



CAPITAL CHEER ALLSTARS

CONTRACT

Strong Body, Strong Mind, Strong Self

Welcome to the Capital Cheer All Stars!

Welcome to Capital Cheer All Stars! We're thrilled to have you as part of our cheer family. This handbook outlines our mission, policies, expectations, and key information for a successful and rewarding season. Together, we aim to build strong athletes, strong teams, and strong character.

Mission: To create strong bodies, strong minds, and strong selves by teaching athletes the value of hard work, discipline, and dedication to the sport of cheerleading. We believe in Trusting the Process.

Vision: To provide an environment that fosters personal and athletic growth through safe skill progression, technical excellence, and teamwork. Our program encourages a culture of commitment, unity, respect, and integrity.

Goal: Capital Cheer All Stars promotes inclusion and proper technique to ensure long-term athlete development and team success. We hold our athletes to high expectations while providing the support they need to exceed their goals—regardless of age or level.



CONTACT INFORMATION:

All Star Cheer Director

Lauren Barden

Email: lauren1@capitalgymnasticsntc.com

Capital Gymnastics NTC Office

Phone: (703) 239-0044

Website: www.capitalgymnasticsntc.com

Social Media

Instagram: [@capitalcheer.allstars](https://www.instagram.com/capitalcheer.allstars)

(Follow for team updates, shoutouts, and more!)

Coaching Staff

- Emili Zamfino – emiliz@capitalgymnasticsntc.com
- Alex Mann – alexm@capitalgymnasticsntc.com
- Shelby Knight – shelbyk@capitalgymnasticsntc.com
- Krissy Schnebel – schnebka@gmail.com

You will receive the following:

- Rules and Policies
- Guardian and Athlete Code of Conduct
 - Photo and Video Release
 - Competition Information
 - Tryout Information
 - Notable Dates
 - Tuition and Fees



Team Placements & Decisions

- All team and routine placements are at the discretion of the coaching staff.
- Team assignments are not final and may change throughout the season based on skill development, safety, or team needs.
- Athletes are expected to maintain and build upon the skills demonstrated at tryouts.
- Athletes may be moved between teams during the season, with prior communication provided by the All Star Director.
- Athletes are not permitted to compete on more than one team unless requested by the All Star Director.
- Team levels and divisions are based on USASF skill guidelines and the best competitive placement for the program.

Communication

- All communication between athletes and coaches must be through the BAND app or official Capital Cheer All Stars email addresses.
- Texting and social media messaging between athletes and coaches is not permitted.
- Guardians must wait 24 hours before reaching out with concerns after a practice or event, unless there is a safety emergency.
- All concerns must be sent via email to the team coach and cc'd to the All Star Director.



Gym Expectations

- Per Capital Gymnastics policy and safesport policy, no child may be left alone with a coach. Please be punctual for all drop-offs and pick-ups.

- Withholding an athlete from practice or competitions as punishment is not acceptable and harms team success.

- Athletes must arrive in proper, assigned practice wear or team consequences may apply.

- Hair must be tied back, jewelry removed, and fingernails kept short.

- Team additions and dismissals are at the sole discretion of the coaching staff.

- No refunds are given for missed practices.

- Medical absences require a doctor's note to sit out.

- If an athlete quits or is removed from the program:

- A \$500 dismissal fee applies after June 1, 2025.

- A \$1,000 dismissal fee applies after August 1, 2025.

- There is a \$50 No Call/No Show Fee for unexcused absences or same-day call-outs unless due to an approved reason.

- Capital Cheer follows USASF age and level regulations. See www.usasf.net for more details.

- An athlete's birth year determines their eligible age division.

Return to Participation

- If an athlete misses practice or competition, their placement in the routine may change for safety reasons.

- Athletes recovering from injury must provide a doctor's clearance to return.

- A conversation between coaches and guardians is encouraged before returning to full participation.



