



Policies & Procedures

Welcome to All-Star Revolution

This handbook outlines the policies, expectations, and standards required for participation at All-Star Revolution. Enrollment in the program confirms agreement to all policies listed below. Participation is a privilege and requires full compliance.

Table of Contents

1. **Code of Conduct**
2. **Team Policies & Placement**
3. **Communication Policies**
4. **Health & Safety Policies**
5. **Attendance Policies**
6. **Competition & Event Policies**
7. **Financial Policies**
8. **Branding & Licensing Policies**
9. **Acknowledgment & Agreement**



CODE OF CONDUCT

Positive Environment Policy

All athletes and parents must maintain a positive gym environment. Gossip, negative comments, or disruptive behavior toward athletes, families, coaches, or staff will not be tolerated. Violations may result in restricted viewing access or removal from the program.

Zero Tolerance Bullying Policy

Bullying in any form is strictly prohibited. This includes verbal, physical, online, or indirect behavior. Any confirmed incident will result in immediate disciplinary action, up to and including suspension or permanent removal from All-Star Revolution.

Social Media Conduct Policy

Athletes and parents representing All-Star Revolution are expected to maintain respectful and appropriate online behavior.

- Public discussion of athletes, teams, staff, gym operations, or internal matters is prohibited.
- Posts that negatively impact All-Star Revolution's reputation must be removed immediately upon request.
- Failure to comply will result in disciplinary action, including possible removal from the program.

Parents who publicly criticize the program, coaches, athletes, or staff may be subject to immediate dismissal. We encourage all families to choose the environment that best fits their needs. By enrolling at ASR, families acknowledge and agree to support the culture and standards of our program.

Commitment Policy

All athletes and families are expected to honor their team commitment for the full season.

- Threatening to quit, using team participation as leverage, or creating disruption regarding team placement or participation will result in immediate dismissal.
- Program decisions are final and non-negotiable.

Respect & Behavior Standards

Respect is mandatory. Aggressive behavior, yelling, profanity, harassment, intimidation, or disrespect toward coaches, staff, athletes, or parents will not be tolerated. Any violation may result in indefinite removal.



TEAM POLICIES & PLACEMENT

Team Placement Authority

All-Star Revolution reserves the sole right to place athletes on the team(s) that best serve both the athlete and the program. Placement decisions are final and not subject to appeal.

Roles & Positions

Coaches have full authority to assign and adjust athlete positions including, but not limited to: flyer, base, back spots, tumbler, or alternate. Positions may change at any time based on performance, safety, and team needs.

Additional Training Requirements

Athletes and teams may be required to participate in extra classes, private lessons, camps, or skill sessions to maintain competitive standards and team placement. These requirements are mandatory.

Extended Practices

Teams may be required to attend practices beyond their regularly scheduled times, as well as additional camps, competitions, or mandatory training sessions. Attendance is required unless otherwise approved by program leadership.

Athlete Status Authority

All-Star Revolution reserves the right to move, replace, add, suspend, or dismiss an athlete temporarily or permanently at any time. Decisions may be based on, but are not limited to:

- Attendance and punctuality
- Athlete or parent conduct
- Skill progression or performance
- Financial standing
- Parent behavior or conflict with staff or program policies

All decisions are final.

Routine & Choreography Ownership

All routines, choreography, stunts, transitions, tumbling sequences, music, and edits are the exclusive intellectual property of All-Star Revolution.

The following actions are strictly prohibited:

- Sharing routine details outside the program
- Discussing competition music or choreography with outside parties
- Posting routine videos on any platform including YouTube, Facebook, Instagram, TikTok, or similar outlets

Violation of this policy will result in immediate removal from the program without exception.



COMMUNICATION POLICIES

Clear, consistent communication is critical to the success of our athletes and teams. Parents are responsible for staying informed and following proper communication procedures.

Team Communication Requirement

Parents are required to join and actively monitor all official team communication platforms including, but not limited to: Text, GroupMe, Band, email lists, and parent portals.

