

Hybrid Team Handbook



The Hybrid Program is a bridge between our Half Year and Full Year programs. It is designed for athletes who are looking for the amazing experience of All Star, with less travel, and at an affordable cost. These athletes will practice 1x a week June - August and 2x a week September - April, and will compete 3-4 times locally and regionally.

www.EliteHeatBuffalo.com

Team Placement 2025

INDIVIDUAL PLACEMENTS

MAY 28-30, 2025

All athletes sign up for ONE time slot on ONE day*
(ages 7 and older
6 and younger should attend Tiny Placements)

Level 1
5:00pm

Level 2
6:00pm

Level 3
7:00pm

Level 4, 5 & 6
8:00pm

**Tryouts will involve tumbling, jumps, dance, flexibility, and a fitness evaluation*

To sign up for Team Placement, follow these steps:

- ✓ Go to EliteHeatBuffalo.com, click on "Sign up for Placements"
- ✓ If you are new to Elite Heat, create a Parent Portal and a Student Profile
- ✓ Select ONE 60-minute time slot on May 27-30, 2025
**Be sure to select the correct time slot for your child's level
- ✓ Complete all Placement Packet forms and bring them with you to your Placement

LEVEL WORKOUTS

JUNE 2-7, 2025

Athletes will be invited to a level based on tumbling and experience level. Workouts will be an opportunity for athletes to stunt and tumble at their expected level to determine what level will be the most beneficial to the athlete and the team

TEAM REVEAL

JUNE 8, 2025

All placements will be announced at our Elite Heat team reveal on June 8

- ⇒ If you cannot attend placements on the above dates, please email us at eliteheatcheer@gmail.com to schedule a private placement.
- ⇒ All athletes will be placed on a team.

Team Placement Process

At Elite Heat, we have a team for everyone! During Individual Team Placement, each athlete will perform jumps, stunts, a dance (that they will learn ahead of time), and tumbling. After individual placements, we will assign each athlete to a level appropriate practice session for 1 week. At the end of this week long session, we will host a team reveal on June 8. We have All Star opportunities for athletes of ALL SKILL LEVELS. Teams will be created based on the following factors:

1

AGE GROUP

An ideal team is created of athletes at the top of the age group, so that they compete at a level playing field with other athletes of the same age. Flyers are often the exception to this rule based on the age grid rules (see below) * Note: level 1 is level 1, Y1 is not higher than M1*

2

JUMPS/TUMBLING

Each level in All Star cheer requires multiple tumbling skills. We will create teams with athletes that can perform all of the skills at their level, with excellent execution. Jumps are an important part of the scoresheet and must be performed with height and technique.

3

STUNTS/STRENGTH

When creating a team, we need to field a roster with a certain number of bases, backspots, and flyers. We will look at strength, experience, confidence, endurance, and an understanding of stunting skills.

4

ATHLETE CONDUCT

A strong work ethic, coachability, respect, communication, and self-awareness are all important qualities that we are teaching throughout the season, and looking for in our athletes. For current Elite Heat athletes, we will take conduct in previous seasons into consideration.

Level Appropriate Skills

Athletes should demonstrate a mastery of the skills at their level. We believe that athletes should spend a minimum of 2-3 years competing at a level before progressing to the next competitive level. There are exceptions to this, however most of the time we find that this is the most successful way to build confident athletes and competitive teams.

LEVEL 1

STANDING TUMBLING

- * Forward Roll
- * Cartwheel
- * Front Walkover
- * Back Walkover
- * Switch Leg BWO
- * Valdez
- * Double BWO

RUNNING TUMBLING

- * Cartwheel Double Back Walkover
- * Front WO Cartwheel BWO

LEVEL 2

STANDING TUMBLING

- * Standing BHS
- * BWO BHS
- * BHS Step out BWO BHS
- * Valdez BHS

RUNNING TUMBLING

- * Roundoff Double BHS
- * FWO Roundoff BHS
- * Flyspring

LEVEL 3

STANDING TUMBLING

- * Standing 3 BHS
- * Jump to 2 BHS
- * BHS Step out 2 BHS

RUNNING TUMBLING

- * Roundoff BHS Tuck
- * FWO Roundoff BHS Tuck
- * Front HS Punch Front
- * Aerial

