



PROGRAM GUIDE

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SEASON
8

www.TNTAllStarCheer.com

REFERRAL PROGRAM

**For each new member you bring to TNT, you
will be credited back 1 months tuition!!**

(New athlete must join and pay the first month tuition to qualify)

SIBLINGS CHEER 50% OFF

**Have a sibling who wants to cheer too? They
cheer at 50% off tuition at TNT!**

(Apparel and program fees not part of the siblings promotion.)

HAVE QUESTIONS?

**Please contact TNT Elite Director, Coach Becca:
coachbecca@tntallstarcheer.com**

**Check out our website:
www.tntallstarcheer.com**



Learn More

TNT ELITE ALL-STAR CHEERLEADING



ABOUT TNT ELITE ALL-STAR CHEERLEADING

OUR GOALS

We strive to cultivate confident, supportive athletes who achieve their personal skill goals. Together, they will showcase our program's excellence both at competitions and in the gym, fostering a unified spirit for both individuals and the team.

PRACTICE SCHEDULES

All teams will practice regularly on Monday & Wednesday nights. Exact times for each team will be communicated via BAND & email. Team times are subject to change at any time and additional weekend practices may be added during strategic times during the competition season.



INFO ANYTIME!

Our website is always updated with the most recent information for you to have. Visit our Parent Corner for details!

www.TNTAllStarCheer.com/ParentCorner

HAVE A GOOD VISION AND MISSION

We envision a thriving community where every athlete, regardless of skill or age, feels embraced like family. Through expert coaching and a supportive, inclusive environment, we empower each cheerleader to discover their talents and flourish, both in cheerleading techniques and positive social-emotional development.

Empowering young athletes to excel on and off the mat, our program fosters athleticism, social connection, and confidence in a fun and supportive environment.

SMALL GYM, BIG OPPORTUNITY

We pride ourselves in having small teams. This allows our expert coaches the ability to give each athlete the individual attention they need to grow and succeed. You are not just a number, you are a name, have a story and become a part of our Family!

(609) 850-4494

@TNTEliteCheer

www.tntallstarcheer.com



IMPORTANT EVENT DATES

2025

October 8 & 15 - Parent Meetings
October 29 - Cheer-O-Ween Practice
December 7 - Season Opening Showcase

2026

January 11 - Mandatory Weekend Practice
January 19 - MLK Day - TNT Open
February 1 - Battle of the Best Competition
February 16 - President's Day - TNT Open
February 28 - Thriller on Miller Competition
March 22 - Spirit Extreme Nationals Competition
April 26 - Hershey Nationals Competition

Gym Closure Days

October 31 - Halloween
November 26-November 30 - Thanksgiving
December 22 - January 4 - Christmas/New Years
April 6 - Easter Monday

SEASON 8 PRICING

TUITION

\$1680/Season

Payment plan of \$210/month for 8 months. Due 1st of each month

PROGRAM FEES

\$980 - 2 Payments of \$490 (When registered on or after October 1) Save \$100 when registered before October 1.

WHAT'S INCLUDED

TUITION

The use of facilities at TNT Elite for practice and team tumbling

PROGRAM FEES

Covers the cost of competitions, uniform & bow, choreography, competition music, coaches fees & camps.

WHAT'S NOT INCLUDED

- Mandatory cheer sneakers
- Travel related cost
- Showcase spectator tickets
- Banquet (except for athlete)
- Team & program events, outside of practice hours
- Bid-winning competitions
- Practice Wear
- Warm Up Jacket and/or Pants

PAYMENT SCHEDULE

Registration Date: \$420 (First & Last Month Tuition)

October 1: \$650 - Tuition & Payment 1 of 2 - Program Fees

November 1: \$650 - Tuition & Payment 1 of 2 - Program Fees

December 1: \$210 - Tuition

January 1: \$210 - Tuition

February 1: \$210 - Tuition

March 1: \$210 - Tuition

- Based on Registering on or before the start of the season, September 2025
- Athletes registered on or after October 1 will have a modified payment schedule/arrangement discussed at time of registration.

