

Welcome to Greensboro All Star Cheerleading!

On behalf of our coaches and staff, we would like to welcome you and your family to the Greensboro All Star Cheerleading program as we celebrate "36 years of excellence". Since its inception in 1989, the purpose of our program has been to provide your children with an atmosphere where they are able to develop their full potential as an athlete and individual. While athletic ability and physical strength are important components of tumbling and all-star cheerleading, our GAC staff also recognize the importance of building personal character, responsibility, integrity, and high self-esteem.

Participation in any sport requires total dedication and commitment from both the athlete and their family. All Star Cheerleading is a team sport and requires each team member to be at practice on time, dressed appropriately, and working on personal skills as well as team skills. Learning to prioritize and manage their time to achieve these goals are skills that our coaches strive to teach every child in our gym. Parents must understand the obligation their child has committed to and be supportive in helping to ensure the fulfillment of that commitment.

GAC is proud that our teams not only compete but are also active in community involvement. Our teams have supported local schools with classroom supplies, provided Christmas for families in need, participated in Toys for Tots, filled Chick-Fil-A stockings for underprivileged children, participated in area MS walks, Down Syndrome Buddy Walks and provided toys for Brenner Children's Hospital. These are just a few examples of GAC girls giving back to our community.

A successful program like GAC does not just happen. It is the result of our hard-working, dedicated coaches, and staff. Every child's success is a direct result of a coach who has guided, nurtured, and supported that child. Our motto says it all, "Show class, have pride and display character. When you do, winning takes care of itself." Our children are winners on and off the competition floor.

Thank you for choosing GAC and being a part of 36 YEARS OF EXCELLENCE! We are honored to play a role in your child's life and promise to offer the best experience we can! We are looking forward to season 36 being our most successful season yet! Welcome to the family!

Cheers,

Anna Love Logan
Owner



2025-2026 GAC REGISTRATION INFORMATION

To register for evaluations please visit your Iclasspro account at
app.iclasspro.com/parentportal/cheergac

Registration will open April 1st, 2025

All Star Evaluation Fee - \$125.00

Individual/Family Registration Fee - \$95.00

**There will be a \$25.00 fee (in addition to the registration fee) for all private evaluations. Private evaluations are offered for people who are unable to attend regular evaluations. These dates will be determined on a case-by-case basis. Please email info@cheergac.com to request a time.*

All Star ELITE Teams-Tuition \$130

Practice 2 times a week (in both summer and fall)
Moderate to significant competition travel

Full Year All Star PREP Teams-Tuition \$95-\$130

Tiny prep teams \$95
Practice 2 times a week
Local 1 day competitions

Half Year PREP Teams-Tuition \$80

Practice 1-2 times a week
Local 1-day competitions only

Tiny Exhibition Teams-Tuition/Inclusive fee \$95

Practice 1 time a week
Local 1-day exhibitions only
Team will begin in September

Sapphires-Exceptional Athletes Team-Free Tuition

\$35 annual registration fee
Practice 1 day a week
Team will begin in September

Athletes interested in participating in two teams need to indicate on the evaluation google doc. The cost to participate in two teams is only the additional fee of the second performance at competitions. Athletes will only be placed on two teams if it benefits both the team and athlete. Not all interested will be placed on two teams.

EVALUATION PROCEDURES

1. Print this packet for your records. Registration payment should be made on your iClassPro account. Print and return the waiver (page 11).
2. Dress Code for evaluation will consist of shorts, cheer or tennis shoes, hair up in a ponytail and no jewelry. To be evaluated, the registration fee must be paid online via iClassPro.
3. Relax...this is a fun process with no stress!

What to Expect at our Evaluations

Everyone at evaluations will have an opportunity to demonstrate their best running and standing tumbling skills along with jumps, flexibility, and conditioning. These skills will be evaluated without a spot on the spring floor.

Does everyone make a team?

YES! We have teams for every skill level and ages 3 and up!

