



We are dedicated to providing a safe learning environment to help cheerleaders build their confidence and pursue their love of cheer by teaching proper technique and performing to the best of their ability.

2024-2025 Teams

ALL-STAR PREP –

This is a great introduction to All-Star Cheerleading with a lower time and money commitment than our Elite teams. Prep classes will run June-April.

They will compete 1-3 times and perform 3-4 times. All Prep Teams will compete locally (MEANING ODGEN - SALT LAKE AREA) and will NOT travel out of state. We will have a competition/Performance Schedule available in Late September.

ELITE –

The Full-Year All Star program is a competitive All-Star Cheerleading Program that includes athletes aged 4-18 with Levels ranging from 1-4. The season will go from Mid-May through April. When forming teams, we are looking for full mastery of skills to be placed within a level, as well as stunting positions.

The competition schedule will be released in September of 2024. Elite Teams will attend 5-7 local and out-of-state competitions. All athletes are required to attend every competition.

All-Star Cheerleading requires a large amount of commitment from the athlete and their family. This commitment is the foundation of individual and team success. Please make sure you are aware of our policies as well financial commitments. Thank you for taking the time to ensure Air-Bound Angels is the right choice for your athlete and your family.

RULES:

GENERAL:

- Only registered athletes are allowed in the practice area. **UNLESS AUTHORIZED BY A COACH.** (It can be distracting)
- Anyone that disrupts a practice will be asked to leave the gym immediately.
- No food, drinks or gum are allowed on the mat, only water is allowed next to the mat.
- Cell phones/Electronic Devices must be silenced, left at home or in the phone bucket.
- Air-Bound is not responsible for any lost or stolen items. If something is lost, Check Lost and Found Box
- All athletes and parents are responsible for checking emails and GroupMe for any and all information updates.
- All completed waivers and information needed by Air-Bound must be filled out and turned into the office as requested and on time.
- All Choreography/Music are exclusive property of Air-Bound and should not be shared or discussed with others.
- No videos of the routine should be uploaded online without permission.

TEAM:

Air-Bound has the right to:

- Place their athletes on the team(s) we feel will best fit the athletes and our program.
- Decide if an athlete may or may not perform on more than one team.
- Decide the role/position of an athlete that has been placed on a team.
- Request that an athlete takes additional classes/privates to improve their skills.
- Move, replace, add, suspend or dismiss an athlete from the team or program for a period of time or indefinitely based on attendance, conduct, skills, finances, parent conflicts, etc.
- Athletes that choose to participate in more than one team must: be in good financial standing and be willing and able to fulfill all responsibilities of each team.

TIME COMMITMENT –

Elite teams will practice 2-3 days a week. You can expect Extra practices to take place for choreography, during the competition season, and for when a coach requires the extra work. Athletes are also expected to put in work outside of scheduled practices such as conditioning, stunting, tumbling, etc.

ATTENDANCE –

Attendance is crucial to a Team's Success. In order to be competitive both locally and nationally, we expect a commitment from both athletes and parents. Please note that an excessive amount of absences can result in a probation period or dismissal from a team. We try to be accommodating when it comes to athletes missing practices for extreme circumstances, however we must consider the team first. We ask that you inform us if your athlete will be missing practice.

No practice can be missed within 2 weeks of an event. If an athlete misses within 2 weeks of an event, they will be replaced for that event and possibly more. Vacationing excessively throughout the summer may lead to a removal/change of team. Please notify us of any vacations outside of this time as soon as possible. WE ASK THAT YOU SEND A TEXT, GROUPME DIRECT MESSAGE, OR EMAIL TO INFORM US IF YOUR ATHLETE WILL BE MISSING PRACTICE AS SOON AS POSSIBLE. THE SOONER THE BETTER SO WE CAN PLAN PRACTICE ACCORDINGLY.

Excused Absences: Sick with doctor's note, Required school event and Family emergency. **SEE SICK POLICY

Unexcused Absences: Birthday Parties, hanging out with friends, too much homework, tired, and don't feel like coming to practice.

****Sick Policy**:**

You must attend practice even if you are feeling sick, unless you have any of the following symptoms:

- A fever of 100.4 or higher
- Vomiting
- Diarrhea
- Contagious illness

ALL ATHLETES MUST:

- Attend practices
- Make Air-Bound a priority over other extracurricular activities.
- Attend and be prepared for all Air-Bound activities including practices, last minute practices, competitions throughout the season regardless of injury or illness unless otherwise recommended by a doctor
- Notify Air-Bound immediately when an injury takes place so changes to choreography of the routine can be made before practice.
- Arrive at least 10 minutes early to all Air-Bound activities.
- Schedule all vacations so they do not interfere with practice and other activities.
- Inform Air-Bound for all excused/unexcused and expected absences.
- Athletes must attend all practices 2 weeks prior to an event or may be replaced.
- Any Attendance issues that disrupt a practice may result in removal from the team.

