



SUPERSTARS

Registration Packet

2020

Louisville Cheer & Dance , LLC
GymTyme All Stars
13000 Eastgate Park Way
Louisville, KY 40223
502-365-4811





Welcome to GymTyme !

GymTyme All Stars offers athletes of all ages and abilities the opportunity to grow and develop under the supervision of professionally trained coaches. There is no better place to experience the world of competitive cheer and dance than GymTyme All Stars. Our athletes will develop the skill and confidence to perform at the highest level of competition. From our coaching staff to our facility, GymTyme All Stars is proud to offer a premier All-Star program. In addition to the coaches at GymTyme All Stars being USASF certified and credentialed in the instruction of pyramids, stunts, basket-tosses and tumbling we also offer you the following amenities:

- 4 Full-size floors
- 1 Rod floor
- 2 Tumble tracks
- In-ground trampolines
- Double mini trampoline
- Skills shapes
- Pro shop
- Parent viewing area
- Concessions

SUPERSTARS Practice Schedule

GymTyme will be holding our first practice **Saturday, January 11, 2020; 10:00AM—12:00 PM.**

- January Practice Schedule: Saturday; 10:00—12:00 PM
- February/March/ April Practice Schedule: Tuesday; 7:00—8:30 PM

Registration Check List

Must Return Pages 10– 13

- ☐ Create/ Update GymTyme Account (p.8)
- ☐ Create/ Update USASF Registration (p.9)
- ☐ Member's Information Form (p.10)
- ☐ Medical Disability Form (p.11)
- ☐ Registration Release Form (p.12)
- ☐ Photo Release Form (p.13)



Policies and Procedures

Parent/Athlete

- It is the responsibility of the parent to stay informed. Please check email, text and social media.
- If you are not receiving emails, contact the gym right away.
- The only people allowed in the gym are athletes, staff and assistance/helpers. Parents, friends and relatives must remain in the viewing area.
- No one is allowed to make contact through the parent viewing area during practices. This is extremely distracting to your athlete and the team.
- The viewing area must remain supervised. Young children cannot be left unattended.
- **You can't create or sell your own GymTyme clothing, bows or other accessories. The name and logo are copyrighted. All ideas must be approved by management.**
- **Athletes and parents are not allowed to use GymTyme's logo or the name "GymTyme" in any of their social media profiles, email accounts or any other way that represents them as the gym/ business.**
- Anyone threatening to quit will be asked to leave immediately; no refunds will be given.
- Do not engage in negative gossip about our teams, other teams, athletes or coaches.
- No animals in the building.
- The kitchen and coaches offices are intended for staff only.
- **It is strictly prohibited to post negative comments on social media. We have a 0 tolerance policy for slanderous comments about the gym, GymTyme staff and GymTyme members. This includes Facebook and any other social media accounts.**
- No profanity or rude language.
- Please do not interrupt practices. If you have a question or concern please contact your team parent. If you need to speak with your coach or management, you will need to schedule a meeting outside of practice time.
- Practice schedules can change. We reserve the right to add or extend practices before any competition.
- Please do not share any negative opinions about the routine or choreography. We hire experienced and talented staff who will make sure every team is performing at their full potential.
- **No one is allowed to post any GymTyme music, video or routine on any social media outlet, without approval. (Ex. Facebook, Twitter, Message Board, Etc.) If this is a problem it could result in removal from the program, with no refund.**
- All team practices will be closed to spectators during the final 2 weeks prior to competition, with the exception of Tinys and SuperStars. The main reason for this policy is the high traffic volume during this time period.
- Coaches/management reserve the right to close practices at ANY time for ANY reason.
- Please do not ask your child to do skills that the coaches themselves have not asked of them. This could cause injury to your athlete.

Policies and Procedures

Athlete

Attendance

Attendance is crucial to the success of the team. All missed practices must be documented in writing. Failure to notify the gym of an absence (no call / no show) will result in a disciplinary meeting before the athlete can return to practice.



