

**JOIN US FOR**  
***The Brightest***  
***Season Yet!***

**U A**

**Season 8**

**Prep Team**  
**Pre-Season Competition**  
**Packet**



# ALLSTAR CHEER

## Prep

**Evals- May 13th, 15th, 16th**

**Season: June-March**

**Practice 1x per week June-July**

**Practice 2x per week August-March**

**5-7 Competitions + Performances**



## Fall Novice

**Evals- August 21st + 22nd**

**Season: September-Feb. 1st**

**Practice 1x per week**

**1-3 Competitions + Performances**

## 1/2 Year Prep

**Evals- May 13th, 15th, 16th**

**Season: August-Feb. 1st**

**Practice 2x per week**

**2-3 Competitions + Performances**



**We are so excited to have your athlete be a part of our family. Unlimited Athletics is PROUD to have class opportunities for ages 2+ and be a safe and fun place for the Lake Region.**

**Mission: To inspire and empower all children to learn through movement, believe in their dreams, and become strong both physically and mentally while learning and mastering cheerleading, tumbling, and fitness skills.**

**Values: Family, Teamwork, Hard Work, Resilience, Encouragement, Courage, Self-Empowerment, Friendship, Positivity**

### Season Options

Prep Full Year All Star: August-March

Prep 1/2 Year All Star- August- February 1st

Novice: September-February 1st (registration will open in August)

Recreational Classes

Summer + Fall Performance Teams

**THIS PACKET IS FOR ALL ATHLETES/FAMILIES INTERESTED IN PREP ALL Star  
Cheer for the 2024-2025 Season**

**For any questions regarding the contents of this packet, please reach out to our program director and owner, Haylie Wiberg, at [info@unlimitedathleticsnd.com](mailto:info@unlimitedathleticsnd.com).**



# Team Options BreakDown Information

Program	Season	Practice Hours	Birth Years	Competition Schedule	Registration / Placements
Fall Novice	September-February 1st	1 hour per week	2015-2021	1-2 Competitions	Evals- Aug. 21st + 22nd
1/2 Year Prep	August-February 1st	1.5 hrs 2x a week	2009-2017	Up to 2-3 Competitions	Evals-May 13th, 15th, 16th
Prep	August- March	Tiny: 1.25 hrs 2x a week Mini-Youth: 1.5 hrs 2x a week Junior-Senior: 1.75 hours 2x a week + 1 hour 1x a week	June 1st 2005-2019	Up to 5-6 Competitions	Evals-May 13th, 15th, 16th

\*\*Tiny, Mini, and Youth athletes will have an optional opportunity to register for an extra hour practice a week for a discounted tuition. Athletes will choose between a tumbling class or a jump/flexibility class.

\*\*Junior and Senior prep’s additional hour of practice is mandatory.

**All teams will have a few performances in town.  
Tentative competition + performance schedule is listed below.**

Novice Team information will be posted later this summer. If you have any questions in regard to Novice cheer, please email [info@unlimitedathleticsnd.com](mailto:info@unlimitedathleticsnd.com)

\*\*Approximate season costs for Novice CAN be found on page 7 of this packet.

All Prep information can be found in this packet.



# Gym Important Dates

Date	Details
May 13th, 15th, 16th	Prep Team Eval Nights
June 3rd	Summer Practices Begin for ALL Prep Teams
July 1st-6th	Gym Closed- Summer Break
July 29th	Teams Announced
August 5th + 6th, 7th + 8th, 12th + 13th	Senior Choreography, Mini + Tiny Choreography, Youth Choreography + Parent Meetings
August 19th-23rd	Cheer BreakDown Week + Last Week of Prep Summer Practices
August 21st + 22nd, 27th-29th	Novice Evals , Novice Choreography
August 31st- September 2nd	Gym Closed- Labor Day
September 12th	Annual Picnic
November	Lifting Limits Showcase
November 27th-December 1st	Gym Closed for Thanksgiving Break
December	Competitions Begin **Please see comp list
December 20th- January 1st	Gym Closed- Christmas + Winter Break
January	Choreography Upgrade Camps
March 5th- 9th	Gym Closed- Spring Break
April	End-Of- Season Showcase

**\*Additional dates will be posted ASAP throughout the season**



# Full Year + 1/2 Year Prep Team Information

## Eval Week

All athletes must be registered for an eval time. Athletes should only be registered for ONE time slot.

