

**2020-2021 ACE Cheer of Dothan**

**Practice & Competition Information**

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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 10, 2020 and ends August 2020.
* Summer Session includes one (1) weekly practice
* Summer Session practices will be scheduled Monday – Thursday depending on what team you are placed on.

Competition Season Practices

* The "*Competition Season*" begins August 2020 and ends after the final competition.
* Competition Season includes two (2) weekly practices and All-Star tumbling.
* Competition Season practices will be scheduled Sunday – Friday.
* Team practices and All-Star tumbling classes may be added, cancelled or changed at any time throughout the year. A two-week notice of practice change or additions will be provided.

Team Absence Allowance and Protocol

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* 1. Communication of missed practices, for any reason, should be made via text or facebook message to your team coaches.
  2. Athletes are allowed 2 total absences (unexcused) during the Summer Session. If an athlete misses practice, they are required to attend open gym for a make up.
  3. Athletes are allowed 3 unexcused absences during Competition Season.
  4. After you have reached 3 unexcused absences in the Competition Season, you will be charged a missed practice fee of $25 for every additional missed practice. You will also 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 team.
  5. 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.



* 1. Missing a competition without prior notice may result in immediate dismissal from the program.
  2. These, and all, decisions will be at the sole and absolute discretion of the gym owner and/or All-Star Director.

Missing Practice Protocol

1. An absence request form must be handed to Carly or Aaron directly (no other employee or staff member).
2. An absence request form is due 2 weeks prior to absence.
3. If an athlete is sick, a doctor's note must be submitted to the team coach within 24 hours of missed practice.
4. If the above rules are not followed, it will be considered an unexcused absence.

Absences Defined

Excused Absences Absences that fit the follow

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Unexcused Absences

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

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

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.

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 circumstance affecting their ability to perform.

* + We will 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.

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 condition 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 ACE employees, are responsible for jewelry if it is worn into the gym or brought onto ACE property. ACE Cheer of Dothan 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.

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* + Open Gym is still included in the monthly gym tuition fees.
  + Open Gym will be offered 3 nights a week.
  + It will be mandatory for athletes to attend Open Gym at least once a week.



Understanding Competition Schedules

* ACE Cheer of Dothan will compile a schedule and detailed memo for each event. You can expect these by Wednesday prior to the event. Schedules may adjust and change up to the day of the event.
* ACE Cheer of Dothan 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.
  + Performance
    - 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 athletes’ 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-to-Play” guidelines (when required) while booking hotel rooms for out of town



competitions and events..

* 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. We do recommend, 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
2. Official ACE warm-up (Uniform should be worn under the warm-up.)

* 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.



Bid Details

The summit and other end of season events are prestigious, post-season competitions that require a team to receive a bid to compete. There are various types of bids offered for each event. These bids may be based off of variable such as, team placement, score, etc. ACE Cheer of Dothan has planned our competition schedule to ensure that we attend as many bid opportunity competitions as possible.

If a team receives a bid to The Summit or other post season events, 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 up to date in order for athletes to attend any post-season competition. These, and all, decisions will be at the discretion of the gym owner and/or All-Star Director



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| The Summit | Orlando, FL | Wildcard Bid | $700.00 *est.* |
| The Summit | Orlando, FL | At Large Bid | $775.00 *est.* |
| The Summit | Orlando, FL | Paid Bid | $400.00 *est.* |
| US Finals/The One | Location TBD | At Large/Paid Bid | $175.00 *est.* |

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