

SEASON 21



“It is our mission to empower our students with the tools to be successful not only in dance and cheer but in life as well”

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Welcome to *Once Upon a Dream* Competition Cheer 2024 - 2025



Thank you for your interest in *Once Upon A Dream's* competitive cheerleading program! *Once Upon a Dream* offers competitive cheerleading teams for athletes who are looking to participate in a sport that is challenging both mentally and physically. Competitive cheerleading is a multi-faceted sport that develops lifelong habits of good health, and character traits such as teamwork, sportsmanship, discipline, hard work and accountability.



Our goal is to promote the progression of your athlete in a safe, fun environment. Our All-Star training staff maintains the highest certifications available in our industry. At OUAD we strive to provide the foundation of tools and techniques to each athlete that will allow them to succeed in the sport but can be applied to life skills for many years to follow.

Team Placements/Athlete Evaluation



Photo by Nancy Gatsios

Team placements will be held **May 20th** at the Wadsworth location. ***An exact time will be assigned once the paperwork and commitment fee are received.***

The staff at OUAD places athletes on teams according to many different factors including but not limited to age, level of skills and size of the team. OUAD instructors are skilled in comprising teams that are successful for each athlete and the overall team. To remain competitive in the sport, we may not have a place for every athlete on a team. Industry guidelines considered by coaching staff during the process can be found at usasf.net. Team placements are final, however, if an athlete feels they would like to discuss their placement and opportunities with OUAD staff on how to further advance their skill level, a formal request can be made by emailing the gym no earlier than 72 business hours after the team announcements have been released.

Practice Commitment

Teams	Description	Practice Time
12-week	For individuals looking to try Allstar cheer with a low commitment	1 day/week
Novice*	For individuals who are new to Allstar but are ready for performance-based teams that are evaluated at events	1 day/week
Prep*	For athletes transitioning from Novice to Elite	1-2 days/week
Elite*	For athletes who are ready for highly competitive performance levels	2 days/week

**** All athletes must enroll in a weekly tumbling class***

Competitive cheerleading is the pinnacle of a "team" centered focused sport.

Attendance and promptness are expected of the OUAD program and its participants. OUAD wants you, your athlete(s), their teammates, and our families to get the full benefit of our program. Allstar Cheerleading requires commitment, loyalty and accountability from our athletes. The team practice schedules and competition schedules are provided at the beginning of every season so families can schedule for the year.





Practice Expectations & Attire

Athletes are expected to treat themselves, their teammates, OUAD members and OUAD staff with respect and kindness. OUAD staff requires the athlete's direct attention during practice and therefore asks that cell phones remain in the athlete's bags during practice unless given permission by the staff to use the device to contact a parent. If parents need to contact their child during practice hours please call the gym directly as this will be the most efficient way to reach them.

Attire: Athletes must wear practice wear and a bow or scrunchie to practice. Hair should be pulled back out of the face. Jewelry is not permitted; this is a USASF rule and guideline ensuring the safety of all involved. Cheer shoes are mandatory for practice and must be worn as of **August 15th**.





Once Upon a Dream Policies

Policies

Communication

OUAD will provide the necessary information via email. Please contact OUAD via email or phone during the hours of Monday through Thursday 4:00 pm-9:00 pm. Please do not contact coaches directly.

Social Media Clause

OUAD athletes and parents/legal guardians are expected to conduct themselves in a positive, professional and encouraging manner when posting public comments regarding the program. Using profanity, defamation, name-calling and/or personal attacks towards other athletes, parents and/or coaches will be grounds for dismissal from the team.

Trademarking

The OUAD name and logo are branded. Anything representing OUAD is NOT to be made or sold independently.





