

2025-2026



**SHOWTIME
ELITE
ATLANTA**



**ALL-STAR
FULL YEAR HANDBOOK**

770-575-2259

WWW.SHOWTIMEELITEATLANTA.COM

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WOODSTOCK, GA 30188



Welcome

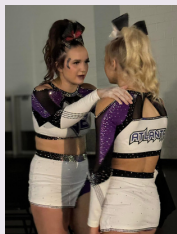
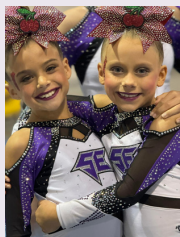
TO SHOWTIME

Our core
values
drive
our
success
on and
off the
mat.

Welcome!

As we enter our 11th year in competitive cheerleading, we are proud to continue to build our brand that is focused on community and truly feels like FAMILY.

We are excited to kick off the 2025-2026 season with YOU!



RESPECT

At Showtime we value each one of us. We model a positive feeling and appreciation toward our teammates, coaches, families, judging officials and competitors.

VALUE-DRIVEN

To make a conscious commitment to act and behave in alignment with The Showtime Way.

ACCOUNTABILITY

We want you to be the best version of you as a person and teammate. As a program, we strive to maintain a high level of challenge along with a high level of support.

RELATIONSHIPS

We are all in this together. We celebrate, we challenge, we trust, we build, we grow, we push, we expect, we meet you, we see you, we are ONE.

INTEGRITY

The commitment to understanding we do the right thing through our actions and beliefs. Through high character this fosters trust, credibility and moral strength.

EXCELLENCE

At Showtime, a commitment to the highest standards of performance, training, character development, and customer experience.

At Showtime, we are passionate about bringing you a competitive cheerleading program placing high emphasis on safety, progressions, and relationships with a commitment to excellence.

Our core values are the heart of our culture where we are committed to creating a supportive environment for athletes, parents, and coaches.

Come experience
THE SHOWTIME STANDARD!

SHOWTIME ELITE ATLANTA

Competitive Programs @ SHOWTIME

Which program is right for you?

ELITE

Elite divisions have a full competitive all-star experience, including competing locally, at out-of-state competitions, and at mandatory end-of-season competitions.

- Routines are 2:30.
- Practice is 2 hours per day - 3X a week including Sundays (one day is a team tumble block).
- At National competitions, ELITE divisions compete two days.
- Travel is required.
- End-of-Season competition (Worlds/Summit/Youth Summit) is in April/May in Florida.
- Previous experience is a plus!
- The season commitment is May - May.

FULL YEAR PREP

PREP divisions have a competitive all-star experience, including competing locally and at one out-of-state competition.

- Routines are 2:00.
- Practice is 2 hours per day - 3X a week and could include Sundays (one day is a team tumble block).
- Compete only one day.
- At National competitions, PREP divisions compete only ONE day as well.
- Travel is only required to one event.
- End-of-season competition (Regional Summit) is local.
- The season commitment is May - May.

HALF YEAR PREP

Half the season, but just as much fun! Half Year is a great way to bridge the gap from the end of school cheer through tryouts for the next season. It's also a great way to ease into competition cheer.

- This is a developmental program at Showtime.
- No experience necessary.
- Practice is two days per week, with no Sunday requirement.
- The season commitment is November - April.
- Information for this program is released in August.

Teams

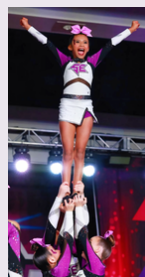
AND AGE DIVISIONS

Last Year...

- Tiny Novice
- Mini Level 1 (Full Year Prep)
- Youth Level 1 (Elite)
- Youth Level 2 (Elite)
- Junior Level 2.2 (Full Year Prep)
- Junior Level 2 (Elite)
- Senior Level 2 (Elite)
- Junior Level 3 (Elite)
- Senior Level 3 (Elite)
- Senior U18 Level 4 (Elite)
- Senior XS Limited Level 6 (Worlds/Elite)
- CheerAbilities (Exhibition & Competitive)

AGE GRID

Tiny Novice (4-7)	2018-2022
Mini Elite/Prep (7-9)	2016-2019
Youth Elite/Prep (8-12)	2013-2018
Junior Elite/Prep (9-15)	2010-2017
Senior Elite/Prep (13-19)	6/1/06 - 2013
U18 (14-18)	2007-2014
Worlds (14-19)	6/1/06 - 2012



HOW SHOWTIME TEAMS ARE MADE...

