

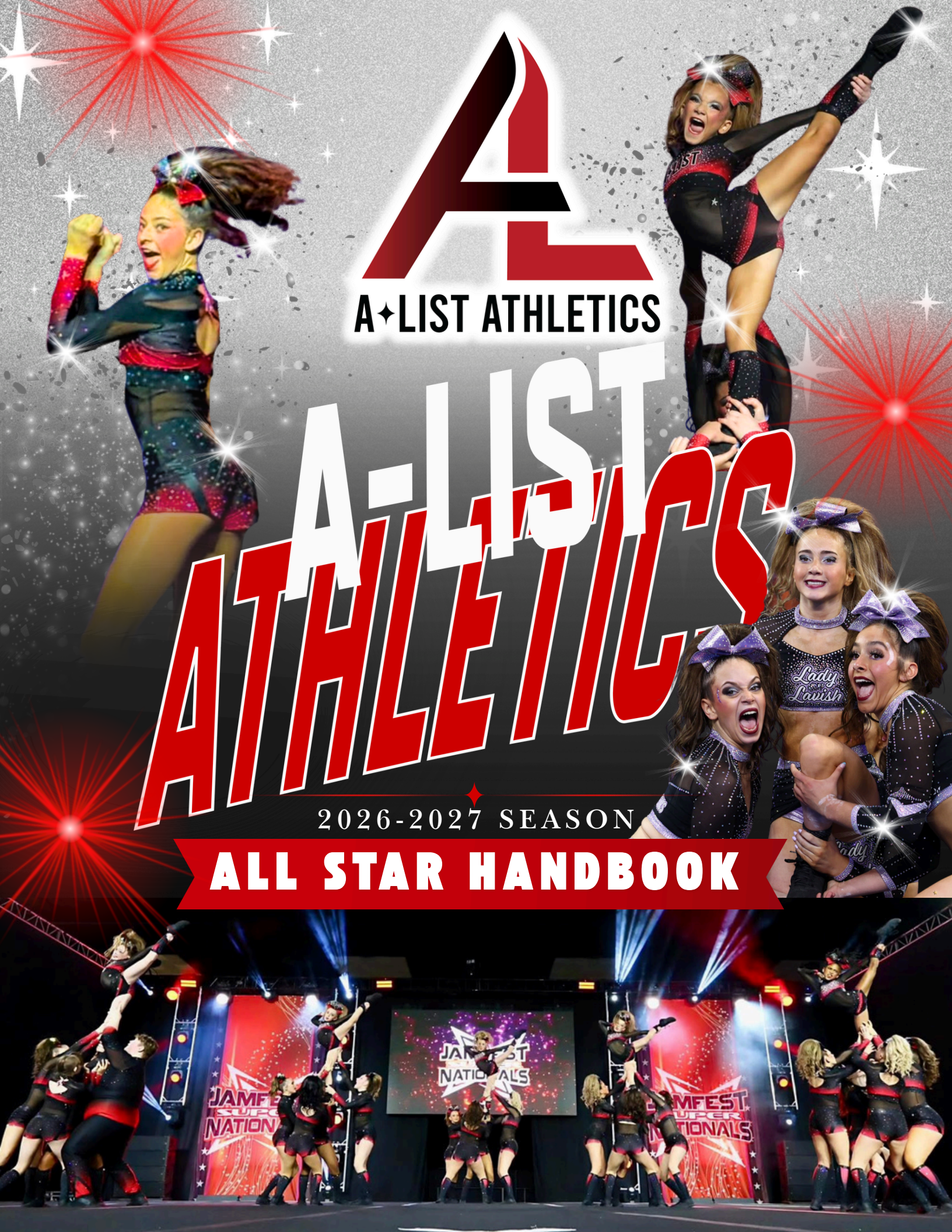


A♦LIST ATHLETICS

# A-LIST ATHLETICS

2026-2027 SEASON

**ALL STAR HANDBOOK**



# WELCOME TO SEASON 9

Welcome to Season 9 at A-List Athletics! As Rhode Island's premier D1 All Star Cheerleading program, A-List has built a reputation of excellence. From earning multiple national titles, the states only Worlds globes, multiple Summit championships, A-List leads the way! Our program is built for the best of the best, specifically athletes who are committed to pushing limits, supporting their teammates, and holding themselves to the highest standard. At A-List Athletics, accountability matters both on and off the mat, and every athlete, family, and coach plays a role in maintaining the culture that makes this gym special.