TNT Elite All Stars Season 8

Program Policies and Expectations

Pricing & Fees

ALL FEES ARE NONREFUNDABLE. NO REFUNDS WILL BE ISSUED.

All tuition payments are due on the 1st of each month to TNT Gymnastics through the iClass portal used during the original registration. Program fees are as stated in the program guide and are due as scheduled. Custom payment plans are not available, and payment must be received on time.

If fees are not paid on time, athletes will not be eligible to practice or compete until payment is received. Payments received after the 5th and 15th of the month will be subject to a \$10 late fee each time. Any late payments in program fees will result in apparel not being ordered for your athlete, and will incur additional handling fees based on the charges incurred by the vendor, as well as your athlete not being registered for competitions.

All athletes must have a working credit card on file on their iClass account for the duration the athlete is enrolled at TNT Elite All-Stars. **Any athlete with a tuition balance more than 7 days past due will not be eligible to attend practice and, during a competition week, will become ineligible for competition until all outstanding fees are paid in full.**

If an athlete chooses to quit or is asked to leave the program at ANY point, there will be no refunds for ANY fees paid. The athlete will be charged a \$350 re-choreography fee if the athlete quits or leaves the program after December 31st. TNT Elite All Stars expects the full team commitment from each team member for the entire season. If you do not feel you can commit to the full expectations of the team, please reach out to the Director.

If your athlete is an active team member, there is no break in tuition payments or credits issued at any point during the season, including illness and injuries. Tuition is a total per season and broken into 9 monthly payments; thus, it is owed in its entirety by each team member for the year. Athletes will not be eligible to participate in practice if there is an outstanding tuition or program fee balance. **Tuition is not prorated for ANY missed practice time.**

If you wish to leave the team, you must send written confirmation to Becca at coachbecca@tntallstarcheer.com and Dawn at tntgymnasticsnj@gmail.com 30 days before exit.

Apparel

Athletes will be sized for uniforms, with sample uniforms provided by the vendor, by the Program Director. Program fees and tuition must be in current standing for the uniform to be ordered. Payment must be received **in full no later than November 1st, 2025.** If payment is not received in a timely manner, the uniform order will not be included in the order of apparel and is subject to additional handling fees. Any late order that results in uniforms not being received by competitions will also make that athlete ineligible to compete until the uniform has been received. All items are custom-made and can take up to 12 weeks for manufacturing and delivery.

Apparel will be distributed as a set. Parents are required to pick up and sign upon delivery of apparel. Any items missing or sized wrong must be reported at pick up. TNT Elite will not be responsible for any items not properly reported at the time of pick up. Parents and athletes are responsible for maintaining the quality of the apparel throughout the entire season.

Uniforms are non-refundable, non-exchangeable, and non-returnable as they are custom-fitted to your athlete's size. TNT Elite All Stars is not responsible for uniforms that do not fit or any other uniform issues (i.e., rhinestones coming off, color fading, rips/tears, etc.). No parents or athletes are allowed to contact the uniform company for any reason. This includes any practice wear, warm-up, or bow orders we may place throughout the season. If there is an issue, please let us know, and we will contact the appropriate parties.

Unclaimed Apparel:

TNT Elite All Stars is not responsible for any items that are purchased and not picked up on time. Athletes and families have 30 days from distribution to take possession of items, or they are subject to discard or other use as deemed necessary by TNT Elite.

Practice Wear

Athletes are expected to come to practice in appropriate athletic wear with their hair pulled up in a ponytail. Proper cheer sneakers are also required at all times during practice.

Monday: Blue TNT T-Shirt, Black Shorts & Blue TNT Bow

Wednesday: White Tank Top, Black Shorts & Team Color Bow

Attendance

TNT Elite does not have a restrictive attendance policy. We do expect that practices are made a priority by each team member to attend unless there is an unavoidable conflict. We are flexible with other activity schedules with the respect that at least 1 practice per week will be attended, and it is not an entire season conflict. However, coaches must keep the team moving in their absence, and spots are not promised or guaranteed. If an athlete is absent, it is expected that another athlete will be working in their spot in their absence. It is a top priority to keep the team moving forward. Missing athletes are not guaranteed their spots back.

