

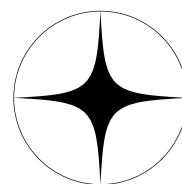
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athletics.com

H A N D B O O K
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FORGOTTEN COAST ATHLETICS CHEER

2 5 - 2 6

H A N D B O O K






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Honored to have YOU!

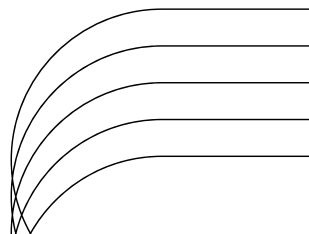


At Forgotten Coast Athletics our goal and mission is for every athlete that comes to our programs, whether it's cheerleading, tumbling, gymnastics, or after school programs, to be taught, trained, and developed to become a better athlete and to become their best self. At Forgotten Coast Athletics, we know how important it is to have values. Our values will be followed and represented by the owners, the staff, the parents, and the athletes:

Kindness always wins
Compassion towards others
Determination always working hard on and off the mat
Respect their parents, coaches and teammates!

Cheerfully,
FCA Staff

Stephanie Petersen- Owner
Amanda Chizmar- All-Star Director
Rainey Nobles- Prep and Performance Coach



WELCOME TO FCA



ALL-STAR CHEERLEADING TEAM PLACEMENTS FOR 2025-2026
May 24th, 2025

Athletes will be given the opportunity to demonstrate any skills they may have based on Open Series Cheer Guidelines. They will be judged on tumbling, jumps, body control, strength, flexibility, maturity, and coachability.

Team Placement will be set up differently this year. You will not be able to choose which tier your athlete competes (Novice, Prep, Elite, International) but rather the commitment level that best fits your athlete and family's needs. (Non-Travel, Limited Travel, Full Travel). This is for guaranteed TEAM satisfaction throughout the entire season.

You must set up a GOMOTION Account!

\$75.00 Try-Out Fee- Must Register on GOMOTION and pay in order to Try-Out.

**First Month Tuition Due is due on June 1, 2025!
(Monthly Membership Fees on Page 9)**

**Team Placement times: 10:00 – 12:00 ET
Birth Year: 2006-2020**

PLEASE BRING YOUR BIRTH CERTIFICATE.

**This is mandatory to compete. Team Placements Will Be
Announced though email on Sunday, May 26th.**



Commitment Levels

Non-Travel:

NEW TO ALL STARS? Our Non-Travel Program focuses on welcoming new athletes to All Star Cheerleading and making sure they have FUN while focusing on skill building and growth in a low pressure environment. These athletes will get the experience of an "All Star Competition" without having to travel for competitions. This program will only perform at our Beginning and End of Year Showcase! No ADDITIONAL FEES! AGES 4-12

1 Hour Practice - 1 PER WEEK

Limited Travel:

The Limited Travel Program is perfect for those athletes who are ready to be introduced to the competitive nature of All Star Cheerleading. The focus is on excellence in skill building, team work, and preparing athletes for FCA's Full Travel competitive program by competing at three competitions per season.

1.5 Hour Practices- 2 per week

Full Travel:

Our Full Travel Program is the highest commitment level that All Star Cheer has to offer! This Program is held to a higher standard of excellence and more is expected of the Full Travel Athlete. Athletes will get the opportunity to work with some of the best coaches in the industry during summer training, and will be taught the value of leadership, passion, hard work, and dedication.

1.5-2 Hour Practices | 2 per week 5 Competitions and 1 EOS Events

OPEN AGE DIVISIONS

CURRENT OPEN AGE
DIVISIONS ARE AS FOLLOWS:

Tiny- Birth Year

2018 - 2020

Mini- Birth Year

2016 - 2020

Youth- Birth Year

2012 - 2020

Junior- Birth Year

2009 - 2016

Senior-Birth Year

2006 - 2015

As an All-Star gym, we are required to follow these guidelines, however, OPEN rules can change at any time. These guidelines will help us build our teams and gym not only for this season, but for years to come. Team placements are up to the discretion of the coaches and management.