TEAM PLACEMENT AND DIVISIONS

2025-2026 USASF AGE GRID

2025-26 Season	DIVISIONS	USASF ATHLETE BIRTH YEAR ("x" indicates eligible for that division)																						APPROX AGES
TIER		2005 & before	1/1/06-5/31/06	6/01/06-12/31/06	2007	1/1/08-5/31/08	6/01/08-12/31/08	2009	2010	2011	2012	2013	2014	2015	2016	2017	2018	2019	1/1/20-5/31/20	6/1/20-12/31/20	2021	2022		
ELITE CLUB	Senior Open (L4-5)	x	x	x	x	x																	18+	
	Senior & Limited (L6)			x	x	x	x	x	x	x	x												14-19	
	Senior (L1-5)			x	x	x	x	x	x	x	x	x											13-19	
	Junior (L1-6)								x	x	x	x	x	x	x	x							9-15	
	Junior Flex (L4)							x	x	x	x	x	x	x	x	x	x						7-16	
	Junior Flex (L1-3)							x	x	x	x	x	x	x	x	x	x						8-16	
	Youth (L1-5)										x	x	x	x	x	x							8-12	
	Youth Flex (L1-3)										x	x	x	x	x	x	x	x	x	x			6-13	
	Mini (L1-2)															x	x	x	x				7-9	
Tiny (L1)																x	x	x	x			6-7		
PREP	Senior Prep (L1.1, 2.1, 2.2, 3.1, 3.2)			x	x	x	x	x	x	x	x	x	x										12-19	
	Junior Prep (L1.1, 2.1, 2.2, 3.1, 3.2)								x	x	x	x	x	x	x	x							9-15	
	Youth Prep (L1.1, 2.1, 2.2, 3.1, 3.2)											x	x	x	x	x	x						8-12	
	Mini Prep (L1.1, 2.1, 2.2)															x	x	x	x	x			7-9	
	Tiny Prep (L1.1)																x	x	x	x			6-7	
NOVICE	Senior Novice (L1-3 w/restrictions)			x	x	x	x	x	x	x	x	x	x										12-19	
	Junior Novice (L1-3 w/restrictions)								x	x	x	x	x	x	x	x							9-15	
	Youth Novice (L1-3 w/restrictions)											x	x	x	x	x	x						8-12	
	Mini Novice (L1-2 w/restrictions)															x	x	x					7-9	
	Tiny Novice (L1 w/restrictions)																	x	x	x	x	x	4-7	
CheerABILITIES	CheerABILITIES Elite (L2 w/restrictions)	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x			6+	
	CheerABILITIES Novice (L1 w/restrictions)	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x			6+	
	CheerABILITIES Exhibition (L2 w/restrictions)	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x			6+	
	CheerABILITIES Unified (Exhibition)	x	x	x	x	x	x	x	x	x	x	x											12+	
ELITE INTERNATIONAL	International Open (L6-7, 6-7NT)	x	x	x	x	x																	18+	
	International U18 (L1-4, 6NT)				x	x	x	x	x	x	x												14-18	
	International U16 (L1-4)							x	x	x	x	x	x										12-16	

Use the **Birth Year** columns to verify athlete eligibility for all divisions. The **Approx. Ages** are reflective of the typical age range athletes are during the birth years listed for each division.

LEVELS

This season at GAC we will offer all USASF levels 1-6. The "level" refers to the type of stunts, pyramids, and tumbling that a team can safely perform. The level each team will compete at is determined solely by the coaching staff.

TEAM PLACEMENT

There may be cheerleaders on any given team that tumble at a different level than the rest of their teammates. We try to match up the athletes by level as best as we can, but please remember that stunts, jumps, dance, motions, and age are factors as well. Some will be stronger tumblers than others. Some will contribute in stunting more than others. Every cheerleader has a purpose on the team-**please trust the staff.** This season we will continue to push each cheerleader to improve their skills, even if it means working on skills that are above what is allowed in routines at their team's current level.

Please note that no cheerleader has an absolute guarantee of a roster spot on a particular team. The coaching staff reserves the right, at any time, without notice, to change the rosters of the teams by adding, rearranging, or removing cheerleaders to/from teams for a performance or practice. We attempt to make roster changes as infrequent as possible and with as much warning as possible.

