



**All Star Handbook
Pegasus
2025-2026**

Welcome to Season 2!!

Welcome!! At Omega Elite we believe strong foundations build strong futures. We want to be part of your team, preparing your athlete for WHAT'S NEXT. Our goal is to work together to build a solid foundation that their legacy can stand upon.

Learning and growing requires vulnerability and trust. Nothing can thrive in a toxic environment. We expect every athlete, parent, and staff member to contribute to making Omega Elite a place where everyone can be at home and feel welcome in order to become a better version of themselves.

We understand our athletes are all facing different challenges. If you feel your athlete will need additional support to participate, please schedule a meeting with us so we can develop a plan together.

Omega Elite reserves the right to review and update information contained in this packet at any time.

PROGRAM OVERVIEW

Half Season

Athletes will practice starting in August and the season will end in March/April of 2026 depending on the date of last competition.

Competitions

Our tiny team anticipates competing in 4 regular season competitions between December 2025 – March 2026. These regular season competitions are regional and within a 4-hour drive of the gym. We will try our best to not change these competitions, however, some things are out of our control. We will notify each of you immediately if there are any changes. All competitions are MANDATORY! *Omega Elite does reserve the right to cancel or change participation in competitions.*

Scoring System

All competitions we attend will be on the Open Scoring System.

Uniforms

Uniform decisions are made in odd numbered years. Tiny teams are receiving a new uniform in 2025-2026 season and will wear the same uniform for the 2026-2027 season.

USASF Membership

US All Star Federation (USASF) requires membership for each competitive athlete. Parents will be responsible for joining or renewing the membership for their athlete and paying the membership fee. We ask that membership be active and current pictures and birth certificates (if applicable) be uploaded prior to September 15th.

Omega Elite reserves the right to refuse or stop services at any time.



PRACTICES

Attendance is critical at all practices. Please review the Attendance section for additional information. Athletes are expected to attend practice, even if not participating, unless they are vomiting or have a fever.

Visitors are allowed to watch practices from the viewing area. However, if this becomes a problem, practices can be closed to spectators. Visitors are not allowed to watch during choreography.

Practices may be added to the schedule or changed throughout the season at any time. You will be notified of any changes via the SportsYou app.

Let us know as soon as possible of any conflicts, emergency absences (please see Attendance section), or expected tardiness.

Please arrive no more than 15 minutes prior to the start of practice.

Athletes must sit on the bleachers by the front door or in the viewing area until it is time to go back to their practice area. Athletes are not allowed in ANY tumbling area before or after their scheduled practice or other registered classes.

Be ready to take the floor when practice starts:

- Dressed in practice wear per coach's schedule
- Cheer shoes on
- Hair out of face
- All jewelry off
 - Please refrain from getting new piercings during the competition season as these piercings MUST be removed prior to competing.
- Any taping done
- Phone in cubby (Parents may call gym if necessary)
- All drinks in a closed, leak-proof cup
- No gum (snacks, candy, or other food are not permitted on mats)

Personal items should not be left in practice areas. Omega Elite is not responsible for lost or stolen items brought into the gym.

COMPETITIONS

Our belief in strong foundations means we believe in developing teams and routines that best position our athletes for success. Our routines will be composed towards the scoresheet and placements will be determined to showcase each team's unique strengths.

Coaches have sole discretion for routine composition and athlete participation. As the season develops, changes may be made to better position the team for success. This could mean changing division or level to maximize a team's success.

Competitions may be changed, added, or cancelled at any time during the season.



COMPETITION CONDUCT

All parents and athletes are a reflection of our program, but this is especially true at competitions. All Omega Elite athletes, parents, family members, guests, and staff are expected to conduct themselves in ways that showcase respect and sportsmanship. We are all committed to being exceptional guests of our hosting organizations.

No athlete or non-program staff member should make contact with an event official regarding scoring or judging.

COMPETITION EXPECTATIONS

Meet times and locations will be posted before each competition. Athletes should arrive on-time to the meet location. Missing a scheduled competition is grounds for dismissal.

- Athletes should wear their full uniform or warm-ups at all times in the competition venue. (Full uniform includes the required hair and makeup.)
- Warm-ups should be all black with no identifying marks/design except for gym logo. Pants need to be able to cover skirt comfortably
- Remove all jewelry
- Hair must be a naturally occurring color and in the style determined by the coach.
- Makeup done in the style and colors determined by the coach.
- Nails cannot be a bright color or excessive length.

