



KOACH

ALLSTARS

2024-2025

Information Packet

Koach Class Information

**Season 12 Classes begin June 1st
Registration for new classes begins 5/29**

**If you are signed up for a class currently
you will need to select a new class time for
our new season.**

**NO TRYOUTS REQUIRED!
NON-COMPETITIVE!
WE ACCEPT ATHLETES ALL YEAR ROUND!**

**CREATE AN ACCOUNT WITH US THROUGH
ICLASS PRO TO START YOUR
REGISTRATION PROCESS!**

**(VISIT OUR WEBSITE
WWW.KOACHALLSTARS.COM)**



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. Koach 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

Tumbling at Koach

June - May

Overview

At Koach, we strive to teach athlete tumbling skills with the best technique possible. We pride ourselves with our hands-on approach with small groups of athletes per coach in order to give athletes the best learning environment possible. By making classes smaller, coaches are able to break skills down for athletes in drills, which has resulted in seeing new skills at a safe yet faster pace.

IF A CLASS DOES NOT HAVE 4 KIDS ENROLLED WE WILL ASK THAT YOU TRANSFER TO A DIFFERENT TIME TO ENSURE WE RUN EFFICIENT TUMBLING CLASSES

Tumbling Class Levels/Groups

Tiny Tumbling: Forward & backward rolls, handstands, cartwheels, round offs back bends, and bridges (ages 4 and under will not do back bends until 5)

Level 1 Beginner: Forward & backward rolls, handstands, cartwheels, round offs, bridges & backbend

Level 1 Intermediate: Backbend kick overs & stand ups, handstand to backbend, and front limbers

Level 1 Advanced: Working on back & front walkovers, and perfecting specialty variations of these skills

Level 2 Beginner: New to working backhand springs, needs intro drills, and stations

Level 2 Intermediate: Working on backhand springs with a spot, or can do backhand springs on the tumble track or air track solo

Level 2 Advanced: Almost have backhand springs on the floor, working on perfecting specialty variations of the skill

Level 3 Beginner: New to working on back & front tucks and aerials, needs intro drills and stations

Level 3 Intermediate: Working back tucks with a spot, or can do a variation of a back tuck on the tumble track or air track solo

Level 3 Advanced: Almost have running tucks on the floor, working on perfecting specialty variations of the skill

Level 4 Beginner: New to working layouts, needs intro drills and stations

Level 4 Advanced: Working specialty skills such as punch front step outs, whips, and perfecting variations of specialty skills and overall level 4 standing skills

Level 5: Full twisting layouts, standing fulls, double fulls, arabians, and perfecting variations of specialty skills

Level 6: Double twisting fulls and variations of doubles in combination and perfecting variations of specialty skills

Tumbling Class Costs:

Annual Registration Fee: \$85 (Good for a calendar year after registering)

Tumbling Class Cost: 1 CLASS/WEEK, 1 HOUR EACH \$75/month

Additional Tumbling Class Cost: 1 CLASS/WEEK, 1 HOUR EACH \$50/month for an additional class

Tiny Cheer 101 at Koach

June - May

Overview

Tiny Cheer 101 is a great beginner class offered to those athletes interested in learning more about cheerleading including stunts, motions, tumbling and basic routine elements without the added cost or commitment of a competitive team. Tiny Cheer 101 is open to ages 4-6.



Tiny Cheer 101 Costs

Registration Fee: \$85 (Good for a calendar year after registering)

Class Cost: 1 CLASS/WEEK, 1 HOUR EACH \$75/month

Additional Tumbling Class Cost (Not Required):

1 CLASS/WEEK, 1 HOUR EACH \$50/month for an additional class

Half Year Prep Class

June - August for Athletes trying out for half-year cheer

Overview

Cheer Prep is designed and encouraged for athletes wanting to work extra on cheer skills June through August. Skills such as stunting positions, motions, core strength/conditioning etc to prep for the upcoming Half Year cheerleading season!

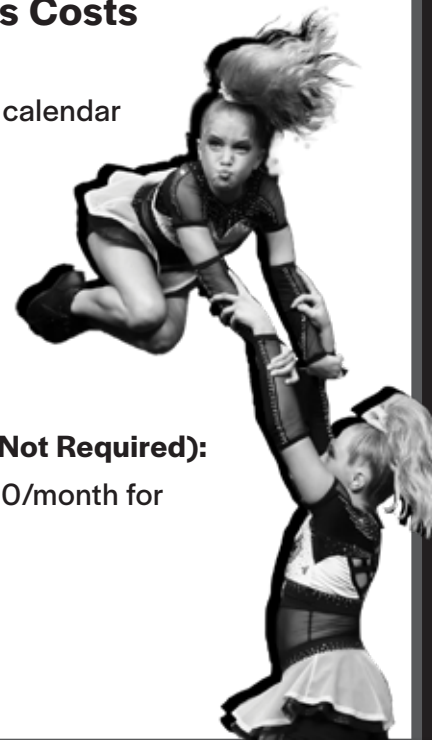
Half Year Prep Class Costs

Registration Fee: \$85 (Good for a calendar year after registering)