As we begin a fresh season with new teams, new goals, and renewed energy, we are excited to see what this incredible group will accomplish together. Season 2026–2027 is set to be our best yet, and we can't wait to get started.

The goal of this handbook is to provide information for families that are interested in joining A-List. Please review this packet in its entirety and ensure that you understand the commitment of our all-star cheer program.



## FOLLOW US ON SOCIAL MEDIA



a.listathletics



A-List Athletics

# TEAM PLACEMENTS

## Full Year Evaluations

May 30<sup>th</sup> - June 2<sup>nd</sup>

- MAY 30<sup>th</sup> Individual (Level Tryouts)
- MAY 31<sup>st</sup> Makeup Tryouts
- JUNE 1<sup>st</sup> - 2<sup>nd</sup> Call backs

## Team Reveal

June 5<sup>th</sup>

## Practices Begin

June 8<sup>th</sup>

## Welcome Meeting & Sizing Day

Friday, June 12<sup>th</sup>  
6:00pm

Location: A-List Athletics

Questions  
If necessary, please no emails or phone calls regarding team placements until after 24 hours.



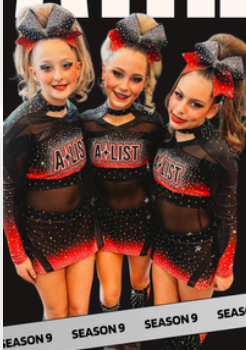

2026-2027  
FULL YEAR EVALUATIONS

# A-LIST ATHLETICS

*INDIVIDUAL*  
May 30<sup>th</sup>

*MAKE-UPS*  
May 31<sup>st</sup>

*CALL BACKS*  
June 1<sup>st</sup>-2<sup>nd</sup>

### MAY 30 LEVEL TRYOUTS

LEVEL 1 9 AM - 10 AM  
LEVEL 2 1030 AM - 1130 AM  
LEVEL 3 12 PM - 1 PM  
LEVEL 4 130 PM - 230 PM  
LEVEL 5/6 3 PM - 4 PM  
NT 6 630 PM - 830 PM

### MAY 31 MAKEUPS

ALL LEVELS  
THIS DOES NOT INCLUDE NON-TUMBLE. YOU MUST ATTEND MAY 30<sup>th</sup> FOR NT)  
12 PM - 1 PM

### PRIVATE EVALUATIONS

ONE ON ONE EVALUATION  
THIS DOES NOT INCLUDE NON-TUMBLE. YOU MUST ATTEND MAY 30<sup>th</sup> FOR NT  
PLEASE REGISTER THROUGH ICLASSPRO

#### Pricing

NEW ATHLETE: \$100  
RETURNING ATHLETE: \$75  
PRIVATE EVAL: \$100  
LATE EVAL (AFTER 5/31): \$125

### FLYER EVALS.

REQUIRED FOR ATHLETES INTERESTED IN FLYING ON TEAMS!  
MAY 30<sup>th</sup>  
4 - 6 PM

### JUNE 1-2 CALL BACKS

# TEAM PRACTICES

Gym closings are listed in the handbook, please schedule vacations during these times as it will be most helpful to your athlete and the team's progress. There is no bench in All-Star cheerleading, every athlete is important to the team's success.

## Summer Practices

- June 8<sup>th</sup> - September 1<sup>st</sup>
- Each team will practice between 4-5 hours per week during the summer.
- Each team will have choreography during the summer months that is MANDATORY.

