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HANDBOOK
SEASON 9
2026-2027

FORGOTTEN COAST ATHLETICS CHEER

26-27 HANDBOOK

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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 2026-2027
May 23rd, 2026

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) but rather the commitment level that best fits your athlete and family's needs. (Non-Travel, Limited Travel, Full Travel). This is for guarenteed 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, 2026!
(Monthly Membership Fees on Page 9)

Team Placement times: 10:00 – 12:00 ET
Birth Year: 2007-2021
PLEASE BRING YOUR BIRTH CERTIFICATE.

This is mandatory to compete. Team Placements Will Be Announced though email on Saturday, May 23rd.

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 / 2-3 Competions within 3 hours

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 7 Competitons and 2 EOS Events

OPEN AGE DIVISIONS

CURRENT OPEN AGE DIVISIONS ARE AS FOLLOWS:

Tiny- Birth Year
2019 - 2023
Mini- Birth Year
2012 - 2022
Youth- Birth Year
2013 - 2021
Junior- Birth Year
2010 - 2021
Senior-Birth Year
2007 - 2016

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 cannot arrive more than 10 minutes early and must 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 3-5 hours long per day!

FULL TRAVEL

FULL TRAVEL TEAMS (MINI, YOUTH, JUNIOR, SENIOR)
CHOREOGRAPHY CAMP IS AUGUST 22 & 23

LIMITED TRAVEL

LIMITED TRAVEL TEAMS (MINI, YOUTH, JUNIOR)
CHOREOGRAPHY CAMP IS SEPTEMBER 11 & 12

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 8, 2026	First Day of Practice
June 10th, 2026	Uniform Sizing at 6:00 PM
June 29th-July 4th, 2026	FCA Closed for 4th of July Holiday
July 16th-18th, 2026	FCA Closed for Coaches Conference
August 3rd-7th, 2026	Closed for the Eberlein Wedding
August 23rd and 24th, 2026	Elite Full-Travel Choreography Camp
September 7th, 2026	FCA Closed for Labor Day
September 11th and 12th, 2025	Prep-Limited-Travel Choreography Camp
October 12th and 13th, 2026	FCA Closed for Fall Break
November 11th, 2026	FCA Closed for Veterans Day
November 23rd -27th, 2026	FCA Closed for Thanksgiving
Dec. 21st, 2026 – Jan 4, 2027	FCA Closed for Christmas and New Years
January 18th, 2027	FCA Closed for MLK Day
February 17th, 2027	FCA Closed for President's Day
March 17th-19th, 2027	FCA Closed for Spring Break
March 26th, 2027	FCA Closed for Easter
April 30th, 2027	Last Day of All-Star Season
May 15th , 2027	FCA Banquet
May 27th, 2027	Last Day of Rec Classes
May 28th, 2027	Last Day of After-School Program

COMPETITION SCHEDULE

2026-2027 Competition Schedule

This year we will compete at 7 competitions and attend TWO End of Season Events!

November 15, 2026 - Prime Time Cheer in Lynn Haven, FL.*
December 12, 2026 - The Southern Crown in Savannah, GA
January 16, 2027 - Deep South Biloxi Vibe Event
February 6/7, 2027 - Prime Time in Panama City Beach*
February 27/28, 2027 - Deep South Beach Nationals Destin*
March 20/21, 2027 - Sunshine Nationals in Kissimmee, FL

PERFORMANCE TEAM | SHOWCASE DATES

Beginning of the Year- November 12, 2026
End of Year - April 12th or 13th, 2027

Season Ends April 30, 2027

POST-SEASON COMPETITION SCHEDULE
-All-Star Worlds Championships Orlando, FL.-
April 14-18, 2027
***ONLY FULL TRAVEL TEAMS
(By Bid Invite Only. Not Guaranteed)

-Deep South Season Finale Nashville-
May 1-2, 2027
***ONLY FULL TRAVEL TEAMS

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 8-14, 2026

December 7-11, 2026

January 9-14, 2027

February 1-5, 2027

February 22-26, 2027

March 17-19, 2027

POST-SEASON COMPETITION Black-Out Week

All-Star Worlds Championships Orlando, FL.
April 1st, 2026- April 13th, 2027
(Youth, Junior, Senior, International)
(By Bid Invite Only. Not Guaranteed)

Deep South Season Finale Nashville
April 24th -April 30th, 2027
LIMITED AND FULL TRAVEL TEAMS

Financial Agreement

FCA COMPETITION CHEERLEADING
FINANCIAL COMMITMENT 2026-2027

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 June 1st, 2026 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
$90/ Month (No Discount for Paid in Full)

LIMITED TRAVEL TEAMS (TINY/MINI/YTH/JR)
$150/ Month or Paid in Full $1500

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 ($200)**, Uniform, Shoes, Optional FCA Apparel, Private Lessons, Personal Competition Travel Expenses, or Family Member Competition Admission Fees.
END OF SEASON POST EVENT FEES FOR ALL-STAR WORLDS AND SESASON FINALE NASHVILLE!

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
$350

Full Travel Competition Fees
$825

Uniform, Bodysuit and Bow
$775
(Full Travel)
NEW ATHLETES ONLY

Returning Athletes Competition & Practice Bow with Bow Box
$90

Limited Travel Uniform, Bow and Shoes
$150

Performance Team Uniform
$100
(Non-Travel Only)

Practice Wear
$220
(FULL Travel Only)

Nfinity Beast Mode Cheer Shoes
$150
(Limited and Full Travel Only)

Auto-Debit Schedule for Additional Fees

June 3, 2026 –
(Full) $110.00 Practice Wear
(Limited/ Full) $150.00 Shoes
(Full) $45.00 Bows

July 1, 2026 -
(Full) $110.00 Practice Wear
(Full) $45.00 Bows

August 1, 2026-
(NEW Full Travel Athlete) $260.00 Uniform
Limited Travel Athlete - $50.00 Uniform
(Non-Travel) $50.00 Uniform

Sept 1, 2026 -
(NEW Full Travel Athlete) $260.00 Uniform
(Limited Travel Athlete) $50.00 Uniform
(Non-Travel) $50.00 Uniform
(Full Travel Athlete) $412.50 Competition Fees
(Limited Travel Athlete) $175.00 Competition Fees

October 1, 2026 -
(NEW Full Travel Athlete) $255.00 Uniform
(Limited Travel Athlete) $50.00 Uniform
(Full Travel Athlete) $412.50 Competition Fees
(Limited Travel Athlete) $175.00 Competition Fees

Mandatory Items for Limited/Full Travel Teams

Uniform with Body Suit

Competition Bows

NFINITY Beast Mode

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 QUITING 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 2026* 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 (2026-2027)

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 FOLLLOWING PAGES NEED TO BE COMPLETED and TURNED IN AT TRYOUTS:

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