Rules and Policies

Parent and Athlete Code of Conduct

At Capital Cheer All Stars, we expect every athlete and guardian to uphold the highest standards of character, respect, and commitment to ensure a safe, positive, and successful team environment.

Expectations for Athletes

1. Hard Work

Athletes are expected to come prepared and focused for every practice. They owe it to their team, coaches, and themselves to put in consistent effort.

2. Dedication

Athletes must remain fully committed throughout the season. All practices are mandatory unless otherwise specified. This includes maintaining physical and mental readiness for all practices and events.

3. Respect

All athletes must show respect to coaches, staff, teammates, and guardians. Poor sportsmanship, bullying, or inappropriate behavior will not be tolerated.

4. Healthy Habits

Cheerleading is a physically demanding sport. Athletes are expected to maintain proper nutrition, hydration, and sleep routines to support their performance and recovery.

5. Conditioning & Flexibility

To prevent injuries and support team success, athletes—especially flyers—must maintain strength and flexibility. Flyers are required to submit time-lapse stretching videos and body positions via the Flyer BAND group twice per week.

Expectations for Guardians

1. Communication

Guardians must communicate professionally with coaches via BAND or email. Meetings can be scheduled as needed. Concerns must be submitted 24 hours after the most recent incident unless it is a safety emergency.

2. Practice Observation

Parents must remain in the designated viewing areas. No guardians are permitted on the practice or competition floor at any time for safety and focus reasons.



Social Media & Internet Guidelines

- No athlete may post inappropriate photos, language, or behavior—online or in person—while representing Capital Cheer All Stars.
- Profanity, negativity, or inappropriate TikTok/lip-sync content is not allowed.
- Speaking negatively about the program, coaches, or teammates—publicly or privately—is grounds for removal from the program.

Consequences

Athletes or guardians who violate the Code of Conduct may be dismissed from the program at the discretion of the coaching staff and director.

Competition Information

Competition Selection & Schedule

- The Cheer Director will determine all competition events for the season.
- A tentative competition schedule will be released in June 2025.
- Capital Cheer All Stars Elite Teams participate only in Varsity-sanctioned events to provide teams the opportunity to earn Summit or Worlds bids.

Membership & Registration Requirements

- All athletes must have a valid USASF membership (\$50), submitted online ON June 1, 2025.
- Families must submit ACH forms and a blank check to the front desk prior to the first practice.
- First tuition payment will be processed via ACH on June 5, 2025.
- Participation is mandatory from enrollment through May 31, 2026, regardless of competition schedule.

Competition Attendance & Expectations

- Athletes are responsible for arriving on time to all competitions. Guardians must arrange reliable transportation.
- Coaches will send arrival times and instructions via BAND the night before or the day of the event.
- Competition schedules are typically released a few days prior to the event and shared immediately upon receipt.



Appearance Guidelines

- Athletes must arrive in full Capital uniform and warm-up jacket over uniform, with cheer shoes on.
- No UGGs, flip-flops, or alternate shoes may be worn with the uniform.
- Hair must be styled in the designated competition style before arriving at the venue.
- Makeup is required for competition and should remain on through awards.
- Athletes must attend awards in full uniform, with no jewelry or phones.

Team Spirit & Support

- Families are expected to stay and cheer for their athlete's assigned "sister team" on competition days.
- We encourage all families to support as many Capital teams as possible throughout the day.

Behavioral Expectations

- Guardians, athletes, or supporters may not communicate with competition officials for any reason.
- All questions must be emailed to the Director at least 24 hours after the competition has ended.
- Athletes staying to watch other teams must remain in full uniform or full warm-up gear (not mixed or partial).

Travel & Hotels

- It is the responsibility of each family to book and pay for their own hotel rooms.
- Capital Cheer will provide hotel block options for travel competitions when applicable.

Summit & End-of-Season Events

- If a team earns a bid to The Summit, **ALL** team members are expected to attend and compete.
- Costs for end-of-season events like Summit or Youth Summit are not included in regular tuition or in season competition fees and will be billed separately.