- Missing information due to not checking messages is not an acceptable excuse.
- Important updates may be shared across multiple platforms.
- Parents are expected to enable notifications and alerts for all team communication channels.

Failure to stay informed does not exempt families from deadlines, policies, or expectations.

Athlete-Specific Communication

Questions or concerns regarding an individual athlete must be addressed privately with the appropriate coach or program leadership.

- Discussing athlete-specific matters in public parent groups is strictly prohibited.
- Gossip, speculation, or public complaints will result in disciplinary action.

Open Door Meeting Policy

All-Star Revolution ownership and program directors are available to meet with parents regarding concerns.

- Meetings must be scheduled in advance.
- Outbursts or confrontations in front of athletes are not acceptable. Walk-in confrontations, sideline discussions, or emotional exchanges during practice, competitions, or events will not be tolerated. These situations disrupt the

training environment and undermine the culture we work hard to maintain.

Coach Communication Guidelines

Team coaches are available to discuss athlete placement, progress, and performance at appropriate times.

Acceptable communication methods include:

- Before or after scheduled practices
- Scheduled in-person meetings
- Approved text messages, phone calls, or emails

Coaches are not permitted to engage in extended conversations during active practices.

Staff Availability

To support healthy boundaries and allow our staff appropriate personal and family time, parents may not contact coaches or staff before 8:00 a.m. or after 9:00 p.m. unless there is a true emergency. Communication outside of these hours will be addressed during the next business day.

Additionally, staff may not respond on scheduled days off, and holidays. We appreciate your patience and respect for these boundaries as our staff works to serve all athletes and families effectively.

Repeated disregard for this policy may result in restricted communication privileges.

Email Response Time

Please allow 24–48 business hours for email responses before sending follow-ups. Excessive or repeated messaging may delay response times.



HEALTH & SAFETY POLICIES

Insurance & Emergency Information

Families must provide current insurance and emergency contact information.

Medical Disclosure

Parents must notify All-Star Revolution of any medical conditions, physical limitations, allergies, or health concerns that may affect an athlete's participation.

Additionally, families must disclose any medications the athlete is currently taking that could impact training, performance, or safety.

Failure to disclose medical information places the athlete at risk and may result in immediate removal from participation.

Injury Reporting

Any injury sustained during All-Star Revolution practices, events, or competitions must be reported to staff immediately.

Athletes may not continue training while injured.

Doctor Documentation Requirement

Injured athletes must provide written documentation from a licensed medical professional outlining:

- The nature of the injury
- Participation restrictions
- Expected recovery timeline

All-Star Revolution reserves the right to require medical clearance before allowing an athlete to return to full or limited participation.

Medical Clearance

Doctor documentation is required for injuries and return-to-play approval.

Return-to-Play Policy

Team coaches and program leadership will determine when an injured athlete may be reintegrated into routines and full training.

- A doctor's clearance note is required before returning to practice.
- Athletes must be physically capable of performing all assigned routine elements prior to full reintegration.
- Modified participation is not guaranteed and is determined at the discretion of coaching staff.

Substance Use Policy

All athletes are strictly prohibited from using or possessing illegal drugs, alcohol, tobacco, vaping products, or any unauthorized substances.

Violation of this policy will result in immediate suspension or permanent dismissal.

Braces & Athletic Tape

Athletes are responsible for providing their own braces, wraps, or athletic tape as needed. Athletes must know how to properly apply and use these supports prior to participation. Staff are not responsible for medical taping or brace application.



ATTENDANCE POLICIES

Consistent attendance is mandatory for athlete safety, team success, and competitive performance. All athletes and families are expected to treat All-Star Revolution as a primary commitment.

Attendance & Punctuality

Athletes must attend and arrive on time to all practices, competitions, choreography sessions, and events.

Program Priority

All-Star Revolution commitments take priority over all other extracurricular activities. Conflicts with outside activities, clubs, private lessons, or non-program events will not be accepted as valid excuses.

Absences & Tardiness

Excessive absences or tardiness will directly impact an athlete's routine placement, role, and team status. Coaches reserve the right to adjust positions or replace athletes based on attendance reliability.