### EVAL DATES

MAY 13TH  
MAY 15TH  
MAY 16TH

### Pre-Season Parent Meetings

Please be present at ONE of these meeting times.

MAY 13TH @7:00PM  
MAY 15TH @7:00PM  
MAY 16TH @7:00 PM

There will be a \$25 placement fee upon registration. Athletes **MUST** be registered in order to participate in season 8. All athletes will be measured for uniforms at their eval time.

Please click the following link to create an account and register for placements and our competition season.

## PREP REGISTRATION

Coaches will be evaluating athletes on tumbling, jumps, and flexibility in order to place them into summer groups/ teams.

Full year prep athletes will be placed into a group for summer practices. Athletes can move groups throughout the summer based on the coach feedback. These groups are not their season teams. Groups are based off of past experience/ work ethic, overall technique, and current tumbling levels.

1/2 Year Prep will not practice throughout the summer. Practice will begin in August.

## Summer

### Group 1

### Group 2

### Group 3

Tuesdays 5:00-  
7:00pm

Thursdays 5:00-  
7:00pm

Tuesdays 9:00-  
11:00am

First Summer Practice starts  
June 3rd.

\*\*ONLY FOR FULL YEAR PREP

All Team placements will be announced on July 29th through social media and email communication.

Athletes will be evaluated by age and skills based on the USASF skill models. ALL athletes will be placed on a team based off of tumbling, jumps, flexibility, strength, work ethic, attitude, age, etc.

All parents are required to come to their athletes TEAM meeting WITH their athlete. Communication will be sent out prior to these meetings. Team Parent meetings will be scheduled in August.



# Choreography Schedules

Team Breakdowns	Senior Prep	Junior Prep	Youth Prep	Mini Prep	Tiny Prep
Birth Years	June 1st, 2005-2013	2009-2016	2012-2018	2015-2018	2017-2019
Approximate Skills	Elite Level 2 Tumbling and Stunting Skills Flyer Body Positions/ Flexibility Hyper-Extended Jumps Elevated Dance Skills	Advanced Level 2 Tumbling and Stunting Skills Flyer Body Positions/ Flexibility Hyper-Extended Jumps Elevated Dance Skills	Elite Level 1 + Basic Level 2 Tumbling and Stunting Skills Flyer Body Positions/ Flexibility Elevated Jumps Confident Dance Skills	Advanced Level 1 Tumbling and Stunting Skills Flyer Body Positions/ Flexibility Elevated Jumps	Beginners + Level 1 Tumbling and Stunting Skills Flyer Body Positions/ Flexibility Elevated Jumps

**Athletes will be evaluated by age and skills based on the USASF skill models. ALL athletes will be placed on a team based off of tumbling, jumps, flexibility, strength, work ethic, attitude, age, etc.  
Team age divisions will be chosen AFTER May eval dates.**

## Prep Choreography Dates Choreography is MANDATORY for all athletes.

Senior Prep	Youth Prep	Mini Prep	Tiny Prep	1/2 Year Prep
August 5th + 6th	August 12th + 13th	August 7th + 8th	August 7th + 8th	August 14th + 15th

**First Season Practice starts on August 19th.**

**If you have any questions or concerns regarding prep teams, please email [coachhaylie@unlimitedathleticsnd.com](mailto:coachhaylie@unlimitedathleticsnd.com)**

**All decisions are finalized by the Coach Staff of Unlimited Athletics and Cheer.  
Coach Haylie will have final say in all team decisions.**



# Monthly Tuition and Fees

**Monthly Tuition :** Automatically charged to the card on your iClass portal on the first of each month.

**Additional Fees :** Additional fees will be split into multiple payments and will be charged to the card on your iClass portal on the 15th of each month.

