

Firehouse Elite

All-Star Cheer

Team Handbook

2022-2023 Season



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INTRODUCTION

Welcome to Firehouse Elite! We want to personally welcome all newcomers to our program. We are so honored you've chosen to join us. At Firehouse Elite, we are proud of the quality and professionalism we deliver with our program. The development, safety, and support of our athletes and families is our top priority. This handbook provides information about the cheer season, as well as conduct expectations, and policies and procedures. Please familiarize yourself with information contained in this handbook and ask questions if needed.

Our Mission Statement

Firehouse Elite's mission is to develop powerful and self-confident athletes in the sport of cheer. Focusing on self-esteem, integrity, work ethic, accountability and commitment is our foundation for a successful outcome. We create strong effective leaders through education, supportive coaching and a positive environment.

Handbook Policies

Compliance

The athlete, parent/guardian, and all guests agree to comply with the rules, policies and procedures of Firehouse Elite as listed in this Team Handbook, program guide, website, posted in the facility, and as communicated by Firehouse Elite staff. Failure to comply may lead to disciplinary actions including, but not limited to: removal from practice, suspension from competition without refund and removal from program without refund.

Changes to Handbook

For the current 2022-2023 season, Firehouse Elite reserves the right to make and implement changes to the All-Star Cheer Handbook. If any changes are made, a notification will be sent by email, to the parent/guardian address on file, 30 days prior to all changes becoming effective. You will be asked to sign an updated version as changes are made

Resolution of Conflicts

If a conflict is unable to be resolved by staff, there is a request to clarify the contents of the handbook, or the operations of the team program conflict with the operation or philosophy of Firehouse Elite, the Firehouse Elite leadership will use the handbook and their vision for Firehouse Elite to resolve the problem, irrespective of prior arrangements and exceptions. The coaches may provide limited exemptions to these rules at their discretion. However, the Firehouse Elite leadership team have final authority and decision-making power in all matters concerning Firehouse Elite.

SafeSport

Firehouse Elite will fully comply or exceed all requirements for the USASF SafeSport Policy. The USASF is committed to creating a safe and positive environment for its participants' physical, emotional, and social development and ensuring it promotes an environment free from abuse and misconduct. As part of this program, the USASF has implemented policies addressing certain types of abuse and misconduct, as well as certain policies intended to reduce, monitor, and govern the areas where potential abuse and misconduct might occur. A SafeSport policy will be available to all Firehouse Elite team members and must be followed by all covered individuals. Failure to comply will lead to dismissal from

Firehouse Elite program, legal action, and/or disciplinary action by the national organization governing the sport and/or SafeSport. Mandatory annual training is required for all owners and staff. Training for parents is available and information may be obtained from staff.

Sexual Abuse/Molestation Prevention

All staff members are required to pass a background check prior to employment. We have written procedures in place regarding the prevention and mitigation of abuse, molestation or sexual misconduct. A full Sexual Abuse/Molestation Policy is available upon request.

Usage of Firehouse Elite Names, Logos, Likeness

The names, logos, and team names of Firehouse Elite’s various parts, and the likenesses of any of these, are the sole property of the owners of Firehouse Elite LLC. These cannot be used directly or indirectly to endorse a third-party item or service. Anyone else wishing to use the names, logos, team names, etc. must have the prior approval from the Firehouse Elite owners. Anything created without an owner’s prior written approval will not be acceptable, and may not be worn, displayed, or sold. Failure to comply may lead to disciplinary action, including dismissal from Firehouse Elite’s program without refund and/or legal action.

Solicitation

Firehouse Elite does not allow any solicitation by third parties on location or during any event that Firehouse Elite sponsors without prior written authorization of the owners.

EXPECTATIONS

Coaches, parents and athletes represent Firehouse Elite when we travel to any competition, public event, whenever wearing gym apparel in public, and at all times on social media. The Firehouse staff takes the programs professional reputation very seriously and expects to be regarded as a respectful program with high standards, morals and ethics. We hope to form positive relationships with all other gyms, competition companies, and officials. All staff, parents and athletes are expected to display a high level of sportsmanship at all times. Attached to this handbook is a Code of Conduct that must be initialed and signed by every parent and athlete that participates in the Firehouse Elite program.

