SONIC ELITE OLYMPIA

SEASON 10

CHEER ABILITIES

HANDBOOK

Champions are not born, they are built here...everday!

I am very excited about your interest in joining our Sonic family this season! At Sonic Elite Olympia (SEO) we pride ourselves in promoting personal growth as well as training our athletes in a safe and encouraging environment. All-star cheerleading instills countless positive benefits that will stay with an athlete the rest of their lives. Confidence, self-discipline, and appreciation for the value of hard work are just a few. From stunting to tumbling and dance, athletes will learn valuable life lessons from our incredible coaching staff. We can't wait to see what this season has in store for SEO!

Welcome to the family!

Julia Skidmore
SEO Owner and Director

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Please keep sections one through four of this handbook to use for reference throughout the season.

*****Please fill out, sign, and return all attachments at evaluations. *****

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Section 1- Team Placements

Every season at SEO we begin with registration. No cheerleading experience is required to join SEO.

Informational Meeting: June 29th, 3PM @ SEO

Packet Submission Window: June 30th - July 13th

New Athlete Uniform Fee: $250 ($125 due on July 15th and August 15th)

Athletes are responsible for the uniform fee & tuition in a timely manner. Payments can be paid by cash, credit card, or check. (Credit card payments will be subject to an additional 3% fee, and you will be charged $20 if your check bounces.) If you need a different payment date due to paydays, etc…you must note that on your payment schedule attachment.

Regular season fees include the following:

- Competition fees
- 1 competition hair item
- Routine music fees
- Practice T-shirt and Tank Top
- Coaches' pay

*Optional items to be purchased through a separate link:

Shoes, backpack, sports bra and spandex

We have included everything your athlete will need for the regular season in your fees for the season. *No hidden costs, no surprises.*

Team practices:

First team practice is July 13th. Athletes must have a handbook turned in to participate. One and a half hours total team practices per week (all included in tuition). There is a possibility of additional summer practice hours. Sundays 3:00-4:30PM are the scheduled practice days.

Section 2 - Communication

Our coaching staff is happy to talk with you or your athlete about any concerns that you have. Please understand that due to having so many athletes, teams, and classes here at SEO, staff members are often very busy and may not have time to chat in-between practices. We do ask that for topics pertaining to joining Stars, practices, competitions, events, apparel orders, teams, etc. email us at: sonicelitestars@gmail.com

If you have questions about athlete accounts, invoices, payments, or anything related to finances, please email us at:

soniceliteolympia@gmail.com

In the event you would like to have a face-to-face meeting with an SEO staff member before or after a practice, you must make a request via the email above and confirm an appointment at least 24 hours in advance. We ask that this is done so we can plan enough time to adequately address any concerns you have and ensure that your needs are met.

Unless it is an **emergency**, please refrain from texting, Facebook messaging, or instant messaging our staff. If it is an **emergency**, please use any means necessary to contact the staff member you need directly.

Section 3 - Attendance Expectations/Other Information

Throughout the season attendance is incredibly important! If just ONE person is missing during a practice other athletes are affected. Poor attendance stunts the development of other athletes and the overall momentum of the team. Because of this we require near perfect attendance. We want to give every athlete the opportunity to progress as far as they possibly can in the sport of cheerleading.

Tardies:

While we understand things can happen that might make athletes late to practices, it is important for everyone to understand that athletes being late will affect a practice. Please reach out if your athlete is not going to attend practice, or is going to be late. Being late to practice multiple times over 15 minutes without notice will result in an absence.

Competitions:

Attendance at all competitions is **MANDATORY**. If an athlete is a "no-show" at a competition, there will be a $50 fee charged that must be paid before they can continue to practice or compete. In order to not receive this charge, we must be notified no later than 48 hours before a competition that athletes will not be present. The only reason to miss a competition is for sickness or an emergency.

Practices:

Always make sure to be well hydrated and have recently eaten before coming to practice or a class. If an athlete is going to miss practice then please email us and let us know in advance.

Athletes are REQUIRED to remove ALL jewelry, have their hair up tightly and out of their face, and their fingernail length will be no longer than the end of their fingertips. These are all safety measures we are taking for our athletes and we take this seriously. If an athlete comes to practice and is not adhering to this requirement, their parent will be emailed, the athlete will sit out of practice until it is corrected and parents will be charged **a $25 inconvenience fee** for each practice that is happens.