**\*Uniform Payments due August 15th. Novice due September 15th.**

**\*Choreography Fee due June 15th. Novice due August 15th.**

**\*Competition Fees will be split between September, October, and November.**

Program	Monthy Tuition Due on the 1st	Uniform	Additional Fees
Fall Novice	\$70	\$150*	\$50 Competition Fee \$115 Choreography Fee
1/2 Year Prep	\$85	\$200*	\$50 Competition Fee \$145 Choreography Fee
Prep	\$75 Summer \$85 Season	\$200*	\$150 Competition Fees \$145 Choreography Fee \$49 USASF Fee
Junior/Senior Prep	\$105 Summer \$115 Season	\$300*	\$150 Competition Fees \$130 Choreography Fee \$49 USASF Fee

**\*Costs subject to change**

**Competitions fees are for registration, coach payment, and other competition team fees. Choreography fee includes music fee. All fees are split between months.**

**Quitting/Athlete Dismissal :** Any athletes who quit or are dismissed from a competitive team during the season, will not be refunded for any items already charged and/or ordered. There will also be a \$100 re-choreography fee charged immediately



## Billing

**All payments will be due on the first of each month. Choreography and Competition Payments are due on the 15th of the month when applicable.**

**All cards will be charged a \$30 late fee after the 5th of the month for monthly tuition charges. If families do not pay by the 15th, your athlete will have to sit out of all practices until payment is processed. (These will be considered unexcused absences).**

### Other Fees:

**All other fees will be processed on the 15th of the month when scheduled. Same policies will apply. If competition fees are not paid, that athlete will be unable to compete with their team.**

## Attendance Policy

**Attendance is very IMPORTANT in the world of cheer. Cheer is a team sport and we appreciate all of the effort and diligence it takes to make sure your athlete is at practice each week.**

Athletes can have no more than 3 UNexcused absences. Athletes will be removed from their position and/or the team if they have 3 unexcused absences.

If athletes have repeated absences (even if they are excused), a meeting will be set up to discuss athlete placement. Athletes may be removed from the team at the coaches discretion.

If athlete misses more than 30 minutes of practice, it will be considered a 1/2 absence.

If athlete is late to practice unexcused, they will receive a tardy. Two tardies will count as 1 unexcused absence.

Excused absences include family emergencies, sickness, school events (not sport related), funerals, and weddings.

Unexcused absences include other sports, vacations/ trips, appointments, etc.

All unexcused and excused absences are determined by the coaching staff.

**All practices the week prior to a competition are 100% mandatory. Athletes not in attendance are at risk of being removed from positions and/or the routine for that competition with the exception of funerals, illness with a doctor's note, and required school events with at least 1 month prior notice.**

\*Summer practices do not follow the attendance policy.

## Inclement Weather

**In the event of inclement weather, we do NOT follow the school announcements.**

**We will communicate any closures as soon as we can via email and on your team BAND page.**





## Communication

**It is the parent's responsibility to stay up to date on all team information. Check your emails and BAND app regularly. BAND and email are our two forms of communication. We will assist you in downloading the correct TEAM BAND page at your parent meeting. We recommend having BAND notifications ON on event/ competition days.**



The best way to communicate with coaches is through email OR through BAND messaging.

Please refrain from reaching out through Facebook, Instagram, and/or text message as these can be easily lost and forgotten. Coaches will get back to all messages in a timely manner.

Please remember that we are all humans. If you are upset by any decision or event, please take 24 hours to decompress before making contact with coaches. We are a family, so please remember to lead with kindness and all coaches will do the same.

