

Welcome to  
the

# PREMIER ATHLETICS

All Star Family

## Our Commitment to Excellence

Premier Athletics began in 1994 with its first competitive cheerleading team, since then it has grown to become the only gym of its kind. Premier Athletics has 7 locations across the US. We are proud to have the highest quality All Star Teams in the area!

Collectively Premier Athletics has won over 1000 National Titles, over 100 World Cheerleading and Dance appearances, with numerous top 10 finishes and Bronze, Silver and Gold Medal finishes. In addition, Premier Athletics has sent over 500 athletes to continue cheerleading, dance and gymnastics at various Colleges and Universities. Premier Athletics believes in providing quality training for its staff. All coaches attend numerous seminars and training sessions throughout the year to provide the best care, choreography and coaching to our athletes.

## Who's Who at Premier

Lerone "Ace" Major  
Gym Manager & All Star Director  
amajor@premierathleticsmurfreesboro.com

Lisa Davis  
Front Office Manager  
ldavis@premierathleticsmurfreesboro.com



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[www.premierathleticsmurfreesboro.com](http://www.premierathleticsmurfreesboro.com)



# PA COMPETITIVE TEAMS



## NOVICE

For athletes who are NEW to All Star but ready for a competition-based teams who need to focus on building strength, technique, and performance skills. Experience not required to join. Novice helps prepare athletes for the next levels of competitive All Star cheer.

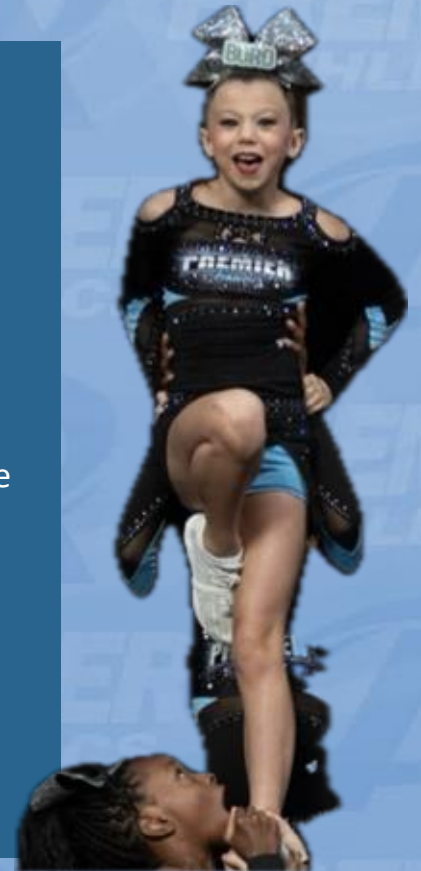
## PREP

For athletes with limited tumbling & stunting who need to focus on improving strength, technique, performance skills all while on a competitive team. Competition at Prep is highly competitive. Prep cost is less based on the events they attend.



## ELITE

For athletes with a strong cheer foundation. Athletes who have solid technique, stunting, and performance skills. Elite teams are comprised of highly motivated and competitive athletes who are prepared to compete at the highest level of competition for their skill level and age range.



**\*\*\*TEAMS OFFERED: Tiny - Senior, Levels 1-5\*\*\***

# All Star Tryouts

The safety and success of each, and every athlete is of the utmost importance to the Premier Athletics staff. Team Selection is a process of evaluations so each location can put together the most competitive teams possible. We have found the most success in our locations occurs when teams are competing at a level that they are capable of and training at a level above what they compete. When placing athletes this way, we can correctly train the skills with proper technique. We ultimately build strong confident athletes and provide a safe environment.

It is important to understand that while winning is always the goal - our main priority is to ensure that our athletes have a good experience and learn lessons in teamwork, confidence and overcoming life's obstacles.

No experience is required to become a member of the Premier Athletics All Star program. We offer teams for all ages and all levels. Every athlete will go through a tryout process where they will demonstrate their abilities in stunts, jumps, tumbling and more. We will then evaluate individuals in both stunt groups, and large group settings to determine where the athlete's overall skill set best fits amongst a team.