LEVEL 4

STANDING TUMBLING

- * Standing Tuck
- * BHS Tuck
- * HS Stepout Tuck
- * Toe Touch HS Tuck

RUNNING TUMBLING

- * Roundoff BHS Layout
- * Roundoff Whip BHS Tuck
- * Front Through RO HS Layout
- * Cartwheel Tuck

LEVEL 5

STANDING TUMBLING

- * BHS Layout
- * BHS Whip BHS Tuck
- * Toe Back

RUNNING TUMBLING

- * Roundoff BHS Full
- * Front Walkover RO BHS Full
- * RO Whip HS Full

LEVEL 6

STANDING TUMBLING

- * BHS Full
- * Standing Full
- * 2 BHS Double Full

RUNNING TUMBLING

- * Specialty to Full
- * RO BHS Double Full

AGE BRACKETS

All Star is divided into several age groups. The most competitive teams are formed by placing athletes in the most age-appropriate divisions.

Division	Eligible Birth year	Typical Ages
Tiny Novice	2018-2022	3-5 years
Tiny	2018-2020	6-7 years
Mini	2016-2019	8-9 years
Youth	2013-2018	10-12 years
Junior	2010-2017	12-15 years
Senior	6/1/06-2013	14-19 years
Open	5/31/08 & before	17 & older

WHAT TO EXPECT AT PLACEMENT

During placements athletes will be asked to showcase their tumbling, jumping, physical fitness and dance skills. Coaches will be present to explain, answer questions, and encourage. Athletes should perform skills that can safely execute, there is no pressure to do something that they are uncomfortable doing.

HOW TEAMS ARE CREATED

Teams will be created with a consideration for age, skill level, and athlete conduct. Teams may not be created in the same way that they were in past seasons. Certain teams may need to fill spots in stunts with athletes who do not tumble at the level. In the same way, some athletes may also be placed on a team to tumble that do not yet have the stunting skills.

Every athlete is placed on the team for a reason. The staff takes in all factors when creating teams, and we ask that you trust us in this process. Our number one priority is the individual child, with a balance for the success of the team as a whole. Our desire is to give every athlete in our program a positive, enriching experience.

Important Dates

2025-26 SEASON

Jun 29 - Jul 5	Vacation Week	No Practice
September	Choreography	1 Day for all teams
Aug 31 - Sep 6	Back to School Break	No Practice
Oct 31	Halloween	No Practice
Nov 26 - 28	Thanksgiving Break	No Practice
Dec 22 - 27	Christmas Break	No Practice
Dec 29 - Jan 1	New Year's Break	No Practice
Feb 15 - 20	Winter Break	No Practice
Apr 5	Easter Sunday	No Practice

Competition Schedule

Schedule is tentative and subject to change

DATE	EVENT	LOCATION
Nov 2, 2025	Hot Cheer	Buffalo, NY
Jan 24-25, 2026	Hard Rockin Nationals	Cleveland, OH
Feb 28 - Mar 1, 2026	Maximum	Niagara Falls, NY
April 11-12, 2026	Lake Erie Nationals	Erie, PA

Competition Procedures

TEAM AGENDA

A program schedule with report times, performance times, and awards times will be posted the week of the event. Please note that we will release information as soon as it is finalized by the competition company, which may change up until the day prior to the event.

BIDS

Event producers award bids to a variety of end-of-season events throughout the season. Elite Heat cannot accept all of these bids, as the schedule simply would not allow it. The criteria for earning a bid can change from one event to the next. Once your child's team has earned a bid, this DOES NOT guarantee their spot on the roster for the event. Athletes must have a current account, and are expected to continue to perform the required stunts, tumbling, and attend all mandatory practices.

