



# SHOW ME ATHLETICS HANDBOOK PREP TEAMS THE 2024-2025 SEASON

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OUR POLICIES IN THIS HANDBOOK ARE INDUSTRY STANDARDS AND ARE IN PLACE TO ENSURE THE SAFETY AND ENJOYMENT OF ALL MEMBERS.

SHOW ME ATHLETICS RESERVES THE RIGHT TO AMEND THIS HANDBOOK AT ANY TIME.

## MISSION STATEMENT

SHOW ME ATHLETICS is where athletes, staff, and families strive to be amazing.

We believe success begins with attitude and effort, respect, sportsmanship, teamwork, academics, athleticism, and safety.

We provide outstanding instruction, personalized training, and a professional experience.

We foster a safe work environment, celebrate diversity, and pursue excellence.

We continuously improve, learn from our experiences, and offer the best solutions.

As community champions, we lead by example and are committed to giving back.

Through these core values, we help shape the leaders of tomorrow by developing successful athletes today.

## PREP TEAMS

### PREP

- 4 hours of practice per week
- Travels and competes regionally
- A great introduction to all-star cheerleading

## PREP TEAMS APPAREL

### PREP

- Uniform
  - Top, Skirt, 1 Bow (Girls)
  - Top & Pants (Boys)
  - White Cheerleading Shoes
- Practice Wear (PW)
  - Blue Practice Wear
  - Black Sports Bra
  - Athlete Provides Black Bottoms (Shorts or a Skirt)

### SHOW ME ATHLETICS PRO SHOP AND MERCHANDISE

Show Me Athletics provides multiple pro shops with approved vendors, available on limited dates and deadlines throughout the year. Payment is required at the time of order.

### SHOW ME ATHLETICS LOGO GUIDELINES

ANY ITEMS WITH THE SHOW ME ATHLETICS NAME OR LOGO ARE SUBJECT TO TRADEMARK.

NO DESIGN, PURCHASE, DISTRIBUTION, OR SALE OF ANY CLOTHING, BOWS, BAGS, OR OTHER ITEMS WHICH INCLUDE THE SHOW ME ATHLETICS NAME, TEAM NAMES, OR LIKENESS CAN BE USED WITHOUT PRIOR WRITTEN CONSENT OF SHOW ME ATHLETICS.

# ATHLETES

## POLICIES & EXPECTATIONS

- Videotaping of practices is not permitted without permission.
- Anyone late or dressed incorrectly is subject to additional conditioning.
- Tuition does not pay for the right to compete. Individuals must meet the skill level, attendance, and participation requirements. Failure to pay tuition by the monthly due date may result in an athlete sitting out of practice and competition. No refunds.

## ATHLETE CODE OF CONDUCT

- Athletes will not disrespect Show Me Athletics staff members, parents/guardians, or athletes.
- Athletes will not disrespect members of any other competing program or team's staff, parents/guardians, or athletes.
- Athletes will not disrespect officials and staff at competitions.
- Adults or guardians must always accompany athletes at competitions. No exceptions.
- Athletes are strictly prohibited from gossiping, using inappropriate language, or engaging in negative communication that may impact Show Me Athletics. This includes, but is not limited to, social media platforms such as TikTok, Facebook, Twitter, Instagram, Snapchat, YouTube, Team App, Band App, team chats, websites, applications, and other forms of social media.
- A team is most vital when working together and looking after one another. Always look for ways to help your teammates, hold them accountable for their actions, and ask for help when needed.
- Athletes will ALWAYS demonstrate good sportsmanship while representing Show Me Athletics.
- THE ATHLETE'S SIGNATURE ON THIS AGREEMENT IS REQUIRED ON THE LAST PAGE.

