

NEW JERSEY PREMIER

★ NJP ★

VOLUME 15



2025-2026

INFORMATION PACKET



WELCOME TO THE PRAMILY

WE ARE SO EXCITED TO WELCOME YOU TO NJ PREMIER ALL STARS.
WE KNOW THAT YOU WILL LOVE OUR FUN, ENERGETIC, POSITIVE ALL
STAR CHEER ENVIRONMENT!

Our Vision

At NJ Premier All Stars, our vision is to create a safe, elite training environment where athletes develop the skills, confidence, and character to perform at the highest levels of all-star cheerleading—while embracing the spirit of “PRAMILY” (Premier + Family) along the way.

We are more than just a cheerleading program—we strive to be your athlete’s second home, a place where they feel supported, valued, and empowered both as cheerleaders and as individuals.

Our athletes benefit from access to the best coaching staff, offering specialized instruction in tumbling, stunting, jumps, and team training for both half-year and full-year programs. In addition to our core staff, we proudly bring in renowned guest instructors and coaches from across the country during our annual Skills Camp and other events throughout the year.

This all-inclusive, athlete-focused approach allows us to build well-rounded, competitive athletes equipped for success both on and off the mat. We are committed to fostering a positive, high-energy environment where athletes are encouraged to grow, compete, have fun, and create lasting friendships and lifelong memories.

WE WILL PROVIDE ATHLETES A HOME AWAY FROM HOME.
TEACH OUR ATHLETES THE TRUE MEANING OF BEING A TEAM.
REACH OUR GOALS THROUGH HARD WORK & DEDICATION.
LET’S KEEP CHEERLEADING FUN!

TEAM PLACEMENT

TRUST OUR PROCESS

Our NJP Teams are formed with athletes of the same skill level to maximize the score sheet and be competitive. Our staff builds teams that we feel will result in a successful competitive season.

NJ PREMIER 1ST – TEAM 2ND – SELF 3RD

“Cheerleaders who come off the mat a CHAMPION are never upset with their team placement.”

TEAM PLACEMENTS ARE SUBJECT TO CHANGE AT THE COACHES’ DISCRETION. ATHLETES MAY GO UP OR DOWN A LEVEL, INDIVIDUALLY OR THE TEAM AS A WHOLE. WE WILL HAVE OPEN COMMUNICATION WITH OUR FAMILIES ABOUT CHANGES THAT NEED TO BE MADE TO BENEFIT THE TEAM.

TEAM PLACEMENT

Athletes are placed on our teams based on the skills they show at evaluations. We calculate the amount of skills we need in each section of the score sheet to hit our difficulty and tumbling numbers. Our goal is for our teams to stay consistent from the start of the season through the rest of the season. After team placement, it is important that the stunt groups are able to hit the elite skills required, and that the athletes maintain the tumbling they tried out with.

Athletes must maintain and improve their skills from tryouts. As the season progresses we expect skill and flexibility and the strength and conditioning needed to master our routines. We also want our stunt groups to be able to compete all skills choreographed and not have to be “watered down.” If the choreographed stunt skills can not hit with consistency and good technique in the stunt group then they groups or teams these athletes are on are subject to change. It is important at NJP that we accommodate the needs of the team and not the individual athlete. Please do not compare your Childs skills to another Childs skills as there is a lot that goes into creating competitive teams. There will be no discussion once teams are made with staff or management.

TEAM PLACEMENT

NJ PREMIER ALL STARS FLYERS

Athletes selected as flyers must maintain flexibility and skill requirements. Selected flyers unable to meet the level requirements must learn to base or will be moved to an alternate position. Flyers MUST attend 1 Flyer Stretch class per week. Attendance will be taken and shared with coaches. Flyer stretch class is \$20.00 per month for unlimited classes and is NOT included in tuition. In addition, stretching consistently at home is required and crucial to a flyer's success. Private Stretch & Stunt lessons are available and cost is determined by the instructor.

ADDITIONAL TUMBLING

Additional tumbling classes will be required for athletes who do not maintain the level skill requirements throughout the season. Athletes who cannot maintain the necessary tumbling or execution for their team may be moved to a level that best suits their skills. Private lessons are available and cost is determined by the instructor. TUMBLING OR TRAINING IS NOT PERMITTED at any other facility in the state of New Jersey without prior approval by the owners and coaches of NJ PREMIER.

