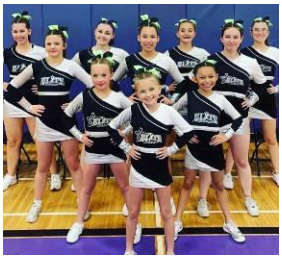

WELCOME TO THE ACTIVSTARS CHEERLEADING PROGRAM 2025-2026

EVERY ATHLETE IS A WINNER IN ACTIVSTARS … *since 1985* ACTIVSTARS *has been one of the leaders in creating the highest quality youth programs at an affordable cost. Our programs are designed to reinforce educational opportunities and family values, providing athletes with the highest level of self-esteem, self-confidence, and self-discipline.*

Our ACTIVSTARS Cheer Program combines Pom Dance and Cheerleading into one program. Athletes are taught cheerleading techniques through learning a competition grade routine to music which includes arm motions, dance steps, floor work, jumps, dance choreography and stunting. Athletes are taught this cheer routine (with the use of poms for some 8-counts) each semester that is presented by each team at the end of semester awards presentation and our local Cheer Competition(s) (attendance not required but highly encouraged & recommended).

We have incorporated the most modern and current dance techniques into our curriculum and developed teaching methods that work best for youth, pre-teens and teens as they grow and develop through our program and the many teams we offer. Cheerleading is a TEAM-ORIENTED sport, and we encourage athletes to demonstrate teamwork, sportsmanship, and dedication to being part of the team while participating in our program.

****GET OUR APP**: Download our ACTIVSTARS App for IOS or Android NOW if you have not already done so.** You will be using our APP to check-in for practices EACH week and to pre-register online for our special cheer events directly from your smart device. Please use this platform to check-in weekly, check class schedules, and stay up to date with the latest news and organizational announcements!

ACTIVSTARS LOCATIONS: We kindly remind parents and families that we are guests at the facilities where our practices are held. To maintain a positive relationship with our hosts, we ask that everyone remain in designated areas: our rented room, gym, or space, as well as the parking lot and walkways connecting them. Please refrain from using playground equipment, lingering in hallways, or exploring other parts of the facility. Parents should drop off their athletes, sign them in, and return promptly for pick-up at the end of practice each week. Thank you for your cooperation!

ACTIVSTARS SECURITY POLICY: We take great steps to provide the safest, uninterrupted learning environment for YOUR child and all the athletes participating. Parents are invited to watch the first practice of each new session and the awards program which is the final week of the session. Otherwise, spectators are discouraged during regular team practices week-to-week as children get easily distracted and may not focus on the coach or instructions when being watched by their parents or others inside. It has been proven that a concentrated environment with minimal distractions provides a better learning atmosphere for the team, coaches and athletes.

To prevent unwanted guests and strangers in the facility and practice area, ACTIVSTARS, our sponsors, and facilities require everyone to sign in on the forms provided. Parents are encouraged to volunteer as “Parent Helpers”. Volunteers are needed in each class to assist the coach. Parents, when volunteering as helpers please read and sign the Parent Helper Sign-In Sheet located by the check-in box.

At each practice, Parent Helpers need to:

- Sign-In on the Parent Helper Form
- Be able to assist without distraction; do not have other children (*younger or older siblings*) with them. Children (not enrolled in our program) are not allowed to stay inside the facility.
- Listen to coach directives and specific notes for assisting team/athletes
- Be willing to assist with practice functions as directed by the Coach.

As a courtesy, we ask that additional children or guests brought to the facility during check-in and pick-up are always monitored by parents!

SPECIAL EVENTS

VARSITY/V-2 STUNT TECHNIQUE CLINIC: Fall & Spring Semesters ONLY. We will be holding a special cheer clinic for *athletes* ages 7-9 (Varsity & V-2 teams) in the fall and spring semesters. Cheer athletes will enjoy participating in a cheer stunt specific clinic aimed to help develop a better sense of stunt fundamentals. **The Varsity Clinic fee is $20 per participant** to participate. More information on this clinic will be distributed at team practices leading up to the event date.

