



coachamanda@live.com – 5512 N Havana – Spokane, WA 99212 – www.dynamicathleticcenter.org/cheer – (509) 489-5867

Season 22-23 Team Placements/Athlete Evaluations - REGISTER ONLINE NOW! Must pre-register.

Team Placement Clinics \$20/clinic: Structured clinics to help prepare your athlete for team placements. We will work tumbling, motions, jump technique, and stunt technique.

- **Tuesdays (Ages 7-13):** 5/3 & 5/10 6:30-8:30pm
- **Wednesdays (Ages 14+):** 5/4 & 5/11 6:30-8:30pm
- Clinics are not necessary for ages 6 and under. Please register for Team Placements only!

TEAM PLACEMENTS - SATURDAY, MAY 14th \$40: Athlete evaluations for all teams.

- **Ages 5-7:** 3:30-4:15pm
- **Ages 8-13:** 3:30-5:00pm
- **Ages 14+:** 5:00-6:30pm

Athletes will be evaluated on their skills and placed on a team that is the most appropriate for their age and skill level. You will receive an email on Sunday, May 15th with the information for your athlete's new team!

MINIMUM TUMBLING REQUIREMENTS:

TINY NOVICE (AGES 3-6)	MINI PREP (AGES 5-8)	JUNIOR PREP (AGES 7-14)
<ul style="list-style-type: none"> • No tumbling requirements 	<ul style="list-style-type: none"> • No tumbling requirements 	<ul style="list-style-type: none"> • Forward roll • Handstand • Cartwheel • Roundoff
SENIOR PREP (AGES 14+)	YOUTH ELITE (AGES 6-12)	JUNIOR ELITE (ages 7-14)
<ul style="list-style-type: none"> • Forward roll • Handstand • Cartwheel • Roundoff 	<ul style="list-style-type: none"> • Handstand forward roll • Cartwheel • Roundoff • Back walkover • Front walkover 	<ul style="list-style-type: none"> • Front & back walkover • Back walkover back handspring • Round off back handspring series
SENIOR ELITE (AGES 12+)	*ACRO CHEER TEAM (AGES 7-14)	
<ul style="list-style-type: none"> • Standing 2 back handsprings • Toe touch back handspring • Roundoff handspring series 	<ul style="list-style-type: none"> • Standing 2 back handsprings • Back walkover back handspring • Round off handspring series 	
<ul style="list-style-type: none"> • Roundoff tuck and/or roundoff hand tuck 	<p><i>*Non-travel team</i></p>	

Team Tiers and Fees:

Team Tier	Time Commitment	Cost & Fees <i>Travel/hotel expenses are additional costs. Fees below are subject to change.</i>
NON-TRAVEL ACRO/CHEER TEAM (Ages 7-14)	<ul style="list-style-type: none"> 1 practice/week (Wednesdays) ½ Year Commitment (September-March) Local performances only 	<ul style="list-style-type: none"> Registration Fee- \$40 Monthly Tuition- \$85 Coaches Fees- \$100 Uniform Package- \$100 due Sep. 5th
ALL STAR NOVICE (Ages 3-6)	<ul style="list-style-type: none"> 1 practice/week ½ Year Commitment (September-March) Optional summer tumbling class All Local Performances 2 PNW Competitions Judges Rating System only 	<ul style="list-style-type: none"> Registration Fee- \$40 Monthly Tuition- \$85 Comp Fees- \$370 **Includes music, choreography, competition fees, coaches' fees. Uniform Package- \$100 due Sep. 5th
ALL STAR PREP (Ages 5+)	<ul style="list-style-type: none"> 1 practice/week + tumbling ½ Year Commitment (September-March) Required summer tumbling class All Local Performances 4 PNW Competitions 	<ul style="list-style-type: none"> Registration Fee- \$40 Monthly Tuition- \$120 Comp Fees- \$885 **Includes camps, music, choreography, competition fees, coaches' fees. Uniform Package- \$275 due June 5th NEW! In 22-23 USASF annual membership Fee- \$49 (Paid to USASF)
ALL STAR ELITE (Ages 7+)	<ul style="list-style-type: none"> 2 practices/week + tumbling Full Year Commitment (June-April) All Local Performances 5 PNW Competitions 1 Air Travel Competition Stunt Camp in August Choreography Camp in August 	<ul style="list-style-type: none"> Registration Fee- \$40 Monthly Tuition- \$130 Comp Fees- \$1,370 **Includes camps, music, choreography, competition fees, coaches' fees. Uniform Package- \$375 due June 5th NEW! In 22-23 USASF annual membership Fee- \$49 (Paid to USASF)

**All fees and time commitments are subject to change. If any circumstances are to arise that prevent practice or performance, there are no refunds or prorations on tuition or fees. Camps, music, choreography, competition fees and coaches' fees are non-refundable.*

COMP FEE INSTALLMENTS:

Competition fees are broken into 5 installments to include all fees for the entire season. For months outside of the 5 installments, only monthly tuition will be due.

