

## Our Commitment to Excellence

Premier Athletics began in 1994 with its first competitive cheerleading team. Since then, it has grown to become the only family of gyms of its kind in the country! We are proud to have the highest quality competitive cheerleading teams in the area! Collectively, Premier Athletics has won over 1,000 National Titles, hundreds of World Cheerleading and Dance appearances, numerous top-10, 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 for our athletes.



*Who's Who at Premier*

**Ace Major**

Gym Manager

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# RAIDERS

The Rutherford Raiders program is comprised of cheerleading teams focusing on competitive cheerleading. The Rutherford Raiders teams perform at local showcases and compete at regional and national events.

Rutherford Raiders teams perform a 2.5 - 3 minute routine with music that includes stunts, jumps, tumbling, and dancing. A portion of the routine includes a cheer where team members use signs, poms, and megaphones to engage the crowd.



# Team Selections

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 evaluation allowing the staff to create the most competitive teams possible. Our goal is to build strong, confident athletes within a safe environment.

It is important to understand while winning is always the goal, our main priority is to ensure our athletes have a good experience and learn lessons in teamwork, confidence, and perseverance.

We offer teams for multiple ages and skill levels. Every athlete will go through an individual evaluation process where they will demonstrate their abilities in stunts, jumps, tumbling, and more. This is a team tryout process. Although our goal is to place every athlete on a team, athletes that do not fit criteria for current teams will be given opportunities to join other competitive teams within the gym.

# Team Placements

## **RAIDERS INFORMATIONAL PARENT MEETING**

**March 26th at 6:30pm or  
April 12th 1:00pm**

## **RAIDERS TEAM EVALUATIONS**

### **TEAM PLACEMENT EVALUATIONS**

**April 28th - 30th**

**4/28- Tumbling and Material 5:30-7**

**4/29- Stunting and Material 5:30-7**

**4/30- Tryouts begins at 5:30**

\*Athletes should wear a white shirt, black shorts, and tennis/cheer shoes.

Hair should be pulled back with a cheer bow.



# Practice

Practices will begin  
on Tuesday, May 5th

Practices will be held twice a week. Tentatively

**Tuesday and Thursday**

**5:30 - 7:30\*\***

**\*\*Any adjustments to practice times/days will  
be announced with team reveals.**

**Practices are MANDATORY.**



## Tumbling Classes

Tumbling Classes are 50% off your first class when cheering for the Raiders Program.

Athletes on a Traditional team will be required to take a tumbling class once per week. Game Day athletes are highly encouraged to have a tumbling class each week.

(This will be added into the monthly tuition)