ALL-STARS, PRO & PREMIER/ELITE TEAMS STUNTING CLINICS: Fall & Spring Semesters ONLY. An annual stunting requirement for all All-Stars, PRO & Premier/Elite team athletes are to attend an ACTIVSTARS Cheer Stunting Clinic with their team to be certified to stunt for the season. Stunt progressions are an important part of cheer safety. Parents can also purchase cheer uniforms and other essential gear for athletes on-site during registration for the clinic. Details of this event are given to teams/parents directly at practice. There is a registration fee to participate; **$25** for All-Stars and **$30** for Pro & Elite athletes.

REGIONAL CHEER COMPETITION/STAR SPIRIT STATE CHAMPIONSHIP: All ACTIVSTARS Cheer athletes are invited to attend and showcase their skills in the ACTIVSTARS Cheer Regional Competition *(not required)* to be held towards the end of our Fall, Spring & Summer Semesters. Competition is a great learning experience for all athletes as it promotes competitive spirit, self-confidence, and FUN! Athletes will perform with their team, competing with other teams (from alternate ACTIVSTARS locations) of the same skill & team level. All participants will earn a collectible trophy & achievement placement medal. Teams that place either 1st or 2nd at the Cheer Competition will have an opportunity to perform again at the State Star Spirit Championship (date TBA) (Texas locations only have a State event - the Texas Star Spirit Championship). There will be a nominal fee to participate in the Competition & State events, paid for at the event upon registration.

The Regional Competition Athlete registration fee is $39/athlete (pre-reg.) **OR $50** (day of the event).

The State Star Spirit Championship registration fee is $49/athlete (pre-reg.) **OR $60** (day of the event).

On-Time, Pre-registration ends Monday prior to the weekend of the event generally. These event fees help cover the cost of the facility, awards, staff, judges, and other event expenses. **There is a Spectator Fee for family and friends to attend the Competition as supporters; the cost is $6 per person, age nine and older** *(see back for more details)!*

ALL athletes performing will be required to wear the correct ACTIVSTARS team uniform for their division and cheer-style shoes. Competitions are FUN and an industry standard for the sport of Cheerleading. *Everyone goes home a winner!*

SUMMER CHEER COMPETITION: In many markets every Summer, we hold a SPECIAL Summer Cheer Competition (TBA) - with team placements. Cost is **$39** (pre-reg) and **$50**/day of. per athlete to attend. *Details will be handed out at practice regarding the summer competition event*!

Attendance at these Cheer Competitions are NOT required to participate in our program during the weekly practices; we do recommend that athletes take advantage of these opportunities as they are FUN and REWARDING experiences for our cheer athletes!

COLORED POM RANKING: Athletes can level-up and tryout for twenty different pom squads towards the end of every semester. Tryouts give athletes something to work for and prepares them for future tryouts for Pro and Elite team levels. **Tryouts are usually held two weeks prior to the Awards Night for the session. The Colored Pom tryout fee is $12 plus the regular practice fee.** Tryouts are **NOT** required, but to be eligible to "tryout," athletes must have "PERFECT ATTENDANCE" – all absences must be made up

Colored Pom Ranking Levels

Level 1	Teal
Level 2	Blue
Level 3	Green
Level 4	Pink
Level 5	Purple
Level 6	Red
Level 7	Purple & Teal
Level 8	Blue & Gold
Level 9	Red & Silver
Level 10	Red & Black
Level 11	Teal/Silver/Black
Level 12	Blue/Silver/Black
Level 13	Green/Silver/Black
Level 14	Pink/Silver/Black
Level 15	Purple/Silver/Black
Level 16	Gold/Silver/Black
Level 17	Teal/Purple/Black
Level 18	Blue/Gold/Black
Level 19	Gold/Black/White
Level 20	Red/Black/White

prior to tryouts. A new colored pom will be awarded for each level achieved on Awards Night for athletes who participate in the colored pom tryouts.

