

2025-2026



ALASKA ATHLETICS

COMMITMENT . TEAMWORK . CONFIDENCE . RESPECT . COURAGE



WELCOME



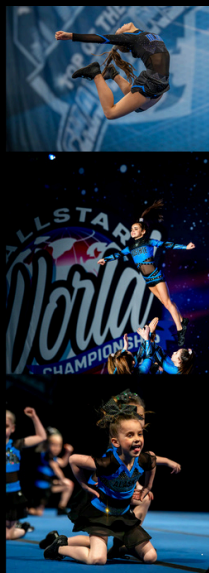
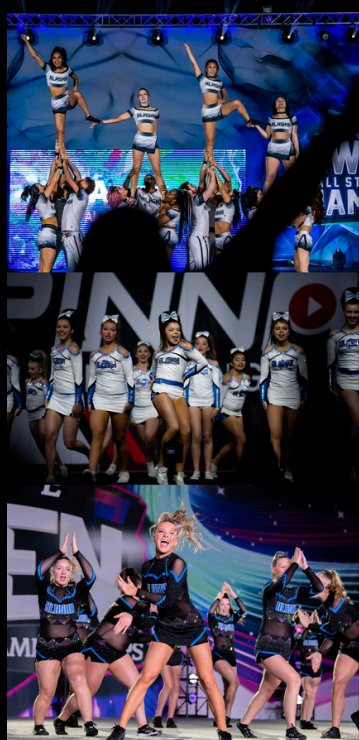
Alaska Athletics is our home away from home.

We are thrilled to welcome you to our expanding family as we embark on our **14th season!** Our program aims to instill essential values such as **commitment, teamwork, confidence, respect, and courage.** This approach fosters a positive training atmosphere for our athletes and ultimately encourages success in every aspect of life.

Our program has the most experienced coaching staff in the state and employs a proven instructional system that cultivates championship teams! We are dedicated to training our athletes to reach their highest potential. The principle of **“Perfection before progression”** is essential in maintaining the appropriate skill level for our teams, encouraging athletes to master fundamental skills before moving on to more advanced techniques. As a result, our program remains competitive on a national scale.

Through commitment and dedication, we have claimed many local and national titles including numerous bids to the prestigious Cheerleading World Championships and Championship titles at JAMZ Nationals and The All Star World Championship! Our success at all levels is attributed to the dedication of our amazing athletes and families. We look forward to another amazing season and we are so happy to have you join our family!

Leon and Tehmi Reynolds



MEET THE REYNOLDS

Leon Reynolds started the first Allstar Cheer team in the state in 2002 and established Alaska Athletics in 2012. Since then, he has transformed it into the most competitive Allstar cheer gym in the state, securing National and World titles at the highest levels of the sport. In 2018, he was joined by his wife and co-owner, Tehmi Reynolds. Together, they have launched additional programs and businesses that benefit their community. They reside in Wasilla with their three sons, Mason, Kade, and Ty, and this year, they celebrated the arrival of their first grandchild, Raef Kannon!



Leon Reynolds

Owner/ Head Coach
907-232-2426

Tehmi Reynolds

Owner/ Administrative Director
907-885-1253



MEET OUR COACHES

Alaska Athletics coaches are committed to the training and development of our athletes, with a strong emphasis on our core values. We strive to help our athletes reach their fullest potential through athletics. Our knowledgeable staff is dedicated to empowering each athlete with the tools needed for success!

**Dannielle Newcomb**

Coach / Level 1-3 Director
Anchorage
478-538-0590

**Madison Edwards**

Coach / Level 1-3 Director
Wasilla / Choreographer
304-488-6827

**Tessa Partain**

Anchorage Coach
907-302-0247

**Grace Barsis**

Anchorage Coach
907-229-8360

**Jessica Lasky**

Administrative
Assistant
907-360-5649

**Alexis Beauchamp**

Wasilla Coach
907-414-1029

**Sandy Reynolds**

Wasilla Coach
907-232-2490

**Liberty Lasky**

Wasilla/ Anchorage Jr Coach
907-252-5118

**Sydney Cook**

Wasilla/ Anchorage Jr Coach
(907) 521-3969



ALL STAR CHEER



NOVICE | 4 HOURS PER WEEK

Novice teams are designed for beginner athletes who are just starting their journey in cheerleading! The main objective is to develop essential cheerleading skills, foster teamwork, and boost confidence within a fun and encouraging atmosphere.

TEAM PRACTICE	TUMBLING	OPEN GYM	COMPETE
1 HOUR	1 HOUR	2 HOURS	3 IN STATE COMPETITIONS

PREP | 5 HOURS PER WEEK

Prep teams cater to athletes who have some prior cheer experience or are eager to enhance their skills without the full commitment required by an elite level team. The primary focus is to equip athletes for higher levels of competition as they progress in their cheerleading journey.

