



# KOACH ALLSTARS

2024-2025

**Full Year Competition  
Packet**

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# 2024-2025 Team Placement Information

## Full-Year Team Tryouts: May 23rd 2024

### How to sign up for team placements:

Create an account through iClass Pro and select a time under "Camps." Team evaluations will be \$25.

If you cannot make the tryout date, you will need to email to schedule a private tryout. You will pay the \$40 for a private team placement fee.

We will be fitting for uniforms, practice gear, and shoes at team placements!

Team placements will be announced May 28th via email and you will be assigned your team practices along with a required tumbling class.

Registration for additional tumbling/classes will begin May 30th.

Full year practices and Season 12 schedule will start June 3rd.

## NEW THIS YEAR: STUNT EVALUATION ON 4/21

To get a better idea of stunting skills going into tryouts, we highly recommend athletes to attend. This will be a structured evaluation by coaches to put athletes into groups to get a feel of where each athlete is level wise for stunting as we know this is a crucial part of placing teams regardless of tumbling ability. This evaluation will be included in the \$25 team placement fee.

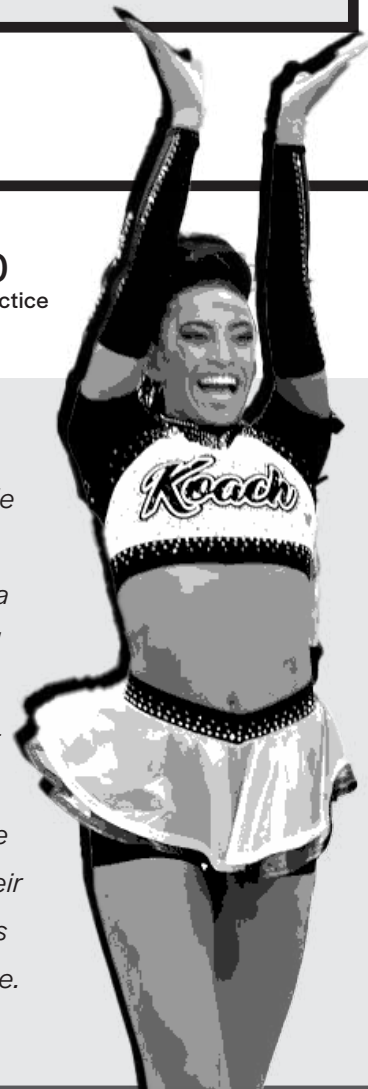
Registration will begin 4/1/24 for the stunt evaluations and team placements! You can sign up for your tryout time by your athletes age!



## 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*



## 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 are not based on team placement.

We will continue evaluating athletes all year in which your athlete could be moved positions at any time. There is no such thing as a "spot" that you keep or that is yours.

All athletes will make a team between our full year and half year program.

Koach will add to, change, drop, or adjust any team/level/competition schedule as we see fit

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. 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.

You are REQUIRED to be at both practices the week of the competition/performance, if a practice is missed, a fill in will compete in your spot.

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 in June-August and 2 excused absences/athlete September-May. 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 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 expected to be priority.

### Quitting Policy

Due to the best interest of the other athletes, the routine, and choreography that has been paid for, if you quit after the first choreography for any reason has begun you will be required to pay a \$1,000 cancellation fee. No exceptions, refunds, or credits. You will have 30 days to pay the quitting fee charge.



## Practice/Competition Info

### Practice schedules will be assigned when teams are announced on May 28th.

ALL athletes will be required to attend ONE tumbling class/week. You will be assigned to a class on May 28th when team placements are announced.

Private lessons do not count as a tumbling class, but are still 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.

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. 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 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.

Coaches are limited to communication the day of the competition. If you have any general questions please contact your team parent.

Any recorded footage of routine elements is not to be shared or posted on any social media. Join the private Facebook page "Koach Allstars Videos" and request to join the group!

### Specialty Classes

Once choreography is completed, ALL flyers who do a body position will be required to attend a COMP ONLY stretch class starting in July.

We encourage all athletes to enroll in a jump/flexibility class. 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.

### Summit

We will be going to Summit when teams earn a bid. Once we get our bid, we will attend all other scheduled competitions unless otherwise stated.

Prices for Summit will be separate from our monthly billing expenses.

**PLEASE DO NOT LEAVE FOR SUMMIT EARLIER THAN AFTER YOUR FIRST PRACTICE OF THE WEEK.**



# 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 BID AND 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 Homeshow 11/24**

**Cheersport 12/7 Council Bluffs,  
IA**

**America's Best 12/14-15 Kansas  
City, MO**

**American Heartland 1/11-12  
Council Bluffs, IA**

**JAMfest Cheer Super Nationals  
1/18-19 Indianapolis, IN**

**The American Gateway 1/25-26  
St. Charles, MO**

**CSG Grand Nationals 2/8-9  
Schaumburg, IL**

**Spirit Sports 2/8-9 Kansas City,  
MO**

**Cheersport 2/15-16 Atlanta. GA**

**CSG DSM 2/22 Des Moines, IA**

**All Star Championships 2/22-23  
Wisconsin Dells, WI**

**NCA 2/28-3/1 Dallas, TX**

**Athletic Championships 3/1-2  
Kansas City, MO**

**GLCC 3/8-9 Schaumburg, IL**

**Spirit Sports 3/22-23 Des  
Moines, IA**

**US Finals TBD**

**Summit Send Off TBD**

**Summit 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](mailto: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](mailto: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](mailto: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!

## 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.

**Competition Fees:** These will be charged about a month in advance of the date of the competition unless noted. 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](mailto:info@koachallstars.com) before June 24th if you would like to do this or need more information. Pay in full will be due July 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.

**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.

## Required Gear and Pricing Date Sheet:

All tuition is due on the 1st of every month!

-\$150/month (All Members)

-This includes 2 practices and 1 tumbling class

Registration will be due on the 1st day that practices start, June 3rd

-Registration \$185 (All Members)

-Good for one year from payment date

All practice wear and shoe costs will be due by June 10th in order to have enough time for ordering, processing and delivery.

-New Pink Varsity Set \$100 (New Members Only)

-White Varsity Practice Wear \$100 (New Members Only)

-Practice Scrunchie \$20 (New Members Only)

-Shoes \$140 (New Members Only)

1st Choreography payment due June 18th

-\$300 (All Members)

Full uniform cost will be due by June 25th to ensure ordering and processing has enough time for uniforms to be shipped and delivered.

-Uniform \$475 (New Members Only)

-Bow/hair accessory \$30 (All Members)

Music payment due July 1st

-\$120 (All Members)

2nd Choreography Payment due October 1st

-\$150 (All Members)

-Choreography clean up date (TBD)

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.

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



## 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**

