



All Star Cheerleading Parent Handbook
2026-2027 Season

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Who we are

The Peach Pit continues to produce amazing athletes and teams that have grown and developed through showmanship, determination, athleticism and passion. We pride ourselves in being trend setters and family oriented with quality, competitive instruction with our peachy boutique feel. We welcome you to The Pit!!

What we do

Our mission is to develop athletes socially through practice and competition, physically by instilling determination through self-starting skills and psychologically through promoting self-confidence, self-esteem, and emotional maturity, and discipline. We continue to encourage our athletes to gain skills to become collegiate athletes in the future. This requires a perfect balance of academic preparation in school, time management, and skill preparation in our boutique. We pride ourselves on our boutique style facility and our family environment while teaching our kids respect, humility, punctuality, accountability, commitment, and honorable values.

Commitment

Commitment starts with the cheerleader and follows through the parent and family alike. The success of your team will depend on each individual/parent commitment and dedication to our program and team. This is not an individual sport, there is NO “I” in team. We are not tolerant of “individual” attitudes. We feel all members on the team are important to have a successful season. Meaning, no matter the position on the team or the skill each athlete may have they are all equal. It takes a TEAM to win. The team will always come first in making selections and decisions.

Team Placement

Athletes will be placed on a team at the discretion of the coaching staff based on your ability and what is needed on each team. This is non-negotiable. It is very important to understand that technique and execution of a skill go into placing teams. It is very important to also understand stunting requirements for each level. It is not only important to “land” a skill, but to execute it while doing so repeatedly with proper form and technique. Athletes must also provide strong technical stunting skills

at the required level as well. We reserve the right to move a child to a different team during the season if the child's skills do not mirror their team. Your child must have BOTH required stunting and tumbling performed with proper execution to be placed on a team. Our teams are chosen on the best overall program The Peach Pit can offer.

A child may be dismissed or placed in an alternate position if the skills are not where he or she can be used on a team in the gym. A child can be moved to a different team during the season depending on what is needed by that team (ie. needed base, fly, tumbler), or if their skills are not where they should be during the progression of the season. We may merge teams, change team levels, or delete a team during the season. We may register teams in various divisions throughout the season. We will exhaust every possibility before dismissing a team.

If you have a question about what level your child should be, please go to USASF.net for level guidelines or review our skills packet for tumbling and stunting requirements. If you are unsure of what stunting level your child may be, please speak with a coach.

Parent Viewing

Parents may watch practices from the designated parent viewing area. There should be no loud noises or talking to your cheerleader while they are on the floor at practice. This allows us to effectively coach teams without any outside distractions. Any questions, comments, or concerns about your child's progression or practice should be asked to the coach before or after practice. Please do not ask the coach questions during practice time. At times, it may be necessary for the coaches to close the parent viewing area. We appreciate your cooperation during these times. Parent viewing may be closed during choreography or for a specific amount of time designated by the team coach. This allows us to effectively coach teams without any outside distractions.

Parent viewing is a privilege. Please do not sit and "gossip" or "assume" in the viewing area. Our best athletes are often left alone for us to coach and mentor. Any questions, comments, or concerns about your child's progression or practice should be taken in one on one meetings in our offices only with your coach first, director second, and finally the owner. If needed, a private meeting will be scheduled with the

Team Coach or Owners. Each child and family develops differently thus we do not accept group or multi-family meetings.

Team Practices

Tardiness is unacceptable! Athletes will have 2-3 mandatory team practices per week during the season. Practices will be 2-3 hours each depending on their level and additional practices will be added at the coach's discretion during the competition season, typically starting in November. There will be additional practices the week and weekend before a competition and these are NON-negotiable. This means Monday to Friday before a competition most likely between the hours of 4:30-8:30pm or an additional hour added to the end of practices.

You are allotted **4 misses** during summer practice days in addition to the closed calendar holiday breaks. *It is important to have each cheerleader attend summer practices for team bonding, formulation of routines, and cohesive team progress.* Vacation forms will be provided by your child's coach and it is imperative that they are completed so that they coaches can plan the most effective practices.