TEAM PRACTICE	TUMBLING	OPEN GYM	COMPETE
2 X 1 HOUR	1 HOUR	2 HOURS	3 IN STATE COMPETITIONS



ELITE LEVEL 1-4 | 7 HOURS PER WEEK

Elite teams consist of skilled athletes dedicated to high-level competitive cheerleading, emphasizing advanced skills, precision, and execution. Their primary aim is to attain competitive success while fostering discipline and commitment.

TEAM PRACTICE	TUMBLING	OPEN GYM	COMPETE
2 X 2 HOUR	1 HOUR	2 HOURS	3 IN STATE COMPETITIONS

ELITE TEAMS TRAVEL NATIONALLY 1-2 TIMES PER SEASON

ELITE LEVEL 5-6 | 8.5 HOURS PER WEEK

Elite Level 5 and 6 athletes represent the highest levels in our sport! These teams are dedicated to showcasing innovative routines and the technical abilities necessary for their level. Their commitment is strong, often leading to additional practices and conditioning sessions.

TEAM PRACTICE	TUMBLING	OPEN GYM	COMPETE
2 X 2.5 HOUR	1.5 HOUR	2 HOURS	3 IN STATE COMPETITIONS

ELITE TEAMS TRAVEL NATIONALLY 2-3 TIMES PER SEASON



ALL STAR CHEER

TUITION . BUNDLE FEES . UNIFORM . GEAR

\$50 Annual
Registration
Fee

TUITION

NOVICE	\$130
PREP	\$160
ELITE LEVEL 1-4	\$215
ELITE LEVEL 5-6	\$230

SIBLING DISCOUNT

A sibling discount of 25% will be given to immediate family members with multiple cheerleaders on competition teams! This applies to tuitions only and will be given to 2nd child and beyond.

Team tuition is not prorated due to closures or cancellations. We do not adjust tuitions for months with more than 4 weeks, additional practices, or extended practice times. This allows families to have a predictable payment regardless of practice changes.

BUNDLE FEES

We will be using a 5-month pay system that will run June-October. Bundle fees pay for additional expenses that incur throughout the season.

Total \$725 for Non travel Teams/ \$900 for Travel Teams)

NOVICE AND PREP (NON TRAVEL)	\$145
ELITE TEAMS (TRAVEL)	\$180

Bundle fees include practice wear, practice bow, choreography, dance, competition make-up, routine music, in-state competition registrations, travel gift, end-of-season banquet, and coaches fees (in state only).

UNIFORMS

NOVICE AND PREP	\$325
ELITE LEVEL 1-4	\$450
ELITE LEVEL 5	\$650
ELITE LEVEL 6	\$650

GEAR

REBEL DREAM BAG	\$135
REBEL DREAM BAG MINI	\$125
TEAM BOW/ SCRUNCHIE	\$35
PROGRAM JERSEY	\$65

CHEER SHOES ARE ORDERED BY PARENTS

REBEL REVOLT OR RUTHLESS - BLACK

NFINITY VENGEANCE OR FLIGHTS- BLACK

QUICK TOTALS

ANNUAL REGISTRATION FEE	\$50
TEAM BOW/SCRUNCHIE	\$
BACKPACK	\$
PRORATED MAY TUITION	\$
TOTAL DUE MAY	\$

BUNDLE FEE 1	\$
50% OF UNIFORM	\$
JUNE TUITION	\$
TOTAL DUE JUNE 6TH	\$

BUNDLE FEE 2	\$
50% OF UNIFORM	\$
JULY TUITION	\$
TOTAL DUE JULY 6TH	\$

BUNDLE FEE 3	\$
PROGRAM JERSEY	\$
AUGUST TUITION	\$
TOTAL DUE AUGUST 6TH	\$

BUNDLE FEE 4	\$
SEPTEMBER TUITION	\$
TOTAL DUE SEPTEMBER 6TH	\$

BUNDLE FEE 5	\$
OCTOBER TUITION	\$
TOTAL DUE OCTOBER 6TH	\$



ALL STAR CHEER

POLICIES AND PROCEDURES

The following policies and procedures are set forth by Alaska Athletics. These are the rules are to be followed by all athletes regardless of age and team level. Please review carefully with your athlete to ensure that you and your athlete understand the rules that must be adhered to. It is required that you acknowledge all policies through our parent portal before you can enroll in our program. Each athlete is expected to abide by the rules and understand the consequences for each. Not following them could result in dismissal from the organization without reimbursement of any funds or merchandise. Please make sure to contact an Alaska Athletics staff member or head coach if you have any questions concerning the following policies.

