



WELCOME TO THE 2023-2024 SEASON

THE STINGRAY ALLSTARS VIRGINIA

WWW.STNGRAYALLSTARSVA.COM

Instagram: @letsgorays_virginia

Twitter: @LetsGoRaysVA

Facebook: The Stingray Allstars - Virginia

The mission of The Stingray Allstars is to provide an environment of excellence. The Stingray Way puts the athlete in a position to excel while instilling hardwork, accountability, competition and community. We aim to inspire athletes, coaches and all that enter our doors to be fully committed to excellence.

Full Year Allstar Program

The full year team program is a competition allstar cheerleading program for athletes ages 3+ that compete in various levels 1-6. The season begins late May and runs through the first week of the following May. When forming teams, we are looking for full mastery of skills to be placed within a level, as well as stunting positions.

- **Time Commitment:** Elite tier teams will practice 2 days a week during the Summer and 3 days a week beginning in August. Novice & Prep teams will practice 2 days a week for the duration of the season. All teams can expect extra practices to take place for Choreography, around competition season and for extra work at the discretion of the coaches. Attendance is incredibly important to a team's success. Missing practice could affect an athlete's position on the team.
- **Absence Notification:** Athletes who are planning to miss practice for any reason will need to email the team specific email a minimum of 2 weeks in advance. This will automatically be emailed to all team coaches and Management.
 - **Excused Absence:** Sick (fever or Doctor's note), school function for a grade, death in the family.
 - **Please Note:**
 - Athletes that miss practice within 2 weeks leading up to a competition may not be able to compete at the event (excused or unexcused).
 - Athletes that continually miss or have too many unexcused absences, can be removed from positions in the routine and/or be removed from the routine/team/program.

Competition Schedule/Travel: The competition schedule will be released prior to September 2023. The Full Year Allstar Program will attend a variety of local and out of state competitions. All athletes are expected to attend every competition for their team. Travel costs are not included in tuition and each family is responsible for getting their athlete(s) to and from the competitions. Some of the events we attend may be considered "Stay Smart" which requires athletes in attendance to book through the sanctioned hotels. Links to those hotels will be sent out in the months leading up to the event. Athletes that do not comply with the "Stay Smart" policy may result in team disqualification, thus it is a required expectation to stay within the specified room blocks and "Stay Smart" events.

Apparel: All team members will be receiving a practice wear package. A tryout t-shirt is included with the Evaluation Fee. All Stingray logos and brands are protected and may not be duplicated. All Stingray apparel must be purchased from Full Out Sports (ProShop at The Stingray Allstars - Marietta) to include team sponsored items, parent apparel, etc.

End of Season Events: All of our teams will work to earn a bid to an end of season event such as: Worlds, The Summit, Regional Summit, US Finals, The One, etc. End of season event costs are NOT included in the tuition and if your team earns a bid, additional fees will apply depending on the type of bid earned.

Things to Know:

- If you have any questions or concerns that need immediate attention please use the following chain of communication in this order: 1) Coach → 2) Manager → 3) Owner
- Good sportsmanship, polite manners and a good disposition are mandatory at all practices and competitions.
- If your athlete is moved to alternate status, their tuition rate will be adjusted. Alternate athletes are expected to attend all practices. Depending on when alternate status is established, the gym is subject to charging your account competition fees for your athlete(s) to attend events.
- Crossover Policy: If you are asked to be a Crossover athlete, you will be responsible for the crossover payment agreement and fees in addition to your regular payment agreement & tuition fees for the primary team.
- It is the athletes responsibility to wear the appropriate practice wear to every practice and competition attire to events.
- Social Media posts that are a poor representation of The Stingray Allstars may result in suspension or removal from the team.
- Personal items such as cell phones, school bags, or gym bags must be stored in the cubbies. No items are to be left in the gym hallways or near the doors. We are not responsible for lost or stolen items. Please do NOT bring valuables to the gym.
- You must arrive at all practices, competitions or scheduled events on time. Punctuality is a MUST!
- Please feel free to talk to your coaches about anything; remember to do it at the appropriate time. For example: Approaching a coach in the middle of a practice would not be an appropriate time.
- Athletes need to be able to perform all aspects of competitive cheerleading physically and mentally. This may require additional private lessons, classes, conditioning and/or practices.
- NO GOSSIP about other athletes, teams, coaches or staff.
- The Stingray Allstars is not a babysitting service. No child should be dropped off at the gym unsupervised if they are not in a class or team practice.
- Practices may be changed or added at any time during the season as necessary.
- Anyone threatening to quit or to pull their child from a team for any reason will be dismissed from the program immediately.
- Only athletes and coaches are allowed in the gym.
- No one is allowed to yell onto the floor or try to make contact through the parent viewing area window.
- The coaches reserve the right to close practices at ANY time for ANY reason.
- It is the parent's responsibility to know what is going on with your team. Check your emails and the team BAND regularly. Email is our main form of communication but we will also follow up in the team and parent BAND's.
- Punishing your child by missing practice or a competition is not acceptable. Homework is not an acceptable excuse for missing practice.
- Parents, relatives, friends & athletes are not allowed to speak with competition officials for any reason.
- Parents are not allowed to represent The Stingray Allstars under any circumstances concerning accommodations, competitions or other situations.
- There will be no arguing or questioning coaching decisions at competitions.
- Problems between athletes/parents will be addressed with all parties involved at a meeting with your coach and Management.
- The Stingray Allstars maintain the right to refuse services at any time.
- Ownership/Management may change, add or subtract any rule at any time.

