

Allstar Athletics Team Participation Expectations and Agreement

Competition Expectations

WE ARE PROUD OF OUR PROGRAM! We take this to heart and we ask the same of you. The manner in which we conduct ourselves is a direct reflection of Allstar Athletics. Below is a list of expectations required at each competition:

- Team members must be prompt to competition locations as per competition information packets.
- Upon arriving at the competition location, please be competition ready (fully dressed) unless otherwise instructed by your team coach.
- Team member's hair should be worn according to the standard set by Allstar Athletics.
- Make-up should be applied according to standard procedures set by Allstar Athletics.
- Jewelry is not allowed during warm-up or competition, which would include piercing. This is for safety reasons. Team members are responsible for placing these items in a safe place. It is not the responsibility of the Allstar Athletics coaches to care for your personal jewelry items.
- Insubordination as stated above will not be tolerated.
- Inappropriate behavior, profanity, or lewd conduct is unacceptable.
- Tobacco, Alcohol and Illegal substance consumption, will result in immediate dismissal from our program.
- Unsportsmanlike behavior or disrespect to another team is inappropriate, and will not be tolerated.
- Full respect for the Allstar Athletics coaching staff and team parents is expected of each team member. Team parents are volunteers and should be highly praised for their dedication to the job. They will provide information and updates. Please treat them with courtesy and consideration for their efforts. Please refrain from relying on them to relay your concerns that can be handled by the staff at a later date. This can take away from the duties that are carried out by them.
- Parents are expected to set an example to not only their own athletes, but to all of our team members. Please make sure that your actions do not interfere with the responsibilities that you have as a representative of Allstar Athletics. We would not want any athlete to be removed from the program because of the actions of their parents. We appreciate your support.
- Parents should not have any contact with a competition official for any reason. Please speak with an Allstar Athletics coach if you have any concerns.
- A true family supports each other in all situations. We, at Allstar Athletics like to think of you as our family. creates a strong presence.

Any violation in the above list of expectations can and will lead to removal from the Allstar Athletics team.

Team Member Agreement

- NO GOSSIP about any other teams (all-star or school). NO GOSSIP about a child on your team or another team. NO GOSSIP about coaches and staff. It is much better to address a problem than to listen to idle gossip.
- I understand the time commitment necessary to be a part of the Allstar Athletics program.
- I will not wear any jewelry to practices, performances or events.
- I will keep my uniform, practice wear, and shoes clean for all events.
- I will not use foul language or behave inappropriately.
- I will support the other Allstar Athletics teams at practices, at Allstar Athletics events and during their performances.
- I agree to be punctual and enthusiastic to all cheerleading practices, competitions, exhibitions, etc.
- I agree to attend all practice sessions as well as any other team activities that are scheduled.
- I will notify the coaches of all expected absences at least one week prior to the absence in writing.
- I will always attend Allstar Athletics regular and mandatory extra practices. I understand that my team depends on me and will not miss due to illness, homework, my personal job, and other non emergency situations.
- I will notify my coach personally if I miss a practice due to an emergency. In addition, I will make it my responsibility to learn any choreography or material missed before the next practice.
- I will keep my coach personally informed of any injuries that I have that could prevent me from participating at a practice or event.
- I realize that only excused absences are allowed. I also realize that having an injury that prevents me from practicing does not excuse me from attending practice.
- Furthermore, I realize that two weeks before any team performance no absences are allowed.
- I realize I may be removed from my team or program for excessive absences at the discretion of the coach without refund of any and all fees paid.
- I will report any medications that I am taking to my coaches.

