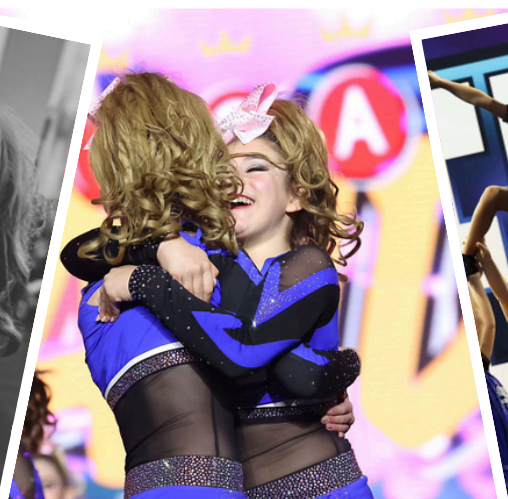


# SBD

## 2024-2025 PROGRAM HANDBOOK





Thank you for your interest in South Bay Divas. We look forward to you joining our family for the 2024-2025 season. At SBD, we pride ourselves on five key points that set us apart from other programs:

1. We are a D1 program with a small gym and family feel; across both location we create great friendships, program pride, and camaraderie.
2. Every athlete, regardless of location, will work with ALL SBD coaches. Each of our staff members brings a unique skill set that benefits each aspect of the athlete experience.
3. We place consistent emphasis on technique and proper progression where details matter for every program and age level. Our athletes are well-rounded and an asset in every area of the routine.
4. Our athletes' lives outside of the gym are equally important to us. Throughout the season, you can find our staff supporting our athletes by attending Friday night football games, quinceñeras, sweet sixteens, performances, and academic events to name a few.
5. As athletes grow in our program, they develop strong leadership skills. Many of these athletes become SBD staff members and positively impact our younger SBD athletes.

SBD is known for our innovative, boundary pushing routines that are delivered with technical ease and jaw dropping performance factors. Over the last decade, we have won a plethora of innovative choreography awards, division championships, level and event grand championships, NCA and Cheersport titles, as well as D1 and D2 Summit titles. We do not pre-select teams before evaluations; instead we assess the talent during the evaluation process and create teams based on where we see the greatest potential for development and competitive success. Our goal is to create passionate individuals with like-minded purpose, thus each team will be composed of athletes with similar skill sets, mental maturities, and work ethics. With open arms and a welcoming heart, we hope your athlete has confidence and finds their forever home here at SBD!

## HALF YEAR TEAMS

**Session 1:** July-November  
**Session 2:** December-April

- (2) 1.5 HR Practice/Week
- (1) Showcase Performance
- (1) Local Competition

## NON-TRAVEL / NOVICE TEAMS

June 2024-April 2025

- (2) 2 HR Practice/Week
- (1) 1.5 HR Team Tumbling/Month
- (3) Showcase Performances
- (3-5) One Day Competitions

## TRAVEL TEAMS

June 2024-April 2025

- (2) 2 HR Practice/Week
- (1) 1.5 HR Team Tumbling/Week
- (3) Showcase Performances
- (4-6) Regular Season Competitions
- (1) End-of-Season Travel Event



# IMPORTANT DATES

Please use these dates and our program policies as guidance when planning vacations/events.

**Red text indicates gym closure.**

**Optional Level Training:** May 13-17, 2024

**Parent Info Meeting:** May 15, 2024

**Evaluations By Level:** May 20 & 21, 2024 (Torrance) | May 22 & 23, 2024 (Upland)

**Training Groups Released:** May 27, 2024

**SBD Staff Training:** May 25-28, 2024

**Commitment Day:** May 29, 2024 (Torrance) & May 30, 2024 (Upland)

**Group Training:** Begins June 3, 2024

**Summer Break:** June 27-July 7, 2024

**SBD Summer Camp:** July 16-18, 2024 | Youth/Junior/Senior Training Groups

**Routine Choreography:** July 25-August 2, 2024

**SBD Summer Camp:** August 3-4, 2024 | Tiny/Mini/ Non-Travel Training Groups

**Back to School Break:** August 26-September 2, 2024

**SBD Preview:** September 29, 2024

**Pyramid Choreography:** October 17-21, 2024

**Dance Choreography:** October 21-27, 2024

**SBD Trunk-or-Treat:** October 29 & 30, 2024

**SBD Premiere:** November 17, 2024

**Routine Touch Ups:** November 18-22, 2024

**Thanksgiving Break:** November 25-30, 2024

All teams resume practices Sunday, December 1st

**Winter Break:** December 21, 2024-January 4, 2025

Elite+ teams will practice Sunday, December 29th

All teams resume practice Sunday, January 5th

**Picture Day:** March 2025

**SBD Finale:** April 19, 2025

**SBD Banquet:** May/June 2025



# GENERAL PROGRAM POLICIES

**Communication:** Our staff members always have your athlete's best interest in mind when making decisions and are open to discussing any questions or concerns you may have. To guarantee that the appropriate staff member(s) are involved and the best method of communication is selected to resolve any concerns, we require email communication to be sent to [info@sbdallstars.com](mailto:info@sbdallstars.com) to TEXT gym cell. Once the email is received an SBD staff member will follow up within 1-3 business days.