## Fall/Winter Practices

- September 1<sup>st</sup> - April 1<sup>st</sup>
- Each team will practice between 4-7 hours per week during the school year.
- Depending on your team placement, weekend practice will be required.

## Post Season Practices

- April 1<sup>st</sup> - May 3<sup>rd</sup>
- Each team will attend a post season event (US Finals, Youth Summit, Summit, Worlds).
- Each team will have added practices in April. These practices will be on weekdays, as well as weekends.
- DO NOT schedule any vacations/family events/etc. during April to ensure you will be available for practice.
- All April practices are MANDATORY in order to attend post season events.

## All-Star Tumbling

- Every athlete's tuition grants them access to our All-Star Tumbling blocks.
- Tumbling sessions will be split up by the following levels:
  - Level 1 & 2 Combined
  - Level 3 & 4 Combined
  - Level 5 & 6 Combined
- Athletes may attend as many tumbling sessions as they want at their level of tumbling.

**NEW:** Every team will have an additional mandatory team tumble for June through August. (Schedule will be re-evaluated for the school year).

## Novice/Prep Teams

Will practice 2 days per week. No travel outside of New England. Will compete only on day 1 of two day events.

## Elite Teams

Will practice 2 days per week. Will attend 2 "travel" competitions, the remainder throughout New England.

## Premier/Worlds Teams

Will practice 2 days per week during the summer. A 3<sup>rd</sup> practice per week will be added on the weekend. Will attend 3-4 "travel" competitions, the remainder throughout New England.



# PROGRAM COSTS

**11 MONTH ALL INCLUSIVE TUITION!** Monthly tuition includes practice time, mandatory team tumbling sessions, All-Star Tumbling blocks, specialty classes, choreography/music costs, competition fees, coaches' fees, and the events fee. This does NOT include the post season fees.

## Tuition (11 months)

- Novice/Prep: \$335
- Elite: \$395
- Premier: \$475
- Worlds: \$485

## Sibling Discount

- Novice/Prep & Elite: Discount of \$201.66 for the season.
- Premier/Worlds: Discount of \$302.50 for the season.

## Additional Fees

- Camp A-List: \$95.00/Athlete. All athletes from RI and MA will attend Camp A-List where we will practice and unify the "A-List" brand before choreo for the 26-27 season. This will take place at the RI location on June 27<sup>th</sup> and 28<sup>th</sup>.
- A-List Practice Apparel: \$315/Athlete- includes 2 full sets of Rebel practice wear, Rebel practice hair bow, program T shirt, and Rebel cheer shoes.
- A-List Uniform Fee: Two installments of \$300/Athlete (female). Two installments of \$250/Athlete (male). This includes full Rebel uniform, and Rebel competition hair accessory. Only needed for new athletes.
- Warm Up Set: \$150/Athlete. Only needed for new athletes. Returning athletes should already have the warmups.
- *Lady Lavish will get a new uniform this season. (cost TBD)*
- USASF Registration: Will need to be completed and paid directly to the USASF (Approx. \$49). Registration must be completed to attend choreography.
- Post Season Fees: Post season fees are NOT included in the amounts above. Post season coaches' fees will be billed in April and due by zero balance day. Costs for post season fees will be available once bids are earned.

