

## ***THE COACHES***

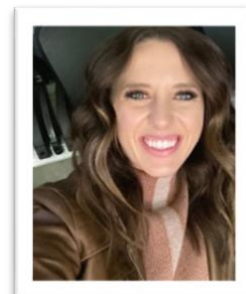


### **Jamie Stanger – Director, Team Head Coach**

I graduated from USU in Kinesiology with a minor in Yoga Practice. I am a NASM Certified Personal Trainer and work as an iFit Trainer! I'm originally from Idaho Falls, Idaho, but have lived in Logan for the last 7 years. I cheered through Junior High and High School and helped coach high school cheer during the summers at my home high school in Idaho Falls! I have had a huge passion for cheer my whole life and am so excited to be back at it!

### **Alisha Smith – Team Head Coach**

I was born and raised here in Cache Valley. I attended Mountain Crest and graduated from USU in Family Consumer Human Development. I am married to my wonderful husband Garrett and have 2 beautiful boys. I've danced my whole life until I tried out for cheer in high school and I've never looked back! I was the head coach at Mountain Crest from 2016-2018 and the only reason I stopped was because I had my second baby. I was so sad to quit! I am SO excited to be back coaching. Cheer is such a huge passion of mine and I love being able to coach kids and see them develop a love for it as much as I do!

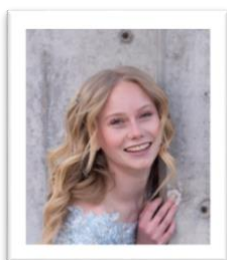


### **Brianna Hall – Team Coach**

I am from Logan. I was a gymnast when I was young and a cheerleader when I was a teenager. I also like to play volleyball. I went to USU and got my associates degree! I have a wonderful husband and a son that is 7 months old. I love spending time with my family! I love the outdoors, playing games, going camping, and going boating. I love being a mom and coaching cheer!

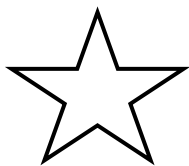
### **Chloee Schiess – Team Coach, Recreation Coach**

I love anything related to cheer! I was an all-star cheerleader at Air-Bound and also took tumbling and gymnastics. I loved it with my whole heart! My favorite color is yellow! I love spending time with my family and friends! I cheer at Ridgeline Highschool and love everything about it! Tumbling is my favorite thing about cheer!



### **Elle Anderson – Team Coach, Recreation Coach**

I've always lived here in Utah and I love it here! I love cheer and anything fun and creative! I'm always up for trying new things! I love food and listening to music! I've been with Air-Bound since I was little and I love all the people here so much! I hope to see you sometime soon!!



## ***2021-2022 Pricing***

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**Annual Registration** (Due in September) \$25  
Pro-rated Registration (if didn't pay in September) \$8

<b>Tuition</b>	Angels (Performance)	\$70 per month	3 hrs/week
	Angels (Competition)	\$138 per month	7.5 hrs/week

Tuition is auto charged to your credit card on the 1<sup>st</sup> of each month.

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### **COMPETITION TEAM**

**SEASON PAYMENT #1** **Due June 10<sup>th</sup>** **\$450**

Covers Performance and Practice Uniforms, Warm-ups, Bag Team Fee, Activities, Parties and ½ of Camp

**SEASON PAYMENT #2** **Due July 10<sup>th</sup>** **\$450**

Covers ½ Camp, (4) Competitions, Make-up, Shoes, Banquet

**USASF MEMBERSHIP** **Due July** **\$30**

Required registration to compete, Payable online at usasf.net

**Competition Uniform/Bow** **Due Mid/Late Summer** **\$360 (approx.)**

Paid directly to varsity.com. A direct link will be provided.

### **PERFORMANCE TEAM**

**SEASON PAYMENT** **Due June 10<sup>th</sup>** **\$200**

Covers performance Uniform, activities, parties, performances

Season Payments are made to Air-Bound Gymnastics by cash or check before or on due date. Air-Bound will charge your credit card on file automatically if cash or check payment haven't been made by due date. There are No Refunds.

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### **Contact Info**

**Air-Bound Office** [office@air-bound.com](mailto:office@air-bound.com) **435-792-4247**

**Air-Bound Angels** [airboundangels@gmail.com](mailto:airboundangels@gmail.com)

## **Tryouts**

Login to the Parent Portal on [www.air-bound.com](http://www.air-bound.com) and click on events to sign up for the mandatory cheer clinic Tuesday, May 11th 4-6 and sign up for a try-out day. Performance Team try-outs are Thursday, May 13th 4-7 and the Competition Team try-outs are Friday, May 14th 4-7. If new to Air-Bound click on New Registration and then click on events and sign up. Cost is free for both!

## **Tuition Prices/Practice Schedule:**

Tuition is charged to your credit card on file the 1st of every month. For questions about tuition, contact the front office. For the month of May you will be charged for half the month on May 17th. If you wish to pay with cash or check please do so before the 1st of the month during office hours. There is a registration fee every September of \$25. For those of you joining the team now that have not taken a class since September, you will need to pay a prorated registration fee of \$8 to carry you through until September. This will be charged to your credit card on May 17th.

