



2022-2023 ACE Cheer Company & ACE of Laurel Practice & Competition Information

ACE Cheer Company: Attendance & Practice Information

Team Practice Outlook

Practice attendance is required and compliance with the attendance policy will be strictly enforced. An athlete's team position will be jeopardized for noncompliance with any of the attendance policies.

Summer Session Practices

- The "**Summer Session**" begins June 1, 2022 and ends July 31, 2022.
- Summer Session practices and tumbling will be based on an athlete's team category
- Summer Session practices will be scheduled Sunday– Friday

Competition Season Practices

- The "**Competition Season**" begins August 1, 2022 and ends after the final competition (discussed below).
- Competition Season practices and tumbling will be based on an athlete's team category.
- Competition Season practices will be scheduled Monday–Sunday.
- Team practices **and** tumbling classes may be added, canceled or changed at any time throughout the year.

Team Absence Allowance and Protocol

Team Absence Allowance and Protocol

- a. Communication of missed practices, for any reason, should be made via email 2 weeks prior.
- b. Athletes are allowed four (4) total absences (excused or unexcused) during the Summer Session. Missed practices beyond this will require make-up hours via classes, individual lessons, etc.
- c. Athletes are allowed 3 unexcused absences during Competition Season.
- d. After you have reached 3 unexcused absences in the Competition Season, you will be contacted by the All-Star Director to discuss an athlete's team commitment. He/she may be placed as an alternate, removed from choreography and/or removed entirely from the team.
- e. Unexcused absences are NEVER allowed the 2 weeks (Sun-Sun) prior to a competition. If an athlete is absent, he/she may be removed from the routine for that event. This is at the sole discretion of the Owner and All-Star Director.
- f. If an athlete misses a practice within the two weeks of a competition they will be charged a \$100 dollar missed practice fee.
- g. If a parent chooses to withdraw an athlete from a competition, for any reason, there will be a \$250.00 Missed Competition Fee charged to your account.
- h. Missing a competition without prior notice may result in immediate dismissal from the program.
- i. These, and all, decisions will be at the sole and absolute discretion of the gym owner and/or All-Star Director.

Absences Defined

Excused Absences

Absences that fit the following:

- a. **School functions that result in a grade & School cheerleading with prior notice.**

Unexcused Absences

Absences that do not meet the above allowances are considered unexcused. Examples include:

- a. **Academics:** Proper time management is expected so that the athlete can complete his/her academic work and fully participate in the ACE Cheer Company program.
- b. **Extracurricular Activities and Jobs:** Extracurricular activities and jobs need to be scheduled around the commitment to ACE Cheer Company.
- c. **Church:** Church is an understood priority at ACE Cheer Company and with many of our families; however, absences related to youth groups, retreats, etc, are unexcused.

School Cheerleading

In efforts to reduce conflicting schedules, school cheerleading programs must be willing to work with ACE of Laurel. The following allowances will be made for school cheerleading:

- Tiny Novice, Tiny/Mini Prep teams will allow for school cheerleading to be excused.
- National Prep teams will allow limited, excused absences for school cheerleading.



- National, Summit and World teams must have communication with school cheer coach/sponsor

Absences Defined *(continued)*

Illness, Injury and Unexpected Family Emergency

ACE understands that an unexpected absence may occur due to an Illness, Injury, or Family Emergency. Please see guidelines below:

Illness: Athletes are expected to be at practice unless they have a fever, as fever can mean that an athlete is contagious. Practice participation will be situation-based and at the coach's discretion. Athletes may wear a mask as a preventative measure when feeling ill.

Injury: In the event that an athlete is injured, you should notify your coach immediately. Please provide a doctor's note with information details concerning the prognosis, recovery time and any change in circumstances affecting their ability to perform.

- We may re-choreograph routines based on the athlete's injury and length of recovery. It is not guaranteed that an athlete will be choreographed back into the routine upon recovery. Injured athletes must continue with payment in full.
- Athletes with an injury must still attend practice.

Unexpected/Family Emergency: Contact your All-Star Director and team coach ASAP.