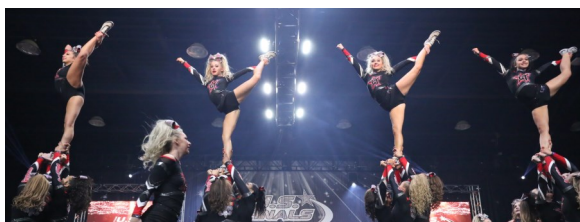
- All absences must be cleared in advance with your coaches. We cannot have productive practices with even one athlete missing. This is a twelve-month commitment and excessive absences will not be tolerated.
- **Practice is absolutely mandatory the week leading up to competition! Any athlete missing a practice during the week of competition will risk the chance of being replaced in the routine for that event.**
- You must let your team parent know if you are ill and will not be at practice.
- Vacations must be submitted in writing to your team parent and head coach one month in advance.
- Excessive tardiness or absences from practice may result in being replaced for the upcoming competition.

Excused absences (Examples) (this all must be previously discussed and approved by coach)

- Contagious illness
- Family emergency
- School Team Cheer

Unexcused absences (Examples)

- School dance
- Traffic
- Too much homework
- Feeling tired
- Don't have a ride
- Birthday
- Concerts
- Withholding athlete from practice as a form of parental discipline.



Team placement

GymTyme reserves the right to change an athlete's team and/or team's level at any time. They may compete at different levels and divisions throughout the season. This will be at the gym's discretion.

If an athlete demonstrates a skill at tryouts, they are expected to have the skill throughout the season. If an athlete is not performing these skills, they could be moved to a more appropriate team. All team placements, routine positions and stunt spots are at the discretion of the coaches, and can be changed at any time.

Policies and Procedures

Practice rules

- Shoes must be worn at all times.
- Proper clothing must be worn.
- Cell phones must remain on silent and stay in your bag.
- **Bags should be left in the locker room.**
- Leave your valuables at home; we are not responsible for lost or stolen items.
- No jewelry; it's a safety hazard.
- Athletes are expected to be respectful to staff, parents and teammates both in the gym and at competitions. Inappropriate behavior can result in immediate dismissal from practice or the program without refund.
- No gossiping in person or on social media.
- **No food or drinks allowed in the gym/ locker rooms except water!**
- On Sundays, athletes **MUST** wear the assigned practice attire including practice bow.

Injuries

Please note that cheerleading is a highly competitive and physical sport and the skills involved such as stunting, jumping and tumbling could lead to injuries. These include but are not limited to bruises, pulled or strained muscles, torn or strained ligaments, broken bones, dislocations, paralysis or even death. We at GymTyme take every precaution to limit these injuries. Unfortunately, we cannot prevent all injuries. In the event that your athlete is injured we will take every necessary step to ensure your athlete's well being. All-Star cheerleading is a very strenuous sport. Therefore, all of the athletes in our program are expected to be in top physical condition. This includes flexibility, strength, and endurance. We will have specific conditioning and strength building exercises to make sure your athlete takes all precautions to avoid injury.

- Any injury that causes an athlete to miss practice will require a doctor's note.
- Athletes must also have a doctor's release to be allowed to return to practice.



Substance Policy

All team members are expected to take care of their bodies. This means absolutely NO DRUGS, ALCOHOL AND TOBACCO PRODUCTS. If anyone is caught drinking alcohol, smoking or doing drugs they will be immediately suspended from the program without a refund or credit. This includes images/ videos of athletes partaking in these activities on social media.

Competition Policies

- All competitions are required for all athletes unless otherwise specified.
- Each athlete is required to have a suitable chaperone at all competitions and appearances.
- There will be no refund of competition or travel fees for any reason including, but not limited to injury, illness or program dismissal.

Athletes are responsible for paying the competition/coaches fees for any alternate that fills their spot when electing not to compete.

Competition Policies and Procedures

- Information regarding arrival time, performance time, etc., will be emailed out as soon as the information becomes available.
- Athletes will arrive on time and **ready to compete** based on the master schedule. Check in with your team parent and remain with your team until a coach arrives.
- It is not the responsibility of the team parent to do hair, make-up, etc.
- **No jewelry of any kind may be worn at competition. Remove any piercings prior to warmups. Jewelry cannot be taped as it is against USASF rules. Remove hair bands from your wrist as they are considered grounds for a deduction.**
- When the entire team has checked in and is competition ready, the coaches will then take them to warmups. This may be earlier than listed on the master schedule if all athletes are ready.
- Parents are not allowed in the warmup room at any competition for any reason. USASF requires anyone in the practice room to have a background check
- At any competition or event you must be in either full uniform or your GymTyme warm up suit.
- You must wear cheer shoes while in uniform. Only black or white tennis shoes may be worn with your warm up. No slippers, Uggs or sandals may be worn.
- All athletes must be dressed appropriately at all times. Skirts must be zipped and buttoned. Male's must wear shirts.
- Remember that you represent GymTyme at all times. Any unsportsmanlike conduct will not be tolerated. This rule applies to athletes, parents and fans.
- Fighting of any kind is not tolerated and will result in immediate dismissal.
- Parents and athletes may not contact the competition companies. All questions or concerns must be directed to GymTyme.
- In the event that there is an issue involving another gym; parents and athletes may not contact other gym owners, athletes or parents. GymTyme members must report the incident to the GymTyme staff and allow us to handle the situation.
- Parents are never allowed to represent GymTyme All Stars or Louisville Cheer and Dance, LLC under any circumstances concerning accommodations or competition companies. Doing so could result in immediate dismissal from the program without a refund.

