



OUR COMMITMENT TO EXCELLENCE

Premier Athletics began in 1994 with its first competitive cheerleading team and has since grown into a one-of-a-kind program. Today, Premier Athletics operates seven locations across the United States and has built a legacy of excellence in cheerleading and dance.

Collectively, Premier Athletics programs have earned over 1,000 National Titles and more than 100 appearances at the Cheerleading and Dance Worlds, including numerous Top 10 finishes and Bronze, Silver, and Gold medal placements. In addition, more than 500 Premier athletes have gone on to continue their cheerleading and dance careers at universities across the country.

At Premier Athletics, we believe in providing the highest quality training. Our coaches and staff attend numerous seminars and professional development sessions throughout the year to ensure they are delivering the best instruction, choreography, and care to every athlete.

Who's Who at Premier

Jay Noffsinger
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Hayley Stevens
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Mark Wilson
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The safety and success of each athlete is of the utmost importance to the Premier Athletics staff. Team Selections 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 team-work, confidence and overcoming life's obstacles.

Every athlete will be placed on a team. No experience is necessary 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 an individual evaluation process where they will demonstrate their abilities in stunts, jumps, tumbling and more. We will evaluate individuals in both stunt groups and large group settings to determine where the athlete's overall skill set best fits amongst a team. We pride ourselves on creating a non stressful evaluation process. This is not a tryout. Every athlete will be placed on a team.



TEAM SELECTION SCHEDULE

Monday, May 18th - Thursday, May 28th

Athletes should wear a black shirt, black shorts, cheer shoes, & a bow.



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PREMIER **ATHLETICS**

ALL STAR CLINICS

In the first two weeks of May, we will host preparation clinics to help athletes prepare for Evaluations. These clinics will emphasize level-appropriate, skill-specific training to build confidence and improve performance leading into Evaluations. Clinics are \$20 per session and are available for enrollment online in the Parent Portal.

PREPARE FOR TRYOUTS

ALL STAR CLINIC DATES

- *MAY 5th – 6:00-8:00PM*
- *MAY 7th – 6:00-8:00PM*
- *MAY 12th – 6:00-8:00 PM*
- *MAY 14th – 6:00-8:00PM*



2026-2027
EVALUATION SCHEDULE

LEVEL	DATE/TIME
NEW ATHLETES	MAY 18 7:00-9:00
TINY & MINI	MAY 18 5:00-7:00 MAY 22 5:00-6:30
LEVEL 5 & 6	MAY 19 7:00-9:00 MAY 26 7:00-9:00
LEVEL 4	MAY 19 5:00-7:00 MAY 26 5:00-7:00
LEVEL 3	MAY 20 7:00-9:00 MAY 27 7:00-9:00
LEVEL 2	MAY 20 5:00-7:00 MAY 27 5:00-7:00
LEVEL 1	MAY 21 5:00-7:00 MAY 22 7:00-8:30
MAKE-UP	MAY 28 5:00-8:30





LEVELED SKILLS CHART

Level 1	Forward & Backward roll (variations), Cartwheel, Roundoff rebound, Cartwheel, Backbend kick over, Back walkover, Front walkover	
Required Standing Tumbling Series BWO Valdez Switch Leg BWO	Required Running Tumbling Power Hurdle Roundoff Direction Change FWO Cartwheel BWO Series	
Level 2	Front handspring(s) & Backhandspring(s) variations, Running Series Variations	
Required Standing Tumbling BHS step out BWO BHS BWO switch leg BHS	Required Running Tumbling Fly Spring Roundoff BHS series FWO Roundoff BHS Rebound Direction Change Roundoff BHS	
Level 3	Series of BHS, Jump BHS(s), Aerial, Punch front, Roundoff Tuck Combinations	
Required Standing Tumbling BBHS Stepout-BHS-BHS BHS-TT-BHS	Required Running Tumbling FWO Aerial FHS/Frontwalkover Round BHS Tuck Aerial Roundoff BHS Tuck	
Level 4	Tuck, BHS(s) Tuck, Whip Combinations, Punch front step-out, X-out, Layout step-out	
Required Standing Tumbling BHS Tuck TT-BHS-Tuck	Required Running Tumbling Roundoff BHS Layout FWO/Punchfront Stepout/Whip/ to Layout	
Level 5	Jump(s) Tuck, BHS(s) Layout, Arabian, Running (combinations) Full	
Required Standing Tumbling TT- Tuck BHS(s) to Layout	Required Running Tumbling TT- Tuck BHS(s) to Layout	
Level 6	1 ½ twisting skills, BHS(s) Full, Double Full, Standing Full	
Required Standing Tumbling BHS Full BHS Whip Full Standing BHS Series to Double Full	Required Running Tumbling Arabian/Puncfront/ Whip/ Full to Full or Double Full Round Off Whip Full	

