



2021 – 2022 Prep/Novice PARENT PACKET

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Welcome to the KCAC Family! This informational packet will provide you with helpful information to help you make an informed decision about where you choose to invest in your athlete. If you find after reading this packet that you have additional questions – please contact us at kcac@kcaccheer.com. KCAC is committed to building strong, confident & resilient athletes.

Communication: We utilize multiple platforms to communicate with families, while keeping the privacy & safety of our athletes a priority on social media. Please keep us updated with all your contact information (phone, email) so you will be in the loop as to what is happening at KCAC. The KCAC Padlet (Padlet.com), Email and private Facebook pages and GroupMe are the main sources of communication. We are happy to add multiple email addresses as needed. Simply email kcac@kcaccheer.com to add and/or change your contact information.

- ★ **If you have questions** – just ask us. Please respect that coaches are busy working with teams. If you need to have a conversation, set an appointment to talk privately. We are always happy to meet with you and your athlete at a convenient time so we can give you our undivided attention. Right before or after practice is not usually a good time. The best way to get ahold of us is via email – kcac@kcaccheer.com.
- ★ **Parent & Athlete lobby:** Keep communication in the lobby and outside the gym positive! Any parent or athlete that creates drama, or speaks about athletes, coaches or our program negatively will be released from the program. Have a meeting with your coach if you have a question or concern. We will ALWAYS make time to speak to you.
- ★ **Social Media** – staff, athletes and parents are expected to refrain from any type of negative talk about any gym, including KCAC, in an online forum. Staff will communicate with athletes through team specific social media. Athletes will not friend coaches on social media.
- ★ **Be KIND to our staff** – We ask that you talk and treat our staff the way you would like to be treated. If you are angry with a gym policy, please make an appointment to speak with the owner, Johanna Lucas, and/or your athletes coach. Yelling and offensive behavior is NOT tolerated.

Fee Information and Schedule (Noted in previous page graph as well)

- **Monthly Team Tuition:** Is automatically drafted on the first day of each month via our portal system. It is your responsibility to set up your preferred payment method through your parent portal and keep the information up to date. Please know anytime we have tried to make alternate payment plans – it has led to problems.
- **Accounts with divided families:** the parent who signs the athlete up for cheer will be responsible for any outstanding bills. We will accept payment from both parties, however we will not mediate the plan, and will ultimately draw the payment from the portal when due.
- **Fees are based on a yearly fee schedule.** Therefore your fees do not change if a practice is cancelled due to a holiday, vacation or inclement weather. KCAC, on occasion, does call extra practices. You will not be charged for these.
- **Outstanding fees:** can result in removal from the team.
- **Competition Fees:** (estimated and determined by competition, also noted above)
 - These fees will be divided into 6 equal payments debited from your account via our portal system on October 15, November 15, December 15, January 15, February 15, March 15. In addition, you will have a final end of season payment on April 15, and these fees will be determined based on bid event. You will be notified of this amount within 30 days of the payment due date.
- **Choreography & Music Fees:** Your fee covers your routine choreography and custom music along with a scoring evaluation for each team.
- **Warm-ups/Team Tanks/Accessories:** These items are sold by KCAC and are ALWAYS OPTIONAL purchases for our athletes.

Financial Schedule:

- **May 23th** or time of tryout registration: Tryout Fee - \$35.00
- **May 24th – May 30th** Practice Wear sizing & ordering, cost is approximately \$160.00, **plus tax**. This includes 2 bottoms & 2 tops. All paperwork due to KCAC this week.
 - **June 1st and every month thereafter through April/May** Tuition Fee is drawn via portal system
 - **Tiny Novice:** \$80
 - **Junior Novice & Tiny Prep:** \$90
 - **Mini, Junior, Senior Prep** \$120
- **June 15th:** Choreography Fee withdrawn from portal
 - **Novice:** \$100
 - **Prep:** \$210
- **July 15th:** Uniform, Make-up & Competition Bow
 - **Novice:** \$110
 - **Prep:** \$125
- **September 15th:** Activity Fee \$75.00
- **October 15th:** 1st of 6 competition fee payments (ESTIMATED for Novice: \$100 per month; Tiny & Mini Prep: \$167 per month; Senior Prep: \$216 per month)
- **November 15th, December 15th, January 15th, February 15th, March 15th:** 2-6 competition fee payments.
- **April 15th:** Bid event competition fees

Level Requirements – How we evaluate athletes

KCAC's goal is to create teams that are true to their skill level. Our teams are built based on score sheet requirements for each USASF level. Your athlete will be assigned to a team based on their true skill level. Whatever skill your athlete has at tryouts will be the level they are assigned to. If an athlete has only a few of the skills listed in any particular level and a majority (75%) of the skills listed in the previous level, then that athlete will be considered the lower level.