Class Cost:
1 CLASS/WEEK, 1 HOUR EACH
\$75/month

Additional Tumbling Class Cost (Not Required):

1 CLASS/WEEK, 1 HOUR EACH \$50/month for an additional class



Intro to Tiny Cheer Class at Koach

Overview

Jun - Dec:

Intro to Cheer is a great beginner class offered to those athletes interested in learning more about cheerleading including stunts, motions, tumbling and basic routine elements without the added cost or commitment of a competitive team. Intro to Tiny Cheer is open to ages 18 months - 3 years old.

Jan - Apr:

Intro to Tiny Cheer Team will start in December and will practice through April to learn a routine to be performed at our Koach Summit Send Off at the beginning of May as well as a Des Moines Exhibition performance at a competition! This team is a great beginner team offered to those athletes interested in learning more about cheerleading including stunts, motions, tumbling and basic routine elements without the added cost or commitment of a competitive team. Intro to Tiny Cheer is open to ages 18 months - 3 years old.



Intro to Tiny Cheer Costs

Registration Fee: \$85 (Good for a calendar year after registering)

Class Cost: 1 CLASS/WEEK, 45 MINUTES EACH \$50/month

Additional Tumbling Class Cost (Not Required): 1 CLASS/WEEK, 1 HOUR EACH \$50/month for an additional class

Intro to Tiny Cheer Team Gear: \$100 outfit and bow

Intro to Tiny Cheer Team Competition Price: TBD

Allstar Performance at Koach

June - May

Overview

Allstar Performance is a great beginner course offered to those athletes wanting to learn more about competitive cheerleading without the added cost or commitment of a competitive program. Allstar Performance is open to ages 5-7 and 8-12 and will be split into two teams! This class will be 8 weeks with a performance to round out the course. You can sign up for multiple sessions or just one! A shirt and bow are included in the 8 week fee!

Allstar Performance Costs

Registration Fee: \$85 (Good for a calendar year after registering)

Class Cost: 1 CLASS/WEEK, 1 HOUR EACH FOR 8 WEEKS
\$200 payment due each session start date

Additional Tumbling Class Cost (Not Required):
1 CLASS/WEEK, 1 HOUR EACH \$50/month for an additional class

Allstar Performance Sessions:

Holiday closings will make some sessions longer to ensure the full 8 weeks view session dates on the portal when schedule is out on 5/29

Flexibility Stretch Class at Koach

June - May

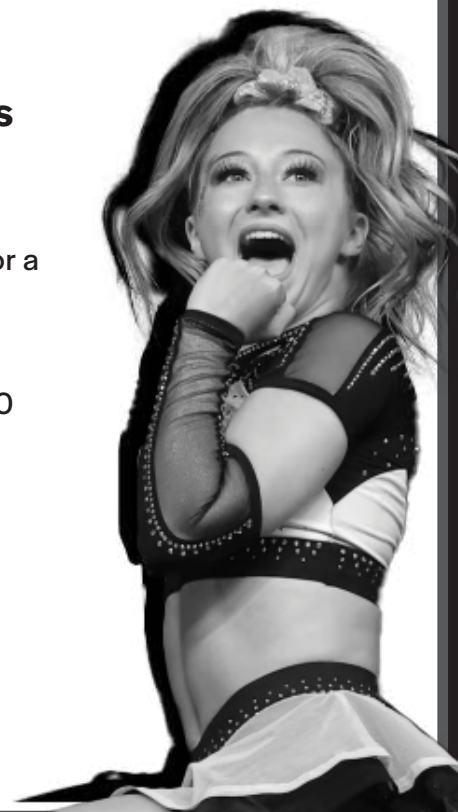
Overview

Flexibility/Stretch class is a combination of stretch and mobility techniques in order to better athletes in their flexibility overall. This class is available for all ages and all levels. This class will have a heavier emphasis on cheer body positions and is recommended for flyers especially.

Half Year Prep Class Costs

Registration Fee: \$85 (Good for a calendar year after registering)

Class Cost: 1 CLASS/WEEK, 30 MNUTES EACH \$40/month



Mommy & Me Playtime

Overview

Mommy and Me playtime is meant for a fun and interactive environment for parents to enjoy getting their little ones ages 1-5 out of the house and interacting in motor skills while making some new friends too! At Mommy and Me Playtime, your athletes will be invited to engage in balance, hand and eye coordination, taking turns, strength, and lots of fun!