Good sportsmanship, polite manners, and a kind disposition are essential at all competitions. GymTyme prides itself on setting a high standard of behavior. This includes respecting your coaches, team parents and other competitors.

Show class, have pride and display character.

Program Cost



Automatic Payments

Tuition

Waived for the SUPERSTAR Athletes

Registration/ Insurance Fees

- \$25 GymTyme Registration is good for 1 season
- USASF waives their fee (\$35) for athletes in the CheerABILITIES - Exceptional Athlete Division . Families must still create an account and fill out the necessary information explained on page 9 of this packet.

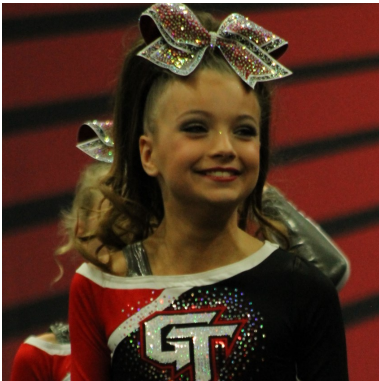
Mandatory Apparel

- Uniform \$115 (possibly less depending on what we decide)
- Bow \$25 (female athletes only)
- White tennis shoes— can be purchased through a sporting goods store

Optional Apparel

- Warm-Up \$165
- Varsity Shoes \$44—\$135 (depending on style)
Can be purchased at www.shop.varsity.com

Fundraising opportunities will be available for any family wanting to participate.



Important Dates & Competitions

GYM CLOSINGS

Dec 22—Jan 4	Winter Holiday
March 30—April 3	Spring Break
April 12	Easter Sunday
April 23—26	USASF Worlds

IMPORTANT DATES/ COMPETITIONS

Feb 1	Mercy High School Comp (Lou)
Feb 23 or 23	Columbus, OH Comp
March 14 or 15	JamFest Nationals (Lou)
April 18-19	US Finals (Lou)
May 17	End of Year Banquet
TBD	Team Photos



REGISTRATION

Creating a Family Profile and Registering through the iClassPro Parent Portal

New families must do this immediately. Current GymTyme athletes will use their existing profile. Please do not create a duplicate profile. Your username is your email address.

1. Go to the GymTyme All Stars website;
www.GymTymeAllStars.com.
2. In the top right hand corner of our website, click the red box labeled "Sign Up." This will take you to the iClassPro Parent Portal where you can complete the registration process.
3. After you have entered your information you will be able to register and view your account through the parent portal.
4. Choose Classes from the left column.

Classes →

2020 SUPER- STARS will be the first class listed.

CREDIT CARD AUTHORIZATION

We require all of our All Star families to have a credit card on file.

Once logged in, please scroll down and select "Manage Payment Options" from the sidebar on the left. Please enter your credit card information and save it to your account.

Families that pay the year upfront in full, are not required to put a credit card on file.