Practice Attendance before Competitions

- All practices are mandatory for the two weeks leading up to any competition.
- Missing one excused practice in the first of the two weeks may result in a fill-in being used for that practice.
- Multiple or consecutive absences within the two-week window may result in removal from the routine for that event.
- A \$50 No Call/No Show Fee applies to any uncommunicated or unexcused absence.

Approved Excused Absences:

- School-related events that affect a grade
- COVID-19 illness or quarantine
- Death in the family
- Religious exemptions
- Contagious illness with a doctor's note

Appearance Violations & Additional Notes

- No nail polish or jewelry is allowed during competitions (clear studs included).
- Athletes must straighten or curl hair as directed (not based on personal preference). Alternate styles require Director Approval.
- Failure to follow uniform and appearance guidelines may result in:
 - Verbal warning
 - Parent email
 - \$50 fine for repeat offenses
- All athletes must wear white cheer shoes for practices and competitions.
- No refunds will be issued for missed competitions. Injury-related concerns should be discussed with management.



Cheer Program Closures

(Note: Cheer team closures do not necessarily indicate that the entire gym is closed.)

- Summer Cheer Break: June 30 – July 6, 2025
- Gym Closed: August 2 – 9, 2025
- Labor Day Weekend: August 30 – September 1, 2025
- Fall Break: November 27 – 29, 2025 (Practices resume Sunday, Nov. 30)
- Winter Break: December 24 – 25 & December 31 – January 1
- Spring Break: March 30th – April 4th, 2026 (Optional Spring Skills Camp Available)
- Memorial Day Weekend: May 23 – 25, 2026

Additional closures may occur due to competitions, choreography, or travel dates. Advance notice will be given when possible.



Cheer Program Closures

(No Practice for Cheer Teams does not necessarily mean the GYM is closed unless specified)

Elite Team MANDATORY Choreography Dates

SAVE THE DATE

- ✓ Stunt Choreography Friday Evening, June 20th (2 teams), Saturday Evening June 21st (2 teams), Sunday June 21st ALL ELITE TEAMS
- ✓ Prep/Elite Team Choreography August 10th through 17th Times will be ALL Day and TBA
Set Dates and Times for Teams will be Announced AFTER Team Announcements are Made.

Tiny Choreography TBA

Important PAYMENT/DOCUMENT Due Dates

May 28th and 29th COMMITMENT DAYS

- ✓ Gym Registration Fee in Check form only is due to front desk (\$175) & Tuition and Competition Fees will be automatically taken and must be set up with EFT or ACH. BLANK or VOIDED check to Gena in main office. Instructions provided in the email from Capital Gymnastics NTC.
(Same Payment due to GENA)
- ✓ Capital Cheer Contract (Capital Cheer Virtual Welcome Packet) due at signing day.

June 1st:

- ✓ USASF Athlete ANNUAL Membership (\$50) ONLINE – picture uploaded and birth certificate uploaded ONLINE
- ✓ Capital Cheer Booster Membership Fee \$100 FEE due online – www.capitalcheerabc.com/join-today

July 1st

- ✓ ACH Practice Wear Payment - \$90

September 15th

- ✓ Competition Fees Payment #1 ACH

November 15th

- ✓ Competition Fees Payment #2 ACH

January 15th

- ✓ Competition Fee Payment #3 ACH

March 15th

- ✓ Competition Fee Payment #4 ACH



CAPITAL CHEER All Star

COMPETITION FEE BREAKDOWN 2025-2026

Team Type	Team(s)	SEPTEMBER 15TH	NOVEMBER 15th	JANUARY 15 TH	MARCH 15th	YEARLY TOTAL
Elite (6 COMPETITIONS)	TBA	390.00	390.00	390.00	390.00	\$1,560.00
Prep/Mini (5 COMPETITIONS)	TBA	290.00	290.00	290.00	290.00	\$1,160.00
Tiny Elite (4 competitions)	TBA	\$215.00	\$215.00	\$215.00	\$215.00	\$860.00
Tiny NOVICE (SHOWCASE & 1 COMPETITION)	FOXTROT	NONE	NONE	200.00	NONE	\$200.00

Tuition AND Competition Fee payments are ACH/EFT ONLY.

