Handspring Step Out	Valdez Back Handspring	FWO - RO - BHS Back Tuck	RO - BHS - Whip Through to Layout	
Round off	Valdez			RO - BHS Step Out - Half turn - RO - BHS - Tuck	RO - Whip - Tuck	

KCAC ATTENDANCE POLICY

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

You are NOT allowed ANY UNEXCUSED absences during the season (September to April/May). We understand that athletes may be involved in other activities, however, all practices are MANDATORY. The only exceptions are school functions that result in a grade (core classes/required

curriculum only), contagious illness, family emergency or funeral. School clubs, Honor Society and College visits should all be scheduled around your team practice schedule. An absence request form is required to be submitted 2 weeks prior to the absence. This form does NOT excuse absences, it simply informs the coach of your intent. Excessive absences and/or late arrivals are detrimental to the team and could result in the athlete being replaced in the routine or removal from the team. Accepting a position on a team at KCAC requires your child to be here and on time!

- All practices and competitions are MANDATORY.
- Athletes are expected to be on time and ready upon arrival.
- Athletes must come in proper practice wear, shoes ON, hair in a high ponytail and bow.
- Athletes must turn in all Absence Request Forms to the COACH at least 2 weeks in advance.
- Any missed practices will only be excused if a family emergency arises or a special circumstance.
- Athletes CAN NOT miss practice 2 weeks (4 practices) leading up to competition. These practices are called BLUE OUT practices and there are NO EXCEPTIONS.

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

School Cheer Athletes - KCAC will extend a 30 minute grace period at the beginning of team practice for a school practice or game. To be successful, have fun and have stress free practices, we need all our athletes at practice. Juggling all HS and MS schedules is something we cannot do. We expect if a conflict arises your athlete will prioritize KCAC practice and show up to HS or MS cheer late or leave early regardless of the time spent at those events.

(athlete initials) _____ (parent 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) _____ (parent 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) _____ (parent initials) _____

Absence Request Form - Athletes must submit an absence request form to their COACH at least 2 weeks prior to the requested date for the absence to be considered as an excused absence. Absence Request Form can be picked up at the Front desk.

(athlete initials) _____ (parent initials) _____

Blueout Dates - These dates occur 2 weeks prior to all competitions. Because cheer is a team sport, it is very important that athletes attend all practices 2 weeks prior to all competitions. If your athlete misses a blueout practice, no matter the reason, they will not be eligible to compete at the upcoming competition.

(athlete initials) _____ (parent initials) _____

KCAC PRACTICE REQUIREMENTS/EXPECTATIONS

- Arrive to practice ON TIME and READY to practice.
- Wear KCAC practice wear to all team practices (once received).
- Arrive with hair in a high ponytail with a bow
- 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) _____ (parent 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 - Parents 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.
- Competition days are long. We ask that you block the entire day off for cheer (8am-9pm). 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 4pm the day BEFORE competition. Never take the last flight of the day.

(athlete initials) _____ (parent 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 parent 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 2024-May 2025 (see table below for team specific rates).

Competition Fees will be split into 6 monthly installments - pulled on the 15th of each Monday (Sept. - Feb). In addition, Elite teams will have an End of Season Bid Event Competition fee due on March 15, 2025. Competition Fees will be determined by August 1, 2024. Bid event fees will be determined by 2/25/25 based on bids received during the season.

Accounts with Divided Families - The parent who signs the athlete up for cheer will be responsible for any outstanding balance. We will accept payment from both parties; however, we will not mediate the plan and will ultimately draw the payment from the primary card on file when payment is due.

MONTHLY TUITION (Due on the 1st of each month JUNE 2024 - MAY 2025)	PRICE
TINY NOVICE @ 1 hour per week/one practice	\$84
TINY PREP @ 2 hours per week/two practices	\$94
MINI - JUNIOR PREP @ 3 hours per week/two practices	\$124
ELITE LEVELS 1-4 @ 5 hours per week/two practices	\$194
ELITE LEVEL 6 @ 5 hours per week/two practices October begins 90 minute performance/practice night	\$210
SIBLING/FAMILY DISCOUNT - applied to monthly tuition	\$25/MONTH
CLASS ENROLLMENT DISCOUNT	10% off
PRIVATE LESSON DISCOUNT	\$5
LOYALTY DISCOUNT - applied on October 1st to families who have been with our gym for 5 consecutive seasons.	\$60

