

SONIC ELITE OLYMPIA

SEASON 10

EXCEL ALL-STAR HANDBOOK

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

We are very excited about your interest in joining our Sonic Nation 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- Evaluations/Team Placements

Every season at SEO we begin with registration and skill evaluations. No cheerleading experience is required to join SEO. (If new athletes cannot attend our evaluation date, a private evaluation can be scheduled for a \$50 fee.) Teams will be open until the 31st of May. Please email us at soniceliteolympia@gmail.com to schedule an evaluation, private evaluation or for more information about registration and placements.

New Athlete Evaluation date: May 17th 2025

**Half Uniform Fee & Prorated May Tuition: \$300
(Other half is due by 15 July 2025)**

Returning Athlete Evaluation Week: May 12th-16th

New athletes are responsible for half of the uniform fee & May Tuition at the time of evaluations. 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.)

Returning athletes must turn in their forms for the 2025/2026 season by April 18th to be eligible for evaluations. Once they have turned in forms, athletes will receive an email with an invitation to an evaluation group. New athletes will be added to these evaluation groups May 19th-30th. (We will be closed the 23rd-26th for Memorial Day.) At the end of May, athletes will be placed on a team.

Things for new athletes to bring to evaluations:

- All forms that are required from this handbook (See Pg. 2)...filled out and signed.
- Evaluation/Uniform fee (mentioned above).
- Athletic apparel and water bottle.

Excel All-Star Team Placements: June 1st 2025.

On Sunday, June 1st, we will announce the Season 10 teams. For the release you will receive an email stating which team your athlete is on and what their practice schedule will be for the rest of the summer.

Excel All-Star Cheer Team Age Divisions:

Tiny: 6-8 years old

Mini: 8-9 years old

Youth: 8-12 years old

Junior: 9-15 years old

Senior: 13-18 years old

An athlete's age for the season is figured out by their birth year. Team placements are by age and coach's discretion.

Regular season Excel All-Star fees include the following:

- All gym tuition
- All competition fees listed in Section 4
- Choreography camp(s)
- Routine music fees

*Tumbling class fees are NOT included this season. *

- Apparel package: Includes 1 t-shirt, 1 tank top, 2 sports bras, 1 practice hair item, and 1 comp hair item. There will be a link sent in the welcome email to purchase the required shoes for the season. Backpacks and warm-ups will be available for purchase as well, but they are not required.

Excel Team practices:

At least three hours total team practices per week and one 1.5-hour tumbling class (\$50 a month) will be *highly encouraged*. Practices are subject to be heavier if necessary (all included in tuition).

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 do not have time to chat in-between practices. We do ask that for topics pertaining to joining SEO, practices, clinics, private lessons, classes, competitions, events, apparel orders, teams, 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, 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.

Our main source of communication with parents is the BAND app. Please download it to your phone and be ready to join with the links we provide in your welcome email. If you do not join the BAND, you will miss important information about the season and you will not be kept in the loop. It is important that you join the BAND for SEO and for the team for your athlete.

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 All-Star Cheerleading.

Each athlete is only permitted THREE unexcused absences and SIX excused absences during the entire duration of the season.

If athletes need to request an excused absence please send an email to soniceliteolympia@gmail.com immediately after finding out your athlete will not be attending with an explanation of why they are not attending. Parents will receive a reply shortly after stating whether or not the request was granted. DO NOT message or text this request...it must be sent via email. We encourage you to make all absence requests in advance as soon as possible, as it is not possible for us to approve them all.

Unexcused:

- School activity that is not required and/or does not affect a grade.
- Non-contagious illness without a doctor's note.
- Car trouble or issues getting a ride to practice.
- Practices or events for other sports the athlete participates in, including high school cheerleading.

Excused:

- School activity that is required and affects a grade.
- Contagious illness with a doctor's note.
- Family emergency.
- An absence requested on an "absence request " at the time of registration.

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, just like an absence will. Every three tardies during the entire duration of the season will result in an unexcused absence.

Competitions:

Attendance at all competitions is MANDATORY. Zero absences two weeks prior to a comp are permitted for any reason. **An absence of ANY KIND within two weeks of a competition will result in a \$50 fee for each absence.** Not attending those practices also means the athlete possibly will not compete in the next competition, possible reassignment to a different position on their team, or to a different team altogether.

