



**2021-2022 The All-star Gym Competitive Cheer
The All-star Gym Acknowledgement, Authorization & Release Form**

In consideration for (athlete name) _____'s participation in the activities provided by The All-Star Gym, including but not limited to all aspects of cheerleading, tumbling, trampoline and dance training and/ or competitions, I fully aware that any activity involving motion, height, or athletic activity creates the possibility of serious injury and/ or death. I hereby release The All –star Gym including its officers, shareholders, agents and employees, from any liability to the above names athlete, of the person claiming through him/her, arising from injury to the person or property of the above named athlete occurring on the premise of The All-star Gym including any event sponsored or sanctioned by The All-star Gym, and/or travel to and from such activities.

EXPECTATIONS OUTSIDE THE GYM –The All-star Gym athletes are not allowed to participate in activities at other All-Star Cheerleading and Dance Gyms. This includes, but is not limited to: tumbling, classes, lessons or open gyms. –The All-Star Gym LLC is a unique, sole owned corporation that relies on our company name and logo for brand identity and are valuable assets to our company. In order to help us protect our trademark rights and strengthen our corporate and brand identity, we retain the right to revoke all usage of our company name and logo; in whole or in part. The All-Star Gym brand name are not to be reproduced or used without expressed written consent from The All-star gym owner.

SOCIAL MEDIA POLICY The All-star Gym believes it is very important to represent yourself well on social media. Content that is considered inappropriate: Anything that is aimed to bully, embarrass, or degrade any individual or group of individuals. This includes the use of profanity and content that is overly provocative. Please remember anything you say online affects not only you, but also your teammates and The All-star Gym as a whole. Never post any negative comments on social media. Athletes at The All-star Gym are asked not to have any account link to an anonymous platform. These have been known to cause nothing but drama and hurt feelings. If it is a continual problem, this may be grounds for dismissal from the gym.

I have read and understood the financial policies, practices / attendance schedule, participant agreement of The All-star Gym Program. I understand that my commitment is for the 2019-2020 All-star Season. I understand that I will forfeit any monies paid if I choose to leave a team or am asked to leave the program for any reason. I understand that I am entering this program of my own free will.

Athlete Name (Print) _____

Date _____

Parent/Guardian (Print) _____

Parent/Guardian (Signature) _____ Date _____





Registration & Release Form

Athlete Information

Name _____ D.O.B _____ Grade _____

School _____

Address _____

City _____ State _____ Zip _____

Gender: Male _____ Female _____ Email: _____

Cell Phone # _____

Social Media: Facebook Name _____ Instagram Name _____

Parent Name _____ Cell Phone # _____

Email _____ Work Phone # _____

Medical Information:

Please list any physical/ psychological limitation, health conditions, injuries, or weakness that may affect the athlete's participation and or performance:

Allergies _____

Medications (list all)

Emergency Contact: _____ Relation: _____

Insurance Carrier _____ Policy number _____

Is the Participant currently being treated for any type of medical condition? YES OR NO If yes please explain below.

Parent Signature _____ Date _____





RULES AND REGULATIONS CONTRACT

I have read the The All-star Gym Rules and Regulations Contract available on the The All-star Gym website in its entirety and understand its contents. I understand the responsibility my child is undertaking by becoming a TAG member. I agree to fully support my child and will encourage them to fulfill their commitment. I also understand that by signing this contract I am bound to not use my child's participation in this program as a form of punishment as I realize that it also punishes their team and the entire The Allstar Gym program. Furthermore, I understand that being a TAG member is a commitment on the part of the parent as well. I realize that when representing TAG I must always conduct myself with class and responsibility. I understand that any athlete or parent that does not abide by the rules and regulations contained in this contract, that is consistently negative, or acts in a manner that jeopardizes the name and reputation of the The All-star Gym (TAG) program, will be subject to removal with no refund. In addition, I agree to give TAG full permission to seek medical attention and/or take any actions deemed necessary including but not limited to drug testing to ensure the safety and well being of my child and those around them.

Parent Name (Print) _____ Parent Signature Date _____

Athlete Name (Print) _____

Athlete Signature Date _____

The All-star Gym Use Only

OFFICIAL NOTARY _____ DATE: _____





I hereby understand that each time "The All-star Gym (TAG)" is mentioned throughout this contract it is meant to be all inclusive of The All-star Cheer and Dance Training Center, Inc., The All Stars Gym LLC, The All-star Gym Booster Club, and all officers, shareholders, agents, and employees.

GENERAL

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. TAG is not responsible for any personal items lost or stolen.
9. All athletes and parents must register on the The All-star 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 TAG must be downloaded and turned in to The Allstar Gym office as requested.
11. The The Allstar Gym name and logos are trademarked. Any privately created or monogrammed items bearing the The Allstar Gym 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 or social media platform!

*****TEAMS : The All-star Gym retains the right to:**

- 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.

