



**2026-2027**  
**ALL STAR CHEER INFORMATION PACKET**

Empowering our athletes with the tools to be successful  
not only in cheer, but also in life.

**[onceuponadreamdanceandcheer@gmail.com](mailto:onceuponadreamdanceandcheer@gmail.com)**  
**330-239-1777**

**SEASON 23**

## Welcome to Once Upon a Dream Competition Cheer! 2026-27 Season

Thank you for your interest in Once Upon A Dream's competitive cheer 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
- 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.

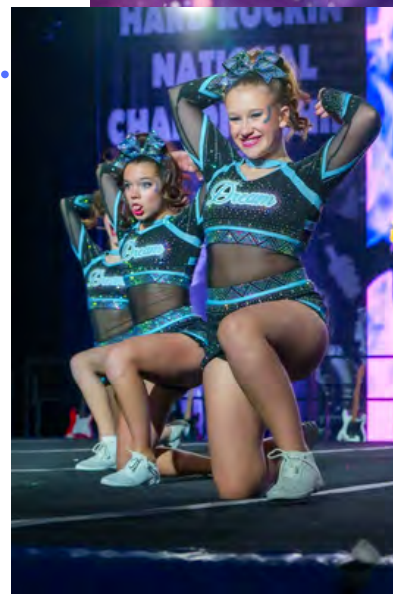
### Team Placements / Athlete Evaluation

Team placements will be held **May 11<sup>th</sup> and 14<sup>th</sup> at the Granger 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 factors including age, skill level and size of team. OUAD instructors are skilled in composing 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](http://usasf.net).

Team placements are final. However, if an athlete would like to discuss their placement and opportunities to advance their skill level, a formal request may be submitted by emailing the gym no earlier than 72 business hours after team announcements are released.



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# CHEER PRACTICE EXPECTATIONS

Competitive cheerleading is the pinnacle of a team-centered sport. Attendance and promptness are expected of all OUAD participants. Allstar cheerleading requires commitment, loyalty and accountability.

Practice and competition schedules are provided at the beginning of each season so families can plan accordingly.

## Team Structure

Team	Description	Practice Time
Novice	1 <sup>st</sup> & 2nd year athletes	1 day per week
Prep	Athletes transitioning from Novice to Elite	2 days/3-4 hrs per wk
Elite	Athletes ready for highly competitive level	2 days/4 hrs per wk

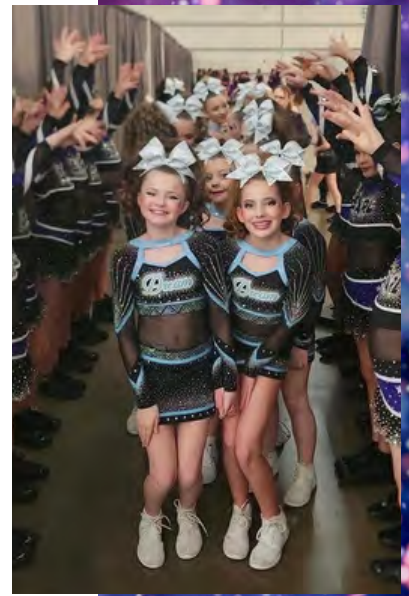
## Additional Requirements

All athletes must enroll in a weekly tumbling class. Flyers are required to take a mandatory monthly flyer class (additional fees may apply). All athletes will have three mandatory program practices. Youth, junior, and senior teams must attend mandatory choreography classes the last week of June 21-24, 2026.

## Practice Expectations & Attire

Athletes are expected to treat themselves, teammates, OUAD members, and staff with respect and kindness. OUAD staff requires athletes' full attention during practice, therefore:

- Cell phones must remain in bags during practice.
- Athletes may only use phones with staff permission to contact parents.
- Parents needing to contact their child should call the gym directly.
- Attire
- Practice wear is required.
- Bow or scrunchie required.
- Hair must be pulled back out of the face.
- No jewelry permitted (USASF safety rule).
- Cheer shoes required starting August 15.



## **ONCE UPON A DREAM POLICIES**

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**Communication-** OUAD provides necessary information via email. Contact hours: Monday–Thursday, 4:00–9:00 PM. Please do not contact coaches directly.

**Social Media Clause-** Athletes and parents must conduct themselves professionally when posting publicly regarding OUAD. Items representing OUAD may not be produced or sold independently. Violations may result in dismissal from the team. The OUAD name and logo are branded.

Prohibited behavior includes:

- profanity
- defamation
- name-calling
- personal attacks
- posting items or music that is trademarked

**Medical Considerations-** Cheerleading carries risks including: broken bones, paralysis or even death. If medical attention is required, a doctor's note with restrictions must be provided. Another note is required when restrictions are lifted.

