

Young's Cheer Academy

2024-2025

Program Handbook



Head Coaches: Sydney Allred (sydneyallred01@gmail.com) and Shalee Dean (shaleedean@icloud.com)
General Manager: Sam Shepherd (sam@youngsgym.com)
Office Manager: Lisa Pitzer (office@youngsgym.com)
Owner: Alan Young (alan@youngsgym.com)

Our Mission

The Young's Cheer Academy cheerleading program operates out of Young's Gymnastics & Cheerleading, Inc. Young's Gym was established in the town of Wake Forest in 1994 and has been instructing the youth of Wake Forest and surrounding areas in the disciplines of gymnastics and cheerleading for over 30 years. The program is the oldest and most stable in the area with a reputation of being competitive, well organized and known for its high standards and small, family atmosphere.

We are glad that you are considering being a part of our family at Young's Cheer Academy! **Our mission is to provide athletes with a strong introduction to competitive cheerleading at a low cost/commitment to the family while building up the athletes' strength/skills to prepare them to move on to a full-season/elite program if they so choose!** We strive to build self-confident, self-disciplined, team oriented, loyal athletes and families. At YCA we value sportsmanship, dedication, integrity, and development of the cheerleader both on and off the floor.

In this handbook you will find information on the registration process, financial obligations, athlete and parent policies, and important dates. **Please read this handbook in its entirety prior to registration!**

YCA Prep Team 24-25 Season

The YCA cheerleading program is a small D2 program as governed by the United States All-Star Federation (USASF). D2 programs are programs with 125 or less athletes/season as determined by USASF. YCA is NOT a full-season/Elite All-Star program. On the other hand, we are a half-season/Prep program with teams created based on athletes' ages and skill levels. An athlete's age for a competition season is based on that athlete's birth year. **Your athletes birth year must be 2009-2016 to be eligible to join.**

The age grid for teams is determined by the USASF. Age is determined by your child's birth year:

Cheer Division	Birth Year	# on Squad	Levels
Tiny Prep	2017-2019	15	Level 1.1
Mini	2015-2018	5-30	Levels 1,2
Youth	2012-2017	5-30	Levels 1,2,3,4
Junior	2009-2016	5-30	Levels 1,2,3,4,5 & 6
Senior	6/1/05 - 2012	5-30	Levels 1,2,3,4,5
Senior	6/1/05 - 2011	5-30	Level 6
Junior Prep	2009-2016	5-30	1.1, 2.1

Divisions are split into small and large teams. Small teams consist of 5-22 athletes and large teams can have up to 30 athletes. This season **YCA will house a Small Junior Prep team of 22 athletes.**

*****There are NO tumbling requirements for the YCA Prep Team.***** Our goal is build the athlete and prepare them to move on to a full-season/Elite program of your choice if you decide that competitive cheerleading is something that your athlete/family wants to invest more time/money in. Our program allows you to experience competitive cheerleading at a smaller scale before committing to a year-round All-Star program.

YCA Parent Meeting Checklist

Please bring the following documents with you to parent meeting:

- Photo of Athlete
- YGC Athlete Information
- YGC “Policies, Payments, & Terms” Signed
- YGC “Parent Payment Information” filled out
- YGC “Family Code of Conduct” Signed
- Acknowledgement of YGC Program Handbook Signed



YCA Prep Team

The YCA prep team was created to allow athletes and parents the opportunity to experience competitive cheerleading in a shorter and less costly season. There are NO requirements, evaluations, or tryouts to be placed on these teams. We do set the ages for these teams. Registration for these teams opens in June and practices begin in September. Competition age is based on their birth year (please see the age grid chart on page 2). The team is filled on a first come basis and the maximum positions allowed each season is determined by the coaching staff.