Notification in writing via email (info@tntallstarcheer.com) and/or text (609-850-4494) is required by 3 pm on the day of practice so coaches can properly plan their practice. We also must be notified if an athlete may be late. Please do not send a BAND message or post on BAND.

Competition Week Policy (7 days leading up to a competition)

- Athletes must be present for all practices
- Athletes must attend for the full duration of each practice.
- Athletes must participate in full capacity during all aspects of practices, including tumbling.

Athletes who have missed repeated practices may not be eligible to compete, and no refunds will be issued. No exceptions.

Unless the date is listed as a closure for the gym or otherwise informed by your athlete's coach, always assume your athlete will have their regular scheduled practice. If you are unsure, please email our staff.

Illness / Injuries:

Athletes who are sick on the Monday of a competition week must present a doctor's note. Without a doctor's note, there will be no consideration granted, and the athlete will be ineligible to compete, no exceptions. It is up to the Director and Head Coach to make the final decision on what is best for the team. A sick athlete who is granted an excused absence MUST be present and fully practicing the Wednesday or the last practice before a competition to be eligible to compete.

Athletes are still required to attend practice even if injured (unless deemed unsafe by their doctor). Athletes who are injured but are returning to the team are still required to attend practice so they are up to date with material upon their return and are expected to still attend competitions and other requirements of the team. Tuition is still due. We require a copy of the doctor's notes when athletes are injured and under medical care. If an athlete is seeking medical care, please notify a TNT Elite All-Star Staff member immediately. A doctor's note is required for an athlete to sit out of practice with an injury and is required for an athlete to return to practice.

This will allow the coaching staff to find a fill-in if need be. If there is a long-term injury or sickness, the athlete may be asked to sit out longer, depending on the return date and the next competition. No refunds will be provided in any case. If an athlete does not perform on the competition floor, he/she will not receive any gifts from that competition.

Travel / Vacationing:

Please be mindful of scheduling vacations during competition season (January- April). Please expect an additional weekend practice during January as we return from Christmas break. Please email any planned absences to Program Director Becca at coachbecca@tntallstarcheer.com as soon as you are aware, so we can plan accordingly. **We DO NOT have a spring break.**

Practice schedules will be released at the beginning of the season, and a preliminary competition schedule will be provided at the start of the season. Please note that this is subject to change. We do our absolute best to keep scheduling consistently. You must let coaches know immediately of any planned vacations.

Outside Activities/Schoolwork/Family Gatherings:

We always encourage our athletes to be well-rounded individuals and encourage their participation in outside activities. However, when you choose TNT Elite All-Stars, you are making us a priority in addition to your outside obligations. Athletes are expected to manage their schoolwork and practice schedules. If athletes play another sport, it is expected of their parents to have a discussion with their respective coaches about scheduling conflicts. Between the Director and the parent, an agreement will be worked out if possible. We cannot guarantee we can balance every scheduling accommodation, but we will do our best to come to an agreement that works for both parties. We expect in return that both parties will be flexible and respectful, and still make their best effort to make TNT a priority. Please schedule family gatherings, birthday parties, etc, around practice times. Please coordinate with the Director as soon as possible regarding any conflicts, school functions, etc.

Religious Holidays:

We understand how important religion can be in your life. Please communicate any religious holidays with the TNT Staff Members at least 2 weeks prior.

Athlete Expectations

Proper Attire for Practice:

- T Shirt or tank top
- Appropriate undergarments
- Tight Shorts, such as Nike Pro
- White Cheer Sneakers
- No jewelry, including earrings, a watch, bracelets, or a necklace.

Use of Electronics and Personal Belongings:

The use of electronics during practice will not be allowed. Athletes can bring their electronics and personal belongings to practice for safety and communication with parents/guardians. Phones may be held by the TNT Staff during practice.

Any personal items left in the gym may be placed in lost and found. Items in lost and found will be held for up to 30 days. After that, items may be discarded or used in any fashion as deemed necessary by TNT Elite.

