



ELITE HEAT ALL STARS

Team Handbook

Welcome to the Elite Heat family! We are so happy that you have chosen to be a part of our program. Our goal is to make you feel confident in your decision to join Elite Heat, and to make you feel like part of the family. The Elite Heat Staff and parents work together to ensure that every athlete feels special, important, and is progressing as an athlete.

Our Mission

Our mission is to positively change the lives of our athletes through the sport of All Star Cheerleading. Our goal is to mentor athletes in the areas of confidence, perseverance, respect, and kindness. At each practice, we focus on the importance of selflessness and hard work, and we strive to create an environment where every athlete feels valued and appreciated. We hope that every athlete that walks out our doors feels better than they did when they walked in.

Code of Conduct

Sportsmanship is very important at Elite Heat. Regardless of the actions of others, we expect our athletes and families to conduct themselves in a positive manner. Please never speak negatively about another athlete or program. We want to create a positive environment for athletes to learn in. Staying positive, even when things may seem unfair or become very competitive, is a skill that we believe our athletes must learn and can carry with them into the rest of their lives.

The use of profanity, abusive language, and inappropriate behavior is prohibited. This is expected at all Elite Heat activities. It is also expected on all social media sites such as Facebook, MySpace, twitter, YouTube, etc.

The use of drugs and alcohol or the promotion of this behavior is prohibited. Such behavior is grounds for immediate dismissal from the program.

Practices

Facility

There are cubbies and lockers available in the blue room. Please do not leave any valuables in the locker room.

There is no food or drink allowed in the gym. Water bottles can be left in cubbies for use during breaks. No gum or jewelry is allowed during practice.

The viewing area is available for parents to watch practices on Sundays and Mondays.

Attendance

Every practice is incredibly important as we go through the season and learn new skills and make changes to choreography. Attendance is essential to the success of the team. If you are unable to make a practice due to illness or family emergency, you must send an email to EliteHeatCheer@gmail.com or contact the coach of your team as soon as possible. Do not tell another athlete to let the staff know about your child's absence.

Athletes are expected to arrive on time, in proper practice gear and sneakers. Tardiness is a detriment to the entire team and hinders the ability of the team to have an effective practice. Practice clothes will be available the second week in July and are required practice wear. If excessive absence or tardiness occurs, the Elite Heat staff will enforce appropriate disciplinary action. We must protect the best interest of all athletes at Elite Heat.

Private Lessons

Private lessons are available with Elite Heat Staff. If you would like to schedule a private, please send us an email through the website at www.EliteHeatBuffalo.com.

Competitions

Athletes should arrive at the assigned meet time ready to compete. All make-up and hair should be done at home unless otherwise instructed. Athletes should arrive in uniform and/or Elite Heat warm ups. All jewelry should be removed. Please only clear nail polish at competitions.

The USASF has requested that athletes remain in uniform and sneakers for the duration of the competition. Athletes should not wear boots or flip flops at any time. Hair should remain in a bow. Athletes should be dressed in full uniform for the awards ceremony.

If at all possible, please stay for all Elite Heat teams' performances. It is very important that our athletes encourage one another and that everyone feels that they belong to one family. Most competitions offer priority seating when a team performs. All Elite Heat families may enter priority seating when any Elite Heat team is performing.

Please never use the removal of your athlete from a competition or practice as a form of discipline. We believe in partnering with parents to act in the best interest of the child. However, missing a practice or competition is a punishment to the entire team. Every athlete on the floor affects the choreography and ability to execute the routine.

Sportsmanship

All Elite Heat athletes and families should treat other families and cheerleading programs with respect and good sportsmanship. We will congratulate those who may outscore us, and we will be gracious when we are the first place team. The ultimate goal is not to win every competition; it is to be the best we can be. This includes how we treat others.

Community Service

An important part of our program is our participation in community service. There are many opportunities throughout the year for our athletes to serve the community. We partner with Elly's Angels, a non-profit volunteer organization for cheerleaders. The organization was formed in honor of Laura Voigt's sister, Elly Kausner, who died in the crash of Continental Flight 3407. We feel strongly that the events that we attend play an irreplaceable role in shaping the athletes in our program and in developing as a team. For a list of events and more information, visit www.EllysAngels.org

Failure to abide by any or all of the guidelines listed in this handbook may result in suspension or dismissal from the program. We believe in teaching every child to be the best version of themselves, an example to their peers and to the community, and to perform at their potential. These rules are in place to ensure that each child in our program can succeed. We look forward to a great season.

Program Information

Elite Heat All-Stars Cheerleading
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Heat Your Heart Out