



**EMPIRE**  
**ATHLETICS**

**EVALUATIONS**  
**2019-2020**

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Welcome to Oregon's Youth Training Empire!  
At Empire Athletics, we operate in an atmosphere of athletic integrity, character building and teamwork. We are always focused on the foundational training of athletes, while encouraging progressions, proper advancement of skills and continued education. No matter your age or skill level, we have a team for you!

When you choose Empire, you choose to be a part of a program where athletes become teammates, teammates become friends, and friends become family!



## EVALUATIONS INFO & DATES

Evaluations are a very low-stress experience. During the evaluations, athletes will show jumps, tumbling, and flexibility. If your athlete is new to the sport, no need to worry! We will be using the evaluation clinics to be teaching the foundational aspects of cheer as well!

After evaluations, athletes are placed in a “training group” with like-skilled athletes within their age group. Age, experience, maturity, ability, and work ethic all factor into placement. Teams will then be derived from each training group to best fit the athlete’s ability and each teams’ needs.



We stay competitive  
by making all decisions  
based on the Varsity scoresheet.

### PARENT MEETINGS & EVALUATIONS DATES

#### ALBANY

**Parent Meeting #1**

Wednesday April 10th – 7pm

**Evaluation Clinics #1**

April 17th & April 19th

5:30-7pm – 11 & Under

7-8:30pm – 11 & Over

**Evaluations #1**

Saturday April 20th

10am-1pm – 11 & Under

2pm-5pm – 11 & Over

**Parent Meeting #2\*\***

Monday May 6th – 7pm

**Evaluation Clinics #2\*\***

May 15th & 17th

5:30-7pm – 11 & Under

7-8:30pm – 11 & Over

**Evaluations #2\*\***

Saturday May 18th

10am-1pm – 11 & Under

2pm-5pm – 11 & Over

#### PORTLAND

**Parent Meeting #1**

Tuesday April 16th – 7pm

**Evaluation Clinics #1**

April 23rd & 25th

5:30-7pm – 11 & Under

7-8:30pm – 11 & Over

**Evaluations #1**

Saturday April 27th

10am-1pm – 11 & Under

2pm-5pm – 11 & Over

**Parent Meeting #2\*\***

Thursday May 16th – 7pm

**Evaluation Clinics #2\*\***

May 20th & 22th

5:30-7pm – 11 & Under

7-8:30pm – 11 & Over

**Evaluations #2\*\***

Saturday May 25th

10am-1pm – 11 & Under

2pm-5pm – 11 & Over

*\*\*Second meetings and subsequent clinics/evaluations are intended for athletes attending Worlds / Summit / US Finals AND/OR are unable to begin their season until May.*



# TEAMS & PROGRAMS OFFERED

## INTRO TO CHEER CLASSES

This is where it all starts! Simple, easy, foundation-building classes held weekly to introduce your athlete to cheerleading! No long-term commitment! Just 1 one-hour class per week! Possible performances at events (depending on calendar)! Classes are offered on a month-to-month basis.

## ALL STAR NOVICE

Taking it one step further, we offer short-term Novice programs! Geared on the seasons, Summer/Winter/Spring! Novice teams will do 3-4 month programs, and have the opportunity to exhibition/perform at events, showcases and possible local high school competitions!

## ALL STAR PREP

Prep is a great introduction into competitive cheerleading without the large commitment of Elite level teams! Practice is 1.5 hours per week plus an included tumbling class! Prep teams will only compete at local (Portland) competitions!

## ALL STAR ELITE

All-Star Elite is a bigger time commitment due to the competitiveness of this division. They will practice 2-3 times per week for up to 2-3 hours per practice (depending on age/level). Teams will compete locally (no flying) at 8 all-star competitions, and potentially at The Summit (Orlando, FL) or US Finals (Las Vegas, NV), based on bid(s) received and at the discretion of the coaching and gym staff.

## FREQUENTLY ASKED QUESTIONS

### *When do practices begin?*

Practices will begin the week after evaluations. All paperwork and down payment must be received in order for athletes to participate.

### *What is the commitment for the team?*

Our teams are a year-round commitment. Our season runs May 1, 2019-May 31, 2020/June 1st 2019-June 31st, 2020. \*\*If you are a returning athlete, your 13th month will become your first month of tuition for the following season.

### *What is the work out schedule for the teams and what if my child misses practice?*

Teams typically work out 2-3 days a week for 1.5-3 hours depending on their age and ability level. Extra practices may be scheduled if needed. We try to give at least a one-week notice for any extra practices, but in some cases, this is not possible. All members are expected to be present at any extra practices scheduled.

All absences should be called into the office at least 24 hours prior to the missed practice. Extreme illness, family emergencies or a graded school event are the ONLY excused absences.