All vacations **MUST** have the appropriate form and approval for it to be accounted for. Vacation forms turned in less than 2 weeks in advance will not be approved. Vacation dates will not be approved the week of a scheduled competition. Vacation requests via phone or text will not be approved.

Tumbling Classes

Each full season prep athlete will be enrolled in one of the All Star Tumbling Classes offered during the week. Days and times will be determined based on practice days.

One of these classes is included in your monthly tuition for full season prep teams. Any other Peach Pit classes fall outside of the monthly tuition and will be charged as listed with a 10% discount. If your child would like to enroll in more than one tumbling class, they will need to enroll in a non-All Star class. We offer many tumbling classes here @ The Peach Pit.

If your child is a flyer and/or a coach has recommended work on strength and flexibility, we are offering additional classes this year specifically designed to improve

strength and flexibility. All athletes are welcome to enroll in these additional classes at a rate of \$50/month.

All Star Tumbling Classes are invite only, so please contact the All Star Cheer Director, Anne Green, to enroll your child in one of the classes or modify your enrollment.

Elite teams will have their tumbling classes embedded into one of their practice days to work on “leveling up” as a team. If you’d like to add an additional tumbling day, you may register for any of our regular tumbling classes at either location.

Missed or Tardy Practices

Missed practices must be approved 2 hrs before practice if you are to be more than 5 minutes late, out sick, etc. **There are 3 missed practices allowed per semester.** If your child misses a practice during competition week or misses more than 3 practices in the semester, a \$25 absence fee will be applied to your account. These fees will be placed into a scholarship fund for other athletes to access via an application process.

If you are continually late, continuously sick, missing numerous practices, or injured long term, you will be dismissed from the team or you may become an alternate forfeiting all fees paid. This is determined by the coach and/or owner. If you are absent during the week of a competition, you will be replaced with an alternate athlete. Attendance is very crucial to cheerleading for this is a team sport!

Homework is not an excused absence. Studying for a test is not an excused absence. Concert Tickets, Birthdays, Anniversaries, School Breaks, School Field Trips, and Family trips are not excused absences. School trips that are not documented for a grade are not excused absences. Outside sports conflicts are not excused absences.

School events that are receiving a grade must be filled out on the absentee form, located on our website. Forms must be turned into and approved in advance by your coach AND the Director so changes to the practice schedule can be made if necessary.

Absences due to graded events **will be approved.** The coaches will do their best to work around graded conflicts, but this may cause a makeup practice, thus please remain flexible. In cases of inclement weather, please see our website for closing and updates from coaches on the scheduled makeup.

Injury Policy

Due to the nature of our sport, there is always a risk of serious injury at one point or another. Should any athlete suffer a head/neck injury or severe/potentially severe break during a scheduled practice, a coach or General Management will notify the athlete's parents immediately via phone call and text message and The Peach Pit Management will call an ambulance. Your athlete will be evaluated by EMS and may be transported to the nearest hospital if deemed necessary. This is for the safety of the athlete and is non-negotiable. The Peach Pit takes head and neck injuries very seriously and we approach them with the utmost caution for the safety of all of our athletes.

All other injuries received during practices that require more than a band-aid or a few minutes of an ice pack will be recorded on an incident report to General Management and any parent/legal guardians will be notified of the incident following the practice.

Injured athletes are expected to attend ALL practices while recovering. This is crucial to the athlete being able to return with minimal disruption when they are cleared. They may be provided conditioning activities that they are able to safely perform during practice time.

Other Sports

If you are on a varsity level competition cheer team, it is important that you bring a copy of your scheduled practices, events, and coach's information to your All Star Coach and All Star Director. We will attempt to work around any conflicts the best they can. This will not be guaranteed. Varsity cheer competitions will be excused. Sideline cheer conflicts, middle/JV, basketball cheer, or other outside sport will not. Please take note of this policy before trying out for winter or spring sports. Competitive cheerleading is a timely sport, thus it should be first priority. We will not excuse you for other sports conflicts. Thank you for understanding!

