



Handbook & Information Packet

HUGE change this season! We are getting away from Sunday practices! All Cheer teams will practice on Tuesday and Thursday evenings, Sunday's will be reserved for extra practices only.

This handbook is designed to help you understand what to expect from our program. We have 4 different cheer programs for you to participate in according to your ability and commitment level. This season tumbling is required and included in your monthly tuition.

Travel Teams: Full year highly competitive program. You can expect to compete 6-7 times a season and 2-3 of those competitions will require travel. Possible teams this season. Cost: \$180/month (includes a tumbling class) + Comp Fees (TBA)

- Level 1 – Mini (DOB: 2020-2016), Youth (DOB: 2012-2019), Junior (DOB: 2009-2018), Senior (DOB: 2016-2015)
- Level 2 – Youth (DOB: 2012-2019), Junior (DOB: 2009-2018), Senior (DOB: 2016-2015)
- Level 3 – Youth (DOB: 2012-2019), Junior (DOB: 2009-2018), Senior (DOB: 2016-2015)
- Level 4 – Junior (DOB: 2009-2018), Senior (DOB: 2016-2015)
- Level 5 – Junior (DOB: 2009-2018), Senior (DOB: 2016-2015)

Limited Travel Teams: Full year competitive program for new athletes with minimal to no experience. They will attend 4 in-state and 1 out of state competitions. The level is determined by the numbers Level: 1.1 means level 1 stunts and level 1 tumbling. Cost: \$140/month (includes a tumbling class) + Comp fees (TBA)

- Level 1.1 – Mini (DOB: 2020-2016), Youth (DOB: 2012-2019), Junior (DOB: 2009-2018), Senior (DOB: 2016-2015)
- Level 2.2 – Youth (DOB: 2012-2019), Junior (DOB: 2009-2018), Senior (DOB: 2016-2015)
- Level 3.2 – Junior (DOB: 2009-2018), Senior (DOB: 2016-2015)

In-State Teams: Fall and Spring competitive program for new athletes with minimal to no experience. They will attend 2 area competitions. These teams are not actually defined by levels, instead by age groups. Cost: \$100/month + Comp fees (TBA)

- Level 1.1 – Mini (DOB: 2020-2016), Youth (DOB: 2012-2019), Junior (DOB: 2009-2018), Senior (DOB: 2016-2015)
- Level 2.2 – Youth (DOB: 2012-2019), Junior (DOB: 2009-2018), Senior (DOB: 2016-2015)
- Level 3.2 – Junior (DOB: 2009-2018), Senior (DOB: 2016-2015)

Fundamental Teams: Contact for the most current information.

Coach Ron's contact info – Gym: 573.761.5425, Cell: 832-978-1001, or email: ron.capitolkids@gmail.com.

*Thank you for joining us as we start our 23rd season!
From the leadership down, we are dedicated to teaching our
athletes that hard work matters. Success is not a middle of
the road destination, it is the result of dedication, passion,
hard work, and learning to deal with failures.*

#hardworkmatters #purplenation

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CHEERLEADING GUIDELINES AND REQUIREMENTS

Participation on a Competition Team is a major commitment for both the cheerleader and their parent/guardian. The following outlines the program requirements.

1. Your child must be registered in the All-Star Cheerleading program, and you must not fall more than 30 days behind on your tuition/competition fees.
2. A parent/guardian must attend the mandatory parent meetings when they are scheduled. Three such meetings are:
 - Beginning of year parent meeting in April for the Travel, Limited Travel, & Fall In-State teams.
 - Pre-competition meeting in November for the Travel, Limited Travel, & Fall In-State teams.
 - After Christmas break for the Travel, Limited Travel, & Spring In-State teams.
 - Then finally in March for the Spring In-State teams.
3. You and your child will be required to sign the Code of Conduct form and adhere to its policy.
4. You and your child will be required to adhere to the absentee policy.
5. **You and your child should understand the expectations regarding practices, clinics, and competitions as communicated in this packet as well as verbally. We ask that you acknowledge that understanding by signing the Participation Form. You are encouraged to ask ANY questions regarding the level of expectation prior to committing to the competition team.**
6. You must purchase the required cheerleading uniform and practice wear. Your child must wear them when required.
7. All attached forms must be returned when the commitment fee is paid.