**NEW- MAY RATE WILL NOT BE REQUIRED THIS YEAR. ONLY PAID IF RETURNING FOR THE NEXT SEASON.**

- Payment Method: A voided check/authorization form is required for the 2026-2027 season. Payment methods for tuition and fees include card/check/cash/Boosters.
- Tuition: Monthly tuition and/or fees will not be prorated for any reason. There are many times throughout the season when we will add extra practices that you will not be charged for.
- Refunds: No tuition or fees will be refunded for any reason.
- Late Fee: A \$50 late fee will be added to any tuition outstanding after the 5<sup>th</sup> of the month. A \$50 late fee will be added to any "additional fees" outstanding after the 20<sup>th</sup> of the month.
- Quit Fee: A quit fee in the amount of 1 month's tuition will be charged to your card on file/voided check if you quit or are dismissed from the program before the season ends.
- Apparel: Once practice wear, shoes, uniforms, or any items arrive, you must have a \$0.00 balance at that time to receive it. Apparel will be dispersed to parents when it arrives.
- Post Season: Post season zero-dollar balance day will be April 3<sup>rd</sup>. You must have a \$0.00 balance by this date to compete at your end of season event.
- New Season: Athletes must have a \$0.00 account balance to be evaluated for the new season.

# PAYMENT SCHEDULE



DESCRIPTION	AMOUNT	DUE DATE
June Tuition	Tuition (based on team placement)	June 5 <sup>th</sup> 2026
Practice Wear Package	\$315/Athlete	June 15 <sup>th</sup> 2026
Camp A-List	\$95/Athlete	June 15 <sup>th</sup> 2026
July Tuition	Tuition (based on team placement)	July 5 <sup>th</sup> 2026
USASF Membership Fee	Approx. \$49 paid directly to USASF	Due before choreography
August Tuition	Tuition (based on team placement)	August 5 <sup>th</sup> 2026
Uniform Installment #1 (if needed)	\$300/Female Athlete, \$250/Male Athlete	August 15 <sup>th</sup> 2026
September Tuition	Tuition (based on team placement)	September 5 <sup>th</sup> 2026
Uniform Installment \$2 (if needed)	\$300/Female Athlete, \$250/Male Athlete	September 15 <sup>th</sup> 2026
Warm up set (if needed)	\$150/Athlete	September 15 <sup>th</sup> 2026
October Tuition	Tuition (based on team placement)	October 5 <sup>th</sup> 2026
November Tuition	Tuition (based on team placement)	November 5 <sup>th</sup> 2026
December Tuition	Tuition (based on team placement)	December 5 <sup>th</sup> 2026
January Tuition	Tuition (based on team placement)	January 5 <sup>th</sup> 2027
February Tuition	Tuition (based on team placement)	February 5 <sup>th</sup> 2027
March Tuition	Tuition (based on team placement)	March 5 <sup>th</sup> 2027
April Tuition	Tuition (based on team placement)	April 3 <sup>rd</sup> 2027
Post Season Fees	End of Season Coaches Fees	April 3 <sup>rd</sup> 2027

# GYM POLICIES

## Conduct

We are all here for a common goal and failure to comply with the following guidelines may result in your family's dismissal from the A-List Athletics program.

- It is the parent and athletes' responsibility to know what is going on with your A-List team at all times.
- Please do not gossip about other children/families, your team, coaches, or other teams. This includes posts made on social media platforms/group messages. This will not be tolerated.
- There will be no yelling onto the floor at team members or coaches while practices or classes are in session. Parents are not allowed onto the practice surface and have a designated lobby to watch from.
- Please feel free to speak to our coaches/owners about anything, just remember to do it at the appropriate time and in the appropriate manner.

## Conditioning

Competitive cheerleading is very strenuous and athletes in our program are expected to be in top physical shape. This includes flexibility, strength, and endurance. If a team member is lacking in an area, they may be required to take additional specialty classes that we feel they need.

\*FLYERS will have specific REQUIREMENTS to maintain their position within the team. This may entail: Additional Monthly Stunt Class enrollment, Flyer Flex Classes, Flyer Band Positioning, at home workouts/assignments. We are NOT requiring CHM this season.

All team members are expected to take care of their bodies. This means no drugs, no vaping, no alcohol, no tobacco products. We expect our athletes and families to practice proper health & nutrition.



