



2023-2024 Handbook

TFC, WHO ARE WE
TOP FLIGHT CHEER!!

Top Flight Cheer Mission Statement

Our main goal at Top Flight Cheer is to make sure each child's experience is fun, educational, safe and successful. Our gym will offer your child a place to train and to be the best all around cheerleader they can be. We are here to teach proper motions, technique, jumps, stunts and tumbling. We will not only treat your child as an athlete but as a member of our family.



Core Values



#1 A PLACE TO BELONG



#2 A PLACE TO GROW



#3 A PLACE TO HAVE FUN



MONTHLY TUITION and FEES

Novice Tuition: \$96/mo
Tuition Includes two (1hr each)
team practice per week.
Add-on Tumbling: \$25

We accept cash, checks, and all major credit cards.
Cash and check payment for tuition must be paid prior to the
end of the month or tuition will be automatically charge to your
card on file in our Parent Portal on the 1st, no exceptions. All
other fees will be need to paid to the front office. If using a
card there is a 3% fee added to all transactions that not tuition.

If your tuition is not up to date, your child will not compete or be allowed to practice until
paid. Any fees more than 15 days late could result in a late fee or removal from the team.
Nothing will be dispersed until paid in full. All fees are non-refundable. In the event that
you quite, are injured, or removed for any reason during the season your payments for
anything will not be returned. Athletes may be required to purchase addition items during
the season such as make, rhinestones, ect. We will try to give as much notice as possible.

- | | |
|-------------------------|--------------------------------|
| ✓ \$96 Monthly Tuition | ✓ \$20 Music |
| ✓ \$65-75 Practice Wear | ✓ \$150 Competitions (3) |
| ✓ \$125 Chorography | ✓ \$200 Uniform |
| ✓ \$20 Bows | ✓ Optional: Shoes, Jacket, Bag |

FEE SCHEDULE

May 1, 2023

New Season Begins

Tuition \$96

May 5, 2023

Practice Wear \$65-\$75

May 15, 2023

Choreography \$125

Shoes* \$75

July 15, 2023

Uniform \$200

Jacket* \$125

Bag* \$150

August 15, 2023

Online Pro Shop Orders Due

Bow \$20

Music \$20

September 15, 2023

Competition \$150

October 15, 2023

Competition \$150

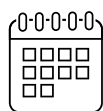
November 15, 2023

Competition \$150



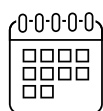


2022-2023 Important Dates

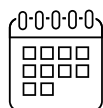


April 26th: 5-7pm Kick Off Practice (Team Revel Party)

April 26th: 7pm Mandatory Parent Meeting

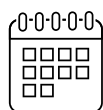


May 1st: New Season Starts

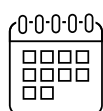


June 10th: Choreography- Sparkle 10:30-12, Moonlight 12:30-5:30

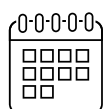
June 11th: Choreography- Sparkle 10:30-12, Starlight 12:30-5:30



July 3rd-7th: Summer Break



August 21-25th: Back to School Break



December 22nd-January 5th: Christmas Break

Class Schedules

Sparkle: Sunday 5pm-6pm, Monday 5pm-6pm

Moonlight: Sunday 6pm-7pm, Wednesday 4pm-6pm

Starlight: Sunday 7pm-8pm, Wednesday 6pm-8pm

Beginning Tumbling: Tuesday 5pm-5:45pm

Level 1 Tumbling: Monday 7pm-7:45pm

Level 2 Tumbling: Thursday 7pm-7:45pm

Level 3+ Tumbling: Tuesday 7:15pm-8pm

Leveled tumbling class will be required as part of the Prep teams practice. Your day will depend on what level you are placed in.

Student will be able to move up levels throughout the season which could also change the day and time of that practice. Sparkle team members will have the option to add a level tumbling class at a discounted rate.



Attendance

Attendance Policy

We understand that you have families and that many of you enjoy spending time away on vacations, holidays, special event, ect. We want to ensure you that you can do all of that! But, to ensure the progress and success of all our teams practices are mandatory and therefore we will following these guidelines:

- >>Please be on time and dressed correctly.
- >>Attendance, absences, and tardiness will be recorded and reviewed frequently.
- >>No more than 3 unexcused absences are allowed in a season.
- >>**Excused absences will include:** death of a family member, severe illness, or special circumstances approved by the coach.
- >>Consequences may include but are not limited to being benched from a competition or dismissal from the team.
- >>Any absences excused or not, need to be communicated to Coach Starla prior to missing. Any absences not communicated with Coach will be automatically an unexcused absence.
- >>Absences the week of competition could result in replacement of position, at the expense of the absence team member. It could also result in replacement of positions on the mat.