Once Upon a Dream Policies, *Continued...*



Program Non-Compete Agreement	OUAD encourages conventions and master classes to grow as an athlete; however, weekly or monthly classes at another gym are not permitted for team members.
Community Event	All athletes will be required to participate in one OUAD group community event. Examples of possible opportunities are: community celebration, parade, holiday events.
Commitment	Out of respect for every team member, once an athlete has tried out and committed to an OUAD team, the All-Star is expected to remain on the squad for the entire 2024-2025 All-Star Season which is typically June through May of the following calendar year. The athletes also have a pre-season practice month in June and are typically given the month of July off from obligatory skill/technique work. June's pre-season practice is used for skill-building and technique fundamental reviews; therefore, they are mandatory to compete in the coming season. Tumbling practice is built into the athlete's season separate from routine time and is based on the athlete's skill set evaluations throughout the year. This allows the athlete to advance their skills outside of the level they are placed on for the year. This is still part of their requirement for the team and program and attendance to these is mandatory as if it were a team practice.
Sportsmanship	All parents and athletes should be supportive of their teammates, other teams and OUAD. Unsportsmanlike behavior will not be tolerated. OUAD expects athletes to encourage each other and have a positive attitude. OUAD expects nothing but the utmost respect from all athletes to teachers, staff, other students and themselves. An athlete will be asked to leave practice or removed from the team if they exhibit unsportsmanlike behavior; judged by the discretion of the OUAD staff.

Once Upon a Dream Policies, Continued...

Injuries

As with any other sport cheerleading carries a risk of injury. These include but are not limited to: broken bones, paralysis or even death. OUAD takes every precaution to prevent these injuries. However, in an event that an athlete should be come injured and medical attention is sought we require a doctor's note detailing the injury and any restrictions placed. OUAD requires another note when any restrictions are lifted.

NEW: Competition recaps

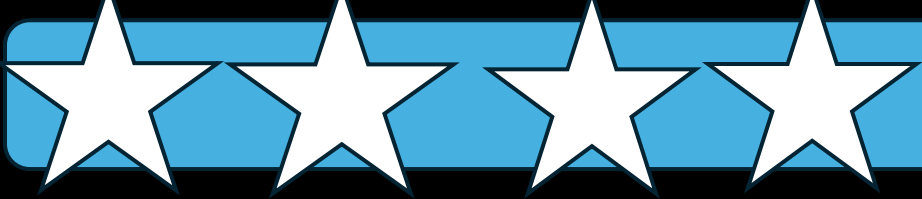
During the practice directly following competition the coaches will hold a recap which will discuss score sheets, positives, goals to achieve, etc.



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Photo by Nancy Gatsios



Competition

Competitions typically begin in November and go through May. Competition dates will be given in September. Team members are to arrive at the competition at least one hour prior to warmup time. Makeup and hair should be done prior to arriving. OUAD is not notified of event schedules/times or completion times until the Monday prior to the event. The whole day must be set aside for the competition. Athletes are required to stay for awards; fully dressed in uniform with no electronic devices. This promotes team unity and demonstrates the importance of sportsmanship to both their team and competitors.

Awarded BIDS-Teams are eligible for end-of-the-season events based on performance. If a bid to a desired finals is awarded to a team, we will plan on attending. These events may require travel and may fall on school breaks. These events would also involve extra costs. Travel expenses-Hotel and travel accommodations.

Team	Number of Competitions	Travel Distance
12-week Team	One	Within two hours
Novice	Four	Within two hours
Prep	Five - Seven	Within two - four hours
Elite	Five - Seven	Within two - four hours





Once Upon a Dream Competition Cheer 2024 – 2025 Investment



Monthly Payments	Tuition is due the first of every month. If your account is past due as of the 15th of the month, the athlete will not be permitted to participate in practices until the account is up to date. There are no refunds for anyone dismissed or withdrawing from the program. The monthly payment will cover the following: monthly tuition, competition entrance fees (up to five competitions: teams that attend more will be notified of cost one month prior), unlimited tumbling, choreography fee, music, music licensing, two practice tops and shorts.
Commitment Fee	When teammates do not fulfill their commitment it affects the team and staff. OUAD is committed to achieving success and having fun. We want competition to be a fun, exciting and stress-free experience. The fee may be applied to the last month's tuition (May 2025). It is non-refundable. Athletes will not be placed on a team unless the fee has been paid, the medical/registration form is signed by both parents and this policy commitment form is signed by both parents. All accounts must be current to be placed on a team. The commitment fee is \$200 and due by May 8th.
Uniform Fee	Uniform fees are due August 15th and are non-refundable. If a student is dismissed or quits the team uniforms are the property of OUAD. The required socks are no-show white socks. Hair must be worn in a high natural ponytail (no flyaways). The bow must be securely bobby pinned to the head.

Once Upon a Dream Competition Cheer

2024 – 2025 Investment, continued...