TEAM PRACTICE TIMES & FEES: ACTIVSTARS Coaches assign team practice times based on athlete's ages and abilities. ACTIVSTARS has **7** team levels. As athletes progress, the practice time duration and cost will increase.

JV	Ages 4-6	45 min.	$10
Varsity & V-2	Ages 7- 9	45 min.	$10
All Stars	Ages 10-18	45 or 60 min.	$10 or $11
PRO	Ages 10-18 (intermediate/tryout)	60 min.	$11
Premier	Advanced Team	75 min.	$13
Elite	Advanced Team	90 min.	$13

Please see your coach or visit our website for a list of requirements for PRO, Premier & Elite levels. If the time we assigned to your child is inconvenient, or you have two children participating in different teams, please see your coach for approval to attend a different time. ***Please arrive 5 minutes early each week for check-in.***

WEEKLY CHECK-IN AND PAYMENT: The only payment options available are weekly payments or total semester prepayments. At any time, parents can pay for the remainder of the semester.
Each week, parents must check-in and pay through our website portal or by using the ACTIVSTARS App.
****No Cash or Checks accepted at our class locations.**
Please arrive no more than 10 minutes early each week for check-in.

Each week, parents are required to physically walk in and sign in their student on the sign-in sheet by:

- bubbling in "present" next to the athlete's name
- signing (parent signature)
- recording the amount paid

Sign-in sheets are located by the location secretary. If your student is prepaid, you will STILL NEED to sign them in every week of practice. Athletes cannot sign themselves in for practice; a parent or guardian must be present because a parent signature is REQUIRED.

YOUR CHILD'S SAFETY IS OUR #1 PRIORITY!

Please physically walk your child to and from the facility and teaching area; we do not want children going outside alone. Do not drop off your child and drive away without first ensuring that the facility/teaching space is open, and the coach is present. If you wait in your car during your child's practice, please come inside 5 minutes prior to the end of practice to walk your child out to your car. Please explain to your child that he/she is required to wait in our holding area until you pick him/her up after practice**. All athletes are REQUIRED to wait in a holding area; students will not be allowed to leave or wait outside!** The exception to this rule applies only if a parent signs a Walker Release Form, giving the student permission to walk to and from class without an adult.

PLEASE BE ON TIME FOR PICK-UP EVERY WEEK!

MAKE-UP PRACTICES: We know that there may be times when your child cannot attend her/his weekly practice. Missing team practices can be made up by attending two practices back-to-back (the child's regular practice time and the team either before or after their regular time). Make-ups must be either pre-paid or paid the day the make-up is done. *Please be sure to inform the location secretary at the check-in table that your child will be taking (2) practices, and she/he will issue a make-up wristband to your athlete*. **Remember to explain to your child that she/he is doing make-up!**

NOTE: ALL missed practices must be made up **BEFORE** pom squad tryouts (colored pom tryouts). Athletes without perfect attendance will do a practice tryout but will not be eligible to do actual colored pom tryouts because of missed practices. Athletes may make the practices up the following semester and try out before the next scheduled tryout.

CANCELLATIONS: There are times when we may have to cancel a practice day due to holidays, school conflict, or bad weather. If possible, an email, auto call or text message is sent out in advance to inform you of the cancellation.

- In some cases, when possible, we will do a make-up practice.
- **If your child misses a practice, please check your email or call the** ACTIVSTARS **office or log-on to our website www.activstars.com to view missed class communication, class calendars, and other up-to-date information.**

PERFECT ATTENDANCE: All athletes having perfect attendance will receive a medal for their 1st semester of perfect attendance and a semester achievement pin for their 2nd + semesters with perfect attendance. All missed practices must be made up **BEFORE** the last week of practice. Athletes without perfect attendance will receive a certificate and ribbon.

ACTIVSTARS MERCHANDISE: ACTIVSTARS merchandise is purchased at wholesale prices, and the savings are passed on to you. All merchandise is ONLY available for purchase online at www.activstars.com or at scheduled events.