Please note: Team movement can occur based on individual progress/maintenance of skills throughout the season. We want you to know up front SOME of the ways your athlete's spot could become in jeopardy on your team:

- Loss of skills/abilities, excessive absences, poor attitudes, injuries & delinquent accounts.

Level 1	Level 2	Level 3	Level 4	Level 5	Level 6
No tumbling required	All Level 1 skills	All Level 2 skills	All Level 3 skills	All Level 4 skills	All Level 5 skills
Cartwheel into backward roll	Back Handspring	Toe touch, back handspring series connected	Standing tuck	Toe touch, standing tuck connected	Round off, back handspring full or double full
Front Walkover	Back walkover, back handspring connected	Round off, back handspring, tuck	1 and 2 Standing back handsprings tuck	Round off, back handspring to full	Standing handspring into a full or double full
Back Walkover	Front walkover, round off, back handspring	Front walkover, round off, back handspring/tuck	Round off, back handspring, layout	Standing back handspring 1-3 into a layout	Specialty tumbling into a full or double full
	Round off, back hand spring rebound, back handspring series	Aerial or front punch to round off handspring tuck	Front walkover or front punch, round off, back handspring, layout	Specialty tumbling to a full	Standing full
			Round off, back handspring whip through to tuck/layout		

The sport of All-Star cheer has changed immensely when it comes to tumbling and scoring. In order to score in the high range of tumbling and to remain competitive, your athlete needs to have not only every skill, but also an elite skill with that level as well.

Of course, there will always be exception in order to make sure the team is well-rounded and successful on all parts of the score sheet. The coaching staff has full discretion when it comes to building the team rosters.

We want to remind you that cheer is not like school. Sometimes there is an assumption that your child will move up every year and that is simply not the case. We want to offer the chance for a child to master her or his level prior to moving up so they are better prepared to transition to the next level.

Crossovers for the Season: Any athlete who crosses over to another team for the season will be required to pay the crossover fees that KCAC is charged by the competition companies. When an athlete is crossing over to another team, they will be required to pay the competition fees, choreography/music fee, etc. of the highest level team.

The team the athlete is originally placed on is their primary team. An athlete may not quit their primary team to be solely on their crossover team. If an athlete is asked to cross over, that may or may not continue throughout the season. The coaches and owner reserve the right to change an athlete's crossover status.

KCAC ATTENDANCE POLICY

Competitive Cheer is a sport that relies on **FULL PARTICIPATION** from **ALL** team athletes: Excessive absences and/or late arrivals are detrimental to the team and can result in the removal of the athlete from the team. Accepting a position on a team at KCAC requires your child to be here and on time!

- Attendance at **ALL PRACTICES** between August and the last competition are **MANDATORY**. Attendance at **ALL COMPETITIONS** are **MANDATORY**. If you must miss a practice, you must notify a coach directly PRIOR to practice and ask the coach who you need to contact to find a substitute. This communication DOES NOT take place via GroupMe or KCAC Facebook team page.
- You are **NOT** allowed **ANY UNEXCUSED** absences during the season (August to April/May). Under the discretion of your Coach – if you have an unexcused absence you will be moved to an ALTERNATE position for your team for the remainder of the season.
- If you are absent and/or late the FOUR practices before a competition, you could be moved within the team or moved to an ALTERNATE position at the coaches discretion.

UNEXCUSED absences include: Failure to notify coaching staff DIRECTLY prior to practice time via phone call or text, Missing for Club sports, Middle or High School sports and activities that are not graded.

High School Cheer Athletes HS and Middle school cheerleaders are expected to attend at least half of the KCAC practice on nights they have HS/MS game conflict. Cheerleaders should share calendars with their coach as soon as they have them and talk to HS coaches about trading games if possible where there are split squad options.

Injury (Physical or other): Injury requiring you to not participate in practice will require a doctor's note. If you cannot FULLY PARTICIPATE (stunt, jump, tumble, dance...) 2 weeks prior to a scheduled competition, you will likely be asked to sit out of the competition. NO REFUNDS ON COMPETITION FEES. Full doctors release note will be required to return to participation level. Full doctors release note will be required to return to participation level. After cleared by a doctor, your coach will write you back into the routine as time allows.

