



HEAT ALL-STARS 2024 - 2025 SEASON PACKET



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Athletes and Parents,

We would like to welcome you and thank you for your interest in Heat All-Stars!

Heat All-Stars is a competitive cheerleading program determined to safely teach athletes about competitive cheerleading, the value of teamwork, and the importance of family. We stand apart by being highly successful without sacrificing sportsmanship, character, or integrity. We uplift and empower our athletes by providing quality instructors and exceptional role models. Our mission is to provide a welcoming and positive atmosphere where athletes of all ages and abilities can enjoy their sport and achieve their personal best. Athletes will learn self-discipline, respect, communication, and compromise, while training to be competitive in the sport.



Heat All-Stars has a fully trained & certified staff and is a member of the United States All Star Federation!



PLACEMENT / EVALUATIONS

We have teams for all skill levels for those ages 4 & up. Previous cheerleading experience and tumbling skills are great; however, they are not required. Athletes will be placed on a team based on their age and skill level. A positive attitude, dedication, and commitment to the program are all extremely important and expected as well and will be considered in the evaluation.

Heat All-Stars reserves the right to evaluate all cheerleaders on their previous years of participation. Attendance, attitude, conduct, and skills are just some of the areas that will be looked at. All present Heat All-Stars athletes must attend evaluations to be considered for placement on a team. We will be evaluating each athlete to where they best fit and what team would benefit them the most. Team placements can vary year to year depending on team need and athlete capability.

*If you have a certain level tumbling skill, it does not guarantee you a spot on that level team. We also look to fill certain stunting positions with or without tumbling ability. *