2-WEEK DROP CANCELLATION POLICY

When a student enrolls in a class or program, it is assumed that they will remain for the duration of the season. A drop/cancellation notice must be delivered to the Alaska Athletics administration 2 (two) weeks prior to the beginning of the next month to avoid charges. This policy allows appropriate time to fill the vacated space.

COMMITMENT POLICY

By committing to our program you are choosing to make Alaska Athletics your number one priority. All-Star cheer is a year-long commitment and is a TEAM sport. Unlike any other sport, we do not have an "off-season." Although we try our best to work with our athletes in different sports, we do have to consider what is best for our program and teams. It is vital that all athletes are in attendance at all practices. If attendance becomes an issue, we reserve the right to take disciplinary action. The 30 days leading up to the competition are ABSOLUTELY MANDATORY. Failure to adhere to this time frame can compromise an athletes position on the team. If an athlete has to sit out at a competition, their attendance is still required.

Any member who is dismissed or chooses to quit the team will not be eligible to try out for the team until the following year.

All-Star Cheer is a year-long commitment that runs May-May for all teams.

ATTENDANCE POLICY

Athletes are required to submit an absence form **30 days** prior to the scheduled absence. It is crucial that coaches know in advance if an athlete will be absent, especially during peak times noted in the parent packet. An absence can effect an athletes ability to make the mat for performances.

EXCUSED ABSENCES

- Death in the family.
- Illness that is contagious. (See COVID Policy)
- School/Academic event that could affect a GRADE ONLY.
- A family member is in the hospital.
- Family Vacation (Pre-Approved).
- An athletic function that the athlete themselves are a part of (Pre-Approved).

UNEXCUSED ABSENCES

- Birthday party.
- School sporting event not participating in.
- Missing for other sports' practices.
- Anything not approved prior to the practice date.

ATTENDANCE POLICY- CONTINUED

The date ranges below display time periods when teams are practicing at their most intense level in order to be ready for performances. Practices during the times below are critical and attendance is **mandatory**. Please adhere to the attendance policy and understand that if necessary coaches reserve to right to make changes based on the needs of the team.

SEPTEMBER - THANKSGIVING JANUARY 2ND - NATIONAL'S TRAVEL

*While summer vacations are allowed, we discourage extended vacations unless they are due to a custody agreement. A vacation request/absence form must be submitted to your team's coach and signed for proper communication. Forms will no longer be accepted at the front desk, they must be submitted to the coach for final approval. Unsigned vacation forms left at the front desk will not be accepted. **A 30-day notice is required for approval.***

ATHLETE PERFORMANCE POLICY

By signing up to be a part of Alaska Athletics, you are making a commitment to our program. We believe that your athlete's dedication to training will reflect in their performance both on and off the mat. However, we reserve the right to move athletes among teams based on their skill level. Athletes are required to perform specific skills based on their level, and if they are unable to do so, we may move them to another team or make them an alternate for their current team. Nevertheless, it's important to note that we will exhaust every option for success before making any movements.

Alaska Athletics is an organized program. We realize many children and young adults are involved in a variety of activities. We will do our best to find solutions to conflicts, but a dismissal could occur if the integrity of the team is compromised. Athletes in other programs around the nation and high school teams here in Alaska practice with their teams up to 5 times a week. We have a limited amount of time with each athlete so we expect top priority and 100% commitment and attendance. We are literally a "house of cards" and the absence of one can have a devastating effect on the whole team which is why attendance is critical.

INJURY AND SICK POLICY

In the event of an injury occurring during practice, the coach will talk directly to the parent/guardian of the athlete to explain what happened and if any treatment was given. If an injury occurs outside of the gym, please contact the athlete's head coach immediately. It is mandatory for the injured athlete to attend all practices and functions until they receive a doctor's note that clears them for an active status. In case of a head injury, if the problem persists even after two practices, the athlete will need a doctor's note to resume practice. If an athlete is removed from their position in the routine due to an injury, the coach reserves the right to make the change permanent. If an athlete misses practice without a doctor's note, it will be counted as an unexcused absence. If an athlete undergoes any surgery, they will need to provide a release note from the surgeon to resume practice.



Should your athlete experience symptoms or an illness that may be contagious. It is important that you contact their head coach if they are going to miss practice. No shows or unexcused absences are not acceptable.

ALL STAR CHEER

PRACTICE CONDUCT AND GYM ETIQUETTE

How our athletes show up to practice sets them up for success. The policy and guidelines laid out are not only for uniformity with our teams but also for the safety of our athletes! Failure to adhere to our practice policies and guidelines may result in consequences, such as not being allowed to participate in practice.