COMMUNICATION & SOCIAL MEDIA

Meetings

Meetings and phone conversations may be requested and/or scheduled during staff’s office hours or other select times the coaches or owners have available. For safety reasons and to ensure the coaches are not distracted during the conversation please do not discuss information while the coach is instructing.

Social Media

Social media pages are a way to get notifications, updates, & information including weather closures, tryouts, classes, and other special events that are open to the general public. Facebook will have a private Firehouse Elite Parent Group. This is a private group for the athletes’ parents or guardians that is administered by Firehouse Elite staff. Information that is posted to this Facebook group by non-staff members is not guaranteed to be accurate. Bullying and/or aggressive posts will be removed and addressed accordingly. Parents and guardians may be removed from the page. All information on

our Firehouse Elite Parent Group must remain confidential. While it is not mandatory, we highly suggest you join/follow all social media pages.

- www.facebook.com/FirehouseElite
- www.instagram.com/firehouseelite
- Facebook Private Page: Firehouse Elite Parent Group

Per USASF policies and copyright laws, attendees are not permitted to live stream any competition on social media. You are permitted to take video and photographs without the use of flash photography. Please be courteous of those parents around you and position yourself as not to block the view of a parent who's athlete is competing on stage.

All Firehouse Elite's choreography and music is highly protected and should not be shared, traded, shown, or discussed with non-Firehouse members during the competitive season. Unless approved by staff, no videos should be shared to any forms of social media including screen recording of portions of routines, stunt sequences, dances, etc. Videos and/or music is not permitted to be shared with anyone not affiliated with Firehouse Elite and should not be uploaded to any online site including, but not limited to, YouTube, Facebook, Twitter, Instagram and TikTok.

More information is available in the Firehouse Elite Communication Policy.

Practices and Attendance

Because All-Star cheerleading is a team sport, attendance is important. Every athlete plays a specific role on the floor. There are no benches or substitutes, and the skill required to be a successful All-Star cheerleader takes a large amount of practice. For these reasons, we have a strict attendance policy.

Each team will practice twice per week for 5 hours total. Additional practices may be added to accommodate choreography or to prepare for competitions.

Important Dates

- May 20th-Tryout Info Night
- May 21-22nd-Tryout Skill Evaluations
- May 24th-Placement Reveal Party
- June 6th-2021-2022 Season Practices Begin
- June 20th-24th Firehouse Academy Training Week
- August 1-21st Vacation Blackout for Choreography
- October 29th-Competition Season Kick-Off Celebration
- November 19th-Fall Showcase
- December 24th-January 31st Gym Closed for Holiday Break
- April 1st-8th Gym Closed for Spring Break (Regional Summit Teams may have scheduled practices)

Absences

With All-Star cheerleading being a team sport, missing practice negatively affects the whole team – stunt groups can't practice, choreography is thrown off, and the athletes may be put in dangerous situations. You must notify Firehouse Staff of any planned absences at least 3 months in advance. For an unexpected absence, please submit as soon as known. To report a last-minute absence, please notify your coach or Firehouse Leadership.

Absences, June to August

TWO excused absences are permitted from June to August. Missing practice during summer months may affect your athlete's placement in stunts and routine choreography.

Absences, September to April

The following are the only acceptable reasons for an excused absence. All other reasons are considered unexcused. Even when excused from practice, the coach retains the right to use a replacement at competitions at their discretion.

- Family Emergency
- Contagious illness, athletes must be fever-free for 24 hours before returning to practice
- Required school activities resulting in a grade

At the discretion of Firehouse Elite staff, failure to follow the attendance policy may result in moving to an alternate position, removed as a crossover, or complete removal from team. Examples of unexcused absences include, but are not limited to:

- Unexcused absence from competition
- Excessive tardiness/absences from practices

Absences are not allowed 2 weeks before a competition. If any athlete is absent during this time, it may be necessary to remove the athlete from their position for the upcoming competition, resulting in a choreography-modification fee.