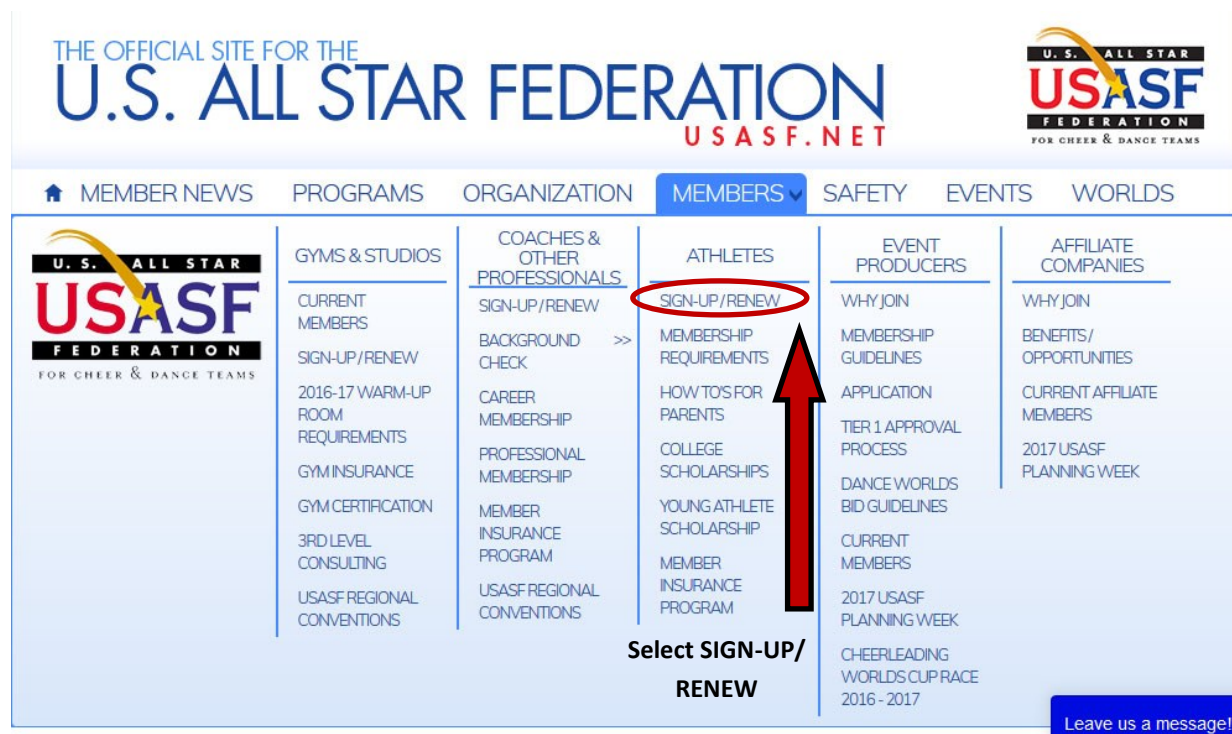
Follow this link to the Parent Portal:

<https://www.iclassprov2.com/parentportal/gymtyme/>

Once these steps are completed, you may also register for your pre-tryout clinics by selecting "All Star Evaluation Clinics" from the column on the left.

USASF Registration

Each season athletes must be registered with the USASF. Please go to www.USASF.net and follow the steps below.



Scroll down to the bottom of the page. Athletes that are brand new to all star cheer should select “New Members Only” athletes returning or transferring from another gym will need to renew their membership. If you do not know your login information please select “request assistance.”

Renewing / Returning Members - Sign Into Your Profile

- [Sign in to your profile](#)
- If you participated in All Star cheer and/or dance last season. You already have a profile created and do not need to create a new profile.
- If you do not know your User Name and Email associated with your profile, [request assistance](#) to recover this information.

New Members Only

- This page is for athletes that are NEW to All Star. If you participated in All Star cheer and/or dance last season - DO NOT JOIN AS A NEW MEMBER.
- [New Members Only](#) - those athletes that did not participate in All Star cheer and/or dance.

ONCE YOU ARE LOGGED IN

New Athletes:

- ☐ Upload a Birth Certificate
- ☐ Upload a Head Shot
- ☐ Review Profile for current/ correct information
- ☐ Select Exceptional Athlete under type.

Returning Athletes:

- ☐ Update your Head Shot (if needed)
- ☐ Review Profile for current/ correct information
- ☐ Select Exceptional Athlete under type.

For further assistance please visit: <http://usasf.net/members/athletes/parent-how-to/>

Members Information

ATHLETES INFORMATION:

Name: _____ Grade (If applicable): _____

School: _____ Do you cheer for your school? _____

Birthday: ____/____/____ Cell Phone #: _____

Email: _____

PARENTS INFORMATION:

Primary Guardian: _____

Secondary Guardian: _____

Mailing Address: _____

City/ State/ Zip: _____

Contact Phone Numbers:

Primary Guardian: _____

Secondary Guardian: _____

Email Address 1: _____

Email Address 2: _____

Email Address 3: _____

Emergency Contact: _____

Phone #: _____

ATHLETE'S SIZES:

Tee-Shirt: _____

Cotton Shorts: _____

Hoodie: _____

Sweat Pants: _____

Shoe Size: _____



Medical Disability Form

Last Name: _____ First Name: _____

Yes No

Does the athlete have Down Syndrome?