TEAM ANNOUNCEMENTS & COMMITMENT DAY

MAY 31ST 5:00 PM

Commitment Day is an exciting opportunity for athletes to discover their new teams through a fun team reveal, meet their coaches, and celebrate their excitement with photos and friends!

2026-2027 AGE GRID PREP/ELITE

TINY	2019-2021
MINI	2017-2020
YOUTH	2014-2019
JUNIOR	2011-2018
SENIOR (L1-5)	2007-2014
SENIOR 6 (L6)	2007-2013

PREMIER ATHLETICS



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PRACTICE

Practices are **MANDATORY**.

Each full year ELITE all star team will practice 1 to 2 time(s) per week during the summer, and 2 times per week during regular season. Additional practices will be added during the regular season.

Beginning in August, an athlete may have 5 absences (excused and/or unexcused). Coaches must be notified prior to the absences. Please refer to the Attendance Policy for more information.

SKILLS CAMP

Is an essential part of routine, squad and individual development. Camp is required for all athletes to attend.

Skills Camp will be held during the week of June 9-11 at Premier Athletics for Mini - Junior teams. There will be no Skills Camp for Tiny teams.

Flip Fest - Crossville, TN – June 4-7, 2026
(Junior 3 teams & up)

CHOREOGRAPHY & STUNT CAMP

Stunt Camp- June 12-14 (Mini-Senior)

Routine choreography will be held the month of August.

Once teams are finalized, exact times will be set.

*Choreography will be in the afternoon & evenings unless it falls on the weekend.



PREMIER ATHLETICS

PROGRAM UNIFORM & WARM UP

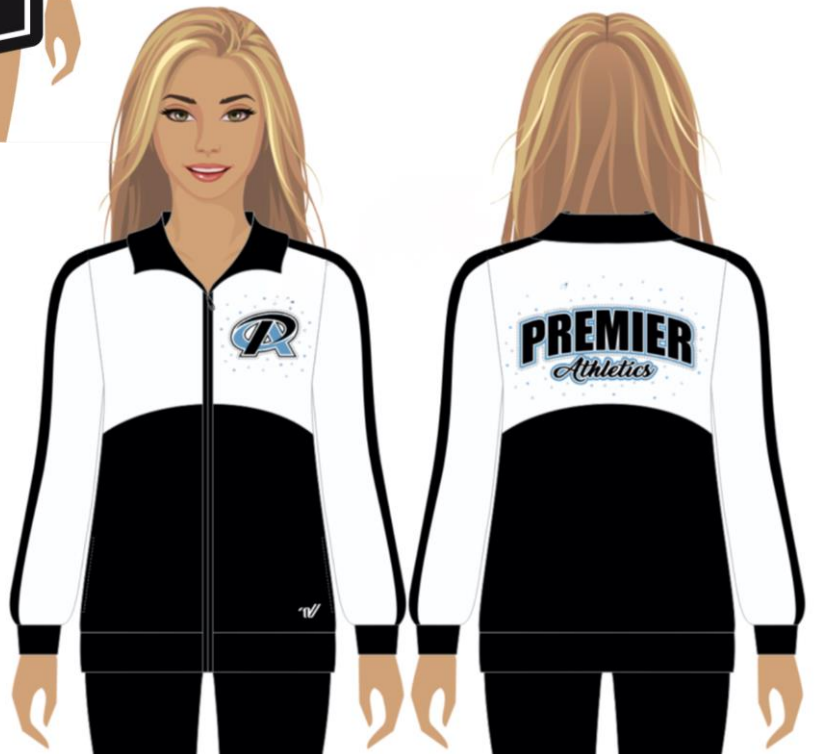


PROGRAM UNIFORM

NEW Uniform for the 2026-2027 season. Uniform reveal coming soon!