### *What about the summer months or holidays and vacations?*

Summer months are geared for SKILL BUILDING. We use summer months to build our routines and strengthen our skills through conditioning needed for our season's routine. Summer vacations are granted when a vacation request is filled out at the beginning of the season. Vacation requests must be handed to the front desk and will be reviewed by your team coach. It is at the discretion of the coaching staff to move an athlete's position in routine/team placement based on excessive absences during the summer months.

### *Summer Vacation Closures*

The gyms will be closed during the summer from July 1st – 7th, August 1st-5th, and September 1st-7th. Thank you in advance for taking your summer vacations during one of those weeks.

### *What does my cheerleader wear to practice?*

Practice clothing is included when you enroll. Clothing will be handed out within the first few months of the season and athletes are REQUIRED to wear their 2019-2020 clothing to practice.

Prior to receiving your Empire practice gear, please have your athlete wear appropriate, athletic wear and shoes,

Your clothing schedule will be released at a later date. Hair must be worn in a high ponytail, preferably with a bow, cheer shoes and NO JEWELRY at any time. If practice clothes are misplaced or lost it is the responsibility of the parent to order replacement clothing within two weeks of losing the item.

### *What if my child is involved in another activity?*

We do not suggest that you take on another large commitment outside of cheer if on All-Star ELITE. We do require that Empire be the primary commitment and absences due to other sports and activities will not be tolerated. They will be considered unexcused.

### *How are teams formed at tryouts and can team placement change throughout the year?*

Please know that when cheerleaders are placed in like-skilled training groups after evaluations, it is done in the best interest of the Empire program, the groups and the child. Our decisions may not always be what you expected or hoped for, but the decisions at the discretion of the coaches and staff. Although we do our very best to match up teammates with similar abilities, there might be those athletes that contribute in ways other than tumbling. When forming a team, all positions need to be filled in order to have a successful team as a whole. (Bases, Flyers, Tumblers, Back spots, etc.). It is our goal at both Empire locations to offer teams that are highly competitive. We strive to build each location the same for all of our athletes. Some athletes may be placed on two teams and a decision will be made by the time of choreography as to what team will best fit for the athlete.

Team levels will be finalized before choreography. Changes in levels can be made at the discretion of the coaching staff, at any time.

It is at the discretion of the coaching staff and management team to move cheerleaders to different teams for any reason; this includes, but is not limited to: need on another team, work ethic, skill level not up to the team's level and meshing of team or excessive absences.



# WHY SHOULD YOU CHOOSE EMPIRE?

ALL Coaches AND office staff/personnel are USASF certified, background checked (green lighted), credentialed, and First Aid, CPR and AED certified.

Several experienced, professional, and credentialed guest staff coming in from all over the world for camps and clinics throughout the year.

Streamlined warm-ups / practice plans / conscious benchmark checking through all of our teams.

Prices are very affordable and comparable within the All-Star Cheer industry. We keep our cheer prices simple with a consistent monthly payment plan.

State-of-the-art facilities.

Everyone makes a team regardless of experience.

Multiple locations: Our mission is to place each athlete accordingly. Families have the option to commute to a team appropriate for their child's level and progression, with coaches' permission.





# Empire 2019-20 Important Dates

*Practice - Begins the week after evaluations*

*Summer Gym Closure #1 - July 1st-7th*

*Summer Mega Camp - July 8th-11th*

*Summer Gym Closure #2 - August 1st-5th*

*Summer Gym Closure #3 - September 1st-7th*

*Blocking Choreo - September 8th - 14th*

*Cheer Choreography - September 20th-22nd & 27th-29th*

*Halloween - October 31st - OFF*

*Thanksgiving Break - November 27th - 30th*

*December Winter Break - December 22nd - January 4th*

*These are the ONLY gym closure dates. Please assume that we are open during ALL other dates, including spring break and federal holidays.*

**Beginning of Year Showcase**  
**DATE TBD**

**The American Northwest – Portland**  
**12/7/19 – 12/08/19**

**ATC - Portland**  
**12/14/19**

**Aloha – Portland**  
**1/18/19 – 1/19/19**

**ATC – Bellevue**  
**1/25/20-1/26/20**

**Best of the Northwest – Tacoma**  
**2/08/19-2/09/19**



*\*This is the TENTATIVE 2019-2020 competition schedule. Please do NOT book any travel until their gym announces their final schedule in the summer.*

# TENTATIVE COMPETITION SCHEDULE 2019-2020

*\*\*US Finals / Summit / Worlds will be decided dependent upon bids received.*



**Northwest Championship – Tacoma**  
**2/22/2020**

**PacWest – Portland**  
**3/07/20 – 3/08/20**

**Aloha – Tacoma**  
**4/04/20**

**US FINALS / SUMMIT / Worlds \*\***  
**MAY**

**End of Year Showcase**  
**DATE TBD**

# GYM POLICIES

**OFFICE:** Our office hours are from 4pm to 8:30pm, Monday through Thursday. Our front office staff is here to help you in any way that we can, from billing and accounting to general inquiries.