IMPORTANT DATES

SEASON 15 CHOREOGRAPHY

Choreography Part 1 - June 20-28

Choreography Part 2 - August 1-9

GYM CLOSINGS

GYM CLOSED Summer Break - June 30 - July 6

GYM CLOSED Labor Day - August 26 - September 1

Gym CLOSED Halloween - October 31

GYM CLOSED Thanksgiving - November 27 - November 28

GYM CLOSED Holiday Break - December 24 - December 26

GYM CLOSED Holiday Break - December 31 - January 1

GYM CLOSED Easter - April 5

SAVE THE DATES

Team Reveal - May 19

Team Commitment & Signing Day - May 22

Team Practices Start - June 2

Skills Camp - TBD

Summer Pool Party - August 15

Choreography Part 1 - June 20-28

Choreography Part 2 - August 1-9

Season Showcase - TBD

Pramily Pumpkin Picking - October 18 (Rain Date Oct 25)

Trunk or Treat: October 30

Mini/Youth Send off : TBD

End of Season Showcase: TBD

MONTHLY TUITION INFORMATION

AUTOPAY TUITION (MANDATORY)

NJP TUITION VARIES BY TEAM

- A credit card **must** be kept on file. NO EXCEPTIONS THIS SEASON!
- NEW THIS SEASON! Monthly Tuition is due by the **26th of the month prior.**
A \$25.00 late fee will be applied to any payments received after the 1st.
- You must submit the Auto Pay Tuition Forms by June 1st

JUNE TUITION IS DUE at the TEAM SIGNING May 22nd

TUITION PAYMENT OPTIONS

AUTO PAY CREDIT CARD ONLY!

SUMMER PRACTICE HOURS : JUNE-AUGUST

TINY EXPO

- (1) TEAM PRACTICE A WEEK, (.5) TUMBLING HOUR, (1)HR CHEER PER WEEK

TINY NOVICE

- (2) TEAM PRACTICES A WEEK, (1) TUMBLING HOUR - (3) HRS PER WEEK

PREP & ELITE TEAMS

- (2) TEAM PRACTICES A WEEK, (1) TUMBLING HOUR - (4) HRS PER WEEK

FALL PRACTICE HOURS : SEPTEMBER-APRIL

TINY EXPO

- (1) TEAM PRACTICE/WEEK - (1.5) HRS PER WEEK

TINY NOVICE

- (2) TEAM PRACTICES/WEEK, (1) TUMBLING HOUR - (4) HRS PER WEEK

PREP & ELITE TEAMS

- (3) TEAM PRACTICES/WEEK, (1) TUMBLING HOUR - (6) HRS PER WEEK

MONTHLY TUITION PRICING

PREP & ELITE TUITION TEAM PRICING

\$245.00/Month (11 months)

TINY NOVICE TEAM PRICING

\$215.00/Month (11 months)

TINY EXPO TEAM PRICING

\$160.00/Month (11 months)

SIBLING TUITION DISCOUNTS

(HIGHEST LEVELED/TEAM ATHLETE IS CONSIDERED ATHLETE #1 REGARDLESS OF AGE)

2ND CHILD - \$45.00 OFF

3RD CHILD - \$145.00 OFF

4TH CHILD - FREE

TEAM FEE INFORMATION

TEAM FEE STRUCTURE

NJ Premier All Star Team Fees teams will be divided into 8 monthly payments. Team Fee Payments are **due the 9th of each month** from June – January. This fee is **in addition** to the athlete monthly tuition. Please understand, once we have the exact cost of competition fees and uniforms, there may be an additional balance due on February 15th. End of Season events (Summit, Regional Summit, Youth Summit, US Finals) are not included in these fees.

Team Fees Paid after the 9th of every month, fees paid after the 15th will incur a **late fee of \$25.00**.

Any delinquent accounts after February 15th will incur a **late fee of \$125.00**.

Please be sure to adhere to the payment due dates, as your athlete **will not be able to participate** in any NJ Premier practices, tryouts, classes, open gyms, private lessons, etc. with a past due account. In addition, an athlete with a past due account will not be permitted to order merchandise from the Pro Shop.