If yes, have X-Rays of the C1-C2 vertebrae been taken and examined?

Is the athlete clear of Atlantoaxial Instability?

Date of X-Ray _____

Does the athlete suffer from any of the following? If yes, please briefly explain:

Heart Problems: _____

Diabetes: _____

Epileptic/Seizures: _____

Blind: _____

Deaf: _____

Hepatitis: _____

Other: _____

Does the athlete have any restrictions in physical movements or activities (weightlifting limitations)?

If yes, please describe: _____

PLEASE CHECK YES OR NO TO THE FOLLOWING:

Explain any sensory concern; i.e. e sensory integration disorder- type, degree, etc. _____

If athlete is non-verbal, indicate preferred method of communication (ie. Sign language, AAC device, writing, PCS system, eye gaze, etc. _____

List any orthotic devices that will be worn during practice and competitions (i.e. braces, ther-a-togs, etc.) _____

Explain any self-care concerns or preferred routines coaches should be aware of: _____

Please explain how to best calm your athlete if they are frustrated or angry: _____

Please list any current medications and dosage: _____

Please list any medications the athlete is allergic to: _____

Any additional information that you feel we should know: _____

Date of last Tetanus Shot: _____

Signature of Parent or Guardian

Date

Release of Liability and Assumption of Risk

I, _____ hereby certify that I am the parent or legal guardian of _____ who is under the age of eighteen. As the parent or legal guardian an in consideration for the membership granted herein, I hereby, agree to release and hold Louisville Cheer & Dance Company, LLC /GymTyme/ GymTyme All Stars, as well as its owners, agents, officers, directors, shareholders, instructors and employees (collectively referred to herein as "The Gym"), harmless from any liability, claim, injury, damage, loss or cause of action which may result from participation in any way related to cheerleading, dance or gymnastics instruction and the use of the facility and its equipment. I agree to identify and hold harmless The Gym from all Third-Party Claims against it relating to my child/athlete.

I understand there are inherent risks associated with the cheerleading, dance or gymnastics programs in which I propose programs and certify that me to be involved, not including but not limited to sudden changes in blood pressure, irregularities of heartbeat, dizziness, fainting, strained muscles, sprains and broken bones. I have freely, knowingly and voluntarily undertaken these programs and certify that my child is in good physical condition and is able to utilize The Gym's equipment and facility. I have no knowledge of any condition, physical or mental, which would prevent or limit my athlete from participating in these programs. I agree that The Gym has no ability to independently investigate the health and physical condition of my athlete as it relates to his/her/their ability to tolerate the proposed programs. I understand that The Gym is relying upon my certification to them that I have obtained appropriate clearance for my athlete to engage in such programs from competent medical professionals.

If I ever have reason to believe that my child is not in good physical condition, I will notify the gym in writing with my specific concerns and the timeframe for which any limitations shall need to be in place for my child/athlete. I will be sure to keep the current emergency contact information on file with The Gym at all times.

I further agree to hold harmless the owner and operator of the real estate where such training will occur from any obvious defects in the premises, including but not limited to The Gym, parking areas, common areas and walkways. I understand all terms of this Membership Contract and have had the opportunity to ask questions before signing.

Parent/Legal Guardian Signature

Witness Signature

Date

Printed Witness Name & Phone Number

I, _____ (Student's Name) hereby agree to the provisions of the above release of Liability and Assumption of Risk.

Student Signature

Date

Photo Release

I hereby authorize GymTyme All Stars, hereafter referred to as "GTAS," to publish photographs taken of my minor child or children listed below for use in GTAS print, online and video-based marketing materials, as well as other GTAS publications.

I hereby release and hold harmless GTAS from any reasonable expectations of privacy or confidentiality for myself or the minor child/children listed below associated with the images specified above. Further, I attest that I am the parent or legal guardian of the child or children listed below and that I have full authority to consent and authorize GymTyme to use their likenesses.

I further acknowledge that participation is voluntary and that neither I, the minor child, or minor children will receive financial compensation of any type associated with the taking or publication of these photographs or participation in company marketing materials or GTAS publications. I acknowledge and agree that publication of said photos confers no rights of ownership or royalties whatsoever.

