



# ASPIRE CHEER ACADEMY

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2021 - 2022 COMPETITION SEASON

# ASPIRE

RISE WITH US



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2021 - 2022 COMPETITION SEASON

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WELCOME TO  
ASPIRE CHEER ACADEMY!

ACA is dedicated to building the champion you  
Aspire to be! #RiseWithUs

Aspire Cheer Academy stands on the three pillars:  
ALLIANCE, CONFIDENCE & ACCEPTANCE.

Our gym strives to create an environment that  
promotes acceptance, inspires confidence and  
fosters alliances with other gyms in the Southern  
Indiana community and beyond.



2021 - 2022 COMPETITION SEASON

# ASPIRE

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At ACA, you'll often hear the word FAMILY. The Aspire Cheer Academy program has a strict code of conduct for all of our members. Every person, whether it's an athlete or a family member, is an important ambassador for our program. Our philosophy is to maintain a high level of decorum at all times. We don't boast about our excellence — we show it on the competition floor instead

## THE ASPIRE CHEER ACADEMY FAMILY'S CODE OF CONDUCT

- All ACA athletes & family members are expected to act responsibly and exhibit good sportsmanship. Please remember you are always representing yourself/your athlete and ACA.
- Negativity toward any of our athletes, family members or coaches is strictly prohibited. If an issue arises with another ACA member, schedule a private consultation with the coach and the owner, and it will be addressed appropriately and professionally.
- Issues should not be debated on any social media platforms. Again, any problems should be brought to the attention of a coach, who will handle the situation professionally and appropriately.
- At competitions, only members of the coaching staff are permitted to interact with judges. If you feel that a score is incorrect, chances are our coaches do, too — and they will attempt to handle it.
- ACA is a business and handles all communications professionally. If you have a story idea for the media, schedule a meeting with the owner, JoAnn Young.
- All accounts must be paid up to date. Any accounts over 30 days past due will require the athlete to sit out until the account is reconciled. Multiple occurrences of past due accounts may result in dismissal of your athlete.
- All media engagements will be handled by the owner.
- Do not produce ACA logo wear to sell to the group without express permission from the owner, JoAnn Young first, whether as a fundraiser or to wear to competitions.
- Do NOT post videos of routines from practices or competitions. This includes not sharing any ACA music soundtracks anywhere.

Although traumatic, any ACA member not abiding by the above standards will be asked to leave our program and all funds paid will be forfeited.

2021 - 2022 COMPETITION SEASON

# ASPIRE

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## COMMUNICATION AT ASPIRE

- ACA staff will add all members to the Aspire Cheer Academy Member Communication Site, our private gym-wide communications page on Facebook. This is ACA's portal for important information about our day-to-day activities. Members could have a difficulties keeping up with need-to-know information if they do not check it often.
- A separate communications page will be made for each team as well, this will make it easier for our coaching staff to relay important information specific to their team.
- It is each members responsibility to ask questions if you do not have the below forms of communication.

## ATTENDANCE POLICY

During the Summer (June - August\*) we will practice twice a week, each lasting 90 minutes. During the school year (September - May\*) there will be an additional 2 hour practice added on Sunday. It is our goal at ACA to maintain consistent practice times throughout the season.

There will be times when additional practices will be added by the coaching staff, if they feel it is necessary for the teams success.

Consistent practice & attendance are crucial for the success of ACA. Being a Division 2 gym it is uncommon to have substitutes.

Every athlete has a purpose for every moment of the routine. Missing practice means the whole team suffers.

2021 - 2022 COMPETITION SEASON

# ASPIRE

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## SOCIAL MEDIA POLICY FOR ATHLETES AND PARENTS

The use of social media is now a normal part of life for many people and it is used for entertainment, communication and self-expression. In addition to protecting children in the gym, members of any gym, club, or organization have a responsibility to the organization, its staff and officials, and other members to maintain a positive image of the organization and this extends to the use of social media publication.

Parents are encouraged to monitor their children's use of social media in order to protect them and guide them in appropriate use.

The purpose of this policy is:

- To ensure that relationships between coaches and athletes remain professional.
- To protect athletes, coaches and parents from allegations of inappropriate conduct.
- To ensure that there are clear guidelines for parents, coaches and athletes with regard to the use of social media.
- To preserve the reputation and positive image of the gym, its staff, volunteers and members.

If you experience any violations to this policy please let gym manager, your head coach, or the gym owner know as soon as possible, even if you don't think it is a problem. If you are unsure about anything, please contact the gym manager or gym owner.

## GUIDELINES FOR APPROPRIATE USE OF SOCIAL MEDIA:

The following guidelines refer to any posts; photographs, videos, status updates and any other item that can be published on social media which directly or implicitly mentions or directs attention to Aspire Cheer Academy. Athletes and parents should avoid posting any remarks, photographs or video that could be disparaging or embarrassing to the teams, gym, its staff or volunteers or members on any social media platform. Athletes and parents should avoid posting any remarks, photographs or video that could be disparaging or embarrassing to any other gym, its members, coaches or officials. Athletes should avoid social chat with gym coaches, or officials via any instant messaging service. Athletes or parents should inform the gym manager or gym owner of Aspire Cheer Academy if at any point they notice a violation to these guidelines or the guidelines for the coaches and instructors.

