



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.

PRACTICES / ATTENDANCE

Sundays – 12:00pm to 1:30pm or 1:30pm to 3:00pm

Wednesdays – 5:30pm to 6:30pm

(Optional OPEN GYM - \$5 for members)

Mondays - 7:30pm to 8:30pm

Thursdays - 7:30pm to 8:30pm

Once selected for a team, it is your obligation to attend practices. When one member is absent it can keep a whole team from achieving their goals for that practice. 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, School function that affects grade, Family emergencies/Funerals, Vacation during summer with notice.

Unexcused Absences Examples:

- School dance, 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 spot 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
- Personal issues are to be left at the door before entering the gym.
- Athletes should not engage in rough play at any time.



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.
- No inappropriate pictures or language to be used on the internet.

Parent Practice Conduct

Parents/friends are asked to stay in the parent viewing area 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!



FEE SCHEDULE

Novice (Half-Season) Fee Schedule		
Due By	Item	Amount
November 1st	Registration	\$ 40
November 1st	Uniform	\$ 125
November 1st	Tuition - November	\$ 95
November 15th	Tuition - December	\$ 95
December 1st	Music/Choreography	\$ 125
December 1st	Gym Fee	\$ 100
December 15th	Tuition - January	\$ 95
January 1st	Competition Fees	\$ 195
January 15th	Tuition - February	\$ 95
February 15th	Tuition - March	\$ 95
March 15th	Tuition - April	\$ 95
	Practice Set & Warmup Jacket	Optional
	Sneakers	\$ 90 Varies
	Annual USASF Registration	\$ 50 Varies
	Bow/Accessories	\$ 35 Varies

PAYMENTS:

Please follow the FEE Schedule to make payments. You are welcome to pay the entire invoice with a 1-time payment or make payments over time. Invoices will arrive via email with a link to make payment. You can also make payments in cash or check, at the gym.

DELINQUENT ACCOUNTS:

These fees MUST be paid for your child to participate. A \$30 late fee will be charged for any invoices paid after the dates listed on the Fee Schedule. 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. Money that you pay is accounted for and is paid out on behalf of your child.

ROUTINE EXPECTATIONS

Routines will be 1 minute and 30 seconds. Teams will compete against a score and be rated. All building is below PREP level and tumbling is level 1 (not required)

TINY Novice has NO Building requirements.

Teams are scored on TECHNIQUE and SHOWMANSHIP ONLY!



COMPETITIONS

January 18th
JAMfest - Oaks, PA

February 15th or 16th
Spirit Sports Nationals – Philadelphia, PA

March 22nd
Cheer Power Showdown – Philadelphia, PA

SPIRIT WEAR

Available in our Pro-Shop at the gym or Online at heatallstars.com/shop

INCLEMENT WEATHER

In the event of inclement weather, we will post an OFFICIAL announcement in the Band Group. We make closing decisions based on multiple factors, living in the Northeast Region we are all aware of the potential for snowfall and ice. Messaging your coaches will NOT speed up the time an official announcement is made. If NO announcement is posted in the Band, assume practice is scheduled.

HOW TO CONTACT US

Direct Message via Band App
Email: info@heatallstars.com