# Choreography & Camps

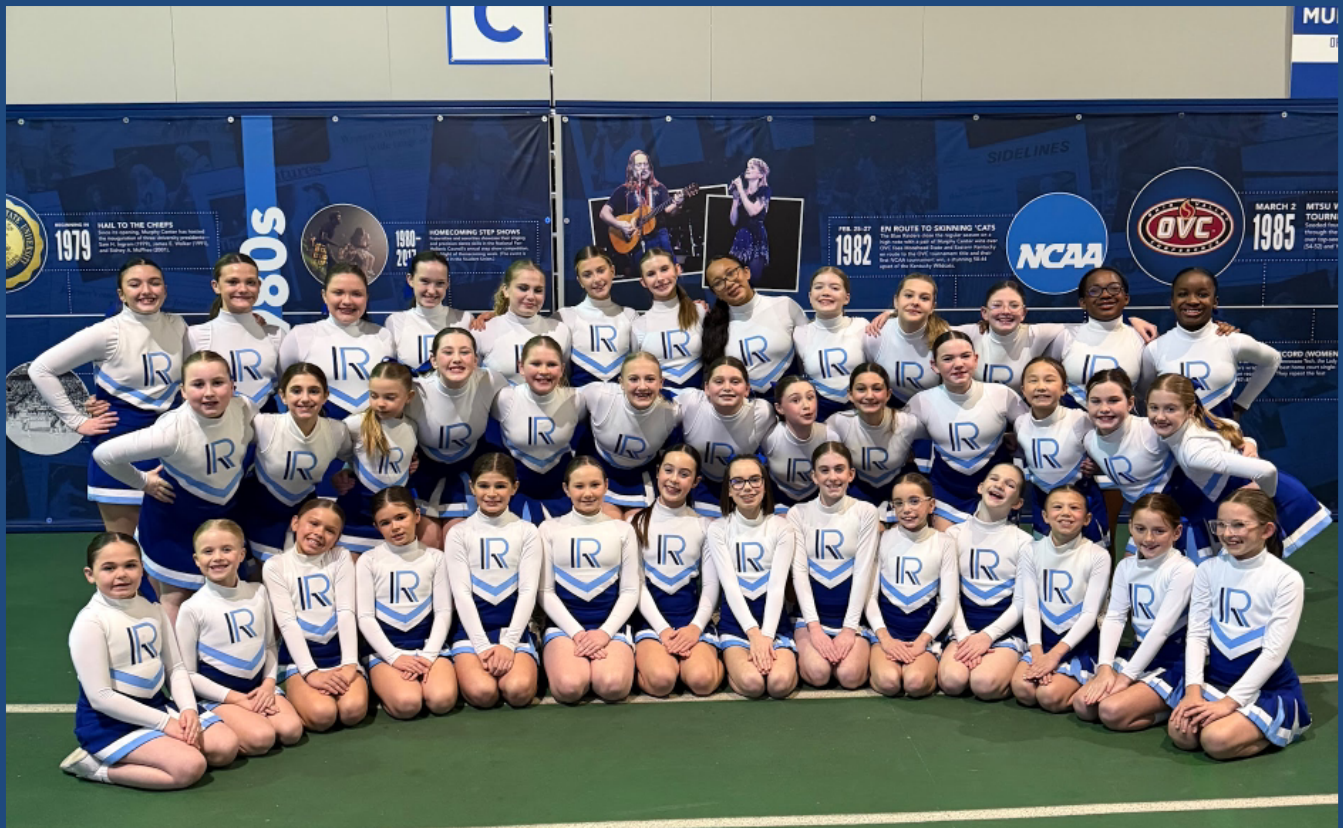
**Uniform Fitting**  
Tuesday May 26th

**Choreography**  
July 20th-21st or July 22nd-23rd

**Routine Review**  
August 30th

**Team Photos**  
November

*\*Dates are subject to change.*



# Competitions

**Showcase** – Franklin, TN TBD

**Middle TN Cheer Classic** – Blackman HS- October 24th, 2026

**UCA Space Center Regional** – Huntsville, AL- October 18th, 2026

**UCA Magic City Regional** – Birmingham, AL - November 8th, 2026

**UCA TN Extreme Regional** – Lebanon, TN \*- November 21st, 2026

**Road to Nationals** – Franklin, TN (TBD)

**Nationals Friends and Family Showcase** – (TBD)

## UCA NHSCC - Orlando, FL

(Nationals teams must meet scoring and bid requirements set at September Parents meetings to participate. Teams must be awarded a qualifying bid to compete at Nationals. Teams must meet score and bid requirements set at the end of summer.)

(\$499 fee due January 1st)\*\*

**\*additional performances may be added\***

**\*\*Prices may be subject to change, above is the 2025 price\*\***



## *What to Expect*

### All competitions are mandatory.

Prior to each competition, parents will receive a memo containing team-specific times for each competition.

-If an athlete misses a practice during competition week, they will not be allowed to compete.

**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.

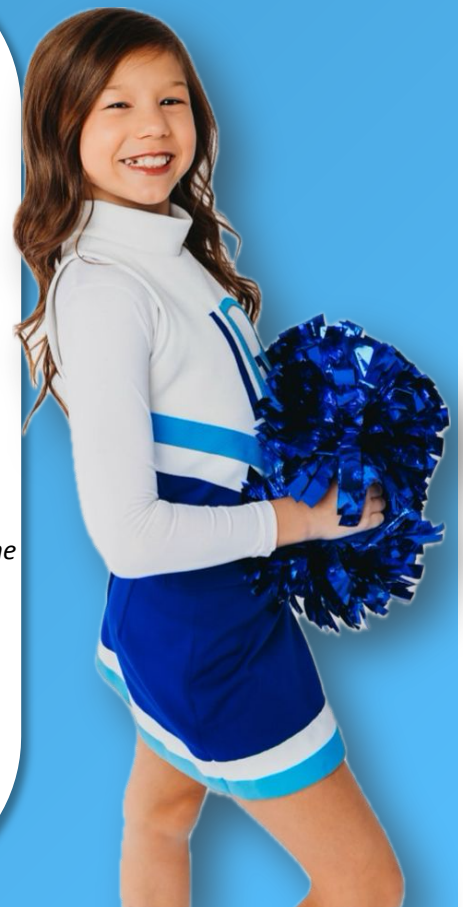
**Warm-up time** - Is determined by the competition company and assigned to each team.