Please also note the following guidelines for coaches and instructors:

Coaches and instructors should avoid chatting to athletes on any type of instant messenger platform. If you receive a message about a class or competition arrangements please reply to the athlete's parent, not the athlete. Coaches and instructors could face serious reprimands and possible termination if it found that young people in their care have been exposed to inappropriate material via their social media pages.

2021 - 2022 COMPETITION SEASON

# ASPIRE

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## PRACTICE GUIDELINES

- Arrive early so coaches can begin practice right at start time.
- Athletes will wear practice attire designated by ACA.
- Cheer shoes should be worn at all times when inside ACA.
- Hair should always be pulled back out of face.
- No jewelry.
- NO FOOD IS ALLOWED IN THE GYM
- Water and/or sports drinks are the only drinks allowed in the gym.
- Cell phones are not permitted during practice.
- ACA does not permit negative or inappropriate comments toward the team members/coaches.
- Athletes, families & staff will all follow these protocols.
- Practices are closed. After choreography, parents will be allowed to watch a practice one Sunday a month to be determined by the coaches.
- Staff and athletes are the only people allowed in the gym/offices unless otherwise permitted by staff.
- Spectators should remain in the viewing area in the lobby.
- No children should be left without adult supervision.

2021 - 2022 COMPETITION SEASON

# ASPIRE

## TEAM PLACEMENTS

Team placements are very stressful for the athletes and their families. We are doing our very best to ease the stress for everyone involved on all ends. Athletes are assigned to a team based on age, skill level, and capabilities.

The following skills will be evaluated during team placements: tumbling, jumping, timing and overall execution of skills. Building skills will be evaluated during callbacks. Athletes will be given time to warmup skills prior to evaluations.

After team placements are finished, our coaches will assemble team rosters for the upcoming season. After rosters are set, athletes (or parents) are contacted by phone or email to let them know the results of tryouts.

## COMPETITION TEAM EVALUATIONS

|                           | Wednesday, June 2 | Thursday, June 3 | Friday, June 4 |
|---------------------------|-------------------|------------------|----------------|
| <b>AGES 8 &amp; UNDER</b> | 5 - 6 PM          | 5 - 6 PM         | 5 - 6 PM       |
| <b>AGES 9 - 12 YRS</b>    | 6 - 7 PM          | 6 - 7 PM         | 6 - 7 PM       |
| <b>AGES 13+</b>           | 7 - 8 PM          | 7 - 8 PM         | 7 - 8 PM       |

## TEAM EVAL PRICING

| ATHLETE               | COST    |
|-----------------------|---------|
| Returning ACA Athlete | \$35.00 |
| New Athlete           | \$45.00 |
| Virtual Evaluation    | \$50.00 |

## CALL BACKS

Athletes will be called back based on skill level and age.  
Exact times will be listed in call back communication that will be shared post-evaluations.

**Monday, June 7**

**Tuesday, June 8**

**Wednesday, June 9**

THERE WILL BE A MANDATORY PARENT MEETING  
FOR ALL TEAMS ON SUNDAY, JUNE 13TH!

2021 - 2022 COMPETITION SEASON

# ASPIRE

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## TINY, MINI, & YOUTH TEAMS SCHEDULE

(AGES 3 - 13)

|                      |                                  |                  |
|----------------------|----------------------------------|------------------|
| December 11, 2021    | JAMfest Louisville Classic       | Louisville, KY   |
| January 15-16, 2022  | JAMfest Cheer Super Nationals    | Indianapolis, IN |
| January 30, 2022     | NCA Indy Classic                 | Indianapolis, IN |
| February 6, 2022     | GMCE Winter Fest Nationals       | Evansville, IN   |
| February 25-26, 2022 | Cheer Derby Classic              | Louisville, KY   |
| March 5-6, 2022      | Athletic Louisville Championship | Louisville, KY   |
| March 13, 2022       | Aloha Indy Showdown              | Indianapolis, IN |
| April 30, 2022       | Battle on Broadway Nationals     | Nashville, TN    |

\*\*This schedule is tentative and could be subject to change after team placements, and throughout the season.



2021 - 2022 COMPETITION SEASON

# ASPIRE

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Competition team fees are to be paid over the course of our 10 month season. The total amount of fees will be due regardless of athlete start dates and fees are non-negotiable. Payment plans can be negotiated for families and ACA is happy to work with families to help them afford their cheer season.