Illness: If you are not feeling well (ie: headache, sinus infection, allergies...) COME TO PRACTICE! Even if you have to just watch, you will be up to speed on changes, etc...) If you have a fever, contact your coach prior to practice to determine a plan and if you need to find a substitute.

NOTE: KCAC follows Blue Valley School District calendar. Winter and Spring Breaks are based on Blue Valley. If you attend another school district and have a different Spring Break – we are sorry. You will be required to be at practice during that time as it is high competition season.

INCLEMENT WEATHER DAYS: KCAC will NOT close because of school closures. Johanna will make that determination the afternoon of a school cancellation and notify all families by 3:00pm **IF** the gym will close and cancel practice due to inclement weather.

Mark Your Calendar: (please note these dates are tentative & we will continue to communicate closures throughout the year)

- ❖ May 29-31, 2021 Memorial Weekend (closed)
- ❖ August 15 – 21, 2021 First Week of School (closed)
- ❖ August 22, 2021 Fall Practice Schedule begins
- ❖ September 4 – 6, 2022 Labor Day Weekend (closed)
- ❖ November 24 – 26, 2020 Thanksgiving Break (closed)
- ❖ December 21 – January 1, 2022 Christmas Break (closed)
- ❖ March 13 – 19, 2022 Spring Break (closed)
- ❖ April 17, 2022 Easter (closed)

Various tumbling and stunting clinics and open gyms will take place during the above noted dates for athletes. Dates & times TBD.

KCAC Practice Requirements:

- All KCAC athletes will sign a Code of Conduct and adhere by this code (attached).
- All KCAC athletes will arrive to practice on time and ready for practice.
- ALL KCAC athletes will wear KCAC practice wear to all team practices. (not required for Novice teams)
- ALL KCAC athletes will wear white cheer shoes.
- ALL KCAC athletes will wear their hair pulled off their face and shoulders with proper hair ties prior to practice time. (scrunchies are not sufficient)
- No jewelry allowed.
- Nails should be kept athlete short (at or just above the skin), no artificial nails due to athlete safety.
- No gum
- No cell phones on the mats during practice or water breaks. If you are sitting out sick, phones are not allowed.

- Bring a water bottle with your name on it and place at the front of the mat. DO NOT share or drink from another athletes water bottle.
- All personal belongings will be kept in labeled bag in the gym area. The only bag you touch is your own bag! If you carry pepper spray, please notify your coach and place you bag where directed by the coach.
- KCAC is not responsible to Lost, Stolen or Damaged items. Again, please label all your items with your name and keep them in a bag or backpack.
- For the SAFETY of all team members, KCAC will adhere to a strict attendance policy.

KCAC Competitions:

- All set competitions are MANDATORY. Please review the competition schedule and plan accordingly. (if you see a potential conflict tell your coach IMMEDIATELY in writing.
- If you miss a competition KCAC reserves the right to remove you from a team.
- If you miss a competition and an alternate is put in your place and the team receives a bid to Summit or Worlds, it will be the discretion of the Coach as to which athlete will compete at the bid event.
- There are NO refunds on competition fees.
- The FINAL competition schedule will be to you in August, and we try our best not to deviate from that.
- Competition days are long. We ask that you block the entire day off for cheer (usually 8am – 9pm). This does not mean that the competition will last that long, however we do not know our performance schedule until a few days before the event and it is expected that our athletes support our other KCAC teams competing as well.
- All athletes will arrive to competitions ready to go (uniform, make up, bow, shoes). All athletes will go to the awards mat in complete uniform (no sweats, slippers, back packs or cell phones allowed).
- Teams will travel to local competitions and will travel to ONE drivable competition (example: Branson or similar).

KCAC DISCIPLINARY POLICY

KCAC will normally adhere to the following progressive disciplinary process:

1. **Verbal Warning:** An athlete will be given a verbal warning when a problem is identified that justifies a verbal warning or the athlete engages in unacceptable behavior. Verbal warnings are documented and placed in the athlete's file and the parent is notified by the owner and/or coach.
2. **Written Warning:** A written warning is more serious than a verbal warning. A written warning will be given when an athlete engages in conduct that justifies a written warning or the athlete engages in unacceptable behavior. Written warnings are maintained in the athlete's file and a copy is given to the parent.
3. **Removal:** An athlete will be removed from a team when he or she engages in conduct that justifies removal or does not correct the matter that resulted in less severe warnings.

While KCAC will generally take disciplinary action in a progressive manner, it reserves the right, at gym discretion, to decide whether and what disciplinary action will be taken in any given situation. KCAC will do its best to involve all families involved in this action. KCAC reserves the right to dismiss an athlete from the program at any time due to policy infractions.