ALL-STAR CHEER

Program Guide



TRAIN LIKE A CHAMPION

Explore our teams, training, commitments and financial expectations. The new season-specific information packet is expected each March.

ArkansasCheerAcademy.com

01 / WELCOME

More than a competitive team





At Arkansas Cheer Academy, established in 2012, we share our passion for cheerleading through diligent work, perseverance, positive reinforcement and dedicated families.

Our mission

We teach respect, physical fitness, teamwork and sportsmanship while developing competitive skills, confidence and a strong work ethic. We strive to develop both competitive athletes and upstanding individuals.

How to use this guide

This year-round overview is for prospective families. All sample schedules, ages, fees and payment amounts are illustrative, not current-season offers or guarantees. Team availability, rules, costs and dates are confirmed in the new season packet expected each March. Review that packet and the commitment forms before enrolling.





Find the right fit

Typical program	Novice	Prep	Elite
Experience	Beginner; none required	Often 1–2 years	Often 2+ years
Sample ages	5–13	5–16	7–19
Routine length	1:30	2:00	2:30
Weekly practice	2 × 1.5 hours	2 × 2 hours	2 × 2.5 hours
Sample events	5 local	5–6 local; possible finale	6–7 regular events; possible finale
Focus	Foundations; basic tumbling through back walkovers	Skill refinement; numerical placements	Competitive mastery and team performance

Novice teams receive judges' feedback and ratings rather than numerical placement. Prep bridges recreational or Novice experience to Elite. Elite emphasizes growth, accountability and competitive excellence.

Actual divisions, age eligibility and levels depend on evaluation turnout and applicable competition rules. Experience alone does not determine placement.





Team evaluations

A supportive evaluation

Athletes work with peers in age or experience groups, warm up and demonstrate skills in a practice-like setting. Spotters may be requested. Coaches assess learning pace, jumps, standing and running tumbling, stunting, flexibility, strength and attention to detail.

Typical enrollment sequence

1. Register online and pay the nonrefundable evaluation fee.
2. Attend individual skills and assigned stunt sessions (younger athletes may not need a stunt session).
3. Review team placement and practice schedule online.
4. Attend a team ice-breaker, when offered.
5. Submit online commitment forms and annual registration/insurance fee; pay first tuition before practice.

Evaluation participation alone does not commit an athlete. Commitment is finalized through the season forms and initial tuition payment.

Sample evaluation attire

White tank or T-shirt, navy or red athletic shorts; hair secured with a white, red or navy bow where applicable. Confirm current instructions. Optional prep clinics may be offered.





04 / PLACEMENT

Every athlete has a purpose







Skill mastery and safety

Elite candidates should demonstrate more than one level-appropriate individual skill with mastered technique. Coaches consider jumps, stunting, work ethic, dedication and performance, not just tumbling. ACA defines mastery as precise execution 10 out of 10 times in a routine setting, with confidence and stamina.

Team roles

Bases, flyers and other positions are equally important. Coaches determine roles, formations and levels based on team needs, safety and applicable scoring rules, not parent requests. Roles may change with progression, injury or roster changes. Athletes commit to the team, not a specific position.

If a team is not available

Teams are formed according to the athletes who attend evaluations. If a suitable team cannot be formed, alternative training such as tumbling may be offered. See the ACA website for current Elite skill requirements and applicable scoring rubric.





05 / SEASON RHYTHM

A typical All-Star year

Sample timing	What to expect
March	New season information packet expected
May	Optional prep clinic and team evaluations
Early June	Team reveals, commitment and practices begin
June–August	Skill building, stunt groups, endurance and choreography
July	Mandatory choreography (often 2–3 days per team); tentative competition schedule
August–September	Uniform fittings; final competition schedule typically by late September
September–January	Additional weekend practices
January–April	Regular competition season and possible finale

Sample closures include summer break, Labor Day, fall break, Thanksgiving, Christmas and spring break. Confirm exact dates in the annual packet. Keep the full choreography window available until team times are assigned.







Practice and attendance

Time commitment

All practices and competitions are mandatory. Typical weekly hours are shown on page 3. An optional additional one-hour tumbling class has historically been included in tuition, subject to availability. Flyers may need extra flexibility training (sample: 20 minutes before or after practice). Expect extra weekend practices (sample: 2–6) and possible competition-week or rescheduled practices.