COMPETITION SEASON TIME COMMITMENT

Travel teams: 'Preseason' runs from late May through October. The Travel team's 'competition season' runs from November to April. Athletes must participate in practices, clinics, and competitions during this time. A tentative schedule of summer practices and other important dates is listed in this information packet. When teams are announced we will give you your athletes team 'school year' schedule which will consist of 2 practices a week during the school year. We give each team 6-7 weeks completely off from the gym in 2-3-week periods over the summer, this allows your family to have family vacations and time off to enjoy your summer. We only ask for 4 weeks so we can properly prepare these athletes for a fun and highly competitive season. Teams are expected to attend two practices for a total of 5 hours per week.

We will accept ALL bids handed to us for the All-Star Worlds Championships in Orlando, FL. *What is a bid, you ask?* A bid is an invitation from the event producers to a prestigious event at the end of the season. Normally reserved for top placing teams.

Limited Travel teams: 'Preseason' runs from May through October. The Limited Travel teams 'competition season' runs from November to March/April depending on the event producers' schedules. Athletes must participate in practices, clinics, and competitions during this time. A tentative schedule of summer practices and other important dates is listed in this information packet. When the teams are announced we will give you

your athletes team 'school year' schedule which will consist of 1 practice a week starting in August. If you have schedule conflicts during the season we try to work with your schedule as much as possible, but we must ensure that the TEAM comes first in all circumstances. All Limited Travel team athletes are expected to attend one 3-hour practice per week minimum.

In-State Fall and Spring Teams: 'Preseason' for the Fall teams runs from June through November. The In-State Fall teams 'competition season' runs from the beginning of November to the end of November 'Preseason' for the Spring teams run from December through May. The In-State Spring teams 'competition season' runs from the beginning of April to the end of April. Athletes must participate in practices, clinics, and competitions during this time. When teams are announced we will give you your athletes team schedule. Fall teams will get a summer and 'School year' schedule and Spring teams will get a 'school year' schedule for Spring teams consisting of 1 practice a week in August. If you have schedule conflicts during the season we try to work with your schedule as much as possible, but we must ensure that the TEAM comes first in all circumstances. All In-State team athletes are expected to attend one 1.5-hour practice per week minimum.

EXTRA PRACTICES

I believe they are necessary at times. If you want to compete with the best, you must practice like the best!

Plan of action:

1. *Add 30 minutes to practice.*
2. *Add stunt practices for group.*
3. *Extra day practice*

When can you expect them? You can expect them in the weeks leading up to our first competition in the fall and the weeks leading up to our first competition in the spring and anytime we must make major changes to the routine. We usually go through lots of changes at those times. You can also expect them right before big competitions. Those will be determined by the progress of the team and the amount of competition we will face at that event. In life success comes from being prepared and being prepared comes from hard work and enjoying what you're doing. I firmly believe that and run my program accordingly.

SIGN-UP FEES

Travel teams: Your commitment fee is \$300 and goes directly toward your competition fee schedule and is not in addition to the competition fees. The competition fee schedule will be released as soon as the event producers finalize all their competition schedule dates and fees for this season. What does your \$300 commitment fee cover, you ask? The fee will cover 2 items on our competition fee schedule (see the last season schedule for a reference): Choreography deposit and practice wear. You MUST pay this fee prior to team placements, or your athlete will not be placed on a team.

Limited Travel teams: Your commitment fee is \$200 and goes directly toward your competition fee schedule and is not in addition to the competition fees. The competition fee schedule will be released as soon as the event producers finalize all their competition schedule dates and fees for this season. What does your \$200 commitment fee cover, you ask? The fee will cover 2 items on our competition fee schedule (see the last

season schedule for reference): Routine music deposit and practice wear. You **MUST** pay this fee prior to team announcements, or your athlete will not be placed on a team.