Competition Week Attendance

Attendance is mandatory 2 weeks leading up to any competition or performance.

Missing any practice during this period may result in routine replacement, reduced performance role, or removal from that competition at the coach's discretion.

Scheduling Responsibility

Families are responsible for planning vacations, appointments, and personal commitments around the practice schedule.

Conflicts due to poor planning will be recorded as unexcused absences.

Absence Reporting

Planned absences must be submitted using the official form. Unexpected absences must be

reported immediately.

Injured or Ill Athletes

Athletes with non-contagious illnesses or injuries are still required to attend practice unless otherwise directed by staff.

These athletes may be required to:

- Observe training
- Assist with counts and formations
- Support alternates or fill-in athletes
- Remain engaged with routine structure

Mandatory Practice Start

Mandatory practices begin MAY 11th.

Summer Attendance Policy

From the start of summer practices through the first day of school, athletes are allowed a maximum of four (4) total absences.

Exceeding this limit will result in removal.

Excused Absence Exceptions

Excused absences must be submitted through the designated Google Form at least two (2) weeks in advance to be considered for approval.

Exceptions may include:

- Death in the immediate family
- Serious illness or hospitalization
- Injury that prevents participation (medical documentation required)

All excused absences are subject to approval by program leadership.



COMPETITION & EVENT POLICIES

Competition days reflect the standards, discipline, and reputation of All-Star Revolution. Participation in events is mandatory and requires full compliance with all expectations outlined below.

Mandatory Event Attendance

All competitions, showcases, and performances are mandatory.

Failure to attend a required event will result in removal from the program.

Athlete Supervision

A parent or approved guardian must remain on-site with minor athletes. Coaches supervise athletes only during warm-ups, performances, and awards.

Travel events require adult supervision for each minor athlete.

Team Support Expectations

Athletes and families are required to support All-Star Revolution teams as scheduled. Phones down, hands up, voices loud.

Stay-to-Play Policy

Families must book designated hotels for required events. Confirmation numbers are required.

Representation & Conduct

Negative or inappropriate behavior may result in suspension or removal.

Sportsmanship

Athletes must display professionalism and respect at all times.

Competition Official Interaction

Parents and spectators may not approach judges or event staff.



FINANCIAL POLICIES

All families are financially responsible for their athlete's participation with All-Star Revolution. Enrollment in the program constitutes agreement to all financial obligations and payment policies listed below.

Financial Responsibility

Parents are responsible for all program-related expenses including but not limited to tuition, registration, uniforms, travel, and additional services.

Payment Methods

Payments are processed via ACH or credit/debit card.

- **Tuition drafted on the 1st of each month**

Enrollment in auto-debit is mandatory. Families must maintain a valid credit card on file at all times to remain in good standing.

Tuition Policy

Tuition is consistent regardless of practice quantity or duration. Tuition covers training only and does not guarantee performance placement.

Late & Failed Payments

Tuition is due according to the billing schedule. A \$25 late fee will be applied to any payment not received by the 5th of the month.

Account Standing

Accounts must remain current to participate. Payments apply to overdue balances first.

Uniform Release Policy

Uniforms and apparel will not be released until balances are paid in full.

Refund Policy

All payments are non-refundable.



BRANDING &

LICENSING POLICIES

All branding associated with All-Star Revolution is protected intellectual property. Unauthorized use will not be tolerated.

Intellectual Property

All-Star Revolution branding, logos, team names, and graphics are protected property.

Unauthorized use is prohibited.

Merchandise Policy

Outside merchandise creation or distribution is not allowed.

Any unauthorized items will be confiscated. Violations of this policy will result in indefinite removal from All-Star Revolution.

Social Media Accounts

Athletes, parents, and outside parties are not permitted to create, manage, or operate All-Star Revolution team social media accounts.

All official team accounts must be created, controlled, and managed exclusively by authorized All-Star Revolution staff.

Unauthorized accounts will be reported and required to be removed immediately.