Cheerleaders may be removed from our program at any time for reasons which may include but are not limited to failure to fulfill financial commitments, absences and/or tardiness, failure to attend a competition, use of illegal substances, attitude problems, inappropriate social media posts and personal conflicts. There will be no refunds given in the event of removal from a team.

EVALUATION TIMES-AGES AS OF 12/31/2025

Saturday May 17th, 2025

- ☆ Ages 3-6- 10:00 AM-11:00 AM
- ☆ Ages 7-11- 11:00 AM-12:30 PM
- ☆ Ages 12 and up- 1:00 PM-3:00 PM

Optional stunt evaluations will be held from 3:00PM-4:00PM for a fee of \$30.00 You will register on Iclasspro for the stunt evaluations.

Sunday May 18th, 2025

- ☆ Ages 3-6- 12:00 PM-1:00 PM
- ☆ Ages 7-11- 1:00 PM-2:30 PM
- ☆ Ages 12 and up- 3:00 PM-5:00 PM

In the table below is a *general* listing of skills divided out by level. Each level includes, but is not limited to, all the skills outlined. In creating teams, we will use this as a general guideline for the appropriate placement of each athlete based on their tumbling skills. We will be placing athletes based on ADVANCED skills within a level.



LEVEL UP YOUR SKILLS!

WHAT LEVEL AM I?

FOLLOW THESE SIMPLE CHARTS TO DETERMINE WHAT SKILLS YOU
NEED TO MASTER AT EACH LEVEL!

LEVEL 1	LEVEL 2	LEVEL 3
FORWARD ROLL BACKWARD ROLL HANDSTAND FORWARD ROLL CARTWHEEL ROUND-OFF BACKBEND/BRIDGE UP BACKBEND KICKOVER BACK WALKOVER FRONT WALKOVER CARTWHEEL BACK WALKOVER VALDEZ	BACK HANDSPRING BACK HANDSPRING STEP OUT BACK WALKOVER BACK HANDSPRING ROUND-OFF BACK HANDSPRING ROUND-OFF BACK HANDSPRINGS (2) BACK HANDSPRING - T JUMP- BHS FRONT WALKOVER ROUND-OFF BHS	STANDING BHS SERIES (3) BACK HANDSPRING, STEP OUT, BHS ROUND-OFF BHS BACK TUCK PUNCH FRONT AERIAL JUMP TO BACK HANDSPRINGS (2) FRONT WALKOVER TO BHS TUCK COMBINATIONS THROUGH TO TUCK
LEVEL 4	LEVEL 5	LEVEL 6
STANDING TUCK BACK HANDSPRING BACK TUCK JUMP TO BHS BACK TUCK CARTWHEEL BACK TUCK ROUND-OFF BHS LAYOUT ROUND-OFF LAYOUT PUNCH FRONT STEP OUT TO LAYOUT WHIP THROUGH TO LAYOUT	JUMP TO TUCK STANDING 2 BHS TO LAYOUT JUMP TO BHS LAYOUT STANDING WHIP THROUGH TO LAYOUT ARABIAN ROUND-OFF BHS FULL FRONT WALKOVER TO FULL PUNCH FRONT STEP OUT TO FULL WHIP THROUGH TO FULL FRONT HANDSPRING FRONT TO FULL	STANDING FULL STANDING BHS TO FULL STANDING BHS WHIP PUNCH FULL STANDING BHS TO DOUBLE FULL ROUND-OFF BHS DOUBLE FULL ROUND-OFF BHS WHIP PUNCH DOUBLE ELITE COMBINATIONS TO DOUBLE

All skills should be mastered while doing **REPEATEDLY** with **EXCELLENT** technique before advancing to the next level.

When being evaluated for competitive all star teams, it is important to understand the stunting requirements as well.

In evaluating each athlete, we will be looking for **technically correct skills** performed to the **highest degree of perfection**. For example, having straight legs, pointed toes, feet together etc. While you will be given credit for skills that you successfully attempt, we want to remind everyone that the quality of the skill and the safety of the athlete are the highest priority.