HAIR & MAKE UP

Hair should be a natural color. Required hairstyle will be posted on the Team Agenda the week of competition. Hair may vary from one team to the next and from day one to day two. Make up should be applied according to the photos posted on the Team Agenda.

TEAM PARENTS

We will assign 2-3 team parents for each team in the gym. Our Team Parents will play a big role on competition weekend. They will check in each athlete on competition day, facilitate communication between the program, the coaches, and the families, and serve as a parent/coach liaison throughout the season. Team Parents will also be responsible for organizing team bonding activities throughout the season, and assisting new families who may have questions about the program.

TRAVEL

Booking Travel is the responsibility of each individual family. Some competitions will require that we book hotel accommodations through the travel agency. Elite Heat will send out links to hotel blocks early in the season. **While we make every effort to stick to the schedule, travel should always be booked with travel insurance/full-refund policy as things can change at any time.**

Practice Expectations

APPEARANCE

Nails should be kept short. Absolutely no jewelry should be worn to the gym. Jewelry is often misplaced and unfortunately has been stolen on some instances. Please leave your valuables at home. Athletes should not get new piercings after June 30

TIMELINESS

Athletes should be ready to practice ON TIME, shoes on, hair up, hoodies/sweats off at the time that practice starts.

CELL PHONES

There should be no use of cell phones during practice. Athletes should power down their phones and leave them secured in their bag until the end of practice. Coaches may choose to collect phones and place them in a phone bin for the duration of practice. Certain exceptions to this rule may be considered at the parent's request. In the case of emergency, please contact your child's coach

ATHLETE INJURIES

All Star Cheerleading is very physically demanding sport. Athletes are expected to stay in good physical condition in regard to strength, stamina, and flexibility. Proper nutrition is an essential piece of keeping athletes healthy and injury free. While we take every precaution to limit injuries, they will happen throughout the season. If your athlete is injured, we expect that they continue to attend practice unless otherwise advised by a physician. Injured athletes should continue modified conditioning as allowed by a doctor. Injured athletes must return and fully participate at practice a MINIMUM of 3 practices prior to competition. Certain injuries require a longer return to play period.

VIEWING AREA

The viewing area will be open during certain times in the season for parents to view practices. Only athletes and coaches are allowed in the gym area. Any younger children in the viewing area must be supervised at all times, and should not be in any area other than the lobby or restroom.

CHOREOGRAPHY

Choreography is MANDATORY for all teams. The sessions are typically 3-6 hours in length. During choreography, athletes will learn all skills, counts, and formations for the entire season. The viewing area will be closed during these sessions.

ENERGY/CAFFEINE DRINKS

The consumption of caffeinated beverages has been proven to cause health issues in children under the age of 18. It can also stifle athletic performance and dehydrates the body. Absolutely no energy drinks or coffee drinks will be allowed at the gym or competition.

Attendance Policy

- ✓ All team practices are mandatory
- ✓ Excused absences include illness, graded school activities, and family emergencies
- ✓ Hybrid athletes are allowed 10 unexcused practice hours. Missing more than the allowed hours will jeopardize the athlete's spot on the roster
- ✓ Coaches must be informed no less than 2 weeks before an unexcused absence, and a coach-approved fill in must be secured for athletes in the Black & Gold programs
- ✓ The practices the week prior to competition are mandatory (starting Sunday). Athletes who are not in attendance for these practices may not participate in the competition
- ✓ Athletes who miss practices consistently due to illness may require a doctor's note
- ✓ Athletes are expected to be honest and transparent regarding any missed practice time. If it is discovered that an athlete has been dishonest regarding the reason for missed practice time, the result will be immediate suspension from the team.

Athlete Conduct

SOCIAL MEDIA

Athletes are expected to keep posts and photos on all social media platforms free of foul language, inappropriate gestures, references to drugs or alcohol, or sexually explicit content. Athletes should never post any negative comments about Elite Heat, their team mates, coaches, or family members on social media. It is also unacceptable to make any negative comments about other programs, athletes, or their families on social media.