MONTHLY TEAM TUITION COST

LEVEL	COST PER MONTH (JUNE 5 th THROUGH MAY)	GYM REGISTRATION FEE (ONE TIME FEE DUE JUNE 5th)	TOTAL MONTHLY COST (ACH)	ADDITIONAL ONE TIME FEE PRACTICE WEAR UNIFORM
ELITE (6.5 hours)	\$255.00	\$175.00	JUNE-MAY: \$255.00	\$90.00 per set
PREP/MINI (4 hours)	\$235.00	\$175.00	JUNE-MAY: \$235.00	\$90.00 per set
TINY (3 hours)	\$200.00	\$175.00	JUNE-MAY: \$200.00	\$90.00 per set
TINY NOVICE CLASS (1 hour)	\$65.00	\$175.00	JUNE-MAY: \$65.00	\$90.00 per set

Tuition is charged monthly starting June 5, 2025 for the first payment. Then the next payment will be June 25 – April, 25, 2026 which will be May's tuition via ACH.

Your Bank statement will indicate Olimpia LLC- NOT CAPITAL GYMNASTICS



Additional Program Costs

- New Mandatory Warm-Up Jacket & Pants – All teams (SAME AS PREVIOUS SEASON)
- Uniform & Bow – One-time \$600 payment (due August 2025 via ACH – SAME AS PREVIOUS SEASON)
- Tiny ELITE Uniform Top & Flutter Skirt – \$165.00 and Bow \$25 – entire package available which includes warm ups, bow, and uniform \$350.00.
- White Cheer Shoes – Required for all athletes (Nfinity or Varsity brands recommended but not required)

Uniform Policy Notes

- Athletes must be in full uniform or full warm-up when at competitions—no mixing and matching.
- Improper attire at events will result in:
 1. Verbal warning
 2. Written notice to parent/guardian
 3. \$50 fine for repeat offense



Acknowledgement of Rules, Policies, and Responsibilities

By signing below, I acknowledge that I have reviewed, understand, and agree to follow the guidelines, expectations, and responsibilities outlined in the Capital Cheer All Stars Handbook.

I confirm that I have received and reviewed the following sections:

- Rules & Policies
- Parent & Athlete Code of Conduct
- Competition Guidelines
- Tryout Information
- Important Dates & Closures
- Tuition & Fee Schedule
- Uniform & Practice Wear Requirements
- Mandatory Competition Warm-Up Purchase
- Payment Instructions
- Choreography Schedule
- Additional Program Costs

I understand that failure to comply with these policies may result in disciplinary action, including removal from the program.

Electronic Signature Required

All guardians must submit an electronic signature via the Capital Cheer Google Form link provided in your welcome email.

This signature serves as formal acknowledgment and agreement to the contents of this handbook.



Frequently Asked Questions

What happens if my child is sick before a competition?

If your child is too sick to practice or compete, you must notify the coaching staff immediately. While absences accompanied by a doctor's note may be considered excused, repeated or extended absences can still impact the athlete's placement within the routine. An excused absence does not guarantee that an athlete's role or position will remain unchanged, as changes may be necessary to ensure the safety and preparedness of the team.

How do I make payments?

All payments are made via ACH through the Capital Gymnastics front office. Payment deadlines are listed in this handbook under Payment Schedule & Due Dates.

What if we need to take a break from the team?

All athletes are expected to commit to the full season. Early withdrawal will result in a dismissal fee per policy. Please contact the All Star Director if an unavoidable situation arises.

Can we choose to miss a competition?

No. Competitions are mandatory. Missing a competition affects the entire team and may result in the athlete being removed from the competition lineup.

How can I support the team beyond competitions?

You can support the program by attending team events, fundraising, and helping cheer for other Capital Cheer teams at competitions.