Other skills that will be evaluated during team placement include but are not limited to:

- ☆ Jumps
- ☆ Dance
- ☆ Motion technique
- ☆ Flexibility
- ☆ Strength and endurance
- ☆ Stunting (when applicable)
- ☆ Attitude
- ☆ Coachability

***Team evaluations are low stress and open to everyone of all skill levels.
There is no experience required.***

RULES AND GUIDELINES

ATTENDANCE

We expect all team members to attend all scheduled practices. Attendance is especially important to the success of our teams. All GAC practices are mandatory. Practices will only be excused for illness (if you have a fever or are throwing up). **In addition, the practice prior to competition is mandatory and is not excused for school cheerleading/sports.**

It is mandatory that the coach be notified as soon as possible if an athlete must miss practice in order to allow time to secure a fill in for the practice.

We recognize that there are sometimes other legitimate reasons that a team member may need to miss practice. If a parent feels that is in the best interest of the athlete to miss practice, we ask that the parent contact the coach as far in advance as possible to discuss the situation with the coach. If possible, the coach will accommodate the request to miss practice. If it is not possible, the coach will explain why. We believe that with the adequate time and cooperation between the coach and parents, we will be able to resolve most potential conflicts. If the coach and parent are unable to agree on a resolution, the coach will involve the management team of GAC. We understand that ultimately it is the parent's decision. It will be GAC's responsibility to inform the parents of any possible ramifications of that decision.

All competitions are mandatory for GAC athletes. We ask that all athletes follow the day of competition schedule and are in attendance for all designated teams and arrive to the event as the schedule mandates. Tardiness to competitions may result in being replaced for that event. Failure to come to a competition may result in dismissal from the team/gym. If there is a conflict with a competition date you will need to notify the coach/management of GAC as soon as possible to avoid any conflict.

Practices two weeks prior to a competition/exhibition/performance are extremely important to the safety, perfection, and execution of a routine. Absences or failure to participate during this time frame may be met with position changes and/or removal of the cheerleader from the event. Prior to competitions, teams may schedule an extra practice which is also mandatory.

SPORTSMANSHIP-ATHLETES AND PARENTS

Sportsmanship and team unity are also important to our organization. We strive to create a positive, pleasant learning environment for our athletes and parents. Please be courteous and considerate to all teams and athletes both inside and outside of the gym. This includes other all-star programs and other GAC teams. Please do not speak negatively about any person, decision, or result involving GAC. This includes the internet, message boards and all social media. We strive to teach our cheerleaders respect and sportsmanship. Anyone who behaves in a manner, in or out of the gym, that we view as inappropriate may be asked to leave our program. Cheerleaders whose parents are excessively negative or disrespectful will be removed from the program. This includes interactions between parents regarding other children in the gym, coaches or GAC as a whole during practice times.

VIEWING AREA POLICIES

The viewing area is a privilege that will be protected at all times. The following rules will be in place for the viewing area as well as the lobby and common areas of the gym. **If at any time these rules are violated, you may be asked to leave. Actions may also result in a probationary period. GAC reserves the right to close the viewing area at any time. No refunds will be provided if you are asked to leave in violation of these rules.**

1. No yelling over the balcony at any time for any reason.
2. Please sit at all times.
3. No running allowed in the viewing area. We ask that all siblings remain seated during practices.
4. Please keep noise to a minimum; it can be distracting to the coaches and athletes.
5. Please keep the area clean! Do not leave food or trash on the floor, tables or in the viewing area.
6. Do not gossip or speak negatively about other children, coaching staff, or teams at any time. If this becomes a problem, it may result in closed practices or individual probation from the viewing area.
7. No profanity or vulgar language.
8. Let us be the coaches! You stick to being the encouraging parent.
9. Please keep an eye on any siblings attending practices while watching, using the restroom, visiting vending machine etc..

CLOTHING/APPAREL/PROMOTIONAL ITEMS

There is to be absolutely no creation of clothing, apparel or promotional items that have GAC, Greensboro All Star Cheerleading, team names or any version of the GAC (trademarked) logo. We reserve the right to dismiss your athlete from the program if you are caught making, selling, or distributing any clothing or items of any kind with the GAC logo, brand, or team names. Please speak to Anna Love Logan regarding team gifts etc. for permission on what can and cannot be done!