**UPDATES:** Empire sends out weekly email updates to keep our families informed of all the things occurring each week, including upcoming events.

**COMMUNICATION:** There are several other ways Empire communicates with their families. Facebook, Remind App, E-mails, etc. Please stay informed with all mediums.

**NO REFUNDS:** Under no circumstances or for any reason will a refund be issued for any Empire collected fees. (Injury, illness, team changes, quitting, absences, etc.) If your athlete quits or leaves the team and your fees were pre-paid for the season or a part of the season, that amount (less the \$500 separation fee if applicable) will be held in your athlete's Empire account for future use on future Empire fees. (classes, teams, etc.). A refund will NOT be given in the form of a check, cash, credit on a credit card or any other form.

**CURRENT BALANCE:** All students must be cleared at a zero balance with Empire in order to sign up for private lessons, classes, or other special events. Members must be cleared at a zero balance at least one (1) working day prior to an event in order to perform. Empire reserves the right to pull an athlete from any performance if the account is outstanding.

**QUITTING THE TEAM:** There is a \$500 separation fee for any child that quits, is removed, or does not follow the rules and guidelines of our program anytime during their specified cheer season - May 1st, 2019-May 31st, 2020/June 1st 2019-June 31st, 2020. (This applies to All-Star Prep or All-Star Elite only)

**COLLECTIONS:** After an athlete quits or the season is over, all accounts with past due balances will be referred to our collection agency. A 10-day demand for payment will be sent prior to the collection process commences.

**SAFETY GUIDELINES:** Athletes are not allowed on the gym floor unless they are enrolled in a class, taking a private lesson or starting their team workout. They must wait in the lobby until their class/team begins.

**AFTER HOURS:** Empire is not a babysitting service and athletes should not be left at the gym when there are no practices/classes or after the practice/class is over. If this becomes an ongoing issue, a meeting will be set up with the family to address and resolve this problem.

## **GYM POLICIES CONTINUED**

### **ABSENCES:**

Any athlete missing practice for ANY reason ONE week prior to a competition will have a replacement stand in for them at that competition. The missing athlete may return to their scheduled practices once the team returns from competition. Any awards/medals/jackets for that competition will be awarded to the replacement athlete. Additionally, if a bid is awarded to that team at that competition, the replacement will be the one offered to compete at whatever competition that bid is for. Additionally, the replacement athlete will continue to switch in and out with the original missing athlete up to the bid-awarded competition (i.e. Summit, Worlds, U.S. Finals)

### **SOCIAL MEDIA:**

It is expected and required that all Empire Athletes, Parents, and Friends be respectful on ALL SOCIAL MEDIA PLATFORMS. Empire will not tolerate the misuse of social media if it affects or reflects poorly on Empire in any way, shape or form. All Empire Facebook team pages are owned by Empire and post/comments that are negative or against what Empire deems appropriate will be deleted. Repeated offences will result in dismissal from the program.

## **ATHLETE POLICIES**

### **MANDATORY EVENTS:**

All practices, choreography dates, camp dates, and competitions are mandatory.

### **SUMMER VACATIONS:**

Summer Vacation Requests may be submitted to the front office for approval on the first day of your athlete's practice. Please note, no dates falling on mandatory events will be considered excused.

### **EMPIRE WORKOUT WEAR:**

All team members are expected to wear the proper Empire workout gear and cheer shoes. Until athletes receive their Empire apparel, athletes may wear any of the Empire colors: black, green, white, grey. We ask that other gym branded workout wear not be worn to Empire. Once practice wear has been passed out, athletes will receive a practice wear schedule from the gym/coaches.

### **EMPIRE UNIFORM:**

All cheerleaders are required to purchase a properly fitted Empire uniform.

# ATHLETE POLICIES CONTINUED

## FITTINGS:

Our uniform representative will fit each cheerleader for their uniform items during the months of June and July.

## ORDERS:

Uniforms and Warm-Ups are considered a “special order” and are non-refundable, non-exchangeable, and non-returnable. It is important that parents respect the uniform representatives’ opinion on the size of each item. There are NO changes once your uniform is ordered or when it arrives. Empire Athletics is NOT responsible for unfit uniforms.

## DELIVERY OF UNIFORMS:

Uniforms and Warm-Ups will be delivered at the beginning of the 2019-2020 competition season, if your child joins at the beginning of the season. Those athletes that join later in the season will receive their uniform with the next bulk order that is placed. It is a possibility that uniforms will not arrive in time for a late starting athlete. In this case, they may need to borrow another athlete’s uniform or used/older pieces until their pieces arrive.