## TINY AND MINI ALL-STAR CHEER FEES

|                           |                          |
|---------------------------|--------------------------|
| <b>Annual Gym Fee</b>     | <b>\$40 per athlete</b>  |
| <b>Monthly Fee</b>        | <b>\$100 per athlete</b> |
| <b>Coaches Fee</b>        | <b>\$10 per athlete</b>  |
| <b>Competition Fees</b>   | <b>\$600 per athlete</b> |
| <b>Choreography Fee</b>   | <b>\$160 per athlete</b> |
| <b>Music Fee</b>          | <b>\$100 per athlete</b> |
| <b>Practice Wear</b>      | <b>\$120 per athlete</b> |
| <b>Team Bow</b>           | <b>\$30 per athlete</b>  |
| <b>USASF Registration</b> | <b>\$30 per athlete</b>  |
| <b>Team Goodie Bag</b>    | <b>\$160 per athlete</b> |

## UPDATED TEAM FEES

|                |                          |
|----------------|--------------------------|
| <b>Uniform</b> | <b>\$150 per athlete</b> |
| <b>Makeup</b>  | <b>\$25 per athlete</b>  |
| <b>Gym Bow</b> | <b>\$30 per athlete</b>  |

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2021 - 2022 COMPETITION SEASON

# ASPIRE

## JUNIOR & SENIOR TEAMS SCHEDULE

(AGES 8+)

|                      |  |                  |
|----------------------|--|------------------|
| November 20-21, 2021 | All Star Challenge<br>Cincinnati Showdown              | Cincinnati, OH   |
| December 4-5, 2021   | WSF Louisville Grand<br>Championship                   | Louisville, KY   |
| January 15-16, 2022  | JAMfest Cheer Super<br>Nationals                       | Indianapolis, IN |
| January 30, 2022     | NCA Indy Classic                                       | Indianapolis, IN |
| February 5-6, 2022   | Return to Atlantis<br>Memphis Showdown                 | Memphis, TN      |
| March 13, 2022       | Aloha Indy Showdown                                    | Indianapolis, IN |
| March 26-27, 2022    | American Cheer Power<br>Columbus Grand<br>Championship | Columbus, OH     |
| April 30, 2022       | Battle on Broadway<br>Nationals                        | Nashville, TN    |

## POTENTIAL END OF/EXTRA SEASON EVENTS

|                      |                                    |                |
|----------------------|------------------------------------|----------------|
| February 25-26, 2022 | NCA All-Star Nationals             | Dallas, TX     |
| April-May 2022       | Midwest Regional Summit            | Louisville, KY |
| May 2022             | D2 Summit National<br>Championship | Orlando, FL    |

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2021 - 2022 COMPETITION SEASON

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## YOUTH, JUNIOR, AND SENIOR ALL-STAR CHEER FEES

|                           |                     |
|---------------------------|---------------------|
| <b>Annual Gym Fee</b>     | \$40 per athlete    |
| <b>Monthly Fee</b>        | \$130 per athlete   |
| <b>Coaches Fee</b>        | \$220 per athlete   |
| <b>Competition Fees</b>   | \$1,080 per athlete |
| <b>Choreography Fee</b>   | \$320 per athlete   |
| <b>Music Fee</b>          | \$200 per athlete   |
| <b>Practice Wear</b>      | \$120 per athlete   |
| <b>Team Bow</b>           | \$30 per athlete    |
| <b>USASF Registration</b> | \$30 per athlete    |
| <b>Team Goodie Bag</b>    | \$160 per athlete   |

## NEW MEMBER COSTS

|                |                   |
|----------------|-------------------|
| <b>Uniform</b> | \$425 per athlete |
| <b>Makeup</b>  | \$25 per athlete  |
| <b>Gym Bow</b> | \$30 per athlete  |

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2021 - 2022 COMPETITION SEASON

# ASPIRE

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## WHAT TO EXPECT AT COMPETITIONS

- Competing athletes will be asked to meet approximately two hours before their performance time. This gives coaches the opportunity to address any issues that may arise.
- Your team mom will notify each athlete/parent on where to meet. Be assured that your coach will come to collect your team in a timely manner.
- Your team mom will help ensure that all members are present and advise athletes to leave phones. All athletes MUST be competition ready.
- Cheering on our other teams while they perform will be part of the ACA tradition. Team mom's will assign teams to cheer other all-stars performances' per comp schedules. Coaches will help coordinate.
- All athletes should plan to join their team on stage during the awards ceremony and are expected to be in full ACA uniform.

## END OF SEASON EVENTS

- The 2022 D2 Summit is set for early May at the ESPN Wide World of Sports in Walt Disney World. Mark your calendar now.
- The cost to attend the 2022 D2 Summit will be approximately \$700-\$800, PLUS expenses. This fee is reduced if a team wins a full-paid bid. This is in addition to the competition fees noted on the fee schedule earlier in this packet.
- All athletes will need to be available for practice in Jeffersonville up to and including the Wednesday before we leave. You will need to travel on that following Thursday.
- All athletes will need to be available for practice in Orlando by that Thursday. Specific practice times are determined closer to the event.
- Any vacationing (beach, amusement parks, etc.) should happen at the completion of the competition. We need our athletes to be well rested and focused as appropriate for a national level competition.