

Rules and Regulations

I hereby understand that each time “The Allstar Gym” is mentioned throughout this contract it is meant to be all inclusive of The Allstar Gym, Cheer and Dance Training Center, LLC and all officers, shareholders, agents, and employees.

General Rules:

1. Only registered athletes are allowed in the practice area.
2. Siblings, family members, friends, etc. are not allowed in the practice area.
3. All spectators must remain in the designated area and keep the noise level down at all times.
4. Any person that disrupts a practice will be asked to leave the gym immediately.
5. No food, drinks, or gum are permitted in the practice area.
6. All trash must be disposed in the appropriate trash receptacles.
7. Cell phones and pagers must be put on silent mode or left outside of the practice area.
8. The Allstar Gym is not responsible for any personal items lost or stolen.
9. All athletes and parents must register on The Allstar Gym website and check emails daily for any and all updates. There is no excuse for being uninformed or irresponsible when the information has been provided.
10. All completed forms or information needed by The Allstar Gym must be downloaded and turned in to The Allstar Gym office as requested.
11. The Allstar Gym name and logos are trademarked. Any privately created or monogrammed items bearing The Allstar Gym/ ASG name cannot be worn or sold without approval.
12. All choreography including cheers, dances, stunts, transitions, tumbling, music selections, editing, etc. are the exclusive property of The Allstar Gym and shall not be shown or discussed with others. NO VIDEOS of routines/choreography should be uploaded to any online site such as YOUTUBE!

Teams:

1. Place its athletes on the team(s) it feels will best suit the athletes and the program.
2. Decide if an athlete may participate on more than one team.
3. Decide the roles and/or positions an athlete will have/play on their team(s). (E.g. base, flyer, back spot, tumbler, dancer, alternate, etc.).
4. Request that an athlete/team take additional classes or camps to improve their skills.
5. Request that an athlete/team practice longer than their regularly scheduled time or add additional practices, camps, or competitions if deemed necessary.
6. Move, replace, add, suspend, or even dismiss an athlete for a period of time or indefinitely from a team or the entire program based on criteria including but not limited to: attendance, conduct, skills, finances, parent conflicts, etc.

Attendance:

1. Make The Allstar Gym priority over any other extracurricular activities.
2. Attend and be prepared to participate in all The Allstar Gym activities including those unexpectedly added throughout the season regardless of illness or injury unless otherwise recommended by a doctor through valid written documentation.
3. Notify The Allstar Gym immediately when an injury occurs so changes to routine choreography can be made prior to practice.
4. Arrive at least 15 minutes early to all The Allstar Gym activities.
5. Schedule all vacations so as not to interfere with any The Allstar Gym activities.
6. Notify The Allstar Gym in writing immediately of all expected tardiness or absences.
7. Notify The Allstar Gym by phone immediately of any unexpected tardiness or absences.
8. Fill out a substitution form and provide a comparable substitution for all absences.

Dress Code:

When training, competing, or representing The Allstar Gym, all athletes must:

1. Maintain a well-groomed appearance and good personal hygiene.
2. Wear their designated attire, socks, and sneakers.
3. Keep hair out of the face (if possible in a high ponytail) and wear a bow at all times unless otherwise instructed.
4. Keep nails shorter than fingertips.
5. Remove all jewelry (except approved medical ID tags).
6. Cover tattoos and may not wear inappropriately dyed or cut hairstyles.
7. Wear closed-toe shoes (sandals, flip flops, and other open-toed shoes are not allowed).
8. Immediately repurchase all lost or noticeably damaged articles and wear a matching substitute until the item is replaced.

Competition Dress Code:

Girls Cheer	Boys Cheer	ALL Dancers
Uniform Top	Uniform Top	Costume
Uniform Skirt	Uniform Pants	Tights
Competition Bow	White Socks	Head Pieces (if applicable)
White Socks	Clean Cheer shoes	Hair Nets & Pins
Clean Cheer Shoes	Warm-up Pants	Dance Shoes
Warm-up Jacket & Pants	Backpack	Backpack with any props
Backpack	Warm up Jacket	Warm up Jacket & Pants
Make-up		Make-up

