



IDOL ATHLETICS

Gym Handbook



WORK HARD UNTIL YOUR IDOLS BECOME YOUR RIVALS



Our mission at Idol Athletics is to mold & develop your child into the best version of themselves. They must be willing to experience the tough obstacles this sport offers & be able to "GROW" through all the emotional, mental & physical challenges that they're more than capable of accomplishing. A year from now they should look back and recognize who they once were!

OFFICE HOURS

The best time to reach an Idol staff member is during our regular business hours.

Monday-Friday
3:30pm-8:30pm

The best way to get in touch with a staff member is by email and they will get back in contact with you as soon as possible.

Idol Athletics Main Contact Information:

Idol.athletics19@gmail.com

www.idolathletics.net

980-291-5368

Cameron Russell-Byrd and Mark Russell-Byrd: Owners

Cameron.idolathletics@gmail.com

Mark.idolathletics@gmail.com

Angela Husted: Office Manager/Pro-shop

Angela.idolathletics@gmail.com

We will be using Facebook, our website, email, calls, and Band (in the app store) as all forms of communication



VACATIONS/GYM CLOSURES

The gym will be closed for the safety of the athletes and coaches due to inclement weather. Please wait to be notified by an Idol Athletics staff member that practice or classes are canceled for any reason via Facebook, our website, or Band. Please speak with your coach about any private cancellations for

weather/ holidays/ vacations as they do not follow the gym being closed

GYM CLOSED
Memorial Day
Fourth of July
Labor Day
Halloween
Veterans Day
Veterans Day
Christmas Eve and Day
New Year's Eve and Day
Easter

You will have a calendar with all of the gym closures, black out dates, competition, choreography.

**Idol Athletics coaches have the right to cancel or add on practice days at any time that they feel will benefit the gym, athletes, and teams. **



ATTENDANCE POLICY

All teams will practice one night a week during the summer months. When schools start back up teams will add on their Sunday 2 hour practice each week. From August 22, 2021 through May 2022 possible extra practices may be added as coaches deem necessary. When these practices are scheduled it's usually 2 weeks in advance and all athletes are expected to attend. Practice time will remain consistent throughout the season and will only be changed under special circumstances. If you're injured or sick, it is your job to be at practice even if you have to sit out or condition the part of the body that is not affected by the injury. If an athlete is diagnosed with a contagious illness, is vomiting, or has a fever over 100; the athlete may stay home but must inform his/her coach as soon as possible. We will not work our schedule around any other sports or extracurricular activities as Idol Athletics must be a priority for the classes to be most successful. We offer different types of classes that will work with anyone's schedule. We understand there will be vacations, activities that are graded for school, and sickness so we will allow each athlete 4 excused absences each season/session. It is very important for all athletes to be at practice to help them and the team they are on. Thereby, failure to be at practice after 4 excused absences will result in a \$25 fee each practice missed. Any fees can be waived when doctors note (sickness/injury) or note from a teacher (school grade) is brought in. After you accumulate 2 more absences after your 4 you will be brought in for a meeting with your coach about possibly being removed from the team. Quitting or being removed from the program in the middle of a season will require you to pay for the \$500 re-choreography fee.

FINANCIAL OBLIGATIONS

Competitive Cheer, while not as costly as some youth sports, can still be expensive. Before considering Idol Athletics, please consider the financial commitment involved. Idol Athletics has some of the finest staff and a facility that houses multiple pieces of equipment that we use to teach progression safely and effectively to your athletes.

We have a payment plan that covers all of the expenses that you would have to pay for your season here at Idol Athletics. During the 2021-22 season there will be 11 monthly charges beginning June 2021 through April 2022. We will be having 1 monthly payment for the cheerleading portion starting this season. Tuition will be due on the 1st of each month and you will have until the 10th to pay. After the 10th a \$30 late fee will be applied and you will have until the 15th to have it paid. After the 15th your child will be removed from the team as we cannot afford to allow accounts to become delinquent. The first month's tuition will be charged on June 6th. For the remaining months tuition is payable on the 1st of each month. (July tuition due on July 1st.)

FUNDRAISING

We will be doing fundraisers as often as we can to help raise money for your account. All Athletes are allowed to participate in any of the gym fundraisers that we may have. Idol Athletics will have a fundraiser each month to offset cost for the season and also start fundraising for end of season events as soon as the bid is received. **YOU WILL NOT BE ABLE TO RUN YOUR OWN INDIVIDUAL OR GROUP FUNDRAISERS.** We will have two/three fundraisers to help raise money for the gym to gain new equipment and training to help further progress your athletes. We highly recommend that everyone participates in all fundraisers. It is mandatory to participate in any fundraisers if you owe money to Idol Athletics. You will receive a fundraising calendar that will give you all of the information on when fundraisers will begin and end.