****Team Commitment/Signing day this season is May 22nd. At the signing June Tuition & the Practiwear Payment is due to secure your spot on the team.**

TEAM FEE PAYMENT OPTIONS

We accept Cash, Credit Card, Checks: Payable to NJ Premier

We highly encourage you to participate in our AUTO PAY Team Fee Payments. We will run your card on file the 9th of the month.

All credit cards run for Tuition or Team Fees outside of our auto pay options will incur a \$5.00 charge per transaction.

TEAM FEE INFORMATION

CHOREOGRAPHY

NJP brings in choreographers that are the best in the industry to choreograph our all star cheer routines. This fee includes the travel and choreography fees for our amazing choreographers. Choreography upgrades may be made throughout the season at an additional cost if the budget does not already meet the expense.

MUSIC FEES

Our music is made by custom Music Companies to ensure a fun and catchy routine music mix that gets the athletes and crowd excited.

PRACTICEWEAR

Getting ready for practices will not be stressful with our custom NJP Practice wear.

Tiny Teams - 2 Tank Tops, Sports Bra & Bow

All Other Teams - 2 Tank Tops, Sports Bra & Shorts Set, Scrunchie & Bow

WARM UP JACKET & BASEBALL JERSEY

This year all athletes will have a warm up jacket as well as a Baseball Jersey to wear over their uniforms to competitions/events. Returning athletes will not need to purchase a new warm up jacket.

SKILLS CAMP

Our summer skills camp will be a tumble/stunt camp hosted by instructors to really dive into the basics and work on the technique of all of our skills.

COMPETITION FEES

This fee will cover the athlete entry cost to all of our competitions as well as the cost of coaches fees/lodging. End of season events are **NOT** covered in these fees. (Regional Summit, Summit, US Finals)

UNIFORM FEE

Our beautiful, sparkly, NEW Uniforms are going to shine bright on the competition mat. This fee covers the cost of our custom uniforms.



FINANCIAL POLICIES

By initialing, committing and registering for an NJP team, you acknowledge and agree to abide by all the policies and procedures outlined in this packet

FINANCIAL POLICIES

PLEASE READ THIS SECTION THOROUGHLY!

ALL PAID MONIES ARE NON-REFUNDABLE AND NON-TRANSFERABLE.

There will be no exceptions under any circumstances.

TUITION & TEAM FEE POLICIES

- ALL payments for uniforms, competition fees, tuition, camps, clinics, choreography, practice clothes, etc., are **non-refundable and non-transferable** to other athletes. If an athlete leaves or is removed from the program, deposits and payments **will not** be reimbursed. You also lose all rights to any garments that have been purchased.
- NJ Premier reserves the right to move an athlete between teams at any point in the season. We are **not responsible** for reimbursing any expenses due to such changes.
- Parents/guardians assume **full financial responsibility** for all NJP costs, including but not limited to: registration, tuition, practice outfits, choreography, uniforms, warm-ups, bows, competition fees, and other related expenses.
- All customers must have a debit/credit card on file.
- Tuition pays for training. It does not pay for the right to perform.
- Vacations or time off will NOT be prorated.

TEAM FEE REFUNDS & POLICIES

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PAYMENT DEADLINES, LATE FEES & REFUNDS

- Payment deadlines must be met to avoid late fees.
- Monthly Tuition is due by the 26th of the month prior. A \$25.00 late fee will be applied to any payments received after the 1st.
- Team Fees are due by the 9th of each month. A \$25.00 late fee will be applied to any payments received after the 15th.
- If an athlete quits after July 15, 2025, a \$500.00 Quitter's Fee will be charged. NO EXCEPTIONS!
- NJP reserves the right to turn delinquent accounts over to collection agencies.
- Any payments resulting in non-sufficient funds, declined credit cards, expired credit cards, returned checks and electronic debits, etc. will incur a \$30.00 service charge. It is your responsibility to update your information with us if it changed (ex: bank acct number, card number, expiration date, etc.)
- NJ PREMIER reserves the right to sit an athlete out of practice, or to remove an athlete from their routine for failure to keep up with financial obligations.
- Any payments received for an overdue account will be applied to the athlete's account items at the gym's discretion.
- All tuition / fees must be current before an athlete may collect any clothing / uniform or any other retail items.
- Athletes with an outstanding balance may not schedule or participate in private lessons. They are also prohibited from taking classes or making Pro Shop purchases until the balance is up to date.
- If an athlete chooses to leave, or is asked to leave NJ PREMIER for any reason before the season is over, any and all funds are completely nonrefundable.
- CREDITS ONLY will be received for any competitions missed or for any fees paid towards the season due to unplanned circumstances out of our control (e.g., cancelled competitions, COVID-19, etc.)
- There will be **NO REFUNDS!** All team fees and tuition must be paid in full; even if athlete does not finish out the 2025-2026 Season. NO EXCEPTIONS.