Mommy and Me Class Costs

Mommy and Me Playtime Cost:

1 hour \$5/kid drop in rate

Athletes must have an account online, Parent/Guardian must enroll in 18+ "Adult Athlete Camp" to be out on the floor.

High School Prep Class

Overview

This class is specifically geared towards athletes 12 and up who need to prepare for high school cheerleading or are currently a high school cheerleader. The class will cover jumps, motions, stunts, and introduction to tumbling skills. High School Prep Class is a great class to be involved in to grow your current skills and meet other high school cheerleaders around the Des Moines area!

High School Prep Class Costs

Registration Fee: \$85 (Good for a calendar year after registering)

Class Cost: 1 CLASS/WEEK, 1 HOUR EACH \$50/month for an additional class



Open Gym at Koach

June - May

Overview

Come work on your skills for an hour and use the equipment you might need! There is always an instructor there to monitor the gym, but an open gym is more individual for you to work independently! Cheerleaders and tumblers only. This is not open to the general public practicing “flipping”. If you have a group that “flips” please consider renting our facility for your group.

Open gym will be restricted to cheerleading/tumbling athletes only. Athletes must be enrolled in classes or private lessons at Koach All Stars, or part of a high school or college cheerleading program.

Open Gym Cost

Cost: 1 HOUR, \$5 EACH OPEN GYM

Athletes 18 and older must have an account and enroll in 18+ “Adult Athlete Camp” to be out on the floor.



Private Lessons at Koach

Overview

Private lessons at Koach can be done by any coach on staff. Anyone is welcome to do private lessons with us for stunting, tumbling, or anything cheer related!

Privates are set up by the coach depending upon their schedule! We accept up to 3 athletes for a 30 minute lesson! Email info@koachallstars.com to book a lesson!

Private Lesson Costs

Registration Fee: \$85 (Good for a calendar year after registering)

Class Cost: 1 CLASS/WEEK, 30 MNUTES EACH \$40/Half Hour

Stunt Private Costs May Vary Coach to Coach

Payment arrangements will be made with the coach directly when booking.

Daycare Field Trips and Camps

Overview

Come visit Koach to get daycares and before and after school programs in a new environment to get their energy out! Koach Field Trips are interactive and fun for kids to do obstacle courses, activities, and work together during the summers and holiday breaks! Email info@koachallstars.com to book!

Daycare Field Trips and Camps Cost:

Cost: \$7 per person

Gym Rentals, Camps, and Coreography at Koach

Overview

Koach is available for high school camps, high school choreography, gym rental for high school cheer or gymnastics teams, and will offer tumbling camps throughout our season! There will be additional camps offered over breaks as well so make sure to follow us on social media for more information! Camps will be custom to your schools needs for stunting, game day material, pep rally performance routines, and, or any type of cleaning/critique. Make sure to follow us on social media and have an account with us to stay updated on additional camps! Koach offers high school choreography for stunt groups, cheer/dance division routines, time out division routines, and any routine clean ups. Please email info@koachallstars.com for more specific pricing on any of these services as well as to book!

High School Team Camps Cost:

- 2 Day Camp with 10+ Athletes:** \$100/Athlete
- 2 Day Camp with 1-9 Athletes:** \$1000 Flat Rate
Includes 2, 3 hour sessions/day
- 4 Day Camp 10+ Athletes:** \$200/Athlete
- 4 Day Camp 1-9 Athletes:** \$2000 Flat Rate
Includes 2, 3 hour sessions/day

Gym Rental: Starting at \$100/Hour

Tumbling Camps:

- 3 Hour Camp: \$125/Athlete
- 2 Hour Camp: \$85/Athlete



Additional Class Information

Makeup Classes at Koach

Koach Allstars does not offer makeup classes, however, if Koach cancels classes due to weather, you may attend the next open gym for free!

What to Wear for Classes at Koach

Please wear comfortable attire to class. Leotards are welcome, many will wear t-shirts, tanks, sports bras, shorts, leggings etc. Please make sure to wear CLEAN tennis shoes that are not worn outside in order to keep our mats clean. Barefoot is accepted as well, but shoes are encouraged for cheer and stunt classes. Please have your athlete's hair up and out of the face as well as no jewelry on in order to keep athletes and others safe!

Dropping Classes at Koach

You can drop your class at whatever point in which you see fit. You need to drop BEFORE the first of the month in order to not be charged for the following month. If you do not drop before the first of the month you will NOT be credited or refunded. If you are in Allstar Performance, if you drop before your 8 weeks is completed you will not be credited or refunded.

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 a \$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.

-NO budget billing but can pay in full or pay ahead on any charges.

-10% discount will be applied for the 2nd sibling, for tuition only.

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.

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.

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.

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.

#THEKOACHWAY

We pride ourselves on “The Koach Way” 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, try and 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.