Practices:

During the season all practices, clinics, and classes are closed to family and friends unless otherwise stated. Non-athletes are asked to wait outside of the building. Any areas inside the SEO or BHG area are off limits to friends and family during any practice or class at the gym. Athletes can be dropped off at the side of the building and will meet their rides outside of the building after practice. Family and friends are not permitted to enter the cheer gym before, during, or after practice under any circumstances.

Practices are usually two to three days per week and are one and a half to three hours long, depending on the team. Athletes are encouraged to participate in stretch and tumbling classes offered at SEO outside of regular practices. Always make sure to be well hydrated and have recently eaten before coming to practice or a class.

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. Permanent jewelry of any kind is not permitted and must be removed before the first practice. 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 it 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.

Red Weeks (Does not apply to Tiny Teams):

There are specific weeks during and before camps and competitions, any absence could result in the athlete being removed from the competition and possible removal from the team. Red weeks will be clearly marked on the monthly BAND calendars and are available in Section 4 - Important Dates (Pg. 10).

Private Lessons:

Here at SEO, private lessons are considered a bonus to practice. Athletes that want private lessons must be progressing at practice, attending all practices, and working hard to earn private lessons. If you want to schedule private lessons with any of our coaches, you need to email soniceliteolympia@gmail.com and request them, noting the coach you would like, and what you are requesting to work on. Do not private message coaches for private lessons individually. If the request does not come through our email to be scheduled, it will automatically be declined. Each private lesson is \$65 no matter the coach. If your athlete has to cancel a private lesson, an email must be sent 24

hours prior to the **private lesson start time**, or you will still have to pay for the lesson. If you cancel your private lessons too often, the coach has every right to exclude you from further lessons.

As a safety precaution, athletes may not attend tumbling lessons or open gyms at any facility outside of SEO.

Team Solicitation:

Neither parents nor athletes may request a position on a certain team. Athletes will be placed on teams in order of their abilities, age, team need, etc.

USASF Registration:

All SEO athletes must be current and registered in the USASF system no later than 01 Sept 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. If you need assistance, please email us and let us know. We are happy to assist!

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.

Termination of Contract:

If for some reason an athlete and their family has decided that SEO is not a good fit for them, and they would like to terminate their contract, they must do so in writing and they will submit 50% of the rest of their contract fees at that time. (The only exception to this final payment is military that provide PCS orders with their dependents listed on them.) If an athlete decides to quit before all their gear has been supplied to them, all items will be forfeited and they will not be refunded for them...this includes our SEO uniform and practice gear.

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

All competitions and dates are subject to change up until team placements.

Competitions:

7-8 Feb 2026: ASC Clash of the Titans (Tacoma)

28 Feb-01 Mar 2026: PACWEST (Portland)

14-15 Mar 2026: Spirit Network (Tacoma)

28-29 March 2026: One Up Nationals (Bellevue)

Other Important Dates:

May 12th-16th: Returning athletes evaluation week

May 17th: Evaluations for new athletes

May 23rd-26th: Gym closed (Memorial Day Weekend)

June 1st: Team Placements

June 2nd: Regular team practices begin

July 3rd-13th : Gym closed (Independence Day)

July 20th-27th: Red Week Choreography #1 (Please note choreography times may be scheduled throughout the entire week including the weekend and regular practice times may vary.)

August 10th-17th: Red Week Choreography #2

August 29th-September 1st: Gym closed (Labor Day weekend)

October 20th-24th : Red Week

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). Premier and Elite teams may have additional practices between January 2nd-4th.

ATHLETE CONDUCT AGREEMENT

(Return to SEO at evaluations)

I, _____ understand that as an athlete at Sonic Elite Olympia I will be held to the following standards of conduct:

(Athlete please read and initial the following:)

_____ I will keep up on all my schoolwork and maintain a GPA at school acceptable to my parents. I understand that my parents can arrange extra conditioning sessions for me with SEO staff as a consequence for poor performance at school or for any other reason that they see fit. I will use my study time wisely and have good time management.

_____ I will treat my coaches and teammates with dignity and respect at all times. I will not be rude, disrespectful, or put people down at any time on or off the floor. I will listen when my coach is speaking and not interrupt or refuse to perform skills when asked by a coach.