TEAM FEE TENTATIVE PRICING

TEAM FEES ARE DUE BY THE 9TH OF EACH MONTH.
A \$25.00 LATE FEE WILL BE APPLIED TO ANY PAYMENTS RECEIVED
AFTER THE 15TH.

TEAM FEE	JR/SR	MINI / YTH	PREP	NOVICE	EXPO
UNIFORM	\$600	\$555	\$555	\$480	\$350
PRACTICE WEAR	\$205	\$205	\$205	\$205	\$175
COMP BOW	\$50	\$50	\$50	\$50	\$40
BASEBALL JERSEY	\$85	\$85	\$85	\$85	\$85
CHOREO PACKAGE	\$550	\$450	\$440	\$295	\$100
SKILLS CAMP	\$200	\$125	\$125	\$85	\$0
COMP REG & COACHES FEES	\$1,500	\$1,400	\$1,100	\$750	\$560

- If you PAY YOUR TEAM FEES IN FULL you will save \$75.00
- Please note there is a Credit Card Fee incorporated in the monthly Team Fee Payment installments
- If you opt out of our Team fee AUTO PAY there will be an additional \$5.00 Credit Card processing fee for every credit card charge

JUNE TUITION IS DUE AT THE TEAM SIGNING MAY 22ND

MONTHLY PAYMENT PLAN BREAKDOWN

TEAM FEES ARE DUE BY THE 9TH OF EACH MONTH
A \$25.00 LATE FEE WILL BE APPLIED TO ANY PAYMENTS RECEIVED
AFTER THE 15TH

MONTH	JR/SR	MINI / YTH	PREP	NOVICE	EXPO
MAY	\$205	\$205	\$205	\$205	\$175
JUNE	\$380	\$340	\$301	\$212	\$149
JULY	\$380	\$340	\$301	\$212	\$148
AUGUST	\$380	\$340	\$301	\$212	\$148
SEPTEMBER	\$380	\$340	\$301	\$212	\$148
OCTOBER	\$380	\$340	\$301	\$212	\$148
NOVEMBER	\$380	\$340	\$300	\$212	\$148
DECEMBER	\$380	\$340	\$300	\$212	\$148
JANUARY	\$375	\$335	\$300	\$211	\$148

- If you PAY YOUR TEAM FEES IN FULL you will save \$75.00
- Please note there is a Credit Card Fee incorporated in the monthly Team Fee Payment installments.
- If you opt out of our Team fee AUTO PAY there will be an additional \$5.00 Credit Card processing fee for every credit card charge.

TUITION & TEAM FEE PAYMENT SCHEDULE

MAY 22ND (TEAM COMMITMENT DAY)

June Tuition, Practice Wear Payments & Paperwork Due

ELITE & PREP TEAMS - \$245.00 + \$205.00 = \$445.00

TINY NOVICE TEAMS - \$215.00 + \$205.00 = \$415.00

EXPO TEAMS - \$160.00 + \$100.00 = \$ 260.00

JUNE 1ST

No Payment Due

JUNE 15TH

1st Team Fee Payment Due

Season Payment Schedule

COMING SOON

COMPETITION SCHEDULE

COMING SOON

END OF SEASON EVENTS



TO BE DECIDED....



SICK, INJURED & ABSENCE POLICIES

By initialing, committing and registering for an NJP team, you acknowledge and agree to abide by all the policies and procedures outlined in this packet

REPORTING ABSENCES

Any absence must be reported in TWO ways:

- Notify your coaches via Band.
- Complete the Attendance Google Form.

Additionally, athletes must send a reminder message to their coach prior to the scheduled absence.