At Showtime, we have a team for **EVERYONE!**

Teams are comprised of between 7-30 participants and are divided by age and currently demonstrated skills. We assign our athletes to teams which will allow the best possible growth and success for the individual **AND** the team.

We carefully craft our teams based on those who attend evaluations; therefore, our team divisions can fluctuate from year to year.



THE SHOWTIME STANDARD

Level Requirements



Level

1

Forward and Backward Rolls
Cartwheel, Handstand (HS), Roundoff (RO)
Back Walkover (BWO), Front Walkover (FWO)
BWO Switch Leg, Valdez, HS Roll

Level

2

Back Handspring (BHS)
Back Handspring Step Out
BWO-BHS
BHS Step Out-BWO-BHS
RO-BHS/BHS series
FWO-RO-BHS/BHS series
Flyspring



Level

3

BHS Series, BWO-BHS Series
BHS/BHS Series - Jump - BHS/BHS Series
BHS Step Out-BWO-BHS Series
Aerial, Punch Front, RO-BHS-Tuck
RO BHS/Series-Tuck, Flyspring RO-BHS-Tuck
RO-BHS Step Out-1/2 turn-RO to Tuck



Level

4

Back Tuck, BWO-Tuck, BHS Series-Tuck
BHS/BHS Stepout-Tuck
Jump-BHS Series-Tuck
Cartwheel-Tuck, RO-BHS-Layout
FWO-RO to Layout
Punch Front Step Out through to Layout

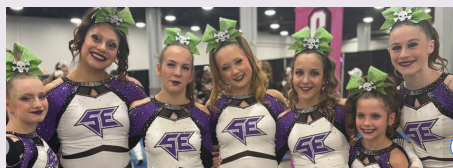
Level

5

BHS Series-Layout
BHS Series-Whip-Tuck/Layout
BHS-Layout, Jump BHS/BHS Series-Layout
RO-BHS-Full, Punch Front through to Full
Front Handspring-Front Tuck-through to Full
RO-Whip-Full, Arabian through to Full



RO-BHS-Double Full, BHS Series-Full
BHS Series-Whip-Full
BHS Full, Standing Full, BHS Series-Double Full
RO-whip-Full/Double;
Arabian through to Full/Double



SHOWTIME ELITE ATLANTA

THE SHOWTIME STANDARD

CheerAbilities



@ Showtime



Playing sports at any level can be a key part of a young person's development and have a lasting impact on their life. Among its many benefits, being involved in athletics develops friendships, independence, confidence, mental focus, and, of course, physical fitness.

Sports can teach valuable lessons about grit, discipline, teamwork and, most importantly, the respect that comes with inclusion. These benefits are universal for all individuals, including those with disabilities.

That's the goal of USASF's Exceptional Athlete Division — to empower individuals with disabilities with an "I can do" attitude.

The USASF has carefully designed the CheerABILITIES and DanceABILITIES Program for the Exceptional Athlete that:

- is safe, fun and good exercise
- improves flexibility and strength
- enhances independence and self-confidence
- provides a place for positive social interaction
- provides peer support and shared experiences among families

With 2 different squads - we have a place for everyone!

TRIUMPH: Our performance cheer squad. This program works to teach the basics of cheerleading, introduction to cheer, athletic expectations, teamwork, strength, and listening skills while taking the stage at local competitions. The team is a buddy-based team which means each athlete will be partnered with a buddy, typically, an athlete in the program. This is the perfect start for any cheer enthusiast!

EXTREME: Our level 2 competitive cheer squad. This team is for the more seasoned athlete. This program is an attendance-based score driven squad which works to teach skills, teamwork, goal setting, and leadership skills. This team will do some moderate travel as they compete to reach their goal of earning a bid to The Cheerleading Worlds competition, a prestigious competition reserved for the top 5 teams in the country.