COMMUNICATION WITH COACHES

When communicating with coaches regarding your child (questions regarding your child, notification of absence or tardy, etc.) you are to contact the coach directly by phone call, email, text, or private band message, whichever has been made the designated avenue of communication.

You are NOT to post on the team band page that your child will be absent or late. The team group text is for communication between coaches/team mom to parents, not to be used as a notification tool for individuals. Coaches will set their hours of communication with the team at the beginning of the season. Please be mindful of your communication with coaches and note that anything disrespectful (including hours of communication) could result in your athlete's removal from the team/program. Any groups made by parents involving the gym or team should include at least one coach at all times.

DRESS CODE

It is important that all GAC athletes conduct themselves with class and pride while in attendance of all functions with GAC. We want to make sure they are representing themselves, the team and the gym properly. Please see the below guidelines for both inside and outside of the gym.

Gym Dress Code

1. GAC t-shirts/practice wear may be worn at GAC practices.
2. Spandex or cotton (running or workout shorts) should be worn.
3. Cheerleading shoes should always be worn.
4. Sports bras are to be worn by all cheerleaders at practice and tumbling classes.
5. NO jewelry including ear, nose, tongue, eyebrow, or belly button rings. Wearing these could result in serious injury to your child, another child, or a coach.
6. Fingernails should be kept short (this is for everyone's safety).
7. Hair should always be pulled up in a ponytail.

Competition Dress Code

1. Cheerleaders will be given what to wear at competitions according to time of arrival.
2. At no time will your uniform top be worn with shorts, jeans, pajama pants, etc.
3. Cheer shoes are the only acceptable shoes during the entire competition—no uggs, flip flops, sandals, etc.
4. Hair is to be up in a ponytail anytime you are in uniform.
5. Complete uniforms must be worn at award ceremonies. No Exceptions
6. Only approved GAC t-shirts may be worn at competition.
7. No bright color nail polish for competitions at any time.
8. No bright colored hair (dyes or extensions) for competitions at any time.
9. Athletes are required to follow the assigned hair styles for competitions at all times.

GENERAL RULES

1. All GAC members must follow the GAC dress code at all GAC events/practices.
2. All cell phones must be placed in the designated area during practice time.
3. No food or gum allowed during practice or tumbling.
4. No smoking, drinking of alcoholic beverages or use of illegal drugs is allowed. This may warrant immediate dismissal from the team.
5. Challenging the authority of the coach (or any GAC staff member), by student or parent, may mean dismissal from the program.
6. Any profiles created on the internet that includes GAC, either in name or pictured in uniform, need to adhere to the following guidelines: No profanity, no vulgar/inappropriate pictures, good sportsmanship, and appropriateness for all ages.
7. Please keep your personal items in your bag at all times. GAC will not be held responsible for items misplaced or lost while at GAC.
8. Stealing will not be tolerated. An athlete will be asked to leave the team/program if found stealing.

ATTENDANCE

1. All practice sessions are mandatory.
2. Cheerleaders must be on time to practice and stay for the entire session.
3. If you are sick, have a fever or have been directly exposed to a virus please do not attend practice and let your coaches know asap of your illness.
4. With your coaches help, you will be asked to find a substitute if you are going to be absent.
5. Athletes are not be dropped off more than 15 minutes before practice without prior permission from a coach.

COMPETITIONS

1. Members are required to attend all competitions and remain through the awards ceremony.
2. All behavior, comments, and actions should be appropriate and reflect good sportsmanship. Anything unbecoming may result in dismissal from the program.
3. If you miss a competition, you may be asked to sit out for the following competition or dismissed from the team.
4. Full uniforms should be worn for awards.
5. No cell phones, bookbags, etc are allowed on the stage for awards.

In registering your athlete in IClasspro for the 2025-2026 season you are agreeing to the following.

I have read, understand, and agree to all rules and regulations for the 2025-2026 GAC handbook including, but not limited to the following sections.