PRACTICES

ALL FULL TRAVEL TEAMS WILL HAVE TEAM PRACTICE TWO
TIMES PER WEEK (1.5/2 HRS EACH)

ALL NON & LIMITED TRAVEL TEAMS WILL HAVE TEAM
PRACTICE ONE TIME PER WEEK (1 / 1.5 HRS)

Videotaping at FCA is prohibited. Any recorded footage
of routines or portions of routines is forbidden to be
posted on any social media. There will be private
groups made for videos to be shared with family
members.

Cheerleading is a unique and demanding sport that
requires coaches to be working closely with the
athletes and therefore little time is available between
practices and classes. If you have questions or want to
speak to a coach, please email the gym to set up a
meeting time with management.

Practices may be added or extended once competition
season starts to ensure the teams are ready to
compete at the highest level. This is up to the
discretion of the coaches and will be communicated as
best as possible. _ _ _ _ _Initial

Athletes should plan to arrive at least 10 minutes early
and be ready to go at the start of practice. Athletes
should be in practice clothing, with shoes on, and hair
up. _ _ _ _ _Initial

“Black-Out Week” is the week prior to a Competition.
Practice can be added that week. All Practices during
“Black-Out Week” MUST be attended – NO EXCEPTIONS
_ _ _ _ _Initial

CHOREOGRAPHY CAMP

Choreography camp is a required event for Limited and Full Travel Teams. The dates are mandatory as the entire team needs to be at practice during the choreography camp dates. Choreography camp practices will be 4-5 hours long per day!

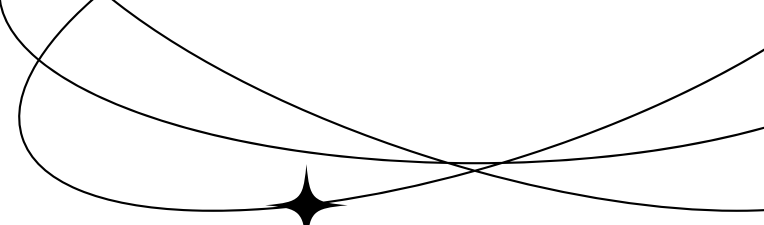
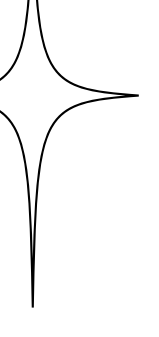
FULL TRAVEL

**FULL TRAVEL TEAMS (MINI, YOUTH, JUNIOR, SENIOR)
CHOREOGRAPHY CAMP IS AUGUST 23 & 24**

LIMITED TRAVEL

**LIMITED TRAVEL TEAMS (MINI, YOUTH, JUNIOR)
CHOREOGRAPHY CAMP IS SEPTEMBER 20 & 21**





ATTENDANCE AND DISCIPLINE

Discipline for unexcused absences may result in the following:

Sit out practice
Sit out competition
Removal from Competition Team.

If an athlete is removed from a Competition Team, the remainder of that year's monthly payments are still due each month.

Athletes that join a competition cheer team are on a team. All practices are REQUIRED. All competitions are NOT OPTIONAL. If you must miss a practice, notifying the coach prior to practice is MANDATORY.

_____Initial

Discipline is at the Discretion of the Athlete's Coach

· _____Initial

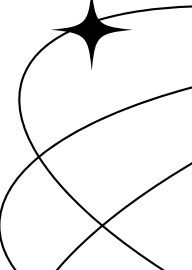
"Black-Out Week" - If you miss a practice, YOU WILL NOT COMPETE!

_____Initial

(This week starts at coaches' discretion)

FCA LOGO

Using the FCA logo without written permission from Forgotten Coast Athletics is ILLEGAL. Apparel is available for purchase at the FCA Pro-Shop. If there are specific items that you would like to see offered for sale, ask FCA Management.