In-State teams: Your commitment fee is \$100 and goes directly toward your competition fee schedule and is not in addition to the competition fees. The competition fee schedule will be released as soon as the event producers finalize all their competition schedule dates and fees for this season. What does your \$100 commitment fee cover, you ask? The fee will cover 2 items on our competition fee schedule (see the last season schedule for a reference): Routine music deposit and practice wear. You **MUST** pay this fee prior to team announcements, or your athlete will not be placed on a team.

UNIFORM, MAKE UP, AND CLOTHING POLICY

Travel and Limited Travel teams: Team uniforms are charged separate from the Competition fee schedule. We will order uniforms at the end of June. We will **NOT** order anyone's uniform that did not make their June payment and we will not turn over uniforms to families that have not paid their uniform fee in full. Each family will be required to purchase 1 athlete team shirt and 1 parent shirt to support their athletes' team. Extra parent T-shirts are available for purchase for \$25.00. For sizes 2XL & larger there is an extra \$5.00 charge.

In-State Fall teams: Team uniforms are charged separately from the competition fee schedule. The uniform fees are due in one payment. We will **NOT** order anyone's uniform that did not make their June payment. A uniform is required to compete with your team. Each family will be required to purchase 1 athlete team shirt and 1 parent shirt to support their athletes' team. Extra parent T-shirts are available for purchase for \$25.00. For sizes 2XL & larger there is an extra \$5.00 charge.

In-State Spring teams: Team uniforms are charged separately from the competition fee schedule. The uniform fees are due in one payment. We will **NOT** order anyone's uniform that did not make their January payment. A uniform is required to compete with your team. Each family will be required to purchase 1 athlete team shirt and 1 parent shirt to support their athletes' team. Extra parent T-shirts are available for purchase for \$25.00. For sizes 2XL & larger there is an extra \$5.00 charge.

You are NOT permitted to design or sell ANY items with Capitol City Cheer's name or logo without authorization from Ron Swanson the gym owner. ALL Spirit wear clothing types must be purchased through the gym, NO EXCEPTIONS!! Replications will NOT be permitted and may result in gym removal. NO EXCEPTIONS. Gym colors must be worn at competitions.

NO JEWELRY OR GUM AT ANY TIME. Wearing jewelry can result in serious injury and gum can cause a choking situation.

Make up next season will be a natural look not the stage look. We will order the Lipstick for everyone, and you will be able to use your own makeup for the eyes and face. Mini age and below will not be required to wear eye makeup. Cheer lipstick is required.

At practice or competition athletes are expected to maintain fingertip length fingernails. Yes, we know nails are a big deal, but this sport just does not allow long nails because they tend to draw blood on a regular basis. At competitions nail polish of any color is **NOT** allowed.

ATTENDANCE/ABSENTEE POLICY:

All our competitive team practices will be close to viewing, except for the first practice of each month. It is very hard to keep the focus on these athletes 100% in practice at times. One of the biggest distractions we have is them looking up into the parent lobby to see what you (the parents) are doing. For parents driving in from out of town we have a lobby for you to relax in.

Attendance at practice will be strictly enforced throughout the year. For the summer season, athletes are expected to be at practice unless a 2-week advance notice is given in writing to the coach. As for the fall and spring season, athletes are expected to be at every practice. The **ONLY** excused absences are a contagious illness with doctor's note, or a school function that results in a grade; the last practice before a competition weekend is mandatory. We do **NOT** allow you to miss practices for other sports/play practice etc. We do allow for some compromise with school athletics if the school coaches are open to compromise as well. Missing this practice could result in your athlete being replaced for that competition. If you are not feeling well (i.e., headache, sinus infections, allergies, colds, etc...) **COME TO PRACTICE**, even if it means you will sit and watch, showing support for your teammates is important, plus you will stay up to date on all changes. Tuition is due whether you are absent or not, there is no prorating team tuition and there are no team makeup sessions. The **COACH MUST BE NOTIFIED OF ABSENCE** as soon as you realize that your child's illness will keep them from practicing that day. Please enter it into the unavailable section on Team App. If you miss it due to an illness, I will assume you have seen the doctor and have a note to hand to me at your next practice. Those with injuries are also expected to attend practice and observe. For injuries, doctor's notes with an estimated recovery schedule should be given to the coach. **Schoolwork is not a reason to miss practice.** Although academics are very important to us, your athlete needs to learn time management skills. Let's face it there will be times this year your child will have a TON of homework and you need to use time management to allow for them to get that done and make practice.