DRUGS & ALCOHOL

All Star Cheerleading is a very physically demanding sport. Athletes are prohibited from the use of drugs and alcohol, vaping, or any tobacco product.

SPORTSMANSHIP

In all situations, Elite Heat athletes should treat members of other organizations with respect and kindness. We will set an example in the area of Sportsmanship and humility.

DISCIPLINARY POLICY

In most situations, we will follow the protocol listed below to address behavioral issues. There may be certain scenarios where we will need to escalate these procedures or modify the approach.

Step 1: Communication with Athlete/Parent: Our first step when a problem arises will be a conversation with the athlete, and a communication to the parent about the behavior. We may discuss the best way to resolve the issue moving forward.

Step 2: Written Warning: If the problem persists, there will be a formal written warning sent home to the parent. There may also be a parent meeting.

Step 3: Removal from Program: In serious situations, where the behavior issues persist, we may need remove the athlete from the program. These decisions are rare and taken very seriously.

Communication

BAND

Once your athlete attends placement, you will receive an email with an invitation to the Program-wide BAND. The BAND app is used often to communicate important information such as competition schedules, calendars, gym closures, time changes, lesson openings, and much more. In addition, after placements are complete, each team will have its own individual team BAND that will be used to communicate important information that is pertinent to your athlete's team.

EMAIL

The gym uses a few different emails for different purposes. Below is a general breakdown of who to email based on the communication:

EliteHeatCheer@gmail.com – General questions, financial questions

EliteHeatBuffalo@gmail.com – Coach Laura's direct email, for urgent or personal questions

EliteHeatBooster@gmail.com – Fundraising

Eliteheathotshop@gmail.com – Hot Shop/Uniform Questions

Coaches can also be emailed directly by visiting the Staff page of the website and clicking on the staff photo.

PHONE

You can reach the gym during the week day, between the hours of 9am-3pm. Please leave us a message if we miss your call and we will get back to you within 48 hours. Coaches may distribute their phone numbers at their discretion, but can also be reached via the BAND app. Gym phone: (716) 389-0731

24 HOUR RULE

If you have a question or concern about a decision or situation involving your child, you must wait 24 hours before contacting the gym or the coach. Coaches are instructed not to respond before this window. The only exception to this would be if your child needs immediate help or is in danger. We have found that this is the most effective and productive way to have a beneficial conversation that will result in a positive outcome for your child.

All Star Cheerleading Costs

MONTHLY FEES

There are essentially two main cost categories associated with all-star cheerleading. The first cost is tuition. This covers an athlete's time in the gym and the instruction that they are provided. The other cost, sometimes referred to as team fees, covers all other fees. This includes, uniform, practice clothes, bow, make-up, and competition fees. Each competition that we attend has a registration fee associated with it that the athlete pays to the competition vendor. We collect these "team fees" in even monthly payments to make it easier on the families. The tuition and team fees are combined into one monthly cost. These costs vary depending on the type of team each athlete is placed on (national, semi-travel or regional). Please see the pricing section of the Elite Heat website for specific team costs.

UNIFORM

A full year uniform must be purchased for all Red, Black & Gold Tier athletes. New program uniforms will be designed every 3 years. Uniform payments will be broken down into 3 payments over the months of July, August and September. We often have pre-owned uniforms available for purchase through our Facebook page or through the Hot Shop.

PRACTICE WEAR

Every athlete will be required to purchase practice wear from the Pro Shop for the season. Red teams will wear practice gear once a week, Black & Gold teams will wear practice gear twice a week. Lost or damaged practice wear must be replaced at an additional cost.

ADDITIONAL COSTS

Tiny and Half Year athletes are required to have an all white cheer shoe for competitions. Mini, Youth, Junior and Senior full year athletes are required to purchase the black uniform sneakers. There will be sneakers available at the uniform fitting. Elite Heat has its own pro shop where you can purchase sports bras, sweatpants, sweatshirts, shirts and warm-up jackets. None of these are required items. If an athlete would like to take additional tumbling, classes are offered throughout the season. Watch the parent portal for the latest class listings. Private and semi-private lessons are also available. You can book private lessons through our Parent Portal.