All competitions are mandatory attendance.

Family Vacations

Firehouse Elite understands that family vacations are very important during the summer and school year and the staff will permit a limited number of additional excused absences if the vacation requests are submitted no later than the June 15, 2022. Any additional vacations must be scheduled during the breaks listed as Gym Closure Dates or they will be considered unexcused.

Gym Closure Dates

There are no reductions in tuition during the months of breaks and holidays. To minimize disruptions to our athletes, it is recommended that you schedule vacations and special events during the times listed below.

- July 4th-no practices, however, may participate in community parade
- Labor Day, September 5th
- Thanksgiving, November 23rd-26th
- Holiday Break, December 24th-31st (Optional clinics and/or camps may be offered)
- Spring Break, TBA (Optional clinics and/or camps may be offered)

Extra Competition Practice

Firehouse Elite may hold mandatory extra practices before competitions. Teams that receive bids to The Summit or Regionals will have extra practices scheduled. These practices will be scheduled in advance so that families can make appropriate arrangements. Coaches may call additional mandatory practices if needed. There is no additional charges to your tuition for any added practices.

Financial Commitments

All participants must be willing and able to make the following financial commitments prior to joining Firehouse Elite. If at any time there are temporary and isolated financial hardships, please, let the owners know immediately as they will do their best to work with you and your situation to come up with an alternative plan.

Tuition and Competition Package

Firehouse Elite offers a variety of payment plans to suit every family's lifestyle. We have "all inclusive" pricing plans that cover practically ALL of the expenses needed to be a part of competitive cheer.

Tuition Includes:

- All Team weekly practices and any additional practices.
- Free attendance to all Firehouse Workshops (First aid, injury prevention and recover, mental health awareness and sports nutrition)
- Free attendance for Parent Workshops (supporting my athlete, cheer scoring 101, etc..)

Competition Package Includes:

- Bonding/Celebration Fund
- Music/Choreography
- Coaches Fees (coach's competition per diem payment)
- Competition Registration Fees
- USASF Athlete Liability Insurance
- Warm-ups
- Backpack
- Competition Makeup Kit with Carry Bag
- Competition Bows/Scrunchies
- Performance/Travel Scrunchies
- Practice Sports Bra & Tank (Athlete will be responsible for purchasing black shorts)
- Coaches Hotel Room Fees
- Hotel Fees (if athlete rooming out)
- Team placement swag bag

The only additional items you will be required to purchase is uniform, athlete practice/competition shoes, USASF membership, and any additional post season items (apparel, swag bags, etc.) All monthly tuition must be paid no later than the 5th of every month or you will be charged a 10% late fee. If tuition is more than 10 days late, the athlete will not be able to participate in any Firehouse Elite program activities until tuition is brought current or a payment plan has been arranged with owners. Tuition will not be prorated for holidays, missed practices, injuries, or any other reason. Failure to attend due to injury or other reasons does not waive tuition obligations.

Discounts Available to Firehouse Members

The following discounts are offered to all members of the Firehouse Elite Competitive Cheer Program.

- Sibling Discount: 20% off tuition cost (For each additional child, extra classes not included)
- First Responder Discount: 10% off monthly tuition for Police Officers, Firefighters, and EMTs

Billing Policies and Procedures

Upon registering for Firehouse Elite you are registering for the entire 2021-2022 season. Once registered, payments will not be pro-rated, refunded, transferred due to injuries, sitting-out for late payment, quitting before last competition, etc. Season ending injuries will be decided on by owners on a case by case basis. Athletes have until 7/31/22 to withdraw from our program without penalty. Should an athlete **choose to resign** from our program after 8/1/22, there will be a cancelation and re-choreography fee of \$500.

All-Star cheerleading requires a substantial financial commitment. Though we attempt to provide an accurate estimate financially per month, please remember that fees are subject to change due to unforeseen, or unexpected circumstances. Should we need to make a change to monthly totals, this will be communicated 30 days in advance of the change. Official notice will be emailed to all families.

Tuition and Facility fees are \$220/month due on the 5th of every month.

Competition Package installments are available in multiple payment options. This payment will be due the 20th of the month.