- Athletes should arrive 10 minutes prior to practice to ensure they are ready when they step on the mat.
- Excessive lateness will result in disciplinary action during practice.
- Athletes must wear their required practice wear and shoes to each practice.
- Hair needs to be up and off the face with a bow/scrunchie in their hair.
- **NO JEWELRY OF ANY KIND IS PERMITTED DURING PRACTICE OR COMPETITION** – This is a safety issue for all of our athletes, not just the athlete wearing the jewelry.
- All jewelry, including facial piercing, belly button rings, bracelets, watches, rings, and necklaces.
- No long fingernails or fake nails.
- No foul or derogatory language will be allowed in the gym or at any event.
- No chewing gum or candy on the floor.
- Arguing with coaches or teammates will not be tolerated.
- No cell phone use during practice.
- Throw away your trash and food items

REQUIRED PRACTICE WEAR

- BLACK SPANDEX/SHORTS
- ANY PROGRAM SHIRT
- SPORTS BRA
- IF YOU ARE NEW – BLACK SHIRT UNTIL SHIRTS ARRIVE
- BOW/SCRUNCHIE OF YOUR CHOICE
- SOCKS AND CHEER SHOES

CODE OF CONDUCT

A member must at all times be a strong representative of Alaska Athletics and a positive reflection of his/her teammates. Abusive behavior, lying, and or any other form of negative behavior are grounds for dismissal. Teammates are expected to treat one another with mutual respect. We do not tolerate pettiness, gossiping, or cliques; which attempt to exclude or alienate certain members. Backtalk, rolling of eyes, and any other disrespect for instructors or teammates is unacceptable.

During practice, athletes will be given a verbal warning first and if the problem persists, they will be dismissed from the mat. Behavioral issues will be addressed between coaches and parents. If not solved, a parent will be notified of the problem or infraction of the rules and will be expected to assist the instructor in solving the problem. A parent should never reprimand or discipline someone else's child. We will handle any disciplinary problems privately and professionally.



ALL STAR CHEER



PARENT EXPECTATION

It's a coach's job to apply as much pressure as possible to athletes so that they can be pushed to their best abilities. A parent's job is to encourage their athlete and to let the coaches coach. Offer lots of encouragement to your athlete and to never underestimate a well timed,

"I am proud of you!"

- Knowing your athlete's schedule for practices, performances, and competitions are keys to success! Make sure your athlete is on time and prepared for all events and practices!
- A monthly statement, as well as a newsletter, is sent to all registered families. Important dates and reminders are given ahead of time for your convenience and planning. To stay informed PLEASE READ YOUR E-MAILS and CHECK BAND to stay connected to your athletes team.
- Parents are expected to drop off and pick up their athletes from practice on time! Drop-off time is no more than 10 minutes before practice and no more than 10 minutes after a class or practice has ended. Excessive amounts of early drop-off and late pick-ups will be charged a late pick-up fee of \$25 per occurrence.
- Athletes are only allowed to attend classes that they are registered for.
- Parent communication regarding absences, injuries, sickness, etc. should be communicated with your athlete's coach.
- Please do NOT approach our staff while they are coaching unless it is an emergency. Setting up a meeting is the best way to talk with our staff if there is an issue.
- While texting is an easy way to get answers, please be aware of the time texts are being sent. Our staff has families and lives outside of the gym, so please respect their time, and know that they may not respond immediately.
- SIBLINGS AND PARENTS ARE TO STAY OFF THE FLOOR AT ALL TIMES AT BOTH THE LOCATIONS.
- We understand the gym is very enticing to children and parents, however, only registered athletes are allowed on the mat. Please watch your little ones to make sure they do not wander on the floor or gym equipment. If someone were to tumble onto them a serious injury could occur to both child/parent or athlete.
- ALL TEAM PRACTICES ARE CLOSED IN BOTH ANCHORAGE AND WASILLA! While we understand the temptation to view from our outside window or open garage doors, it is NOT PERMITTED. Parents are allowed to view practice during the last 15 minutes of practice ONLY. The natural desire of athletes to focus on their parents creates an unnecessary challenge for coaches. We instead want our athletes to focus exclusively on their training and team development.
- Be flexible as times and dates are expected to change throughout the season. We will do our best to keep you informed.
- Parents are required to fulfill their financial obligation to the gym before they can schedule private lessons with any Alaska Athletics coach.

LOGO USE - COPYRIGHT



The Alaska Athletics logo is not to be duplicated or used for gear or accessories. Team names are acceptable upon approval ONLY. All team/travel gifts must be approved. Please submit all requests to admin@alaskaathletics.com.

ALL STAR CHEER

FINANCIAL AGREEMENT POLICY

Payment is due on the 6th of the Month. Failure to do so by the 6th of the month may result in your child being sat at practice until the bill is paid in full or payment arrangements have been made. All monies paid to Alaska Athletics are non-refundable regardless of voluntary or involuntary drop/cancellation.