ALL ATHLETES AND PARENTS MUST ALWAYS:

- Be respectful and have a positive attitude.
- Speak with a coach or staff member if any issues occur.
- Refrain from gossiping or any form of verbal or physical confrontation.
- Avoid celebrating misfortune or defeat of others.
- Accept Team placement and awards with dignity and class.
- Refrain from posting anything negative.
- Avoid from posting anything to do with drugs, drinking, smoking, vaping, etc.
- Use appropriate language.
- Behave appropriately, including language, while being photographed or videoed.

LOGO AND TEAM NAME USE:

We Love our logo and are very proud of it. All Air-Bound logos and brands are not to be recreated or duplicated. All Air-Bound apparel must be purchased or approved by Air-Bound; this includes team sponsored items, parent apparel, etc.

UNIFORMS:

All athletes are required to purchase a uniform at the beginning of the year. We expect these uniforms to be well taken care of and to be worn properly. All athletes must have appropriate footwear for practice and events. We will provide athletes with practice outfits that **MUST** be worn on assigned days by coaches.

COMPETITION SCHEDULE/TRAVEL –

Travel cost is NOT included in tuition or set competition fees, each family is responsible for getting their athlete to and from the competitions. Please note the STAY AND PLAY information below for some of our events. **OUT-OF-STATE COMPETITIONS WILL MOST LIKELY BE ON A SUNDAY.**

End of Season Events: All of our teams will work to earn a bid to an end of the season competition. End of Season event costs are NOT included in the tuition and set competition fees and if your team earns a bid, additional fees will apply depending on the type of bid earned. **IF A BID IS EARNED, THERE WILL BE A MEETING TO DISCUSS ALL THE OPTIONS.**

REMINDER THAT THE PREP TEAM WILL NOT BE GOING OUT-OF-STATE.

PRIVATES:

MOST OF OUR COACHING STAFF OFFER PRIVATE LESSONS FOR TUMBLING, STUNTING, FLEXIBILITY, CHOREOGRAPHY AND JUMPS. DURING ALL PRIVATES THERE MUST BE AN ADULT (ASIDE FROM THE COACH) PRESENT. THIS CAN BE ANOTHER COACH, PARENT, SIBLING, ECT. PRICES DIFFERS FROM COACH TO COACH.

HEALTH/INJURIES:

All athletes must:

- Inform Air-Bound of all medical conditions that may limit participation.
- Notify us immediately if an injury takes place.
- Provide a doctor's note explaining the reason and duration for which an athlete may be limited or unable to participate.
- Refrain from illegal use of drugs, alcohol or any other substances.

BULLYING:

We have a zero-tolerance policy for bullying and harassment of any kind. This includes everyone that is a part of Air-Bound (Athlete, Coach, Parent, etc.). We want Air-Bound to be a safe place for our coaches, athletes, and their families.

The following steps will be taken in a situation where bullying occurs:

- Written warning via email
- In Person Meeting
- Dismissal from our Program

We have the right to dismiss anyone from our gym, at any time, if we feel necessary.

SPORTSMANSHIP AND SOCIAL MEDIA CONDUCT:

Everyone affiliated with Air-Bound is expected to show good sportsmanship 100% of the time both in person and on social media. While social media is a great tool for us as a gym, it is necessary to make sure that it is being used in the most appropriate ways.

Expectations: Only positive and uplifting things should be posted about our athletes, teams, and gym as a whole. Only positive things should be posted about other gyms. Anyone who represents Air-Bound will do so in the most respectful, appropriate way.

CHOREOGRAPHY:

Choreography is **MANDATORY**; Choreography for all teams will be held from Mid-July through August for all FULL-YEAR Teams. "Choreography" is where your athlete will learn the routine they will be competing in throughout the season. All athletes are expected to be at their team choreography dates and practices 2 weeks leading up to it. Please let us know immediately if you have any plans to go out of town during this time.

TRAVEL/COMPETITIONS:

All athletes and their families must:

- Read all emails concerning competition dates, travel dates, venues, itineraries, etc.
- We provide information to you as soon as we have it. You can expect this in late September/Early October.
- Have all Travel arrangements booked for the dates and times given by Air-Bound.
- All Competitions that are “Stay and Play” events must be booked with the instructions from Air-Bound.
- Arrive for competition at the designated time given.
- Do Not use travel events as family vacations until the event is over and stick to the schedule provided.

STAY AND PLAY

Many of the out of state events we attend are considered “Stay and Play” which require athletes to book through the sanctioned hotels. (This allows athletes to stay as a team) Links to those will be sent out in the months leading up to the event. Athletes that do not comply with the stay and play policy may result in Team Disqualification. It is unacceptable to not follow the Stay and Play Guidelines.