**Program Non-Compete-** Athletes may attend conventions or master classes. However, weekly or monthly classes at another gym are not permitted.

**Community Event-** All athletes must participate in one OUAD group community event (examples: parades, celebrations, holiday events).

**Commitment-** Once an athlete commits to a team, they are expected to remain for the entire June–May season. **June-** preseason practices (mandatory) | **July-** typically no mandatory training | Tumbling practice continues **throughout the year.**

**Sportsmanship-** Athletes and parents must demonstrate positive behavior and respect. Unsportsmanlike conduct may result in removal from practice or dismissal from the team.

**Competition Information-** Competitions typically run November through May. Competition dates are provided in September. Athletes must: arrive 1 hour before warmups; arrive with hair and makeup completed; and stay for awards in full uniform. Please note, electronic devices are not permitted during awards.

**End-of-Season Events-** Teams may receive bids based on performance. These events require travel and may be out of state. Travel expenses (hotel, transportation) are the guardian's responsibility. End-of-season events may require additional travel. **Please note for the 2026-27 season-** Regional Summit is in Indy and Small Gym Summit is in Florida.



SEASON 23

## PROGRAM INVESTMENT

Monthly tuition is due on the 1st of each month. Accounts past due after the 15th will prevent athletes from participating in practice.

## YOUR MONTHLY PAYMENT INCLUDES:

- Tuition
- Competition entry fees (4-6 competitions not including post season)
- Unlimited tumbling
- Coaches travel fee
- Music and licensing
- Four practice shirts

A \$200 Commitment Fee is due at time of registration and is non-refundable. Athletes will not be placed on a team until fee is paid, registration forms are signed and accounts are current.

**Uniform requirements include:** no-show white socks, high ponytail, securely pinned bow.

## Monthly Tuition:

- **Novice** - \$190 per month August–June
- **Prep**- \$245 per month August–June
- **Elite**- \$270 per month August–June

## Additional Expenses:

- USASF Membership approx. \$49
- Uniform (Novice/Prep) \$175; Uniform (Elite) \$300
- Choreography \$100-250 per athlete, dependent on size and scope of routine and size of team
- Shoes \$100-150
- Bow \$30-40
- Spectator admission for comps \$20+ per person.
- Please note, some events require “stay to play” hotel bookings.

## Competition Schedule:

TEAM	NUMBER OF COMPETITIONS	TRAVEL DISTANCE
Novice	4	Within 2–4 hours
Prep	4-5	Within 2–4 hours
Elite	6	Local and out-of-state



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**COMMITMENT FORM | ONCE UPON A DREAM ALL STAR CHEER – 2026-27  
RETURN BY MAY 1ST**

Name of Athlete: \_\_\_\_\_

Address: \_\_\_\_\_

Parent Signature: \_\_\_\_\_

Parent Signature: \_\_\_\_\_

Student Signature: \_\_\_\_\_ age: \_\_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

Athlete Birth Year: \_\_\_\_\_ One team or two: \_\_\_\_\_

Commitment Fee: Cash \_\_\_\_\_ Check \_\_\_\_\_

Rollover commitment fee from 2025-2026: Yes \_\_\_\_\_ No \_\_\_\_\_

**Disclaimer-** Once Upon A Dream Dance and Cheer is not responsible for injury or loss of property while practicing, training, competing, or participating in events or classes, including ordinary negligence by OUAD staff.

**Athlete Code of Conduct** Athletes and parents must initial each rule acknowledging agreement.

\_\_\_\_\_ Athletes commit to the full season and will not quit.

\_\_\_\_\_ Athletes must attend all competitions and showcases.

\_\_\_\_\_ Athletes must attend all practices the week before competition, including extra practices.

As an athlete of OUAD, I understand the following:

\_\_\_\_\_ Absences have a negative impact on the team. Absences allowed per team as follows: Elite- 3 practices; Prep/Novice- 5 practices. If you will be absent, notification of absence must be emailed to: [onceuponadreamdanceandcheer@gmail.com](mailto:onceuponadreamdanceandcheer@gmail.com)

\_\_\_\_\_ The important of a positive attitude toward OUAD staff and members.

\_\_\_\_\_ I will arrive to competitions on time with proper uniform, hair, and makeup.

\_\_\_\_\_ Not meeting skill requirements may result in a team reassignment (at the coach's discretion).

\_\_\_\_\_ Leaving the program early forfeits funds and may require payment of remaining tuition.

Athlete Name: \_\_\_\_\_ Parent Name: \_\_\_\_\_

Athlete Signature: \_\_\_\_\_ Parent Signature: \_\_\_\_\_

Date: Submitted: \_\_\_\_\_