Options For Payment:

Customer Portal

Cash, Check OR Credit Card

Credit Card by phone

It is important that you understand the time commitment, as well as the financial commitment you are making when joining the Alaska Athletics family.

FOR YOUR CONVENIENCE OUR TAX
IDENTIFICATION NUMBER IS: 46-1538941

SOCIAL MEDIA POLICY

A good rule of thumb is, "If you wouldn't want your Grandma to see it, don't post it!"

Social Media is a huge part of today's world. Alaska Athletics reserves the right to monitor social media to make sure all athletes are being responsible. It is important to remember that whatever is put out there will stay out there forever. We expect all of our athletes to be respectful at all times when on social media. Trash-talking, profanity, and fighting will be absolutely prohibited. Any negative or inappropriate comments about any team, coach, or athlete are unacceptable and will not be tolerated. All athletes and parents are expected to maintain appropriate decorum when using these tools.

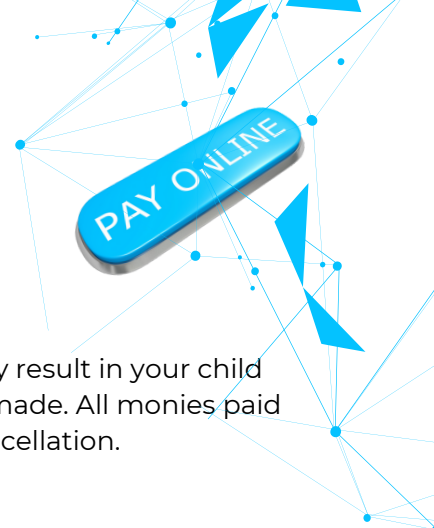
It is important that athletes also understand that anyone anywhere can see what is being posted, and to be modest in pictures that are posted. What our athletes post or how they behave is a direct representation of our gym.

In addition, we do not allow competition performance video to be posted on social media of any kind until our first Nationals travel. We have a unique advantage in Alaska to keep our routines private until we reach the National stage so we ask that you do not share video until that time. Failure to adhere to this policy will result in consequences and may result in removal from the program.

LOST AND FOUND

The gym is not responsible for lost or stolen items.

Athletes are required to take home what they bring with them. This includes cheer shoes, practice gear, jackets, water bottles, scrunchies, etc. Please be sure to check the lost and found bin regularly. Lost and found items will be donated at the end of each month.



TEAM PHOTOGRAPHY

Alaska Athletics is partnered with Lacy Richmond of Enrichment Photography for all team and athlete photos. Lacy is also the official photographer for all in-state competitions and National events.



SPORTS . PORTRAITS . SENIORS

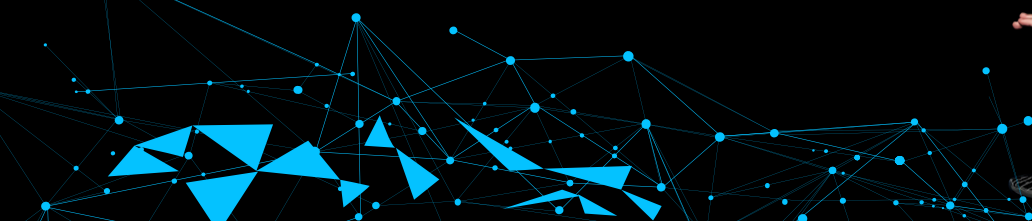
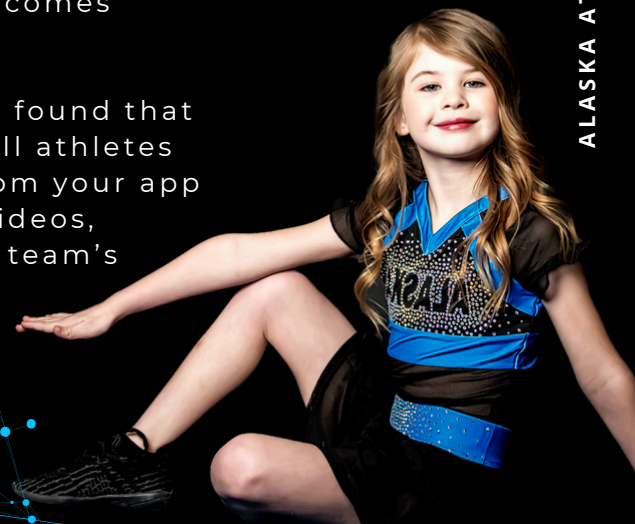
enrichment.photography2021@gmail.com
lacyrichmond.smugmug.com



TEAM COMMUNICATION

Although we do send out gym emails, it is not our first form of communication for each team. All teams will have their own communication app called BAND that parents are **REQUIRED** to make sure they are a part of. This will be the easiest and fastest way for coaches to put out information as soon as it becomes available.

