

## **Welcome Families!**

Thank you for your interest in our program. We look forward to an exciting 2025-26 season, and we would love for you to be a part of it! Below you will find some important dates and information to facilitate a seamless transition into the new season.

## **About Our Program**

Dream Allstars was formed by Andrea Needle, a mother of two (and later three) young cheerleaders who wanted an experience for her children that would teach them sportsmanship, teamwork, and confidence. In forming this organization, Andrea developed the following Mission Statement:

Dream Allstars is an organization predicated on the belief that the greatest value of sports lies within its ability to enhance the character, self-esteem, and physical well-being of its participants. While advocating the honorable pursuit of victory, Dream Allstars is dedicated to the creation of a sports environment that promotes and protects each of its athletes. Dream Allstars is unwavering in its commitment to excellence and has designed a program intended to produce athletes of unparalleled skills, and young men and women with unequalled character and spirit.

21 years later, we stand by that Mission Statement. We want to excel, but we also want to create a safe space for our athletes and foster a family environment where each athlete will develop not only elite cheerleading skills, but, more importantly, excellent character.

## **Our Ideal Family**

Our ideal family is comprised of people who:

- love cheer;
- want to be part of a team where the sum of the parts is greater than any one individual;
- wish to be part of an even larger family;
- strive to win but recognize that the experience is as much the journey as the result.

## Offseason Dates

### [Bring-A-Friend/Open Practice Week: May 12-15](#)

This is an opportunity to come to a practice or two, work with our staff, meet some potential dreammates, and see what it's like to *LIVE THE DREAM!*

No friend in our program? No problem! Head over to our website and fill out our Open Practice Week Form under our 25-26 Season tab so we can let you know which day to join us.

### [Free Tumbling Clinic: Friday, May 16](#)

- Session 1 (levels 1+2 skills): 5:30 – 7:00 p.m.
- Session 2 (levels 3+ skills): 7:00 – 8:30 p.m.

Come tumble with our top-notch tumbling staff for FREE! This event is reserved for athletes trying out for the upcoming season. Sign-ups are first come, first served and are available on our website under our 25-26 Season tab.

### [Tryouts: May 17-18](#)

- Saturday, May 17: 10:30 a.m. – 3:00 p.m.
- Sunday, May 18: 11:00 a.m. – 2:30 p.m.

Our tryout process is streamlined to make the experience quick, easy, and low-stress. Athletes will be expected to perform their highest level standing tumbling pass, running tumbling pass, jumps, and a motion sequence. Athletes with no prior experience will be led through the tryout process by a coach.

### [In-House Evaluations: May 19-20](#)

Athletes will sign up for a 30-minute time slot -- 15 minutes to warm up and 15 minutes to demonstrate their skills. Sign-ups will be sent out via email.

Practices will still take place Wednesday – Friday with an amended schedule.

### [Parent Meetings: May 28-29](#)

- Wednesday, May 28: 7:00 p.m.
- Thursday, May 29: 7:00 p.m.

We will cover the gym policies, financial obligations, and other important program information. **At least one parent per family, both new and returning, must attend a parent meeting prior to their athlete's participation in the program.**

## Summer Plans

### Working Groups: June 1-July 2

- Working groups will span two age groups and two levels (i.e. Mini-Youth Levels 1-2).
- Each group will aim to have between 16-25 athletes.
- Practice 2x/week – once on a weekday and once on Sunday.
  - Weekday practices will include 1.5 hours of tumbling training and 1.5 hours of cheerleading training.
  - Sunday practices will consist of cheerleading training for the entire 3 hours.
- Our highest-level working group—Junior/Senior 5-6—will follow a slightly amended schedule with shorter practices 3 days per week.
- Athletes designated as “flyer in training” will be assigned weekly, at-home stretch routines to be recorded and sent in as a time-lapse 3x/week.
- Athletes can elect to cross over to a 2<sup>nd</sup> working group, but this is contingent on spot(s) being available on an additional and appropriate working group.

Selection of working groups will be made by determining our anticipated teams (divisions). Athletes will be placed in the working group where they can contribute most based on their current skill-set, their past cheer experience, and their fit with the roster.

During the first 5 weeks of summer, we will utilize our working groups to build the foundation that will last for the duration of the season. Coaches will all follow the same curriculum, beginning with fundamentals before moving to higher-level skills. Since working groups span two levels, once athletes demonstrate mastery of their lower-corresponding level, coaches will introduce skills of increasing difficulty. Tumbling coaches will follow a similar structure, beginning with basic, entry-level skills and move athletes to higher-level skills once proficient.