COMMUNICATION:

GROUPME:

Our staff will use GroupMe to communicate important information to you. It is your responsibility to be informed of what is going on. These GroupMe Threads will be created during the summer while finalizing teams. We ask that GroupMe is not overused, to allow other parents to use it as a quick and easy information source.

EMAILS:

Emails will be answered daily, Monday-Friday, during business hours. **Please refer back to calendars, emails and GroupMe announcements before emailing or sending your question in GroupMe.** We try to provide as much notice as possible and we are continuously working to better our communication process.

Practices:

PRACTICES:

You will receive your practice schedule when you receive your team placement.

-Practices will begin the Monday following Team Placement.

-May tuition will be prorated.

PICK UP AND DROP OFF:

We require that all athletes are dropped off and picked up for practices on time. Athletes should not be left at Air-Bound after their practice is complete. We understand emergencies come up and will always be understanding and accommodating of those situations.

Important Dates For the 2024-2025 Season

These are the dates we will be closed for holidays and breaks. All other practices are MANDATORY. We provide these dates to you in May to avoid any conflict with family vacations. We ask that you plan your vacations around these dates.

CLOSED MEMORIAL DAY
CLOSED 4TH OF JULY
CLOSED 24TH OF JULY
MANDATORY CHOREOGRAPHY
CLOSED LABOR DAY
CLOSED HALLOWEEN
CLOSED THANKSGIVING BREAK
CLOSED CHRISTMAS BREAK
CLOSED NEW YEARS EVE & NEW YEARS

PARENT & ATHLETE CONTRACT

- I HAVE READ AND AGREE TO ALL AIR-BOUND'S POLICY FOR THE 2024-2025 SEASON.
- I WILL ALWAYS REPRESENT AIR-BOUND IN THE MOST RESPECTFUL, PROFESSIONAL WAY.
- I WILL ALWAYS SPEAK POSITIVELY OF THE COACHES AND ATHLETES AT AIR-BOUND.
- I WILL TRUST THE COACHES TO PLACE MY CHILD WHERE THEY SEE FIT.
- I WILL HAVE THE BEST INTEREST FOR EVERYONE AT AIR-BOUND.
- I UNDERSTAND THAT THE COACHES HAVE BEEN TRAINED TO PLACE AND INSTRUCT ALL TEAMS.
- I UNDERSTAND THAT I AM RESPONSIBLE FOR GETTING MY CHILD TO PRACTICES, COMPETITIONS AND OTHER EVENTS.
- I UNDERSTAND THAT ALL-STAR CHEERLEADING HAS MANY EXPENSES INCLUDED AND I AGREE TO PAY THEM ON TIME.
- I UNDERSTAND THAT THE COACHES HAVE THE RIGHT TO MOVE MY CHILD TEAMS IF THEY THINK IT IS NECESSARY.
- I UNDERSTAND THAT MY BEHAVIOR PLAYS A ROLE IN MY CHILD'S SUCCESS AS AN ALL-STAR CHEERLEADING.
- I UNDERSTAND THAT PRACTICES ARE CRUCIAL TO A TEAM'S SUCCESS.
- I WILL NOT PERSONALLY MESSAGE/TEXT ANY STAFF MEMBERS AT AIR-BOUND: AND UNDERSTAND ALL FORMS OF COMMUNICATION SHOULD BE IN-PERSON OR THROUGH EMAIL ONLY, UNLESS OTHERWISE DIRECTED.
- I UNDERSTAND THAT IF MY CHILD'S ATTENDANCE INTERRUPTS A TEAM, THE COACHES HAVE THE RIGHT TO REMOVE MY CHILD FROM THE TEAM.
- I UNDERSTAND THAT MY CHILD MAY NOT MISS PRACTICE 2 WEEKS PRIOR TO A COMPETITION/EVENT, IF HE/SHE DOES, THEY MAY NOT BE ABLE TO PARTICIPATE IN THAT EVENT.
- I UNDERSTAND THAT WHEN WE TRAVEL OUT OF STATE, WE ARE THERE TO COMPETE AND ALL ACTIONS WHILE TRAVELING ARE REPRESENTING AIR-BOUND.
- I UNDERSTAND THAT IF I VIOLATE ANY OF THE ABOVE STATEMENTS, MY ATHLETE MAY BE DISMISSED FROM AIR-BOUND.
- I UNDERSTAND THAT ALL FEES PAID TO AIR-BOUND ARE NON-REFUNDABLE.
- I UNDERSTAND THAT IF I CHOOSE TO QUIT THE TEAM FOLLOWING TEAM CHOREOGRAPHY, I AM STILL REQUIRED TO HAVE COMPETITION FEES PAID IN FULL.

PRINT PARENT NAME

PARENT SIGNATURE

DATE

PRINT ATHLETE NAME

ATHLETE SIGNATURE

DATE