Please use the term "family emergency" lightly! Extracurricular activities and jobs need to be scheduled around your commitment to your Capitol City Cheer Team. **ALL SET COMPETITIONS ARE MANDATORY.** Please review the competition schedule and plan accordingly. **IF YOU MISS OR ARE LATE TO A COMPETITION, CCC RESERVES THE RIGHT TO AND MOST CERTAINLY WILL REMOVE YOU FROM THE TEAM/GYM.** The only excuse we will accept for your athlete missing a competition is hospital admission or a doctor's note explaining that the athlete is physically unable to get out of bed and attend. A doctor's note just stating your child is sick will not excuse them from a competition. Should your athlete be unable to attend a competition due to sickness or injury, a substitute athlete will be asked to perform in his/her place. The substitute athlete is not responsible and will not be asked to pay the entry fee for your athlete; you are still responsible for this obligation. This policy applies to all competitions.

HOTEL POLICY

All Athlete's **MUST** reserve rooms through the gyms Hotel Room Reservation Block. You **MAY NOT** stay with family or a different hotel, just to use rewards points. Competition weekends are not a vacation. If you make plans for Friday and Saturday and if your coaches schedule something at the last minute **YOU** will need to cancel your plans, no questions asked. We travel to compete not to enjoy the city we are traveling to. When traveling, all athletes regardless of age must be in bed by 11:00 pm. If they are competing early in the morning, then 10:00 pm. This means in their room not in a friend's room ... we all know they will not get to sleep that way. If you compete the next morning, then no pool time is allowed after 5:00 pm the night before and 8:00 pm if you're competing in the afternoon or evening.

SUMMER ATTENDANCE POLICY

Travel and Limited Travel teams only: Something we do different than most gyms are what we call two weeks on two weeks off summer practice schedule. We will work two hours a day for two weeks straight in June and two weeks straight in July. We also take care of choreography during these dates (see the choreography schedule). We will take the rest of the summer off except for recreational classes like tumbling classes. We only ask for 4 total weeks of your summer. We cannot progress as a team if your athlete is not there. These practices are mandatory! If you already have vacation plans that conflict you will need to try and reschedule it or reach out to your head coach. Missing too much of your summer practices can result in removal of the team.

In-State Fall teams only: Something we do different than most gyms are what we call two weeks on two weeks off summer practice schedule. We will work two hours a day for one week straight in June and one week straight in July. We also take care of choreography during these dates (see the choreography schedule). We will take the rest of the summer off except for recreational classes like tumbling classes. We only ask for 2 total weeks of your summer. We cannot progress as a team if your athlete is not there. If you have a vacation planned, please try to reschedule it or reach out to your head coach. Missing too much of your summer practices can result in removal of the team.

FULL GYM ACCESS

All competitive team athletes: This season part of your gym tuition is what we call 'Full Gym Access.' Monday and Wednesday only from 4:00-8:00 your athlete is allowed to come and work on their skills for free. The athlete can NOT use this time 30 minutes prior to their team practice. We want your athletes in the gym getting stronger and better, top level athletes' workout 4-5 times a week. They are allowed to work on all the equipment if they are not interfering with any other classes in the gym. Additional family members receive a 25% discount on recreational monthly tuition.