*\*\*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.*

**Performance time** - The time when the team is scheduled to perform.

**Award time** - The time a team's division is scheduled to receive their placement and awards for the competition.

**If an athlete does not show up for a competition, he or she will be dismissed from the team.**





## FINANCIAL BREAKDOWN

DATE	TUITION	Team FEES	TOTAL
April 28th	Registration Fee \$50	Tryout Fees \$50	\$100
May 1st	\$115*	\$250	\$365
June 1 <sup>st</sup>	\$115*	\$140	\$255
July 1 <sup>st</sup>	\$115*	\$140	\$255
August 1 <sup>st</sup>	\$115*	\$140	\$255
September 1 <sup>st</sup>	\$115*	\$140	\$255
October 1 <sup>st</sup>	\$115*	\$140	\$255
November 1 <sup>st</sup>	\$115*	\$140	\$255
December 1 <sup>st</sup>	\$115*	\$140	\$255
January 1 <sup>st</sup>	\$115*	\$0**	\$115+
February 1 <sup>st</sup>	\$115*	\$0	\$115

- \*Tuition Price is set by 1.5 practice two times a week. Age/Division may differ in times
- Membership Fee: \$250 non-refundable fee due by May 1<sup>st</sup>
- Expense Fees: divided into 7 equal installments for your convenience
- Annual Registration fee \$50
- \*\*Nationals Registration and Nationals Coaches Fees due 1/1/27 and 1/15/27

# PROGRAM FEES

## What's Included?

Rutherford Raiders operates as an all-inclusive payment program. The following is included in your expense fees: all showcase/regional competition registration fees, practice wear/bows, choreography, camps, music, and end of season banquet.

## Required Additional Fees

2026-2027 additional fees are subject to change!

- **Annual Registration Fee - \$50**
  - Due at Tryouts
- **Athlete Uniform\* - \$350**
  - New Uniform Payments June 15th and July 15th
- **Cheer Shoes(New Shoes Required) - \$135**
  - August 15th
- **Raiders Backpack\* (Grey) \$85**
  - August 15th
- **Warm up Jacket\* - \$90**
  - September 15th
- **Cheer Jersey - \$55**
  - September 15th

\*Same as the 2025-2026 Season

\*\* Nationals Registration Fee and Coaches Fee\*\*

Due January 1st and January 15th

## How to Pay

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

All others please:

- Go to [www.premierathleticsmurffreesboro.com](http://www.premierathleticsmurffreesboro.com)
- Click on *Members Only* then click on *My Account*
- Click **YES** you are a current customer (you have an account so please do not create another one)
- Enter your email address and password (Click forgot password if you need additional help once you receive your password you will be able to login) add payment information to auto-draft.
- **(Auto Draft is required)**

## 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 by a coach to view a routine.
  - 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.
- 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 Social Media.

## Information, Communication, & Social Media

- WEBSITE
  - [www.premierathleticsmurfreesboro.com/rutherfordraiders](http://www.premierathleticsmurfreesboro.com/rutherfordraiders)
- 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 hours.
    - Please use email, **not social media/text**, to contact the gym, coaches, etc.
  - We will also be using the BAND App as a method of Team and Program information. You will be required to have this app and will be added to the group upon joining a team.
- FOLLOW US ON SOCIAL MEDIA!
  - Premier Athletics Murfreesboro**
    - Facebook- [www.facebook.com/PremierAthleticsMurfreesboro](http://www.facebook.com/PremierAthleticsMurfreesboro)
    - Instagram- @premierathleticsmurfreesboro
  - Rutherford Raiders**
    - Facebook- [www.facebook.com/rutherfordraiderscheer](http://www.facebook.com/rutherfordraiderscheer)
    - Instagram- @therutherfordraiders

## Merchandise

- All apparel should be ordered through the Rutherford Raiders program.
- To protect the integrity of our brand, no parent or athlete is permitted to use the Premier Athletics or Rutherford Raiders logo without authorization from the gym manager/Director.
  - This includes, but is not limited to - gym mascot/logos, team names, Premier Athletics logo, Rutherford Raiders logo, or any gym initials.
  - If you have apparel ideas, please submit them to your program manager.



RAIDERS

## Dress Code

### Practice Dress Code

- Athletes must wear the correct practice clothes and bow. Cheer shoes must be worn at every practice. If incorrect practice clothing is worn, athletes are responsible for purchasing a new set through the front office. **Athletes in incorrect outfit or are missing bows/shoes will perform a predetermined conditioning.**
- Please keep in mind that shorts are meant to be worn as shorts, and do not need to be pulled up excessively.
- In the event practice clothes are lost, damaged, or outgrown, you may purchase a new set.
- Hair should be pulled up and out of the face.
- Fingernails are to be kept short **at *sports length* (not visible from palm side)**. Fake fingernails that are longer than sports length are not allowed, and the athlete will sit out at practice until they meet the recommended safety length. If the athlete sits out, a parent meeting will be scheduled. **Approved competition nails: bare/no polish or neutral/clear polishes ONLY.**
- **NO jewelry** of any kind is allowed to be worn during practice. Neither Premier Athletics, nor Premier Athletics employees, is responsible for jewelry if it is worn into the gym, removed for practice, lost or stolen, or causes injury.
- **All piercings must be removed by September 1st. Therefore, early summer is the best time to get new piercings to allow proper healing. Athletes must remove jewelry or sit out. Covered jewelry or plastic/clear piercing retainers of any type are prohibited.**

### Competition Dress Code

- Athletes have two outfit choices when attending competitions:
  - Blue jersey over uniform
  - Official Rutherford Raiders warm-up over uniform
- Hair and makeup should be complete before arrival and athlete must be uniform unless otherwise approved by the program director.
- Only approved shoes and competition shoes are to be worn the entire time. No UGGs, boots, flip flops, slides, slippers, etc. may be worn while in RR uniform.
- Only the competition jacket, jersey, or black sweatpants may be worn over competition uniform.
- Jewelry is not permitted to be worn at competitions.
- Boys' hair should be cut nicely, and face should be clean shaven or well groomed.