EVALUATION REGISTRATION INSTRUCTIONS

All booking and registration is done through the [Client Portal](#) on The Stingray Allstars Virginia website: www.stingrayallstarsva.com or through our App on your mobile device.

If you already have an account in our system, please log in to your current account. Please do not create another account. If you have any trouble logging in, please contact: accounts@stingrayallstarsva.com for assistance or give us a call: 703-444-6002.

All accounts must be paid in full to register for Evaluations. You must keep your account current to remain active on a team. There will be no refunds made to anyone who withdraws from the program or is asked to leave the program.

ASSESSMENT CHECKLIST:

- ☐ Register for Evaluations
- ☐ Select an Evaluation Clinic to attend (highly encouraged to attend at least one Clinic)
- ☐ Select day/time slot for Evaluation Session (Only pick 1 spot)
- ☐ Complete Waiver/Registration Form
- ☐ Complete Athlete Information Form
- ☐ Complete Athlete Questionnaire
- ☐ Turn in all forms at the Front Desk: BB (Ashburn) or Fatima (Manassas) or email to: bb@stingrayallstarsva.com or fatima@stingrayallstarsva.com
- ☐ Take advantage of the Clinics & Open Gym included in the Evaluation Registration Fee to best prepare the athlete for Evaluations.

Full Year Team Evaluations (Worlds, Summit, Elite, Prep & Novice)

Clinics (Must be registered for Evaluations):

Monday, May 8th: Levels 1 & 2 from 5:30-7:30pm / Levels 3 & 4 from 7:30-9:30pm

Tuesday, May 9th: Levels 1, 2 & 3 from 5:30-7:30pm / Levels 4, 5 & 6 from 7:30-9:30pm

Wednesday, May 10th: New to Cheer from 5:30-7:30pm / Levels 2, 3 & 4 from 7:30-9:30pm

Thursday, May 11th: Levels 1, 2 & 3 from 5:30-7:30pm / Levels 4, 5 & 6 from 7:30-9:30pm

Open Gym (Must be registered for Evaluations):

Friday, May 12th: 5:30-8:00pm

Evaluations:

Monday, May 15th through Friday, May 19th

*Evaluations will be set up by Appointments. You choose ONE day/time slot to attend.

Team Announcements on or before Tuesday, May 23rd

Athletes will receive an email regarding team placement. Email will include team placement information, first practice day/time, team coaches and parent meeting information.

*****Please mark these dates on your calendar. All dates are subject to change when necessary.*****

Important Dates at a Glance:

Season 5 Clinics/Open Gym: May 8th-12th

Season 5 Evaluations: May 15th-19th

Season 5 Team Placement Announcements: On or before May 23rd via Email

Season 5 First Practices: Week of May 22nd

Memorial Day Break: Friday, May 26th - Monday, May 29th (GYM CLOSED)

Uniform & Shoe Fittings: June 2023 (Dates/Times TBD)

Summer Break/Independence Day Break: July 1st-9th (GYM CLOSED)

Stunt Camp: July 2023 (Dates/Times TBD)

Choreography: July-September 2023 (Dates/Times TBD)

Sunday Practices begin: August 6th

Labor Day Break: September 1st-4th (GYM CLOSED)

Halloween: October 31st (GYM CLOSED)

Thanksgiving Break: November 22nd-26th (GYM CLOSED)

Stingrays Kickoff Showcase: December 2nd

Winter Break: December 22nd-January 1st

Spring Break/Easter: March 25th-31st (GYM CLOSED 3/29-3/31 only)

End of Season/EOY Event Showcase: April 2024 (Dates/Times TBD)

End of Season 5: May 3rd

2024-2025 Season (*Tentative Info*)

Season 6 Clinics/Open Gym: May 6th-10th

Season 6 Evaluations: May 13th-17th

Season 6 Team Placement Announcements: On or before May 21st via Email

Season 6 First Practices: Week of May 20th