1. Be dressed as specified below by each team's scheduled meeting time unless otherwise instructed by their coach
2. Remove all rollers and have hair and makeup completed as per coach's request by each team's scheduled meeting time.
3. Wear a cover up at all times unless heading to/from or at a team warm-up, performance, or awards.
4. Remove all jewelry (except approved medical ID tags) and colored nail polish.
5. Remove and put away all non-uniform items such as sunglasses, cell phones, headphones, and iPods.
6. Put on and supply braces or tape needed to perform prior to going to the warm-up area.
7. Be in full competition uniform and may not wear backpacks, warm-ups, or any other items during any award ceremonies

Sportsmanship/Conduct:

All athletes AND parents must always:

1. Set a positive example for others to follow.
2. Be respectful and courteous to everyone.
3. Schedule an appointment to speak with a coach or staff member to discuss any issues that may arise.
4. Refrain from gossiping (including social media) or any form of verbal or physical confrontation.
5. Refrain from celebrating the misfortune or defeat of another person, team, or program.
6. Accept team placements and awards with dignity and class.

Travel/Competition:

All athletes and their families must:

1. Read all emails concerning competition dates, venues, and itineraries. (Information will be released as soon as we have it available.)
2. Have all travel arrangements booked by the travel block blackout dates.

3. Arrive to competition by the designated time and will check-in with the coaches/staff/gym owners accordingly.
4. Not use competitions as family vacations, adhere to the designated schedules, and abide by all rules set forth by The Allstar Gym.

Financial Obligations:

All athletes and parents understand that:

1. They assume full responsibility for all costs incurred as a member of The Allstar Gym including but not limited to: gym registration, monthly tuition, apparel costs, competition and travel expenses, or any other item(s), or services purchased or rendered and the payment in full of those items regardless of any circumstances that may arise such as dismissal from the team, or disbandment of the team.
2. Monthly payments will be made via electronic debit on the 1st of every month.
3. Monthly payment for normal tuition rate is due from June through April of the participating season.
4. Tuition does not fluctuate based on the number or duration of practices in any month.
5. Tuition pays for training. It does not pay for the right to perform.
6. Vacations or time off will not be prorated. Please make note that all The Allstar Gym vacations have already been prorated into the monthly fee.
7. All payment due dates must be met.
8. A \$10.00 late fee will be assessed in the event that a payment is past due.
9. Quarterly payments will be debited electronically if payment is not received by the 5th of each quarter.
10. The Allstar Gym Auto Debit Authorization form must be completed at the time of registration if wish to be on auto draft.
11. Any payment attempts resulting in a NSF (non-sufficient funds), declined credit card, expired credit card, returned check, electronic debits, etc. will incur a \$25.00 service charge. It is your responsibility to update your information with us if your information changes (E.g. bank account number, card number, exp. date, etc).
12. An athlete's account must be current and in good standing to participate in practices, competitions, or special events.
13. The Allstar Gym reserves the rights to withhold items, deny participation, and remove an athlete from their team for failure to keep up with financial obligations.
14. Any monies received from an athlete/parent will be applied first to any overdue tuition/fees.

15. All tuition/fees must be current before an athlete may collect any clothing/uniform or other retail items.

16. If an athlete chooses to leave or is asked to leave The Allstar Gym for any reason before the season is over, any and all funds are completely non-refundable.

17. The Allstar Gym reserves the right to turn over all delinquent accounts to a collections agency and the parent/ athlete will be responsible for all additional costs incurred.

Items/cost	Majorette Dance	Allstar Cheer
Competitions Fees	\$275.00	\$450.00
Uniform	\$250.00	\$285.00
Make-up & Bows/Head Pieces	\$50.00	\$75.00
Choreography & Music	\$75.00	\$85.00
Warm-up	\$70.00	\$70.00
Practice Wear	\$50.00	\$70.00
Bag/Backpack	\$30.00-100.00	\$50.00-100.00
Shoes	\$150.00 (3 pair)	\$60.00-100.00
Poms	\$75.00 (2 pair)	N/A

Fundraisers:

We are excited to announce that we have a list of fundraisers we will participate in to help your athlete raise money for their extra fees. Fundraisers are not mandatory however you must participate in order to benefit from the fundraiser profit. The Allstar Gym will take 30% of each fundraiser profit and put back into the scholarship account while the 70% will be applied to your child account. However no profit from a fundraiser will be able to be use toward your child monthly tuition cost. If you have any questions or concerns please feel free to contact Coach Tiffany by emailing theallstargym@yahoo.com!