PROGRAM WARM-UP

NEW Warm-Up Jacket for the 2026-2027 season.



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PROGRAM ACCESSORIES



VARSITY BACKPACK

Varsity MicroCrystal Sparkle Backpack includes over 20 compartments and a detachable shoulder strap. Available in both black and white. Available in the Pro Shop.

CHEER SHOES

*Solid white Cheer Shoe is required.
Available in the Pro Shop*



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PRACTICE WEAR

VARSITY PRACTICE SET

The 2026–2027 practice wear includes a custom Varsity 3-piece set designed exclusively for Premier Athletics Mini-Senior teams. This fully spangled set features a Varsity waist-length bra, Varsity shorts, and a Varsity cropped tank.

RHINESTONE TOP

Junior-Senior athletes will receive a custom rhinestone top designed specifically for their team.

PROGRAM TEE

All athletes receive a 2026-2027 All Star program tee.

PRACTICE BOW

All teams receive a custom practice bow.



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WHAT TO EXPECT AT COMPETITIONS

All competitions are mandatory. Missing a competition may result in removal from the team. Prior to each competition, athletes will be given the following set of team-specific times for each event:

- If your team is having Friday night practice at an event, it is considered a mandatory practice
- 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
- Awards time- the time of the awards ceremony that your team has been scheduled to receive its award



2026-2027

FINANCIAL BREAKDOWN

	Tiny	Mini	Youth - Junior 2	Junior 3 - Senior
Tryout Fee	\$50	\$50	\$50	\$50
Membership Fee	\$200 Due June 1	\$300 Due June 1	\$350 Due June 1	\$350 Due June 1
Expense Fees	\$145 July 1 - March 1	\$223 July 1-March 1	\$270 July 1 - March 1	\$297 July 1 - March 1
Monthly Tuition June 2026 - April 2027	\$110	\$150	\$150	\$150
NEW Uniform	Girls- \$250 Boys- \$200	Girls- \$250 Boys- \$200	Girls- \$460 Boys- \$370	Girls- \$460 Boys- \$370
NEW Warm-Up Jacket	\$150 Not Required	\$150 Not Required	\$150 Required	\$150 Required

MULTI-ATHLETE DISCOUNT- Families with more than one child enrolled in the All Star program will receive a 20% discount off the tuition of each additional athlete.

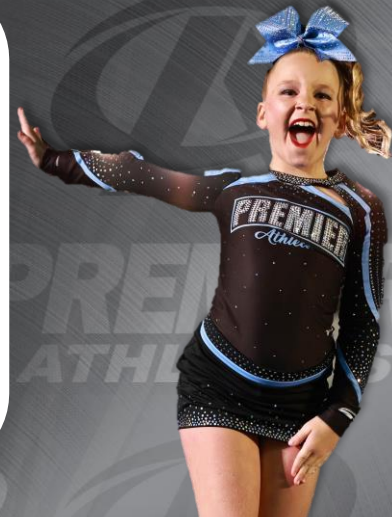
PAYMENTS- A card is required to be on file for all team athletes. Invoices are sent by the 25th of the month. Payments are due by the 1st of the month. If an account is past due, a \$20 late fee will be applied to the account, and the athlete will be asked to sit out of practice. If you need to communicate regarding your account, please email our office at amcloud@premierathleticsfranklin.com.

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 Bow, Routine Choreography, Dance Choreography, Skills Camp, Choreography Clean Ups, Music Fees, Banquet, & Coaches Fees!



ADDITIONAL FEES

- Athlete Uniform (Youth-Sr) - \$460 (required, NEW)
- Athlete Uniform (Tiny & Mini) - \$250 (required, NEW)
- Competition Bow - \$50 (required, NEW)
- Warm Up Jacket - \$150 (required Youth-Senior, NEW)
- USASF Athlete Registration - \$50 paid directly to USASF
- Travel to Competitions - Hotel/Transportation
- Premier Athletics Backpack - \$160 (optional)
- Solid White Cheer Shoes - \$140 (required)
- Annual registration Fee - \$50 (due annually)



HOW TO PAY

If you are **NEW** to the gym, follow the instructions below.