Crossover *Athletes that elect to participate on more than one TAG team must:

1. Be in good financial standing.
2. Be willing and able to fulfill all the responsibilities required by each team.
3. Be responsible for any additional entry fees they incur beyond their first team





COMPETITION DRESS CODE ! Athletes must:

1. Be dressed in their designated outfit 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
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 & SOCIAL MEDIA 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 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.
7. Refrain from posting, reposting, or sharing anything that is negative, includes foul or defamatory language, is inappropriate for a young audience, or has anything to do with tobacco, smoking, vaping, drinking alcohol or prescription/illegal drugs.
8. Be cautious of what behavior and/or language may be going on directly or indirectly (in the background) while being photo/filmed

HEALTH / INJURIES ! All athletes must:

1. Provide TAG with current health insurance and emergency contact information.
2. Inform TAG of all medical conditions that may limit or prevent their ability to participate in any TAG activities.
3. Notify TAG of any injuries sustained as a result of their participation in any sanctioned TAG activities.
4. Provide valid written documentation from a doctor explaining the reason(s) and the duration for which they may be limited or unable to participate in any TAG activities.
5. Provide TAG with a list of any medications that they are currently taking.
6. Refrain from the illegal use of drugs, alcohol, tobacco or any other substances.
7. Participate in any drug or health related testing, counseling, or rehabilitation if asked to do so.





TRAVEL / COMPETITIONS ! 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 black out 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 TAG.

FINANCIAL OBLIGATIONS ! All athletes and parents understand that:

1. They assume full responsibility for all costs incurred as a member of TAG 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. All payment due dates must be met.
7. A \$10.00 late fee will be assessed in the event that a payment is past due.
8. 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).
9. An athlete's account must be current and in good standing to participate in practices, competitions, or special events.
10. TAG reserves the rights to withhold items, deny participation, and remove an athlete from their team for failure to keep up with financial obligations.
11. 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.
12. If an athlete chooses to leave or is asked to leave TAG for any reason before the season is over, any and all funds are completely non-refundable.
13. TAG 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.





Financial Obligation

Tiny & Mini Team

Deposit \$350.00 due May 20th

ALL MEMBERS Monthly payment of \$150.00

Deposit and Monthly Tuition cover the following: 1 Competition uniform, 1 competition bow, 1 practice wear, choreography & music, all coaches travel expenses, 1 personalize warmup!

Youth, Junior & Senior Team

Deposit \$350.00 due May 20th

New Member Monthly payment of \$255.00 due on the 1st of Every Month

Deposit & Monthly fee cover the following: 11 months of training tuition, 1 competition uniform, 1 competition bow, 2 practice wear, choreography & music, All competition fees, 1 personalize warmup, summer camp!

Returning Member Monthly payment of \$185.00 due on the 1st of Every Month

Deposit and Monthly Tuition cover the following: Tuition for Training, 1 competition uniform, 1 practice wear, choreography & music, All competition fees, 1 personalize warmup, summer camp!

*** Coaches Travel expense, Show-case , End of the season event and End of the year Banquet is not included in the above payment.

***All Teams that will travel to CHEERSPORT NATIONALS WILL BE required to travel by air. Airfare will be due to the Gym in the month of November. Price TBA





Camping with the STARZ is always in the month of JULY!

A Day In the Life at Camp

7:30am-9:00am Breakfast

9:00am-11:00am Technique Classes

11:00am-12:00pm Workout to the Beat

12:00pm-1:30pm Lunch

1:30pm -3:00pm Outdoor Fun in The Sun

3:00pm-5:00pm Instruction & Rec Rotation

5:00pm-7:00pm Dinner

7:00pm-8:00pm Films of the Past

8:00pm-9:00pm Social Activities

9:00pm Campers Curfew

9:30pm Lights Out

What to Pack

Clothing

Shirts (Short & Long SLEEVED)

Pants/ Shorts

Undergarment

Socks

Jacket/Sweatshirt

Swimsuit

Shoes

(3) pair Black Athletic Shorts

Bedding

Sheet Set or Sleeping Bag

Pillow & Pillow Case

Toiletries

Tooth paste & Tooth brush

Mouthwash

Soap, Deodorant, Sun Block

Hair Product

Miscellaneous

Towels (Beach & Shower)

Washcloths

Flash Light

Water bottle

Insect Repellant





Competition Schedule

Date	Event	Location	Which Team
October	Starz Review showcase	Little Rock, Ar	ALL
October	Athletic Championship	Comerica Center Frisco TX	ELITE TEAMS ONLY
November	Athletic Championship	St Louis MO	ELITE TEAMS ONLY
December	Spirit Celebration	Hot Springs AR	ALL
January	Cheersport Championship	Hot Springs AR	ALL
February	Redline	Little Rock AR	Tiny & Mini
February	Cheersport Nationals	Atlanta GA	ELITE TEAMS ONLY
February	NCA Nationals	Dallas TX	ELITE TEAMS ONLY
March	Jamfest Classic	Branson MO	ALL
March	Ford Center Nationals	Frisco TX	ALL
April	Champion League (Prom Event)	Frisco TX	ALL

End of the Season Events

April	U.S Finals	Pensacola FL	ALL
May	THE OPEN		ELITE TEAMS
May	THE ALLSTAR WORLD	Orlando FL	ELITE TEAMS
May	D2 SUMMIT	Orlando FL	ELITE TEAMS

TAG Banquet for all athletes is at the end of May

Teams Summer Practices

Tinys Novice	Minis Prep	Youth Elite	Juniors Elite	U17 International	Seniors Elite
Sunday 2:00-3:00	Sunday 3:00-4:30	Monday 5:00-7:00	Monday 7:00-9:00	Sunday 4:30-6:30	Sunday 6:30-8:30
Thursday 5:00-6:00	Tuesday 5:00-7:00	Wednesday 5:00-7:00	Wednesday 7:00-9:00	Thursday 7:00-9:00	Tuesday 7:00-9:00