Athlete Behavior

Your coaches and team reps are here to work with you. You are expected to show respect and be courteous to your coaches and teammates at all times. You are not to make negative facial expressions, talk under your breath, roll your eyes, make rude

gestures, or negative comments of any kind. When asked a question at a practice, students are to reply in a respectful manner to coaches. No negative or rude comments are to be made on any social forum websites such as, Band, Facebook, Twitter, Instagram, Vine, Snapchat, etc. about any member of The Peach Pit teams/program/staff, competition, or other fellow gyms. Do not post any pictures of yourself or others, in a Peach Pit uniform or attire acting in a negative manner that would discredit the gym's reputation. No cell phones are allowed during practice or competition warm-ups/awards. Cell phone use during practice is strictly prohibited. For emergencies, you may call the gym and we will get your athlete. Anyone with continued behavioral problems will be removed from the gym and all monies will be forfeited.

Quitting/Removal From Team

If you quit a team at any time during the season or are asked to leave a team, 100% of all monies paid will be forfeited. This includes gym membership fee, registrations, camp deposits, competition fees, uniform/practice wear deposits or fees, etc. Any outstanding or posted bills up to the date of dismissal will be collected and is the responsibility of the student, parent, and/or guardian. Failure to do so will result in a ban from The Peach Pit studios. Any outstanding balances not collected will be turned over to a collection agency. The same rule applies for a parent asked to leave the gym for inappropriate behavior/conduct.

Practice Wear/Uniform

Practice wear will be ordered for the athletes at the start of the season. Athletes will be fitted for gear after tryouts and sizes will be approved by parents prior to ordering. Practice wear will cover all practice days. These items also will be used during the season and at competitions to show unity. Additional practice wear and team gear may be ordered at an additional cost. These additional items are OPTIONAL and will only be ordered for athletes and families that order them. Team shirts may be added during the year at an average cost of \$25. Uniforms will be ordered in the summer and will be approximately \$500 each. Warmups will be approximately \$250 each. Shoes, bows and make-up will not be included in this price.

Competitions

You are required to attend all competitions. It is the discretion of the coaches to choose competitions they see best for each of the teams. There is a possibility that a competition may be added or canceled during the season. If an athlete misses practice the week of a competition, an alternate may be used. If an athlete misses a competition for any reason, he/she WILL be removed from the team. The Coaches/Owners will keep you informed of all competition updates/changes. End of year events (Summit/Worlds/etc.) may be added during the season. The average registration cost per athlete is \$510 for non-paid bids awarded. This does not include travel or lodging to Orlando, FL. Parents are not allowed backstage, on stage nor allowed to communicate with officials in any capacity.

Hair and makeup is the responsibility of the parent and/or athlete. The expectation is that hair and makeup is complete and ready to go upon arrival to the competition venue. Tutorials and materials will be provided to parents. If your child requires a coach to complete hair and makeup and prior arrangements have not been made, a \$25 fee for hair and \$25 fee for makeup will be applied to your account.

USASF

The United States All Star Federation is the governing body that regulates the competitive all star cheerleading world. The competition structure, protocol and policies are controlled and regulated by USASF. Per their requirements, each athlete is required to have a membership profile with USASF. There is a fee for this membership due upon renewal or creation of the membership. Athletes are also required to have a birth certificate uploaded to their profile in order to verify identification. Should your child not have a profile and/or a birth certificate with USASF, they will NOT be allowed to step on the competition floor. USASF also requires that all coaches have a current green light status with a background check in order to go backstage at their events. Parents are not allowed backstage. This is for the safety of the children.

Hotel & Travel Arrangements

Some competitions require mandatory hotel blocks through Stay to Play. It is MANDATORY (per USASF) for all team members to stay in the assigned team hotel(s) with an adult guardian and must arrive at the hotel on Friday during a designated

time. Typically the arrival time is 7pm. Travel must be planned on Friday. Teams may have additional practices scheduled before a travel competition. **DO NOT PLAN TRAVEL ON THURSDAY.** You may not return home until Monday or until the last team has performed. We will not know performance or awards ceremony times until the week of the competition when the final schedule is released. Please plan accordingly. Transportation is up to each family's discretion. For competitions not requiring Stay to Play, team parents will coordinate room blocks or you are welcome to book any hotel you prefer for these events.

