



## 2022-2023 SEASON - 20 years STRONG Prep/Novice Team Packet

**Welcome to the KCAC Family!** This packet will provide you with information to help you make an informed decision about where you choose to invest in your athlete. If you find after reading this packet that you have additional questions – please contact us at [kcac@kcaccheer.com](mailto:kcac@kcaccheer.com). KCAC is committed to building strong, confident and resilient athletes.

### Communication

We utilize multiple platforms to communicate with families, while keeping the privacy & safety of our athletes a priority on social media. Please keep us updated with all your contact information (phone, email) so you will be in the know as to what is happening at KCAC. The KCAC Padlet ([Padlet.com](https://padlet.com)/Padlet app), email and private Facebook and GroupMe pages are the main sources of communication. Email [kcac@kcaccheer.com](mailto:kcac@kcaccheer.com) to add/or change your contact information.

☆ **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 so we can give you our undivided attention. Right before or after practice is not usually a good time. The best way to get ahold of us is via email - [kcac@kcaccheer.com](mailto:kcac@kcaccheer.com)

☆ **Parent & Athlete lobby:** Keep communication in the lobby and outside the gym positive! Any parent or athlete that creates drama, or speaks about athletes, coaches or our program negatively will be released from the program. Have a meeting with your coach if you have a question or concern. We will ALWAYS make time to speak with you.

☆ **Social Media:** Staff, athletes and parents are expected to refrain from any type of negative talk about any gym, including KCAC, in an online forum. Staff will communicate with athletes through team specific social media. Athletes will not friend coaches on social media.

☆ **Be KIND to our staff:** We ask that you talk and treat our staff the way you would like to be treated. If you are angry with a gym policy, please make an appointment to speak with the owner, Johanna Lucas, and/or your athletes coach. Yelling and offensive behavior is NOT tolerated.



## Fee Information & Schedule (Noted in graph on previous page as well)

☆ **Monthly Team Tuition:** Is automatically drafted on the 1st day of each month via our portal system. It is your responsibility to set up your preferred payment method through your parent portal and keep the information up to date. Please know anytime we have tried to make alternate payment plans - it has led to problems.

☆ **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 portal when due.

☆ **Fees are based on a yearly fee schedule.** Therefore, your fees do not change if a practice is canceled due to a holiday, vacation or inclement weather. KCAC, on occasion, does call extra practices. You will not be charged for these.

☆ **Outstanding fees:** Can result in removal from the team. If your card on file declines payment twice for the same attempt to collect via the payment plan, a charge of 3% of said transaction will be charged to your account. Communication is **KEY** to keeping fees at a minimum.

☆ **Competition fees:** (Estimated & determined by competition) These fees will be divided into 6 equal payments debited from your account via our portal system on the 15th of September, October, November, December, January & February. In addition, you may have a final end of season payment on April 15, these fees will be determined based on bid event (if applicable). You will be notified of this amount within 30 days of the payment due date.

☆ **Choreography & Music fees:** Your fee covers your Skills Camp (new this season/Prep teams only) Routine choreography and custom music along with a scoring evaluation for each team.

☆ **Warm-ups/Team Tanks/Accessories:** These items are sold by KCAC and are ALWAYS OPTIONAL purchases for our athletes.

## Financial Schedule:

### ★ **May 22 or time of Tryout/Enrollment: \$40**

- Novice team Practice wear: Not required, but can be purchased & ordered.
- Prep teams Practice wear: \$80 approximately per set, plus tax
- Activity Fee: \$85

### ★ **June 1st and every month thereafter through April/May** Tuition fee is drawn via portal system.

- Tiny Novice: \$80
- Youth/Junior Novice & Tiny Prep: \$90
- Mini/Youth/Junior Prep: \$120