Athletes who participate on these teams will experience competitive cheerleading competitions just like the athletes on a full-season/Elite team. However, since our goal is to provide an *introduction* to competitive cheerleading, **athletes are limited to a maximum of TWO SEASONS of participation on the YCA Prep Team.** Hopefully over the course of one or two seasons on this team, an athlete will have decided to move on to a full-season/elite program or that competitive cheerleading is not a sport that they wish to further pursue. This will also allow new families the opportunity to participate and see for themselves if competitive cheerleading is something they wish to pursue!

It should also be noted that tumbling skills and progressions may not be as focused on this team as they are in a specific tumbling class. All aspects of competitive cheerleading must be taught to this team from the beginning each year in a short amount of time! Elements learned in addition to tumbling include stunting, pyramids, jumps, dance, motions, performance, formations and transitions. Team tumbling practice may sometimes need to be replaced with competition routine practice if it is deemed imperative by the coaching staff. The objective is to have the team prepared for competition. Therefore, if an athlete is certain that her goal is to move on to a full-season/Elite team one day and she does not have more advanced tumbling skills, she should consider taking a tumbling class and/or private tumbling lessons in addition to cheering on the YCA Prep Team.

YCA Prep Team Important Dates		
Monday, June 24, 2024	Online Registration Opens!	9:30am
Thursday, July 18, 2024	Mandatory Parent Meeting	6:00-7:00
Thursday, July 18, 2024	Uniform Fitting	6:00-7:00
Tuesday, September 3	1 st Practice	6:30-8:30
September 21-22, 2024	Choreography - MANDATORY	Saturday, September 21; 5:00-8:00 Sunday, September 22; 2:00-7:00

YCA Prep Team Practice, Competition, & Exhibition Dates

Practice Schedule	
Tuesday	Thursday
6:30-8:30	6:30-8:30

Competition & Exhibition Schedule		
Competition	Date	Price
Exhibition Young's Gym, Wake Forest	October 27, 2024	No Cost!
#1 Jamfest Concord, NC	Nov 9, 2024	\$79
#2 Cheersport Greensboro, NC	Dec 14, 2024	\$81
#3 American Superstarz Raleigh, NC	Jan 25-26, 2025	\$98
#4 Universal Spirit Winston Salem, NC	Feb 15, 2025	\$44
#5 Jamfest Charlotte, NC	Mar 8, 2025	\$81
#6 CANAM Myrtle Beach, SC	Mar 22-23, 2025	\$108

2024-2025 Competition Agreement

- I understand that competitions are NOT OPTIONAL. All athletes are required to attend ALL events on the competition schedule.
- I understand that if my athlete misses a practice the week before an event for any reason other than a major illness or death in the family, she WILL NOT be allowed to compete with the team at that event.
- You are allowed a maximum of 5 absences. After 5 absences you will be charged \$45 per absence.
- If your athlete misses practice because they are sick, etc. we will require a doctor's note for the absence to be excused. If a doctor's note is not provided the absence will count towards your allotted number of absences (5).

I agree to these terms and will review the competition schedule and mark ALL practices on my calendar making them a priority to my child's commitment to their team and YCA Cheer.

Parent: _____ Date: _____

Athlete: _____ Date: _____

YCA Prep Team 2024-2025 Cost Breakdown

Registration Fee	\$75 per athlete or \$100 per family
USASF Membership Fee	Parent responsible for registering their athlete
Monthly Tuition	\$145 September-April
Practice Wear	\$40 (2 t-shirts)
Warmup Jacket	\$80 (Subject to change)
Hairbow	\$40
Uniform	\$175 (Subject to change)
Shoes (Order your own)	Nfinity Evolution or other (Teamcheer.com)
Choreography/Music/Dance	\$160
Coaches Travel Fee	\$100
Team Parties x 2	\$50 (\$25 Christmas-\$25 End of Year Banquet)
Competition Fees	\$491
Possible extra YCA gear (Not required) Backpack Sweatshirts	

Monthly Payment Breakdown	1 st of the month	15 th of the month
July 18 th (Parent meeting) Deposit: Practice wear, warmup jacket, hairbow & ½ uniform		
September	Tuition \$145	½ uniform, Choreography fee \$160
October	Tuition \$145	Competition fee \$122.75, Coaches travel fee \$100
November	Tuition \$145	Competition fee \$122.75, Team Parties \$50
December	Tuition \$145	Competition fee \$122.75
January	Tuition \$145	Competition fee \$122.75
February	Tuition \$145	
March	Tuition \$145	

Please note that transportation, lodging, and parent admission fees are not included in these amounts. These arrangements must be made and paid for by each individual and separate from the YCA Program fees.