# ATHLETES

## ATTENDANCE

- YOUR LEVEL OF COMMITMENT AFFECTS OTHER ATHLETES, FAMILIES, AND THIS PROGRAM. IT BEGINS SEPTEMBER 1ST, 2025, AND ENDS APRIL 30TH 2025, REGARDLESS OF THE COMPETITION SCHEDULE.
- All practices, camps, choreography, performances, and competitions are mandatory.
- Excused absences will be issued at the discretion of Show Me Athletics.
- Parents and guardians will communicate in advance if an athlete arrives late or leaves early from scheduled activities.
- Missing practice within two weeks of competition may result in an athlete's ineligibility to compete at the discretion of Show Me Athletics. The deposit will be forfeited. There are no refunds.
- Competitions are mandatory and the top priority. Missing a competition for any reason may result in dismissal from the team. Athletes must stay and support their gym at competitions, attending awards ceremonies in full uniform, including cheer shoes and makeup.
- Additional plans should only be made for the weekend of the competition after receiving the final schedule, as last-minute changes and updates are expected.

## ABSENCES

- OUR ATTENDANCE POLICY FOR PREP TEAMS BEGINS SEPTEMBER 1ST, 2024, AND ENDS APRIL 30TH, 2025.
- Show Me Athletics must approve unexcused absences before the date of absence. Send via email to [info@showmeathletics.org](mailto:info@showmeathletics.org).
- No unexcused absences during choreography.
- No unexcused absences one week before competitions.
- An excused absence is limited to mandatory school functions for a grade or death in the family.
- To avoid an absence, athletes must attend the first hour of practice.
- Missing practice for reasons other than those listed will result in an unexcused absence. This includes, but is not limited to:
  - Homework and studying
  - Transportation
  - Work
- Athletes may be removed from a team for excessive absences. No refunds. Deposit forfeited.
- Athletes on prep teams with five or more absences will be subject to a \$25 fine per missed practice, and their security deposit will be forfeited. The deposit will not be applied to missed practices. There are no refunds.

ALL-STAR CHEERLEADING IS A YEAR-ROUND SPORT THAT DEMANDS PEAK PHYSICAL FITNESS, AND AS AN ATHLETE, IT IS YOUR RESPONSIBILITY TO MAINTAIN IT.

# PARENTS & GUARDIANS

## MEETINGS & EXPECTATIONS

Meetings are mandatory. Parents/guardians are required to register with Team App and Jackrabbit. Communication hours are from 9:00 am to 10:00 pm.

## PARENTS & GUARDIAN CODE OF CONDUCT

- Parents/guardians will not disrespect any Show Me Athletics staff member, parents/guardians, or athletes.
- Parents/guardians will not disrespect a member of any other competing program or team's staff, parents/guardians, and athletes.
- Parents/guardians will not disrespect officials or staff at competitions.
- Parents/guardians will always accompany athletes at competitions and sanctioned events. Athletes are never to be alone.
- Parents/guardians are strictly prohibited from gossiping, using inappropriate language, or engaging in negative communication that may impact Show Me Athletics. This includes, but is not limited to, social media platforms such as TikTok, Facebook, Twitter, Instagram, Snapchat, YouTube, Team App, Band App, team chats, websites, applications, and other forms of social media.
- Parents/guardians will not hold or threaten their child from practice or competition as punishment.
- Parents/guardians will arrive on time with their athletes at practices and competitions.
- Parents/guardians understand that athletes sometimes must be moved from one team to another.
- Parents/guardians understand that monthly billing statements must be paid by the due date. If their billing or email address changes, they are responsible for notifying Show Me Athletics.
- Parents/guardians of different households are responsible for communicating any special needs or financial agreements to Show Me Athletics; additionally, Show Me Athletics is not a liaison between parents/guardians of different households.
- A team is most vital when working together and looking after one another. Always look for ways to help fellow parents, hold them accountable for their actions, and ask for help when needed. Set an example for your children.
- Parents/guardians will ALWAYS demonstrate good sportsmanship while representing Show Me Athletics.
- Parents/guardians agree to read and understand team policies, procedures, and handbook information.

# PARENTS & GUARDIANS

## SOCIAL MEDIA & MARKETING POLICY

- Unauthorized sharing or use of any portion of Show Me Athletics routines, music, dances, stunts, transitions, etc., outside of our program is strictly prohibited without permission.
- Parents/guardians must consistently monitor and review athletes' social media and communications that may impact Show Me Athletics. Failure to comply with this requirement will result in the forfeiture of the security deposit.
- By participating in Show Me Athletics, you, your athlete, and your companions may be featured in promotional and marketing materials, including but not limited to TikTok, Facebook, Instagram, Twitter, YouTube, and our website at [www.showmeathletics.org](http://www.showmeathletics.org).
- By participating in any Show Me Athletics function, practice, class, or competition, you, your athlete, and any companions consent to have your likeness and image appear in any promotional and marketing materials for Show Me Athletics.
- Do not share placements or bids until Show Me Athletics posts this information.

