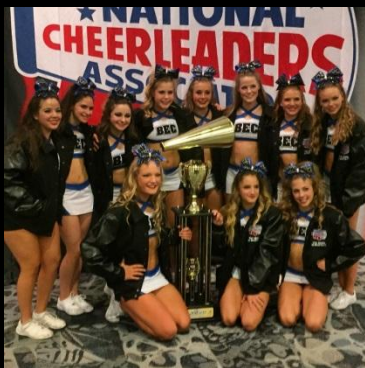


BIRON ELITE CHEER

2022 - 2023 Competitive Season



BIRON ELITE
Sharks

www.birons.net



833-424-7667

10225 Katy Freeway
Houston, TX 77024

cheer@birons.net



Dear Parents and Athletes,

We cannot believe the 2021-2022 season has come to an end and it's time to start preparations for 2022-2023. Although this season was not typical, we are so proud of all of our athletes and can't wait for next season!

In order to keep up with industry standards we will be placing athletes based on mastery of tumbling skills, stunting ability, years of cheer experience and over cheerleading technique. Mastering only one or two of these does not guarantee placement on a certain level. Returning athletes attendance and work ethic from the prior season will also be taken into consideration.

The BEC staff wants every athlete to reach their goals and feel successful as an individual and with their team. We are committed to selecting teams that will be successful in their division. We will be drilling technique and demanding higher levels of execution for athletes resulting in higher execution scores at competitions. More importantly, our athletes will be safer at practices and competitions because they will be executing skills with strong technique.

Stunting capability and technique in addition to tumbling will have a major impact onto our team selection for this season. Level requirements are outlined on the following page. Please review carefully and please do not assume because you previously competed at a specific level you will be placed at that level again or be moved up to the next level.

Please know we always make the best decisions for each athlete and team. We genuinely care about the athletes at BEC and want to provide each person with the best chance for success and for a fun year. Let's make 2022-2023 our best season yet!

Feel free to email cheer@birons.net if you have any questions.

BEC Staff



PROGRAM COSTS

Season cost is divided into eleven equal payments due on the 1st of each month

Monthly tuition includes two team practices.

\$230.00 All Star Cheer (tuition includes team tumbling)

\$200.00 All Star Prep Cheer

\$45.00 Annual Membership Fee



REQUIRED FEES

\$175.00 Practice Wear

\$98.00-\$120 Rebel Cheer Shoes (optional brand)

\$350.00 Choreography Camp

\$275.00 Coaches Fees

\$49.00 USASF Membership (submit payment to usasf.net)

\$445.00 Uniform

\$30.00 Competition Bow

\$15.00-\$25.00 Competition Lipstick (purchase at Sephora)

\$125.00 Warm-up Jacket

\$105.00 Backpack

TBA Competition Fees/Deposits



**TEAMWORK:
SIMPLY STATED,
IT IS LESS ME
AND MORE WE!!**



COMMITMENT

Athletes are expected to attend ALL practices and competitions as a team. We realize many children and young adults are involved in a variety of activities; however, we cannot make exceptions for schedule conflicts. We expect top priority and 100% commitment and attendance. All athletes must report to practice on time and in assigned practice attire. Lost, misplaced or damaged clothing will be replaced at your expense. For athlete safety, jewelry and gum are not allowed at practice or competition. In addition, there is absolutely no posting videos of routines prior to the first competition.

Private lessons at other gyms need to be approved by our coaches before any lessons are scheduled with a coach outside of Biron. If our coaches become aware that your athlete is attending unapproved private lessons outside of Biron, our staff reserves the right to re-evaluate your child's position in their choreographed routine. Proper technique is everything! Only perfected skills will be choreographed into a routine! Absolutely NO unsupervised tumbling! An instructor must be present at all times.