FINANCIAL COMMITMENT POLICY:

All expenses (aside from your monthly tuition) will be spread over a period of time. You are expected to be on time with your payments and tuition. Tuition pays for the right to practice, not the right to compete. Tuition is always due on the 1st of each month. Your competition fee payment or installments is for all other cheerleading costs such as: Choreography, music, practice wear, etc... are due on the 18th of each month. **If you quit or you are dismissed from the team for any reason, after Choreography you are still responsible for up to \$750 of any fees not yet collected; we refer to this as the "buyout" fee.** You are committed to a spot on a competitive team, not an individual routine. This is a FULL season financial commitment you are making for this season. You will forfeit any and all monies previously paid to Capitol City Cheer for both tuition and competition fees. If you have a balance on your account, you must pay it before you leave the gym program. We reserve the right to pursue legal action if you leave the program with a balance due. You have the option to make a payment yourself through the website portal at www.capitolkidsjc.com, we also accept checks, cash, or money orders. If there is a circumstance that interferes with making your payments on time or if you have any questions regarding your balance, please contact our front desk to accommodate: email: Info.capitolkids@gmail.com.

Late or Declined fees: Any payments still due on the 10th of each month will be charged a \$35 late fee. If your fees get more than 30 days past due it will result in your athlete not being allowed to practice. If you fall more than 60 days past due, you will be asked to pay in full or leave the team. We will no longer carry outstanding balances on accounts. I have been very lenient in the past; however, it will no longer be tolerated.

AUXILIARY FEES

Also beware there are fees that cannot be budgeted because we do not have exact costs. The Auxiliary Fees are listed but not limited to these items. So, auxiliary fees are not included in the budget:

- *Coach's fees*
- *Registration fee for finale events*
- *Special Event Apparel*
- *End of Season Banquet*
- *Extra Choreography Sessions*
- *Spirit Gifts*

Stack Team App - Team Communications

Stack Team App is a communication app for leadership in the gym to communicate clearly with you and for you to communicate with each other. Stack Team App is strictly for communication not giving any opinion or critique on decisions made by leadership in the program or by other families in the program. Keep in mind this is a communication app and not a social media app. If you have questions or concerns about decisions made by program leadership those questions need to be handled one on one with said leadership and not in an open public setting.

That said, abuse of this policy will result in:

- 1st offense 48 hr. ban from Stack Team App.
- 2nd offense will be at the discretion of the director (possible removal from the program). Examples of abusing this policy: includes but not limited to, the critiquing routines, arguing with other parents or coaches, giving your opinion about a decision made by leadership on a public post for all to see, etc.

CODE OF CONDUCT POLICY

- I agree all coaches' decisions are final. I am allowed to privately question them but not openly oppose them.
- I will NOT talk about other family's kids. This is one of the biggest issues we deal with in this industry. Your comments may not be intended as hurtful, however in the view of public interpretation it is many times viewed as harmful. Please abstain completely from talking about other people's kids. This includes texting/direct messaging the athlete or parent of an athlete you or your athlete is having a problem(s) with.
- I am expected to accept all placements as they have been announced. We are a gym that believes in educating our athletes and parents in the scoring system. Any parent that approaches a judge/competition staff at a competition or after regarding any results will be dismissed immediately.
- I understand that my athlete will not be allowed to practice until I have signed all my paperwork and turned it into the front desk.
- I understand the front desk staff is not a place to share all my complaints and any rumors I have heard. If you have complaints or have heard any rumors they need to be directed to either your athletes head coach or Coach Ron directly. The front desk staff is not to be treated like the 'gym trash can' of complaints and current rumors. Our front desk staff does not want to know all the drama going on in the gym. They just want to do their job and enjoy the time they spend at the gym.
- I am not the coach and do not try to act like it from the gym viewing area. When you are in the viewing area be sure not to disturb the athletes in the gym, that includes your athlete.
- I am a positive role model for ALL athletes, not just my own.
- I am a supportive parent/guardian to all coaches and understand my athlete learns to respect their coach(s) from the example I set.
- I am encouraging, not distracting from the viewing area.
- I represent my Capitol City Cheer (CCC) family with pride, respect, and good sportsmanship always.
- I am against bullying and will immediately notify my Coach if I see any kind of bullying taking place between athletes and/or parents. If immediate intervention is required, I know how to conduct myself without escalating the situation and will report the incident to my Coach or gym without stopping to notify anyone else along the way.
- **No parent spotting.**
 - I understand it is in the best interest of all teams that any athlete who threatens to quit or any parent/guardian who threatens to pull their athlete during competition will be immediately dismissed from the program.
 - I am a good sport, have polite manners, and I am kind at all practices and competitions.