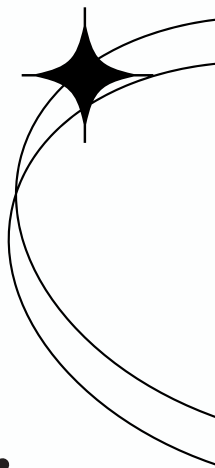
ALL-STAR VACATION: FAMILY MATTERS



June 2, 2025	First Day of Practice
June 5th, 2025	Uniform Sizing at 6:00 PM
July 1– 5, 2025	FCA Closed for 4th of July Holiday
July 19–23, 2025	FCA Closed for Coaches Conference
August 24–25, 2025	Elite Full-Travel Choreography Camp
September 1, 2025	FCA Closed for Labor Day
September 21–22, 2025	Prep-Limited-Travel Choreography Camp
October 13 and 14, 2025	FCA Closed for Fall Break
October 31, 2025	HALLOWEEN NO PRACTICE
November 24–28 2025	FCA Closed for Thanksgiving
Dec 24, 2024 – Jan 4, 2026	FCA Closed for Christmas and New Years
January 19, 2026	FCA Closed for MLK Day
February 16, 2026	FCA Closed for President's Day
March 16–20, 2026	FCA Closed for Spring Break
April 3–6, 2026	FCA Closed for Easter
April 30 , 2026	Last Day of All-Star Season
May 16th , 2026	FCA Banquet
May 21, 2026	Last Day of Rec Classes
May 25, 2026	FCA Closed for Memorial Day
May 29, 2026	Last Day of After-School Program



COMPETITION SCHEDULE



TENTATIVE SCHEDULE

FULL-TRAVEL TEAMS (YOUTH, JUNIOR, SENIOR)

Deep South Birmingham| Birmingham, AL. | December 7th, 2025

The Eras Tour | Tampa, FL. | January 25th, 2026

The Glow Tour | Biloxi, MS | February 14-15, 2026

Destin Beach Nationals | Destin, FL | March 07-08, 2026

Maximum Cheer Cruise | March 13-16, 2026

Limited Travel Teams (MINI, YOUTH, JUNIOR)

Deep South Birmingham| Birmingham, AL. | December 7th, 2025

The Glow Tour | Biloxi, MS | February 14-15, 2026

Destin Beach Nationals | Destin, FL | March 07-08, 2026

PERFORMANCE TEAM | SHOWCASE DATES

Beginning of the Year- December 4th, 2025

End of Year - April 13th, 2025

Season Ends April 30, 2026

POST-SEASON COMPETITION SCHEDULE

All-Star Worlds Championships Orlando, FL.

April 15-18, 2026

***** ONLY FULL TRAVEL TEAMS**

(By Bid Invite Only. Not Guaranteed)

BLACK OUT WEEKS



“Black-Out Week” is the week prior to a Competition. Practice can be added that week. All Practices during “Black-Out Week” MUST be attended – NO EXCEPTIONS. We have provided the weeks in advance for proper planning of family schedules.


November 28, 2024–December 4, 2025

January 18, 2025– January 23, 2026

February 1, 2025– February 13, 2026

March 1, 2025– March 11, 2026

POST-SEASON COMPETITION Black-Out Week
All-Star Worlds Championships Orlando, FL.
April 1, 2026– April 13, 2026
(Youth, Junior, Senior, International)
(By Bid Invite Only. Not Guaranteed)



Financial Agreement

FCA COMPETITION CHEERLEADING FINANCIAL COMMITMENT 2025-2026

All-star Competitive Cheerleading Requires a Financial Commitment, and it is Very Important You Read and Understand All Obligations Forgotten Coast Athletics Wants to do our Best to Make this as Affordable as Possible.

*****3.9 PROCESSING FEE ON ALL TRANSACTIONS!*****

- * Monthly Payments are Due the 1st of the Month. If Payment is Not Received by the 10th, a late charge of \$30 Will Be Added to the Cheerleader's Account**
- * All Cheerleaders MUST be enrolled in our Auto-Draft Program (GOMOTION)**
- * All Members Must Provide a Void Check and Auto Debit Authorization Form In Addition to the Registration Form at Team Placements(GOMOTION SYSTEM) *Monthly Payment Commitment is from June Through April. (11 months)**
- *First Month Payments Due on May 24th, 2025 after Team Selections**
- * All Declined Auto-Draft Payments Will Have A \$30 Charge Added to the Cheerleader's Account after the 10th of each Month.**
- * All Monthly Payments Must be Current Before an Athlete May Compete, Practice, Or Participate in Private Lessons.**
- *Private Lessons are Available with the Coaches. All Private Lesson Payments will be Paid to FCA GOMOTION. Private Lessons are \$40 Per Half-Hour.**
- *Holidays and the School Calendar are Factored into the Monthly Payment Calculations. No Refunds or Makeup Practices Will Be Offered, However, Additional Practices Can Be Added at Any Time at the Discretion of the Coaches and Management.**