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# ALL STAR PARENT INFO MEETINGS

*May 3<sup>rd</sup> or May 17<sup>th</sup> @2:00pm*

*\*\*Parents only need to attend one of the meetings, NOT both.\*\**

## ALL STAR TRYOUT SCHEDULE

AGE	TIME
<b>TRYOUT CLINICS</b> (Ages 4-8)	MAY 11 (5:30-6:30) MAY 13 (5:30-6:30)
<b>TRYOUT CLINICS</b> (Ages 9-12)	MAY 11 (6:30-8:00) MAY 13 (6:30-8:00)
<b>TRYOUT CLINICS</b> (Ages 13-19)	MAY 12 (6:00-7:30) MAY 14 (6:00-7:30)
<b>TRYOUTS</b> (Ages 4-8)	MAY 18 (5:30-6:30) MAY 19 (5:30-6:30)
<b>TRYOUTS</b> (Ages 9-12)	MAY 18 (6:30-7:30) MAY 19 (6:30-7:30)
<b>TRYOUTS</b> (Ages 13-19)	MAY 18 (7:30-8:30) MAY 19 (7:30-8:30)
<b>TRYOUTS</b> (All Ages)	MAY 21 (4:00-5:30) MAY 21 (5:00-6:30) MAY 21 (6:00-7:30) (invitation will be sent via email with a time slot to attend)

**\*\*\*All Tryout Sessions will be CLOSED to Viewing\*\*\***

# ALL STAR TRYOUT INFO

\*\*\*Athletes should wear a WHITE Shirt, BLACK shorts, a cheer BOW & athletic shoes/cheer shoes. Hair should be pulled up in a tight high ponytail.

\*\*\*Athletes will participate the full time for each session and will be released to parents at the end of the session. Call back information for the May 21<sup>st</sup> sessions will be sent by email by the end of day on May 20<sup>th</sup>.

## ALL STAR TEAM REVEALS

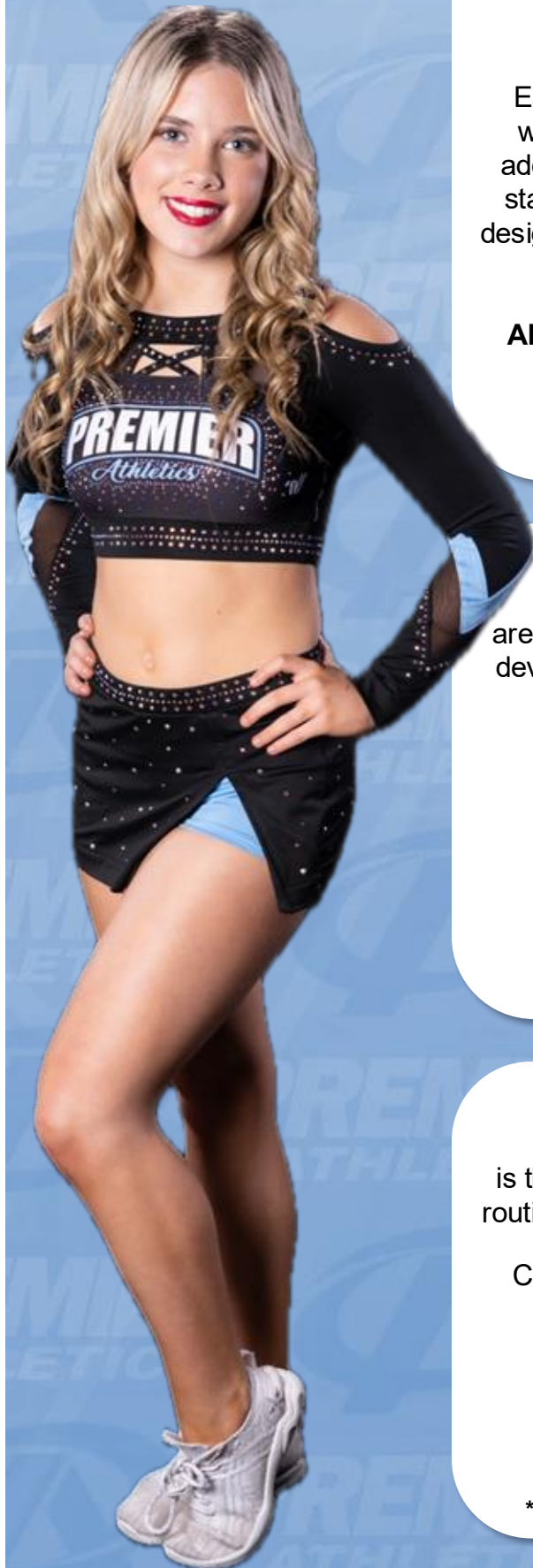
*May 23rd by End of Day!*

*Parents will be emailed with details of your athlete's team placement and team meet and greet on May 26<sup>th</sup> or May 27<sup>th</sup>*

*Uniform & Practice Wear Fitting – Thursday, May 28<sup>th</sup>  
(Mandatory Attendance Required)*



\*\*\*All Tryout Sessions will be CLOSED to Viewing\*\*\*



## *Practices*

All practices are **MANDATORY**.