2023 - 2024 TUMBLING GUIDE

Level Appropriate	Advanced Level	Elite Level	Level Appropriate	Advanced Level	Elite Level	
<ul style="list-style-type: none"> • Forward Roll/Straddle Roll • Backward Roll (BWR) • Handstand • Backbend Kick Over • Cartwheel (CW) 	<ul style="list-style-type: none"> • Handstand Forward Roll • Back Extension Roll • Front Walkover (FWO) • Back Walkover (BWO) 	<ul style="list-style-type: none"> • Back Walkover Series • Back Walkover Switch Leg • Back Extension Roll - BWO/Series • Valdez 	<p>LEVEL 1</p>	<ul style="list-style-type: none"> • Cartwheel (CW) • Cartwheel - Backward Roll 	<ul style="list-style-type: none"> • Round Off (RO) • Front Walkover (FWO)/Series • Cartwheel - BWO 	<ul style="list-style-type: none"> • Cartwheel - BWO Series • FWO - Cartwheel/Round Off • FWO - CW - BWO/BWO Series • FWO - CW - BWO Switch Leg
<ul style="list-style-type: none"> • Back Handspring (BHS) • Back Handspring Step Out 	<ul style="list-style-type: none"> • Back Extension Roll - BHS • Back Walkover - BHS • Back Walkover - BHS SO 	<ul style="list-style-type: none"> • BWO - BHS Step Out - BWO • BWO Switch Leg - BHS • BHS Step Out - BWO - BHS • Valdez - BHS 	<p>LEVEL 2</p>	<ul style="list-style-type: none"> • Cartwheel - BHS • Round Off (RO) - BHS 	<ul style="list-style-type: none"> • Round Off (RO) - BHS Step Out • CW - BHS Series • RO - BHS Series • Front Handspring (FHS) • FWO - FHS 	<ul style="list-style-type: none"> • Series Front Handsprings • Bounder/Flyspring • FWO - RO - BHS/BHS Series • CW - BHS Step Out - BWO - BHS/Series • RO - BHS Step Out - BWO - BHS/Series
<ul style="list-style-type: none"> • BHS - BHS/BHS step out • Jump - BHS/BHS step out • BHS/BHS Series - Jump 	<ul style="list-style-type: none"> • BWO - BHS Series • BHS - BHS - BHS or more • Jump - BHS Series 	<ul style="list-style-type: none"> • BHS/Series - Jump - BHS/Series • Jump - BHS - Jump - BHS • BHS Step out - BHS/BHS Series • BHS Step out - BWO - BHS Series • BWO - BHS - Jump - BHS/Series 	<p>LEVEL 3</p>	<ul style="list-style-type: none"> • Round Off - Tuck • Aerial 	<ul style="list-style-type: none"> • Punch Front • Round Off - BHS - Tuck • Round Off - BHS Series - Tuck 	<ul style="list-style-type: none"> • FWO - Aerial • RO - BHS Step Out - 1/2 Turn - RO - BHS - Tuck • FWO - RO - to - Tuck • Bounder/Flyspring - RO - to - Tuck
<ul style="list-style-type: none"> • Back Tuck • BWR - Tuck 	<ul style="list-style-type: none"> • BHS Series - Tuck • Onodi • BWO - Tuck • Back Extension Roll - Tuck 	<ul style="list-style-type: none"> • BHS/BHS step out - Tuck • Jump - BHS Series - Tuck • Jump - BHS - Tuck 	<p>LEVEL 4</p>	<ul style="list-style-type: none"> • Cartwheel - Tuck • Round off - Layout • Round off - Onodi • Front Aerial 	<ul style="list-style-type: none"> • PF step out - Aerial • Round off - BHS - Layout/Layout step out/X-Out/Switch Leg • PF step out - RO - to - Tuck • Front Walkover - RO - to - Whip/Layout 	<ul style="list-style-type: none"> • Front Aerial - RO - to - Whip - Tuck/Layout • Front Handspring/Punch Front - Punch Front • PF step out - RO - to - Layout • FWO - Round off - to - Whip - to - Tuck/Layout • Front Handspring - PF S/O - RO - to - Tuck/Layout
<ul style="list-style-type: none"> • Jump - Back Tuck • BHS Series - Whip • BHS - Whip 	<ul style="list-style-type: none"> • Jump - BHS Series - Whip - BHS - Tuck • BHS Series - Layout 	<ul style="list-style-type: none"> • BHS - Layout • Jump - BHS/BHS Series - Layout • Jump - BHS - Whip - Tuck • Jump - BHS/Series - Whip to Layout 	<p>LEVEL 5</p>	<ul style="list-style-type: none"> • RO - Full • RO - BHS Series - Full 	<ul style="list-style-type: none"> • RO - BHS - Full • Front Walkover - RO - to - Full • Round off - Arabian • Side Aerial/Front Aerial - to - Full 	<ul style="list-style-type: none"> • Front Full • PF step out - RO - to - Full • Front Handspring - PF step out - RO - to - Full • RO - to - Whip - to - Full
<ul style="list-style-type: none"> • Jump Back Tuck 	<ul style="list-style-type: none"> • BHS Series - Full • Jump - BHS Series - Full • BHS - Whip - BHS Series - Full • BHS Series - Whip - Full • BHS - Whip - to - Full 	<ul style="list-style-type: none"> • BHS - Full • Jump - BHS - Full • Standing Full • Jump - Full 	<p>LEVEL 6</p>	<ul style="list-style-type: none"> • Cartwheel - Full • Round Off (RO) - Full • RO - BHS/BHS Series - Full • Front Full 	<ul style="list-style-type: none"> • Punch Front step out - to - Full • RO - Whip - Full • RO - to - Whip - to - Full • RO - Half Full step out - to - Full • RO - BHS - Full - to - Full 	<ul style="list-style-type: none"> • Front Handspring - Front Full • RO - Double Full • RO - to - Double Full • Front Walkover - to - Double Full • PF step out - to - Double Full

PROPERTY OF HEAT ALL-STARS

DIVISIONS



Novice Division

Local travel with no end of season event. 2.5 Hours/week practice commitment.

Prep Division

Local, Regional travel with end of season overnight event. 3 Hours/week practice commitment.

Elite Division

Local, Regional travel with 2-day competitions and National travel end of season. 5 Hours/week practice commitment.

Worlds Division

Local, Regional, National travel with 2-day competitions and National travel end of season. 5 Hours/week practice commitment.

PRACTICES / ATTENDANCE

Once selected for a team, it is your obligation to attend practices. When one member is absent it can keep an entire team from achieving their goals for that practice. The definition of a team is a number of people that are associated together in work or activity, a cooperatively functioning group. We cannot function cooperatively without your attendance and commitment. Please realize this before executing this contract. During competition season, Heat All-Stars reserves the right to schedule extra practices that are mandatory, if necessary. Athletes are expected to consistently attend practice physically and mentally. Heat All-Stars reserves the right to adjust teams during the season.