Our program started as a senior project by Katilyn Boyer during her senior year of high school. She brought her vision to gym owner, Carolyn Garrison, who shared her vision for programs for all. Together with Katilyn's mother, Tracey, the program—which started as a group of seven—has grown into two teams with over 18 athletes combined. We are excited to build on our success from last season. Please reach out to carolyn@showtimeeliteatlanta.com with any interest or questions!



Team Overview



	WORLDS Level 6	ELITE Levels 1-5	Full Year PREP/Limited Travel Levels 1.1, 2.2, 3.2 & Novice	Half Year PREP Levels 1.1, 2.1, 2.2 & 3.2 & Novice
Season Commitment	May-May	May-May	May - April	November - April
Practices	5 hours per week + 2 hour tumble block + 1 class of your choice	4 hours per week + 1.5 hour tumble block + 1 class of your choice	4 hours per week + 1 hr team tumble <i>Novice:</i> 1X per week + 1 hr team tumble	4 hours per week + 1 hr team tumble <i>Novice:</i> 3 hours per week
# of Competitions	7 competitions + 1 season-ending event Travel required	7 competitions + 1 season-ending event Travel required	4 competitions + 1 travel event (drive)	3 competitions including 1 travel event
Additional Classes	Includes 1 extra class of your choice + open gym time	Includes 1 extra class of your choice + open gym time \$25/month for any additional classes	Includes 1 extra class of your choice \$25/month for any additional classes	Includes 1 extra class of your choice



Practice & Attendance



Summer

May - July (Summer Training)

Teams will have 2 practice days per week: Mon/Wed or Tues/Thurs. Practice start times will vary per team and will normally begin between 5-8pm. All practices will be for 2 hours per day. Some teams are given a tumbling time block on Friday mornings for 1.5 hours. When in town, all 3 practices are **mandatory**.

Important Summer Dates:

- All-Star Camp: June 6th - 8th
- Choreography: July 6th - 15th (only 2-3 days will apply per team)
- Team Tumbling Camp: July 30th - 31st

August - December (Academic-Year Training)

For Elite Teams: The practice calendar will shift to add in **SUNDAY** as a **mandatory** training day. Practices on Sunday will be between 1-7pm.

In addition to Sunday, your original practice days (Mon/Wed or Tues/Thurs) will shift—one will become a practice day, and the other will become your team tumble block.

At this time of the year, all squad practices are considered **mandatory** and the attendance policy will be enforced.

Full Year Prep & Novice: Your practices remain the same all season.

Academic Year

Academic Year: Competitive

January - April

At this point in the season athletes should expect to be in the gym 3 days per week, as we are in the peak activity for cheer. Athletes may be perfecting skills for their routine or putting in extra classes to nail down skills in preparation for evaluations just around the corner. This is definitely **CHEER SEASON!**

Attendance Policy

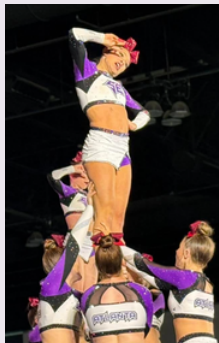
- Athletes must make SHOWTIME practices their number one priority over other extracurricular activities.
- All practices, competitions, skills camp, and choreography sessions are mandatory.
- Anyone failing to attend practice without notification will be considered as no longer wanting to participate and will be removed from roster/team immediately.
- If athletes miss a practice the week of a competition for any reason (illness, injury, etc.) a replacement may be brought in to fill-in for the athlete.
- For Cheersport Nationals and NCA/DALLAS athletes cannot miss any practice for **TWO weeks** prior to the events. There are **NO** exceptions to this rule.
- All absences from practices should be reserved for emergencies, fevers, or contagious illness only.
- Athletes may have up to **five (5)** absences from August -May. Upon the 6th absence, the athlete will be removed from their team. We are no longer labeling absences as excused/unexcused: An absence is an absence.

Competitions

Showtime will participate in 5-7 competitions per season, not including end of season events. All competitions are mandatory. A complete calendar of events including competitions, showcases, and end of season information can be found in this packet.

Black Out Dates

Throughout the season, the coaches have the option to add additional practice days known as Black Out Dates. These potential dates are noted in our Important Dates document included in this packet.