Inclusive Monthly Payment	
12-week Team	\$120/month (3 months, includes shirt and competition fee)
Novice Team	\$185/month (August – June)
Prep Team	\$230/month (August – June)
Elite Team	\$245/month (August – June)

Additional Expenses	
USASF Membership	\$49 (approximately)
Uniform (due by August 15)	Novice: \$185 Prep: \$185 Elite: \$300
Shoes	\$100
Bow	\$30 (approximately)
Coaches' fees for competition	TBA

Note: All fees including uniform are non-refundable



New: Coaches fees will vary for each competition depending on if a hotel is required, etc. The fee will be auto drafted one month prior to each competition. Some competitions require “stay to play” – a hotel room is required for each athlete at the hosting facility.

Once Upon A Dream Competition Cheer Commitment Form 2024-2025

Please return this form by May 8th

I have read the Once Upon A Dream competition cheer policies and agree to adhere to them.

Parent's signature: _____

Parent's signature: _____

Student's signature: _____

Date: _____ Phone # _____

Email address: _____

Athlete's Birth year _____

One team or two _____

Commitment fee: \$200.00 Cash _____ Check _____

I will be rolling over my paid commitment fee from the 2023-2024 season yes _____ no _____

DISCLAIMER: ONCE UPON A DREAM DANCE AND CHEER, IS NOT RESPONSIBLE FOR ANY INJURY (OR LOSS OF PROPERTY) TO ANY PERSON WHILE PRACTICING, TRAINING, TAKING CLASS, COMPETING, PARTICIPATING IN OPEN GYM, SPECIAL EVENTS, DEMONSTRATIONS OR SHOWS, OR IN ANY OTHER WAY INVOLVED IN GYMNASTICS, TUMBLING, PRESCHOOL OR TEAMS AT ONCE UPON A DREAM DANCE AND CHEER, FOR ANY REASON WHATSOEVER, INCLUDING ORDINARY NEGLIGENCE ON THE PART OF ONCE UPON A DREAM DANCE AND CHEER, ITS OWNERS, OFFICERS, AGENTS OR EMPLOYEES.

COMPETITION CHEER 2024-2025

Once Upon A Dream Team Rules/Athlete Code of Conduct

Please return this form by May 8th.

Athletes and Parents: In order to run a successful program, it is the responsibility to abide by certain rules to ensure everyone involved is treated fairly. These expectations are to be followed at all times during the year. If at any time one of these rules is broken, it may result in dismissal from OUAD. Athletes and parents, please initial by each rule giving your acknowledgement that you have fully read and understand each line.

1. Athletes are required to commit to a full year of competitive cheer and will not quit on their teammates. Athlete Initials_____Parent Initials_____

2. Athletes are required to attend ALL competitions and showcases during the year. Athlete Initials_____Parent Initials_____

3. Athletes are required to attend ALL practices and extra practices 1 week prior to each competition. This is MANDATORY and any absence will be unexcused. Athlete Initials_____Parent Initials_____

4. Only [3 absences (elite teams), 5 absences (prep/novice teams)], will be given from August 5, 2024 to May 30, 2025. The All-Star must email notification of absence to onceuponadreamdanceandcheer@gmail.com. Athlete Initials_____Parent Initials_____

5. Athletes and parents are expected to present themselves with a positive attitude to training and towards OUAD. This includes the staff, the athletes, and other parents throughout the year.

Athlete Initials _____ Parent Initials _____

6. Athletes and parents must arrive at all competitions on time. Athletes must have their hair and make-up done along with the correct uniform. Athletes must be in FULL UNIFORM attire when accepting awards. Athlete Initials _____ Parent Initials _____

7. Parents and Athletes: Please understand that if at any time during the competition season, you are not performing the required skills for your level team, you may be removed from your current team at your coach's discretion. Athlete Initials _____ Parent Initials _____

8. Athletes and parents: If you are removed from a squad or leave OUAD for any reason during your 12-month contract, you will forfeit all funds that have been paid already to OUAD and may be liable for additional tuition and costs thereafter for the duration of the contract. Tuition for the remaining months will be drafted until your contract is up. Failure to do so will result in being turned over to collection. Athletes Initials _____ Parents Initial _____

Athletes Name: _____ Athletes Signature: _____ Date _____

Parent/Guardian Name: _____ Parent/Guardian Signature: _____ Date _____