EXCUSED ABSENCES EXAMPLES:

- » Contagious illness with physicians note, Family emergency, Summer vacation with notice.

UNEXCUSED ABSENCES EXAMPLES:

- » School event, Traffic, Grounded, too much homework, feeling tired, don't have a ride, birthday & family parties.

VACATIONS:

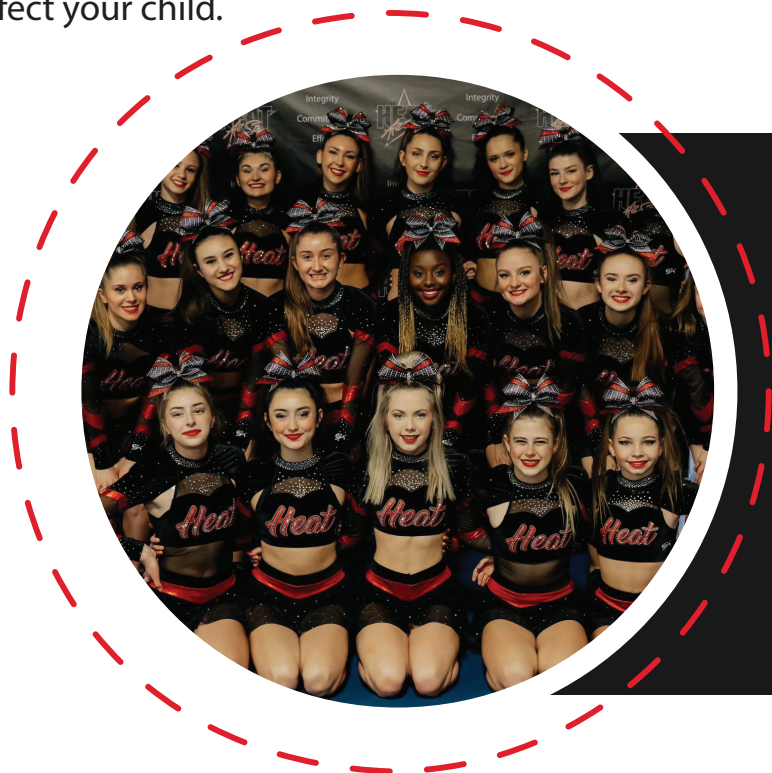
- » Vacations are not permitted during competition season unless the gym is closed and/or the athlete has already cleared it with their coaches. No practice can be missed one week/two practices prior to any competition. Please notify us ASAP of any vacations that you will be attending.

PRACTICE RULES:

To get the most out of practice and have it run efficiently; the following rules have been established.

- » Proper attire should be worn to each practice. This includes sneakers, hair back, shorts, Appropriate color T-shirt/tank. Clothing must be fitted. It is very hard to work with children and spotting them with large, bulky clothing. If you are not prepared for practice, we will ask you to sit or make arrangements to get what you need. No zippers or metal on clothing.
- » Jewelry is not allowed for safety purposes.
- » Gum chewing, eating and soft drinks are not allowed during practice.
- » Cell phones are not allowed during practice. They create a distraction, and they are not needed during practice time. Please put them in your bag and leave them for the duration of practice. If it becomes an issue, coaches will use their discretion to monitor.
- » Personal issues are to be left at the door before entering the gym.
- » Athletes should not engage in rough play at any time.
- » Concentration is required at all times for athlete's safety and your teammate's safety.

We will have additional tumbling practices to the already twice a week practices for a few teams. Please be aware this may affect your child.