TRAVEL

Each athlete is responsible for their way to and from each competition. The price of admission, travel, gas, hotels, or other expenses are the responsibility of the individual. Omega Elite is not responsible for any accidents while traveling to and from events.

AWARDS

Athletes are expected to attend award ceremonies. Athletes are required to be in full uniform, with competition hair and makeup, during awards. Bags and phones are not allowed. Good sportsmanship is mandated.

END OF SEASON EVENTS

There is no intention for the tiny team to attend an end of season event. There may be additional optional competition opportunities offered.

If the team attends any optional competitions, there will be additional competition and coaches' fees associated with attending. Costs will be divided equally among participants.



ATTENDANCE

We enforce a strict attendance policy. Starting October 1st through the end of the season only 4 absences will be allowed for teams. Extended illnesses or injuries with a doctor's note will count as 1 absence. Medical notes dismissing athletes from practice/competition must have a return date or a separate medical note with a return date must be provided.

Excessive absences and/or unexcused absences may result in alternate status, choreography changes, or complete removal from the program.

Illness: Athletes are expected to be present at practice unless they have a fever or are actively vomiting. Ill athletes may participate in parts of practice or sit and observe.

Absences should be reported to your coach as soon as you are able.

Pre-Planned Absences: MUST be communicated to coaches as soon as you are aware of a conflict (minimum 2 weeks notice). Late notification will result in an unexcused absence occurrence. These are not permitted within 2 weeks of any team performance. All absences within 2 weeks of a performance are considered unexcused and you will be charged \$50 for each practice that is missed. Fines can be excused in the event of an emergency, illness (vomiting/fever), significant family event such as a funeral, or unsafe road conditions as reported by INDOT.

Practices are mandatory 2 weeks before a competition. If you miss practice within this timespan, you may not compete at the next competition. It will be at the coaches' discretion.

We ask that coaches give at least a 2-week notice for extra practices.

Athletes participating in school cheer or other sports/activities should indicate this on their tryout registration form. We try to support other activities. To do this, ALL school activity/sports schedules must be submitted to coaches as soon as possible. If an athlete misses too many practices due to school sports/activities, we may re-evaluate the athlete's position on the team.

TUITION & BILLING

Your monthly installment includes:

- Uniform
- Practice wear
- Bow(s)
- Competition Fees for four (4) season competitions
- Coaches' Fees for four (4) season competitions
- Team tuition
- Choreography and music expenses

Expenses not included (*not an exhaustive list*):

- Annual registration fee
- USASF membership
- Warm-ups (*Not required but will be offered in our team store*)
- Makeup
- Cheer shoes (*No specific brand is required - shoes must be white*)
- Travel expenses



- Cheer bag (*No specific kind of bag is required*)
- End of Season Event costs (*to be billed separately*)

All athletes must have a card on file and will be signed up automatically for autopay via iClassPro to avoid unnecessary fees and penalties. If your payment method is declined, a \$25.00 returned payment fee will be accessed.

Our base cost is the total of all nine (9) installments and the base cost must be covered regardless of when an athlete joins the program.

You may pay your base cost in full if desired. Siblings receive a 15% discount off their monthly installment.

No refunds are provided to anyone who voluntarily leaves the program or is dismissed from the program.

A penalty of \$500 (per team) will be charged to the individual athlete in the event that the athlete quits on or after the date of the first choreography practice. This fee will be waived if leaving due to a season ending injury with medical note

CODE OF CONDUCT & EXPECTATIONS

- Bullying, belittling, or hate speech regarding race, gender, sexual orientation, or disability will not be tolerated in person, via text/email, internet, or social media sites. This behavior can result in immediate dismissal of an athlete from Omega Elite.
- No hazing, harassment, or bullying will be accepted from athletes or parents.
- Parents who promote a culture of negativity, gossip, or complaining will be asked to leave the program.
- Respectful communication is required at all times, between all parties.
- We do not body shame in any way, shape, or form.
- Take care of yourself and others - SAFETY FIRST.
- Clean up after yourself and treat spaces well. This includes the gym, hotels, event centers, etc.
- Refrain from posting, reposting, or sharing anything that is negative, includes foul or defamatory language, or is inappropriate for a young audience.
- Always represent Omega Elite in a positive manner – in uniform or out. Omega Elite may move, replace, add, suspend, or even dismiss an athlete for a period of time or indefinitely from a team, class, or the entire program based on the criteria, but not limited to, attendance, ability to pay, skills, or conduct of athlete or parent.



