



2018-2019 Information Packet

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Mission Statement:

At Cheer Intensity we want to share our knowledge and passion for the sport of All-Star Cheer with those who join our family. We aim to use cheerleading as a tool in which to train the bodies of our athletes, but also to train them to be positive and constructive members of society. We hope that through the dedication of our staff, the attention to teamwork, and the discipline that comes along with being a part of our gym, each and every member will leave our program with new knowledge and a heightened confidence. We want to work in conjunction with parents and teachers to instill responsibility, motivation, and respect. The memories that are created and the lessons that are learned while being a member of a Cheer Intensity team are something that will stay with the athlete for years to come.

Open House:

Sunday, May 20- 12-2pm- Come visit our facility, talk to the coaches, meet the kids and parents, watch some of our team member's show off their skills, and even tumble around. This is also an open gym for any prospective or existing members to meet and stunt or tumble together. We will answer all of your questions and hopefully allow you to get a feel for the gym and its members! This is completely optional! **Any athletes wishing to tumble or stunt must fill out a Liability release form which is available at our gym or on our website listed above.**

Registration:

Registration begins May 7! If you register your athlete before Sunday, May 27, you will receive a discounted rate. Registration includes the registration/insurance fee plus June tuition for training. All athletes have to pay the full registration fee regardless of how many leveled practices they can attend. This also includes a T-shirt! Please have forms filled out, payment made, and a credit card number put on file in order to finalize registration.

Early registration (by May 27)- \$170
On time registration (by June 10)- \$200
Late registration (after June 10)- \$225

Leveled Practices

Our gym philosophy is that we focus on the team prior to the individual. In this respect, we felt that our previous team placement process didn't line up with these values. Instead of forming teams based on individual skills, we need to keep like-skilled kids together and see what we can do with the personnel to make them the strongest team possible for the gym. There is so much that goes into an All-Star performance, that the dynamic of a team in respect to stunting, tumbling, dance, jumps, and attitude needs to be just right. We even need to consider the size of the athletes in comparison with each other.

We feel that by spending the month of June practicing like-skilled athletes together, we will be able to configure the strongest teams possible to represent our gym. Athletes will attend their first leveled practice the week of May 28th. They will come to the level of their 2017-2018 team (unless told otherwise by a staff member. This would only apply if their skills declined during the season). If there are athletes whose skill set could potentially benefit a different group of athletes, that athlete will receive an email during the month of June to either switch to a different leveled practice day or add a leveled practice day. Leveled practices will allow us to do a number of things:

1. Evaluate how the athletes work together, especially in regard to stunting, over a longer period of time.
2. Teach the gym techniques prior to forming teams, like we did at Intense Weekend the past few years.
3. Evaluate consistency, ability to take critique, and stamina over a longer period of time.
4. Take the pressure off of the kids to “level up.” It is unrealistic for every athlete to level up each year. Every athlete is different, but generally an athlete spends 2-4 years at a particular level.
5. Allow the athletes to form bonds with like-skilled kids before teams even begin.
6. Only HAVE to be at gym one day a week in June.

Types of Teams and Commitment

White Teams- Fundamental, Novice, or Exhibition teams:

Fundamentals- A program created by the USASF for beginner cheerleaders. The idea is to run a program for a set time (maybe 6-12 weeks) to allow kids to try All-Star. Compulsory routines are made by the USASF and can be used as a final performance in the gym at the end of a FUNdamentals session!

Novice- Teams that perform a routine but are not judged against other teams. Instead they are judged against a scoresheet and ranked based on their score. (Ex. Blue ribbon, red ribbon, white ribbon). The actual logistics of scoring these teams has not been released yet.

1 week notice will be required on all absences. No substitutes are needed for missing practices. The athlete must be at the practice prior to a performance in order to perform. Athletes may not miss a performance unless it has been cleared by the gym owner prior to the season beginning. White teams will be very cost effective in regards to uniform and extra fees!