The goal of this 5-week period is to ensure all athletes utilize the same terminology; have the same basic training and understanding as it relates to building, tumbling, and cheerleading elements; and evaluate not only individuals, but potential groups and teams.

### Team Placements: July 3

Team placements will be sent out via email. We will use the scoresheet and skill expectations set forth by USASF to determine which divisions and levels we will have. All placements will be made with the team's success in mind *first and foremost*. Factors that will play into the decision will include the athlete's:

- Age
- Tumbling skill level
- Stunting position and experience

Once our divisions and levels are set, we will begin to look at team needs to finish building out a cohesive roster. Athletes with a specialized skill-set or individuals who wish to cross over to a second team will then be added to round out the roster.

### Team Practices: July 7-August 22

- Practice 1x/week – only weekday practices (new schedule).
- Teams level 5 or above will continue to have a second practice day.
- Flyers will continue their weekly stretch routines.

The focus of team practices for the remainder of July will be to review level-appropriate skills and ensure the entire team is prepared to progress to advanced and elite skills.

In August, coaches will look to introduce more advanced skills to identify potential stunt sequences, as well as to finalize stunt groups for our routines. Tumbling coaches will be consulted on potential sequences and passes for all athletes. Our goal is to provide our choreographers with direction so our teams are able to begin run-throughs as soon as possible to hone technique.

### Choreography: August 23-24, August 29-30, September 13-14

- Teams' days and times will be sent as soon as they are finalized.

Choreography is generally a two-day process that can last approximately 8-14 hours total. Breaks will be provided assuming the athletes move through the content quickly enough. Choreographers tend to move fast and can be intense, so make sure your athlete is well-rested and ready to work!

Some of our lower-level teams will receive in-house choreography. In-house choreography, done by members of our staff, is used for teams that are better served by a choreography process that does not demand mastery of a routine in just a handful of hours over two days. In-house choreography takes place over a greater number of days for fewer hours at once to aid memory.

## Policies and Expectations

### Attendance Policy

Given the collaborative nature of cheerleading, if even one athlete is missing, the entire team is compromised – stunts can't go up, formations are off, and the productivity of practice is severely diminished. Therefore, in fairness to the entire team, we will allow and excuse absences only under the following circumstances:

1. **A required school activity that results in a grade** (i.e. outdoor ed). This does not include a heavy homework load or studying for an exam – we expect all athletes to manage their time as necessary to fulfill their obligations to both schoolwork and cheerleading on a daily basis. Nor does it include, for example, the talent show, a play, a dance, or any other school activity that is optional.
2. **Serious illness that is highly contagious and virulent, and/or vomiting.** Headaches, stomach aches, colds, etc., are NOT considered a serious illness and are not reasons for absences. Similarly, if your child is injured, she/he must still attend practice if only to watch. In addition, coaches reserve the right to request a doctor's note in the event of an injury requiring a prolonged recovery period.
3. **A religious observance involving the athlete or her/his immediate family.** This does not extend to observances for extended family or friends.

In fairness to the team, compliance with this policy is required. If your child has unexcused absences, she/he may not be allowed to compete with her/his team at the next competition or may be dismissed from the program.

While we recognize that your child cheers for fun, please remember that we are a competitive, not recreational, program. If you or your child cannot make the requisite time commitment or comply with our attendance policy, you should reconsider your participation in our program.

### Extra Practice Policy

While our goal is always to ensure each team utilizes practices to their fullest potential, there are occasionally times when a team will need to be brought in for extra practice prior to competition. These practices are scheduled to be as convenient as possible but require compromise from all families. Just like regularly scheduled practices, these extra practices are mandatory.

### Late Policy

Athletes must arrive at practice on time. While there is no gym-wide policy regarding handling tardiness, each coach will implement a consequence for athletes who arrive late regardless of the circumstance. In previous years, coaches have implemented consequences such as tumbling skills or exercises per minute. Coaches will send an email prior to the first practice covering their individual policies.

### Social Media Policy and Communication

All parents and athletes reflect Dream and, as such, must represent the gym in a manner consistent with our principles. To maintain our desired reputation, all parents and athletes must refrain from the following:

- Speaking on behalf of Dream
- Implying organization endorsement of personal views
- Disclosing organization information
- Engaging in negative conversations about athletes (Dreamers or outside athletes) and parents
- Acting in a way that undermines the reputation or integrity of Dream, or brings discredit upon the organization.

We strive to provide easy access and clear communication via multiple platforms. Information will be disseminated through the following:

- Email – This is the only official mode of communication and must be checked on a regular basis.
- Facebook Group – This is a private group that will provide supplemental information, including reminders and Live videos.
- Team Group Chats – These are used for quick or imminent reminders, such as last-minute changes or meeting spots for competitions.