FUNDRAISING

Elite Heat All Stars is one of the only programs of its kind to offer parents the ability to raise funds to cover their entire monthly costs. Each month there will be fund raising opportunities that will allow you to raise all or a portion of the costs for that month. You can also raise more than your monthly expenses and have the “left-over” carry over to the following month. These fund raisers are completely voluntary and are run by the booster club to help make all-star cheerleading affordable for all. There is a mandatory fundraiser that raises money for choreography in July. If you choose not to participate in these fund raisers, you can pay the “buy out” fee to cover your portion of the costs for these two items. ***Per the Booster Club bylaws, all monies raised through fundraising are designated for costs associated with training through Elite Heat All Stars. Any fundraising monies that remain in an athlete’s account after leaving the program will be placed in a scholarship fund.***

HOT SHOP

The name Elite Heat All Stars, the heart logo and the team names are property of Elite Heat All Stars. Any items that use the name, logo, or team names must go through the Hot Shop. We will release new apparel periodically throughout the season, as well as offer some “Bring and Bling” events. If you have any suggestions or requests for the Hot Shop, please send us an email at Eliteheathotshop@gmail.com.

BOOSTER CLUB

The Booster Club is a huge benefit to our families, allowing for tax free uniforms and sneakers, offering fundraising year-round, supporting team bonding events, reserving team rooms at competitions, and much more. There will be a booster fee of \$25 assessed in December.

Hybrid Program

TUITION & FEES

There will be a registration fee of \$125 due at placements, which includes placement fee and level workouts. A \$50 insurance fee will be assessed annually on the athlete's anniversary date.

MONTH	TUITION	TEAM FEES	UNIFORM/ PRACTICE WEAR
June	\$75	\$0	\$0
July	\$75	\$0	\$225*
August	\$75	\$125	\$225*
September	\$100	\$125	
October	\$100	\$125	
November	\$100	\$125	
December	\$100	\$125	
January	\$100	\$125	
February	\$100	\$125	
March	\$100	\$125	
April	\$50		

**Cost for new uniform. If you previously own or purchase a pre-owned uniform, this will not be applied*

Athlete Contract

Initial each section and sign the bottom

_____ I have read in its entirety and understand the All-Star Handbook

_____ I understand the attendance policy, and that if I miss more than 10 hours, I will jeopardize my spot on the team. Any missed practices must be communicated directly to the coaches

_____ I understand that if I am not honest and transparent about my reason for missing practice hours, I will be suspended from the team immediately.

_____ I understand that if I am unable to perform the skills that I performed at tryouts I will jeopardize my spot on the team

_____ I will represent Elite Heat All Stars by conducting myself in a respectful manner, demonstrating sportsmanship and concern for my teammates. This includes all social media

_____ I understand that competitive cheerleading is a physically demanding activity. I will take care of my body, be mindful of choosing healthy foods, refrain from consuming energy drinks before practices and competitions, and will not participate in the use of alcohol, drugs, or vaping.

_____ I will arrive to practices on time, ready to practice (no jewelry, sweats off, shoes on, hair up) and will refrain from using my phone until practice has ended

_____ I will not get any new piercings after June 30, 2025

_____ I understand that if I violate the attendance policy and/or miss a regular season competition, I will forfeit my spot on the roster for Summit

_____ I will support and respect my teammates at all times, never putting down or speaking negatively about another athlete. I will support all of the teams at Elite Heat, win or lose

_____ I will respect my coaches at all times and focus on being a coachable athlete, recognizing that my coaches want to make me the best that I can be

Athlete Name _____

Signature _____ Date: _____

Parent Promise

Initial each section and sign the bottom

_____ I have read the All-Star Packet in its entirety with my child

_____ I promise to cheer for all children, not just my own

_____ I promise to celebrate the achievements of my child without comparing them to others

_____ I will strive to avoid gossip and do my best to speak positively about all athletes

_____ I promise to do my best to remember that I am not the coach and if I have a question I will ask before I create my own perception

_____ I promise to not use social media as an outlet to vent, compare, or get advice about my child's team

_____ I will praise my child for competing fairly and trying hard, and make my child feel like a winner every time

_____ I promise to set a good example for my athlete. I understand that my athlete's individual success is also related to the team's success

_____ I promise to teach my child by example because the success of my child's team and my child's gym matters to me!

_____ I understand that cheerleading is a team sport and my child is an essential part of a successful practice. I will not use missing practice as a consequence for my child.