Black Teams- Prep Teams. Attends regional competitions. Only competes one day at all competitions. Leveling has changed for this year so some prep levels offer a higher level stunting than tumbling. Levels include: 1.1, 2.1, 3.1, and 3.2. The first number is the level stunting the athletes are allowed to perform and the second number is the tumbling level. We are more lenient with white team members as far as absences. 2 weeks notice is still necessary on all absences but they may miss for other sports/activities as long as it is not excessive and is discussed with the coaches/gym owners. Birthday parties, etc are still unexcused. Each athlete has 4 hours of unexcused time before she is placed on probation and will be removed upon receiving 6 hours of unexcused time. Team members are required to be at the last practice prior to a competition. The only exception is if they are contagious or have something for school that is for a grade. In that case, please give coaches notice as soon as the calendar is sent out so that we may rework practice times to accommodate full team. They can only miss a competition if cleared by the gym owner at the START of the season. Getting a substitute is not mandatory for when white team members are absent from practices. Teams may be accepting US Finals Bids.

Gold teams- Practices 6 hours a week. Levels 1-2 will have a 2 hour, a 2.5 hour, and an OPTIONAL 1.5 skill practice. Levels 3-R5 will have 2 3 hour practices. Level 5 (Worlds) will have 3 2 hour practices. In the fall, the Optional level 1/2 practice becomes mandatory and we add 2 hours a week for all levels 3-5 teams. Will attend 3-5 2-day nationals (only 1-2 are over 6 hours away). Level 1 Gold teams may not do as much extensive travel. Gold team members will incur unexcused time if they miss practice for other sports and activities. Athletes on Gold teams must be in attendance at the 2 practices immediately preceding all competitions. The only exception is if they are contagious or have something for school that is for a grade. In that case, please give coaches notice as soon as the calendar is sent out so that we may rework practice times to accommodate full team. They can only miss a competition if cleared by the gym owner at the START of the season. Gold team members must get a substitute for any missed practices. Teams will be accepting Summit Bids. These teams will be comprised of cheerleaders who have chosen cheerleading as “their sport”. They are looking to invest their time and efforts into this one sport. To

be considered for these teams, cheerleaders must be hardworking, dedicated, a self-motivator, and have a positive attitude about themselves and others. Gold team members cannot miss practices for high school cheer, other after school activities/sports, work, or homework. It is the responsibility of the cheerleader to organize his/her time properly. Any absences due to these will be unexcused. You are allowed to take 6 hours unexcused before possible removal from a team. Probation begins after 6 hours and removal occurs after 9 hours unexcused. We urge that you save this time for when it may really be needed and don't use it all up in the summer.

Cheer Intensity 2018-2019 Fees

Monthly tuition/fees are due at the 1st of every month (July-April) and are late after the 10th. **A \$10 late fee will be applied for every 10 days that tuition is late.** Sibling discount- 35% off tuition-only for second child, 50% off tuition-only for 3rd child. Super Seniors are also 50% off of tuition-only.

	Tiny (TBD)	Black Teams	Gold Teams lvl 1-2	Gold Teams lvl 3-R5	Lions
July- January monthly fees (includes tuition)*	\$149 Sep-Jan	\$203	\$348	\$357	\$365
February-April (monthly tuition)	\$78	\$113	\$145	\$145	\$145

*To see a breakout of what these fees go towards, See chart below.

July-January Fee Explanation Chart

This chart is just explaining the monthly fees- it is not in addition to!

	Tiny	Black Teams	Gold Teams 1-2	Gold Teams 3-R5	Lions
Monthly Tuition (multiplied by 7 months July-Jan)	\$78 (5mos)	\$113	\$145	\$145	\$145
Coaches Travel Fee	\$30	\$75	\$175	\$175	\$175
Fall Practice Fee ★	Ø	Ø	Ø	\$60	\$60
Practicewear	Ø	Ø	\$77	\$77	\$77
Music & Choreography	\$50	\$100	\$150	\$160	\$160
Competition Fee (Estimated)	\$250	\$395	\$954	\$947	\$1003
Make up & Bow	\$25 (bow)	\$60	\$65	\$65	\$65
Total of one time fees	\$745	\$1421	\$2436	\$2499	\$2555
Total=7months= monthly fee for June-Dec(5mos Tins)	\$149	\$203	\$348	\$357	\$365

Competition fees are estimated. At the end of the season, we will send out a chart of actual fees per competition versus total paid. Money will then either be refunded or owed

Additional costs:

USASF Athlete Membership Fee- \$30- Must register and pay online for 2018-2019 season. Adam will provide you with instructions on doing so.