THE SHOWTIME STANDARD

Competition Schedule



Date	Event	Prep	Novice/ Tiny	Mini/ Youth	Junior	Senior	Worlds	Cheer- Abilities
10/19	Full Out Sunday	✓	✓	✓	✓	✓	✓	✓
11/16	Showcase		✓	✓	✓	✓	✓	✓
12/7	Cheersport - Cartersville	✓	✓	✓	✓	✓	✓	✓
12/13-14	Battle - Atlanta			✓	✓	✓	✓	✓
1/17-18	Spirit of Hope - Charlotte			✓	✓	✓	✓	✓
1/31	NCA Classic - Atlanta	✓	✓	✓	✓	✓	✓	✓
2/13-15	Cheersport Nationals - Atlanta	✓	✓	✓	✓	✓	✓	✓
2/25	NCA Send-Off					✓	✓	
2/28-3/1	NCA - Houston					✓	✓	
3/14-15	Double Down - Birmingham	✓	✓	✓	✓	✓	✓	✓
TBA	End of Season Send off	✓	✓	✓	✓	✓	✓	✓
TBA	Regional Summit	✓	✓ Novice					
4/23-24	Youth Summit - Tampa, FL			✓ Youth Only				
4/24-27	Celebration		✓ Tiny Elite	✓ Mini Only				
4/24-27	Worlds						✓	
4/30-5/3	Summit				✓	✓		✓

End of Season Events



THE CHEERLEADING WORLDS

April 24-27, 2026
ESPN Sports Center
Orlando, FL

Worlds/AK



THE SUMMIT

April 30 - May 3, 2026
ESPN Sports Center
Orlando, FL

All Junior/Senior Teams



YOUTH SUMMIT

April 23-24, 2026
Tampa Convention Center
Tampa, FL

All Youth Teams



REGIONAL SUMMIT

TBA
GICC
Atlanta, GA

All Tiny/Mini/Prep Teams

Every Year SHOWTIME sets a goal for each of our teams to earn bids, or invitations, to our chosen end-of-season events. Bids are not guaranteed; therefore, the costs associated with attending these events are added to athletes' accounts once a bid is earned.

Families should plan for \$400-\$700 in additional costs for an athlete's registration fee, coaches' fee, choreography upgrades, music edits (if needed), etc., for these events.

Financial Commitment



Tuition and any other fees are put onto accounts on the 1st of the month and are due by the 10th.

Auto charges will be billed on the **11th** of the month to your credit card on file.

Everyone is **required** to have a card on file.

Any accounts with a remaining balance after the 12th will have a \$25 late fee applied.

	WORLDS Level 6	ELITE Levels 1-5	Full Year PREP/Limited Travel Levels 1.1, 2.2, 3.2 & *Tiny Novice	Half Year PREP Levels 1.1, 2.1, 2.2 & 3.2 & Novice
Registration	\$200 due @ acceptance	\$200 due @ acceptance	\$125 due @ acceptance	N/A
Evaluation Fee	\$40 before 4/1/25 \$60 after 4/1/25 \$80 walk-in	\$40 before 4/1/25 \$60 after 4/1/25 \$80 walk-in	\$40 before 4/1/25 \$60 after 4/1/25 \$80 walk-in	\$55 in October
Monthly Tuition	\$360/month June - April	\$355/month June - April	\$275/month June - April *\$200 Tiny Novice	\$245/month Nov - April
Additional Fees	\$125 Camp/June \$125 Choreo/July \$215 Coaches' Fees/Aug \$25 Guest Coach's Fee/Aug	\$125 Camp/June \$125 Choreo/July \$215 Coaches' Fees/Aug \$25 Guest Coach's Fee/Aug	\$125 Camp/June \$75 Choreo/August \$135 Coaches' Fees/Oct. \$25 Guest Coach's Fee/Sept *No camp for Tiny Novice	\$200 Choreo/Dec
Not Included	Uniform, shoes, bows, warm up, backpack, travel/hotel, USASF registration, crossover fee, end-of-season event	Uniform, shoes, bows, warm up, backpack, travel/hotel, USASF registration, crossover fee, end-of-season event	Uniform, shoes, bows, warm up, backpack, travel/hotel, USASF registration	Shoes, bows, backpack, travel/hotel, USASF registration <i>*not required to purchase shoes or backpack</i>
End-of-Season Event	Worlds/Orlando Up to \$570/pp + coaches' fees	Summit/Orlando Up to \$485/pp + coaches' fees *Youth Summit: Up to \$210/pp + coaches' fees	Regional Summit Atlanta, GA	Regional Summit Atlanta, GA