- CCC doesn't have to set high standards for me and my behavior because I am an adult and do that myself. I pride myself on being part of a gym with such well-mannered, incredible athletes who learn from my example.
- I avoid negative excitement aka "cheer momma drama" and understand that gossip isn't welcome in the gym. I understand that the gym is a "NO gossip zone" and if I violate the trust put in me by the gym and teams, I may be asked to leave until I can earn that trust back.
- I am an adult and I know that what goes on the internet stays on the internet. I only post things I'm comfortable with my children viewing/reading and monitor that my child(s) post with the same discretion. (If it's a picture you wouldn't ask your coach to take, don't post it).
- If I can't say anything nice, I won't say anything at all; in person/online/text. I understand that **negative gossip through email, social media, etc.** is not tolerated by CCC and could result in fines, athlete conditioning and dismissal.
- I understand only coaches and gym owners are allowed to speak with competition officials for any reason and that falsely representing CCC under any circumstances could hinder the integrity of the gym and my status there-in.
- With my team, I am modest when successful and gracious in defeat.
- I am proud to be a part of the gym that all other gyms look up to at competitions.
- I will come down from the stands (if allowed) and stand to support all Capitol City Cheer teams at competitions. At competitions family members are encouraged to put down their phones and show our athletes your full support and encouragement during performances. Normally we try to find 1-2 parents from each team to take videos of the teams and share them with each other and team coaches.

Capitol City Cheer will keep a record of each and every term/condition violation. Three or more infractions may lead to certain disciplinary actions, fines, and in extreme cases, dismissal from the team.

SOCIAL MEDIA AND BULLYING POLICY

Capitol City Cheer business does not belong on any form of social media unless it is positive about cheerleading and our company. Harmful pictures, comments about the program/coaches/team members or any other celebrity cheer information will not be tolerated if posted.

Failure to adhere to this policy will result in automatic removal from practice, team events and upcoming competitions. This is for the protection of the athletes, the program, and the coaches. Coaches are also required to fall in line with this policy.

Acceptable social media post examples: videos of performances, cheer family photos, pictures from official events, games, and camps. Listing CCC as an activity in your profile(s).

****Remember once it is online, it is online forever, even after you have deleted it from your profile. If you wouldn't want it on TV, or for your mother/father to see it-DON'T POST IT! The way we act online reflects everyone associated with us, and the CCC Name. Again, no amount of blocking it or deleting it will ever make it go away.**

Online/in person bullying is NOT tolerated and will result in immediate removal from your team, sitting out of practice, or events. There are NO exceptions, and this will be strictly enforced. If this is the case and you are removed due to bullying, you are still responsible for tuition for the remainder of the season you signed a contract for.

No parent should bully children, other parents, or CCC Staff. No parent will be talking about another athlete in a negative way. Gossip is not tolerated and will result in removal from the gym for a period of time. If your name is brought up for any of the above, you will be asked to leave the gym for a minimum of 7 days.

Examples of bullying: It is important to know- this is just a list of examples, and bullying occurs in many different ways.

~ Aggressive or frightening behavior such as swearing, shouting, intimidation by threatening violence.

~ Spreading false accusations about someone, or any rumors at all.

~Criticism, humiliation, invasion of privacy, slanderous comments, undermining, destructive rumors, or gossip making unreasonable demands.

~Rude, belittling, or intimidating phone calls, emails, notes, DM's, Texts, messengers, snaps.

~Abusive and rude comments. Ex- "She sucks" or "you're not good enough."