- I will attend all special camps and added or changed practices the coaches require me to attend.
- I will set a positive example whether in or out of my uniform.
- I will always treat my fellow teammates and my coaches with the same respect that I would like to be given.
- I realize that any loss of composure and/or any “back talk” to my peers or coaching staff will not be tolerated.
- I will refrain from unnecessary conversation during practice.
- I realize that the Allstar Athletics organization is not responsible for my lost belongings.
- I will refrain from bringing food, drinks (except water), and candy into the gym. I also realize that gum is strictly forbidden in the gym.
- I will not allow any persons (family members and friends included) to distract me or interrupt me during my practice session. In return, I will not interrupt any other team practices.
- I realize that all my coach’s decisions on uniforms and competition schedules are final and are not up for discussion.
- I realize that in the best interest of the team the coaching staff retains the right to remove or replace a team member at any time throughout the year and there are no refunds.
- I realize that I must dress in proper competition attire at all competitions and team functions.
- I also realize that I must be courteous to all officials, coaches, hosts, competitors, and all such associated persons at all functions. In addition, I will accept my team placement in a dignified manner with no criticism or comments.
- I realize that I must either attend all team fundraisers or be completely up to date with my account. (This means I will stay up to date with the payment due dates.)
- I realize that my commitment to the Allstar Athletics program takes priority over any other activities or squads in which I am involved.
- I realize that the coaches have the right to place me on the team that they feel is best for me.
- I will maintain good sportsmanship with other cheerleading programs in the area and around the country.
- I will personally discuss any problems I have with my coach.
- I understand that if I break any of the Allstar Athletics Team member guidelines as outlined in this agreement and tryout packet, I could lose my right to perform and/or lose my position as an Allstar Athletics cheerleader. Under these circumstances I will not be entitled to any refunds.
- Please note, based on skill progression an athlete may be asked to move to another team during the season. This move applies to moving up or down a level or to crossover. In the case of improved skills, to the appropriate level, an athlete may be asked to move up to a higher level team. If an athlete is not progressing or skills have been diminished, they will be moved to a level appropriate team. An athlete may be removed from a team or program for violating the attendance policy.

Parent Agreement

- I am aware of the time commitment necessary for my child to participate in the Allstar Athletics Cheerleading Program.
- I will be sure that my child attends all regularly scheduled practices and is on-time. In addition I will be sure that my child is available to attend extra practices.
- I understand that all coaching decisions are made by the Allstar Athletics coaching staff and I fully support those decisions.
- I will not interfere with the coaching of Allstar Athletics teams at practices or performances.
- I understand that I am not allowed in the coaching area (gym or practice facility) during a team practice or discussion. I am aware that this includes pre – warm-up, warm-up, & team discussions at competitions.
- I understand that the parent area is available for parents to occasionally watch the progress of practices during viewing times. I will only speak positively about the program and/or coaches. In addition, I will not comment or give my opinion regarding any Allstar Athletics athlete, the practice, or the routine.
- I will respect the Allstar Athletics facility as an athletic training center. I will constantly supervise any child or children that I bring to the gym. I will not allow my child in the offices, behind the front desk, the gym, or outdoor landscape areas.
- NO GOSSIP about any other teams (all-star or school). NO GOSSIP about a child on your team or another team. NO GOSSIP about coaches and staff. It is much better to address a problem than to listen to idle gossip.
- If I have a problem concerning the coaching of MY CHILD I will personally direct my issue to my coach away from the gym, practice site, performance, or Allstar Athletics event.
- I will not discuss my personal coaching issues with other parents within the program, or my child.
- I will openly express my concerns freely with my coach regarding my child. I understand that voicing these concerns will not affect the coaching of my child or his/her squad placement.
- I will not approach competition judges or officials at any event. I understand that competition judging is subjective and I may not agree with the outcome of judging scores.

- I am aware that my opinion of a performance may differ from the opinions of the judges.
- I understand that the season will have it's ups and downs.
- I will direct my complaints, problems, and sensitive issues regarding the coaches and program directly to Patrice Stec, Samantha Szpytek or Alex Stec at an appropriate time and realize I may not get an immediate answer.
- I will represent the Allstar Athletics program at competitions and events with good sportsmanship. I will only speak positively about the program as well as competitors.
- I will not place blame of a weak performance or missed skill in a routine on my child or any other Allstar Athletics athlete. I understand that my child's team succeeds together and fails together.
- I will respect the duties of the Allstar Athletics staff. I will not approach them at any event in a negative manner.
- I will be responsible for all fees associated with my child being a part of Allstar Athletics. These fees include monthly tuition, uniform and equipment, choreography, music, competition entry fees, registration fees, and travel expenses. Worlds and Summit Fees are not included in monthly payments schedule.
- I understand it is my responsibility to provide transportation to competitions.
- I understand that my account must be cleared at a – 0 – balance 10 working days prior to an event in order for my child to perform. I am aware that Allstar Athletics may prevent my child from performing and/or remove him/her from the team if my account is not up to date. Under these circumstances, I will not be entitled to a refund of any fees.
- I realize that my monthly payment is due by the first week of every month and that I will not be prorated for any vacations or time off. If my payments are made after the due date, (Please make note that all Allstar Athletics vacations have already been prorated into the monthly fee.)
- I realize that if I choose to leave the team or if I am asked to leave the team for any reason before the season is over, any and all monies that have been paid by me are completely non-refundable including unused competition fees.
- I understand Allstar Athletics is like no other business. I am the customer, but the focus is on my child. Sometimes parents expect us to do what they want because they write the checks. We value our customers, but we base our decisions solely on the needs of the team. Customers hire us because we know what is best for the team and their child, as a member of the team.
- I realize that this contract is active for the entire season.
- I understand that if at any time I should fail to follow the above contract, or if I act in a manner that jeopardizes the name and reputation of Allstar Athletics my child may be removed from the team.
- Please note, based on skill progression an athlete may be asked to move to another team during the season. This move applies to moving up or down a level or to crossover. In the case of improved skills, to the appropriate level, an athlete may be asked to move up to a higher level team. If an athlete is not progressing or skills have been diminished, they will be moved to a level appropriate team. An athlete may be removed from a team or program for violating the attendance policy.

