

***KOACH ALLSTARS***  
***INFORMATION***  
***PACKET***



***JUNE 2023-MAY 2024***

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# ***KOACH CLASS INFORMATION***

NEW CLASSES FOR SEASON 11 WILL START JUNE 1st!

## **REGISTRATION FOR NEW CLASSES STARTS MAY 29TH!**

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](http://WWW.KOACHALLSTARS.COM))

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# **TUMBLING AT KOACH**

## **(JUNE-MAY)**

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**

**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

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**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

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**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

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**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

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

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**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

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## ***TINY CHEER 101 AT KOACH***

***(JUNE-MAY)***

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 6 and under.

### ***TINY CHEER 101 COSTS***

**REGISTRATION FEE:** \$85 (Good for a calendar year after registering)

**CHEER 101 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

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## ***HALF YEAR PREP CLASS***

***(JUNE-AUGUST FOR ATHLETES WANTING TO TRY OUT FOR HALF YEAR CHEER)***

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***

**ANNUAL REGISTRATION FEE:** \$85 (Good for a calendar year after registering)

**PREP 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

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## ***STUNT CLASS***

Stunt class is a great opportunity for anyone to improve or learn how to stunt! There will be instruction on group stunting of all positions, as well as some coed style stunting as well. Basic drills, body control drills, and stations will be used to help learn all stunting positions safely. This class is great for anyone with previous stunting experience or ages 10 and up!

### ***STUNT CLASS COSTS***

**ANNUAL REGISTRATION FEE:** \$85 (Good for a calendar year after registering)

**STUNT CLASS COST:** 1 CLASS/WEEK, 1 HOUR EACH \$50/month or \$15/class for a drop in

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## ***ALLSTAR PERFORMANCE AT KOACH (JUNE-MAY)***

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 7 and up. 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 6 week fee!

### ***ALLSTAR PERFORMANCE COSTS***

**ANNUAL REGISTRATION FEE:** \$85 (Good for a calendar year after registering)

**ALLSTAR PERFORMANCE COST:** 1 CLASS/WEEK,  
1 HOUR EACH/ 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)*

9/28-11/16 Performance 11/19 TBD

1/4-2/22: Performance 2/25 7:30pm

3/21-5/9: Performance 5/10 6pm

11/30, 12/7, 12/14, 12/21, 2/29, 3/7 BRING A FRIEND DAY/FREE TRIAL CLASSES

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## ***FLEXIBILITY/STRETCH CLASS AT KOACH (JUNE-MAY)***

Flexibility/Stretch class is a combination of stretch and mobility techniques in order to better athletes in their flexibility. 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.

### ***FLEXIBILITY/STRETCH CLASS COSTS:***

**ANNUAL REGISTRATION FEE:** \$85 (Good for a calendar year after registering)

**FLEXIBILITY/STRETCH CLASS COST:** 1 CLASS/WEEK, 30 MINUTES EACH \$40/month

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## ***JUMP AND FLEXIBILITY CLASS AT KOACH (JUNE-MAY)***

Jump and Flexibility class is a combination of stretch techniques and jump conditioning in order to better athletes in their jumps and overall flexibility. We encourage any and every athlete in the gym to be a part of this class if interested in any type of cheerleading or tumbling. This class is available for all ages and all levels.

### ***JUMP AND FLEXIBILITY CLASS COSTS:***

**ANNUAL REGISTRATION FEE:** \$85 (Good for a calendar year after registering)  
**FLEXIBILITY/STRETCH CLASS COST:** 1 CLASS/WEEK, 30 MINUTES EACH \$40/month

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### ***MOMMY & ME PLAYTIME***

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 learn balance, hand and eye coordination, taking turns, strength, and lots of fun!

### ***MOMMY & 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.

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### ***HIGH SCHOOL PREP CLASS***

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***

**ANNUAL REGISTRATION FEE:** \$85 (Good for a calendar year after registering)  
**PREP CLASS COST:** 1 CLASS/WEEK, 1 HOUR EACH \$60/month  
**ADDITIONAL TUMBLING CLASS COST (NOT REQUIRED):** 1 CLASS/WEEK, 1 HOUR EACH \$50/month for an additional class

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## ***OPEN GYM AT KOACH*** ***(JUNE-MAY)***

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!