Competition Attire:

Athletes are expected to wear their full competition uniform when arriving at the venue. Athletes can wear weather-appropriate attire (ie, coat, leggings). Please, no pajama pants/UGG boots/inappropriate clothing. Athletes are to be in FULL uniform to attend the awards.

Parent & Athlete Social Media and Behavioral Expectations

We promote respectful, inclusive behavior in the gym and expect our athletes to display that outside of practice time, and we do not tolerate any sort of negative behavior on the team. All athletes are expected to treat team members and staff with respect in the gym as well as on social media. Any social issues that occur outside of the team are expected to be

handled in a respectful and timely manner outside of practice time. Those who are found in violation of these expectations will be removed from the team.

We will not tolerate any drama from child/children, parents, or family members! Any inappropriate behavior (fighting, arguing, bullying, disrespect to event staff or our staff, booing other competitors, etc.) will result in your child/children's removal from the team. No exceptions.

While TNT staff members will not be actively policing the social media of athletes, any concerns or allegations brought to our attention will be handled accordingly. Those who are found in violation of these expectations will be removed from the team.

We strongly discourage the use of group messaging systems among parents or athletes. While this form of communication may start with positive intentions, it often has a high potential to spiral out of control. The consequences of misusing these messaging systems can lead to toxicity that can harm team dynamics and morale throughout the season. We encourage team bonding outside of cheerleading activities, but please refrain from creating or using group messaging systems to help maintain the integrity of the team.

Decisions throughout the season will be made in the following order: first, what is best for the program; second, what is best for the team; and finally, what is best for the individual athlete. Every decision is made with careful thought and consideration of all parties involved and will not be taken lightly. There will never be a decision made that intentionally harms a TNT athlete, coach, or family.

TNT Elite All-Star staff and coaches will not engage with any aggressive behavior, including via email, texts, phone calls, or in person. We will interact with any athlete or parent calmly and constructively to address any concerns or questions. Discussions will only take place in a one-on-one setting and only with the parties directly involved.

The Director of TNT Elite All Stars is the final decision-maker on all matters concerning TNT Elite All Stars.

It is expected that any issues or concerns be addressed with a staff member directly and promptly. We do our best to address concerns in a timely and professional manner. Any parent or athlete who consistently speaks negatively about the team, program, staff, or an athlete without addressing a staff member directly, especially after the issue has been discussed and addressed, may be subject to be asked to leave the program as it is no longer a healthy fit. We take our program culture very seriously and work hard to protect it for our athletes and families.

Any violations of rules or actions found within TNT Elite All Stars to be deemed inappropriate or disrespectful of either teammates or staff are subject to appropriate disciplinary action, up to and including the removal from the team. These actions can be physical, verbal, or digital. These actions include, but are not limited to:

- Using foul language
- Horseplay
- Violence
- Lewd Acts
- Disrespect of TNT Staff, Parent, or other athletes, either verbally, physically, or digitally
- Any interaction in which one party may feel uncomfortable
- Not participating in a required team practice and/or activity
- Use of cell phones (without prior approval)
- Use of equipment not used for cheerleading or used during conditioning or tumble training.
- Distribution of materials for any outside event, including gatherings, parties, etc., that does not include the entire team.
- Distribution or promotion of other products or businesses without prior approval.

Actions taken outside of TNT Elite are not subject to disciplinary action at TNT, unless the actions hurt the team's abilities and progress during practice hours and/or competitions.

If you have any comments, questions, or concerns, please speak to a staff member **directly** and promptly. Please refrain from engaging on social media about any issues.

When one of us wins, we all win. Disrespect towards other teams within our program will not be tolerated. This includes behavior at the awards sessions, behavior in the gym, and remarks made on social media platforms. Disappointment is normal, but that disappointment can be discussed in the vehicle or at home.

The coaches are looking out not only for your child/children but also for other members of the Team(s). This is not an individual sport!

At TNT Elite All Stars, we are a family, and as part of our program, you, too, are members of our family. We take creating a positive environment for our athletes to grow, learn, and develop very seriously and expect all family members to treat it the same way.