_____ I have read and understand the differences between the Red, Black, and Gold Programs, and will indicate which program my child can commit to on the placement form. I understand that failure to commit to the attendance and performance guidelines for each program can result in removal from the team

Parent Name _____

Signature _____

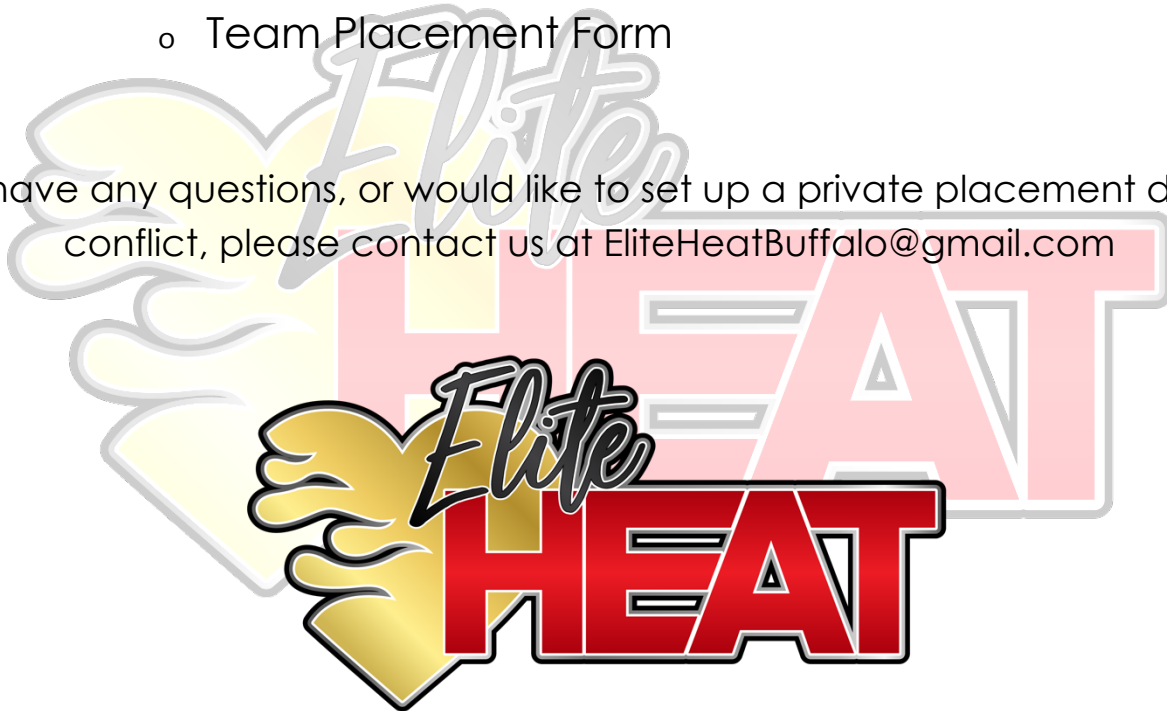
Date: _____

Team Placement Checklist

Please be sure to bring all of the following items with you to placement:

- o Create Account in Parent Portal
- o Sign up for a Placement Appointment
- o Credit Card Authorization Form
- o Athlete & Parent Contract Signed
- o Team Placement Form

If you have any questions, or would like to set up a private placement due to a conflict, please contact us at EliteHeatBuffalo@gmail.com



www.EliteHeatBuffalo.com

716.389.0731

Elite
HEAT