Each Full Year All Star Team will practice 2 times per week for the full season. Additional practices may be added during the week at the discretion of the coaching staff. Sundays, during competition season may also be designated as an additional day for make-ups for teams as needed.

**All Competition Team practices will be CLOSED to viewing.**

**\*\*\*Please review Attendance Policy in this Handbook\*\*\***

## *PA Intro Day & Skills Camp*

are an essential part of routine, squad, and individual skill development. PA Intro Day & Skills Camp is required for all athletes to attend.

### **PA Intro Day:**

**May 29<sup>th</sup> 4:00pm-7:00pm @PA Murfreesboro**

### **Skills Camp Dates:**

**July 6<sup>th</sup> - July 9<sup>th</sup> @PA Murfreesboro**

**Program Bonding: July 10<sup>th</sup>**

**\*\*Once teams are finalized, exact times will be set.**

## *Choreography*

is the process in which the team learns their competition routine. Choreography is required for all athletes to attend.

Choreography – Block out these dates. Your athlete's team will be on/during one of these dates.

July 11<sup>th</sup>-July 12<sup>th</sup>

July 27<sup>th</sup>-July 31<sup>st</sup>

Aug 1<sup>st</sup>-Aug 2<sup>nd</sup>

Aug 15<sup>th</sup>-Aug 16<sup>th</sup>

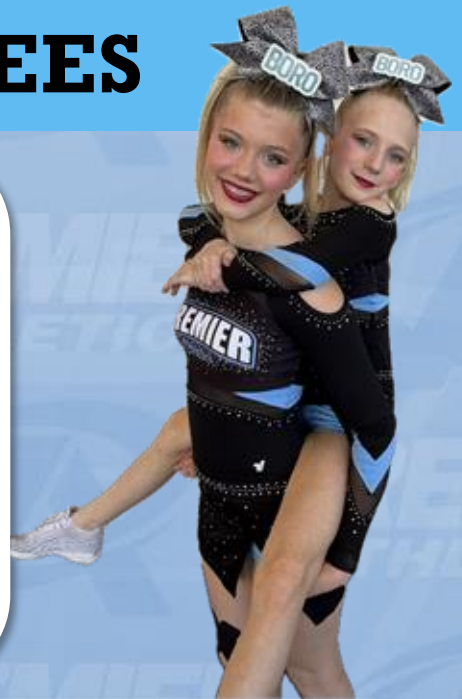
**\*\*Once teams are finalized, exact days & times will be set.**

# PROGRAM FEES

## What's Included

Premier Athletics runs an All-Inclusive payment program. The following is included in your all star expense fees:

All Competition Registrations, Practice Wear, Practice Bows, Routine Choreography, Dance Choreography, Skills Camp, Music, Banquet, & Coaches Fees!



## Additional Fees

- **NEW** Elite Program Uniform: **Female \$440/Male \$370**  
1<sup>st</sup> - \$220/\$185 (**due: Jul 15<sup>th</sup>**)  
2<sup>nd</sup> - \$220/\$185 (**due: Aug 15<sup>th</sup>**)
- **NEW** Novice & Prep Program Uniform:  
**Female \$275/ Male \$220**  
1<sup>st</sup> - \$137.50/\$110 (**due: Jul 15<sup>th</sup>**)  
2<sup>nd</sup> - \$137.50/\$110 (**due: Aug 15<sup>th</sup>**)
- USASF Registration - approx. \$50-\$70 (paid to USASF)
- Warm Up Jacket (Mandatory) - \$150 (**due: Sep 15<sup>th</sup>**)
- Varsity Comp Shoe (Mandatory) - \$140 (**due: Oct 15<sup>th</sup>**)
- Competition Bow - \$50 (**due: Nov 15<sup>th</sup>**)
- Makeup Kit (Mandatory) - \$60 (**due: Nov 15<sup>th</sup>**)
- Premier Athletics Backpack (Optional) –  
Nfinity - \$130 or Varsity Glitter - \$160

## How to Pay

If you are BRAND NEW to the gym, please contact Lisa at [ldavis@premierathleticsmurfreeboro.com](mailto:ldavis@premierathleticsmurfreeboro.com).