When the Director has selected the team's travel arrangements, they will confirm your room preference and number of guests traveling with your athlete. Once you arrive at the designated Hotel, you must contact your team rep and let them know of your arrival and room number. Hotel accommodations will be confirmed when the competition schedule is released by the Director. Your team may travel for one or more of the competitions listed. Please note that when traveling, you are there for the purpose of competition and NOT vacation. There will be specific meet times and team functions planned for your child. Their attendance will be mandatory. Please remember that you represent your team, family, and the gym when traveling. Be respectful of others at all times.

Fees

Once selected for a team in May, your June Tuition will serve as your acceptance fee and is due by the Initial Parent Meeting if not current with The Peach Pit. Membership Fees are annual and cover your athlete annually.

Membership fee is only paid once each calendar year whether it is for All Star, School Team, or Class Enrollment. Once enrolled, everyone should familiarize themselves with the website and JackRabbit parent portal. EVERYONE is required to sign in and create an account. Please contact the front office if you have forgotten your login/password. Please **DO NOT** create a new/duplicate login/password. If any issues arise, please contact the front desk.

Once you have created a parent portal account, you will use this for all classes, teams, etc. This profile will be used to send out mass emails when needed. Please make sure to keep your email, address, and phone number current with the parent portal. Also, our accounting system is set up on auto-pay. Your credit card will be billed on the 1st of the month for monthly gym fees. Fees are late on the 5th of each

month and will be assessed a late fee. You will get a statement each month with all fees due and their due dates. If you need alternate payment arrangements, they must be PRE-APPROVED by the Director.

Athletes may be dismissed from the program or placed into an alternate position if fees become delinquent. Athletes will not be eligible to attend year-end events if their balance is delinquent. Athletes may not try out the following year if he/she owes a remaining balance.

Any and all past due fees will be turned over to collections at the end of the competitive season. Any returned checks or late payments will be assessed a charge of \$25 per occurrence.

Team Placement

Please review the general skill chart and age grid below.

See Tryout Packet for specific requirements by level.

Level	Standing Tumbling	Running Tumbling	Jumps
1	Back Walkover	Front Walkover Cartwheel	Two Connected jumps
	Back Walkover Switch Leg	Cartwheel Back Walkover	
	Front Walkover		
2 & 4.2	Back Walkover Back Handspring	Round Off Back Handspring Step Out	Two Connected Jumps
	Switch Leg Back Walkover Back Handspring	Round Off / Cartwheel 2 Back Handspring	
	Valdez Back Handspring	Front Walkover Round Off Back Handspring	
	Back Handspring Step Out Back Walkover Back Handspring		
3	Standing 3 Back Handsprings	Punch Front	Two Connected Jumps
	Back Walkover 2 Back Handsprings	Round Off Back Handspring Tuck	
	Back Handspring Step Out 2 Back Handsprings	Front Walkover Ariel	
		Front Walkover Round Off to Tuck	
4	Standing Tuck	Round Off Backhandspring Layout	Two Connected Jumps
	Backhandspring Tuck	Specialty Pass to Layout	Toe Touch Backhandspring Tuck
	2 Backhandsprings to Tuck	Whip Pass	
5	Backhandspring Layout	Round Off Back Handspring Full	Two Connected Jumps
	2 Backhandsprings to Layout	Specialty Pass to Full	Multiple Connected Jumps to Tuck
			Toe Touch 2 Back Handspring to Layout
6	Standing Full	Round Off Back Handspring Full	Three Connected Jumps
	Backhandspring Full	Specialty Pass to Full	
	2 Backhandsprings to Full	Round Off Back Handspring Double	
	2 Backhandsprings to Double	Specialty Pass to Double	