- Uniform \$600 (Elite/FYP/Limited Travel) \$250 (HYP) \$100 (Cheer/Abilities); Warm-Up (\$150-\$200); Backpack (\$100); Practice Wear (\$150); *Half year is not required to purchase shoes or backpack.*
- There is a \$50/month sibling discount (Elite) for the second child.
- There is a \$25/month sibling discount (FYP and Half Year Prep) for the second child.
- Showtime uses GoMotion for our class and financial database. The system applies a 3% processing/convenience fee to pay through this platform. You may pay by cash or check to avoid these fees.
- All fees and information is subject to change.
- If you elect to be a crossover, there is an additional \$1,000 fee to cover training and competitions. This fee will be assessed at \$100/month for 10 months (July-April).
- BAND MANAGER FEES: Showtime has a per-athlete fee which is paid to our Booster Club which pays for competition gifts, team parties, team bonding activities, etc. These fees are collected through installments. The budget for items is set by our Booster Club Board. Team activities are coordinated and managed by the team moms.
- **All of the above fees are non-refundable for any reason including injury, illness, absence, moving, leaving the program, etc.**

Fundraising



We are super proud of our Fundraising Chairperson, Amy Tanner, who has worked to offer many opportunities throughout the season, including:

HYPE (Concert Concessions)

Season Opening Showcase

Double Good Popcorn (2)

Bed Sheet Sales

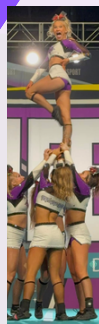
Mrs. Fields Cookie Sales

Individual Online Fundraising Graphics

All Fundraisers are optional.



Important DATES



Practices Begin	May 27 th
Uniform/Practice Wear Fittings	June 6 th and 7 th
Skills Camp	June 6 th , 7 th & 8 th
Summer Break	June 28 th -July 6 th
Choreography	July 7 th -15 th
Tumble Camp	August 30 th & 31 st
First Sunday Practice	August 3 rd
August Blackout Dates	August 15 th & 16 th
Labor Day (CLOSED)	September 1 st
September Blackout Practices	September 12 th & 13 th
Cherokee County Fall Break (Practices resume on Sept 28 th)	September 20-27 th
October Blackout Dates	October 10 th & 11 th
Full Out Sunday at the gym	October 19 th (all teams)
Halloween (no practices)	October 31
Showcase in Woodstock, GA	November 16 th (all teams)
Thanksgiving Break (Practices resume on NOV 30)	November 24-November 29
Cheersport Classic in Cartersville, GA	December 7 th (All Teams)
Battle Under the Big Top in Atlanta, GA	December 13 & 14
Holiday Break	December 21-January 1
Mandatory Practices Resume	January 2 nd
January Blackout Dates	January 2 nd -January 5 th & January 9 th & 10 th
Spirit of Hope in Charlotte, NC	January 17 th -18 th
NCA Classic in Atlanta, GA	January 31 st (ALL TEAMS)
February Blackout Dates	February 6 th & 7 th
Cheersport Nationals in Atlanta, GA	February 13-February 15 (All Teams)
Cherokee Co Winter Break (gym opened) (Mandatory for Senior teams)	February 16 th -February 21 st
NCA Send Off (Senior Teams)	February 25 th
NCA Nationals in Houston, TX	February 26- March 1 (SR Teams ONLY)
March Blackout Dates	March 6 th & 7 th AND March 20 th & 21 st
Double Down Championships in Birmingham, AL	March 13 th & 14 th (ALL TEAMS)
Spring Break (practices resume on April 12)	April 5 th -11 th
April Blackout Dates	April 17 th & 18 th
End of Season Showcase	TBA
Regional Summit in Atlanta, GA	TBA
Youth Summit in Tampa, FL	TBA
Worlds	April 24 th -April 27 th
Summit	April 30 th - May 3 rd

Dates in **BLACK** are Black Out Practices. Coaches can use these dates to call for additional practices, if needed. Specific days and times will be listed on your monthly team calendars.



Date in **RED** are gym closures.