## COMMUNICATION

- Information will be communicated through:
  - TEAM APP
  - JACKRABBIT
  - BAND APP
  - EMAIL
  - PHONE
- Show Me Athletics communications will be conducted between 9:00 am and 10:00 pm.
- Team chat groups will be monitored. Any violation of our policies will forfeit your security deposit.

# FINANCIAL

- TRYOUT FEE: \$50.00 DUE AT SIGNUP. NO REFUNDS.
- SECURITY DEPOSIT: \$200.00 PER ATHLETE, DUE ON JUNE 1ST. (NEW ATHLETES 2024-2025 SEASON)
  - OUR POLICIES IN THIS HANDBOOK ARE IN PLACE TO ENSURE THE SAFETY AND ENJOYMENT OF ALL MEMBERS.
  - ANY BREACH OF OUR HANDBOOK POLICIES WILL RESULT IN THE FORFEITURE OF YOUR DEPOSIT AT THE DISCRETION OF SHOW ME ATHLETICS.
- ANNUAL REGISTRATION FEE: \$25.00 DUE JULY 1ST
- USASF ANNUAL MEMBERSHIP DUE AUGUST 1ST
  - BACKGROUND CHECK/SCREENING FEE FOR ATHLETES TURNING 18 IN COMP SEASON
- CHOREOGRAPHY: \$250 DUE ON OCTOBER 1ST
- NEW ATHLETE UNIFORM AND BOW: AUGUST 1ST
  - PREP—\$250
- NEW ATHLETE PRACTICE WEAR (FIRST SET): \$130.00 AUGUST 1ST
- **NO REFUNDS**

## MONTHLY TUITION—POSTED & DUE ON THE 1ST

TUITION PAYMENT FOR ALL TEAMS BEGINS MAY 6TH, 2024, AND THE LAST PAYMENT IS APRIL 1ST, 2025—NO DISCOUNTS OR REFUNDS FOR HOLIDAYS, GYM CLOSURES, COMPETITION SCHEDULES, INJURIES, OR ILLNESSES.

### **PREP ATHLETE'S SUMMER TUITION (MAY 6TH 2024-AUG 1ST 2024)**

\$100.00 FOR EACH ATHLETE

### **PREP ATHLETE'S REST OF SEASON TUITION**

\$160.00 FIRST ATHLETE

\$135.00 SECOND ATHLETE

\$110.00 FOR EACH ADDITIONAL ATHLETE



# FINANCIAL

## CHEER BUNDLE PER ATHLETE FOR THE 2024-2025 SEASON

- FROM NOVEMBER 2024 to MARCH 2025, bundled payment per athlete will be drafted on the 15th of the month. The bundle is divided into five payments. (\$TBA)
- NO DISCOUNTS. NO REFUNDS.

MUSIC:	\$TBA
GUEST COACH:	\$TBA
COACH FEES:	\$TBA
COMPETITION FEES:	\$TBA

- IT IS THE RESPONSIBILITY OF ALL PARENTS/GUARDIANS TO REVIEW THEIR ACCOUNTS.
- All accounts must have a current credit card or bank account information.
- If billing, email, or credit card on file changes, you must update it.
- If your account is not paid in full by the 20th of the month, any athlete(s) associated with your account may be withheld from participating in Show Me Athletics activities.
- Service Fees: \$35.00 for Declined Cards, Returned Checks, or Bank drafts.
- Late Fee of \$25.00 will be assessed by the 20th of the month.