- ★ **June 15th:** Choreography & Skillz Camp fee (1st payment for Prep teams)
  - Novice: \$50
  - Prep: \$180
- ★ **July 15th:** Uniform Rental, Makeup & Competition hair accessory
  - Novice: \$150.00 (plus tax)
  - Prep: \$150.00 (plus tax)
- ★ **August 15th:** Choreography & Skillz Camp fee (2nd payment)
  - Novice: \$50
  - Prep: \$180
- ★ **September 15th:** 1st of 6 competition fee payments (ESTIMATED for Novice \$140 per month; for Prep \$165)
- ★ **October 15th, November 15th, December 15th, January 15th, February 15th:** 2 - 6 competition fee payments.
- ★ **March 15:** Bid event competition fees (if applicable)

## Level Expectations - How we evaluate athletes

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 tryouts and through workgroup evaluations 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.

**Please note:** Team movement can occur based on individual progress/maintenance of skills through the season. We want you to know up front SOME of the ways your athlete's spot could become in jeopardy on their team:

- |                            |                  |
|----------------------------|------------------|
| ☆ Loss of skills/abilities | ☆ Poor attitudes |
| ☆ Excessive absences       | ☆ Sitting out    |
| ☆ Delinquent accounts      |                  |

☆ 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.

☆ **We want to remind you that 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 a child to master her or his level prior to moving up so they are better prepared to transition to 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 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 tumbler, flyer, base, jumper or performer on the team as it only gets harder as you level up.

☆ **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. When an athlete is crossing over to another team, they will be required to pay the competition fees, choreography/music fees, etc., of the highest level team.

☆ 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 Requirements

Level 1	Level 2	Level 3	Level 4	Level 5	Level 6
No tumbling required	All Level 1 skills	All Level 2 skills	All level 3 skills	All Level 4 skills	All Level 5 skills
Cartwheel into backward roll	Back handspring	Toe touch, back handspring series connected	Standing tuck	Toe touch, standing tuck connected	Round off, back handspring, full or double full
Front walkover	Back walkover, back handspring connected	Round off, back handspring, tuck	1 and 2 standing back handsprings to tuck	Round off, back handspring to full	Standing handspring into a full or double full
Back walkover	Front walkover, round off, back handspring connected	Front walkover, round off, back handspring, tuck	Round off, back handspring, layout	Standing back handspring 1-3 into a layout	Specialty tumbling into a full or double full
	Round off, back handspring rebound, back handspring series	Aerial or punch front to round off handspring, tuck	Front walkover or punch front, round off, back handspring, layout	Specialty tumbling to a full	Standing full
			Ro BHS Whip through		

## KCAC ATTENDANCE POLICY

Competitive cheer is a sport that relies on **FULL PARTICIPATION** for **ALL** team athletes. Excessive absences and/or late arrivals are detrimental to the team and can result in the removal of the athlete from the team. Accepting a position on a team at KCAC requires your child to be here and on time!

- ★ Attendance at **ALL PRACTICES** between August and the last competition are **MANDATORY**. This includes extra practices and makeup practices. Attendance at **ALL COMPETITIONS** are **MANDATORY**. If you must miss a practice, you are to notify a coach directly **PRIOR** to practice and ask the coach who you need to contact to find a substitute. **This communication DOES NOT take place via GroupMe or KCAC Facebook team pages.**
- ★ You are **NOT** allowed **ANY UNEXCUSED** absences during the season (August to April/May). Under the discretion of your coach - if you have an unexcused absence you may be moved to an **ALTERNATE** position on your team for the remainder of the season.
- ★ If you are absent and/or late the **FOUR** practices before a competition, you could be moved within the team or moved to an **ALTERNATE** position at the coaches discretion.

☆ **UNEXCUSED** absences include: Failure to notify coaching staff **DIRECTLY** prior to practice time via phone call or text message. Missing for Club sports or school activities that are not graded.

☆ **School Cheer Athletes:** High school and Middle school cheerleaders are expected to attend at least half of the KCAC practice on nights they have HS/MS conflict. Cheerleaders should share calendars with their coach as soon as they have them and talk to HS coaches about trading games if possible where there are split squad options.