Team Tier	Tuition	Comp Fees	Installment Total
	Monthly Tuition	Comp fees divided into 5 equal payments.	Due on the 5 th of June, July, August, September & October.
Novice	<i>All comp fees and uniform fees are due in September or upon sign-up.</i>		
Prep	*\$75 (*tumbling only June-Aug.) \$120 (Sep.-April)	\$177	\$252 (June-Aug.) \$297 (Sep.-Oct.)
Elite	\$130	\$274	\$404

**For athletes joining after June 1st, installment totals will be adjusted over remaining months.*

SIBLING DISCOUNTS! Receive 30% off monthly tuition for each added sibling after the 1st athlete. Comp fees are not discounted.

FUNDRAISING OPPORTUNITIES

To learn about fundraising opportunities please connect with the Parent Fundraising Group. This group is separate from Dynamic Athletic Center and Dynamic staff/coaches are prohibited from engaging in fundraising and/or handling/dispensing funds. **Please contact Danielle Judd at dlajudd@gmail.com for more information on how you can get involved!**

Competition Schedule for 2022-2023:

Dates	Competition/Location	Teams Attending
December 2022	Eastside Cheer Classic (<i>exhibition only</i>) Spokane, WA	ALL Teams
January 21-22, 2023	The Spirit Royale Kennewick, WA	Elite, Prep & Novice
January 28-29, 2023	ATC Grand Nationals Bellevue, WA	Elite & Prep
February 4-5, 2023	All Star Challenge Tacoma, WA	Elite & Prep
February 17-19, 2023	JAMZ Nationals Las Vegas, NV	Elite
March 4-5, 2023	PacWest Nationals Portland, OR	Elite
March 18-19, 2023	By the Sea Marquee Tacoma, WA	Elite, Prep & Novice
April 2023	*U.S. Finals Tacoma, WA	*Prep - <i>With bids only</i>
April 20-21, 2023	*Youth Summit Tampa, FL	*Youth Elite - <i>With bid only</i>
May 2023	*The D2 Summit Orlando, FL	*Junior & Senior Elite - <i>With bids only</i>

**Schedule is subject to change.*

IF a team is awarded a Gold Bid to US FINALS, or an At Large/Paid bid to The D2 Summit or The Youth Summit, we WILL accept and attend, and monthly tuition and practices will be extended through the competition(s). THERE WILL BE A COACHES FEE OF \$250 DUE PER ATHLETE. THIS WILL BE REFLECTED ON YOUR NEXT STATEMENT FOLLOWING THE BID REVEAL.

You can find pricing for these events at www.varsity.com/all-star/competitions/end-of-season-events/

DYNAMIC ALL STARS - STATEMENT OF EXPECTATIONS & CODE OF CONDUCT

Behavior:

- Dynamic athletes are expected to be polite, and show respect for coaches, teammates, other DA athletes, parents, judges, officials, other programs' staff and athletes, as well as spectators. This behavior is expected at all Dynamic practices, events, and competitions. **Disrespectful behavior will result in suspension or dismissal from the program.**
- Athletes are to abstain from using drugs, tobacco, alcohol and offensive language. This behavior will result in dismissal.
- Parents are to encourage respect and good sportsmanship by demonstrating positive behavior and support for all athletes, other parents, coaches, fans, and judges during all practices, events and competitions. **Disrespectful or negative behavior by a PARENT will result in dismissal of the athlete from the program.**
- Encourage your child to play by the rules and be respectful.
- Encourage your child to be compassionate and caring towards others. Bullying of any kind is not tolerated.
- Encourage your child to honor their commitments.
- Do not discipline your child by keeping them home from practice or competitions. Doing so punishes the entire team.
- **If an athlete chooses to QUIT**, termination must be emailed to coachamanda@live.com and frontdesk@dynamicathleticcenter.com. Upon termination, the next month's tuition will automatically be billed to your account, regardless of the date within the current month. An additional re-blocking fee of \$400 will also be charged to your account immediately upon termination. Athletes that quit a team will be suspended from Dynamic All Stars for the following season and cannot rejoin the program for 1 year.