Summer Stunt Clinic- \$75 See details under Summer Dates. This will be due at the start of the clinic.

Uniform- cost is dependent on team: Prep Teams (\$185), Black and Gold Teams (approx \$400), Level 5 (\$400 estimate) Due upon placement of the order.

Worlds- This is usually the end-of-the season competition for our level 5 and 6 teams. If your team receives a bid to Worlds in Orlando, FL, you are required to attend. Cost varies based on rooming arrangements and if the bid is At-Large or Paid. **Housing may be booked by Adam and Jess and by signing up for a Worlds team you are agreeing to having your child stay where CIA decides.**

The Summit- This is Varsity's All-Levels Championship in Orlando, FL. Any Youth, Junior, or Senior team Levels 1 to Restricted 5 teams can obtain a bid. If your team receives an At-Large Summit Bid, you are not required to send your child, but please let us know immediately after receiving the bid that you will not be able to attend the Summit so that we can replace him or her for that competition. If the team receives a Paid bid, it is mandatory to attend. Cost for the Summit varies based on rooming arrangements and if the bid is At-Large or Paid.

Worlds/Summit Coaches Travel Fee- If your team receives a bid to The Cheerleading Worlds or The Summit there will be an additional \$60 coaches fee if the team has received a Full Paid bid or \$115 coaches fee if the team has receive an At Large Bid. This is to go towards the cost of sending at least 2 coaches to the competition. **This will be due one month prior to the event.**

Tumbling- Optional (unless a coach requires that you attend due to subpar skills) Cost is: 8 week session-\$72 sign up for a session online!

Drop in Classes- will be offered at \$13 a class (must still sign up online)

Shoes- TBD We will be requiring that everyone purchase the same shoe for the 2018-2019 season.

CIA Practicewear (sports bras & spandex)- \$77 Optional for Black Teams (already included for Gold)

Extra T-shirts, Tank Tops, and Practicewear- Extra tanks, t-shirts, etc are all optional.

Floor Rental Fees- If the CIA staff decides that it would be beneficial for the team to practice at a travel competition, we will divide the cost of the floor rental with the entire team.

Summer Dates

August (Date TBA)- Level 5 Clinic (mandatory for level 5 athletes)

Sept 21-23- Gym Closed for Coaches training in Montreal

More camps and clinics to come!

Additional Program Info:

Practice

The practice season will begin Monday July 1, 2018. The practices for the teams are as follows:

-Level 1-2 Gold teams- 2 hour practice, 2.5 hour practice, and a 1.5 hour optional practice weekly. Sept-Nov the 3rd practice becomes mandatory.

-Level 3-5 Gold teams- two 3 hour practices per week + an extra 2-hour practice September-November

-Black teams- Total 3.5-4 hours of practice a week July-April.

-White teams- Depends on the team, but most likely 3 hours a week.

-Tiny - two 1 hour practices per week starting in August

If holidays, competitions, etc. conflict with regular practice days, we may make adjustments. We will always try to make sure there are a total of 24 hours a month for Gold teams, 14 hours for black, and 14 hours for white. If there is not, there has been, or will be, excess hours another month. Competitions could count as 2 hours per day of practice time.