The practice atmosphere is all business (mostly…we have fun too!) so come ready to work, push yourself, learn, and progress your skills. A good attitude is expected from all athletes inside of the gym at all times. SEO is a "drama free" zone… Please leave it at the door. The gym is our athlete's sanctuary. We are practicing for competitions. Give each practice your absolute best effort at all times. Your coaches have high expectations and will accept *nothing less*. We want to help athletes become the best that they can possibly be and we need your best effort to achieve that together.

USASF Registration:

All SEO athletes must be current and registered in the USASF system no later than ***01 Oct 2025*** ***or parents will be charged a $50 penalty fee each month until it is completed***. This is something that is required and non-negotiable. You will need to go to www.usasfmembers.net and create an account, register your athlete and pay their membership fee. Remember that athletes 18 or older need to do the USASF safety training as well. Please know that military/school ID will not work to verify age. If you need assistance, please email us and let us know. We are happy to assist!

DSHS/DDA:

SEO will be accepting DSHS/DDA payments. The account needs to be set up with SEO at the time of registration. Please have your athletes representative reach out to us right away so we can get it set up immediately. Families will be responsible for tuition/uniform payment until first payment is approved through DSHS.

SEO Name and Logo Usage:

At no time is anyone authorized to use any of the Sonic Elite Olympia logos or team names. Our name/team names may be requested to create clothing or articles for athletes or parents for special events/competitions, but only with prior permission of the gym. We have the right to approve or deny any request for any reason. Just email us with an explanation of what you are creating with details, to request permission. Our logo or name may never be used for any kind of fundraising. At no time can anything be sold to anyone with our name, logo or teams names on it.

Sonic Culture:

Here at SEO we are trying to create a culture of inclusion, heart and family. Every athlete and parent is responsible for their own actions and will be held accountable for anything that does not meet our standard of respect towards our gym, the local community and the cheer community. We will treat all other gyms and their athletes with the same respect we would our own and will listen to the guidance of all competition event staff and judges. Remember a positive attitude goes a long way and that we should all treat each other the way we would like to be treated. Be the elite example of kindness and show everyone what the #sonicculture truly is.

Section 4 - Important Dates

Competitions:

10-11 Jan 2026: Aloha (Portland)
24-25 Jan 2026: ATC Grand Nationals (Seattle)
7-8 Feb 2026: ASC Clash of the Titans (Tacoma)
28 Feb-01 Mar 2026: PACWEST (Portland)
18-19 Apr 2026: West Regional Summit- (Arizona)…this is a "possible" competition.

Other Important Dates:

May 23rd-26th: Gym closed (Memorial Day Weekend)
July 3rd-13th : Gym closed (Independence Day)
August 29th-September 1st: Gym closed (Labor Day weekend)
October 25th: Halloween Showcase/Trunk or Treat
November- Showcase: TBD
November 27th-30th: Gym closed (Thanksgiving break)
December- Parties and Showcase TBD
December 22nd - January 4th: Gym closed (Christmas break)

PARENT CONDUCT AGREEMENT

(Return to SEO at evaluations)

I, _____parent of _____ understand that as a parent at Sonic Elite Olympia I will be held to the following standards of conduct:
Please read and initial the following:

_____I will not be involved in any matter of disrespect towards any members of the Sonic Elite Olympia staff, parents, or athletes.

_____ I understand that there is no "coaching from the sidelines" at practices or competitions or you will be removed from those events.

_____I will not use inappropriate language and I will behave in a manner that respects myself, Sonic Elite Olympia (per their discretion), and the sport of cheerleading.

_____I understand that the staff members of Sonic Elite Olympia reserve the right to suspend any athlete or parent's participation in activities as disciplinary action, all the way up to removal from the program.

_____I understand that during a team practice or competition it is not the proper time/place to discuss with staff any issues I may have, and instead will schedule a meeting to be held at a later date.

_____I will not participate in negative gossip or communications that adversely affect Sonic Elite Olympia. This includes, but is not limited to; verbally to other individuals, email, Facebook, twitter, Instagram, chat rooms, group chats, any other websites, or social medias. This also includes speaking negatively about other parents or athletes in any of the previously mentioned ways.

_____I will not verbalize or post information about the extent of my injuries, diagnosis, prognosis, etc., on any Sonic Elite Olympia, Facebook, Twitter, Instagram, or any other websites, or social media.

_____I understand that I am responsible for arranging transportation of my athlete to all practices, competitions and gym related functions.

_____I will comply with and ensure that my athlete complies with all expectations of the handbook.

_____I understand that I, the parent, can be dismissed from the SEO program for violating any of the above points in this agreement. I also understand that if that occurs, my athlete can also be dismissed (per SEO management discretion) and that I will be subject to all financial responsibilities regarding dismissal per the section 8 All-Star Financial Agreement.