Practice:

- Practices may be changed, added, or removed at any time during the season with proper notice.
- **IF we need to extend a practice time or add an additional practice for any reason, each athlete account will automatically be billed \$5/hour. This will be referred to as "extended practice hours".**
- The Dynamic schedule is the athletes' **FIRST** priority. Absences for other activities will be unexcused. (Exceptions will be handled on an individual basis)
- Respect the privilege of the use of our facility.
- Dynamic practice wear or practice wear in Gym Colors will be worn to all team practices. No loose fitting clothing.
- Hair should be out of the athletes' face and secured at the beginning of practice.
- Be on time. It is crucial to the success of the team!
- Parents, relatives, friends, etc., are not allowed to approach a coach with disrespectful comments at a competition or practice. This will result in dismissal from the program. Please email to schedule a private meeting instead.
- Athletes will be allowed to sit ONE practice without a Dr.'s note. Sitting out of additional practices will require a Dr.'s note.

Competition:

- It is likely to lose or add team members throughout the season. The dismissal or addition of a team member is solely the coach/program director's decision.
- If detrimental to a teams' score, an injured athlete may NOT be on the floor for competition. Replacements and fill-ins for injured athletes are at the discretion of the director/coach. Competition gifts and awards are not guaranteed to injured athletes who are not on the competition roster. Summit bids are awarded to the number of athletes on the floor for that specific performance. The final Summit roster(s) for the season, if any, are in the hands of the director.
- There are no refunds on competition fees due to being injured, missing a competition, or cancellation of a competition, regardless of circumstance.

- Dynamic is not responsible for cost of hotel or travel in the event of a cancellation.
- A team's division or routine may be changed prior to any event. This is the director's decision.
- **You are required to attend ALL competitions. Missing a competition will result in dismissal. Please do not ask to miss.**
- Travel events are for athletes, staff & family only. NO boyfriends/girlfriends are to accompany athletes to overnight events.
- It is likely we will reserve a hotel block for travel competitions. It is REQUIRED that athletes stay at the designated hotel (Exceptions will be handled on an individual basis). Local and travel competitions are for cheer first, and vacation second.
- **All athletes attending travel competitions MUST have an assigned chaperone or guardian. No athlete may travel alone regardless of age.**
- On competition days, please refrain from contacting a coach unless you are a team parent or have an emergency. If you are lost, running late, or need assistance with your child's uniform, please contact your team parent.

Team Parents:

- Foster communication between parents and coaches when necessary throughout the season.
- Learn and know all team athletes' names.
- Help plan and lead fundraisers.
- Organize at least 3 team bonding activities. Limit \$25 per athlete if there is a cost.
- Assist in athlete control during competitions; help make sure team is aware of time, meeting places, etc.
- Assist in setting up showcases or end of the year events if necessary.
- Gifts from Team Parents are **NOT necessary**, and Team Parents will not be reimbursed if they give team gifts.

Communication:

- All communications will be sent via email and the BAND App.
 - Cheer specific questions (team, athlete, practice, comps, etc.) - email Amanda at coachamanda@live.com
 - Tuition and fee related questions - call or email the front desk at frontdesk@dynamicathleticcenter.com
- We strongly encourage you TURN ON notifications for the BAND group that way you are notified when updates are posted. This app works similarly to Facebook but is private and for our competition teams only. You will receive an email with access to the app once your athlete is placed on a team. ***The app will be used as our main form of communication during competitions weekends.***
- General email communications from Dynamic will also be sent to you regarding any gym closures, change in procedures, etc. Please pay attention to all emails from Dynamic Athletic Center.

Attendance Policy:

Absences will be reviewed on an individual basis. Anything beyond 5 excused absences, or 3 unexcused absences may be grounds for dismissal from the program. Known absences must be reported to your coach as soon as possible. If you are running late to practice, you must inform your coach. Please plan ahead for missed school and any makeup work.

Excused absences include, but are not limited to:

- Death in the family
- School related function that reflects a grade
- A contagious illness with a doctor's note

Unexcused absences include, but are not limited to:

- Jobs
- Headache/allergies/cramps
- Social events (dances, parties, family reunions, weddings, etc.)
- School projects, homework, or tests