Practice Dropoff and Pickup Expectations

Athletes are not to run around before practice. **If dropped off early, they must remain in the lobby until their coach calls in their team.** We love your children and are honored to work with them every week, but we are NOT a babysitting service. If your athlete needs to be dropped off early, PLEASE clear it with a coach beforehand. If they are disruptive at all, early drop-offs will not be allowed to continue. Athletes are not to be dropped off more than 10 minutes before their scheduled practice time unless cleared by a coach. Our lobby cannot accommodate early drop-offs, and a staff member is required to supervise your athlete.

We greatly appreciate and encourage the support of our parents during the season, and we understand how excited you are—it's excitement we share as well! However, we want to establish some important guidelines for our practices.

Practices that exceed one hour will be closed to parents. We kindly ask that parents refrain from being in the gym during these practices. Having parents present can be very distracting for our athletes; we often notice them waving or looking for their parents, which distracts from their focus. This is particularly concerning during stunts and tumbling, as a lack of concentration can lead to dangerous situations.

If an athlete has questions, concerns, or issues during practice, we encourage you to empower them to come to us directly. This allows us to address matters in real time and helps foster their ability to communicate effectively in a safe environment.

We want to ensure our athletes can give their full attention without distractions during our limited two-hour practice sessions. While we understand your desire to stay, we cannot stop you from doing so; please stay as a silent observer.

Athletes are required to be picked up **ON TIME, EVERY** practice. It requires 2 staff members to wait for an athlete to be picked up, and the staff need to be able to leave practice on time. A \$50 charge will be applied to your account for every 15 minutes after practice. Please pick up your athlete on time.

Communications Expectations

Emails and text messages are used to contact parents regarding updates and information relevant to TNT Elite All-Star Cheerleading. Your email address and mobile phone number provided during registration will be used for this purpose throughout the season. Please be sure to actively check your email and text messages for these important updates. Emails are sent on Sundays with updates for the week, and text messages are used for last-minute changes or announcements. Competition times will be sent out on Thursday, before the competition day.

Please only use the email info@tntallstarcheer.com and this **phone number (609-850-4494)** for any communication needed with Coaches and Staff. All inquiries are usually responded to within 24-72 hours. Any texts or inquiries received after 6 pm will be addressed the following day. **Please DO NOT text staff after 6 pm or on weekends aside from absolute emergencies (Ex, my athlete is throwing up and the competition is in the morning).**

If there is an issue with a situation that occurred during practice, please give yourself 24 hours to contact your athlete's coaches or director, unless it is an emergency. All injuries that occur during practice, no matter how big or small, will be communicated to parents at pick-up.

Please respect and adhere to the communication policies. It is in place firmly to protect our staff's time. If you have questions, please make sure you check your email, BAND, and the parent corner for the answer prior to reaching out to staff. Please only reach out to the number above to get in touch with coaches and the TNT staff. It will be the only number that staff will use to communicate with you. Please do not use their cell phone numbers.

All communication must come from the parent or guardian of the athlete. Athletes are NOT to text staff directly. We understand that some athletes are age-appropriate to have the responsibility of communicating directly with their coach,

but we ask that all communication be from a parent or guardian only. **Please do not give your athletes any staff members' phone numbers.**

Parents and/or guardians are responsible for communicating scheduling conflicts, issues, and or challenges in regards to their athlete. The staff of TNT Elite will not be reaching out to parents to find out why an athlete is late or not at practice.

Competition Expectations

All athletes are expected to attend all competitions. Please be sure to block off the entire day for a competition, as arrival, performance, and awards times will not be known at the time of the schedule release. The competition schedule will be finalized and released before the start of the season.

All competitions are mandatory. Athletes are not permitted to miss competitions for any reason, and athletes who repeatedly miss competitions may be subject to removal from the team. If an athlete is sick or there is an emergency the night before a competition, please let the Director know immediately. The Director will provide you next steps and a later arrival time, but the athlete will still have to attend the competition and perform. Do not expect to attend the competition if your athlete is sick. No exceptions. **CHEERLEADING IS A TEAM SPORT AND EVERY ATHLETE IS REQUIRED TO COMPETE!**

All athletes are expected to have a parent or chaperone attend the competition, as the TNT Staff will not be responsible for the athletes outside of the necessary time needed for warmups, performance, and awards. Admission fees for spectators are not included in any program or tuition fee charged at TNT Elite.