MONTHLY FINANCIAL AGREEMENT

NON TRAVEL PERFORMANCE TEAM
\$80/ Month (No Discount for Paid in Full)

LIMITED TRAVEL TEAMS (TINY/MINI/YTH/JR)
\$200/ Month or Paid in Full \$2000

FULL TRAVEL TEAMS (MINI/YTH/JR/SR)
\$250/Month or Paid in Full \$2500

Monthly Payment Includes: Tumbling Class(Limited/Full Travel Only), Choreography Camp, Music, 2 Cheer Practices/wk (Only 1/wk for Non-Travel Teams) and Coaches Competition Fees.

Monthly Payment DOES NOT Include (And Is Not Limited To): Competitions Fees, Post-Season Bid Registration Fees, Post Season Coaches Fee, Uniform, Shoes, Optional FCA Apparel, Private Lessons, Personal Competition Travel Expenses, or Family Member Competition Admission Fees.

Total Commitment Per Week
NON TRAVEL TEAMS (TINY/MINI/ YTH) – 1 Hour
LIMITED TRAVEL TEAMS (TINY/MINI/YTH/JR) – 3 Hours
FULL TRAVEL TEAMS (MINI/YTH/JR/SR) – 4/5 Hours

ADDITIONAL FEES

**Limited Travel Competition Fees
\$450**

**Full Travel Competition Fees
\$675**

**Uniform, Bodysuit and Bow
\$775
(Limited and Full Travel)**

**Performance Team Uniform
\$100
(Non-Travel Only)**

**Practice Wear
\$200
(Limited and FULL Travel Only)**

**Custom FCA x GS High Top Cheer Shoes
\$125
(Limited and Full Travel Only)**

Auto-Debit Schedule for Additional Fees

**June 3, 2025 -
(Limited/Full) \$100.00 Practice Wear
(Limited/ Full) \$125.00 Shoes**

**July 1, 2025 -
(Limited/Full) \$100.00 Practice Wear**

**August 1, 2025-
(Full Travel Athlete) \$260.00 Uniform
(Limited Travel Athlete) \$260.00 Uniform
(Non-Travel) \$50.00 Uniform**

**Sept 1, 2025 -
(Full Travel Athlete) \$260.00 Uniform
(Limited Travel Athlete) \$260.00 Uniform
(Non-Travel) \$50.00 Uniform
(Full Travel Athlete) \$337.50 Competition Fees
(Limited Travel Athlete) \$225.00 Competition Fees**

**October 1, 2025 -
(Full Travel Athlete) \$255.00 Uniform
(Limited Travel Athlete) \$255.00 Uniform
(Full Travel Athlete) \$337.50 Competition Fees
(Limited Travel Athlete) \$225.00 Competition Fees**



CRUISE COMPETITION

Kauabunga Royale Cruise Event | March 13-16, 2026

Competition will take place at Venue Atlantis Paradise Resort.

The event will run from 10:00-4:00, it is a one day event.

Awards will be on the cruise ship on Sunday.

The competition is a stay to play style event. The fee includes all the cruise costs, activities, as well as the competition and spectator fees. (Food and Travel) You will not need a passport for this trip. The cruise line will be Royal Caribbean on Liberty of the Seas. Rooming Selection and List will be due June 6th. once we submit Rooming List- Maximum and Royal Caribbean will send total invoices based off Room Selections.

ONLY FULL TRAVEL ELITE TEAMS!

Auto-Debit Schedule for Crusie Fees

SATURATION

sometimes called chroma, is the
purity or strength of a color.