Merchandise (i.e. uniform, clothing, etc.) will not be distributed if ANY payment is past due.

Services will be withheld (student sat-out) if payments become more than 10 days past due.

Payment options: Automatic Bank Draft, Credit Card, Cash are accepted.

USASF Membership

There is an annual, non-refundable membership fee for all athletes that wish to participate in an All-Star competition. Membership runs August 1 to July 31 and fees are not prorated for registering late. It is the responsibility of the athlete's parent/guardian to process the membership through www.usasf.net no later than August 19, 2022.

Competition Fees

Please see the Firehouse Elite Payment Chart for more details and exact prices

The following fees were totaled together and broken into monthly installments; the exact number depends on the payment plan you choose. These installments are due the 20th of the month. Because failure to make payment by deadlines adversely affects the entire team, a late fee of 10% will be assessed each time payment is late. Fees are non-refundable for any reason after due date.

If joining late, the athlete will have 30 days to catch up on all past due competition fees.

Registration Fees

All paperwork (e.g. waiver forms) and payments must be returned to Firehouse Elite by the deadline for the registration to be considered complete. Please remember that these fees do not include the athlete's or their guest's fees associated with traveling to and from the competition or staying at the competition (excluding your athlete's accommodation, if athlete stays in athlete room.)

The D2 Summit and Regionals Fees

The competition fees do not include The D2 Summit, Regionals fees, or any post season competition fees. Fees for coaches' travel expenses and additional payments will be added to any registration fees for these competitions. When possible, payments will be spread out to make it easier for families to afford. D2 Summit and Regionals fees will depend on the type of bid received, if any (At-Large, Wildcard, Full Paid).

Payment Arrangements

If at any time there are temporary and isolated financial hardships, please let the owners know immediately as they will do their best to work out a payment plan, set-up a work arrangement, or an alternative plan. Payment plans must be arranged a minimum of one week prior to the due date. If at any time the payment plan is not met, the athlete will be removed from practicing with their team until all fees are made current.

Booster Club

Firehouse Elite has a booster club that provides several fundraising opportunities for interested families. The Firehouse Elite Booster Club complies by all regulations and laws pertaining to a non-profit organization supporting a for-profit company. Funds paid by the Firehouse Elite Booster Club can only be used to pay All-Star competition related fees. They cannot be used for tuition, classes, camps, or any other fees that are kept by Firehouse Elite. Every competitive athlete is required to be a member of the Firehouse Elite Booster. Membership fee is \$25 per athlete, per season.

For more information about joining the booster club to support Firehouse Elite athletes, contact the board at: firehouseelitebooster@gmail.com.

2021-2022 Firehouse Elite Booster Board:

Megan Iverson, President/Treasurer

Rawni Morris, Vice President

Anne Meyers, Secretary

Try-outs & Placements

Every athlete who attends try-outs and completes the registration process will be placed on a team. Try-outs are designed to help coaches determine the best placement for each athlete, as well as what is needed to create the most successful teams. Teams are strategically put together to score as high as possible at competitions. Keep in mind, the majority of athletes on each team must be capable of performing skills required for that level. Other factors considered for team placements are positions needed, individual athlete strengths, physical fitness and work ethic. Once placed on a team, athletes must maintain the skills that they demonstrated during try-outs. Firehouse Elite staff retains the sole right to remove an athlete from any team or move the athlete to an alternate position if the athlete cannot perform the skills they performed at try-outs, or does not show sufficient progress in technique and form during the season.

Try-Outs and Placements

Team placements will be announced at an all gym event on Tuesday, May 24th. Placements will also be emailed to families and available on our website directly following the event.

We ask that you trust our process and experience involving team placements. If an athlete has questions about their evaluations and placement, they may reach out to Firehouse leadership to request feedback and schedule a meeting, if necessary. Sometimes, an athlete may demonstrate skills at a higher level than the team they were placed. Again, there may be several factors involved in placing athletes on the right team. Our overall program and available curriculum is designed so that all athletes, at any skill level, continue to grow and learn new skills regardless of the team they compete on.