Dates in **PURPLE** require mandatory participation. (camp, choreo, competitions, etc.)



Communication



Coach DM on groupme	Office info @showtimeeliteatlanta.com	Katie All-Star Director katie @showtimeeliteatlanta.com	Carolyn Gym Owner carolyn @showtimeeliteatlanta.com
If your child will be late/absent or notification of injury	Make a payment	Questions about competitions	Late payments, billing, or financial policies that cannot first be answered by the office staff.
Questions regarding athlete progress	Add/remove classes	Team or coach related issue that was not resolved by speaking directly with the coach.	To discuss issues regarding payments or child-specific concerns which are sensitive in nature.
Concern about practice	Questions about how to pay online, registration, etc.	Tryout info, tryout process, team progression, program expectations, individual assessments.	Issue with a coach and/or any employee that has been addressed with coach and All-Star Director but not yet resolved.

How do we connect?

- Weekly Update emails are sent every Tuesday. These emails have important upcoming information and contain the competition schedule, policies, important dates, etc.
- GroupMe: Each team will have a team GroupMe. This will serve as your one-stop for all info related specifically to your team. There is also a Showtime Family GroupMe (great for comp days!) and a Showtime Marketplace GroupMe for swapping/selling SE gear or other athletic items.
- Find us on social media: Facebook, Instagram (each team has a page), TikTok, and more.

Communicating with Team/Coaches

Each team will have their own GroupMe. For older teams there may be both a parent/coach GroupMe as well as an athlete GroupMe which includes both coaches and team moms.

It's easiest to contact coaches directly through GroupMe. Messages sent after 9pm may not be returned until the following afternoon.

Athlete/Parent Conferences

During March parents and/or athletes are given the opportunity to have a one-one-conference with the all star director and gym owner. The coaches will complete an evaluation on your child, and parents will have the opportunity to ask specific questions, address concerns, and talk about goals - the floor is open!

Communication @ Competitions

Youth sports can be an emotional experience. Parents/guardians are asked to respect the 24-hour rule for contacting any coach, admin, or gym owner with any negative comments or complaints.

If parents respect the 24 hour rule, their concerns are MORE likely to be fully addressed in a reasonable discussion. More importantly, the athlete's enjoyment of the competition won't be marred by an ill-timed confrontation. The intent of this rule is to move an emotional and confrontational discussion away from the presence of the players, and to allow the parties to 'cool off', compose themselves, and put the incident or situation that occurred in perspective before meeting to discuss it.

Financial Commitments & POLICIES



FORMS

1. Evaluation Forms must be completed prior to your evaluation.
2. Once you accept your position; all financial forms must be completed AND your acceptance fee must be paid prior to participating in your first practice.
3. Contact information must be updated online ,including signing any agreements prior to participating in practices.
4. All tuition is put onto accounts on the 1st of the month.
5. All fees must be paid according to the fee schedule published in order for your child to remain active in practices.
6. If you have an emergency situation that could impact your payments, you must email carolyn@showtimeeliteatlanta.com prior to the scheduled payment.
7. All payments to Showtime are non-refundable.

GENERAL RULES

1. Showtime Elite Atlanta, SE, are registered trademarks of NMEC, LLC dba Showtime Elite Atlanta and, therefore, cannot be duplicated without expressed permission from the gym owners.
2. The gym area is restricted to training only. Only registered participants at SE or with one of our affiliated school programs are permitted on equipment.
3. If you are participating in a private lesson appropriate waiver of liability must be current and on file at the front office.
4. Athletes are not permitted on equipment without the supervision of a coach.
5. We have a small viewing area located inside the gym for parents. At no time is a parent to be on the gym floor unless directed to be there by a coach.
6. Athletes are encouraged to label all SE clothing and school belongings and clothing with their first and last name.
7. Athletes are encouraged to leave all items of value at home.
8. Showtime is not responsible for lost items.