ABSENCE REPORTING GOOGLE FORM LINK:

<https://forms.gle/3hfHApuTv3w3CwqQ9>

EXCUSED ABSENCES

Sick with a Dr. note, Religious function, School function resulting in a grade, bereavement (immediate family member)

UNEXCUSED ABSENCES

Birthday parties, School dance, Vacation, Banquet, Other sports, Sick w/o Dr. note and not contagious, etc.

SCHOOL CHEER/SPORTS

We can NOT accommodate school cheer/sports; however some coaches are more understanding than others.

SICK ATHLETES

A sick athlete must present a doctor's note to have the absence be considered excused. Unless contagious, a sick athlete is expected to be present for practice to observe. Chronic "excused" absences may jeopardize the athlete's position in the routine and on the team.

SICK, INJURED & ABSENCE POLICIES

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INJURED ATHLETES

Sitting out with an injury is to be expected in this sport; however, we will need a doctor's note for the absence to be considered excused. They will not be allowed to return back to practice without a doctor's note. If they are not able to perform and hit full out routines for 2 weeks leading up to a performance or competition, the coaches will use a fill-in/alternate from another team. Athletes will return to the routine/competition at the coach's discretion based on current timing and what is in the best interest of the team.

We are sympathetic to the needs of our athletes and safety is our top priority for the team as a whole. ALL injured athletes are required to attend all practices, competitions, and showcases dressed in practice wear or our competition uniform. In the instance routine changes are made the athlete needs to stay up to date without causing extra time to learn those changes. In order to hold their spot on the team, they must continue to pay tuition and fees unless the injury occurred in the cheer gym. If it is not possible once they return to do the skills required on the team, we will do our best to make a spot for them on a different team based on their current skills.

EXTRA PRACTICES

Coaches may request that extra reps, privates or classes be added to the athletes weekly schedule. Also any additional practices scheduled are MANDATORY. This is to ensure we are prepared for all competitions. If you are unable to do so, this may result in removal from the team.

ABSENCE POLICIES

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SUMMER ATTENDANCE ABSENCES

Cheerleading is a team sport, and every athlete is required to attend all practices, camps, choreography sessions, special events, competitions, and award ceremonies.

Summer practices are crucial for skill development and team progression. All practices are MANDATORY; however, athletes may be excused for pre-planned family vacations.

- Vacation requests must be submitted by June 15th.
- Athletes may not miss more than seven (7) practices during June, July, and August.
- Excessive absences or misuse of this policy may result in removal from sections of routines or other consequences at the discretion of the coaching staff.
- We can only offer final spots on teams and in stunt groups to athletes that train in actual stunt groups and hit consistently.

SEPT-MAY ATTENDANCE ABSENCES

From September through May, every cheerleader is required to attend all practices and additional scheduled practices.

- Each athlete is allowed TWO (2) unexcused absences to use at their discretion.
- Family vacations are NOT considered excused absences. Please plan trips around scheduled gym closings.

COMPETITION ATTENDANCE

- Missing a competition is unacceptable. Every athlete is expected to attend, regardless of any conflicts that arise.
- If an athlete is too ill to compete, a doctor's or hospital note (dated the day of the competition) is required.
- By committing to this program, you agree to make attendance a priority and uphold your responsibilities to your team.

ABSENCE POLICIES

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BLACKOUT WEEK (Week of Competition)

- Attendance during BLACKOUT WEEK is absolutely MANDATORY.
- Unexcused absences CANNOT be used during this time.
- Missing practice during BLACKOUT WEEK will result in being replaced by an alternate for the competition and possibly future events.

UNEXCUSED ABSENCES & CONSEQUENCES

Unexcused or excessive absences negatively impact the entire team. The following guidelines apply:

- Excessive Absences: If an athlete exceeds the allowed number of absences (2), coaches may adjust stunt groups, formations, or athlete placements as needed.
- Injuries: If an athlete is injured and returns back to practices the week of a competition they will NOT compete. Athletes returning from an injury must have 5-7 practices to get back into the routine. NO EXCEPTIONS!
- Last-Minute Emergencies: We understand emergencies happen. In the event of a last-minute emergency, notify your coach ASAP via Band. Emergency absences will be reviewed on a case-by-case basis.

By committing to this program, you agree to make attendance a priority.

Let's work together to ensure a strong, successful season!