Crossovers

All athletes will be asked during evaluations if they are interested in being a crossover. The Firehouse Elite staff will be solely responsible for deciding which athletes will be selected as crossovers. This is not a guaranteed position.

- **Crossover Fees:** Because the athlete is placed on two teams, certain fees are higher. This includes choreography, music and competition fees. Please refer to the fees and pricing section.
- **Practice Wear:** Only one set of practice wear is required. The athlete has the option to purchase additional sets.
- **Uniform:** Depending on teams, the athlete may require an additional section of uniform.
- **Postseason:** All postseason costs are separate from the required fees listed. Crossovers will be required to pay all additional costs for competing on two teams. If athlete is placed on Youth and Jr/Sr teams, there will be required attendance at two post-season events.

Competitions

Competition First, Everything Else Second

All competitions are mandatory. Competitions are what our athletes work hard for all season. Competition weekends are about our athletes and making sure they are prepared for success. The weekend schedule and activities are structured to keep their head in the game, bond with their team, prepare for a stellar performance, celebrate their successes and of course have fun. Please remember that athletes attend competitions with the sole purpose to compete. The athlete is required to attend all scheduled practices, meetings, and team functions during competition weekend.

We will be participating in the following competitions this season. Although changes to our competition schedule are rare, Firehouse Elite staff reserve the right to remove or add competitions due to cancellations, opportunities for bids, goals of the team, etc.... We will also provide families with as much notice as possible when changes occur.

Dates	Comp Name	Address	Teams
December 3-4	American Northwest Championship	Portland, OR	All teams
January 14-15	Aloha Spirit	Portland, OR	All teams
January 21-22	Spirit Cheer	Kennewick, WA	All teams
January 27-29	ATC Grand Championship	Bellevue, WA	All teams
February	All Star Challenge-Clash of the Titans	Tacoma, WA	All teams

4-5			
February 18-19	Cheersport Nationals	Atlanta, GA	All teams
March 4-5	PacWest Nationals	Portland, OR	All teams
March 25-26	Cheersport	Arizona	All teams
April	US Finals (if GOLD bid earned)	Tacoma, WA	Teams who have not earned Summit bid
April	Regional Summit (Wildcard, At-Large, or PAID earned)	Anaheim, CA	Tiny, Mini, and Youth
May 6-8	The D2 Summit (Wildcard, At-Large, or PAID earned)	Orlando, FL	Junior and Senior

General Information

- Competition Schedules:
 - Most competitions are two days, Saturday and Sunday. There are occasional competitions that require Novice/Prep teams to perform on Friday. This will be announced if needed.
 - A tentative schedule will be released the Friday before the event.
 - Families will arrive at the hotel Friday of the competition weekend. There will be a **mandatory** athlete meeting in the evening and possibly a parent meeting as well.
 - A final schedule will be released no later than the Friday night at the meeting. This information will be posted on the Firehouse Elite Parent Group on Facebook.
 - Any changes after Friday will be posted in Firehouse Elite App.
- Competition Day:
 - Meet in lobby, report times will be given in your schedule.
 - Athletes must have all hair and makeup done by time listed in the schedule.
 - Teams will move to warm-ups at assigned time. Only Firehouse staff are permitted in the warm-up area with the athletes; parents are never allowed in the warm-up area.
 - After the team performs, they may be released to family until award time.
- Competition Awards:
 - The athletes will arrive to awards the same way they appeared to compete-in full uniform. No cell-phones or personal belongings allowed.
 - All Firehouse Elite athletes are expected to display a high level of sportsmanship at all times.
- Competition Dress Code:
 - Only Firehouse Elite attire may be worn: Firehouse Elite uniform, Firehouse Elite warm-ups or Firehouse Elite gym shir, or jerseys.
- Firehouse Elite Performances: All Firehouse Elite athletes, families, and fans are to support every Firehouse Elite team on both days of competition. Performance scores are a huge part of the judging, so the athletes need as much support as they can get. This may require families arriving earlier and staying later on competition weekend.