**June 06, 2025 -
Rooming list and Cabin Selection Due!**

**June 23, 2025 -
1st Payment of \$99 Per Person in Cabin Due!**

VALUE

the brightness of the color; the greater the value the
brighter and new variations of that color will appear.

**August 07, 2025-
2nd Payment of \$199 Per Person in Cabin Due!**

**October 24, 2025-
Full Invoice Per Person must be PAID IN FULL!**

Mandatory Items for Limited/Full Travel Teams



Uniform with Body Suit



Tentative
Competition/
Practice Bows



Tentative Shoe Design



Tentative Practice Wear

Optional Items for FCA Athletes and Families!



FCA Sweatshirt x GS \$125

■ BLACK

LOGO
RHINESTONE



RHINESTONES:

AB STONES 201 BLUE ZIRCON HQK
TANZANITE 122



STYLES

Diamond FCA Fanny Pack \$45

RULES AND REGULATIONS CONTRACT

Policy to address Bullying

Bullying of any kind is unacceptable at Forgotten Coast Athletics (FCA) and will not be tolerated. Bullying is counterproductive to team spirit and can be devastating to a victim. FCA is committed to providing a safe, caring and friendly environment for all athletes. If bullying does occur, all athletes and parents should know that incidents will be dealt with promptly and effectively. Anyone who knows that bullying is happening is expected to tell a coach or owner, Stephanie Petersen.

Communication Policy

At competitions coaches are there to coach. Any issues that arise during a competition will be addressed promptly during the week following the competition. Parents should never approach a coach with an issue at competitions.

Please contact the owner, Stephanie Petersen, and a meeting will be scheduled to deal with the issue. Any verbal communications at the gym should be held in private and coaches will only discuss concerns regarding your athlete.

If you or your athlete would like a better understanding of routine placements, team decisions, etc., please email Stephanie. We will set up a meeting with you, your athlete, Stephanie, and the athlete's coach. FCA keeps an open-door policy with communication and will attempt to help each parent and athlete understand every decision in which they are involved.

It is inappropriate for an athlete or parent to approach other FCA members or parents about a problem they have with an FCA coach, a coaching decision, or a disagreement with an administrative decision. This leads to unnecessary drama and may result in immediate dismissal from the team.

We strongly encourage parents to have their athletes speak with the coaches directly:

- 1. Routine element questions**

- 2. Individual skill preparedness**

- 3. Group skill preparedness**

- 4. Injury**
- 5. Illness**

During practices, coaches are needed to coach and instruct the team. Parents should never approach a coach during class or practice. Any issues that arise during a class or practice will be discussed at the end of practice. If an issue is urgent, please notify Stephanie immediately.

While in the gym, verbal communication regarding other athletes, parents, classes, etc., should be held in private. A meeting can be scheduled with the athlete's coach and Stephanie.

We have a strict policy in place stating that Coaches are not available to discuss:

- 1. Information regarding other FCA athletes and/or parents.**

- 2. FCA Coaches who do not coach their athlete.**

- 3. Decisions made by the Administrative Staff.**

- 4. Issues that involve any type of comparison of their athlete with another athlete in the program**

Athletes are expected to:

- Treat fellow teammates, coaches, staff, and parent with respect at all times.**

- Not participate in gossip.**

- Show good sportsmanship at ALL times.**

- Not bully. This includes all forms such as electronic, verbal, physical, mental, social media based, monetary, etc.**

- Not use profanity and/or abusive language.**

- Not consume alcoholic beverages, use any illegal drug, and/or engage in illegal behaviors. •Accept both constructive criticisms along with praise for a job well done.**



PARENT EXPECTATIONS

At FCA, we strive to maintain a respectful, positive, and team-centered environment. To support this goal, we ask that all parents uphold the following expectations:

- **Promote Respect:** Encourage your athlete to consistently show respect to teammates, coaches, and staff.
- **Let Coaches Coach:** Please refrain from giving instructions or feedback to your athlete during practice from the parent-viewing area or lobby.
- **Trust the Coaches:** Respect and support the decisions made by coaches regarding the team and athletes.
- **Avoid Practice Withholding as Punishment:** Do not withhold your child from practice or competitions as a form of discipline. This impacts not only your athlete but also their teammates and coaches.
- **Commitment Matters:** Threats to withdraw your child from the team are unacceptable and will not be tolerated.
- **No Gossip Policy:** Avoid participating in or spreading gossip. This includes initiating or listening to negative talk about athletes, families, or staff.
- **Respectful Conduct:** Do not attempt to influence or manipulate other parents or athletes during practices or events.
- **Use Social Media Responsibly:** Never use social media, messaging platforms, or any digital communication to share negative or inappropriate content related to FCA, its athletes, or families. Doing so may result in immediate dismissal from the program.
- **Viewing Area Guidelines:** The parent-viewing area is generally open for observation. However, the staff reserves the right to restrict access if necessary for the benefit of the athletes and coaches. (NEW GYM ONLY)

Our gym culture does not tolerate parent drama.

The Cheer Parents' CARDINAL RULE:

NEVER speak negatively about another athlete — EVER. Focus on encouraging your own athlete and uplifting the team.

QUITTING AND NON-COMPETE POLICY

Quitting Policy

Your Account will be charged \$500.00 for QUITTING on top of the monthly tuition. Due to the best interest of the other athletes, any athlete that is dismissed from a team or voluntarily decides to quit after the JUNE 23 2025 will be responsible for the remaining months of outstanding payments as detailed in the "Monthly Financial Obligation" Section. Please consider the time and the requirements it takes to be an all-star cheerleader BEFORE enrolling in the program.

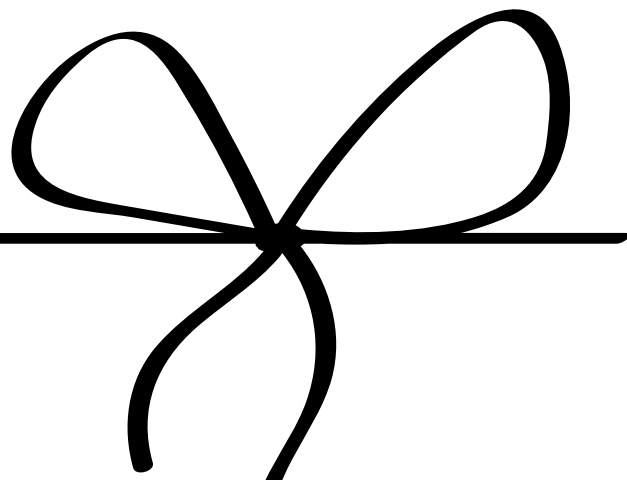
We have familiarized ourselves with the contents of this "Rules and Regulations Contract". We acknowledge, understand, accept, and agree to comply with the program guidelines. We understand this document cannot cover every situation that could arise during the season, but is a guide to the goals, rules and responsibilities as a member of Forgotten Coast Athletics. We understand that this signed Contract will be maintained and in force for the entire 2025-2026 season.

Non-Compete Policy

If for any reason, circumstances occur, which require departure from the program; we do not expect any refund of fees or competition expenses and understand that we may not participate in another All-Star Gym within a 75 mile radius until the following season (2025-2026).

I understand that if my child quits or is asked to leave the program, i am not allowed to participate in another All-Star Program within 75 miles from Forgotten Coast Athletics . I understand that if my child does participate in another All-Star Program, Forgotten Coast Athletics can pursue legal action.

Signature



Registration Form

Athlete's Full Legal Name: _____

Athlete's Address: _____

Athlete's DOB: _____

Athlete's Cell Phone (if available): _____

Parent Guardian Name: _____

Parent/Guardian Phone: _____

Parent/Guardian Email: _____

Other Emergency Contact Name: _____

Other Emergency Contact Phone: _____

**THE FOLLOWING PAGES NEED TO
BE COMPLETED and TURNED IN AT
TRYOUTS:**

- Practices
- Attendance and Discipline
- Rules and Regulations
- Quitting and Non Compete
Policy
- Registration Form
- BIRTH CERTIFICATE