IMPORTANT DATES

CHOREOGRAPHY CAMP: Tentatively Late July

Memorial Day Weekend: May 28th- 30th

Fourth of July: July 4th

Labor Day: September 5th

Thanksgiving Break: November 21st-27th

Winter Recess: December 19th –January 1st

Martin Luther King Day 2023: January 16th

Spring Break 2023: March 13th -17th

ABSENCE POLICY

The only excused absence is a school function that results in a grade. All other absences are unexcused. Part-time jobs, dances, concerts, banquets, long distance driving, family reunions, weddings, recitals, school/church socials, school cheer tryouts and any other non-related school activities are unexcused. Absences are NOT allowed two weeks prior to any competition. An unexcused absence may result in the athlete being moved to an alternate position or pulled from an upcoming performance at the discretion of the staff. It is the responsibility of the athlete to learn any changes prior to practices. If a student must miss practice for a function resulting in a grade, it is the parents responsibility to email the gym two weeks in advance. If any athlete is missing practice due to an injury, you must provide a doctor's note.



All absence requests and notes must be emailed to the gym and athlete's coach. This includes school cheerleading, gymnastics, choir, band and all other school sports. Absences must be approved. Your school activities are planned well in advance.

SICK POLICY/ INJURIES

If your child is sick you must reach out to your child's coach in order to assess how the illness will be handled. In addition, you must provide a doctor's note with detailed information regarding any absence that requires treatment or a length of recovery. Athletes are expected to practice unless their coach is notified directly by the parent.

In the event that a student is injured at home or during other extracurricular activities, we ask that you please notify us as soon as possible by calling the front office or emailing cheer@biron.net. The athlete may or may not be choreographed back into the routine. The coaches have complete discretion in replacing such individuals for the rest of the season.

TEAM COMMUNICATION

Most communication within our gym will be sent out by front desk emails, Team Band pages and BEC social media. At times, there will be last minute changes or specific details sent out before a competition date or a practice. It's very important you stay up to date with checking for emails and also keeping the front desk updated with current contact information.

Each team will have a designated team mom as their contact person. Parents, please notify your team mom if there is an emergency (death, injury, natural disaster, major illness or running late to competitions) and one of your athlete's coaches will contact you. **All communications should be through coaches email.**

STRICTLY ENFORCED: Birons policy states that athletes and parents are not allowed to directly text their coach. ALL CORRESPONDENCE WILL BE THROUGH COACHES EMAIL. **NO TEXTING!**

Coach Rob	rob@birons.net
Coach Nikki	bec.nikki@gmail.com
Courtney	cheer@birons.net



COMPETITIONS

Competitions are **mandatory** for all team members. Competition dates and locations have not been published at this time and will be announced as soon as they are available.

While at competitions, parents are responsible for their child, not the staff of Biron Elite Cheer. If a parent cannot make it to a competition, it is their responsibility to make plans for their athlete to go with another teammate's family. Please communicate any travel changes to your team mom and Courtney in the front office.

LEVEL APPROPRIATE TUMBLING SKILLS

	JUMPS	TUMBLING
Level 1	<ul style="list-style-type: none"> • Basic understanding of jumps (toe touch, pike, front hurdler) • Jump connected to backward roll, forward roll or cartwheel 	<ul style="list-style-type: none"> • Cartwheel • Round off • Bridge kick over • Back walkover/front walkover • Valdez
Level 2	<ul style="list-style-type: none"> • Technical mastery of jumps (pointed toes, landing with feet together) • Whip jump combination. 	<ul style="list-style-type: none"> • Standing back handspring • Back walkover back handspring • Round off series of back handsprings (2 or more) • Front walkover or back handspring step out specialty pass to series of back handsprings.
Level 3	<ul style="list-style-type: none"> • Must demonstrate technical mastery of jumps including a triple (whip) jump combination • Jump combo to jump series of standing back handsprings, • Level jumps 	<ul style="list-style-type: none"> • Standing series of back handsprings • Round off back handspring back tuck • Punch front • Specialty running pass of front walkover, aerial or punch front pause to round off series of back handsprings to back tuck.

LEVEL APPROPRIATE TUMBLING SKILLS CONT'D

Level 4	<ul style="list-style-type: none"> • Must demonstrate technical mastery of jumps including a whip jump combination • An above level toe touch. • Jumps to back handspring back tuck 	<ul style="list-style-type: none"> • Multiple standing back tucks • Standing back handspring to back tuck • Round off back handspring layout • Level appropriate specialty pass of punch front, whip or bounding whips to round off back handspring layout.
Level 5	<ul style="list-style-type: none"> • Must demonstrate technical mastery of jumps including a multiple whip jump combination with a back tuck variety • Above level toe touch. 	<ul style="list-style-type: none"> • Standing two back handsprings to layout • Round off back handspring full, • Level appropriate specialty pass to round off back handspring full.
Level 6	<ul style="list-style-type: none"> • Must demonstrate technical mastery of jumps including a multiple whip jump combination with a back tuck, • Above level toe touch. 	<ul style="list-style-type: none"> • Standing two back handspring to full • Round off back handspring double full • Level appropriate specialty pass to full/double. • Standing full • Standing back handspring whips to full/double full