We ask that parents and athletes are respectful with pictures/posts regarding Koach Allstars as well as wearing Koach gear.

Please use the hashtag #thekoachway in your posts for all to see and find when searching Koach Allstars!

iClassPro Help

How to create an account

Go to www.koachallstars.com

Click on CREATE NEW ACCOUNT/PARENT LOGIN

Click on “Create An Account” on the left

Click on “Click to Begin”

Click on “My Account”

Click on “No, create account”

Put in all information in the boxes

Once you have created your account, click on “My Account” and add your student information

Account is then created!

How enroll in 18+ Adult athlete camp for open gyms/Mommy and Me

Log into your account

Click “Booking”

Click “Camps”

Select athlete(s) or add an athlete you are wishing to enroll

Click “See Camps”

Select the “18+ Adult Athlete Camp”

Click “Continue”

You have now successfully enrolled in the 18+ Adult Athlete Camp

How to sign up for a trial class

Log into your iClassPro account via www.koachallstars.com

Click on “Booking”

Click on “Find a Class”

Select your athlete

From there, it will show available classes, find your class you would like to do a trial, make sure it has a number next to it with available spots, if it says waitlist, that class is full.

Click “Request a Trial”

Select start date and add to cart

Click “Complete Transaction”

You have now successfully registered for a trial class!

How sign up as an active athlete

Log into your iClassPro account via www.koachallstars.com

Click on “Booking”

Click on “Find a Class”

Select your athlete

From there, it will show available classes, find your class you would like to enroll in

Click “Enroll Now”

Select start date and add to cart

Click “Pay Now”

You have now successfully enrolled in a class!

iClassPro Help

How to go from a trial to an active athlete

Log into your iClassPro account via www.koachallstars.com

Click on “My Account”

Click on “Enrollments” of your athlete you want to enroll

Click on “Drop Enrollment”

Select drop date as of the current date

Click “Yes, Please Drop”

You will then have to wait for your drop request to be processed

Once your drop is processed, follow the directions above on how to enroll as an active athlete!

How to transfer classes

Log into your iClassPro account via www.koachallstars.com

Click on “My Account”

Click on “Enrollments” of your athlete you want to enroll

Click on “Transfer Enrollment”

Choose the class you would like to transfer to

Select new transfer date

Click “Yes, please transfer”

You are now submitted for a transfer request, you will receive an email as soon as your transfer is processed!

How to drop a class

Log into your iClassPro account via www.koachallstars.com

Click on “My Account” on the left

Click on “Enrollments” of your athlete you want to enroll

Click “Drop Enrollment”

Select drop date

Click “Yes, Please Drop”

You are now submitted for a drop request, you will receive when your drop request is processed!

Wait list

Log into your iClassPro account via www.koachallstars.com

Click on “Booking”

Click on “Find a Class”

Select your athlete you want to enroll

Click “See Classes”

When you are selecting a class that is full, click the class and select “wait list”, you will then be in line to enroll in the class once there is an opening

Select current date

Click “Add to Cart”

Click “Complete Transaction”

You will not be enrolled in a class that you have signed up for a waitlist for until you are approved, please make sure to read the email as you will be approved for the waitlist first, NOT the class

Koach Calendar 2024-2025

April 1st: Register for Full Year Tryouts and Stunt Evaluations

April 21st: Stunt Evaluations

May 20th: FREE Full Year Open Gym

May 23rd: Season 12 Full Year Tryouts

May 27th: Memorial Day GYM CLOSED!

May 28th: Announce Season 12 Team Placements

May 29th: Register for Season 12 Classes!

May 31st: REQUIRED Full Year Parent Meeting at Koach 5:30pm

June 3rd: New Schedule/Full Year Team Practices Start for SEASON 12!

June 19-20th: Full Year Team Stunt Choreography

July 3-4th: 4th of July GYM CLOSED!

July 13th: Summerfest Parade in Ankeny

We would love our entire program to attend!

July 17-19th: Full Year Team Routine Choreography

July 27th-August 4th: Summer Break GYM CLOSED!

August 18th: Half Year Tryouts

August 21st: Half Year Team Evaluations Announced

August 23rd: Ankeny First Day of School GYM CLOSED!

August 25th: REQUIRED Half Year Parent Meeting at Koach 5:30pm

August 28th: Half Year Team Practices Start

September 2nd: Labor Day GYM CLOSED!

September 29th: Half Year Choreography

November 10th: Half Year Choreography

November 27th-November 29th: Thanksgiving Break GYM CLOSED!

December 23rd-January 1st: Christmas Break GYM CLOSED!

March 14th-March 23rd: Spring Break GYM CLOSED!

April 20th: Easter GYM CLOSED!

May 26th: Memorial Day GYM CLOSED!

***All Dates are Subject to
Change, Some Dates TBD**