REFUNDS

There will be no refunds if you leave the program or were dismissed from the program. Athletes who are dismissed from the program will forfeit their balance. There are no refunds for classes, camps, or private lessons. All unpaid fees are the responsibility of the parent and will be billed in full at that time of quitting or being dismissed or it will be sent to collections. If you quit or were dismissed from the program and your session is not over yet, you will be required to pay the Breaking of Contract Fee of \$500.



COACHES

Our coaches are committed to providing a safe environment where athletes feel that they belong and are encouraged to grow both athletically and personally; all while fostering a love for cheerleading and creating memories that will last a lifetime! They provide the highest standard of coaching by obtaining and maintaining their certifications and staying up to date on the most recent changes in safety rules, coaching, and performance trends.

ATHLETES

Our athletes will follow all directions and instructions from the coaches. Athletes agree to work hard in practice by being "ready to go" both mentally and physically. They will take corrections given to improve performance and reduce risk of injury. Athletes will conduct themselves in a manner that reflects positively upon themselves, their families, and Idol Athletics. They will always display respect and good sportsmanship to one another, the coaches, and our competitors. Athletes agree to read and abide by the Rules and Regulations set forth in the handbook.

PARENTS

Our parents agree to discuss all problems or concerns related to Idol Athletics, coaches, athletes, or other parents discreetly with the coaches. Parents agree that the coach decisions are final and are in the best interest of all parties. Parents agree to read and abide by all Rules and Regulations set forth. Parents will agree to demonstrate respect to all athletes, coaches and other parents and promote positive sportsmanship. All parents/athletes will only receive one warning for behavior and on the 2nd occurrence of behavior they will be dismissed from the program. Our parents agree that all Athletes work hard and we should never talk negatively about another child.



CODE OF CONDUCT

1. An athlete and an athlete's family must always be a strong representative of Idol Athletics and be a positive reflection of their gym.
2. Abusive behavior, lying or any other form of negative behavior by a parent or athlete is grounds for removal from the gym.
3. Idol Athletics will not tolerate any negative comments about the program, teams, coaches, athletes, or other parents. We will not cause drama or bully other people around as it will not be tolerated.
4. Many people communicate with other parents, cheerleaders and members of other organizations through email, Facebook, Twitter, and message boards. Please remember, anything you say is a direct reflection on Idol Athletics and yourself.
5. If you are found communicating negatively, or sending rude or inappropriate messages you will be subject to immediate removal from the gym.
6. When informed of a performance/event, coaches will explain dates and arrival times. It is expected that these dates and times are adhered to and all athletes are at practices prior to the performance/event. We will notify you in advance if we are adjusting any information.
7. All athletes are expected to be at every practice. Excessive unexcused absences will also not be tolerated and are grounds for removal.
8. Keeping your Athlete from practice or taking them out of a class should never be an acceptable punishment as it affects the entire class as well as the progression for the athlete.
9. We teach our athletes to have time management, this includes having homework done before or after practice. Having an athlete leave practice early or come to practice late should never be an excuse for them to get their homework done.
10. Threatening to quit and/or discussing quitting with other program parents or athletes will not be permitted and will be grounds for removal.
11. Be respectful of the area by picking up after yourself and leave the area as it was when you first came in.
12. There is to be no solicitation at Idol Athletics or to the Idol parents or athletes unless you have received permission from the owners. There is to be no personal or business use of the Idol Athletics name/logo.
13. No gum, food, beverages, street shoes, cell phones, electronics, or jewelry allowed on the floor at practice or class at any time for any reason. Such items will be confiscated by the coaches and will be returned at the end of the class.
14. There will be NO arguing or questioning of the coaches' decisions at practices, competitions or any other event Idol Athletic attends. If you have questions or concerns, please address it at a more appropriate time.
15. Our main focus is technique and progression by working their way up with their hard work, dedication, and mastery of skills.
16. Failing to make payments towards tuition will result in having your athlete sit out of practice during the first month and once the first month has passed and we have yet to receive payment, the athlete will have their account frozen and removed.
17. Idol Athletic reserves the right to change, add, or remove any rule at any time.
18. A late fee will be charged to any balances that are late and must be paid before your athlete can return to practice.
19. All questions, comments, or remarks need to be addressed before or after a practice, or you can send a coach an email.
20. If there are any issues/ questions that you want to express, shoot a message to your Team Liaison and they will have all of your questions sent to an admin to be answered and will have a response within a timely manner.