- Go to www.premierathleticsfranklin.com.
- Click on Member Login and follow the instructions to create an account.

Once your account is set up, you will need to login to add auto-draft information & accept necessary policies.

AUTO DRAFT IS REQUIRED FOR ALL TEAM ATHLETES.



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.
- 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

Information and updates can be found on our website www.premierathleticsnashville.com

- EMAIL
 - It is the main way we communicate! It is your responsibility to make sure that we have your current email address so that you can receive all pertinent information.
 - Please use email, not social media/text, to contact the gym, coaches, etc.
 - We will also be using the BAND APP & GROUPME as a method of Team and Program information. You will be required to have these apps and will be added to the group upon joining a team.
- SOCIAL MEDIA
 - Premier Athletics Nashville
 - Instagram- [premierathleticsnashville](https://www.instagram.com/premierathleticsnashville)
 - Facebook- www.facebook.com/premierathleticsnashville



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 for this is approximately \$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 usasf.net.

Additional Training Options



Tumbling Class Option:

- All stars are encouraged to take an extra hour of tumbling per week to improve their tumbling skills. To facilitate everyone's tumbling needs, we offer All Star Tumble Classes & regularly scheduled tumbling classes within The Tumble Zone at 50% off the regular rate. Tumbling classes run on a month-to-month basis.

Please note that if you have an outstanding balance on your account, your athlete will not be allowed to take classes until the account is current. (This also includes siblings that are not all stars that take classes).

Flex Class for Flyers (highly encouraged for all athletes who are flyers):

- Team flyers are required to have ALL body positions to fly in a routine.
- All stars are offered 50% off the cost of this class.
- All athletes who fly on their all star team are highly encouraged to take the Flyer Flex Class.
- This class is encouraged for all athletes to improve flexibility, build strength, and learn proper stretching techniques that support overall performance.

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.
- The fee to crossover to another team is \$700 and will be drafted in 2 equal parts. This fee will cover all competition registrations, choreography and coaches fees for the second team.



Dress Code

Practice Dress Code

- Athletes must wear the correct practice clothes and bow. Cheer shoes must be worn at every practice.
- Athletes will be charged 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.

Competition Dress Code

- Athletes have two options that may be worn during competition.
 - Full uniform
 - 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.
 - Junior teams and up will be required to wear The Perfect Posh hairpiece found at www.theperfectposh.com. Tease size should be SMALL.
- Proper shoes are to be worn the entire time. No UGGS, boots, flip flops, slippers, pajama pants, etc. are allowed at be worn at any time during an event.
- Jewelry is not permitted to be worn at competitions.
- Bras 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.usasf.net Image Policy.

Premier Athletics Merchandise

- 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 owner.

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.



Attendance

Summer Practices

- Attendance at practice is critical to your athlete's progress and integral to the success of the team and athletes should be at practices during the summer season. A Summer Absence Calendar will be provided in advance and must be submitted to coaches prior to the start of summer to assist with planning and team preparation.
- We will designate one week during the summer with no team practices. Please try to schedule your family vacations during this time.
- Any absence must be communicated with the Coach and All Star Supervisor via email, noting the vacation, camp, game or any other scheduled activity preventing the athlete from attending practice at least 2 weeks in advance. We also ask that you send a reminder to the coach the day before. If absences are not turned in at least 2 weeks in advance, the absence will be considered unexcused.
- Last minute absences due to illness or family emergency can be communicated privately/directly to the Head Coach as soon as possible.

Competition Season Practices

The "Competition Season Practices" begins August 2026, ends April/May 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, he or she is 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 GroupMe, Band App and emails daily to stay on top of the practice schedule for updates.
- We are aware that many junior/senior HS age athletes will need to take the ACT/SAT on a Saturday. We recommend that you schedule these as early in the season as possible. A competition cannot be missed due to ACT/SAT testing. Please let your coach know your SAT/ACT dates as soon as possible.
- 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.

The Manager, All Star Supervisor and team coaches have ultimate discretionary authority to excuse absences on a case-by-case basis.