Attendance Policy

IF YOU CANNOT COMMIT TO OUR ATTENDANCE POLICY, PLEASE DO NOT REGISTER!

Participating on a YCA team or any competitive team is a commitment from the 1st day of practice in September through the end of the season in April. Competitive cheerleading is the ultimate team sport in that each member on a team has a specific role and a competitive routine requires every member working together to make it successful. This means that even one team member being absent from practice can substantially affect the progression of the routine.

With all of that said, however, YCA coaches and staff understand that there are times when an absence is necessary or warranted, but absences must be kept to a minimum during a season or a team's chance of success is GREATLY diminished.

Below you will find the YCA absence policy that we are implementing for the 2024-2025 season.

PLEASE READ ALL INFORMATION BELOW BEFORE YOU TRYOUT & COMMIT TO THE SEASON:

- All vacations MUST be submitted at the beginning of the season. If any vacations are added, we must be notified immediately. We keep a master vacation calendar for the coaches so we know who will be absent.
- The YCA calendar is set for the season from Sept 2024-Apr 2025. You can access the Google calendar through our website www.youngsgym.com.
- If your athlete is injured and not able to practice, you MUST submit a written note from the doctor. Injured athletes must still attend practices.
- If your athlete is sick, you must notify the coaches immediately so they can plan practice accordingly.
- We understand that there are times when your athlete will need to be absent (serious illness, vacation, school events, etc.). For this reason, we have allotted the following absences:
 - September-April - 5 absences
 - PLEASE look at your schedule and know that you and your family can commit to this requirement.
- If an athlete misses over their allotted number of absences, they may be removed from the team or their spot in the routine may be replaced.
- There will be NO ABSENCES ALLOWED the week before a competition. If your athlete is absent the week of competition she WILL NOT be allowed to compete. Any awards, gifts, etc. will go to the athlete that competed. The only exception to this rule is illness and even then, your athlete might not be able to compete. If there is an illness, we must have a doctor's note.
- If your athlete misses more than 1 competition due to absences before the event, vacation, etc. she may be suspended from the team. **PLEASE note that when you commit to the team competitions are meant to be MANDATORY!**
- We WILL attend one post season event providing a Bid is received (see next page for details)!
- We allow enough absences so please plan accordingly. We would suggest saving some in case of illness or unexpected circumstances.

I have read, understand and will comply with the attendance policy. I am aware that if I miss more than the allowed absences my athlete may be replaced in the routine.

Parent signature: _____ Date: _____

YCA 2024-2025 Post Season Event

The U.S. Finals is a spectacular way to celebrate the accomplishments of our program and end our season together! The U.S. Finals will feature a one-day compete format. Teams attending will compete either Saturday or Sunday and receive placement and awards the same day.

Teams must secure a bid to The U.S. Finals to be eligible to attend. U.S. Finals locations closest to us are Myrtle Beach and Virginia Beach. Exact dates for 2025 have not been released yet but YCA will attend if we receive a bid.

Additional fees will be added once a bid is received.

UPDATE: Unfortunately, this year US Finals falls over Wake County Spring Break so we will not be attending this year.