We understand not everyone has Facebook, so we have found that BAND is the most effective way to communicate with all athletes and parents. BAND is an app that you can download from your app store for **FREE**. It allows coaches to post team music, videos, pictures, and any other media needed to help with the team's success!



COMPETITION RULES

Athletes are required to attend all competitions! If you have a conflict with the competition schedule, please notify our staff to allow ample time to coordinate changes.

IN STATE COMPETITION RULES AND ETIQUETTE

- It is important to remember that each athlete is representing Alaska Athletics at all times. We expect all athletes AND parents to be respectful.
- When arriving at competitions, athletes must look professional and come dressed and ready to go!
- No public display of affection to boyfriend/girlfriend while in uniform or warm-ups.
- No foul language or trash-talking to other teams/parents or chaperones.
- Athletes are responsible for their personal items! Coaches will NOT take responsibility for personal items at competitions, with the exception of inhalers or other prescribed medications.
- No jewelry of any kind.
- No false or acrylic nails, nails must be trimmed with natural or no nail polish
- No phones at warm-ups or awards.
- Athletes will not be permitted to leave a competition early; they must all stay for the awards sessions.
- Athletes must wear appropriate attire at all times:
- No bare shoulders or mid-drifts will be permitted until after teams are finished competing.
- NO shorts or skirts that are "too short" at any time.
- If in doubt ask before you bring or wear something. Athletes will be required to change if they are wearing something a coach feels is inappropriately representing the gym.

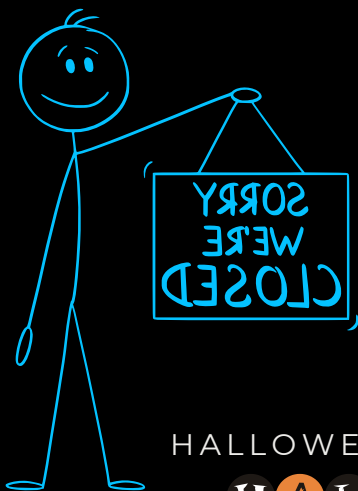
TRAVEL COMPETITION RULES AND ETIQUETTE

- ATHLETES AND PARENTS MAKE THEIR OWN FLIGHT ARRANGMENTS
- All athletes must travel within specific departure and arrival times.
- Grounds Fees and hotel accommodations will be arranged by the gym.
- We will be conducting final practices and a showcase for all travel teams prior to their departure. ALL TEAM MEMBERS MUST BE PRESENT. Once final practices are over athletes are free to depart.
- These details will be sent out once national trips are finalized.
- All athletes MUST stay with their team until AFTER their final awards ceremony. At that point in time, the athlete may be released to their family. Families are more than welcome to be with their athletes during their trip, but the athlete may NOT leave the area the group is in.
- Athletes may not leave with their families in their personal transportation.
- We travel as one group to make sure all of our athletes are where they need to be when they need to be. We do NOT allow athletes to take separate transportation separate from the team from hotels to venues.
- Room Assignments for athletes and chaperones are made by the gym.
- To make sure we have all athletes placed in rooms, and with their own teams, our staff makes room assignments for hotel stays. Athletes spend minimal time in their room and will be with their entire team for an extended amount of their stay.
- All chaperones must attend a MANDATORY chaperone meeting prior to travel.
- The meeting date and time will be scheduled closer to our travel departure. This allows all of our chaperones to be on the same page with expectations and their duties. This also allows chaperones to ask any questions they may have about the trip. We will set up a group chat with chaperones to have the most efficient channel for communication.
- Chaperones are desperately needed for out-of-state travel. Please consider volunteering before you make travel arrangements.
- Chaperones do not pay for hotel accommodation. This is a perk for volunteering your time and energy

TRAVEL GIFTS

- All travel gifts require approval from the administrative director. While the use of the Alaska Athletics logo is prohibited according to copyright policy, team names may be used with prior approval.

HOLIDAY CLOSURE DATES



JULY 4TH
GYM CLOSED
4th of July

OCTOBER 31ST
HALLOWEEN - GYM CLOSED
HALLOWEEN

DECEMBER 24- JANUARY 1
CHRISTMAS BREAK

MERRY CHRISTMAS

MAY 26TH

MEMORIAL DAY - GYM CLOSED



AUGUST 31-SEPTEMBER 1ST

LABOR DAY WEEKEND - GYM CLOSED



NOVEMBER 27-NOVEMBER 30TH

THANKSGIVING BREAK



MARCH 9-MARCH 15

SPRING BREAK

SPRING

INCLEMENT WEATHER CLOSURES

If Anchorage School District closes, we evaluate the conditions before making a decision on closures. We are OPEN on school in-service days unless indicated in the closures above. We will notify your team BAND and Facebook about weather closures. Unless listed on the closures above, we are OPEN for all other state and federal holidays.