## Practice

- **Dress code:** A practice wear schedule for training days will be set once we receive the apparel. You are required to follow this dress code, no exceptions. Failure to follow the designated dress code will result in conditioning for your child.
- **Hair:** Hair in a high ponytail with the practice bow.
- **Fingernails:** Fingernails must remain short. Fake nails are not allowed at practice or competitions. Please remove them prior to each of these events. Long/sharp fingernails can cause injury to yourself and others.
- **Jewelry:** No jewelry will be worn at A-List practices or competitions. Jewelry can cause injury to yourself and others. This includes apple watches.
- **Late Arrival:** Athletes that arrive more than 15 minutes late to practice with no prior communication with coaches will be marked as an unexcused absence.
- A-List Athletics reserves the right to move athletes between levels and teams.
- A-List Athletics reserves the right to change a team's level.
- A-List Athletics reserves the right to close practice viewing:
  - Practices will be closed for viewing during:
    - All choreography sessions.
    - The entire month of November leading up to Showcase.
    - The second practice of competition weeks. (Wednesday/Thursdays)
    - If any additional practices are going to be closed for viewing, we will give you notice ahead of time.

# GYM POLICIES

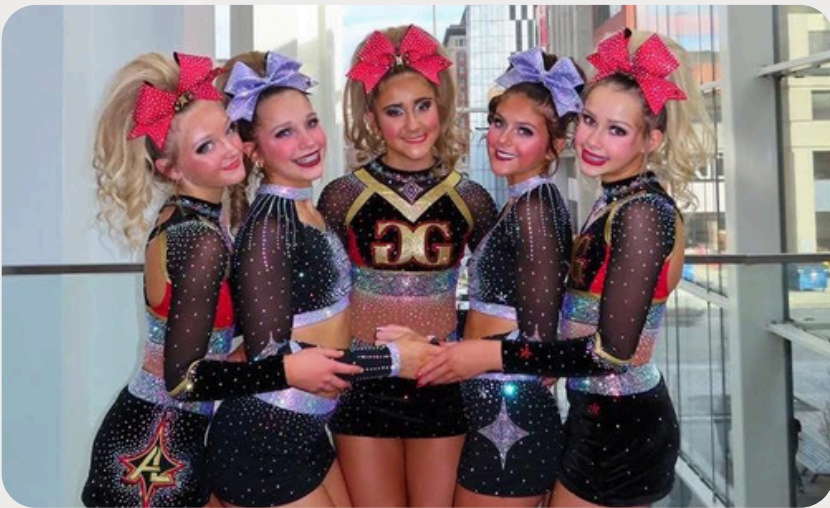
## Competitions

- Athletes and families WILL BE REQUIRED to support our program and A-List Massachusetts teams at events this season. A bigger fan viewing section often leads to bigger energy on the mat leading to a bigger performance score! We want all teams to feel the same level of excitement and celebration on stage.
- If issues are to ever arise at a competition, please reach out to A-List staff following the event. No athletes or families should contact the event producers on the gym's behalf.
- **Dress code:** Athletes should arrive at the competition with hair and makeup complete. Athletes should arrive wearing their A-List warm-ups over their uniform with their competition cheer shoes on (weather permitting).
- **Awards attire:** Athletes are to be fully competition ready for awards, hair and makeup must be complete. Athletes will wear their A-List warm-up jacket over their uniform for awards. No cell phones, stuffed animals, etc. are allowed on stage at awards.
- Competition schedules will be sent to families once they are made final by the event producer. This will be posted in our team Band pages.

## Travel

All athletes & families are responsible for their own travel accommodations, airfare, and any other travel expenses (hotel, rental cars, food, etc.).

- Teams traveling to larger events will have set travel dates which will be strictly enforced. DO NOT schedule travel accommodations until you are given the go ahead. Teams must adhere to these guidelines, so they are not to miss crucial practice times before large events.
- There are several “stay to play” events this season. This means that we are REQUIRED to stay at one of the designated hotels assigned by the event producers. There are no exceptions to this rule. A link for housing will be made in late summer/early fall.