- Financial Guidelines
- Private lesson guidelines
- Evaluation procedures
- Sportsmanship-athletes and parents
- Viewing area policies
- Clothing/Apparel/Promotional Items
- Communication with coaches
- Gym dress code and guidelines
- Competition guidelines

FINANCIAL GUIDELINES

1. All cheerleaders must show a zero balance on the previous season before being placed on a roster for the 2025 -2026 season.
2. All accounts MUST have a credit/debit card on file that will be used for tuition and inclusive fee payments and automatically drafted each month; tuition on the 1st and inclusive fees on the 15th. **A late fee of \$15.00 will be assessed on the 2ND of the month for tuition and also on the 16th for inclusive fees.** Athletes will not be allowed to practice after the 16th if there is an account balance. NO EXCEPTIONS.
3. Registration and Evaluation Fees will **NOT** be refunded for any reason.
4. Each athlete is required to purchase a uniform/practice wear. The uniform/practice wear must be paid for at the time of ordering and will not be given to the athlete if there is any outstanding balance on their account or has not been paid in full. This includes post season practice wear.
5. Tuition covers practices, extra practices, and staff assistance at extra events/competitions. Tuition will not be prorated for holidays, gym closings and weeks without practice.
6. There will be a \$35.00 fee for returned checks.
7. If you pay the year in full upfront, there are **NO REFUNDS**. If your family relocates, any fees not yet paid out may be reimbursed.
8. Competition entry fees cannot be refunded for any reason (including injury) once they are paid out. The fee must be paid for the athlete that is filling in for you.
9. If the Governor imposes restrictions that affect our business, and those restrictions last for 30 days or less, there is no change, and full fees will be due. Virtual classes will be offered. Restrictions lasting longer than 30 days, a discount will be given to the upcoming monthly fees each month we remain out of the gym. Virtual classes will be offered. Restrictions lasting for 75 days or more, you may submit a written request to terminate your contract. No refunds will be given for fees paid through that time. If competitions are cancelled due to restrictions imposed by the Governor, you will receive a refund of those fees if the account is paid in full. Refunds will be processed once the gym receives the funds paid out, which could be 6-8 weeks.
10. Booster club funds left in an inactive account will be donated back to the gym.

All resignations must be received in writing to GAC administration.
There will be an **early termination fee of \$175.00 and one-month's tuition.**
This will include not attending post season events. This fee will be charged to the credit card on file. NO REFUNDS WILL BE GIVEN AT ANY TIME

PRIVATE LESSON REGISTRATION FEE

All athletes must pay an annual registration fee of \$95.00 to participate in private lessons. This fee will be paid through iClassPro. This applies to both team and non-team members.

***Any questions or concerns regarding financial issues
should be directed to Tricia Fodel at tricia@cheergac.com***

MEDICAL RELEASE FORM EFFECTIVE May 1, 2025 – May 31, 2026

I AUTHORIZE GAC TO TAKE THE NECESSARY STEPS REGARDING MEDICAL ATTENTION AND WILL ALLOW AUTHORIZED HOSPITAL FACILITY AND STAFF TO TREAT MY CHILD FOR ANY ILLNESS/INJURY SHE HAS. I RECOGNIZE THAT POTENTIALLY SEVERE INJURIES INCLUDING PARALYSIS OR DEATH CAN OCCUR IN ANY GAC ACTIVITY INSIDE OR OUTSIDE THE GYM. THIS INCLUDES CAMPS, COMPETITIONS, EXHIBITIONS, PERFORMANCES, TRAVEL, UNITY WEEKEND, SLEEPOVERS, PRACTICES, ALL GAC EVENTS WHERE COACHES ARE RESPONSIBLE, AND ANY OTHER TEAM OR CLASS FUNCTIONS. THIS WILL ALSO INCLUDE ANY ACTIVITY INVOLVING HEIGHT OR MOTION, GYMNASTICS, DANCE, CHEERLEADING AND ALL OTHER GAC CLASSES. I UNDERSTAND AND ACCEPT THIS RISK AND ANY MEDICAL EXPENSES SHALL BE MY RESPONSIBILITY. I HEREBY RELEASE GAC, ITS OWNERS, AND EMPLOYEES FROM ALL LIABILITY FOR ANY INJURIES.