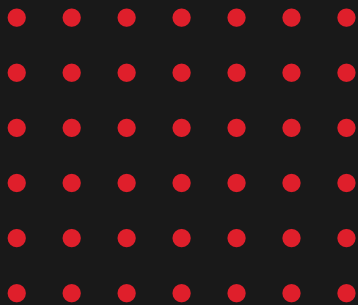


COMPETITION:

We realize that attending competitions can become costly. It is for this reason that we choose our competitions to best fit the skills and abilities of our teams. As a Heat All-Stars team member you are obligated to attend all competitions for your respective team(s). *If you are unable to attend a competition, please do not sign up for the season. All Competitions are mandatory!* It is the objective of Heat All-Stars to have all competitions run efficiently. We strive to provide as much information as possible. WE ARE VERY PROUD OF OUR PROGRAM! We take this to heart and we ask the same of you. The manner in which we conduct ourselves at competitions is a direct reflection of Heat All-Stars.

****All team members must be current with their tuition and fees to participate in competitions. No Exceptions.**

CODE OF CONDUCT



COMMUNICATION

Have a positive attitude! We expect everyone in the HEAT ALL-STARS FAMILY (our athletes and parents included) to be hardworking, dedicated, and fun to work with! We understand there will be bumps along the way and there certainly will be times throughout the year when people get “stressed out”. Overall, we do our best to bolster a team environment that is positive and enjoyable for everyone involved.

Each athlete will conduct him/herself in such a manner as to be representative of the Heat All-Stars organization. Each cheerleader will know and abide by the rules and expectations set before them in this packet. They will uphold the level of excellence that we as a program have and continue to strive to achieve.

PARENT & ATHLETE INSUBORDINATION IS UNACCEPTABLE!

The following actions can result in being removed from a Heat All Stars team at any time without refund.

- » Temper tantrums/outbursts
- » Profanity, lewd language
- » Showing disrespect to the coaches by talking back, eye rolling, etc.
- » Showing disrespect to a fellow program member or parent
- » Lack of participation or poor attitude
- » Smoking, drinking of alcoholic beverages, or use of drugs.
- » Challenging the authority of the coach or person in charge, by competitor or parent.
- » Abusive behavior, lying, stealing or any other negative form of behavior.
- » Each member will follow all additional rules and guidelines given by the coach or person in charge.
- » Any negative behavior towards a Heat member or to another gym, via any medium (i.e., internet, Instagram, Facebook); will result in dismissal from team.
- » No inappropriate pictures or language to be used on the internet.

PARENT PRACTICE CONDUCT

Parents/friends are asked to stay in the lobby and not come into training area during practices, unless invited by a coach. We want your child to get the most out of every practice. For this to happen, we need their full attention. If there are distractions, the whole team is affected and may also become a safety issue. We will at times have open practices for you to enjoy. This includes private lessons unless cleared otherwise. If a parent or anyone is observed speaking negatively about a team, coach, parent, or cheerleader, he/she will be talked to and/or asked to leave. If this kind of behavior continues to be an issue, the child will have to be removed from the team. We will not tolerate this type of conduct. If a parent verbally assaults or threatens a student, coach or parent, the family will be dismissed from the program.

PARENTAL SUPPORT

Your dedication and support are just as important to us as it is to your child! We encourage all parents to sit together and support our teams. Parents are also encouraged to show support by wearing Heat All Star colors & clothing to competitions. Showing respect for the coaching staff, other teams and hosting organizations is expected as you are there representing Heat All-Stars and your child. Also, no competition videos are to be posted during the season on social media without permission from the coaches!

DELINQUENT ACCOUNTS

These fees **MUST** be paid for your child to participate. A \$35 late fee will be charged. Athletes that have accounts that are past due will no longer be able to participate. If your account is delinquent, you will be unable to continue private lessons until you are caught up. Returned checks have a \$35 fee added. Money that you pay is accounted for and is paid out on behalf of your athlete.

PROGRAM COSTS

TUITION AND FEES

All previous balances must be paid in full in order to be placed on a team for the season. Please realize this is only an estimate and prices may vary.

ALL-STAR MONTHLY FEE INCLUDES: All-Star Practices, Coaches' Fees, Insurance Fees. **\$25 LATE FEES** will be applied to your account after the 15th of each month. Tuition will be paid on a July through May schedule. Tuition must be paid by cash, check, or credit card. There will be a 3% fee added if paying by credit card. If you choose not to continue to participate, are injured, or are removed from a team, fees will **NOT** be refunded.