Absences and conflicts

Examples of excused absences include documented family emergencies, graded school functions and severe illness with a doctor’s note. Vacations, celebrations and outside sports are generally unexcused. Submit school activity schedules early and resolve conflicts before committing; ACA team participation is expected to take priority.

Sample attendance rules

Three unexcused absences in summer and three during the remaining season; three instances of arriving more than 15 minutes late or leaving more than 15 minutes early may count as one absence. Competition-week attendance is especially strict. Submit planned absence requests online at least one week ahead; notify coaches immediately of illness or emergency.

Attendance issues can affect roles or result in dismissal. Injuries require documentation; attendance to observe is expected when medically appropriate, and return to skills requires recovery and clearance as applicable.



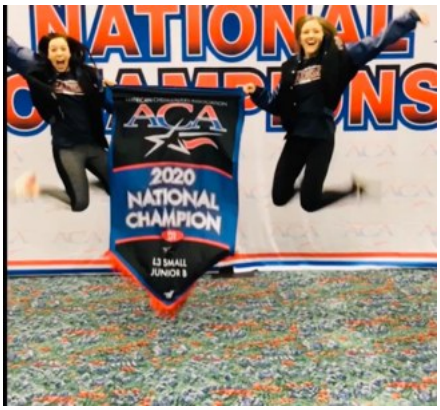


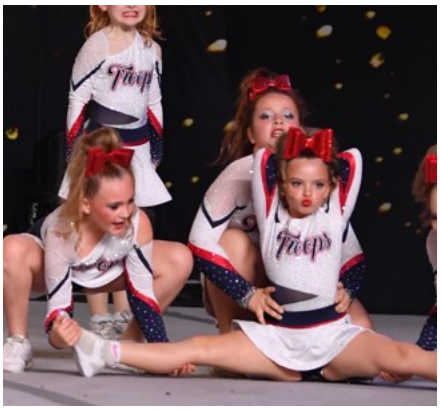


07 / GYM EXPECTATIONS

A safe, positive training space







Practice attire and safety

Arrive ready with assigned practice wear, hair secured and cheer shoes. Replace lost required apparel. No jewelry or gum; keep nails trimmed, phones silenced and use equipment only with a coach present. Wear appropriate attire and keep competition uniforms on through awards.

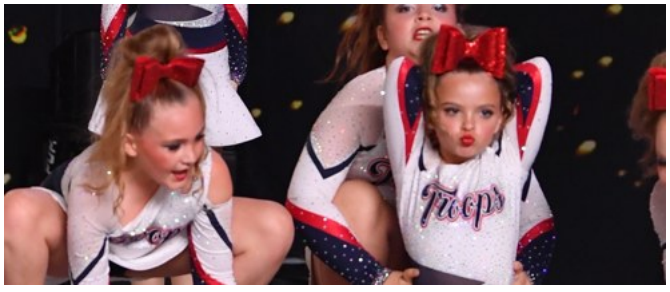
Viewing and supervision

All-Star practices are closed to parents unless invited; lobby TV viewing is available. Parents must supervise siblings, assist with restroom needs when appropriate and avoid early unattended drop-offs. ACA is not a daycare. Lobby access may be restricted for noncompliance.

Conduct

Respect the facility, coaches and teammates. Drugs, alcohol, tobacco, inappropriate public displays of affection in uniform, swearing and inappropriate social media conduct are prohibited and may result in dismissal.





08 / FINANCIAL OVERVIEW

Understanding the investment

ACA separates monthly training tuition from competition-related expenses through the ACA Kids Club. Fundraising opportunities may help offset Kids Club expenses. Families are responsible for timely payments regardless of fundraising participation.

Illustrative fees only	Sample planning amount
Evaluation (nonrefundable)	$50–$75
Annual registration / insurance	$35–$60
Novice monthly tuition	$140–$160
Prep monthly tuition	$155–$180
Elite monthly tuition	$160–$200
Kids Club: Novice	$1,300–$1,700
Kids Club: new Prep / Elite	$2,000–$2,500
Kids Club: returning Prep / Elite	$1,500–$1,900

These rounded planning ranges are adapted from prior packet examples, not published rates. Tuition typically runs June through April. Loyalty or sibling rates may be available.