Children must have their hair up, ankles taped (if needed), and shoes on by the specified time. If a child needs to be excused from practice, it is his/her responsibility to inform the coaches at least **2 weeks prior** in order to give the coaches enough time to re-adjust the practice schedule if necessary. (Keep in mind that not all absences will be excused. It is solely up to the coaches to determine the necessity of the absence.) You will receive the practice schedule at least 2 months in advance and *during competition season the coaches reserve the right to schedule additional practices as they see fit for their team.* **ALL TEAM MEMBERS ARE REQUIRED TO ATTEND ALL PRACTICES, COMPETITIONS, ETC.** or risk being replaced for competition or being removed from the team. If you choose to vacation along with competition, you must stay *later* rather than go early. If you stay later, it cannot interfere with another competition or preparation for another competition and 2 weeks notice must be given. Do not book flights before knowing itinerary. If you are unsure about anything, please ask Adam or Jess!

Absences

Unexcused absences may result in your dismissal from the team. Two unexcused absences (4 or 6 hours depending on team) will place you on probation, while a 3rd (6 or 9 hours depending on team) is grounds for dismissal. If you miss the practice right before a competition you can expect to not be participating in that particular competition, unless you receive prior approval for your absence. Repercussion for missing a competition is at best 3 hours unexcused absence, and at worst dismissal from the program. This will be on a case by case basis. For all absences, you must have a valid excuse submitted to the coach in writing or email two weeks prior to your absence. If you are to miss a practice due to **serious** illness, you are required to **call** your coach to notify him/her that you will not be able to attend. Not calling will constitute an unexcused absence. If you are capable of coming to practice, and are not contagious, it is expected that you attend and watch the practice. If you are going to miss practice, you need to either email Jess or fill out an athlete-substitution form. Gold team members must get an athlete from another team to fill in for that practice. We do not have to know who that athlete is until 24 hours before the practice, but the absence needs to be in 2 weeks prior. We have a facebook page solely dedicated to this and the coaches help to give recommendations as to who might be a good fit. Many kids and parents see substituting as free training and an opportunity to improve themselves, so you shouldn't have trouble finding replacements.

Competition:

We participate in local, regional, and national competitions throughout the year. Competition provides our program with the opportunity to showcase our talent and compete with other programs. We encourage family and friends of the participants of our program to attend these competitions to show support for all of our teams. Each member of each team must be present at all of the performances made by our program, unless given prior permission to miss a performance. We will be participating in the NY State Showcase on Nov 11. This gives us a chance to show off all of our teams in front of a large audience before kicking off the competition season. The competition season begins with the first competition for our regular season teams which will most likely be in December. **The subsequent competitions will be listed on the 18-19 competition schedule which will be available at the end of May.** Though we hope that the schedule is permanent, it may be altered before the end of the summer. You will receive a final competition schedule in September. We have chosen a number of regional competitions for convenience and affordability. Gold teams will attend 6 2-day competitions. Gold teams have the potential to receive Summit Bids. If a Gold team obtains a Paid Bid, the Summit will be mandatory. The Summit will be optional if the team receives an At-Large Bid. **If there is an opportunity to add a competition to the**

schedule after the schedule has been finalized, it will go to a team vote. 75% positive responses will be required in order to go ahead with the additional competition. If there is a 75% approval rate, all participants will be required to attend and pay the additional fees.

Divisions:

Divisions are partially based on age. To avoid the problem of eligibility changing during competition season, a date has been selected by the USASF to serve as a cut-off. This date is August 31st. This means that your eligibility for each team is marked by how old you are as of August 31st, 2018. For all International Divisions, the eligible age for the athletes will be determined by the “calendar year of the competition” for its age cutoff date. Example: An athlete that is 13 but turns 14, within the same calendar year (on or before Dec 31) of the event, is eligible to compete in that event on an International Open 5 (all girl or co-ed). The divisions are broken up like this:

These divisions can all be coed or all girl.