IN STATE COMPETITIONS

NOVICE, PREP AND ELITE TEAMS



NOVEMBER 22ND
SPIRIT OF THE NORTH SHOWCASE

ANCHORAGE

JANUARY 18TH
APEX WINTER CLASSIC

ANCHORAGE

AUGUST 16TH
ALASKA STATE FAIR

PALMER FAIR GROUNDS

NOVEMBER 23RD
SOTN JUDGES CLINIC
(ELITE TEAMS ONLY)

WASILLA

FEBRUARY TBA
TOP OF THE WORLD
CHAMPIONSHIP

ANCHORAGE

NATIONALS TRAVEL



ELITE TRAVEL TEAMS ONLY

ESTIMATED TRAVEL TRIPS ARE LISTED; EVENTS MAY CHANGE BASED ON PENDING DETAILS AND WILL BE FINALIZED BY THE END OF SUMMER.

JAMZ NATIONALS, NV	ELITE LEVEL 6
GOLD RUSH NATIONALS, TX	ELITE LEVEL 3 - 5
UCA, FL	ELITE LEVEL 6
ALL STAR WORLD CHAMPIONSHIP	ELITE LEVEL 3-5
THE CHEERLEADING WORLDS, FL	ELITE LEVEL 6
DEEP SOUTH FINALE, TN	ELITE LEVEL 1-2

JAMZ
PLAY. PERFORM. INSPIRE.

GOLD RUSH
SUPER NATIONALS



STAY CONNECTED



@ALASKAATHLETICS



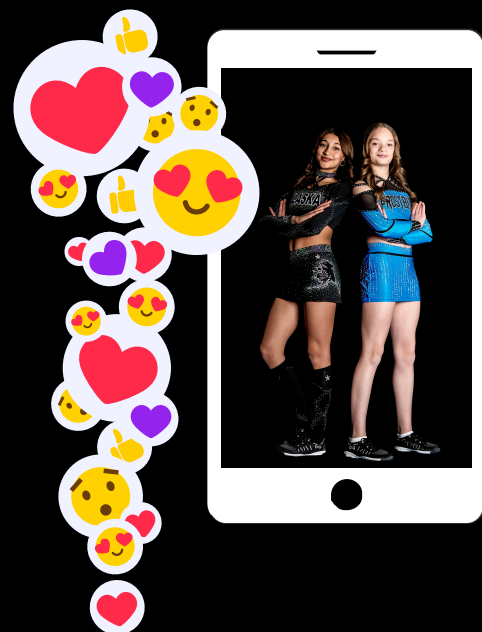
@ALASKAATHLETICS



ADMIN@ALASKAATHLETICS.COM



907-563-FLIP



ONLINE REGISTRATION



Registering your athlete has never been easier! Our customer portal makes it easy to sign up for classes, view account history, pay your bill, sign up for auto payments, and update personal information. Follow the step-by-step instructions below to get started!

STEP 1

Visit our website www.alaskaathletics.com and select the parent portal tab OR scan the QR code to access the portal from your mobile device.

STEP 2

Select the **"CLICK TO BEGIN"** button.

STEP 3

To log in select My Account. If you are new to the program, select the "create account" tab.

STEP 4

Accept our facility policies and procedures.

STEP 5

Follow the prompts to create a new customer profile.

STEP 6

Create a student profile for your athlete.

STEP 7

Accept student policies.

STEP 8

Navigate to the booking tab to register your student for classes.

STEP 9

The registration process is set up like a shopping cart. Add the classes you wish to register for and check out. This step will submit a request to our front desk staff for approval.

STEP 10

Upon approval you will receive an acceptance e-mail and your account will be billed appropriately. Our front desk staff will contact you if further instruction is needed.

SHOULD YOU NEED ASSISTANCE CONTACT
TEHMI @ 907-885-1253

WHATS NEXT?

Now that you are registered and have committed to our program there are a few things you still need to do to ensure you are ready for the season. Please do not put it off until later. I will bug you until its done!

1

IMPORTANT

Complete the gear order form. This will help our staff order gear in a timely manner. Click [HERE](#) to complete form or copy and past link.

<https://forms.gle/iqKZxzvibuEsHD6D9>

2

Order Cheer Shoes. Our program requires **BLACK** cheer shoes. Nfinity Vengeance, Nfinity Flights, Rebel Revolt, and Rebel Ruthless are all approved styles. Amazon.com carries the Nfinity brand OR you can visit <https://www.rebelathletic.com/all-shoes/performance-shoes.html>



3

Save all important dates and your team schedule in your phone or calendar.