Budget separately

Family transportation, hotels, meals, white cheer shoes, optional warm-ups/backpacks and any additional end-of-season event expenses are not included in the sample Kids Club totals. Uniform reuse may reduce costs.

09 / PAYMENTS

Tuition and ACA Kids Club

Monthly tuition

Recurring billing begins after commitment. Tuition covers regular training, added practices and the optional tumbling class when offered; it is not calculated by the number of practices held. Keep payment methods active and accounts current to participate or collect apparel.

Kids Club account

Each athlete has an account tracking deposits, fundraising profits and deductions for practice wear, uniforms, choreography/music, competition entry and coaches' fees/travel. Families receive a personal statement link. Expenses may be deducted later according to vendor deadlines.

Sample deposit timing	Typical expense focus
June	Practice wear, uniform, choreography/music
August	Choreography/music and competition fees
October	Uniform and competition fees
December	Competition fees
February	Remaining competition fees

Deposits are typically heavier early in the season. A positive balance does not mean the next cumulative deposit is covered.





How Kids Club works

Choose your payment approach

Families may fundraise fully, combine fundraising and personal deposits, or pay out of pocket. A payment intent form and backup payment method are required under the season's terms. Confirm accepted payment methods and any processing fees in the annual packet.

Sample payment example

If a scheduled deposit is $500 and fundraising has credited $300, the family owes $200. If the balance is not deposited by the deadline, the remaining amount may be charged to the authorized card, plus applicable processing fees. This is an example only.

Account standing

Past-due accounts can prevent practice, choreography or competition participation and may lead to replacement. At normal season completion, surplus funds may be eligible for withdrawal or rollover under the applicable terms.

Withdrawal and refunds

All-Star is a full-season financial commitment. The original program terms provide for no refunds upon withdrawal or dismissal (including prepaid and fundraised amounts), continued tuition obligations and a separate cancellation fee. Review the current signed agreement for exact obligations, fee amounts and exceptions before committing.





Taking the floor







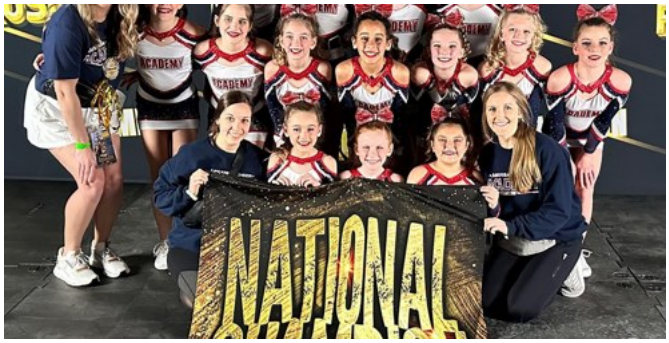
Local, regional and national events

Competitions are generally on weekends, sometimes Fridays, and may be one- or two-day events. Families arrange transportation and lodging; hotel blocks may be available. Schedules can change at the discretion of coaches and event companies. We encourage families and athletes to support all ACA teams.

End-of-season opportunities

Prep and Elite may attend a selected finale requiring additional travel. Examples include national events or the All-Star World Championship in Orlando, subject to qualification, bids and coaching decisions. A selected event may be mandatory for the team.

Finale entry fees, coaches' fees and travel are additional to the regular sample payment plan, even when a bid is earned. ACA values affordability alongside regional competitiveness, individual growth and national experiences.





The ACA family







Parent involvement

Support your athlete, coaches and teammates with enthusiasm. Check email and BAND daily; text and the website are also used for updates. Parents are responsible for staying informed.

Sportsmanship

Be courteous to all teams and athletes. Avoid negative comments about programs, scores, placements or decisions, in person and online. Concerns should be addressed privately through a meeting with coaches. Inappropriate conduct by athletes or parents may lead to dismissal.

Ready to explore All-Star?

Visit ArkansasCheerAcademy.com for current opportunities, skill requirements and registration. The new season-specific packet is expected each March. Review it for confirmed dates, prices, team offerings and policies before making your commitment.

Thank you for considering the ACA All-Star family!



