

KOACH ALLSTARS



2025-2026

HALF YEAR COMPETITION PACKET

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ALL ABOUT HALF YEAR

We will have two divisions under our half year program that your athletes will be placed upon. We will have prep teams, and novice teams. Prep teams will be performing at cheer competitions with elite level skills and stunts to max out the score sheet. This comes down to how well rounded the athlete is in tumbling, stunts, motions, and jumps. This section of our program is for athletes who are looking to be highly competitive and possibly interested in our competitive teams in the future. From there, we will have our novice teams that will do performances, competitions, as these teams are especially for athletes who are new to cheerleading and are learning to grow in the sport! Our half year cheer program is a great way for families to enjoy the sport of cheer with less time, financial, and travel commitment throughout the year. The Koach Way will be the base of all teams through and through as always!

Koach Mission Statement:

Our gym's mission is to teach athletes the sport of competitive cheerleading and tumbling while striving to teach life lessons that help shape athletes to be their best version of themselves. Ko-ach comes from the Hebrew term meaning "strength". Koach Allstars uses cheerleading as a tool to allow individuals to gain "strength" in all aspects of life such as physical, emotional, and spiritual. While we strive to make each athlete reach their highest cheerleading potential, we believe that this program will do much more than just improve cheerleading skills. Throughout one's life we will be all faced with situations; we take pride in working with a team in order to reach common goals and learning skills that transfer far beyond trophies. Whether it be on the mat, a professional, school, or social setting, the athletes will strive to better themselves and their peers. Koach is about being a part of something bigger than ourselves. Program. Team. Self. As an owner, and Christian, God and prayer are freely welcomed. With God ALL things are possible. Mathew 19:26

2025-2026 Team Placement Information:

- Tryouts for half year teams will be Saturday August 17th!
 - Registration will begin 7/1/25 for team placements! You can sign up for your tryout time by your athlete's level!
- How to sign up: Create an account through iClass Pro and select a time under "Camps." Team evaluations will be \$25 plus tax
- We will be fitting for ALL gear at team placements.
- Team placements will be announced August 22nd via email and you will be assigned your team and practice times!
- We will have a parent meeting on August 24th at 5:30pm at Koach!
- Half year practices will start August 25th!

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Quitting Policy:

- In consideration of the other athletes, as well as the routine and choreography that have already been paid for, **a \$500 cancellation fee will apply if you choose to withdraw at any point after choreography has begun—regardless of the reason.** There will be no exceptions, refunds, or credits. The cancellation fee must be paid within 30 days of withdrawal.

Team Evaluation Process:

- Team evaluations will be based on age, jumps, tumbling, dance, flexibility, stunting position potential, maturity, attitude, effort, **coachability**, etc.
- Evaluations will be made based on level appropriate skills as a whole by all athletes who try out. **Positions of previous experience/level are not based on team placement.**
- **In the best interest of both the team and individual athlete development, we will continue to evaluate athletes throughout the season. Team placements and routine positions may be adjusted at any time to ensure every athlete has the opportunity to excel. No spot or position is guaranteed or permanently assigned.**
 - Coach will add to, change, drop, or adjust any team/level/competition schedule as we see fit up until the first stunt choreography. Your athlete may be asked to come to multiple team practices to ensure we have a good fit with each athlete on each team.
- We are required to follow these USASF guidelines and rules as a gym, and though your athlete may be eligible for a certain division/level, the placement is up to the discretion of the coaches.

Attendance/Absences:

- This is a team sport and it **will be mandatory** that you are at **all practices**. Excused absences (school graded events, sickness with Dr. note, etc.) must be approved by staff in **advance**. NOT THE WEEK OF!
 - Band/Choir concerts the week of a competition are not excused.
 - If you are injured you are still required to come to practices. In order to participate after an injury, you must be cleared by a medical professional. It is up to the coaches discretion to/when to put an athlete back in the routine after an injury/and or missed practice.
 - You are **REQUIRED** to be at practice the week of the competition/performance, if a practice is missed, a fill in will compete in your spot.

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- **Make sure you communicate if you are involved in other sports that would conflict with Koach on your tryout sheet as well as via email!**
- There will be 3 excused absences/athlete September through the end of the season. If more practices are missed, the following actions will be taken:
 - \$25/missed practice charged to your account.
 - Being 45 minutes late or leaving 45 minutes early from an hour and a half practice will be considered a missed practice.
 - Being 30 minutes late or leaving 30 minutes early from an hour practice will be considered a missed practice.
 - If more than 5 total practices are missed, a meeting will be called to discuss the position on the team.
 - We will do our best to be flexible with high school cheerleading if communicated well in advance but our expectation is all star cheer comes first if there is a conflict.
 - Other sports/activities are not excused and you will be charged for any missed practices. Please ensure you communicate your Koach schedule with other activities as Koach will be expected to be a priority.