Competition Season Kick-Off

October 29th will be our 2022-2023 Competition Season Kick-Off Celebration. Athletes will receive competition gifts consisting of their backpack, uniform cleaning instructions, make-up pallet, other required make-up with application instructions, packing list, no-show socks, competition shoes, bows and scrunchies, etc.

Coaches will share highlights from team practices and goals for competitions. Expectations will be reviewed and athletes staying in athlete rooms will learn who their roommates are.

Hotels

Hotels are chosen and finalized by October 15th, at the latest. There are many factors that go into choosing where we stay. At Firehouse Elite, we enjoy staying all together in the same hotel. Therefore, we must choose a hotel that can accommodate our entire group. We also take into consideration distance from the venue, parking cost, types of rooms available, breakfast options and price.

All athletes are required to stay all together in the chosen hotel.

Rooming out: Athletes 12 and over may choose to stay in an athlete room during competition weekend. This means they will share a room with 3 other athletes. This is a privilege, and all athletes are expected to follow the Firehouse Elite code of conduct. Athletes who choose to room out will sign and follow a Rooming Out Agreement. If an athlete is disruptive to others, damages hotel property, or engages in any other prohibited activity they will be given one warning. Any second offense will result in the athlete losing their room out privileges and will be required to stay with a parent for the rest of the season.

Hair

To be determined.

Make-Up

Each athlete will receive a customized Firehouse Elite makeup pallet along with other required makeup. The makeup kit comes with instruction for application. There is also an instructional video on the website. The goal at competitions is uniformity. We like all athletes to look the same; same uniform, same shoes, same makeup, same hair, etc. This creates a powerful “one-gym” vibe.

Firehouse Elite Pride

Wear your red, black and gray! Strut your pride in Firehouse Elite gear! Dye your hair and practice the team chants. The energy we bring when watching our teams compete is felt by them and improves their performance. We watch all teams compete and attend all awards ceremonies. At Firehouse Elite, together, we support the entire gym.

Swimming and Hot Tubs

Athletes are not permitted to swim or use hot tubs on the day of competitions or the night before a competition. Athletes are welcome to swim and use the hot tubs when competition weekend is officially over and you’ve been released by your coach.

Health

Anti-Bullying

Firehouse Elite will not tolerate any form of bullying by athletes or parents. Bullying is, but not limited to, any unwanted and/or aggressive physical or emotional behavior that involves a real or perceived power imbalance. Bullying behavior is repeated, or has the potential to be repeated over time. No bullying will be permitted either in person or on social media, group chats, or texts.

If an athlete has any concerns with regards to bullying, either as a victim or as a witness, it is advised that they immediately contact an adult staff member of Firehouse Elite. This will be passed on to the Firehouse leadership team and actions will be taken based on the information collected. Actions that may be required include, but are not limited to: apologizing to the other party, suspension, and expulsion without refund.

Concussion

Firehouse Elite will follow the general policies and intent of RCW 28A.600.190 to ensure the safety of our athletes when the possibility of concussions exist. The RCW states,

- A youth athlete who is suspected of sustaining a concussion or head injury in a practice or game shall be removed from competition at that time.
- A youth athlete who has been removed from play may not return to play until the athlete is evaluated by a licensed health care provider trained in the evaluation and management of concussion and receives written clearance to return to play from that health care provider. The health care provider may be a volunteer. A volunteer who authorizes a youth athlete to return to play is not liable for civil damages resulting from any act or omission in the rendering of such care, other than acts or omissions constituting gross negligence or willful or wanton misconduct.

All of our coaches are concussion certified.

Injuries

If an injury occurs during a practice or a competition, the athlete must notify a coach immediately. In the case of a serious injury, the staff at Firehouse Elite will attempt to contact a parent/guardian immediately. If the staff cannot contact a parent/guardian, the staff will use their best judgement to ensure that the athlete receives the proper medical attention.

Only participants that have a valid medical note will be given exemptions from normal practice expectations. Unless a medical professional specifically states that the athlete is not permitted to attend practice and is not permitted to do any physical activities, injured athletes are expected to attend practices. Injured athletes will focus on flexibility, strength, and specific skills that do not affect the injured area, can perform physical therapy treatments, and will learn any changes to the routines.