RULES & REGULATIONS

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NJ PREMIER GYM RULES & POLICIES

Practice Area Access

- Only **registered athletes** are allowed in the practice area.
- **Siblings, family members, and friends** are not permitted inside the practice area.
- Athletes not currently in a class or private lesson **may not remain in the gym**.
- **Parents are not allowed** in the practice area and may not interrupt a coach or instructor during practice or class.
 - If a parent has a concern, please speak with the **receptionist** to schedule a meeting.
 - Coaches will **not** discuss other athletes with parents.

Spectator & Parent Conduct

- **No parent** should speak negatively about **any athlete** in the program, including their own child.
- Conversations in the **viewing area** must remain **positive**. Criticism of children, coaches, teams, or other spectators is not permitted.
- Any concerns should be brought directly to **Tabatha or Lisa**.
- If the viewing area becomes a negative environment, **NJ Premier reserves the right to close it**.
- During specific **BLACK OUT WEEKS**, the lobby will be **CLOSED** to all team parents.
- **I understand and promise to exercise the 24-hour rule when needing to** express issues of concern to a coach or member of management directly, unless the issue requires immediate attention for safety purposes.
- Any parent or athlete who does not support our culture of positivity may be asked to leave with no refund at any time. Tabatha will have the final say in these situations and evidence will be collected to ensure fairness. It only takes one bad apple to spoil the batch and our tolerance is very low in these types of situations, especially in recurring situations.

RULES & REGULATIONS

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NJ PREMIER GYM RULES & POLICIES

Attendance & Commitment

- Attendance is mandatory for all practices, added practices, camps, choreography sessions, competitions, and special events.
- NJ Premier will NOT adjust practice schedules to accommodate other activities or commitments.
- NJ Premier reserves the right to name alternates to any team at any time throughout the year.
- If an athlete's absences due to illness or other commitments impact the team, the coaches reserve the right to adjust placements, assign an alternate, or remove the athlete from the routine.

Choreography, Music, & Video Policy

- All choreography and music are highly protected and may not be shared, traded, or discussed with others.
- No videos or music may be uploaded to public sites such as YouTube, Facebook, Twitter, SoundCloud, TikTok, Instagram, etc.
- ONE designated parent or coach will record each team's performance and upload it to Band for all parents to access. Parents may not post videos publicly and should not video at competitions.

Commitment to NJP & Other Activities

- Athletes must disclose any additional sports or activities that may conflict with NJP scheduling.
- Athletes must inform the director/coach/advisor of any external commitment that may affect their NJP participation.
- NJP team practices, events, and competitions take priority over other activities.
- Missed practices, arriving late, or leaving early due to other activities may result in loss of position to an alternate or removal from the team.

RULES & REGULATIONS

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NJ PREMIER GYM RULES & POLICIES

Competition & Uniform Policies

- NJ Premier cheerleaders may **NOT** tumble at another facility nor compete with any other all-star program.
- Jewelry is strictly prohibited during practices and competitions, per USASF rules.
 - Jewelry must be removed before practice/competition and may not be covered with a bandage.
- All NJ Premier athletes must wear only NJP apparel during competitions.
 - No pajama pants, Crocs or Uggs are permitted at any time.
 - Uniforms may not be altered.
 - Nike Pros may not be worn with just the uniform top.
 - Uniform tops must be worn properly—not unclipped or unzipped.
- Any athlete (sick, injured, or otherwise) attending warm-ups, performances, or awards must be in the NJP warm up attire or Full Uniform.

Behavior Expectations

- All athletes and parents must uphold the ideals and morals of NJ Premier, including:
 - Being a team player.
 - Showing respect to all members of NJ Premier, competing teams, and coaches.
 - Showing respect to all staff members at all times.
 - Abstaining from foul language at any time.
 - You MAY NOT go up to the competition staff at any time.
 - Please be patient when lining up in rotational viewing and be courteous of other spectators.
- If an athlete or parent fails to uphold these expectations, they may be removed from the program.

RULES & REGULATIONS

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NJ PREMIER GYM RULES & POLICIES

Health & Safety

- All athletes must provide NJP with emergency contact information.
- Any medical conditions that may limit or prevent participation must be disclosed to NJP.
- Injuries sustained during NJP activities must be immediately reported.
- A physician's note is required if an athlete is unable to participate, stating the duration of the restriction. A physician's note is also required to continue participation once cleared.
- Athletes must provide NJP with a list of medications they are currently taking and any allergies they have.
- The use of illegal drugs, alcohol, tobacco, vapes, or any harmful substances is strictly prohibited.