Age	Birth Year	Eligible Divisions
4	2022	Tiny Novice
5	2021	Tiny 1, Tiny Novice, Tiny Prep
6	2020	Tiny 1, Mini 1, Mini 2, Tiny Novice, Tiny Prep, Mini Prep
7	2019	Youth 1-3, Youth Prep, Mini 1-2, Mini Prep, Tiny 1, Tiny Novice, Tiny Prep
8	2018	Junior 1-5, Junior Prep, Youth 1-3, Youth Prep, Mini 1-2, Mini Prep
9	2017	Junior 1-5, Junior Prep, Youth 1-3, Youth Prep, Mini 1-2, Mini Prep
10	2016	Junior 1-5, Junior Prep, Youth 1-3, Youth Prep
11	2015	Senior Prep, Junior 1-5, Junior Prep, Youth 1-3, Youth Prep
12	2014	Senior 1-5, Senior Prep, Junior 1-5, Junior Prep, Youth 1-3, Youth Prep
13	2013	Senior 1-5, Senior Prep, Junior 1-5, Junior Prep
14	2012	Senior 1-5, Senior Prep, Junior 1-5, Junior Prep
15	2011	Senior 1-5, Senior Prep, Junior 1-5, Junior Prep
16	2010	Senior 1-5, Senior Prep
17	2009	Senior 1-5, Senior Prep
18	6/1/06-2008	Senior 1-5, Senior Prep
18+	Before 5/31/07	Open Coed - Adult Team

MONTHLY BREAKDOWN OF FEES

Month	Full Season Prep Tuition (Billed on 1st of Month)	Full Season Elite Tuition (Billed on 1st of Month)	Additional Fees	Additional Fees Due Date
May	n/a	n/a	\$200 Practice Wear Fee \$49 USASF Fee \$45 Registration Fee	Upon registration
June	\$275	\$300	\$375 Uniform Fee \$250 Warm Up Fee	June 15th
July	\$275	\$300	\$400 Booster Payment #1	July 15th
August	\$275	\$300	\$30 Bow Fee	August 15th
September	\$275	\$300	\$400 Booster Payment #2	September 15th
October	\$275	\$300		
November	\$275	\$300	\$400 Booster Payment #3	November 15th
December	\$275	\$300		
January	\$275	\$300		
February	\$275	\$300	\$400 Booster Payment #4	February 15th
March	\$275	\$300	\$125 Summit Gear Fee	March 15th
April	\$275	\$300		
May	\$150	\$225	\$510*** D2 Summit Fee \$250*** Youth Summit Fee	**Paid during month bid is earned**

Tuition is set to cover monthly athlete training, tumbling class, equipment maintenance/upgrades, and facility fees.

Booster Fee Payments are set to cover competition registrations, choreography, music, camps, coaches certification, coaches registration fees, coaches travel, athlete spirit wear, etc.

*Evaluation Fee, Membership Fee, and Practice Wear fee are all non refundable and must be paid by the Initial Parent Meeting to reserve your child's placement on a team.

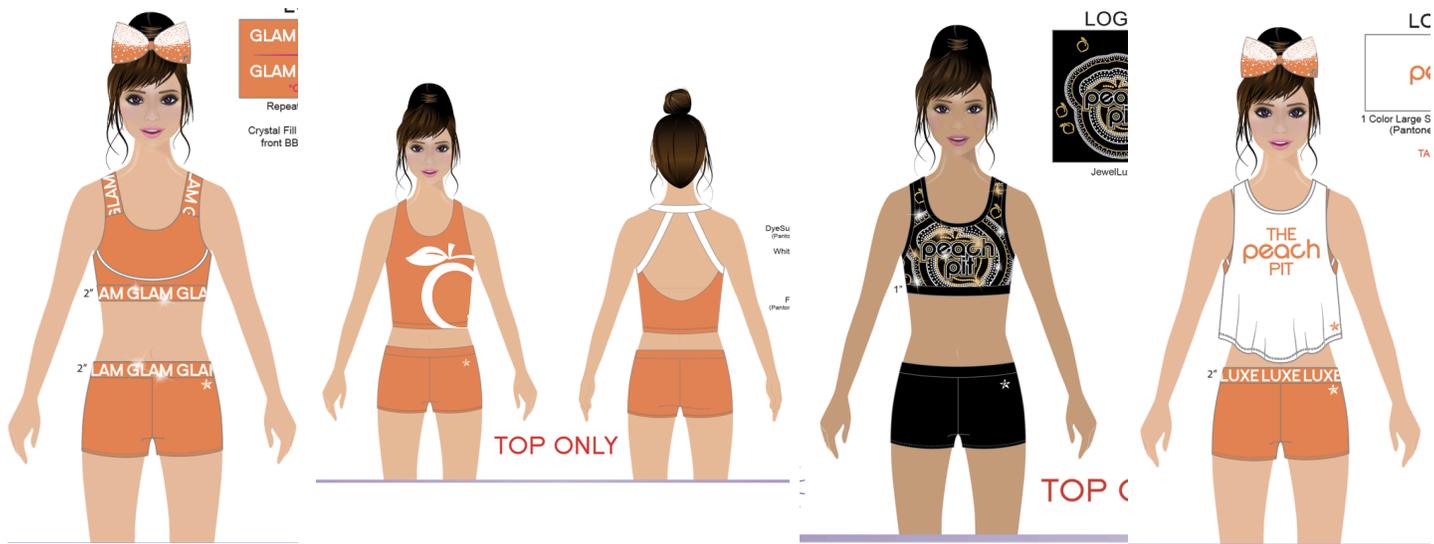
**Teams selected for The Cheerleading Worlds or The Varsity Summit will require extra fees if not awarded a full paid bid. Average non-paid bid cost is \$510 plus travel/lodging