ATTENDANCE POLICY

1. All Showtime practices are considered to be mandatory.
2. Travel during the summer is encouraged. There is no formal attendance taken during the summer; however, if you are in town you are expected to be at practice.
3. During summer mandatory events; camp, choreo, etc., athletes are required to find a fill in to learn their portion if they are absent. Coaches can guide you on how to find a person.
4. Once school begins, athletes are allowed 5 absences. On the 6th absence the athlete is removed from their squad.
5. All Black Out dates are mandatory.
6. If an athlete misses a practice the week leading into a competition, they could be replaced for that event.
7. For the two weeks prior to Cheersport Nationals and NCA (Houston) athletes can not miss a practice.
8. In the event of illness, athletes are expected to attend practice with a mask and participate as able.
9. In the event of injury, athletes are expected to attend all practices to support the team, to condition as able, and to learn visually.

Policies continued



FUNDRAISING POLICY

1. Showtime offers many fundraising opportunities throughout the season. These include: HYPE concert vending, online/social media sales, and social media graphic/punch cards.
2. We are always looking for more opportunities. Please pass along any ideas to our fundraising chair.
3. Participation in fundraising is optional.

Code of Conduct - Parents

1. At Showtime, we value RESPECT. Our parents are committed to holding themselves to a standard of conduct that reflects positively on ALL Showtime teams, athletes, coaches, owners, and supporters.
2. Parents will conduct themselves in a sportsmanlike manner at all times.
3. Parents should show the ultimate respect when in the Showtime facility, including the lobby area, gym area, the team mom room, etc. Parents should refrain from gossiping, talking negatively, spreading rumors, or speaking poorly about athletes, teams, or coaches.
4. While at competitions, parents will treat other programs, athletes, coaches, and all event staff with the utmost respect. We all should Honor the Game and support the judges regardless of our placement.
5. As a program we strongly believe, and we teach the athletes that we can only control our actions, skills, effort, and performance. We leave the scores and placements in the judges hands and accept their results with grace. If we disagree, there is an appropriate avenue that the coaches can and will use on behalf of our teams and program. Parents should not approach ANY Varsity official at any time.
6. Parents are responsible for siblings while waiting for athletes while in the SE facility.
7. Parents will respect the SE training facility. Please be courteous when waiting in the lobby area and pick up after yourself and children.
8. Parents are not permitted to create apparel or paraphernalia with any SE related names or logos without expressed permission from the owner.
9. Parents are financially responsible for all costs associated with your child's involvement with Showtime.
10. Parents who choose to keep social media accounts, including Facebook, Instagram, Snapchat, TikTok, or another platform must agree to the following standards:
 - a. No photos or videos of anyone wearing SE brand apparel or branding with drugs, alcohol, or appearing under the influence.
 - b. NO content that consists of discriminatory, harassing or abusive behavior, or any form of bullying as determined by the sole discretion of the Showtime Ownership and coaching staff.
 - c. NO content that is disrespectful toward another athlete, program, cheerleading official, competition results or outcome as determined by the sole discretion of the Showtime Ownership and coaching staff.

Policies continued



Code of Conduct - Athlete

1. Showtime athletes must be committed to behavior and conduct that will enhance and promote the positive image of Showtime, your team, your teammates and your program.
2. Athletes will treat others with the utmost respect and kindness.
3. Athletes will abide by the rules of our sport and respect the officials at competitions.
4. Athletes will accept scores and placements given at competitions with respect and grace.
5. Athletes will not willfully damage the property of others, which would include, but not limited to:
 - a. Showtime facility, equipment, and member belongings
 - b. Competition venues
 - c. Hotels
 - d. Transportation vehicles
6. Athletes will not consume or transport alcohol, illegal drugs, vaping, or tobacco of any kind at Showtime practices, competitions, or trips.
7. Athletes who decide to keep a Facebook, Instagram, Twitter, Snapchat, TikTok, or any other social medial network profile must adhere to the following standards:
 - a. No photos or videos of anyone wearing SE apparel with vaping devices, alcohol, drugs, or appearing under the influence.
 - b. NO content that consists of discriminatory, harassing or abusive behavior, or any form of bullying as determined by the sole discretion of the Showtime Ownership and coaching staff.
 - c. NO content that is disrespectful toward another athlete, program, cheerleading official, competition results or outcome as determined by the sole discretion of the Showtime Ownership and coaching staff.
8. Any concerns relating to discrimination, harassment, abuse and substance abuse are in breach of Showtime Policies will be subject to a full range of disciplinary action, which may include removal from the program. It WILL include parental notification and may include legal action.