2024-2025 Competition Agreement

- I understand that competitions are NOT OPTIONAL. All athletes are required to attend ALL events on the competition schedule.
- I understand that if my athlete misses a practice the week before an event for any reason other than a major illness or death in the family she WILL NOT compete at that competition.
- I also understand that if my athlete chooses to miss a practice the week of an event it puts the team at a disadvantage. While we are lucky to have talented athletes that can fill in it puts the team in a position to make last minute changes that are unfamiliar and puts unnecessary stress on the team and coaches.
- If your athlete misses more than 1 competition due to absences before the event, vacation, etc., she may be suspended from the team. **PLEASE note that when you commit to the team competitions are meant to be MANDATORY!**
- I understand that I must be ON TIME for the meet coach time at all competitions. Plan for traffic or any other issues that could arise.
- I understand that my athlete MUST be ready to compete at meet coach time.
- ALL athletes are expected to attend the awards ceremony. They MUST be in full uniform with hair and makeup complete. Leaving early because you want to get home or go on vacation is not a reason to miss awards. Awards are a TEAM event!
- I will not e-mail, text, or call a coach until 24 hours after the end of the competition.
- I understand that my athlete WILL compete at ONE end of season event.

I agree to these terms and will review the competition schedule and mark ALL mandatory practices on my calendar making them a priority to my child's commitment to their team and YCA.

Parent: _____ Date: _____

Athlete: _____ Date: _____

YCA Athlete Information

Cheerleader Name: _____

Address: _____

City: _____ Zip: _____

School: _____ Grade: _____

Birth Date: _____ Home Phone #: _____

Medical Conditions/Allergies: _____

Cheerleader Cell Phone: _____ Email: _____

Mom Name: _____ Cell: _____

Mom Email: _____

Dad Name: _____ Cell: _____

Dad Email: _____

Emergency Contact (Other than Parent) _____

Emergency Contact Phone: _____

Health Insurance Carrier: _____

Policy #: _____ Group #: _____

YCA Athlete Sizing Information

Please circle a size for T-Shirt below						
T-Shirt	Youth S	Youth M	Youth L	Adult S	Adult M	Adult L

YCA Policies, Payments, & Terms

(Please initial and sign below)

- I understand that a valid credit card is required to be kept on file. At the end of the month, any unsettled balances will be charged to the card on file unless other arrangements have been made and accepted by management.
- I understand that monthly payments are auto drafted on the 1st and 15th of each month.
- **I understand that no refunds or credits will be given to any account for which an athlete quits during the season.**
- I understand there is a \$30 Returned check fee.
- I understand there is a \$250 re-choreography fee for an athlete leaving the program after choreography has been completed. This fee is non-negotiable and is charged when the athlete leaves the program regardless if the athlete quits or was dismissed.
- I understand that an athlete who quits during a season is NOT allowed to register the next season.
- I understand that YCA management reserves the right to remove any athlete or family from the YCA program at any time for any reason deemed by management to be detrimental to the program.
- I understand that social media posts by athletes or parents deemed inappropriate and unacceptable by YCA management are considered grounds for immediate removal from the YCA program.
- I understand that my athlete's skills must stay consistent all season to keep her position on a team.
- I understand that my athlete's attitude and ability to get along with coaches and teammates is a determining factor in keeping her position on a team.
- I understand that if a parent or anyone is observed speaking negatively about a team, coach, parent, or athlete, he/she will be talked to and/or asked to leave. If this kind of behavior continues to be an issue, the athlete will be removed from the team and the family dismissed from the program.
- If my child chooses to miss a competition due to something other than an illness, injury or family emergency and the team receives a bid to an end of season event, the athlete that competes on the floor with the team may be the one who competes at the end of season event with the team.

Parent Signature: _____ Date: _____

YCA Parent Payment Information

Name as it appears on credit card: _____

Billing Address: _____

Credit Card #: _____ Exp. Date: _____

Signature: _____ Date: _____

Cheerleader's Name: _____

Financial Commitment

I have read and fully understand my financial commitment to Young's Cheer Academy program outlined in this packet. I understand that my commitment is for the 2024-2025 competitive season. I understand that I am giving my credit/debit card information, and that information may be used if I do not meet payment deadlines to the YCA program. I understand that I will forfeit any monies paid if I choose to leave or am asked to leave the program. I understand that I am entering this program of my own free will.