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

☆ **Illness:** If you are not feeling well (i.e. headache, allergies, cramp, etc.) **COME TO PRACTICE!** Even if you have to just watch, you will be up to speed on changes. If you have a fever or suspect Covid, contact your coach directly prior to practice to determine a plan and if you need to find a substitute.

☆ **Blue Valley School District Calendar:** Please note, KCAC follows the Blue Valley School District calendar. Winter and Spring Breaks are based on Blue Valley. If you attend another school district and have a different Spring Break - we are sorry. You will be required to be at practice during that time as it is high competition season.

☆ **Inclement Weather Days:** KCAC will NOT close because of school closings. Johanna will make that determination the afternoon of a school cancellation and notify all families by 3:00pm if the gym will close and cancel practice.

**Mark your Calendar:** (please note these dates are tentative & we will continue to communicate closures throughout the year)

- ★ Memorial Weekend: May 28-30
- ★ Fall Practice Schedule Begins: August 21st
- ★ Labor Day weekend: Sept 3-5
- ★ Thanksgiving Break: Nov 23-25
- ★ Winter Break: Dec 21-30
- ★ Spring Break: March 13-17
- ★ Easter: April 19
- ★ Various tumbling and stunting clinics and open gyms will take place during the above noted dates for athletes. Dates and times TBD.

## **KCAC Practice Requirements**

- ☆ All KCAC athletes will sign a Code of Conduct and adhere to this code.
- ☆ All KCAC athletes will arrive to practice on time and ready to practice.
- ☆ All KCAC athletes will wear KCAC practice wear to all team practices.
- ☆ All KCAC athletes will wear their hair pulled off their face and shoulders with proper hair ties prior to practice time.
- ☆ No jewelry allowed.
- ☆ Nails should be kept athlete short (at or just above the skin), no artificial nails due to athlete safety.
- ☆ 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 and place it at the front of the mat. DO NOT share or drink from another athlete's water bottle.
- ☆ All personal belongings will be kept in labeled bags in the gym area. The only bag you touch is your own bag. If you carry pepper spray, please notify your coach and place your bag where directed by the coach.
- ☆ KCAC is not responsible for lost, stolen or damaged items. Again, please label all your items with your name and keep them in a bag or backpack.
- ☆ For the SAFETY of all team members, KCAC will adhere to a strict attendance policy.

## KCAC Competitions

- ☆ All set competitions are MANDATORY. 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.
- ☆ If you miss a competition and an alternate is put in your place and the team receives a bid to Summit or Worlds, it will be the discretion of the coach as to which athlete will compete at the bid event.
- ☆ There are NO refunds on competition fees.
- ☆ The FINAL competition schedule will be given to you in August and we try our best not to deviate from that.
- ☆ Competition days are long. We ask that you block the entire day off for cheer (8:00am-9:00pm), this does not mean that the competition will last that long. We do not know our performance schedule until a few days before the event and do not want you to have a conflict. It is expected that our athletes will support our other KCAC teams competing as well.
- ☆ All athletes will arrive to competitions ready to go (uniform, make up, bow, shoes). All athletes will go to the awards mat in complete uniform (no sweats, slippers, backpacks or cell phones allowed).

## KCAC DISCIPLINARY POLICY

KCAC will normally adhere to the following progressive disciplinary process:

1. **Verbal Warning:** An athlete will be given a verbal warning when a problem is identified that justifies a verbal warning or the athlete engages in unacceptable behavior. Verbal warnings are documented and placed in the athlete's file and the parent is notified by the owner and/or coach.
2. **Written Warning:** A written warning is more serious than a verbal warning. A written warning will be given when an athlete engages in conduct that justifies a written warning or the athlete engages in unacceptable behavior.
3. **Removal:** An athlete will be removed from a team when he or she engages in conduct that justifies removal or does not correct the matter that resulted in less severe warnings.