Email: [info@unlimitedathleticsnd.com](mailto:info@unlimitedathleticsnd.com)

## Competition Policies

**Travel:** Parents/ Guardians are responsible for getting their athletes to and from all competitions. The majority of our competition season is in the winter. Please plan accordingly as these events will NOT cancel due to weather.

**We will get the competition schedule to you as soon as possible. We usually receive the schedule a week prior to the event. All schedules are subject to change. We will communicate schedule and times as frequently as possible.**

### Other Competition Policies

You will be required to stay for your athlete's award time. Please plan for this.

All athletes are required to stay in FULL uniform for awards. No jackets or sweatpants. Cheer shoes on.

Please cheer for ALL teams, not just ours. :)

Coaches will send out a "What to Pack" list once competition season begins. We will also send out competition TIPS.



# Athlete/Parent Policies

**Practice Wear-** All athletes will be required to wear black shorts and a black top to practice. All clothing must be Unlimited Athletics apparel OR plain black apparel. Pants and sweatshirts will not be allowed while practicing. Athletes MUST have cheer shoes.

**Sportsmanship and Human Kindness** (AKA who we are + anti-bullying policies)- All communication on and through all platforms should remain positive and kind. There should be no negative communication and/or social media posts made in regards to athletes, coaches, teams, etc.

We believe in kindness, positivity, and cheer for everyone.

If your athlete or if the parent/guardian is not following our values, a coach meeting will be scheduled. If it continues, your athlete may be asked to leave the team.

An athlete should not have inappropriate social media. If athlete is caught with inappropriate social media pages or caught participating in an illegal activity like underage drinking, they will have consequences including, but not limited to, being removed from the next competition.

Athletes should be empowering and lifting other humans up. They should be leading with kindness and support.

**Financial Agreement:** You are responsible for all fees mentioned in this handbook. Failure to pay these will result in a late fee and possible dismissal from a team and/or the program. All fees are nonrefundable; if you choose to leave or are dismissed for any reason you will not receive a refund for any fees and/or tuition.

Please remember that we are all humans. If you are upset by any decision or event, please take 24 hours to decompress before making contact with coaches. We are a family, so please remember to lead with kindness and all coaches will do the same.



# Tentative Competition + Performance Dates

ALL Dates are Subject to Change, be added, or be removed from our schedule. We will send out communication ASAP for all events, date changes, performances, and extra information.

**NOV**

## 3rd- Lifting Limits Showcase @DL

Teams Attending: Fall Novice + Full Year & 1/2 Year  
Prep Teams

**16th + 17th ASC Minneapolis, ND**

Teams Attending: Full Year Prep Teams

**DEC**

**JAN**

## 11th + 12th -American Heartland, Council Bluffs, IA

Teams Attending: Youth, Junior, Senior Full Year Prep  
Teams

**18th - Best of the Midwest, FARGO, ND**

Teams Attending: Fall Novice + Full Year & 1/2 Year  
Prep Teams

**FEB**

## 1st- Baby I'm A Star, Fargo, ND

Teams Attending: Fall Novice + Full Year & 1/2 Year  
Prep Teams

**15th-Jamfest, Fargo, ND**

Teams Attending: Full Year Prep Teams

**22nd + 23rd- Valentines Classic, Sioux Falls, SD**

Teams Attending: Full Year Prep Teams

**MAR**

## 9th- End-Of-Year Showcase

Teams Attending: Full Year Prep Teams

**29th - Rumble in the Jungle, Brookings, SD**

Teams Attending: Full Year Prep Teams

**APR**

## 3rd- Banquet

Teams Attending: Full Year Prep Teams



# Frequently Asked Questions

## **When will we know what team/ when team practices will be?**

Team placements will be announced on July 29th. All practice times and further team information will also be posted at this time. All families will attend a team-specific meeting with their athlete in August to clarify all team information including practice days and times.