Social Media

- Please follow us on Facebook and Twitter... However
- You agree to never post any negative comments on social media about any other teams, competitions, our teams, coaches, parents, team members.
- Violation of this policy will result in removal from the team. Please realize we have contact with owners of other gyms. Any negative posting is a reflection on you, Allstar Athletics and any other gym you may be part of.

Technique Policy

Tumbling technique needs to be a top priority for every single athlete, parent and coach. Technique scores set apart the top ranking teams from their lesser competitors. Our focus has switched from rapid progression to skill perfection prior to progressing to the next level. Attaining skills through this new approach will enable our athletes to achieve their goals in a healthy and positive manner. Proper technique will help minimize the chance of an athlete sustaining an injury. Reinforcing skill progression even though athletes still need corrections in elementary skills is detrimental to their training. The most common examples of skill imperfections include:

- Arched backs in handstands and back handsprings
- Head out and legs apart or bent in back handsprings
- Dropped shoulders and heads out in back tucks

All of these habits are key points that need to be corrected to successfully perform a tumbling skill that is ready to move onto the next level. Altering technique can be a scary change for some athletes. Often when making these corrections, success does not happen right away. Failure may occur on a skill that an athlete has performed for years, but this should not deter the athlete from making the adjustment. Technique is a large part of each tumbling category, i.e., legs together, legs straight, head positioning, no arch in back. This will be enforced and monitored regularly. The safety and success of your athlete is a priority to the Allstar Athletics staff.

Allstar Athletics Team Participation Expectations and Agreement

2019-2020 Season

As an Allstar Athletics parent, I understand the responsibility that my son/daughter is undertaking. I have read this agreement, tryout information package, payment schedule and understand its contents. I agree to support the Allstar Athletics program and offer encouragement to my child's fulfillment of all their responsibilities. I agree to allow my child to participate in all the Allstar Athletics activities and will be as cooperative as possible in carrying them out. I understand that this program is a commitment on the part of the parents as well as the child. I agree to help my child fulfill this commitment. Furthermore, I will not use this program as a form of punishment for my child as I realize that it also punishes the team. I also realize that when I am at a function with the team, I too represent the program and therefore must always act with class and responsibility. I understand that all athletes whose parent(s) are consistently negative or have caused numerous problems could be removed from a team regardless of their talent level.

PLEASE KNOW PRACTICE TIME IS FOR TEAM RELATED ACTIVITIES SUCH AS PERFECTING THE ROUTINE, LEARNING THE PYRAMID, STUNTING, CHOREOGRAPHY, AND ROUTINE RELATED TUMBLING. LIMITED TIME IS SPENT WITH INDIVIDUAL TEAM MEMBERS. ALLSTAR ATHLETICS RECOMMENDS PARTICIPATION IN OPEN GYM, TUMBLING CLASSES, OR TUMBLING PRIVATES TO ENHANCE INDIVIDUAL SKILLS AND PROGRESSION.

PARENTS SHOULD NOT DISRUPT OR DISTRACT THEIR CHILD IN ANY WAY DURING PRACTICE. ANY PARENT THAT DISRUPTS A PRACTICE WILL BE ASKED TO LEAVE THE GYM. PARENTS, GUESTS, OR SIBLINGS ARE NOT ALLOWED IN THE GYM AT ANY TIME UNLESS THEY ARE INVITED BY A COACH.

GROUND FOR DISMISSAL: Any team member that breaks a rule on the contract or acts in a manner that jeopardizes the name and reputation of the Allstar Athletics Program will be subject to removal from the program. (REMEMBER: EVERYTHING YOU SAY AND DO, REFLECTS ON THIS (YOUR) PROGRAM.

This agreement must be read and signed before participating on a team. By signing this agreement I/We acknowledge that I have read and understand the **Team Information Packet, Monthly Installment Schedule/Financial Commitment, Allstar Athletics Team Participation Expectations and Agreement.**

Team member's name printed

Team member's signature

Date

Parent's name printed

Parent's signature

Date