## UNIFORM WASH & CARE:

Wash the uniform by itself. Wash the warm up jacket by itself. Machine wash in cold water on the gentle cycle – a gentle detergent is highly suggested. A full load of water is preferred but may not be possible with some high efficiency washers. Hang to dry – do not put in the dryer and do not iron or dry-clean. Empire uniforms are NOT to be worn outside of Empire approved functions in order to prevent premature wear and tear. Ideally, uniforms should last 2-3 years.

## JEWELRY:

Jewelry of any kind is not allowed at practices, performances, or Empire events. Cheerleaders may not get anything pierced between October 2019 and May 2020. If this occurs, your cheerleader may be asked to take out their new piercings for safety reasons.

## HAIR:

All Empire athletes must have a natural hair color between the months of November 2019-May 2020. Athletes may change their hair color – but it must be a natural color – no blues/greens/pinks/etc. Uniformity is key in cheerleading, and we only want athletes to stand out for their incredible talents – not their green hair.

## DRESS CODE:

Empire cheerleaders are not allowed to be at a competition “half-dressed”. In addition, tennis shoes must be worn at all times. House-shoes, slippers or boots are not to be worn with the Empire uniform.

## BEHAVIOR & IMAGE:

All Empire members will dress respectfully at all competitions, functions or events. Empire cheerleaders represent our community and must conduct themselves with class and good sportsmanship at all times. Foul language and inappropriate behavior will NOT be tolerated and if it becomes an issue, that cheerleader will be dismissed from our All-Star Program.

## **ATHLETE POLICIES CONTINUED**

### COMMITMENT/CONDUCT:

The Empire program prides itself on team spirit and unity. Cheerleaders on each team must stay together at competitions and support other Empire teams during performances. We often require our members to arrive early at events and stay after all teams' performances to support the program equally.

Empire cheerleaders are not allowed to miss practices or events due to slight illnesses, homework, personal jobs, and other non-emergency situations.

Empire cheerleaders must treat their teammates and coaches with respect at all times.

Empire athletes must maintain good sportsmanship with other cheerleading programs in the area and around the country. We expect our members to be humble about their abilities and respect the talents of others in the industry.

### Drug/Alcohol Use:

We do NOT condone the use of alcohol, drugs, or tobacco/vaping by any Empire Athletics' athlete. Any offense could result in fees, penalties and/or immediate dismissal from the team and program.

## **PARENT POLICIES**

### NO PARENTS ALLOWED:

Parents are not allowed in the coaching area, in the Empire practice area, or in the warm-up area of any competition. This includes pre-warm-up, warm-up, and team discussions during competitions as well as practices.

The lobbies are available for parents to watch the progress of our athletes; however, the week prior to competition, practices are closed to spectators of any kind. We additionally ask that parents only speak positively about the program and/or athletes. No comments or opinions can be given in reference to our coaches, cheerleaders, practice progress, or the routines. Any negativity will result in dismissal from the lobby and potential dismissal from our program.

Please respect our facility as a youth training center. Younger siblings of our athletes must be constantly supervised. Only registered students and coaches are allowed on the practice floor during practice hours.

Parents that are concerned about the coaching of their child's team should direct their questions to gym management or ownership by sending an e-mail.

## PARENT POLICIES CONTINUED

### CONDUCT AT EVENTS:

Parents are not allowed to approach competition judges or officials at any event. Judging is subjective as in any sport. It is not your place as parents to express our difference of opinions with the company providing the event. This could result in disqualification of any and all of Empire's teams.

We ask that parents not interfere with the coaching of our cheerleaders in the gym or at competitions/events. Mental preparation is 75% of how a team will perform at any event. Most national championships will require that our teams perform two days, and sometimes in preliminaries and finals. Only coaches are allowed to discuss and critique preliminary performances in order to keep them focused on day two or finals. Be assured that the staff watches other teams, reviews score sheets, listens to critiques, and analyzes deductions. All of this information is used to provide the teams with the best possible mental preparation. Parents should refrain from discussing their personal opinions with their children until the competition is completely over. This will only put a hardship on the relationship of the cheerleader to parent, cheerleader to team, and cheerleader to coach.

We ask that our parents respect our program at outside events. Please display the same good sportsmanship and positive behavior that you expect from your children. This includes positive encouragement to all of our members and other parents.

Children under the age of 11 MUST be supervised at ALL times when not with the coaches or staff. NO EXCEPTIONS.

Parents must not place blame of weak performances on any specific child or group. Our teams succeed together and fail together. Be careful when blaming other cheerleaders for missed tumbling or dropped stunts – it could be your child at the next performance!

EMPIRE  
ATHLETICS



**#buildingTHEempire**  
**#creatingTHEculture**