Parent Signature _____Date_____

TREATMENT/LIABILITY/PUBLICITY RELEASE WAIVER

(Return to SEO at evaluations)

Please read and initial the following:

_____I authorize medical professionals to administer any necessary emergency treatment for any injury or serious illness if neither parent can be reached. I will assume all financial responsibility for any medical treatment.

_____I understand any equipment used at tumbling classes, clinic, or open gyms has associated risks and that injuries are a possibility.

_____I further acknowledge that the athlete below has elected to participate in Sonic Elite Olympia programs at their own risk, and will not hold the Sonic Elite Olympia owners, and/or instructors liable for any and all injuries that may occur while participating in any activity or event that Sonic Elite Olympia may hold.

_____I hereby grant Sonic Elite Olympia and its successors, the unrestricted right to use my child's name, likeness, or appearance on any program literature, calendars, photographs, flyers, video material, film material, computer software, computer hardware, electronic on-line services, or other similar promotional material in any form, content or medium to promote or market Sonic Elite Olympia.

Athlete Name: _____

Parent Name: _____

Parent Signature: _____

Date: _____

2025-2026 SEO STARS FINANCIAL AGREEMENT

(Return to SEO)

2025/2026 New Athlete Elite Team Fee Schedule (includes sales tax)									
7/15/25	8/1/25	9/1/25	10/1/25	11/1/25	12/1/25	1/1/26	2/1/26	3/1/26	4/1/26
$100	$100	$100	$100	$100	$100	$100	$100	$100	$100

I, _____ the parent of_____, understand that I am solely responsible for paying each and every monthly payment outlined on the 2025-2026 season SEO Stars fee schedule below on its associated due date.

Please read and initial the following:

_____ I understand that any and all monthly payments per the 2025-2026 season SEO Stars fee schedule above are 100% non refundable.

_____ I agree to provide my bank account number and routing number or credit card information to Sonic Elite Olympia allowing each individual monthly payment to be automatically withdrawn from my bank account or charged to my credit card on its associated due date, per the 2025-2026 season SEO Stars fee schedule above.

_____I understand that all credit card transactions will be subject to an additional 3% fee.

_____ I understand and agree that if any monthly payment per the 2025-2026 season SEO Stars fee schedule above is unsuccessful at the time it is transferred or charged, I will be responsible $25 fee, which will be added to the failed payment. Sonic Elite Olympia will notify me via email the day of the unsuccessful bank transfer or card charge attempt.

_____I understand that if any monthly payment is not paid in full by the end of the third day of the month, immediately following that payment's original due date, my athlete will be benched at practice on the fourth day of that month. My athlete will remain benched at practice until the payment is made in full. If my payment has not been paid in full before the 15th day of the same month that it was originally due, or mutually agreed upon payment terms between myself and Sonic Elite Olympia have not been made, my athlete will be permanently dismissed from Sonic Elite Olympia for the entire remainder of the 2025-2026 season.

By signing below I fully understand and agree to all of the terms and conditions listed in the SEO 2025-2026 Stars Financial Agreement:

Athlete Name: _____

Parent Name: _____

Parent Signature: _____Date: _____

The following banking and or credit card information will be removed and permanently destroyed immediately after being entered into the SEO accounting program.

……

Bank Name: _____

Bank Account Number: _____

Bank Routing Number: _____

OR

Name on Card: _____ Billing Zip Code: _____

Credit Card Number: _____ Expiration Date: _____

HEALTH AND CONTACT INFORMATION

(Return to SEO at evaluations)

Athlete Name: _____
Date of Birth: _____ Age: _____
Current Grade: _____
School: _____
Street Address: _____
City: _____ State: _____ Zip: _____
Mothers Name _____Cell: _____
Email: _____
Fathers Name _____ Cell: _____
Email: _____

Does your athlete have any allergies?
If yes, please specify: _____

Does your athlete have asthma? YES _____NO_____
(If yes, please make sure athletes have any necessary medication with them at all SEO events.)

Does your athlete have any history of heart problems, seizures, or severe medical problems?
If yes, please specify: _____

Has your athlete had any broken bones, sprains, tears, or concussions?
YES _____NO _____If yes, please specify: _____

Is there anything else you can tell us about your athlete that will help them be the most successful this season?
_____

Athlete's Physician: _____ Phone: _____
Medical Insurance Provider _____ Policy #: _____

Emergency contact other than parents:

Name: _____Phone: _____
Relationship to Athlete: _____

Name: _____Phone: _____
Relationship to Athlete_____