



ALLSTAR ELITE SEASON 2025-2026

CHANGES

Welcome to Carolina Elite Athletics! We are extremely excited to have you become a part of our program and family! We strive for excellence while teaching our athletes teamwork, discipline, and passion. We genuinely care for each one of these kids, and hope to make a fun, organized, and well communicated establishment.

In this handbook, you will find information about important dates, new athlete and parent policies, and projected preliminary calendar. These new policies will better our gym and hope to create a better program.

In the preliminary calendar for the upcoming season will give you an idea of allowed dates missed, possible competition dates, black out dates, choreography, etc. This is subject to change.

Please read this handbook entirely with your athlete prior to evaluations as you will be asked to sign and agree to terms in each section.

Sincerely,

Ashley T Peoples & Carolynn Rose-Delong
Carolina Elite Inc., Co-Owners
Dani Smith, All Star/Gym Director
Allstars@CarolinaEliteInc.com



TIME

Commitment & attendance

ATTENDANCE:

Weekly attendance will be posted in the individual team Band App.

A calendar of practice dates and competitions will be available in the Final Allstar Packet. Every practice and competition is MANDATORY. We **do not** accommodate to school or rec sports. Absences due to school or rec sports will not be excused.

If you athlete is **30 minutes late or more** to a practice, it will be counted towards your unexcused absence.

ABSENCES:

Only excused absences:

- 2 days for Covid or Flu positive test and must have a note from a doctor.
- Death in the immediate family.

There is no charge for these but the Coach and/or Allstar Director must be notified ASAP as well as a note must be presented in person or emailed to the Coach and/or Allstar Director before the absence.

Only 2 unexcused absences will be allowed during our summer schedule (June- August) and 2 unexcused absences during our competition schedule (September-March). A vacation request needs to be submitted by email to the Allstar Director on the day of tryouts. Any vacations booked after will not be approved and will be unexcused. After 2 unexcused absences, there will be a missed practice fee for every following unexcused absence and we will follow the 3 strike rule.

Missed practice fee is as follows:

July: \$50
August: \$75
September: \$100
October: \$125
November: \$150
December-May: \$200

Black out dates are marked on the calendar. These dates are NOT allowed to be missed. Any vacations planned on these weeks, will not be excused.

If an athlete has more than 5 missed practice fees for the season, they will not be invited to return for the following season.

****Final Allstar Packet with more info will be released at a later date****

COMPETITIONS:

We will be competing at one local 1-day competition in November this season. This is why attendance is being taken so seriously. We want to get feedback from judges well before our 2-day events start. We will be traveling less to try to cut costs for families as much as we can.

KEEPING UP WITH SKILLS:

Coaches have the ability to change an athlete's position and/or team throughout the entire season. This decision is FINAL with the Coach & Allstar Director. The parents and athlete will be notified but this will not be a discussion between coaches and families.

CROSSOVERS:

We will be starting with about 15 TOTAL crossovers in the gym. Please do not panic if your athlete who is used to crossing over, is only on one team. We will have "alternates" to be able to fill any position we need throughout the season.

MAKEUP POLICY:

This season there will be no make up practices for a cancelled practice. If a practice is cancelled for any reason, a 2 hour punch card for open gym will be issued to each member of that team. A calendar with all practice days and times will be released with the final Allstar packet.

RE-CHOREOGRAPHY FEE:

If you leave the program for any reason, the re-choreography fee is as follows:

July: \$250
August: \$400
September: \$650
October: \$800
November: \$1000
December-May: \$1500



Projected Preliminary 2025-2026 CALENDAR

IMPORTANT DATES

TRYOUTS

BLACKOUT DATES

CHOREOGRAPHY

GYM CLOSURE

HOLIDAY

POSS. COMP

MAY 2025

SUN	MON	TUE	WED	THU	FRI	SAT
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

JUNE 2025

SUN	MON	TUE	WED	THU	FRI	SAT
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

JULY 2025

SUN	MON	TUE	WED	THU	FRI	SAT
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

AUG 2025

SUN	MON	TUE	WED	THU	FRI	SAT
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

SEPT 2025

SUN	MON	TUE	WED	THU	FRI	SAT
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

OCT 2025

SUN	MON	TUE	WED	THU	FRI	SAT
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

NOV 2025

SUN	MON	TUE	WED	THU	FRI	SAT
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

DEC 2025

SUN	MON	TUE	WED	THU	FRI	SAT
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

JAN 2026

SUN	MON	TUE	WED	THU	FRI	SAT
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

FEB 2026

SUN	MON	TUE	WED	THU	FRI	SAT
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28

MAR 2026

SUN	MON	TUE	WED	THU	FRI	SAT
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

APR 2026

SUN	MON	TUE	WED	THU	FRI	SAT
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

MAY 2026

SUN	MON	TUE	WED	THU	FRI	SAT
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

****THIS IS THE
PROJECTED
PRELIMINARY
CALENDAR AND
THESE DATES ARE
SUBJECT TO
CHANGE****

PRELIMINARY

Competition Schedule

	LOCATION	STAY TO PLAY?
	GREENSBORO, NC	NO
	GATLINBURG, TN	NO
	INDIANAPOLIS, IN	YES
	OCEAN CITY, MD	NO
	CHARLESTON, SC	NO
 WORLDS TEAM ONLY	HOUSTON, TX	YES
	MYRTLE BEACH, SC	NO