Athletes are required to be "competition-ready" by the arrival time. This includes being in full uniform, including hair, make-up, and sneakers. If you choose to do any of these things once you arrive at the venue, please arrive earlier than the required time.

Competition times are provided to us by the promoter anywhere from 3 days to 2 weeks before the competition. We will do our best to communicate with parents using email, text messages, and/or BAND App on time and when we have information we can share.

Athletes are to arrive on time based on the communication sent via email, text, and/or BAND App. Lateness could result in the entire team or athlete not being able to compete.

All parents and spectators supporting TNT Elite All Stars are expected to cheer on ALL TNT Elite All Star teams while at the competition. This includes being in any preferred viewing area, when available. While not required for TNT Elite parents and spectators to sit together, we encourage everyone to do so to support and promote our brand of "Family". Please use the BAND App to promote seating areas and allow others to know where our "Family" is located.

Our competition season is held primarily during the winter and spring seasons. Therefore, the likelihood of severe weather is always a possibility. **If the event producer does not cancel due to weather, our program will attend.** We will always follow the guidance of the event producer and follow any delays or cancellations.

Parents and siblings are not allowed to be on or surrounding the competition floor during awards. Parents and siblings are also not allowed to enter warmups. This is all for the safety of all athletes in attendance. Immediately following any performance or awards ceremony, coaches will gather the athletes and meet with parents to get the children to their parents safely. Please try to gather in a group so we can easily find all parents to reunite you with your athlete.

COACHES ARE NOT TO BE CONTACTED DURING AN EVENT unless they are notified of an emergency. If there are any issues with something that occurred during the competition, during the performance, etc., please allow 24-48 hours following the event to contact our staff. Our staff is at an event for the entirety of the day, plus travel time, and the short time they have, if any, between teams is for them to rest and prepare for the next team. **Arrival time for competitions is NOT A RECOMMENDATION! It is a requirement.** Please ensure to be on time so your athlete does not miss their allotted warm-up time.

Athletes **cannot** have any piercings and/or jewelry for any **COMPETITIONS**. Please keep this in mind when thinking of getting new piercings through the season. Band-Aids **ARE NOT** allowed to cover said piercing.

Team Placement / Practice/ Routine Changes

Athletes are placed on a team suitable for their age and skill level at the discretion of TNT staff. While questions regarding your athlete's progress and future are always encouraged, discussions regarding why your athlete was not placed on the team you or your athlete wanted will not be discussed. TNT staff will not engage in conversations regarding an athlete's progress if said athlete is not your child. TNT Staff does not under any circumstances discuss another athlete with any other parent.

TNT Elite All Stars staff will not discuss any routine changes, adjustments, or position changes. TNT Staff creates teams and routines for the success of the overall team. Our goal is to make teams successful and competitive, and we will make the best decisions to support the success of the team. TNT Elite All Stars reserves the right to make changes to the routine, team, positions, level of team, and any other changes necessary, at any time, with or without notice to the parents and or athletes.

If a mistake is made by your child at recurring practices or competitions, or if their technique is not competition-ready for stunting, jumping, or tumbling skills, your child may be removed from that position at the coach's discretion. Remember, the team comes first!

The goal of any decision is based on the needs of the overall team, their strengths, and how they will best progress throughout the season.

Team/Competitive/Training Philosophy

"Perseverance is the hard work you do after you get tired of doing the hard work you already did." – Newt Gingrich

The safety and success of each athlete is of the utmost importance to the TNT Elite All Stars staff. Team selection is a process of evaluation so COACHES can put together the most competitive teams possible. We have found the most success in our teams when we are competing at a level that they are capable of and training at a level above what they compete. When doing this, we can correctly train the skills with proper technique, build strong, confident athletes, and provide a safe environment.