Practice/Competition Information:

- Practice schedules will be assigned when teams are announced on August 22nd. Each team will have 1 practice per week and a separate tumbling class.
- ALL athletes will be **required** to attend **ONE** tumbling class/week. You will be assigned to a class on August 22nd when team placements are announced, which will start the week of August 25th.
- Private lessons do not count as a tumbling class, but are available.
- Practices might be extended, added, changed, or canceled for travel at any time.
- Please make sure to have your athlete at Koach at least 10 minutes before practice **FULLY READY** and pick up your athlete **on time**.
- Meeting/competition times are usually not available until the THURSDAY before the competition! Please be **competition ready** at your meet time.
- Room blocks will be sent out for required hotels.
- USASF requires birth certificates to be entered for every athlete. **You will create your own profile, upload your own birth certificate, and pay through USASF, not Koach. More directions will be sent out on how to do that.**

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- Transportation for competitions is dependent upon the athlete's family. We ask the following rules to be followed on competition weekends:
 - No swimming on the night before a performance! INJURIES HAPPEN!
 - Save your energy for the competition, please look at this as a business trip not a leisure trip.
 - **All members of each team are expected to be there to support our Koach teams Saturday/Sunday unless otherwise noted.**
 - Attendance will be taken, consequences will be handed out if it becomes an issue.
- Please **only wear your cheer shoes** with your cheer uniform. No jewelry will be allowed when in uniform and or at practice. If an athlete gets a new piercing the piercing **will have to come out. No taping, or plugs allowed.**
- Please make sure nail polish is neutral or Koach colors and nails are trimmed down.
- Hair must be a natural color.
- REQUIRED THAT ALL ATHLETES HAVE THEIR FULL UNIFORM AND CHEER SHOES ON for awards. No phones, bags, or other personal items are allowed on stage.
- To ensure coaches can remain fully focused on the athletes' performance and success on competition day, communication with coaches will be limited. For any general questions or needs, please reach out to your designated team parent, who is your first point of contact.
- To maintain the integrity and exclusivity of each team's unique choreography and routine, any recorded footage of routine elements should not be shared or posted on social media. Please join our private Facebook group, "Koach Allstars Videos," to view and share team-approved content. Request to join the group to stay connected!!

Specialty Classes:

- We encourage all athletes to enroll in a jump/flexibility class, especially our flyers. If you would like to sign up for an additional tumbling class you will receive a discount.

Choreography:

- Dates will be mandatory and the **whole team** is needed to be at the practices.
- If you join late, you are still required to pay a choreography/music fee.

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Competition Schedule:

- **ALL competitions are subject to change.** At any time we may **add or drop** competitions as Koach sees fit.
- All competitions/showcases/performances are MANDATORY!
- Competitions rarely cancel due to weather, please plan accordingly for travel and all scenarios.
- WE WILL PICK EVENTS BASED ON BEST COMPETITION OPPORTUNITY.
- Competitions will include the competition fees, coaches fee, and any team room fees if applicable.
- **Here are some, not all, of the tentative competitions and dates for this season:**
 - Koach Home Show 1/4
 - American Heartland Omaha 1/10
 - Nfinity Athletic Grand Prix Kansas City 1/31
 - Spirit Sports Kansas City 2/7
 - OneUp Kansas City 2/21
 - CSG Des Moines 2/28
 - Spirit Sports Des Moines 3/7
 - US Finals 4/11
 - Final Send Off TBD

General Gym Expectations:

- Koach Allstars does not have an open parent viewing area. Parents are not to go into the locker room area or out onto the floor. If a parent needs to speak with a coach please email info@koachallstars.com or let the front desk know and they can contact the coach.
- Please do your part in picking up your trash, taking care of the equipment, not wearing street shoes inside, and overall, making Koach the best of the best.
- Parking: Parent drop off at Koach is encouraged. We know that the parking is a small space, please be considerate of the neighbors businesses during their business hours. Please park on the south side of the street ONLY to allow for trucking traffic to still flow as well as ensuring athlete safety.
- Animals are not permitted into the facility for safety reasons unless a service animal, but please keep off of equipment.
- Do not bring in valuables! Koach is not responsible for any lost or stolen items. Please help by keeping your items in a bag.

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The Koach Way:

- We pride ourselves on “TheKoachWay” and hope to maintain our high class standards day in and day out! ALWAYS be mindful of representing Koach Allstars to the best of your ability at all times in and out of the gym. Please respect coaches, athletes, and athletes' parents at all times in and out of the gym. Negative talk by a parent or athlete about other parents or athletes/coaches/the gym is not tolerated. This is to ensure the best environment for especially athletes, but other Koach parents as well.
- **Please have your athlete speak to coaches first if they have a concern or a question so they can work to resolve any issue or concern you or they might have.**
- Any team/Koach related groups/chats for both parents and athletes will remain positive, if any negative comments are made you will be removed from the group. Any concerns need to be directed to info@koachallstars.com.
 - Any separate chats/groups for kids OR parents regarding Koach requires at least 1 coach to be added to monitor.
- Koach can terminate or add a probation period in any circumstance as the staff feels fit.
- We ask that parents and athletes are respectful with pictures/posts regarding Koach Allstars as well as wearing Koach gear.
 - Please use #TheKoachWay in your posts for all to see and find when searching Koach Allstars!