Parent Signature: _____ Date: _____

For Office Use Only

Aug Dep.	Nov 15 th	Feb 15 th	
Sept 1 st	Dec 1 st	Mar 1 st	
Sept 15 th	Dec 15 th	Mar 15 th	
Oct 1 st	Jan. 1 st	Apr 1 st	
Oct 15 th	Jan 15 th	Apr 15 th	
Nov 1 st	Feb 1 st		

YCA Parent Code of Conduct

- If you ever have a problem with anything, please do not hesitate to contact us. We are here for YOU. If you have any questions or concerns that need immediate attention, please contact the head coach first followed by the YCA director next if necessary.
- Attendance at practices is critical. If you are going to be absent, you MUST contact the head coach or office manager BEFORE practice! DO NOT send notifications with another parent or cheerleader!
- Excessive absences may result in removal from a team.
- Participation in the YCA program takes precedence over ALL other extracurricular activities, INCLUDING SCHOOL CHEER AND OTHER SPORTS!
- Social Media responsibility... Any negative, inappropriate, vulgar, or insensitive conduct on social media by parents or athletes will result in dismissal from the YCA program.
- If an athlete is absent from a competition without telling the YCA director prior to that day then she will immediately be dismissed from the program.
- Do not leave ANY personal items in the hallways or lobby. The gym is NOT responsible for lost or stolen items.
- No profanity or abusive language.
- You must arrive at all practices, competitions, or any scheduled event ON TIME.
- NO GOSSIP.
- Only cheerleaders and coaches are allowed in the gym.
- Do not yell onto the floor or try to make contact through the parent viewing area window during practices or tumble classes. This is extremely distracting to the athletes and coaches.
- The coaches reserve the right to close practices at ANY time for ANY reason. In this event, practices can still be viewed on our gym cameras.
- It is the parents' responsibility to know what is going on with their athletes' team. Check emails and the website regularly.
- Athletes should use good time management to balance schoolwork and competitive cheer practices. Homework is NOT an acceptable excuse for missing practice.
- Parents, relatives, friends, and cheerleaders are NEVER allowed to speak with competition officials for any reason.
- Parents are never allowed to represent YCA under any circumstances concerning accommodations, competitions, or any other situation.
- There will be no arguing or questioning of the coaching staff's decisions at competitions.
- If a problem arises between you and another parent, the problem will be addressed with all parties involved at a meeting with your coach and the YCA director.
- Athletes must be present for mandatory practices. If absent, for any reason, the week of a competition and/or a mandatory practice, the athlete will be replaced in the routine for that competition.
- Feel free to talk to your coach about anything; just remember to do it at an appropriate time. Approaching a coach in the middle of a practice would not be an appropriate time.
- Do not text coaches or staff on their private cell phones unless given permission to do so.
- YCA coaches and staff will NOT engage in any social media discussions or texts over issues.
- Emails to the YCA head coaches are an acceptable way to communicate concerns. Phone calls to the head coaches and old-fashioned face to face meetings are also still acceptable!

By signing below, I agree that I have completely read and understand all the codes of conduct listed above for the YCA cheerleading program. I agree to follow all the rules set forth by the YCA coaching and management staff. If I fail to do so in any way, I understand that I and my family risk being removed from the YCA program. I also understand that I or my family may be dismissed from the YCA cheerleading program for any violations of the rules listed above or any reason that the YCA staff or management deem detrimental to the success of the program.