It is important to understand that while winning is always the goal, our main priority is to ensure that our athletes have a good experience and learn lessons in teamwork, confidence, and overcoming life's obstacles. We want to build strong athletes with good character. To achieve this goal, we need the support of our parents. Part of learning and growing is dealing with disappointment, learning to overcome, and working together. It is what makes the athletes strong and builds their confidence. The parents' role is crucial to the success of all our teams. Together we can achieve more!

Trademark & Logo

The 'TNT Elite All-Star Cheerleading' name, logo, and images are the property of TNT Elite, Inc. and are protected by federal copyright laws. No production of any name, logo, or image is permitted without the express written consent of the director or owner of TNT Elite, Inc. This includes the use of name, logo, or images on t-shirts, jackets, bags, or any other items on which they may be printed or used for distribution. Official TNT Elite merchandise is available at select times throughout the year for purchase. Any unauthorized use of the name, logo, or images will be subject to confiscation of items and a \$35 fine per item, automatically charged to your account.

Staff Training and Child Safety

Here at TNT Elite, each staff member is trained on Safe Sport. We must protect our athletes against any predators, and we take the protection of our athletes seriously. If at any time your athlete feels uncomfortable with any staff member, it is to be brought to the attention of the director immediately so that the necessary actions can be taken. TNT will open an in-house investigation into the allegation and cooperate with the athlete and their family to the fullest extent.

Additionally, all staff members will have their CPR/First Aid certification through the American Red Cross. The health, physical and mental, and mental well-being of your athletes are of the highest priority at TNT Elite All Stars. We promote open communication and retain the confidentiality of any information shared with the staff at TNT Elite All Stars. Our staff is here to help athletes grow not only in the sport of cheerleading but also as well-rounded young adults.

Code of Conduct

Role of Coaches:

TNT Elite coaches are highly trained, motivated, and committed to the success of your athlete.

You can expect the following:

- They coach for the love of the sport and the athlete, by always putting the athletes first.
- Lead with character and by example.
- Develop a positive-demanding coaching style.
- Remain safe and realistic with the athlete's progression, while also challenging the athlete to reach his/her potential.
- Strive to provide a fun, safe, and overall positive experience for your athlete while focusing on the importance of healthy competition.

Role of Athletes:

These expectations will be strictly enforced during practices, clinics, competitions, and any other TNT Elite events. We expect the following from ALL athletes as members of TNT Elite All Stars:

- Cheer for FUN!!
- Be gracious when you win and graceful when you lose.
- Treat fellow teammates, coaches, and staff with respect. Put your team first.
- Be accountable for your own actions.
- ALWAYS show good sportsmanship and class
- Refrain from using any social media to distribute negative or inappropriate information that could be detrimental to yourself, your family, and the TNT Elite reputation in any way. These are grounds for immediate dismissal from the program.

Role of Parents:

Parents are expected to:

- Do everything possible to make the athletic experience positive for your child and others.
- View the routine with **Team** goals in mind.
- Be an encourager and encourage athletes to keep their perspective in both victory and defeat.
- Encourage their athlete to always treat fellow parents, teammates, and coaches with respect.
- Not express their opinions during practice or coach their athlete from the sideline or viewing areas. Any questions or concerns should be directly addressed to the coaches.
- **Parents should “not” listen to, participate in, or instigate gossip. It is detrimental to our team unity and chemistry.**
- Refrain from using any social media to distribute negative or inappropriate information that could be detrimental to yourself, your family, and the TNT Elite reputation in any way. These are grounds for immediate dismissal of your athlete(s) from the program.