NOVICE (Half-Season) -

\$95.00 per month (2.5 Hours/week)

PREP TEAMS -

\$110.00 per month (3 Hours/week)

ELITE TEAMS -

\$135.00 per month (5 Hours/week)

Worlds Teams -

\$155.00 per month (5 Hours/week)

UNIFORM FEES

(all fees are approximate & subject to change)

➤ Uniform:

- Elite - \$435
- Prep - \$235
- Novice - \$125

➤ \$125 Warm-up Jacket

➤ \$75 - \$125 Sneakers - All Black sneakers required.

➤ \$35 - \$50 Hair Accessories – Varies by team

OTHER EXPENSES

- Registration Fee - \$40
- Annual Gym Fee - \$250
- ANNUAL USASF Fee - *varies (This is paid directly to USASF)
- Choreography & Music Fee - \$295
- Regular Season Competition Fees - \$650 - Schedules have not been finalized by event producers. We will have a follow up email asap, including comp schedule, prices, and fee schedule.
- Nationals – Approximately \$135 PREP, \$215 Elite
- End of Season event - Approximately \$155 PREP, \$475 Elite

DELINQUENT ACCOUNTS

These fees MUST be paid for your child to participate. Athletes that have accounts that are past due will no longer be able to participate.

TUITION AND COMPETITION FEES

Money that you pay is accounted for and is paid out on behalf of your child. We know that competitive cheerleading is expensive! We are constantly working towards an affordable system to help our customers balance out the cost of this awesome sport. A different fundraiser will be presented often. Your fundraising profits will be directly posted to your account if it is an individual fundraiser. This involves extra work outside of cheer. However, we have seen people pay for their entire season through fundraising!



WAIVERS

Medical Liability

I authorize any licensed physician to render necessary emergency treatment for injury or serious illness when neither parent can be reached and will assume all financial responsibility for such treatment. I also give permission for treatment of illness and/or injury that may be sustained while performing said duties until I am available. I acknowledge that the above participant must have his/her own Medical Insurance. I understand that cheerleading camps, competitions, practices, clinics and gymnastics equipment have an inherent danger in participation and that in spite of all precautions and accident preventatives, injuries do occur. I further acknowledge that each participant has elected to participate in Heat All-Stars Cheerleading at their own risk and will not hold employees and/or instructors liable for any injuries that may occur while participating in cheerleading. My signature indicates my acceptance of Code of Ethics on behalf of myself and any and all of my family members. Should I violate this Code or Rules in any way, my child may be subject to denial in participating with Heat All-Stars. I have also discussed the Rules and Regulations with my child and we will do our best to follow them.

(Participant if 18 or older) Parent's Signature: _____

Date: _____

Injured Transport

In case of an emergency and we the coaches of Heat All-Stars are unsuccessful in reaching either yourself or the emergency contact person(s) you have supplied, we would like to have your permission as the Parent/Guardian to have the right to transport your child to the closest hospital. If this would happen, we will continue to try to reach you, but we want to take all precautions necessary.

_____ Yes, please transport my child.

_____ No, my child cannot be transported.

Parent/Guardian Signature _____

Date _____

Financial Agreement

I, _____ parent/legal guardian

of _____

(Print name of parent/legal guardian) (Print name of athlete) understand and agree the following:

- ✓ I understand and agree that tuition payments are due by the 15th of the prior month.
- ✓ I understand the Choreography Fee, Registration Fee, Practice Clothes, Uniform/Shoes/bow, Optional Warm-ups, Local Competition Fees, Nationals, & US Finals are all additional costs that are due on their exact due dates and not included in monthly dues.
- ✓ I understand that I am subject to a late fee charge of \$35 after the fifteenth of the designated month. Excessive tardiness in payments will be grounds for my child not competing, possible dismissal and being sent to a professional collection's agency.
- ✓ I also understand and agree that as a parent signing the contract; I am solely responsible for the Tuition, Registration Fees, USASF Fee, Travel Fees, Uniform/Sneakers/Bow, Choreography/Music, Local Competition Fees, National Fees, & US Finals, Coaches fees. All fees are Non-refundable.

- ✓ *I understand that a \$300 cancellation fee will be assessed if my child does not complete the entire season in effect after August 1st.*

Parent's Signature: _____ Date: _____



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