All others please:

- Go to [www.premierathleticsmurfreeboro.com](http://www.premierathleticsmurfreeboro.com)
- Click on Members Only
- Click on My Account
- Click YES you are a current customer (please do not create another account)
- Enter your Password or click "Forgot Password" to reset

Once you receive your password, you will be able to login and add payment information to auto-draft & accept necessary policies. **Auto Draft is required.**



# FINANCIAL BREAKDOWN

## Elite All-Star Teams

Month	Tuition	All-Star Team Fees	Total
May 13 <sup>th</sup>	\$150	Registration Fee & Tryout Fee	\$150
June 1 <sup>st</sup>	\$135	Membership Fee - \$310	\$445
July 1 <sup>st</sup>	\$135	\$235	\$370
August 1 <sup>st</sup>	\$135	\$235	\$370
September 1 <sup>st</sup>	\$135	\$235	\$370
October 1 <sup>st</sup>	\$135	\$235	\$370
November 1 <sup>st</sup>	\$135	\$235	\$370
December 1 <sup>st</sup>	\$135	\$235	\$370
January 1 <sup>st</sup>	\$135	\$235	\$370
February 1 <sup>st</sup>	\$135	\$235	\$370
March 1 <sup>st</sup>	\$135	\$235	\$370
April 1 <sup>st</sup>	\$135	\$0	\$135

## Prep All-Star Teams

Month	Tuition	All-Star Team Fees	Total
May 13 <sup>th</sup>	\$150	Registration Fee & Tryout Fee	\$150
June 1 <sup>st</sup>	\$135	Membership Fee - \$250	\$385
July 1 <sup>st</sup>	\$135	\$190	\$325
August 1 <sup>st</sup>	\$135	\$190	\$325
September 1 <sup>st</sup>	\$135	\$190	\$325
October 1 <sup>st</sup>	\$135	\$190	\$325
November 1 <sup>st</sup>	\$135	\$190	\$325
December 1 <sup>st</sup>	\$135	\$190	\$325
January 1 <sup>st</sup>	\$135	\$190	\$325
February 1 <sup>st</sup>	\$135	\$190	\$325
March 1 <sup>st</sup>	\$135	\$190	\$325
April 1 <sup>st</sup>	\$135	\$0	\$135

## Novice All-Star Teams

Month	Tuition	All-Star Team Fees	Total
May 13 <sup>th</sup>	\$150	Registration Fee & Tryout Fee	\$150
June 1 <sup>st</sup>	\$95	Membership Fee - \$190	\$285
July 1 <sup>st</sup>	\$95	\$135	\$230
August 1 <sup>st</sup>	\$95	\$135	\$230
September 1 <sup>st</sup>	\$95	\$135	\$230
October 1 <sup>st</sup>	\$95	\$135	\$230
November 1 <sup>st</sup>	\$95	\$135	\$230
December 1 <sup>st</sup>	\$95	\$135	\$230
January 1 <sup>st</sup>	\$95	\$135	\$230
February 1 <sup>st</sup>	\$95	\$135	\$230
March 1 <sup>st</sup>	\$95	\$135	\$230
April 1 <sup>st</sup>	\$95	\$0	\$95

**\*Paid In Full pricing gives you a 10% discount on Tuition\***

**\*\*Pricing DOES NOT include post-season costs\*\***

# PREMIER ATHLETICS

## What to Expect at Competitions

All competitions are mandatory. **Missing a competition will result in removal from the team & program.** Prior to each competition, athletes will be given the following set of team-specific times for each event in an “Event Memo”:

- **Arrival time**- when you must be present in the competition venue
- **Meet time**- when your team is required to meet with a coach and congregate at a specific place
- **Warm up time** - is determined by the competition company and assigned to each team. *If an athlete is late to a competition, and not present for warm-ups, the coach reserves the right to not allow the athlete to compete.*
- Event schedules are released by competition companies the week of competitions
- **Performance time**- the time when the team is scheduled to perform
- **Award time**- the time of the awards ceremony that your team has been scheduled to receive its award
- **Dismissal time** – the time when your athlete is released to leave the competition

