

SONIC ELITE OLYMPIA

SEASON 10

TINY PREP 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: \$175

(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.

Tiny PREP 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.

Tiny PREP Cheer Team Age Divisions:

Tiny Exhibition: 5-7 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 Tiny PREP 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 and 2 sports bras. 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.

Tiny PREP Team practices:

Two hours total team practices per week. One 1.5-hour tumbling class (\$50 a month) will be *offered*. 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.

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.

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 or possible reassignment to a different position on their team.

Practices:

Only parents of Tiny age athletes are permitted to walk their athletes to the cheer gym gate. Family and friends are not permitted to enter the cheer gym before, during, or after practice under any circumstances.

Practices are usually one to two days per week and are one hour 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.

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)

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)

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 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 TINY PREP FINANCIAL AGREEMENT

2025/2026 New Athlete Tiny PREP 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
\$175	\$200	\$200	\$175	\$200	\$200	\$200	\$200	\$200	\$200	\$200	\$200	\$200

2025/2026 Returning Athlete Tiny PREP 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
\$100	\$125	\$200	\$200	\$125	\$200	\$200	\$200	\$200	\$200	\$200	\$200	\$200	\$200

(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 Tiny PREP 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 Tiny PREP 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 Tiny PREP 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 Tiny PREP 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 Tiny PREP 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 Tiny PREP 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 Tiny PREP 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 _____