Team Parties, Gifts & Bonding

- All team parties will be organized by NJP unless otherwise specified by the coaches, owners, or NJP staff.
- All team gifts and bonding activities must be approved by an NJP coach or owner.
- The team parent should be informed of any plans and will coordinate with the coaches.

Gym Etiquette & Safety

- No food or gum is allowed in the gym.
- Trash must be disposed of in proper receptacles.
- Cell phones are not allowed in the practice area.
- Athletes and parents are strictly prohibited from bringing drugs, alcohol, tobacco, vapes, or any other harmful substances into the gym.
 - Any athlete or parent who violates this rule or enters the gym under the influence of any substances will be immediately removed from the program.

RULES & REGULATIONS

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NJ PREMIER GYM RULES & POLICIES

NJP Branding, Clothing & Apparel

- The **NJP logo and name** may **not** be used for clothing, novelties, or any other purpose without owner authorization.
- Any items distributed to NJP athletes **for profit** must be approved by the owners and handled by the **NJP Pro Shop**.
- Unauthorized apparel **cannot be worn** in the gym, at competitions, or at any NJP-related events.
- **Parents are not allowed to create their own NJP apparel**, including anything with "NJP," team names, logos, or slogans.

Competition Conduct & Sportsmanship

- Always **set a positive example** for others.
- Arrive for designated report time and dismiss only after designated dismissal time.
- Remain **with NJP in the designated section** at competitions (no separate suites).
- **Cheer on all NJP teams** during rotational viewing.
- **Show respect** to officials, security, competition staff, athletes, and coaches from other teams.
- **Refrain from abusive language or physical confrontations** of any kind.
- **Accept placements and awards** with dignity and class.
- Always **support and cheer on other teams and gyms**.
- **Scoring disputes** will be handled by the NJP coaching staff.
 - Parents and athletes must **never** approach judges or competition officials.
- Dating-age athletes may not engage in PDA while in uniform or NJP apparel.

RULES & REGULATIONS

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NJ PREMIER GYM RULES & POLICIES

Dress Code

- Athletes must maintain a **groomed appearance and good hygiene** at all times. Deodorant is encouraged.
- Hair must be **pulled back** at all practices and events.
- While wearing NJP clothing or representing the gym, athletes must uphold a **high standard of conduct**.
- **Competition Dress Code:**
 - NJP attire, uniform, and/or warm-ups must be worn.
 - **No pajama pants, UGG slippers, boots, or mismatched clothing.**
 - **Socks and sneakers** must be worn at all times.
 - Athletes must be in **full uniform** for all award ceremonies.
 - **Jewelry must be removed** before meeting times (coaches are not responsible for holding jewelry).
 - **No extremely bright colored nail polish** at competitions.
 - Nails must be trimmed and smooth for safety.

Social Media & Public Conduct

- No tolerance policy for social media abuse.
- No negative comments about NJP, athletes, coaches, staff, or other programs.
- Negative comments, even if indirect (e.g., "Amazing how one kid can ruin a routine"), are not acceptable.
- No inappropriate pictures (e.g., underage drinking or illegal activity, even if not in NJP apparel).
- No inappropriate language on social media.
- Athletes are expected to represent NJP responsibly, both in and out of uniform.
- NJP reserves the right to remove any athlete who fails to uphold these expectations.

CROSSOVER & ALTERNATE POLICY

By initialing, committing and registering for an NJP team, you acknowledge and agree to abide by all the policies and procedures outlined in this packet

ASKED TO BE A CROSSOVER OR AN ALTERNATE?

CROSSOVERS

Teams will have crossover athletes when needed. Crossovers are required to have 100% dedication to both teams. In the summer, crossover athletes will practice 3-4 days a week. In the fall, it will be 3-4 weekdays and a weekend day. Crossovers will have additional team fees. Crossovers are chosen by the coaches and if at any time they are not maintaining skills for both teams or there is lack of dedication, it will be at the coaches discretion to remove them from a team of the coaches choice.