Although absences from tumbling class will not directly add onto the allowed absences listed above, tumbling class is required and expected. This is to improve your personal tumbling which in turn will only help the team as a whole.

Practice



Practice Policy

Practice makes performance!!! Regular practice times are schedules for each team. Additional practices could be called based on the needs of the team when necessary for the betterment of the squad. These addition practice will be sent asap so arrangements can be made.

- >>Sunday practice will require their **matching practice wear**.
- >>Practice attire any other day will be **bra/tank top, shorts, cheer shoes, and hair secured back**.
- >>No baggy t-shirts, hoodies, or PJ pants allowed.
- >>**No jewelry** at practice or at all during the competition day.
- >>No gum allowed
- >> Sport length finger-nails (at or just above finger tip) at all times.
- >> **Hair is to be pulled back out of the face and secured well.** A scrunchie is not sufficient.
- >>**Proper shoes are required. If proper shoes are not worn the athlete must contact their parent and sit out until proper shoes are worn.**
- >>**Cell phones will stay in backpacks** and will not be allowed on the floor.
- >>Parents are never allowed on the floor. You will be allowed to sit in the parent area. There will be times that the coach will ask for closed practices. This mean I do not want parents to watch in any way. This will usually happen about a month before our first competition.

Competition Policies



General Competition Policies

- >>**All competition are mandatory.** If you choose to miss a competition for any reason, the coach will replace your child at your expense. If you miss one competition it could mean you will be replaced in others or dismissed from the team. This will be at the discretion of the coach
- >>All cheerleaders must arrive at the venue in complete uniform unless otherwise discussed.
- >>Cheerleaders are the responsibility of their parents. Unless cheerleaders are with the coaches during designated times, we are not chaperoning cheerleaders outside of performance times. If a parent cannot attend a competition it is your responsibility to arrange for another parent to chaperone your child.
- >>All expenses of competition, included by not limited to: travel, gas, hotel, food, ect, are the responsibility of the parents. Coach will send out hotel information for all needed competitions as early as possible. You are not required to stay at the team hotel it is just for convivence.
- >>Competition fees are due prior to attending. Any unpaid fees will result in no performance.
- >>If a venue is 2 or more hours away, cheerleaders must stay within 30 minutes of the venue the night prior.
- >>Please follow all guidelines set by the Event Producers about specific rules given to cheerleaders and parents.

Please block off the FULL DAYS of the competition. Plan on each competition taking the entire day as we do not receive the schedules until the week of.



Conduct

Conduct of Cheerleaders

- >>A cheerleader is a representative of all the All Star programs in and out of the gym. One must conduct themselves as so especially when in Top Flight attire.
- >>Negative behaviors IN or OUT of uniform will not be tolerated. This may include but not limited to public display of affection, talking about other cheerleaders, arguing or raising your voice, discussion of sexual relations, or any discipline actions taken by law authority.
- >>With the increase in use of social media networks, Top Flight athletes much be a positive reflection of the team and gym. No rude or inappropriate language, revealing pictures, inappropriate or negative dialog, gossip, ect. will be tolerated.
- >>Bullying will NOT be tolerated. We are a team and will be expected to act like it.

Conduct of Parents

- >>Parent support is vital in the success of every athlete.
- >>Parents must remain in the viewing area or lobby during practices.
- >>All parent concerns should be addressed after or before practice or at a scheduled parent/coaches meeting. Parents should never approach the coach on the practice floor.
- >>Although you may not agree with every decision we make, as a gym, we are making the best decision we feel for the athletes and the program as a whole.
- >>**Coach Starla should be your first form of communication if there is an issue.**



Injury & Communication

Injury Policy

>>Competitive cheerleading can be a dangerous sport. Stunting and tumbling have a high level of injury. It is our job as a coach to ensure that cheerleaders understand the safety aspect.

>>Even with the most safety precautions, accidents can still happen.

We take every precaution to limit these injuries but unfortunately, we can not prevent them all. It is your athletes responsibility to be in the top condition for this sport.

>>While we try to have the safest environment possible FCAC is not liable for any expenses that may accrue due to injury or illness. We strongly encourage every athlete to have their own insurance coverage to make up for any medical expenses they may need.

Communication



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fcactfc@gmail.com



www.fcactfg.org/cheer

Please make sure you are on our Top Flight Cheer page on Facebook. Use the QR code below to request access. We also have a group chat that you can become a part of.

All communication will be done via email and Facebook group.

The best way to get ahold of Coach Starla will be via email.