# GYM POLICIES

## Absences

There is no bench in All Star Cheerleading! Missing practice does not only impact your athlete, but each of their stunt groups, pyramid groups, and other athletes/families. Please take this into consideration when asking for your athlete to be excused from practice.

- The ONLY excused absences:
  - For a grievance.
  - For a contagious illness (must provide doctors note to be excused).
  - For a school function resulting in a grade (must provide teachers note).
- While we support our athletes that want to take part in their school cheer teams and other school sports, scheduling conflicts between outside sports and A-List will not be excused.
- Throughout the months of June through August you will receive 3 unexcused absences to use at your discretion. From September to April you will have 3 unexcused absences to use. Once you have exceeded 3 unexcused absences, you will be charged a fee of \$50 per missed practice. Excessive absences are grounds for dismissal from the program.
- NO ABSENCES ARE ALLOWED IN APRIL.
- Practice during the week of competition is mandatory. “Competition Week” starts 7 days before the competition. Failure to participate may result in your athlete being removed from competition.

Communication regarding absences and tardiness should be sent directly to your athlete’s team coaches. Once teams and coaches are assigned you will be sent contact information for your coaches.

## Sickness/Injury

As mentioned above all absences due to illness will only be excused with a doctor’s note providing detailed information regarding the illness, treatment, and length of recovery. If you are sick without a doctor’s note you must come to practice. Extended sickness or injury may result in loss of position in a routine. If your child becomes injured and cannot compete, we will find someone to fill their spot until they return. You are still responsible for all fees including but not limited to tuition, choreography, and competitions. Injured athletes are expected to attend practices and events for the duration of their injury. Please do not leave messages or post on social media about absences due to sickness/injury. Contact your team coach via Band App. Once the individual has fully recovered, he or she may or may not be choreographed back into their original positions.



# IMPORTANT DATES

EVENT	DATE	DESCRIPTION
Choreography	August 4 <sup>th</sup> - 6 <sup>th</sup> Lewis McClendon August 13 <sup>th</sup> - 16 <sup>th</sup> Christian Gomez August 17 <sup>th</sup> - 22 <sup>nd</sup> Amber Helvie	Once teams are selected, we will schedule the exact days/times that athletes will have their team choreography sessions. Choreography is mandatory. If you ask to be absent, there will be a \$100 fee for a fill in.
Water Wizz	TBD	Fun day to Water Wizz (optional event)
Beach Day	August 23 <sup>rd</sup>	Weather permitting
Halloween Trunk or Treat	October 30 <sup>th</sup> or November 1 <sup>st</sup>	The gym will be closed on October 31 <sup>st</sup>
Red Carpet Roll Out	Tentatively 12/5 or 12/6	Showcase of our Season 9 RI and MA routines!
Christmas Party	December 20 <sup>th</sup>	Holiday party. We will also do Secret Santa.
Program Practices (MANDATORY)	November 29 <sup>th</sup> December 30 <sup>th</sup> January 3 <sup>rd</sup>	Mandatory practices for all teams. Times will be sent out closer to the date.

# GYM CLOSURES



EVENT	DATE(S) CLOSED
Independence Day	July 1 <sup>st</sup> - July 7 <sup>th</sup>
Back to School	August 24 <sup>th</sup> - 28 <sup>th</sup>
Labor Day	September 5 <sup>th</sup> - 7 <sup>th</sup>
Halloween	October 31 <sup>st</sup>
Thanksgiving Break	November 25 <sup>th</sup> - 28 <sup>th</sup>
Winter Break	December 23 <sup>rd</sup> - December 27 <sup>th</sup> *Teams will practice Dec. 28 <sup>th</sup> through Dec. 30 <sup>th</sup>
New Years	December 31 <sup>st</sup> - January 1 <sup>st</sup>
Easter	March 28 <sup>th</sup>

# A-LIST BOOSTERS

The A-List Boosters 501c3 Non-Profit offers many fundraising opportunities throughout the year to help pay for tuition, uniforms, team fees, etc. The funds you raise from A-List Boosters are only allowed to be used towards your A-List Athletics experience. If interested in joining the booster club, please email [alistboosters@gmail.com](mailto:alistboosters@gmail.com).