REQUIRED ITEMS: Poms are required in this program (Athletes participating in the Showcase are required to purchase and use the ACTIVSTARS metallic team-level poms). JV and Varsity athletes are required to purchase pom tags to clearly identify individual poms. Pom tags are available for $5.00. We are not responsible for lost poms. Do not leave our poms in the heat or sunlight, as this will damage them. There are no refunds for poms. Uniforms are required for Competitions.

POM COST: The JV team poms are $22 per set + Pom Tags for $5 (pom tags are required for all JV athletes)**, the Varsity & All-Stars Team poms are $24 per set.** ~POMS are purchased online from our webstore.

CHEER TEAM UNIFORMS: Cheer uniforms are required *(per team)* for athletes to wear if they wish to participate in **ACTIVSTARS** Cheer Competitions – these are required so that the performers match and look like a united, uniformed TEAM! The **ACTIVSTARS** Cheer Program Uniforms are stylish and current, yet they are also durable, comfortable, and long-lasting. Every cheerleader wants to feel like an athlete when they take the floor to perform, having a great uniform on completes the look and feel of a "*spirited*" athlete.

JV TEAM LEVEL	PRICING
JV TOP	$ 46.00
JV SKIRT	$ 28.00
BLOOMERS (Black Shorts worn under skirt)	$ 10.49
	$ 84.49

VARSITY TEAM LEVEL	PRICING
VARSITY TOP	$ 46.00
VARSITY SKIRT	$ 28.00
BLOOMERS (Black Shorts worn under skirt)	$ 10.49
	$ 84.49

ALL STARS TEAM LEVEL	PRICING
ALL STARS TOP	$ 56.00
ALL STARS SKIRT	$ 38.00
BLOOMERS (Black Shorts worn under skirt)	$ 10.49
	$ 104.49

PRO TEAM LEVEL	PRICING
PRO TOP	$ 59.00
PRO SKIRT	$ 39.00
	$ 98.00

PREMIER/ ELITE TEAM LEVEL	PRICING
ELITE TOP	$ 75.00
ELITE SKIRT	$ 43.00
	$ 118.00

MALE UNIFORM	PRICING
MALE TOP	$ 48.00
MALE BOTTOMS	$ 28.00
	$ 76.00

RETURNS & EXCHANGES: All claims and return requests must be made within **ten business days** of receipt of goods.

- Worn garments or garments with numbers or any other modifications, decorations, or customizations may not be returned.
- Any defective goods may be returned but must follow our 10-day return policy.
- No refunds are given for apparel or gear, which has been worn or used.

Please be sure to inspect your merchandise upon receipt of your order. We maintain the right to inspect the returned merchandise to determine whether replacement or adjustment is valid. If merchandise is returned after **the 10-day** inspection period, a **15% restocking fee** will be applied.

REFUND POLICY: **We do not give refunds for prepaid athletes after the third week of the semester.** This is due to fixed insurance costs incurred by the fourth week. **Any refunds after the third week of the semester will be issued as practice credit vouchers.** Registration fees and practices already attended will not be refunded. **Refund requests must be submitted through email to the Accounting Department; accounting@activstars.com.** No refunds are given for apparel, which has been worn or used. Merchandise must be returned to the **ACTIVSTARS** office. *Refunds may take as long as 4 weeks to process.*

MEDICAL CONDITION/DISABILITY: We encourage parents that have athletes with a serious medical condition or a disability to stay weekly with their child. **Parents are also required to inform the coach directly** and fill out a Medical Disability Form.

CHEER COMMUNICATION: **ACTIVSTARS** communicates with parents and athletes through written communication, primarily through email. Please be sure that we have an updated email address in our records, or you will not receive these notices, and you could miss important class information. We will also occasionally send out text messages, notes, and fliers regarding upcoming events, class cancellations, etc.

PLEASE READ EVERY PROGRAM EMAIL that goes out from ACTIVSTARS or your coach directly during the session as communication is important to staying connected.

ACTIVSTARS
www.ACTIVSTARS.com