**Absences:** An "absent request" form must be submitted TWO WEEKS prior to a missed practice— forms submitted after this deadline will not be accepted for review. In addition, no practices can be missed within TWO weeks prior to an event.

**Crossovers:** SBD will offer athletes the option to be considered for crossing over to another team. Not all athletes that would like to cross over will be selected as it is dependent on the needs of each team. Additional crossover fees will apply (est. \$500-\$600 split into a payment plan.)

**Fundraising Requirement:** To provide continuous improvements to our facilities (including upgrades, new equipment, guest coaches, etc.) SBD will host (1) MANDATORY fundraisers during the season. Families will have the option to participate in the fundraiser or opt-out and pay a flat fee.

Novice and Non Travel Athletes: \$50 per athlete | Travel Athletes: \$100 per athlete

**Sibling Discount:** SBD offers a generous sibling discount as well as payment flexibility for those families with multiple athletes in our competitive programs.

**Tuition Discount:** Families paying their tuition in full by June 1st, will receive (1) free month of tuition; in addition athletes possessing a double full and/or standing full will receive a tuition discount.

**Friday/Saturday/Sunday Practices:** We understand that families use the summer months for family time and travel. Following our Back to School Break, teams will be assigned a specific day and time for their team tumbling (novice and non-travel)/ 3rd practice (travel) and attendance will be required.

**Competitions & Travel:** As part of our competition schedule, families are required to abide by specific travel days and times listed on the competition schedule. In addition, some events will require specific travel requirements for participation.

**Payments:** On listed due dates your JackRabbit parent portal will be opened to make specified payment amounts. After 8:00 PM on due dates, accounts with outstanding balances will have the card on file charged. The following payment methods are accepted: Zelle, Check, or Credit Card.

**Drop Fee:** If an athlete or family voluntarily leaves the program for any reason between June 17, 2024 and May 5, 2025 or season completion – whichever is later, they are subject to a contract buyout of \$350 within three days of the drop fee posting.

*Note, this list of policies is not comprehensive and additional policies are documented in our 2024-2025 Program Policies and Commitment Form, which is emailed with your athlete's group placement following evaluations. Families must agree to all program policies and financial obligations in order to participate.*



## PRE-EVALUATIONS

### PARENT INFO MEETING

May 15th

- In Person/ Zoom | 6:00 PM

### OPTIONAL LEVEL TRAINING

May 13th & 15th

- New Athletes to Cheer | 5:00-6:00 PM
- Level 1 | 6:00-7:30 PM
- Level 2 | 7:00-8:30 PM

May 14th & 16th

- Level 3 | 5:30-7:00 PM
- Level 4+ | 7:00-8:30 PM

May 17th

- Open Gym | 6:00-8:00 PM

## EVALUATIONS

### TORRANCE

May 20th

- New Athletes to Cheer | 5:00-6:00 PM
- Level 1 | 6:00-7:30 PM
- Level 2 | 7:00-8:30 PM

May 21st

- Level 3 | 5:30-7:00 PM
- Level 4+ | 7:00-8:30 PM

### UPLAND

May 22nd

- New Athletes to Cheer | 5:00-6:00 PM
- Level 1 | 6:00-7:30 PM
- Level 2 | 7:00-8:30 PM

May 23rd

- Level 3 | 5:30-7:00 PM
- Level 4+ | 7:00-8:30 PM

## GROUP TRAINING

### GROUP RELEASE

May 27th via email

### COMMITMENT DAY

May 29th

- Torrance | 5:00-8:00 PM

May 30th

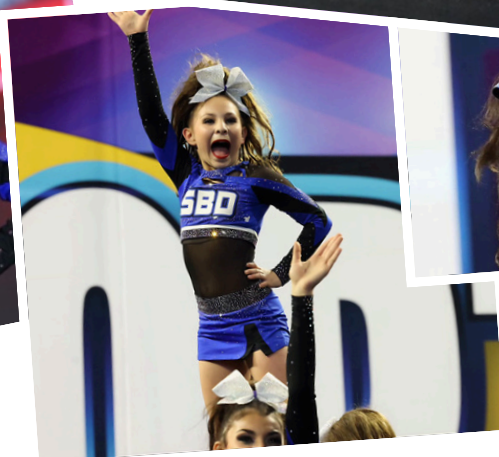
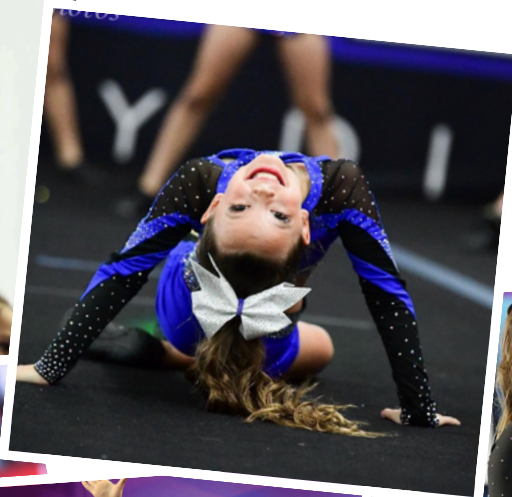
- Upland | 5:00-8:00 PM