I hereby release GymTyme, its contractors, its employees and any third parties involved in the creation or publication of GTAS publications, from liability for any claims by me or any third party in connection with my participation or the participation of the minor children listed below.

Parent Name (Please Print) Signature Date

Street Address _____

City _____ State _____ ZIP _____

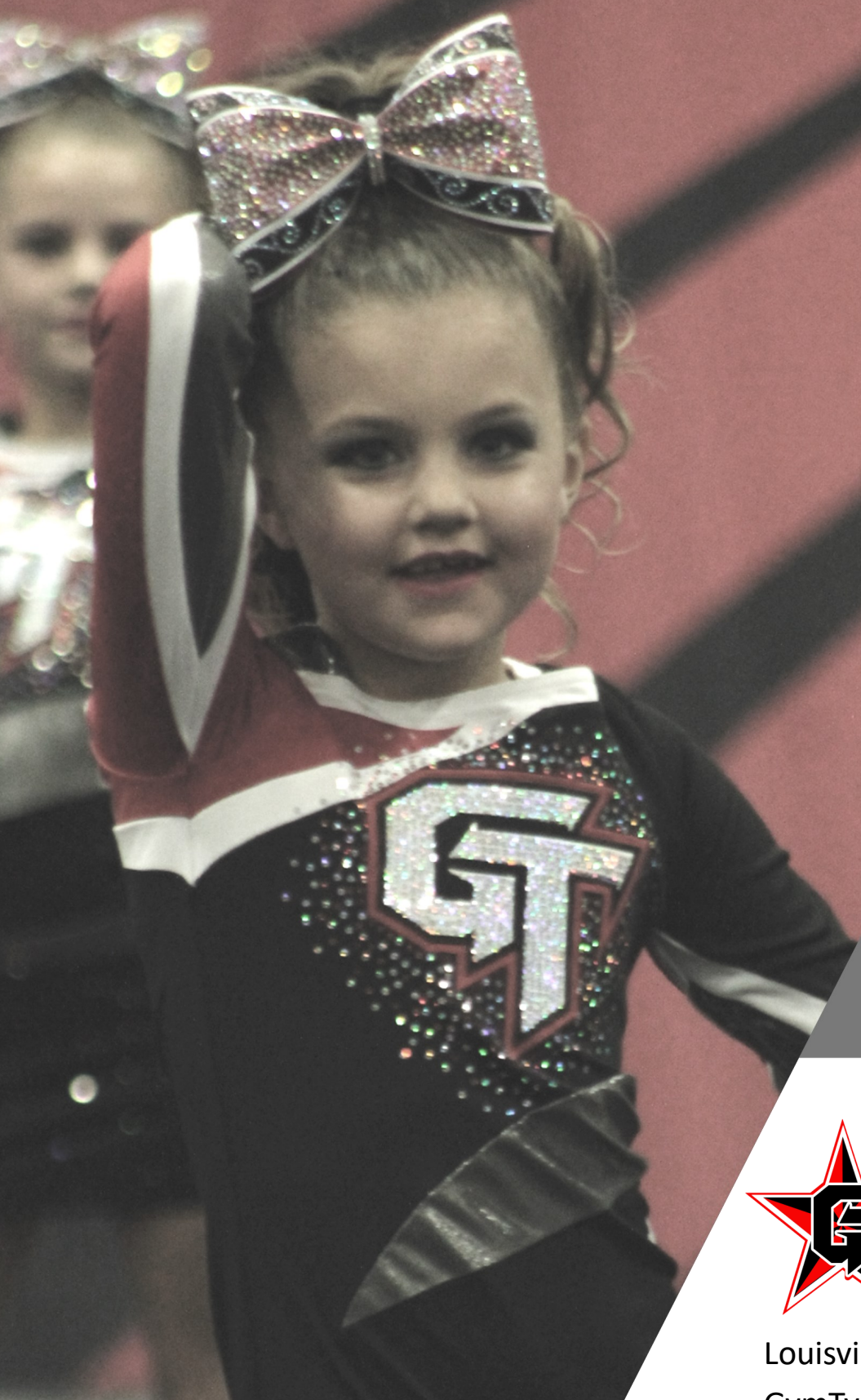
Relationship to Child/Children: _____

Names and Ages of Minor Children:

Name _____ Age _____

Name _____ Age _____

Name _____ Age _____



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