### Dream Logo, Image, and Likeness

Members are prohibited from commercializing or reproducing Dream's logo without prior approval of the owner.

## Competition Expectations

Competition days are always exciting, but they are also demanding and come with a strict set of expectations that help the day run as seamlessly as possible. We want our athletes to have the best possible competitive experiences, and that begins with families complying with the protocols we have put in place that minimize competition-day stress and help set the teams up for maximum success.

Once a competition company has sent out its final schedules, we will send an email that includes each team's arrival time, performance time, and awards time. Our expectation is that all parents read their email *thoroughly* with the following points in mind:

- Arrival – Arrival times are mandatory! Athletes are to be at our designated meet spot, competition ready, and with a coach by arrival time. Please take into account potential traffic, parking difficulties, and trouble navigating the arena when planning your competition day schedule.
- Appearance – We will require all athletes to purchase the designated eyeshadow palette and lipstick. Athletes will be able to use the blush, eyeliner, and mascara (and lashes) of their choice. We will do a tutorial and circulate pictures of our expected look. Please practice prior to competition day to ensure quality.
- Behavior – Athletes and parents are representatives of our program, particularly when in uniform or Dream gear, and must behave in an appropriate manner.
- Awards – Awards are mandatory. Athletes must be competition ready—including bow, lipstick, and cheer shoes—when we attend award ceremonies.

Competition days are long and draining, but please remember staff members routinely show up earlier and stay later as they have numerous teams and responsibilities. We will never ask you to do something we are not already doing!

## **Finances**

### Program Cost

Monthly fees are determined by each team's number of hours in the gym, and number and type of competitions. For full pricing information, please reach out to [andrea@dreamallstars.com](mailto:andrea@dreamallstars.com).

## Fundraising

We know that cheerleading can be an expensive sport. To help offset costs and make the program more accessible to a greater number of people, we offer fundraising opportunities throughout the year (additional fundraisers will be added). Proceeds from your fundraising efforts go directly to your personal account and may be used for the program cost of your choice.

- Charleston Gift Wrapping – 40% profit
- Double Good Popcorn – 50% profit
- Mrs. Fields - 50% Profit
- Papa John's – 67% profit

If your account is in arrears, fundraising proceeds will first be used to bring your account current with any remaining amount then being designated to the program cost of your choice.

## Discounts

We also offer the following discounts with your registration:

- Refer A Friend: Tell a friend about Dream and receive a \$100 credit for each friend who joins our full-year program. The more friends you bring, the more money you save!
- Sibling Discount: If you have two or more athletes in our program, you receive 50% off the 2<sup>nd</sup> (and every successive) athlete's tuition.
- Level 6 Discount: Have an athlete with a two-to-full, running full, and jump to back? She/he will cheer TUITION FREE for the first two months and receive 50% off tuition for the remainder of the season.
  - Worlds team athletes are not eligible for this discount as it has already been applied to their program costs.
- Pay in Full Discount: Pay your entire program's cost upfront and receive 10% off tuition (due by 1<sup>st</sup> practice).
- Group Discount: Come in a group of 4 or more, receive \$400 off per athlete!
  - This is applicable only for first-year Dreamers
  - Cannot be combined with sibling discount



## Schedules

### Gym Closures

| <b>Dates</b>          | <b>Events</b>  |
|-----------------------|--|
| June 15               | Father's Day   |
| July 3-6              | July 4 <sup>th</sup> Weekend                                   |
| August 30-September 1 | Labor Day Weekend<br>One team will have choreography Aug. 30th |
| November 27-29        | Thanksgiving   |
| December 22-27        | Winter Break   |
| December 31-January 1 | New Year's   |
| January 19            | MLK Day  |
| March 30-April 5**    | Spring Break**   |

\*\*Coaches reserve the right to schedule Spring Break practices\*\*

### Important Dates

| <b>Dates</b>    | <b>Events</b>                     |
|-----------------|-----------------------------------|
| May 12-15       | Open Practice Week                |
| May 16          | Free Tumbling Clinic              |
| May 17-18       | Tryouts                           |
| May 19-20       | In-House Evaluations              |
| May 28-29       | Parent Meetings                   |
| June 1 (Sunday) | First Working Group Practice      |
| July 7          | First Team Practice               |
| August 23-24    | Choreography                      |
| August 29-30    | Choreography                      |
| September 7     | Sunday Practices Resume           |
| September 13-14 | Choreography (no Sunday practice) |

**Thank you for considering our program!**