**\*\*If your team is having Friday night practice at or before an event - it is considered a mandatory practice time**



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## Attendance Policy

### Team Practices

- Attendance at practice is **critical** to an athlete's progress and integral to the success of the team.
- ALL athletes should be at ALL practices for the 2026-2027 season.
- Practices for the season will be held 2 days during the week. Sundays will be used as extra practice or make-up days at the discretion of the coaching staff. Check Band App for competition and schedule updates.
- Competition Practices will be **CLOSED** to viewing. Team coaches, All Star Supervisor, and/or Gym Manager may allow for open viewing throughout the season at their discretion.
- The gym will be **CLOSED** for two weeks during the Summer (June 21st - July 5th, 2026) with no team practices. It is highly-encouraged to schedule vacations during this time.
- The "**Competition Season**" begins August 1, 2026, and ends April/May 2027.
  - **Missing a competition will result in immediate dismissal from the team & program.**
- Practice attendance is **mandatory** and compliance with the attendance policy below will be strictly enforced. An athlete's team position will be jeopardized for non-compliance with all the following terms of the attendance policy. **The Gym Manager, All Star Supervisor, and team coaches have ultimate discretionary authority to excuse absences on a case-by-case basis**
  - ALL absences must be **approved** by team coaches and/or All Star Supervisor. Each instance/circumstance is unique and will be handled individually.
  - Any summer vacation dates must be listed on the **Athlete's Vacation Calendar**. It should also be communicated with the Coaches via email, noting the vacation, camp, and any other scheduled activity preventing the athlete from attending summer practice. We also ask that you send a reminder to the coaches at least 24hrs before the scheduled date.
  - Absences due to illness or \*injury must be disclosed as soon as possible (24hr notice or better is preferred).
  - Proof of illness or \*injury must be provided to coaches/All Star Supervisor by email, which includes Dr's note and/or thermometer reading (in case of fever) if athlete is contagious or physically unable to participate.
  - An athlete that is not "feeling well" must still attend practice (may be asked to wear a mask if necessary). An athlete may then be dismissed from practice at the discretion of the coaching staff and/or All Star Supervisor without penalty of unexcused absence.
  - A family emergency should be communicated privately & directly through the BAND app. Also email the All-Star Supervisor with at least 24-48hrs notice when possible.
  - **Excessive use of excused absences** may lead to movement to another position on the team, movement to another team, or dismissal from the program.

### Unexcused Absences

- Athletes are only allowed **TWO (2)** unexcused absences during "competition season". If a third absence occurs, a parent meeting will be scheduled, or the parent will be notified via email. If additional absences occur, disciplinary action will be taken for non-compliance. This may result in removal from the team, being put on probationary status, placed as an alternate, or removed from various elements of choreography and skills.
- Examples of unexcused absences: family gatherings after breaks, concerts, parties, studying, birthday parties, dances, formals, etc.
- Unexcused absences are **NOT** allowed the weekend and/or week before a competition or performance under any circumstance. Non-compliance may result in the athlete being moved to an alternate position or removed from an upcoming competition.

## Attendance Policy

\*\*\*We are aware that student athletes will need to take the ACT/SAT and/or State testing. We recommend that you schedule these as early in the season as possible. A competition cannot be missed due to ACT/SAT and/or State testing. Please let your coach know your SAT/ACT and/or State testing dates as soon as possible

**Athlete Injury:** In the event an athlete is injured, you should notify your Gym Manager, All Star Supervisor, and coaches of the team to communicate that an injury has occurred, immediately. Thereafter, you should continuously update coaches, as soon as possible, with all information concerning doctor's prognosis, estimated length of recovery, potential for surgery, and any changes in circumstance affecting their ability to perform the physical skills required to fulfill their role on the team.

Routines will be re-choreographed based on the athlete's injury and length of recovery. Once the athlete has fully recovered, they may or may NOT be choreographed back into the same spots in the routine. The determination of when they will be placed back into the routine is up to the coaches, All Star Supervisor and/or Gym Manager based on the team and competition schedule at the time. Every situation is unique, will vary, and will be handled independently.