~Nasty Practical Jokes

I will not participate in any activity that harms other children, me or CCC in any way. I am not a bully, and I will NOT bully any of my fellow athletes. I will be a positive role model for others.

OTHER HELPFUL INFORMATION

Private Lessons

Private Lessons are \$35.00 per 30 min, \$50 per 45 min, \$65 per 60 min lesson for one athlete. Rates may vary for multiple athletes. You may take them by yourself or semi-privates of two – three athletes. It is very important to take into consideration the private lesson cancellation policy. If you are unable to make your lesson, you MUST contact our front desk or your coach 24 hours ahead of time to cancel, if proper notice is not given, you will be charged the full amount for your lesson. Anyone can take privates, but they must be paid for in full the day of, whether you pay by cash. If you have an outstanding balance on your gym account or competition account older than 30 days, you will no longer be allowed to take private lessons. If you are struggling to pay your gym bill you should not be spending money on things like private lessons, instead that money(s) should be directed to get your gym account paid up to date.

Uniforms

When a uniform is purchased and paid for, you own it. It is yours and your responsibility to keep it clean and in good shape. We will no longer be buying uniforms back. You can, however, have them to sell to other parents and make payment arrangements amongst yourselves. We will set up a binder at the front desk where you can list your uniform and contact info.

Team Tuition

TEAM Multi athlete discount

First athlete	Full price
Second athlete	\$30 off
Third athlete	50% off
Fourth athlete	50% off

Team Tuition is different from your competition fees. It is put on your gym account monthly according to the class you are in OR team you are on. It is due by the 1st of every month. We allow you to pay monthly or pay for a whole season up front.

20th Anniversary Loyalty Program

Team Athletes:

*Any High School Senior with two or more years in our Team Program while in High School will receive 25% off monthly tuition.

*Any Team athlete that attends 5 years straight receives a 15% discount off tuition for their 6 year and every year after.

*Any athlete with Eight plus years on a team will receive 25% off tuition in their 9th year and every year after.

****Note:** These credits have to be requested; they will not be applied automatically.



2025 -2026 April Tryout schedule

Tryouts dates: *May 17th & 18th*. This season we will need to sign-up online through Iclasspro to book your tryout time. What should you bring to tryouts?

- Athlete ...
- \$35 Tryout fee (non-refundable)
- Commitment fee.

Tryout open gym dates: *May 12th & 13th, 6:00-8:00 pm - \$10/each*. For tryouts you need to have the following & these clinics are a great way to get in and learn them:

- 2 different cheer jumps
- Standing or running tumbling if they have it

Team Announcement: One week after tryouts.

Capitol City Cheer LLC/Capitol Kids LLC, 1911 Ford St. Jefferson City, Mo 65101, 573-761-5425



2025 Summer Practices for Travel, Limited Travel, and Fall In-State teams.

****School year schedule starts August TBA****

What are summer practices? Please go to page 7 and review the Summer Practice information.

Travel teams June/July practice dates: (teams will practice in the evenings this year)

- Tues, Thursday, Friday: June 10, 12th, 13th, 17th, 18th, & 19th (3 days a week for 3 hrs a night)
- Tuesday, Thursday, Friday: 15th, 17th, 18th, 22nd, 24th, & 25th (3 days a week for 3 hrs a night), choreography dates on the tbd

Limited Travel teams June/July practice dates: (teams will practice in the evenings)

- Tues, Thursday, Friday: June 10, 12th and 13th (3 days a week for 1.5 hrs a night)
- Tuesday, Thursday, Friday: 15th, 17th, 18th (3 days a week for 1.5 hrs a night)

In-State fall teams June/July practice dates: (teams will practice in the evenings)

- Monday – Friday: June 17th, 18th, & 19th (3 days of the week 1hrs)
- Monday – Friday: July 22nd, 24th, & 25th (3 days of the week 1hrs)

Practice times will be announced the same day that teams are announced.

Capitol City Cheer LLC/Capitol Kids LLC, 1911 Ford St. Jefferson City, Mo 65101, 573-761-5425