***D2 and Youth Summit Fees are subject to change per Varsity's discretion. This is the base fee for the commuter option, other housing options will be available.

Required Gear

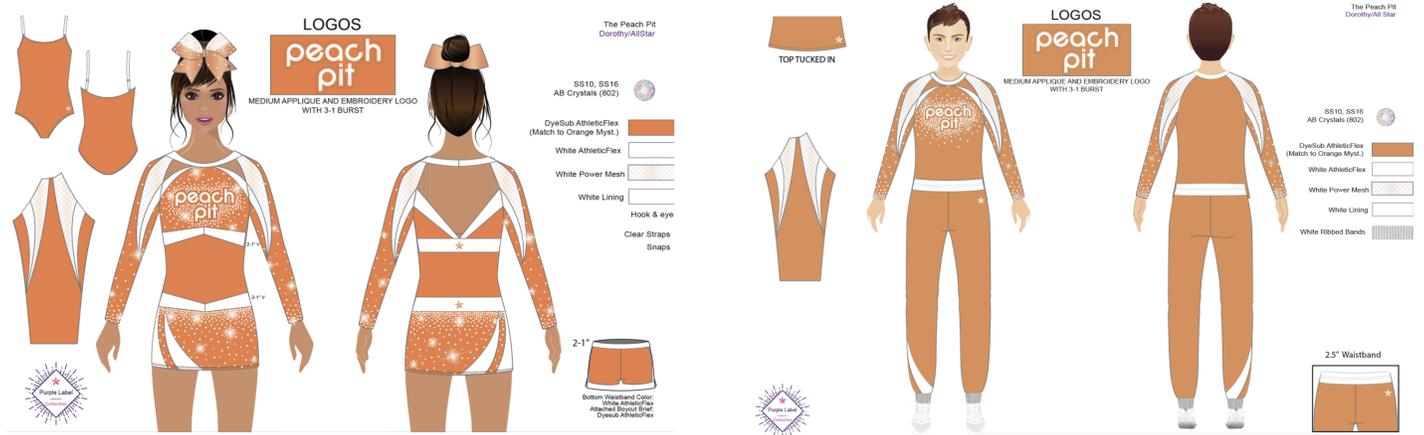
Practice Wear - \$200

- Includes 1 full team practice set (top + shorts), 2 additional program practice tops, 1 program cover tank



Uniform - \$350

- Includes top, skort, and leotard midriff cover (for non-senior aged teams) OR top and pants for males



Warm Ups - \$250

- Includes flutter jacket and jogger pants with zipper at ankle



Additional Required Purchases -

- Rebel Revolt or Nfinity Flyte White Cheer Shoes (range from \$100-150)
- Makeup and Hair Supplies (will be communicated prior to competition season)
- Additional Practice shorts/skorts - any black, grey, or white bottoms are approved (no flutter/butterfly shorts allowed for flyers)

**Additional practice wear and/or uniform items may be purchased as requested.