## POSTSEASON EVENTS

Full-year competitive teams may earn the opportunity to compete at a postseason event. For most postseason events, a team must earn a bid during the regular season to attend. There are different types of bids (wild-card, at-large, partial-paid, and full-paid) available at most events. ALL postseason events are a privilege for each team, athlete, and coach.

- All regular season account balances must be paid-in-full in order to be eligible for postseason events.
- Athletes are permitted only **ONE** absence between regular season events and their designated postseason event.
- Postseason Events require additional costs that will be assessed once a team has received a bid, or we have finalized which postseason event a team will attend. A payment plan will be sent out and those payments are usually made the months of Feb., Mar., & Apr. in addition to the current payment plan.
- Just because your athlete was on the roster and in the routine to earn the postseason event bid, does not mean the athlete will be on the roster or in the routine at the actual postseason event
  - Financial responsibilities must be met (account has a zero balance).
  - An athlete's skills, work ethic, attitude, and commitment level must be maintained.

## All Star Quitting Policy

- If an All Star family/athlete decides they no longer want to be part of Premier Athletics after team choreography, they will be responsible for paying a quitting fee of **\$500**.
- **No refunds will be given for any payments prior to an athlete quitting.**

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## Dress Code

### Practice Dress Code

- Athletes must wear the correct practice clothes and bow. Cheer shoes must be worn at every practice.
- Athletes may be charged the price for new practice attire if they arrive to practice in the incorrect outfit.
- Please keep in mind that shorts are meant to be worn as shorts, and do not need to be pulled up excessively.
- Hair should be pulled up and out of the face.
- **NO Jewelry** of any kind is allowed to be worn during practice. Neither Premier Athletics, nor a Premier Athletics employee, is responsible for jewelry if it is worn into the gym, removed for practice, lost or stolen, or causes injury.
- New piercings are strongly discouraged during the season. However, **ALL NEW piercing must be covered for safety from May 2026 – July 2026. ALL pre-existing piercings MUST be removed during practices and competitions. As of Aug 1<sup>st</sup> ALL jewelry must be REMOVED during practices and competitions including clear pieces & ALL body piercings.**

### Competition Dress Code

- Athletes have two options that may be worn during competition.
  - Full uniform with program jersey
  - "Official" Premier Athletics warm-up
- Hair and makeup should be complete before entering the arena - unless the team is getting together to do hair. This will occur occasionally for certain events if time permits. We will post competition ready hair and makeup before the first event.
- Proper shoes are to be worn the entire time. No UGGs, boots, flip flops, slippers, etc.
- Jewelry is not permitted to be worn at competitions.
- **Bras or straps should NOT be visible under uniform.**
- Boys' hair should be cut nicely, and faces should be clean shaven or well groomed.
- For more on dress code, you may check out [www.usaf.net](http://www.usaf.net) Image Policy.

### Premier Athletics Merchandise

- All Apparel should be ordered through the gym.
- To protect the integrity of our brand, NO parent or athlete is permitted to use the Premier Athletics logo. If you have apparel ideas, please submit them to your Gym Manager for approval.

## Parent Travel Obligations

- Parents are responsible for their athlete's activities and behavior at all times.
- Parents must understand that competitions are a time for the athletes to **focus** and should be fully committed to the team and Premier Athletics through the entirety of the event.
- Athletes are expected to arrive to away events the evening before they compete.
- Athlete may need to arrive by a designated time on Friday evenings of a two-day event for scheduled practices at the event. It is also possible that awards for some teams could be late Sunday evening. The gym will give you this information as soon as it is available to them. Athletes are required to attend their award ceremony at all events.
- If a parent/guardian cannot attend an out-of-town event, you will arrange for another Premier Athletics parent, or responsible adult, to travel with your athlete to and from the event.
- In the event of inclement weather, we will remain in contact with the event company and get information to you as soon as possible. If the event is still being held, we plan to attend the event.