### Swag Bags - Banquet - Friends and Family Showcase

- Athletes will receive a swag bag before leaving for their last competition.
- Raiders will provide 1 item towards swag bags (end of season gift). Parents will facilitate all other items in bags.
- An end of season send off celebration will be scheduled before Nationals that will include a Friends and Family Showcase. End of season gifts may be handed out during the send off and/or after Nationals.

## Attendance

### Summer Practices

The gym will be CLOSED for two weeks during the summer (June 23rd-July 7th, 2025) with no team practices. It is highly encouraged to schedule your vacations during this time.

- All vacations and missed practices during the summer must be communicated to the coach and 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 24 hours before the scheduled date. **Practices during summer that are not communicated can be added as an unexcused absence to the regular season allotment.**

### Season Practices

The "Competition Season" begins August 2026 and ends February 2027. Practice attendance is mandatory and compliance with the attendance policy below will be strictly enforced. An athlete's team position will be jeopardized for noncompliance with all the following terms of the attendance policy. Athletes are expected to be at every practice.

- If an athlete is absent from practice for any reason, whether excused or unexcused, they are responsible for learning ALL routine changes made in their absence **before** the next practice.
- Practices may be changed or added at any time during the year. Parents must check the BAND app and emails daily to stay on top of the practice schedule for updates on days and times.
- Absences should be emailed two weeks in advance with a reminder 24 hours before. Last minute absences due to illness, injury, or family emergency should be communicated privately, directly through the Band app, and emailed to coaches, directors, etc. (Excused absences must be accompanied with emailed verification: doctor's note, teacher's note for a grade, etc.)
- The viewing area is open for practice/class observation every day. However, if a problem arises, the Premier Athletics staff reserves the right to close viewing at anytime.
- An athlete that is not meeting practice expectations, handbook rules, and/or athlete code of conduct will be placed on a probationary period or moved to an alternate for future competitions.

***The Manager, Program Directors & team coaches have ultimate, discretionary authority to excuse absences on a case-by-case basis.***

### 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 may be taken for noncompliance, including but not limited to: removal from the team, being put on probationary status, placed as an alternate, or removed from various elements of choreography and skills.
- **Unexcused absences are NEVER allowed the weekend and week before a competition or performance under any circumstance. Noncompliance may result in the athlete being moved to an alternate position or removed from an upcoming competition.** Examples of unexcused absences: family gatherings after breaks, concerts, parties, studying, birthday parties, dances, formals, non-contagious sickness without doctor's note, etc.
- Missing a competition will result in immediate dismissal from the program.

### Quitting Fee

- If a Rutherford Raiders athlete decides they no longer want to be part of the program after team choreography, they will be responsible for paying a buyout fee of \$500.
- No refunds will be given.

## Attendance

**Injury:** In the event an athlete is injured, please notify the Raiders Director and describe the incident 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 change in circumstance affecting their ability to perform the physical skills required to fulfill their role on the team. A doctor's note will be required. Attendance to practices and events will still be required, unless otherwise discouraged by a medical professional with documentation.

We will re-choreograph routines based on the athlete's injury and length of recovery. Once the individual 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, Raiders Director, and Gym Manager based on the team and competition schedule at the time. Every situation could vary.

### POSTSEASON EVENTS (Nationals)

Teams may earn the opportunity to compete at a postseason event. Teams must earn a bid at a qualifying event in order to attend Nationals. All postseason events are a privilege for each team, athletes, and coaches.

- All regular season balances must be paid in full in order to be eligible for postseason events.

### BID Required Event Attendance:

- If an athlete has an unexcused absence during competition week, the athlete will not compete and a fill in will be utilized.
- If an athlete is injured or sick, meaning the athlete is physically unable to be on the mat and execute their skills, a temporary fill in will compete. The original athlete (injured or sick) will return to the roster and in the routine once released, and will compete at the postseason event as long as routine responsibilities are met.
- If an athlete chooses to miss a competition for any reason, they will forfeit any opportunity to compete at the postseason event, but may attend as an alternate.
- 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.
  - An athlete's skill set, work ethic, and or commitment level must be maintained.