Practice Dress Code

- Athletes must wear the designated practice clothes and cheer shoes to every practice.
 - If an athlete does not wear the designated practice wear to a practice, he or she may be required to purchase an appropriate item and/or be subject to extra conditioning work for not following dress code.
- Hair must be pulled out of the face in a high ponytail at every practice for both males and females.
- We ask that female athletes wear bloomers and sports bras under their practice attire at all times.
- We ask that male athletes wear compression shorts under their practice shorts at all times.
- Neither ACE, nor its employees, are responsible for jewelry, accessories, computers, cellular phones, or other personal property that is worn in or brought onto ACE property and any claims relating to the loss of or damage to any of these items are expressly waived and released. ACE Cheer Company recommends that athletes use the summer months (prior to competition season) to have their ears pierced. We understand that it is an important step for our younger athletes; however, athletes may not simply cover and/or plug a piercing while competing due to industry rules.

All-Star Tumbling Classes

- All-Star tumbling is included in the monthly gym tuition fees for Novice, Prep and Elite team category athletes.
- All-Star tumbling will be offered throughout the week in 60-minute time slots.
- Athletes will be allowed to sign up for his/her individualized All-Star Tumbling per month.
- All-Star tumbling is based on individually accelerated progressions.

Team Tumbling

- Team Tumbling will be part of scheduled practice times for Novice, Prep and Elite teams.
- These time blocks will be utilized on one scheduled practice day, per week.
- Team Tumbling is designed to strengthen technique, synchronization and difficulty for choreographed routine skills and skills within their team level.
- Team Tumbling will allow designated time to focus on team tumbling thus allowing increased focus on stunt elements and routine cohesiveness throughout the season.
- All team tumbling will be head coached by Coach Garrette for prep divisions and above.



ACE Cheer Company Competition Information

Understanding Competition Schedules

- ACE Cheer Company will compile a schedule and detailed memo for each event. You can expect these documents by the Wednesday prior to the event. Although providing the schedule, schedules may adjust and change up to the day of the event, and ACE has no responsibility or liability for any such change.
- ACE Cheer Company schedules will include the following information:
 - **Meet Coach**
 - Athletes should be competition ready, inside the competition venue, at the designated check-in spot provided by the Coach.
 - **Warm-Up**
 - This is the time that the team will begin their backstage warm-up.
 - **Perform**
 - This is the time that the team will take the competition floor.
 - **Awards**
 - This is the time that the award ceremony will begin. The coach will provide information regarding a meeting place prior to awards.
 - **Release Time**
 - This is the general time that the athletes will be released to their parents.

Parent Travel Obligations

- Parents are responsible for their athlete's activities and behavior at out-of-town events.
- If a parent/guardian cannot attend an out of town event, you must arrange for another ACE parent, or responsible adult, to travel with your athlete. They will assume responsibility for the athlete and ensure the athlete's adherence to all ACE rules and policies throughout the entirety of the event.
- Parents must understand that camps and competitions are not vacations. The athletes' time and focus should be fully committed to ACE and all related activities throughout the entirety of the event.
- Parents *must* follow the "Stay Smart" guidelines (when required) while booking hotel rooms for out of town competitions and events.
- **Please note the ACE Cheer Company is NOT able to change these guidelines, rules or procedures as individual event producers enforce them.**
- For out-of-town events, athletes should plan to arrive on Friday of the event and leave on the Monday following the event. Schedules are released the week of the event or as provided by the Event Producer.
- ACE is not financially responsible for event scheduling or changes that conflict with purchased flights and/or hotels. ACE recommends, when making travel arrangements, that you choose a refundable or transferable option. Please note that many families drive to out-of-town events; flights are not required.