DATE	ADDITIONAL TEAM FEES	NOVICE/PREP	ELITE
JUNE 1	COMPETITION BOW	\$50	\$50
TIME OF ORDER	PRACTICE WEAR PKG (Required & Optional items - price based on required items only)	\$150	\$250 \$6: + \$120
TIME OF SALE	ALL WHITE CHEER SHOE	\$60 - \$120	\$60 - \$120
JUNE 15	CHOREOGRAPHY/ SKILLZ CAMP & MUSIC FEE (1 of 2)	NOVICE: \$80 PREP: \$220	\$330
JULY 1	COMPETITION MAKEUP	\$50	\$50
JULY 15	COMPETITION UNIFORM	\$150 RENTAL	\$475
AUGUST 1	USASF REGISTRATION/FEE	\$49	\$49
AUGUST 1	PLATINUM WHITE UNIFORM/BOW		\$250 (1 OF 2)
AUGUST 15	CHOREOGRAPHY/ SKILLZ CAMP & MUSIC FEE (2 of 2)	NOVICE: \$80 PREP: \$220	\$330
SEPTEMBER 1	PLATINUM WHITE UNIFORM/BOW		\$250 (2 OF 2)
SEPTEMBER 15 - FEBRUARY 15	COMPETITION FEES (estimates) (Novice: \$1070) (Prep: \$1200) (Elite 1-3: \$1700) (Elite 4-6: \$1700-\$2000)	TBD BY: 8/15/24 (Estimate \$170 - \$200)	TBD BY: 8/15/24 (Estimate \$270 - \$330)
OCTOBER 15	ACTIVITY FEE	\$110	\$110
FEBRUARY 15	END OF SEASON PRACTICE WEAR	N/A	\$120
MARCH 15	BID EVENT COMPETITION FEE (estimates) (Elite 1-5: \$250-\$550) (Elite 6: \$900-\$1200)	N/A	TBD BY FEB 15

(parent initials) _____

SOCIAL MEDIA POLICY

Kansas City Athletics LLC (KCAC) owner and staff recognize and support the athletes' rights to freedom of speech, expression, and association, including the use of social networks. However, practicing and competing with KCAC is a privilege. Athletes at KCAC are held in the highest regard and are seen as role models in the community. As leaders, you have the responsibility to portray yourself, your team, and KCAC in a positive manner at ALL times.

Please note that routine videos may not be posted on ANY social media site. Athletes should be aware that third parties (coaches, parents, cheerleaders, peers, etc.) could easily access your 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) _____ (parent initials) _____

SUBSTANCE ABUSE AGREEMENT

Athletes affiliated with Kansas City Athletic Cheer will not use or possess tobacco, alcohol, illegal drugs, or substances that are dangerous to an athlete's health. Because the use of alcohol, illegal drugs, and tobacco is detrimental to the health and welfare of an athlete and because the use of alcohol and illegal drugs and the purchase of tobacco is illegal for adolescents in the state of Kansas, KCAC owner, coaches and staff believe that the use or possession of the above substances is unacceptable.

The use, distribution or possession of tobacco (including electronic cigarettes and vaping devices), illegal drugs and alcohol, on or off Kansas City Athletic Cheer property, will be considered a violation of published policy during the time the athlete is a member of Kansas City Athletic Cheer. Violation of this policy will result in athletes being removed from the program. We have a zero tolerance policy.

(athlete initials) _____ (parent initials) _____

ACKNOWLEDGEMENT OF TEAM PACKET

I, the athlete: _____, acknowledge I received a copy of the 2023-2034 Team Packet. I understand and agree to abide by the rules, policies and expectations set forth in the Information Packet.

Athlete signature:

Date:

I, the parent/guardian of _____, acknowledge I received a copy of the 2023-2024 Team Packet. I understand and agree to abide by the rules, policies and expectations set forth in the Team Packet.

_____ (initial)

I further acknowledge, understand, and agree, that if at any time during the season, my child decides to quit, or is removed from the team, you could be subject to a \$500 dismissal fee and there will be NO REFUNDS for any amounts paid including tuition, uniform, practice wear or competition fees.

_____ (initial)

I further acknowledge, understand, and agree that the payment of tuition, expenses and other fees does not guarantee the right for my child to perform and that my child must meet the skill requirements and attendance policy.

_____ (initial)

I understand that my child will be placed on a team that is suited to their maturity level, and skill level. Staff considers all factors when forming teams which includes but not limited to stunting capability, tumbling capability, choreography retention and jump technique.

_____ (initial)

Parent/Guardian Signature _____

Date:

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 me, my child, and any other parent/guardian are committed to the 2024-2025 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 prior to 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 2024-2025 All Star season in its entirety. I CAN afford to participate and realize it is rather expensive, including travel, which is an additional cost I will be responsible for.

Parent Signature: _____ **Date:** _____

I, _____, authorize Kansas City Athletic Cheer to draft my credit/debit account listed below based on agreed upon draft schedule (June 2024-May 2025). 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.

CREDIT/DEBIT: VISA: ____ MASTERCARD: ____

Cardholder Name: _____ Card # _____

Exp Date: __ / __ CVV: ____

Billing Address/zip code: _____

Second Payment Option, use this for _____ payments only

Cardholder Name: _____ Card # _____

Exp Date: __ / __ CVV: ____

Billing Address/zip code: _____

Signature of Financially Responsible Party /Date