What are the possible days and times of practices?

- Exact days and times of practices will be included in your placement letter. We divide the season into two training seasons; summer and academic year.
- Practice days will use a combination of Monday/Wednesday or Tuesday/Thursday for practice days plus Friday for team tumble in the summer. In August, practice will shift to a mandatory Sunday practice day plus either M/W or T/Th for practice and team tumble.
- Practice times vary. Most teams are 5-7, 5:30-7:30, 6-8, 6:30-8:30, 7-9, or 8-10. The older teams are later. The younger age teams, tiny or mini, could start as early as 4 or 5.
- During the academic year, Sunday practices will begin after 1:00.
- Most Mini/Tiny teams will have a M/W/F or T/Th/F for a year-round practice schedule.
- Most other teams will shift and have mandatory Sunday practices during the academic year.
 - Summer
 - Summer is defined as June until school begins.
 - Teams will have 2 practice days: typically Monday/Wednesday or Tuesday/Thursday. Plus, they will have a team-tumbling block on Friday morning.
 - If you are in town, all practices are mandatory.
 - All vacations are allowed and encouraged. Please submit notifications via email to Katie.
 - We do not train on the weekends, when possible, over the summer.
 - Academic Year
 - Once school begins - May.
 - Teams will continue to have 2 mandatory practice days: one on Sunday and one during the week from their original practice schedule, either Mon/Wed or Tues/Thurs. The remaining weekday practice will become the team tumble block.
 - Attendance is mandatory and is taken on practice days.
 - Attendance is NOT taken during the team tumble block. There will be times when this practice time will shift and become mandatory.

My child has no cheer experience. Can they still make a team?

Yes, no experience is necessary. A desire and a willingness to make a commitment and learn is all that is needed.

Will my child learn new tumbling skills while on a team?

We are a developmental gym. This means we teach skills at every single practice. We NEED your athletes to develop, learn, grow, and master skills throughout the season.

My child wants to be on a team with a friend? Or, my child also participates in another activity. Can you accommodate these special requests?

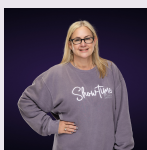
We love to see friends join the program together; however, team placements are based on individual skills and potential positions. Because of this, we cannot guarantee that friend requests will be honored. It is possible to participate in other sports or extracurricular activities while being an all-star cheerleader. However, our practice schedule is firm, and our attendance policy is in place to protect the team from excessive absences that could hinder progress.

THE SHOWTIME STANDARD

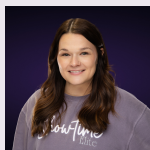
Our Staff



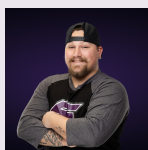
Leadership Team



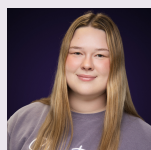
Carolyn Garrison
Owner



Katie Arbo
All-Star Director

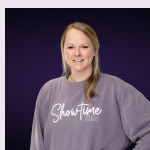


Ross Garrison
School Director

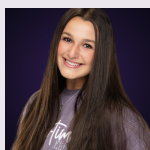


Sydney Newman
Half Year Director

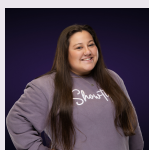
All-Star Coaches



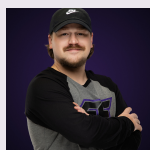
Shannon Thornton



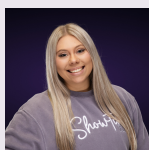
Ashley Whitfield



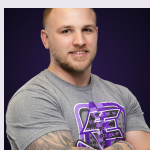
Madison Silverman



Austin Shackelford



Kennedy Niedbalski



Jared Hagerman



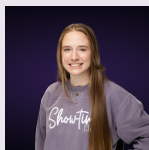
Kellie Tanner



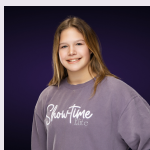
Haley King

Not Pictured: Scott Ikirk and Avery McLean

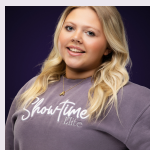
CheerAbilities Coaches



Katilyn Boyer



Olivia Brock



Anzley Harris



Hayden Finley

SHOWTIME ELITE ATLANTA