# TRAVEL

## TRAVEL POLICY

- COMPETITIONS ARE THE FIRST PRIORITY.
- SHOW ME ATHLETICS WILL LIST BLACKOUT DATES AND DESIGNATED TRAVEL DAYS.
- TWO-DAY COMPETITIONS: ARRIVE BY 5:00 PM LOCAL TIME THE DAY BEFORE THE COMPETITION.
- ONE-DAY COMPETITIONS: ARRIVE BY THE SCHEDULED MEET TIME ON COMPETITION DAY.
- ARRIVE COMPETITION READY: HAIR, MAKEUP, FULL UNIFORM, CHEER SHOES.
- RESERVATIONS FOR HOTEL AND AIRFARE SHOULD BE REFUNDABLE AND TRANSFERABLE.
- FOR TWO-DAY COMPETITIONS, APPROVED HOTEL ROOM BLOCKS OR LINKS PROVIDED BY SHOW ME ATHLETICS ARE MANDATORY. NO EXCEPTIONS. DO NOT BOOK ON YOUR OWN WITHOUT APPROVAL FROM OUR TRAVEL COMPANY OR SHOW ME ATHLETICS. PLEASE ADHERE TO TRAVEL BOOKING DEADLINES.
- TEAM PRACTICES ARE MANDATORY DURING COMPETITION WEEK.
- IF A PARENT OR GUARDIAN IS UNABLE TO TRAVEL WITH THEIR ATHLETE, THEY MUST PROVIDE, IN WRITING TO SHOW ME ATHLETICS, THE NAME OF AN ADULT CHAPERONE WHO WILL BE RESPONSIBLE FOR THE ATHLETE.
- BE PREPARED FOR EXTRA PRACTICE UPON ARRIVAL.
- TIMES AND INFORMATION ARE SUBJECT TO CHANGE.
- HOTEL CURFEW FOR ATHLETES IS 10:00 PM.
- NO SWIMMING, SUN, OR PARKS UNTIL AFTER THE AWARDS CEREMONY.

## PRIVATE LESSONS

Private lessons give your athlete extra time and attention to develop skills.

To take private lessons from all-star coaches, the athlete must be a member of an all-star team of Show Me Athletics. To take private lessons from a recreational coach, the athlete must be enrolled in Show Me Athletics.

All private lessons are subject to approval by Show Me Athletics. Reach out to the Show Me Athletics coaching staff to make arrangements. Private lessons will not be scheduled during all-star practices.

- 1 ATHLETE \$60.00 per full hour.
- 2 ATHLETES \$50.00 per full hour per athlete.
- 3 ATHLETES \$40.00 per full hour per athlete.

Schedule and pay the coach directly. You must give a coach 24 hours' notice to cancel a private lesson.

# USASF

## USASF MEMBERSHIP

The USASF is the governing body for ALL-STAR CHEERLEADING in the UNITED STATES. All athletes and staff of SHOW ME ATHLETICS must be members. The USASF requires background screenings for anyone age 18 or older in a given competition year. This includes owners, coaches, staff, and athletes.

Log In:

- Visit [www.usasf.net](http://www.usasf.net)
- Click JOIN NOW/RENEW

## NEW MEMBERS

- Enter your email.
- Watch your email for the verification code and enter it as prompted.
- Choose to create a PARENT account as required for minor athlete members.
- Familiarize yourself with and accept the terms and conditions.

## RENEWING MEMBERS

- Enter your username and password.
- Familiarize yourself with and accept the terms and conditions.

## CREATE/CONFIRM PROFILE

- NEW MEMBERS
  - Complete the OPTIONAL heritage survey.
  - Enter athlete profile info.
    - Upload headshot.
    - Upload proof of age.
    - Check CHEER.
    - Check the appropriate TIER.
      - Elite (National Travel Team)
      - Prep (Regional Team)
      - Novice (Exhibition)
    - Choose CLUB and location affiliation.
    - Make payment to USASF.
- RENEWING MEMBERS
  - Confirm your headshot—upload or change it if necessary.
  - Complete the OPTIONAL heritage survey.
  - Make payment to USASF.

All members of Show Me Athletics will comply with the USASF CODE OF CONDUCT AND COMPLIANCE. Parents, guardians, and athletes may review at [www.usasf.net](http://www.usasf.net)

## SAFESPORT

The U.S. Center for SafeSport is an independent nonprofit committed to building a sports community where participants can work and learn together free of emotional, physical, and sexual abuse and misconduct.

The SafeSport Code defines the U.S. Center for SafeSport's authority and jurisdiction, prohibited categories of abuse and misconduct, and the process for responding to and resolving abuse and misconduct claims.