_____ I will represent myself and SEO well in all of my social media posts. I will refrain from posting things that are vulgar or inappropriate according to SEO standards. This includes anything containing nudity, drug or alcohol references, shaming, or speaking negatively about anyone.

_____ I will refrain from gossiping about my fellow teammates. If I have an issue of any kind with another teammate or believe another teammate is behaving inappropriately on or off the floor, I will report it to my coaches immediately. I will not take photos or videos of my teammates without their permission.

_____ I will keep all electronics turned off and in my bag or locker for the entire duration of practice.

_____ I will consistently come to all SEO functions on time, with a positive attitude and ready to work hard. I understand that my teammates are depending on me to give my best effort at all times.

_____ I will make attendance and being on time to all SEO functions a top priority.

_____ I understand that if I have an injury or illness that causes me to sit out during, or miss a practice, I will need a doctor's note releasing me to return to practice. I understand that if I am injured but still mobile or sick, but not contagious, that I am still required to attend practice and watch from the sideline in order to keep up with changes to the routine.

_____ I understand that SEO has a ZERO tolerance policy for drugs and alcohol and if I come into practice smelling of, or looking like I might be under the influence, I will be dismissed from SEO immediately, no questions

asked. I will also not post anything on social media showing me in the act of using drugs of any kind. If I do, I understand I will be dismissed from SEO immediately.

_____I understand that not following any of the above conduct standards can result in me being assigned to a different position on my team, reassignment to a different team, additional individual conditioning, or possible dismissal from the SEO program at the discretion of SEO management.

Athlete Signature _____ Date _____

Parent Signature _____ Date _____

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 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's or parent's participation in activities as disciplinary action, all the way up to removal from the program.

_____ I understand that Sonic Elite Olympia does not allow parent viewing of any kind during team practice hours.

_____ 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 understand that I am required to join the SEO and team BAND for my athlete, as that is SEO's main form of communication with me.

_____ 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 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 EXCEL ALL STAR FINANCIAL AGREEMENT

2025/2026 New Athlete Excel Team Fee Schedule (includes sales tax)												
5/17/25	6/1/25	7/1/25	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
\$300	\$300	\$300	\$300	\$300	\$300	\$300	\$300	\$300	\$300	\$300	\$300	\$300

2025/2026 Returning Athlete Excel Team Fee Schedule (includes sales tax)													
5/1/25	5/15/25	6/1/25	7/1/25	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
\$150	\$225	\$300	\$300	\$225	\$300	\$300	\$300	\$300	\$300	\$300	\$300	\$300	\$300

(Return to SEO at evaluations)

I, _____ the parent of _____, understand that I am solely responsible for paying each and every monthly payment outlined on the 2025-2026 season SEO Excel All-Star fee schedule above 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 Excel All Star fee schedule above are 100% non refundable.

_____ I understand that if at any point my athlete withdraws or is dismissed from Sonic Elite Olympia that I must pay 50% of the sum total of all unpaid monthly payments on the entire schedule above. (0% if I am active military and moving out of the area due to mandatory reassignment...must provide orders with dependent's names.)

_____ 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 Premier All-Star 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 Excel All-Star fee schedule above is unsuccessful at the time it is transferred or charged, I will be responsible \$20 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.

_____ I understand that if my athlete ever accrues a "no show fee" per Section 3 - Attendance Expectations of the SEO Excel All Star Handbook, that my account will be charged \$50, which will be added to my next monthly payment due and automatically transferred or charged at the same time.

_____ I understand that if my athlete ever accrues a "choreography fee" per section 3 - Attendance Expectations of the SEO Excel All Star Handbook, my account will be charged \$150 which will be added to my next monthly payment due and automatically transferred or charged at the same time.

_____ I understand that I am responsible for the fees that are associated with the date of the evaluation that my athlete attends per Section 1 - Evaluations /Team Placements. I also understand that my athlete will not participate in practice if these fees are not paid prior to the start of the season on 17 May 2025.

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

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: _____

School: _____

What time is your athlete released from school each day? _____

Home 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: _____

Athletes Physician: _____ Phone: _____

Medical Insurance Provider _____ Policy #: _____

Emergency contact other than parents:

Name: _____ Phone: _____

Relationship to Athlete: _____

Name: _____ Phone: _____

Relationship to Athlete _____

Will your athlete be signing up for tumbling classes? (Will cost \$50 more a month) YES _____ NO _____