Unexcused Absences

- Athletes are allowed (5) absences total (excused and unexcused) during competition season. After the fifth absence occurs, a parent meeting will be scheduled, or the parent will be notified via email of the absences. 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.
- Examples of unexcused absences: concerts, studying, birthday parties, flight delays, dances, private school winterims, etc.
- The gym follows Williamson County School's calendar. Breaks outside of this schedule will be considered unexcused.
- **Unexcused absences are NEVER allowed the two weeks leading into a competition weekend or performance. Noncompliance may result in the athlete being moved to an alternate position or removed from an upcoming competition.**

- Missing a competition will result in immediate dismissal from the program.
- Extra practices will be scheduled during the year. The absentee policy does apply to extra practices.

Attendance

Injury: In the event an athlete is injured, you should notify your All Star Supervisor and Head Coach of the team and let them know of the happening of such injury immediately. Thereafter, you should continuously update coaches as soon as possible with all information concerning doctor's prognosis, estimated length of recovery, and any change in circumstance affecting ability to perform the physical skills required to fulfill the role on the team.

We will re-choreograph routines based on the athlete's injury and length of recovery. Once the individual has fully recovered; he or she may or may NOT be choreographed back into the same spots in the routine. The determination of when he or she will be placed back into the routine is up to the coaches, All Star Supervisor and Gym Manger based on the team and competition schedule. Every situation may vary.

POST SEASON EVENTS (Summit, Worlds)

All full-year competitive teams may earn the opportunity to compete at a post season event. The Summit is a "bid" opportunity events. Bid Eligible Divisions Level 1-5 must earn a Wildcard, At Large, or Paid Bid to The Summit in order to attend. The Cheerleading Worlds is also a "bid" opportunity event. Senior Level 6 is the only eligible team for Worlds. The Senior Level 6 team must earn an At Large or Paid bid to The Cheerleading Worlds in order to attend and compete. ALL Post Season events are a privilege for each team, athlete, and coach.

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

BID Required Event Rosters:

- If an athlete has an unexcused absence during the two weeks leading into a competition, the athlete may not be permitted to compete, and a fill in is required. The fill in may be rostered for the post season event.
- If an athlete is sick or injured, meaning the athlete is physically unable to be on the mat and execute their skills, a temporary fill in will compete. The original athlete will return to the roster and in the routine once released and will compete at the post season event as long as routine responsibilities are met.
- If an athlete chooses to miss a competition for any reason other than injury, illness, or family emergency, that athlete will forfeit any opportunity to compete at the post season event but may be an alternate.
- An athlete on the roster and in the routine when the bid is won, does not guarantee the athlete will be on the roster for the post season event. Financial responsibilities must be met, and the athlete's skills and commitment level must be maintained.

ALL STAR QUITTING POLICY

- If an athlete chooses to withdraw from the program after June 1st, a \$500 buyout fee will apply. This fee is in place to protect the integrity of the team and the commitment made to the program.
- If an athlete quits during the week of a competition or scheduled event, the buyout fee will increase to \$750. This increase reflects the additional coaching hours, routine restructuring, and last -minute choreography changes necessary to prepare the team to compete.
- No refunds will be given if an athlete quits the program.



2026-2027 ***GYM CLOSING DATES***

The gym will be closed on the following dates in alignment with the WCS student calendar.

Note: The gym is not closed on the Sunday before students return to school.

**Friday - Monday - May 22nd-25th - Memorial Day
(Reopen on Tuesday the 26th)**

**Friday- Sunday - June 26th - July 5 - Summer Break
(Reopen on Monday the 6th)**

**Saturday Sept. 5 - Monday, Sept. 7, 2026 – Labor Day
(Reopen on Tuesday the 8th)**

**Friday–Saturday, Oct 9–17, 2026 – Fall Break
(Reopen on Sunday the 18th)**

**Monday–Friday, Nov 23–28, 2026 – Thanksgiving Break
(Reopen on Sunday the 29th)**

**Saturday, Dec 19, 2026 – Saturday, Jan 2, 2026 – Winter Break
(Reopen on Sunday the 3rd)**

We are open for Mid-Winter Break & absences will be unexcused

**Saturday–Saturday, March 13–20, 2027 – Spring Break
(Reopen on Sunday the 21st)**

**Friday-Sunday, March 26-28, 2027 – Easter Holiday
(Reopen on Monday the 29th)**