## Gym Facility Guidelines

- For the safety and fairness of all participants, only coaches and athletes are allowed on the gym floor.
- We will not allow parents, friends, grandparents, etc. on the floor at any time unless invited.
  - If you need something, please let our Front Desk Personnel know and they will alert a coach.
- Please help us in this effort to provide the best service to our/your athletes.
- Participants are not permitted to compete, fill-in for, or participate with any other All Star Cheerleading or Dance team while currently enrolled in a Premier Athletics program. For more information go to [www.usasf.net](http://www.usasf.net).
- **We are honored to work with your children, and we do not take that task lightly. Please also understand that participation in the program is a choice and a privilege. Any parent or athlete who displays negative behavior or is counter-productive to the overall success of the program can be dismissed from the program at anytime without warning.**
  - **This includes ALL Social Media platforms**

## Information & Social Media Outlets

- BAND APP
  - We will be using the BAND app as the MAIN method of Team and Program communication.
    - You will be required to have this app and will be added to the group upon joining a team.
    - Practice Schedule changes/additions & Competition communication will happen in the Team BAND app
- EMAIL
  - Some communication will be sent thru email! It is your responsibility to make sure that we have your **current email address** so that you can receive all pertinent information.
  - We will do our best to always answer your emails within 48 hrs.
- WEBSITE & SOCIAL MEDIA  
Visit: [www.premierathleticsmurfreesboro.com](http://www.premierathleticsmurfreesboro.com)

Premier Athletics Murfreesboro All Stars

Instagram: @pamurfreesboroallstars

Facebook: Premier Athletics Murfreesboro All Stars

Premier Athletics Murfreesboro

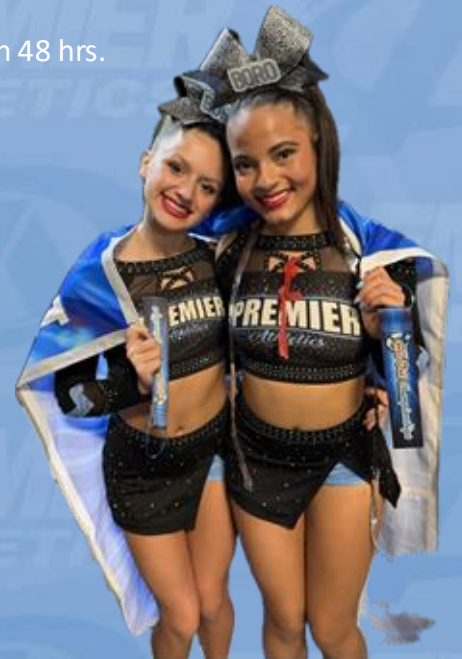
Instagram: @pamurfreesboro

Facebook: Premier Athletics Murfreesboro

Premier Athletics

Instagram - @premierathletics1

Facebook: Premier Athletics



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## USASF Credentialed Staff and Certified Gym

- The mission of the United States All Star Federation (USASF) is "to support and enrich the lives of our all star athletes and members. We provide consistent rules, strive for a safe environment for our athletes, drive competitive excellence, and promote a positive image for the sport."
- The Premier Staff and all gym locations are certified through USASF and compete only at sanctioned events.
- Each athlete within the Premier Athletics program will be required to become a member of the USASF. The cost is approx. \$50. If an athlete turns 18 during the season, they are required to do Safe Sport Training and have a background check. More information can be found at [usaf.net](http://usaf.net).

## Individual Athlete Training Options

**All Star Classes:** (These classes are **OPEN** to viewing throughout the season)

- All Star athletes are **required** to attend an additional hour of tumbling per week. Private lessons **DO NOT** count towards the weekly hour requirement.
- All Star specific tumbling classes are offered throughout the year, that are included in your team fees. Days & Times will be announced once teams have been revealed.
- All Star flexibility, mobility, strength, & conditioning classes will also be offered for individual athlete development.
- All Star 45min Flyer Class - **required for ALL flyers** – any all star is welcome to take this class.
- If you choose to take a tumbling class in our Tumble Academy program you will receive a 50% discount. You must register for the Tumble Academy tumbling classes on a monthly basis.
- **Please note that if you have an outstanding balance on your account, your all star will not be allowed to take Tumble Academy tumbling classes until their account is current. (This also includes siblings that are not all stars that take classes).**

## Crossing Over To Another Team:

- All Stars may want to cheer on more than one team.
- The additional practices, and extended time in the gym, will help develop their athletic ability and confidence.
- This option is *not* for everyone. The commitment of time is greatly increased.
- First year athletes are discouraged from participating on more than one team. Please understand that each case will be addressed individually. The coaches reserve the right to make exceptions under special circumstances without question.
- There is an additional cost associated with crossover athletes. These additional fees will be made available once the competition schedule has been released.



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