## **Will we have opportunities to fundraise throughout the season?**

Yes, all athletes will have a couple opportunities to fundraise. We are revamping our fundraising for season 8 and are excited to announce at least 1 Fall Fundraiser and 1 Winter Fundraiser. More information will be sent out through BAND and email communication.

## **When will we have the competition schedule and when will we know what time we compete?**

Competition dates will be posted as soon as we know them. Throughout the season, competition schedules generally come out the week prior to the competition. We always send out the schedule as soon as we get it. These schedules are subject to change. Staying connected to BAND communication and email communication is very important.

## **My athlete has \_\_\_\_ skill, what team will they make?**

UA prides themselves in building the best teams for each athlete. We use a multitude of criteria including, but not limited to, tumbling, stunting, flexibility, attitude, and age. Athletes are placed on teams primarily by age and by skill. For example, athletes on a level 2 team should have ALL level 2 skills and be working on their level 3 skills. We do the best we can to create great teams that will feel successful all season long.

## **Should my athlete be on a prep team or a novice team?**

This is a common question. Prep is a more challenging, higher committing team than Novice. If it is your athletes first year, we recommend signing up for Novice. This is a great beginning level where they can make friends, have fun, and learn new skills. Athletes will figure out if they LOVE cheer and how committed they want to be in the future. If your athlete has been in cheer in the past and your family is committed to Unlimited Athletics, we definitely recommend a PREP team. Prep teams have more opportunities throughout the season and is our favorite program!

## **What if my athlete wants to quit during the season?**

This is EXTREMELY hard for a cheerleading team as we would be required to re-work choreography. This takes a lot of time for the coaches and the team who has to relearn the routine. Due to this, you will not receive any refunds. Families will still be charged for the current month and the following month. These fees will go into the time needed to re-work the routine. Athletes will not be allowed to join in any classes until these fees are paid.

## **How do I sign my athlete up for individuals?**

Individuals are solo routines that each athlete will have a chance of competing throughout the season if they want. Individual information is posted on the last page of this packet.



# Individual Information

**Individuals are solo routines that athletes have the opportunity to compete in. There are 3 main categories of individual events.**

**Cheer Solo-** 1 minute routine with music that incorporates all aspects of cheer except for stunting.

\*This can be competed in as a solo or a duet.

**Tumble Star-** Routine that incorporates two standing tumbling passes + 2 running tumbling passes. No music involved.

**Jump Star-** Routine showcases the athletes best jumps. Usually 3 connected jumps and 1 stand-alone jump. No music involved.

\*\*If athlete competes in all 3, the event \*might\* have a triple star award\*\*

## Individual Guidelines and Rules for Season 7

1. Athletes **MUST** be on a team to compete in an individual event.
2. If athlete is **NEW** to a team this year, they will not be able to compete in an individual event this season.
3. Tiny athletes are only allowed to do a tumble star.
4. If your athlete has never competed in individuals before, they are only allowed **ONE** event for this season.
5. **THIS** season, Mini and Youth athletes will only be able to register for **ONE** event to start with due to coaching staff. IF more coaches are available **OR** more time is available, we will accept more than just one routine. When you register, you will state your **NUMBER ONE** choice in a routine. You will also check off if your athlete wants a second and/ or third routine. We will choreograph routines for athletes in order of registration. \***ALL** athletes who register will get at least one routine.\* Junior and Senior athletes will be allowed to register for multiple routines.

## Individual Registration

**Registration will open May 20th**

Cheer Solo- Music + \$115

Tumble Solo- \$40

Jump Solo- \$25

Extra Costs include any private lessons + other lessons scheduled for practice.

You will also be responsible for all competition fees. Families will be charged the competition fee + \$30 for the coach fee.

You can choose what competitions you want your athletes to compete at. There will be a competition form to fill out in the Fall.

All individuals will be contacted when it is time to learn their routines.