Tentative 2022-2023 Expense Calendar

Due dates are subject to change

Month	Fees and Due Dates Program tuition is due on the 1 st of each month
May 2022	Annual Membership Fee May 1st Practice Wear May 5th Shoes (optional) May 5th
June 2022	Uniform June 3rd
July 2022	Choreography Camp July 5th
August 2022	Warm Up Jacket Aug 5th Back Pack Aug 5th Competition Bow Aug 5th Lipstick <i>purchase at Sephora</i> USASF Membership <i>submit payment to usasf.net</i>
September 2022	National Deposits Sep 5th
October 2022	1 st Installment Competition Fees TBA TBD
November 2022	1 st Installment Coaches Fee Oct 10
December 2022	2 nd Installment Competition Fees TBA TBD
January 2023	2 nd Installment Coaches Fees Jan 5th

Year: 2022-2023

PROGRAM COMPLIANCE FORM

BIRON ELITE CHEER STATEMENT:

Please initial that you have read and agree to each of the following policies.

____ I have received a copy of the **Biron Elite Cheer Information Packet**. I have read the information provided in this packet and agree to abide by all of the rules and regulations. In addition, I will commit myself to the time involved in practices, extra practices, camp, show off and competitions.

____ I am fully aware that competitive cheerleading is a large financial responsibility and I will commit to Biron Elite Cheer as per the financial requirements of a team member. I understand I am required to provide a credit or debit card to be used for automatic withdrawal of tuition and required fees.

____ I am fully aware that any items purchased and not received due to dismissal are non-refundable and become property of Biron Elite Cheer. This also includes any competition fees, camp fees, coaches fees or choreography fees.

____ I acknowledge that I am aware that actions that do not align with the expectations of Biron Elite Cheer will result in removal of the athlete at the coach's discretion.

____ I am aware that if I have an outstanding balance on my account, my athlete may not participate in practice, private lessons or additional classes until the balance is paid.

TUITION AND FEE PAYMENT STATEMENT:

Please initial that you have read and agree to each of the following policies

____ By joining Biron Elite Cheer, I commit to pay the 2022-2023 cheer season program cost due on the 1st of each month. I understand if my child misses practices for travel or other activities, I am financially responsible for paying the set program cost for that month.

I HAVE READ AND UNDERSTAND ALL ABOVE STATEMENTS.

Parent Signature

Date

Printed Name



CODE OF CONDUCT

Athletes must be a strong representative of Biron Elite Cheer at all times. Rude or abusive behavior, lying, and or any other form of negative behavior are grounds for removal from this program. We will not tolerate comments about other programs. Many of our athletes communicate through social media. Please remember that anything you say or post is a direct reflection on this organization.

NOTE: If you are caught sending rude or inappropriate messages you will be subject to immediate removal! All pictures posted while in any BEC clothing or uniform must be tasteful and represent the program in a positive and respectful nature.

Teammates are expected to treat one another with mutual respect. They should treat and talk to one another in a manner in which they want to be spoken to. We do not tolerate pettiness, gossiping or cliques which attempt to exclude or alienate certain members. Back talk, rolling of eyes and any other disrespect for coaches or teammates is unacceptable. If this type of behavior occurs you may be asked to sit out of practice. A problem between an athlete and staff member will first be addressed between the All-star Director, Facility Manager and Parent.

A parent should never reprimand or discipline someone else's child. We will handle any disciplinary problems privately and professionally. Parents should never approach a coach at any time and express their opinion or concern in front of athletes or other parents. Coaches and management will happily arrange for a private meeting to handle any concern you may have. Parents should limit text to coaches to emergencies, private lessons, or communicating late arrival to competition or practice.

Athlete's Name: _____

Date: _____

Athlete's Signature: _____

Date: _____

Parent's Signature: _____

Date: _____