TNT Elite All-Star Commitment Statement

Commitment from the Parents

- ✓ We understand the commitment that we are making as a family to the TNT Elite All-Star coaches and other team members.
- ✓ We will participate for the entire year from September 2025 until the Final Competition in April 2026. This includes preseason (Showcase), regular season (Competition Schedule).
- ✓ If, for any reason, circumstances occur that require our withdrawal from the program, **We do not expect any refund of fees or competition expenses.**
- ✓ We understand that any absences, including doctors' appointments or mandatory school functions, must be submitted via email.
- ✓ **We understand that any payments that are not paid on their due date will prevent my athlete from participating in practice and competitions.**
- ✓ We understand that there are 1-day local competitions that every All-Star is **required to attend**, and I will have my All-Star there **ON TIME**.
- ✓ We understand that there may be severe weather on the weekends for these competitions, and if the event is NOT canceled due to the weather, we will be expected to attend. If our athlete does not attend, we understand that their role in the routine may be replaced by another athlete or removed at the coach's discretion.
- ✓ We understand that a cheerleader can be **dismissed** from the team for breaking the behavior policy.
- ✓ We understand that a cheerleader **may not be allowed to compete** if they miss either practice the week before a competition, and that **there will be no refunds**.
- ✓ We understand that consistent, negative conversations will not be tolerated, and if it becomes a detriment to team unity and chemistry, **the cheerleader or parents who participated in said behavior will be dismissed from the program.**
- ✓ We will always promote good sportsmanship.
- ✓ We also understand that TNT Elite All Stars reserves the right to **dismiss my child or me from the gym for inappropriate behavior.**
- ✓ We agree to travel to all events on our schedule
- ✓ We have read both the financial packet and the Program Policies and understand their contents.
- ✓ We understand our Role as a Parent as listed in the Program Policies.

Commitment from the Athletes

- ✓ I understand the commitment that I am making as an athlete to the TNT Elite All-Star coaches and other All-Star team members.
- ✓ I will participate for the entire year from September 2025 until the Final Competition in April 2025. This includes Showcase and regular season (Competition Schedule).
- ✓ **I understand that if I participate in activities other than TNT Elite All Stars, my TNT Elite All Stars Team will be a priority as well.**
- ✓ I will have **good sportsmanship** towards my fellow teammates and other competitors while at competitions.
- ✓ I agree to set a **good example** by having a good attitude.
- ✓ I understand that there are 1-day local competitions that every cheerleader is **required to attend**, and I promise to show up **ON TIME**.
- ✓ I understand I can be **dismissed from the team for breaking the attendance policy and behavior policy**.
- ✓ I understand that I may **not** be allowed to compete if I miss either practice the week before a competition.
- ✓ I understand that **consistent, negative conversations will not be tolerated, and if it becomes a detriment to team unity and chemistry, I will be dismissed from the program.**
- ✓ I understand that TNT Elite All Stars reserves the right to **dismiss me from the squad for inappropriate behavior**.
- ✓ I understand my role as an Athlete of TNT Elite All Stars as listed in the Program Policies.
- ✓ I understand that my presence on social media can be a direct reflection of our program. This includes TikTok, Instagram, Snapchat, Facebook, Twitter / X, any live streams, or other social media platforms. I understand and agree that if my social media presence shows inappropriate content OR negative talk of my team, members of my team, or my gym, I am subject to removal from the program for violating my commitment to my team or program.

Season 8 Competition Schedule

<u>Date</u>	<u>Competition</u>	<u>Location</u>
12/7/25	Season Opening Showcase	TNT GYM
2/1/26	Battle of the Best	Sicklerville, NJ
2/28/26	Thriller On Miller	Lancaster, PA
3/22/26	Spirit Extreme Nationals	Wilmington, DE
4/26/26	Hershey Nationals	Harrisburg, PA

<u>TNT Important Dates</u>	
Weds 9/3	First Practice
Sat 9/20	Junior Team Choreography
Sun 9/21 & Sun 9/28	Mini Team & Youth Team Choreography
Sun 1/11	All Team Practices
Mon 1/19	MLK Day TNT OPEN
Mon 2/16	President's Day TNT OPEN

<u>TNT Closed Dates</u>	
Friday 10/31	Halloween
Weds 11/26 - Sun 11/30	Thanksgiving
Mon 12/22 - Sun 1/4	Winter Break
Mon 4/6	Easter Monday



All dates listed above can also be found on the calendar in the Parent Corner.
www.TNTAllStarCheer.com/parentcorner

2025-2026



DECEMBER 7, 2025
3:00PM

**TICKETS ON
SALE SOON**

SEASON
8



**WELCOME
TO
THE
FAMILY**

www.TNTAllStarCheer.com