### ***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.

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## ***PRIVATE LESSONS AT KOACH***

Private lessons at Koach can be done by any coach! 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](mailto:info@koachallstars.com) to book a lesson!

### ***PRIVATE LESSON COSTS***

**ANNUAL REGISTRATION FEE: \$85 (Good for a calendar year after registering)**

**COST: \$40/half an hour**

**STUNT PRIVATE COSTS MAY VARY COACH TO COACH**

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

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## ***DAYCARE FIELD TRIPS AND CAMPS***

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](mailto:info@koachallstars.com) to book!

### ***DAYCARE FIELD TRIPS AND CAMPS COSTS***

**COST: \$7/person**

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## ***GYM RENTALS, CAMPS AND CHOREOGRAPHY AT KOACH***

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](mailto: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

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## ***BIRTHDAY PARTIES AT KOACH***

Please visit our website and click on “What We Offer” to view our Birthday Party Information Packet!

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# ***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 6 weeks is completed you will not be credited or refunded.

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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 (nonrefundable) 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, pay in full, registration fees, or items purchased are non-refundable and non-transferable. 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) This option is **NON-REFUNDABLE regardless of injuries or if your athlete quits.**
- **Credit Card Processing Fees:** Our merchant services requires 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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# **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.
  - Cheerleading is a unique sport where coaches are hands on with the athletes and need their attention. With that, coaches have a limited time to speak or meet with parents in between practices and classes so we ask if you have a question or want to speak with a coach, to email and/or set up a meeting time to do so.
- 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.
- When your athlete needs to move levels or classes, the coach will send home a note and or speak with you directly on progression and what will best help your athlete continue to grow and improve!

## **PROSHOP!**

- 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 or shop the racks in the front entryway!

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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 first to try and resolve any issue or concern you or they might have.**
- 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!

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## ***ICLASS PRO HELP:***

### **HOW TO CREATE AN ACCOUNT**

- Go to [www.koachallstars.com](http://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](http://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](http://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!

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### **HOW TO GO FROM A TRIAL TO AN ACTIVE ATHLETE**

- Log into your iClassPro account via [www.koachallstars.com](http://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](http://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](http://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](http://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 be enrolled 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\*

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# ***KOACH CALENDAR 2023-2024***

- May 1st: Register for Full Year Tryouts
- May 20th: Season 11 Full Year Tryouts
- May 26th: Announce Season 11 Team Placements
- May 29th: Register for Season 11 Classes!
- May 30th: Memorial Day **GYM CLOSED!**
- June 1st: New Schedule/Full Year Team Practices Start for SEASON 11!
- June 2nd: REQUIRED Full Year Parent Meeting at Koach 5:30pm
- June 19-23rd: Full Year Team Choreography
- July 4th: 4th of July **GYM CLOSED!**
- July 8th: Summerfest Parade in Ankeny
  - We would love our entire program to attend!
- July 24-28th Summer Break **GYM CLOSED!**
- August 20th: Half Year Tryouts
- August 23rd: Ankeny First Day of School **GYM CLOSED!**
- August 23rd: Half Year Team Evaluations Announced
- August 25th: REQUIRED Half Year Parent Meeting at Koach 5:30pm
- August 28th: Half Year Team Practices Start
- September 4th: Labor Day **GYM CLOSED!**
- September 24th: Half Year Choreography
- October 15th: Half Year Choreography
- November 22nd-November 26th: Thanksgiving Break **GYM CLOSED!**
- December 22nd-January 1st: Christmas Break **GYM CLOSED!**
- March 8th-March 17th: Spring Break **GYM CLOSED!**
- March 31st: Easter **GYM CLOSED!**
- May 27th: Memorial Day **GYM CLOSED!**

\*All Dates are Subject to Change. Some Dates TBD

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