4

Join your team band! Our coaches and admin use this app constantly to ensure parents and athletes stay informed. *Also, make sure your notifications are turned on in the app's settings. This is to make sure you get receive an alert when somethig new is posted.*



5

Stretch, take a deep breathe and lets get to work!
See you on the mat.

ATHLETE ABSENCE FORM



****Form must be turned in at least 30 days prior to the scheduled absence.**

It is crucial that coaches know in advance if an athlete will be absent, especially during peak times noted in the parent packet. An absence can effect an athletes ability to make the mat for performances.

***Form must be submitted to the head coach for sign off—forms left at the front desk will not be accepted.*

Athlete Information

Athlete Name:

Team Name:

Start Date:

Return Date:

Total Missed Practices:

Reason for missed practice.

Parent Name:

Signature:

Date:

Head Coach Approval:



TUMBLING EVALUATION CHECKLIST

NOVICE/ PREP

Required Skills

- ☐ Back Walkover (BWO)
- ☐ Handstand Forward Roll
- ☐ Front Walkover (FWO)
- ☐ Round off (RO)

Allowed Substitutions

- ☐ Backbend Kickover
- ☐ Handstand
- ☐ Forward Roll
- ☐ Cartwheel (CW)
- ☐ Valdez

LEVEL 1

Required Skills

- ☐ BWO-BWO
- ☐ BWO Switch Leg (SL)
- ☐ BWO - BWOSL
- ☐ Valdez-BWO
- ☐ BER
- ☐ CW-BWO-BWO
- ☐ CW-BWO-BWOSL
- ☐ FWO-CW-BWO
- ☐ FWO-Handstand Forward roll-CW-BWO

LEVEL 2

Required Skills

- ☐ BWO-Back handspring (BHS)
- ☐ BHS Step Out (SO)-BWO-BHS
- ☐ Valdez-BHS
- ☐ T JUMP-BHS
- ☐ RO-BHS-BHS
- ☐ FWO-RO-BHS
- ☐ RO-BHS-RB ½ TURN-RO-BHS
- ☐ CW-BHS SO-BWO-BHS
- ☐ BOUNDER/FLYSPRING
- ☐ BOUNDER SO-FWO-FHS

LEVEL 3

Required Skills

- ☐ BHS SO -BHS-BHS
- ☐ JUMP-BHS-BHS
- ☐ BHS-BHS-JUMP-BHS-BHS
- ☐ AERIAL/ FWO-AERIAL
- ☐ Punch Front (PF)/FHS-PF
- ☐ RO-BHS-TUCK
- ☐ RO-BHS-BHS-TUCK
- ☐ FWO-RO TO TUCK
- ☐ RO-BHS SO-RO TO TUCK

LEVEL 4

Required Skills

- ☐ BT
- ☐ BHS-BT
- ☐ BHS SO-BT
- ☐ BWO-BT
- ☐ RO-WHIP-BT
- ☐ FWO-RO-BHS-LO
- ☐ RO-WHIP-BHS-LO
- ☐ PF/FHS-PF SO-RO-BHS-LO

LEVEL 5

Required Skills

- ☐ BHS LO
- ☐ BHS-BT-BHS-BT
- ☐ JUMP-BHS-LO
- ☐ BHS-WHIP-BHS-BT
- ☐ JUMP-BT
- ☐ BARANI
- ☐ RO TO FULL
- ☐ RO-ARABIAN TO FULL
- ☐ PF SO/FHS-PF SO TO FULL
- ☐ FWO-RO TO FULL
- ☐ RO-WHIP-BHS-FULL

LEVEL 6

Required Skills

- ☐ STANDING FULL/JUMP-FULL
- ☐ BHS-FULL
- ☐ BHS SERIES -DOUBLE FULL
- ☐ BHS SERIES-WHIP-FULL
- ☐ TRIPLE JUMP-BT
- ☐ PF/FHS-PF SO-RO TO FULL/DOUBLE
- ☐ RO-WHIP-FULL/DOUBLE
- ☐ RO-BHS-DOUBLE
- ☐ FHS-FRONT FULL
- ☐ RO-BHS-FULL-BHS-DOUBLE
- ☐ RO-ARABIAN-RO-BHS-FULL
- ☐ RO-BHS-1.5 SO-RO-BHS-FULL
- ☐ FWO-RO-BHS-DOUBLE

FR - Forward Roll

CW - Cartwheel

BER - Back Extension Roll

BWO - Back Walkover

FWO - Front Walkover

RO - Round Off

FHS - Front Handspring

FB - Front Bounder

BHS - Back Handspring

SO - Step Out

FB - Front Bounder

PF - Punch Front

BT - Back Tuck

LO - Layout