Pro Shop:

- Koach Allstars makes our own apparel! There are no outside vendors that are approved to use our logo. Getting apparel done outside of Koach Allstars or using our logo/team names/themes or team logo without permission is **not allowed!** If you want apparel done, please email info@koachallstars.com for more questions and information and bring in items the week BEFORE the competition to ensure staff has time to get items completed.

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Billing:

- Koach Allstars will only be accepting monthly billing. You **must** have a credit/debit card on file to participate. All payments will be made through the online system. **There will be a \$10 fee if cards decline on any due date FOR ANY REASON and an additional \$10 late fee penalty 10 days after due date if still not paid. If not paid within 10 days of the due date, the athlete will be sitting out of practice.** Cards will continue to be ran until payment is received.
 - **NO CHECKS WILL BE ACCEPTED for monthly/online fees.**
 - **If a due date lies on a weekend or holiday, the withdrawal will be made the following business day.**
 - **You may pay ahead of due dates by logging in and making payments.**
 - **10% discount will be applied for the 2nd sibling, for tuition only.**
- Competition Fees: These will be applied to the accounts according to the due dates placed by the vendors. If competition fees are not paid by the start of the week before the competition, the athlete WILL NOT BE ABLE TO COMPETE! NO EXCEPTIONS!
 - **If your athlete is injured/ ill/unable to compete, you will still be responsible for competition fees as that will go towards your fill in.**
 - If we are ever provided money as a reward, it will go back to the gym to do with what Koach sees fit.
- Refunds: Monthly charges, competitions, pay in full, or items purchased are non-refundable and non-transferable NO EXCEPTIONS. Please make sure you have thought your expenses through prior to starting the season. All expenses are still due even if ill, injured, or you choose to quit. Refunds on these situations, but not limited to, will not be issued.
- **Pay in Full:** A 10% discount of tuition will be given to those who choose to pay the year in full. Please email info@koachallstars.com before **September 6th** if you would like to do this or need more information. **Pay in full will be due October 1st and is NON REFUNDABLE regardless of injuries or if your athlete quits.** Choreography payment will still be the due date listed above if not already paid in full. Competition fees will not be included in pay in full.
- **Credit Card Processing Fees:** Our merchant services will be requiring a 3.00% credit card processing fee for all cards on file for each transaction. Full notice of processing fee will be stated in our terms and conditions.

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Required Gear and Pricing Date Sheet:

- All tuition is due on the 1st of every month!
 - \$125/month (Novice)
 - This includes 1 practice and 1 tumbling class per week
 - \$135/month (Prep)
 - This includes 1 practice and 1 tumbling class per week
- Registration will be due on the 1st day that practices start, August 25th
 - Registration \$185 (All Members)
 - If you already paid the \$85 registration fee for tumbling your registration fee will be adjusted to \$100.
- All practice wear costs will be due by September 6th in order to have enough time for ordering, processing and delivery.
 - Scrunchie \$20 (All Members)
 - Practice Tank and Shorts \$100 (New Members)
 - \$50 Sports bra for under uniform (New Members)
 - Can be worn to practice and will be used under uniform
 - Shoes \$110 (All Members)
- Full uniform cost will be due by September 20th to ensure ordering and processing has enough time for uniforms to be shipped and delivered.
 - Uniform \$315 (All Members)
 - Bow/Hair Accessory \$30 (All Members)
- Choreography payment due September 29th
 - \$200 (Prep)
 - \$200 (Novice)
- Music payment due October 20th
 - \$150 Music
- USASF Membership \$49 (All Members)
 - This will no longer be done by the gym. You will have to register yourself. More information, due dates, and directions to come. This will depend on competition schedule if needed this season. TBD

There will be fundraising opportunities offered throughout the season to help offset costs

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KOACH CALENDAR 2025-2026

- August 17th: Half Year Tryouts
- August 22nd: Half Year Team Evaluations Announced
- August 24th: REQUIRED Half Year Parent Meeting at Koach 5:30pm
- August 25th: Half Year Team Practices Start
- September 1st: Labor Day **GYM CLOSED!**
- October 12th: Half Year Choreography
- November 16th: Half Year Choreography
- November 26th-November 28th: Thanksgiving Break **GYM CLOSED!**
- December 22nd-January 2nd: Christmas Break **GYM CLOSED!**
- March 13th-March 20th: Spring Break **GYM CLOSED!**
- April 5th: Easter **GYM CLOSED!**
- May 25th: Memorial Day **GYM CLOSED!**

*All Dates are Subject to Change, Some Dates TBD

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