Additional information can be found on their site for training resources, help, and best practices for coaches, parents, athletes, youth, and amateur sports organizations in creating your SafeSport environment at [www.uscenterforsafesport.org](http://www.uscenterforsafesport.org).

## SAFE@ALLSTAR

The mission of Safe@Allstar is to train others about the risks in our environment through education and prevention. They empower athletes, owners, coaches, and parents to stay safe and make good decisions.

They provide proven prevention methods and multiple layers of protection strategies for athletes. Their plans include training athletes, coaches, and parents in tactics emphasizing prevention and equipping members at every level with information on preventing sexual abuse, trafficking, and exploitation of children. In addition, they leverage technology via their mobile app that combats operational risks by providing immediate reporting, response, and recovery capability. Visit [www.safetallstar.com](http://www.safetallstar.com).

IT IS THE RESPONSIBILITY OF EVERY PARENT, ATHLETE, AND STAFF MEMBER TO KNOW THE DEFINITION OF ABUSE AND HOW TO REPORT IT PROPERLY.

## AGREEMENT & AUTHORIZATION

- By registering my child(ren) with Show Me Athletics, I hereby acknowledge and agree to participate (or allow my child(ren) and family members to participate in Show Me Athletics, and do hereby release and discharge Show Me Athletics, its owners, directors, officers, agents, coaches, and employees from any and all liability for injury or illness that may arise during the course of our participation, including during travel to and from training sessions, organization events, or other scheduled activities. This release and authorization are executed in an official capacity and constitute a binding agreement between myself (or my child(ren) and family members) and Show Me Athletics.
- I agree to indemnify and hold harmless Show Me Athletics, its owners, directors, officers, agents, coaches, employees, and other individuals mentioned above, against any and all liability for personal injury or illness, including injuries or diseases resulting in death, to myself, my child(ren), and other family members, or damage to my property, the property of my child(ren) and other family members, or both, arising from our participation in the Show Me Athletics program. This indemnity and hold harmless agreement extends to any and all activities related to Show Me Athletics, including but not limited to training sessions, organization events, and other scheduled activities.
- I certify that I am the parent or legal guardian of my child(ren) and hereby grant permission to any supervisor, coach, or other team administrator associated with Show Me Athletics to seek and provide appropriate medical attention for my child(ren) in the event of an accident, injury, or illness during their participation in Show Me Athletics program. I understand that I will be responsible for all costs associated with necessary medical attention and treatment for my child(ren).
- I agree to waive, release, and forever discharge Show Me Athletics and its associated supervisors, coaches, or other team administrators from all rights and claims for damages, injury, illness, or loss to person or property that may be sustained or occur during my child(ren)'s participation in Show Me Athletics activities, regardless of whether such damages or failures are due to negligence. I acknowledge that my child(ren) is (are) physically fit and capable of participating in all Show Me Athletics activities.
- I agree that our commitment to Show Me Athletics commences on May 22, 2023, and terminates on May 31, 2024. Breach of this handbook's terms and conditions shall result in forfeiture of the \$200 deposit.
- I acknowledge that I have thoroughly read and understand the Show Me Athletics Handbook and the release and authorization. I fully know its contents, including policies and expectations, attendance requirements, code of conduct, social media and marketing guidelines, communication protocols, financial obligations, travel policy, property rights, and membership requirements.
- I acknowledge that my athlete is fully aware of the expectations placed upon me concerning policies, attendance requirements, code of conduct, and social media and marketing guidelines outlined in the Show Me Athletics Handbook.

ATHLETE NAME: \_\_\_\_\_

ATHLETE SIGNATURE: \_\_\_\_\_ DATE \_\_\_\_\_

PARENT/GUARDIAN NAME \_\_\_\_\_

PARENT/GUARDIAN SIGNATURE: \_\_\_\_\_ DATE \_\_\_\_\_

PARENT/GUARDIAN ADDRESS: \_\_\_\_\_

CITY, STATE, ZIP: \_\_\_\_\_

PARENT/GUARDIAN PHONE: \_\_\_\_\_

EMAIL ADDRESS: \_\_\_\_\_