## A-LIST BOOSTERS

**2026-2027 Season 9**

★ **HAPPENING NOW** ★

- ✔ Canning Fundraisers
- ✔ Tidewater Landing

★ **START FUNDING YOUR A-LIST SEASON NOW!** ★

Over **\$425,000** Raised in the 2025-2026 Season!

★ **IMPORTANT DATES** ★

- ✔ Registration Opens: 04/15/2026
- ✔ Sales Begin: May 2026
- ★ Xfinity Opportunities: Begin 06/05/2026

★ **GET A HEAD START** ★

Early Registration = Early Access  
Kickstart a Profitable Fundraising Season!

★ **MORE INFORMATION** ★

- ✉ Informational Pamphlets Available at the Desk
- ✉ Email: [alistboosters@gmail.com](mailto:alistboosters@gmail.com)




**SEASON 8 HIGHLIGHTS**

**OVER**  
**\$425,000.00**  
**RAISED**

**CANNING EVENTS**

\$142,000.00 + Raised  
120 Events | 47 Cities  
RI | MASS | CT

**TIDEWATER**

\$134,000.00 + Raised  
33 events

**XFINITY**

\$88,000.00 + Raised  
27 Events

**DIRECT SALES**

\$45,000.00+ Raised  
17 Different Opportunities

**SEASON 9 OPPORTUNITIES**

**CANNING EVENTS**

Events across RI, MA, and CT where athletes solicit donations from store customers.

**TIDEWATER**

**CENTERVILLE BANK STADIUM**

A stadium that just opened in 2025 located in Pawtucket, RI where parents can volunteer to run concessions for a donation plus tips.

**XFINITY CENTER**

Venue in Mansfield, MA where parents volunteer to run all aspects of a concession stand to earn a donation plus tips.

**DIRECT SALES**


Sell different items such as raffle tickets, food items & more throughout the season to earn a percentage back. Usually 2 opportunities per month.

**SPONSORSHIPS**

Always accepted. Solicitation letter provided.



## HOW TO JOIN



- ONE**  
Use the QR code above to fill out our full year membership registration form.
- TWO**  
Pay your annual dues according to the payment choice you selected on the registration form.
- THREE**  
Use the link sent to your email to join the 2026-2027 A-List Boosters band page to get all of the information about fundraising with us.
- FOUR**  
**START FUNDRAISING**

**ANNUAL MEMBERSHIP**

**RETURNING MEMBER**  
**\$35**

**EARLY BIRD**  
**NEW MEMBER**

RATE VALID 04/15/2026 - 05/31/2025

**\$45**  
**NEW MEMBER**  
REGULAR RATE BEGINS 06/01/2026



**venmo**

All memberships require 2% fee deduction from all fundraising profit. Fee will be capped at \$200.00 per registered athlete.

**EMAIL US WITH ANY QUESTIONS**  
[AListBoosters@gmail.com](mailto:AListBoosters@gmail.com)

FOLLOW US

 Instagram [@brucetheboostergoose](https://www.instagram.com/brucetheboostergoose)  
 Facebook [A List Boosters](https://www.facebook.com/AListBoosters)

# SEASON

2026 **9** 2027

# A-LIST BOOSTERS

**FULL YEAR FUNDRAISING INFORMATION**

A 501(c)3 organization, verified by the IRS, dedicated solely to supporting the athletes of A-List Athletics in raising funds to offset the costs associated with their all-star cheerleading season. The organization operates as a nonprofit entity with the mission of providing financial assistance to athletes and their families, ensuring that costs are no barrier to participation in the competitive cheerleading program. Funds raised through are used to cover various expenses, including training fees, travel, uniforms, and competition costs.

**A-List Boosters**  
PO BOX 8003  
Cranston, RI 02920