Competition Dress Code

"Competition Ready" dress code is required upon arrival to a competition venue:

1) Full uniform

- Hair details will be set per team. Generally, this is a high ponytail with no *wispies*.
- Make-up should be a natural look. Red lipstick and blush should be worn. Fingernails should be bare.
- Male athletes should have a 'clean shave' for competitions.
- Athletic shoes must be worn at all times. Absolutely no boots, flip-flops, Ugg Boots, etc.
- White no-show socks are preferred due to our ACE shoe style.
- Black undergarments are preferred in order to match the uniform.
- Uniform skirts should be worn *under* accompanying athletic attire.
- Apparel and/or backpacks worn must either be ACE specific and/or specific to the competition that the athletes are attending. (Example: Cheersport jackets may be worn to Cheersport competitions only.)
- No jewelry allowed at any time while practicing, warming up or competing. Due to rules and regulations set by the industry, athletes may not simply cover and/or plug a piercing while competing.



2022-2023 ACE OF Laurel COMPETITION SCHEDULE

**Please note that the competition schedule is tentative and subject to change.*

Competition	Venue	Location	Date	WHITE (Novice)	RED (Prep)	BLACK (Elite)	GOLD (Elite)
Skills Camp	BJCC	Birmingham, AL	7/30/22-7/31/22		✓	✓	✓
Meet The Tribe	BJCC	Birmingham, AL	11/13/22	✓	✓	✓	✓
UCA	Jackson Convention Complex	Jackson, MS	12/3/22			✓	✓
CHEERSPORT	Ms Coast Convention Center	Biloxi, MS	1/7/23				✓
Athletic Birmingham Nationals	Birmingham Jefferson convention complex	Birmingham, AL	1/28/23-1/29/23				✓
Deep South	Bancorp South Arena	Tupelo, MS	1/21/23	✓	✓	✓	
Deep South	Jackson Convention Complex	Jackson, MS	2/11/23	✓	✓	✓	
Deep South	Ms Coast Convention Center	Biloxi, MS	2/17/23-2/18/23	✓	✓	✓	✓
CHEERSPORT	Jackson Convention Center	Jackson, MS	2/25/23				✓
The American Coastal Nationals	Pontchartrain Center	Kenner, LA	3/4/23-3/5/23				✓
WSA	Jackson Convention Center	Jackson, MS	3/11/23	✓	✓	✓	
Victory	Biloxi Coast Convention Center	Biloxi, MS	3/15/23	✓	✓	✓	
NCA Birmingham Classic	Bill Harris Arena	Birmingham, AL	3/19/23				✓
Deep South	The Wharf	Orange Beach, AL	4/1/23-4/2/23		✓	✓	✓
Summit/ASW		Orlando, FL	End of April			OPTIONAL	✓



Postseason Bid Events

Bid Details

The Cheerleading Worlds and The Summit and End of Year Events are prestigious, post-season competitions that require teams to receive a bid to compete. There are various types of bids offered for each event. These bids may be based off of variables such as team placement, score, etc. ACE Cheer Company has planned our competition schedule to ensure that we attend as many bid opportunity competitions as possible.

- World teams will attend The Cheerleading Worlds upon receipt of an At-Large or Full Paid bid. This event is required for all teams in this category.
- Summit teams will attend The Summit upon receipt of an At-Large or Full Paid bid. This event is required for all teams in this category.

If a team receives a bid to The Summit or The Cheerleading Worlds, there will be additional competition fees, coaches' fees and travel expenses in order to attend. The total cost for these events will be based off of the type of bid received. Athlete accounts must be current with any monies owed to ACE in order for athletes to attend any post-season event. These, and all, decisions will be at the sole and absolute discretion of the gym owner and/or All-Star Director.

Post-Season Event Cost Estimations			
Post-Season Event	Location	Bid Type	Estimated Athlete Cost
The Summit	Orlando, FL	At-Large Bid	\$750.00 <i>est.</i>
The Summit	Orlando, FL	Paid Bid	\$350.00 <i>est.</i>
The Cheerleading Worlds	Orlando, FL	At-Large Bid	\$825.00 <i>est.</i>
The Cheerleading Worlds	Orlando, FL	Paid Bid	\$350.00 <i>est.</i>

All Fees listed above are estimates. Detailed payment information will be provided to teams following receipt of a bid.