### **Competition Team (\$138 a month):**

Practice May 17th -May 28th:

Mon, Tues, Thurs @ 4-6:30PM

Summer (Starts June 1st):

Mon, Tues, Thurs @ 7-9:30AM

### **Performance Team (\$70 a month):**

Practice May 17th - May 28th:

Mon & Thurs @ 6:30-8PM

Summer (Starts June 1st):

Tues & Thurs 12-1:30PM

\*No class on May 31st due to Memorial Day

\*Fall schedules will be announced at the beginning of August.

## **Fundraisers:**

We'll email more information as these get a little closer. If parents have any suggestions, feel free to let us know!

- Cache Valley Directs - Fall (October)
- Poinsettias - Beginning of November
- Swig - Couple times throughout the year
- Fatboy - Late spring - early summer
- Sponsors - Own time
- Sponsors Form is on Air-Bound website

### **Choreography/Camp:**

We will be learning our routine this summer! I am just waiting to hear back dates from her. I will let you guys know ASAP! It is super important that everyone is there in order to establish formations and avoid reteaching. We will fit some other activities into these days and depending on the heat, may have an overnight stay at the gym!

### **Performances/Parades:**

We try to do two parades and a few performances each season. These will be announced as they come (usually about a month before), so please look forward to getting those announcements in your email. These performances and parades are mandatory, although we know that there are things that get in the way. Everybody will get a performance outfit to wear to performances and parades so we all match.

### **Competitions:**

Parents, you will be in charge of registering your child as a USASF cheerleader. This will make them eligible to compete in any US-cheer competition. Go to USASF.net and register your child. There will be a \$30 registration fee. Please get this done ASAP. Let me know if you have any questions.

Competition season will be between the months of Jan-Apr. Specific dates will be provided soon!

### **Example Schedule:**

## July 2021

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3 Parade Wear Outfit 2
4	5 Practice 7-9 am Wear Outfit 1	6 Practice 7-9 am Wear Outfit 2	7	8 Practice 7-9 am Wear Outfit 3	9	10
11	12 Practice 7-9 am Wear Outfit 1	13 Practice 7-9 am Wear Outfit 2	14	15 Practice 7-9 am Wear Outfit 3	16	17
18	19 Practice 7-9 am Wear Outfit 1	20 Practice 7-9 am Wear Outfit 2	21	22 Practice 7-9 am Wear Outfit 3 Team Bonding Activity	23	24 Performance Wear Outfit 2
25	26 Cheer Camp Wear Outfit 1 8-4	27 Cheer Camp Wear Outfit 2 8-4	28	29 NO PRACTICE	30	31

print-a-calendar.com

## **Attendance/Dress Code/Honor Code**

### **Attendance**

Angel practices are closed to friends, parents, or siblings. It is very distracting to the team and coaches to have spectators. Being at practice is crucial to our team's progress! When one person misses, it hurts the whole team! Cheer is a team sport! Every position is important! All absences and tardies need to be excused by a PARENT! Please call or text your daughter's cheer coach to excuse any absences or tardies! This includes performances and parades as well. Exceptions can be made at the coach's discretion. Please know we have the right to remove you from the team if we feel your attendance is hurting the other athletes' progress. Joining the Angels is a commitment and that means some sacrifices will need to be made to make this team a success!

### **Absences/Tardies**

We understand that kids get sick and we know there will be events that will cause you to miss cheer. For example- family vacations, funerals, weddings, illnesses, etc. If you are sick with something minor, we would still like you to come to practice and do your best. (After COVID is over – stay home if sick for now) Even if that means just watching. We are constantly making changes and it is time consuming to reteach those changes to one cheerleader. If you are going to be late or leave early, please let us know ahead of time so we can plan practice accordingly! Please know that we do have the right to remove your child from the team if we feel their attendance is hurting the teams progress! Joining the Angels is a commitment and that means some sacrifices will need to be made to make the team successful.

All cheerleaders need to be ready and on the mats to start warm-ups on the hour! That may mean arriving 10 minutes early. If you are going to be tardy, please have a parent contact one of the coaches. Unexcused tardies will result in added time to conditioning (which as a personal training, I'm totally not opposed to =) ).

### **Dress Code**

Hair needs to be pulled back. If your hair is short, it needs to be pulled back away from your face. Everyone needs to wear clean, white cheer shoes to every practice. No sweatshirts, jackets, jeans, jewelry, offensive clothing, or any other items that may be distracting to the team or make practice difficult in any way. Piercings of any kind need to be taken out for practices, performances and competitions. Your nails need to be trimmed and short. NO fake nails! If a cheerleader comes to practice with nails, they will be asked to cut them on site. No gum, food or drinks other than sports drinks and water. No lotion before practice! It makes it very difficult and unsafe to stunt.

### **Honor Code**

When you are at practice, competitions, performances or parades, you are representing Air-Bound. Please keep in mind, this includes online! You ARE representing the Angels even on your social media accounts. As a team, we treat all team members, coaches, judges, parents, spectators.

I agree to the Angels honor code, dress code, attendance policy, and all other rules and regulations that have been set by the Air-Bound Angels.

Cheerleader Name: \_\_\_\_\_

Cheerleader Signature: \_\_\_\_\_

Parent Signature: \_\_\_\_\_

Date: \_\_\_\_\_