### GROUP TRAINING

June 3rd-July 19th

### TEAM REVEAL

July 21st via email





# NOVICE/NON-TRAVEL TEAMS | JUNE 2024-APRIL 2025

## BIRTH YEARS: 6/1/2005-2021

**Practices:** (2) 2 HR Practice/ Week **AND** (1) 1.5 HR Team Tumbling/ Month | Team tumbling starts in September

**Performances:** (3) Showcase Performances **AND** (3-5) Regular Season Competitions

**Commitment Fee:** \$100 | Due May 29th/30th

**Pick Your Plan Tuition:** Due on the 1st of the month (June 2024-April 2025)

- **DIVA Girls:** \$165/Month | **DIVA Boys:** Free
  - Includes: Facility fees, all team practices, and any additional practices scheduled
- **DIVA+ Girls:** \$215/Month | **DIVA+ Boys:** \$70/Month
  - Includes: DIVA and up to two classes per week
- **DIVapro Girls:** \$235/Month | **DIVapro Boys:** \$90/Month
  - Includes: DIVA and up to four classes per week

**Team Items:** \$135/Month | Due on the 15th of the month (June 2024-April 2025)

Includes: Coaches and competition fees, choreography, regular season routine upgrades, competition music, and SBD Summer Camp

**Practice Package:** \$250 | Due on June 15th

Includes: (3) Custom t-shirts/tanks **AND** (2) custom practice sets | shorts, tank/sports bra, and hair accessory.

**Uniform Package:** Due on July 15th, August 15th, September 15th | Zelle or Check Only

Includes: Uniform top, bottom, girls hair accessory, warm up jacket, and jersey. Uniforms are the same as the 2023-2024 season; per piece items available.

- **Girls:** \$182 x 3 Payments | **Levels 1-5 Boys:** \$152 x 3 Payments

**USASF Fee:** \$49 | Due by October 15th (Paid by Parent in the USASF Portal)

**Shoes:** Price varies by style | Purchased as needed through SBD gym link



# TRAVEL | JUNE 2024-APRIL 2025

## BIRTH YEARS: 6/1/2005-2019



**Practices:** (2) 2 HR Practice/ Week **AND** (1) 1.5 HR Team Tumbling/ Week | Team tumbling starts in September

**Performances:** (3) Showcase Performances, (4-6) Regular Season Competitions, (1) Travel End-of-Season Event



**Commitment Fee:** \$255 | Due May 29th/30th

**Pick Your Plan Tuition:** Due on the 1st of the month (June 2024-April 2025)

- **DIVA Girls:** \$219/Month | **DIVA Boys:** Free
  - Includes: Facility fees, all team practices, and any additional practices scheduled
- **DIVA+ Girls:** \$249/Month | **DIVA+ Boys:** \$70/Month
  - Includes: DIVA and up to two classes per week
- **DIVapro Girls:** \$289/Month | **DIVapro Boys:** \$90/Month
  - Includes: DIVA and up to four classes per week



**Team Items:** \$170/Month | Due on the 15th of the month (June 2024-April 2025)

Includes: Coaches and competition fees, choreography, regular season routine upgrades, competition music, and SBD Summer Camp



**Practice Package:** \$250 | Due on June 15th

Includes: (3) Custom t-shirts/tanks **AND** (2) custom practice sets | shorts, tank/sports bra, and hair accessory.

**Uniform Package:** Due on July 15th, August 15th, September 15th | Zelle or Check Only

Includes: Uniform top, bottom, girls hair accessory, warm up jacket, and jersey.

Uniforms are the same as the 2023-2024 season; per piece items available.

- **Level 1- 5 Girls:** \$230 x 3 Payments | **Levels 1-5 Boys:** \$200 x 3 Payments
- **Level 6 Girls:** \$207 x 3 Payment | **Level 6 Boys:** \$174 x 3 Payments

**USASF Fee:** \$49 | Due by October 15th (Paid by Parent in the USASF Portal)

**End-of Season Event Fee:** Varies by bid type | Due by March 15th

- **Regional Summit:** \$180-\$275 | **Summit:** \$250-\$350 | **Worlds:** \$250-350

**NCA/Cheersport Fee:** Teams chosen to attend | Due by January 15th

- **Girls:** \$50 | **Boys:** \$30

**Shoes:** Price varies by style | Purchased as needed through SBD gym link