A written doctor's release is required for the athlete to return to practice. Once the athlete is cleared, the Firehouse staff will be the sole decisionmakers in determining when the athlete is ready to rejoin practices and participate in competitions. The safety of the injured athlete, the safety of the injured athletes teammates, and the best interests of the team will be the primary factors when the coaching staff makes decisions.

Other information

Practices

Attire & Shoes

For the safety of the other athletes, please do not wear your cheer shoes outside. Stones, glass, or other hazards can be tracked onto the equipment and cause injuries.

Practice wear is required for practices. We will review your practice wear options as part of your competition package.

Clean-up at the End of Practice

All athletes are responsible for making sure the practice area is cleaned at the completion of every practice and all mats, equipment, and other supplies are stored correctly.

Athlete Room

The athlete room is for athletes and coaches only. This room is to be used for athletes arriving early or leaving late, team meetings, and athletes needing somewhere quiet to complete homework. Guests (e.g. parents and/or siblings) are not permitted into the athlete room unless actively helping an athlete with homework. Please respect others that are trying to do homework by keeping the volume of conversations and the TV to a minimum. Those unable to follow the rules will not be permitted to use the athlete room in the future. The athlete room must remain clean and presentable at all times. Teams will rotate weekly and be responsible for cleaning the athlete room. This will include, wiping down surfaces, vacuuming and keeping the team room clean. Failure to keep the athlete room clean will result in temporary closure and denied access for athletes.

Personal Belongings

Firehouse Elite is not responsible for damaged, stolen, lost, or misplaced property, including money. Bring it in at your own risk. Any food or drink items will be thrown away at the end of each night. Items such as cheer shoes, book bags, purses, wallets, clothing, cell phones and other electronics, and other personal effects will be held for 1 month in Lost and Found. At the end of every month, all items will be donated to charity or thrown away.

Goal Setting and Progress

Each athlete works with their coach to set individual goals for the season. Cheer is a team sport, and the success of the team is dependent on the dedication and abilities of each individual. Their goals are recorded and revisited throughout the year.

Education

Firehouse Elite offers our athletes and parents extra education opportunities. Cheer is demanding, competitive, and consuming. These athletes and this sport deserve our respect. That is why we provide numerous education opportunities to help our athletes take care of themselves, and help their parents/guardians support them. These educational classes are included in your tuition for All-Star Cheer.

Nutrition

What we put in our bodies directly affects our energy and focus. Understanding this is especially important for athletes. This class explains the benefits of a well-rounded, health diet and covers proper nutrition. It is designed to help athletes make informed decisions about their food choices and how they impact physical performance. This class is led by a certified nutritionist.

Injury Prevention and Recovery

Understanding your body and its limits, as well as the importance of proper stretching and skill technique is important for any athlete. This class is taught by a doctor specializing in Sports Medicine.

Mental Health Awareness

We're not just growing great cheerleaders. We're helping shape amazing individuals and future leaders. We hope cheer can provide these athletes with tools for happy, fulfilling lives. This course covers the important topic of mental health. How to recognize when to ask for help, what tools are available, and how to discuss mental health issues with others. It's important to know we all face struggles at times, and we are not alone. This class is led by a child psychologist.

Supporting my Athlete

This one's for the parents. Do you ever wonder what to do when your kid comes home frustrated after practice, or when they have conflict with their coach or another athlete? Do you ever find yourself searching for words when they leave the competition floor in tears after a disappointing performance? This class discusses how to best support and guide them through their cheer experience. It's important to make it about them and not add unnecessary stress. This class allows you to explore ways to encourage them and help them overcome obstacles without doing it for them. It helps you find the balance so your kids can experience healthy struggle and pride of accomplishment.

Cheer Scoring 101

This one is also for the parents. How can one team have a fall and beat another team that hit zero deductions? What does it mean to hit zero? Why do we change our routines in the middle of competition season? What goes into choreography? Our coaches teach this one and will answer these questions and many more. You will undoubtedly see these routines in a new light and come out of this class with a greater respect for our brilliant coaches.