Parent's Signature _____

Date _____

YCA Athlete Code of Conduct

- If you ever have a problem with anything, please do not hesitate to contact us. We are here for YOU. If you have any questions or concerns that need immediate attention, please contact the head coach first followed by the YCA director next if necessary.
- Attendance at practices is critical. If you are going to be absent, you MUST contact the head coach or office manager BEFORE practice! DO NOT send notifications with another parent or cheerleader!
- Excessive absences may result in removal from a team.
- Participation in the YCA program takes precedence over ALL other extracurricular activities, INCLUDING SCHOOL CHEER AND OTHER SPORTS!
- Social Media responsibility... Any negative, inappropriate, vulgar or insensitive conduct on social media by parents or athletes will result in dismissal from the YCA program.
- If an athlete is absent from a competition without telling the YCA director prior to that day, then she will immediately be dismissed from the program.
- Do not leave ANY personal items in the hallways, lobby, or on the competition floors. Any valuables should be left at home or with a parent. The gym is NOT responsible for lost or stolen items.
- No profanity or abusive language.
- You must arrive at all practices, competitions, or any scheduled event ON TIME.
- NO GOSSIP.
- Athletes should use good time management to balance schoolwork and YCA practices. Homework is NOT an acceptable excuse for missing practice.
- Athletes are NEVER allowed to speak with competition officials for any reason.
- There will be no arguing or questioning of the coaching staff's decisions at competitions.
- If a problem arises between you and a teammate, the problem will be addressed with all parties involved at a meeting with your coach and the YCA director.
- Athletes must be present for mandatory practices. If absent, for any reason, the week of a competition and/or a mandatory practice, the athlete will be replaced in the routine for that competition.
- Athletes are expected to have a positive attitude during practice and to respectfully address their coaches and teammates when there is a problem.
- Athletes MUST understand that team/position placements are about what is needed to be successful and not about one element in the routine. Athletes MUST understand it is sometimes necessary to be moved from one position to another dependent upon what is best for the overall success of the team.
- Athletes MUST understand that all team, position, and routine decisions are left to the discretion of the coaches. If an athlete has a concern or opinion that conflicts with a coaches' decision, the athlete can address it with the coach outside of practice time at a mutually agreed upon time.
- No cell phones allowed in the gym during practice.
- It is the athlete's responsibility to wear the appropriate attire to each practice. Not having on the specified practice clothes may result in conditioning for the individual or the whole team.
- Athletes MUST be wearing appropriate cheer shoes to be able to participate in practice.
- Feel free to talk to your coach about anything; just remember to do it at an appropriate time. Approaching a coach in the middle of a practice would not be an appropriate time.
- Do not text coaches or staff on their private cell phones unless given permission to do so.
- YCA coaches and staff will NOT engage in any social media discussions or texts over issues.
- Emails to the YCA head coaches are an acceptable way to communicate concerns. Phone calls to the head coaches and old-fashioned face to face meetings are also still acceptable!

By signing below, I agree that I have completely read and understand all the codes of conduct listed above for the YCA cheerleading program. I agree to follow all the rules set forth by the YCA coaching and management staff. If I fail to do so in any way, I understand that I and my family risk being removed from the YCA program. I also understand that I or my family may be dismissed from the YCA cheerleading program for any violations of the rules listed above or any reason that the YCA staff or management deem detrimental to the success of the program.

Athlete's Signature _____

Date _____

ACKNOWLEDGEMENT OF YCA PROGRAM HANDBOOK

Parent/Guardian Acknowledgement

I, the parent/guardian of _____, acknowledge I received a copy of the 2024-2025 YCA Program Handbook.

I understand and agree to abide by all the rules, regulations and policies set forth in this Handbook.

_____ (initial)

I further acknowledge that I have read, understand and agree to abide by all Financial Policies.

_____ (initial)

I acknowledge, understand, and agree that the payment of tuition, expenses and other fees does not guarantee the right for my child to perform and that my child must meet all skill requirements.

_____ (initial)

Parent/Guardian Signature: _____

Date: ____ / ____ / ____

Athlete Acknowledgement

I _____ acknowledge I received a copy of the 2024-2025 Program Handbook.

I understand and agree to abide by all the rules, regulations and policies set forth in the Handbook.

_____ (initials)

I further acknowledge that I have read, understand, and agree to abide by the Athlete Code of Conduct.

_____ (initials)

I acknowledge, understand, and agree that the payment of tuition, expenses and other fees does not guarantee my right to perform and that I must meet the skill requirements.

_____ (initials)

Athlete Signature: _____

Parent/Guardian Signature: _____

Date: ____ / ____ / ____