SIGNATURE OF PARENT/LEGALGUARDIAN _____ DATE _____

Participant Agreement and Assumption of Risk 2025-2026

In consideration of the services of ACTA-GAC Inc., its owners, agents, officers, coaches, employees and all other persons or entities acting in any capacity on their behalf (here in after collectively referred to as GAC) I hereby agree to release, discharge and hold harmless GAC, on behalf of myself, my children, my parents, my heirs, assigns, personal representative and estate as follows:

- I understand and acknowledge that the activities that I or my child engage in while on the premises on under the auspices of GAC pose known and unknown risks which could result in injury, paralysis, death, emotional distress, or damage to me, my child, to property or to third parties. The following describes some but not all those risks:
Cheerleading and gymnastics, including performances of stunts and use of trampolines, entail certain risks that simply cannot be eliminated without jeopardizing the essential qualities of the activity. Without a certain degree of risk, cheerleading students would not improve their skills and the enjoyment of the sport be diminished. Cheerleading and gymnastics expose participants to the usual risk of cuts and bruises and other more serious risks as well. Participants often fall, sprain, or break wrist and ankles, and can suffer more serious injuries. Traveling to and from show, competitions, camps, and exhibitions, etc. raises possibilities of any manner of transportation accidents. In any event, if you and your child are injured medical assistance may be required which you must pay for yourself.
- I expressly agree and promise to accept and assume all the risks known and unknown connected with GAC related activities, including but not limited to performance of stunts, tumbling, jumps, and use of trampolines. My participation and that of my child is purely voluntary. No one has forced or coerced me or my child to participate. I elect, for myself and my children to participate in such activities despite the risks.
- I hereby voluntarily release, forever discharge and agree to hold harmless and indemnify GAC from any and all liability, claims, demands, actions, or rights of action, which are related to, arise out of, or are in any way connected with my child's participation in GAC related activities.
- Should GAC be required to incur attorney's fees and costs to enforce this agreement, I agree to indemnify and reimburse them for such fees and costs.
- I certify that my child has health, accident and liability insurance to cover bodily injury or property damage that may be caused or suffered while participating in this event or activity, or else I agree to bear the costs of such injury or damage to my child. I further certify that I am willing to assume and bear the costs of all risks that may arise or be created, directly or indirectly through or by any such condition.
- In the event that I file a lawsuit against GAC, I agree to do so solely in the State of North Carolina and I further agree that the substantive and procedural laws of that state shall apply in any such action without regard to the conflict of laws rules thereof. I agree that if any portion of this agreement is found void or unenforceable; the remaining portions shall remain in full force and effect.
- By signing this document, I acknowledge that if anyone is hurt or property is damaged during my participation or the participation of any of my children in this activity, I may be found by court of law to have waived my right to maintain a lawsuit against GAC on the basis of any claim from which I have released GAC by signing this agreement.

I have had sufficient opportunity to read this entire document. I have read it and understand it. I agree to be bound by its terms.

Parent or Guardian's additional Indemnification (Must be completed for participants under the age of 18)

In consideration of _____ (print minor's name) being permitted by GAC to participate in its activities including but not limited to inside and outside events held at 8029 National Service Rd Colfax, NC as well as all areas of travel our participants attend (i.e. camps, competitions, unity weekend travel, exhibitions, etc.) and to use its equipment and facility. I further agree to indemnify and hold GAC from any and all claims which are brought by or on behalf of "minor's name" and which are in any way connected with such use or participation by Minor.

Parent/Guardian Signature: _____

Print Name: _____ Date: _____



**Greensboro All Star Cheerleading
8029 National Service Rd
Colfax, NC 27235**

Phone: 336-664-0233

Website: www.cheergac.com

PARENT PORTAL-app.iclasspro.com/parentportal/cheergac

SOCIAL MEDIA LINKS

***Please be sure to "follow" or "like" us on all our social media outlets. This will be a great way to keep up with things happening at GAC!
The parent Facebook page is specific to this seasons teams and gym information, so we encourage everyone to join as an additional information source.***

FACEBOOK: Greensboro All Star Cheerleading-Gym Page

FACEBOOK: GAC Parents 2025-2026

INSTAGRAM: CHEERGAC1

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