COMMUNICATION

Omega Elite utilizes SportsYou for team communication. This is an app that allows coaches, parents and athletes to communicate with each other. All parents and athletes **MUST** download the app and join their team's page. All communication will be done through the app. Please turn your notifications on so you don't miss anything.

Omega Elite has an open door policy for all parents and athletes. We are here to support each other. Please reach out to Christina, the owner, at chris@omegaelite.com or your athlete's coaches to schedule a meeting to discuss anything that may need to be discussed (questions, concerns, suggestions/ideas, etc).

NOVICE/PREP/ELITE

What's the difference?

Omega Elite offers multiple different cheer program options. Below is a general summary of the differences between the programs *at our gym*. Other gyms may differ – all star offers a variety of different ways to participate! We encourage you to find the gym and program that is best for your athlete and your family.

This summary should not be treated as an absolute, but as a guideline for understanding the goals of the different programs. In creating opportunities that best serve our current athlete population, some teams may vary from the standard.

Team Pegasus

Team Pegasus is for our Tiny (age division) athletes ready to start their all star journey! This team competes in the novice competition division with restrictions on building and tumbling, but attend more competitions to start building an age appropriate foundation for competitive all star cheering.

- Made for the youngest athletes
- Lower cost than prep/half seasons
- Available for level 1
- 1.5 hours a week of practice
- 4 competitions per season
- Competition(s) are one day only
- 1.5 minute routine
- Scored, but no placements given

Novice (Team Triton)

The Novice Cheer Program is for beginner athletes that want to be introduced to all star cheerleading. These teams receive a rating based on their score but are not given placements against other teams at competition. There is a Spring and Winter session.

- Great for young children/beginners
- Lowest Cost
- Available for levels 1-3
- 1-2 hours a week of practice
- 1 competition per session
- Competition(s) are one day only
- 1.5 minute routine
- Scored, but no placements given



Prep

All star Prep is for athletes ready to compete against other teams but prefer less travel. Prep teams can be full season or half season, but all half season teams will compete in the Prep division. Half season tryouts will be in July.

- Lower Cost
- Available for Levels 1-3
 - Stunting level does not have to match tumbling level (*ex: teams can compete with level 2 stunts and level 1 tumbling*)
- 3-4 hours a week of practice
- Season is from August 2025 - March/April 2026 for half season teams
- 4 Regular season competitions
 - Competitions are one day
 - *Possible* 1 end of season competition (regional)
- 2 minute routine
- Scored and placed against other teams in their division

Elite

Travel teams are for athletes and families that want to have a full commitment. These teams will have a higher standard of expected commitment and performance and will accept bids to AllStar Worlds in Florida.

- Available for levels 1-7
- 4-5 hours a week of practice
- Season is from June 2025 – April 2026
- 7 Regular Season competitions (6 weekends total)
 - Competitions can be 1 or 2 day
 - 1 end of the season competition in Florida for teams that earn a BID and coaches recommendation
- 2.5 minute routine
- Scored and placed against other teams in their division

Tiny, Mini, Youth, Junior, Senior

The terms tiny, mini, youth, junior, and senior apply to the age range of the athletes on the team and do not reflect on the athletes' skill level. The gym will work to place athletes on the lowest possible age division they are eligible for in which there is an appropriate team for their skill level. The age division of an athlete's team one season is not reflective of their placement in future seasons.

Levels

The scoresheet determines the tumbling, stunting, and jump skills required for each level. Parents and athletes can find the requirements and scoresheets for each level on the Open Championship's website: <https://openchampionshipseries.com/rules-and-scoring/all-star-scoring-and-rules/>

At competition, teams will go against other teams in their division, age group, and level. A Prep Junior 3.1 will only compete against other Prep Junior 3.1 teams at the same competition. An Elite Youth Lev 2 will only compete against other Youth Lev 2 and not a Junior Lev 2 or a Mini Lev 2.

Special awards (Golden Tickets, Bids, Best Pyramid, Judge's Choice) may incorporate teams across multiple divisions, age groups, or levels.

Placement

To best set teams up for success, athletes are placed on teams where they are confident, consistent, and demonstrate good technique in the required skills for that level.



Many considerations go into team placement such as experience with stunt position, team dynamics, age, competency, previous performance, etc. Team placements have many different components that change season to season as we work to build the most competitive teams for our program.