ALTERNATES

An athlete asked to be an alternate to a team will secure a schedule with the coaches of the alternate team. This will outline expected frequency of practice attendance. Alternates will not compete with the team unless the alternate is asked to take the mat for any given reason. Coaches reserve the right to dismiss an athlete from alternate duties at any time.

COMMUNICATION

WHEN YOU HAVE QUESTIONS OR CONCERNS:

01

Can the Team Parent or Front Desk Staff answer this question?

Utilize the Team Parent or the Front Desk Staff for questions about team/gym happenings. If they do not have the answer, it is likely the information has not yet been put out. Please be patient.

02

Outreach your Coach via the Band app

For questions or concerns that the Front Desk or Team Parent cannot answer, contact your coach next via Band. DO NOT text your coach on their personal phone, Facebook Messenger, etc. Athletes other than your own will not be discussed with you. Please allow ample time for your coach to respond.

03

Outreach Owners via the Band app or Email

For questions or concerns that your coach was unable to answer, contact Tabatha via Band or Email (njpremierTabatha@gmail.com). DO NOT text a personal phone. Please allow ample time for a response.

TEAM PARENT

Each team at NJ PREMIER will be assigned a “team parent.” The function of the team parent is to help once teams have been selected. The team parent is responsible for relaying information to the parents. They are the team contact person at competitions, and will be asked to organize or promote team social events, collect forms, and plan team parties/gifts.

NJ Premier All Stars reserves the right to choose the team parent as well as to relieve a team parent of their duties. It is up to the discretion of the team parent to decide which modality is used to communicate with the rest of the team's parents.

Phone Number: 732-970-5555

Website: www.njpremierallstars.com

E-mail: NJPremierAllStars@gmail.com

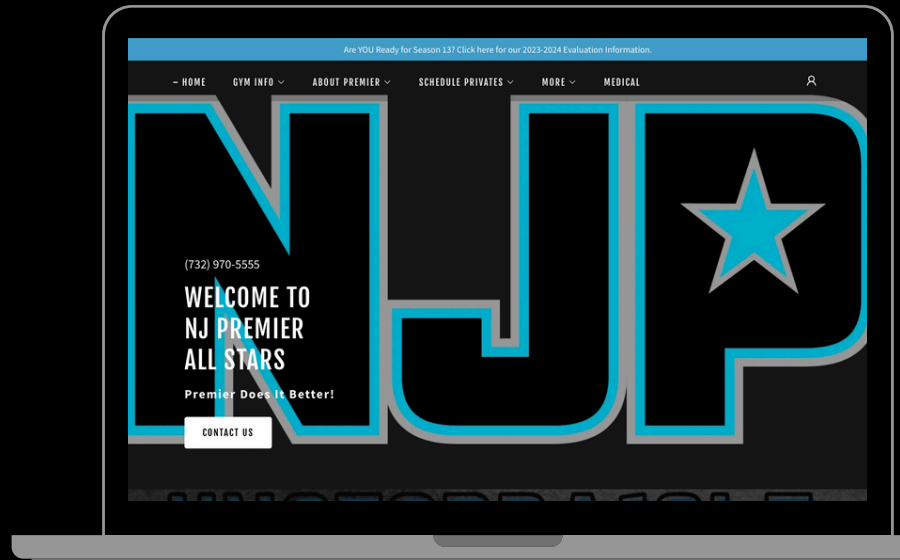


CONNECT WITH US

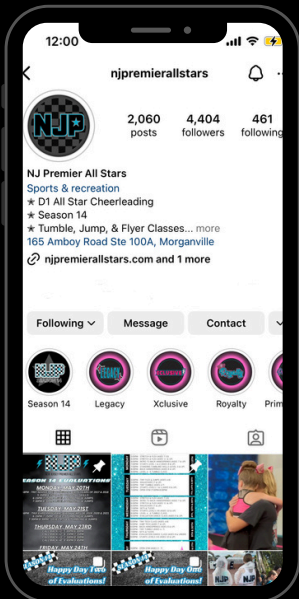
Stay Up To Date

There are always so many new and exciting things happening at NJ Premier All Stars! Connect with us through our social media and website to be up to date on all of our happenings!

Visit our website
www.njpremierallstars.com
for gym updates



Book a private lesson with us [HERE](#)



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