Tiny Prep Level 1- 4-6 years old

Mini Prep Level 1, 2, 1 6-8 years old

Youth Prep Level 1, 2, 1, 3, 1, 3, 2- 7-11 years old

Junior Prep Level 1, 2, 1, 3, 1, 3, 2- 8-14 years old

Senior Prep Level 1, 2, 1, 3, 1, 3, 2- 10-17 years old

Tiny Exhibition- 4-6 years old (3 by eval)

Tiny Level 1 - 4-6 years old

Mini Level 1, 2 - 6-8 years old

Youth Level 1, 2, 3, 4, 5 - 7-11 years old

Junior Level 1, 2, 3, 4, R5, 5 - 8-14 years old

Senior Level 1, 2, 3, 4, 4.2, R5 - 11-18 years old

Senior Level 5- 13-18 years old

International Open 4 & 5 - 14 years and older

International Open 6 - 17 years and older

Special Needs- 7 & older

Levels:

According to the USASF guidelines, there are 6 levels for regular all star teams this season. The “level” refers to the type of tumbling, stunts, and pyramids that a team is able to safely perform. The levels are numbered 1 to 6 in increasing order of difficulty. The level of a team is determined by the coaching staff. There has been a rapid increase in the difficulty of each of the levels over the past couple of years. Now, a team that could have easily won a competition at level 4 may now be below average at that level today. The best teams are now much stronger at every level than they used to be.

There may be a cheerleader on a team that can tumble or stunt at a different level than others. We try to match up the levels of the athletes the best that we can. Please remember that stunting, pyramids, jumps, dance, motions, and age are huge factors as well. It is nearly impossible to have a full team of equally matched athletes. Some will be better in tumbling, some better in stunting, etc. Every cheerleader is on the team for a reason. Please trust the staff. **Please remember that just because you have the required tumbling for a level does not automatically place you on a team of that level. You may also need to be able to stunt at that level!** This season we will be working hard to push every athlete to improve his or her skills, even if it means working on skills that are above that team’s “level”.

At any time we may implement team-shifts. This could be due to an individual’s loss of, or increase in, skills. Or it could be based on the progress a team may or may not be making. For example, if the team cannot successfully execute the maximum amount of stunts possible for the amount of kids on the team, we may rearrange the teams (take one or two cheerleaders off and move them to a different team.) We reserve the right to do this as not maxing out our numbers in stunts could affect scoring. For example, if we take 20 kids on a small senior team and we are not able to successfully execute 5 stunts, it would be in our best interest to move our team number down to 18 or 19 so that we are only able to put up 4 stunts. The choice of who to team-shift will be up to the coaches and gym owners and will be based on the needs of the team.

Crossovers:

Cheerleaders may choose to cheer for more than one team within the season. Preference for crossovers will be given to experienced, well rounded cheerleaders. Teams that will utilize crossovers will be determined by the staff at Cheer Intensity. Please indicate on your member profile if you have an interest in being a crossover. The only additional cost is the crossover fees for competition which will be charged about 2 weeks prior to each competition. Another additional cost would be the practicewear and uniform if it is different from your primary team. Please be aware that your commitment to your 2nd team should be just as important as your commitment to your 1st one. That means you must attend all practice and competitions for your crossover team! If this commitment causes an athlete to digress on their primary team, we reserve the right to decide that 2 teams is too much for that athlete and remove them from their crossover team.

Sportsmanship:

Sportsmanship and team unity are extremely important parts of our organization. We ask that our members be courteous and friendly to all teams and athletes. Do not speak negatively about any team, program, score, decision, or placement. This includes both verbally and on the internet; both inside and outside of cheerleading. We wish to promote a healthy learning environment and would like for our program to display the values we hold high. We strive to teach our athletes sportsmanship and respect. Anyone who behaves or speaks in an inappropriate manner in regards to these rules, immediately subjects him/herself to the possibility of dismissal from the program.

Fundraising/Parent Participation:

We understand that All-Star Cheerleading can be fairly expensive. Thus, we do not want to exclude anyone who might be interested in being a part of our program because of any financial shortcomings. The Booster Club was designed to receive parental input and to support our athletes in every way possible. One of the main foci of the Booster Club is fundraising to cover some of the costs of All-Star Cheerleading. The Booster Club plans to offer an abundance of fundraising opportunities year-round so that all children interested in our program are given the chance to participate. This year there was at least two fundraisers every month. If your child's team earns a Worlds or Summit Bid, Cheer Intensity MAY offer special team-specific fundraisers to help with the added cost of these additional competitions. There will be NO outside fundraising separate from the Booster Club or Cheer Intensity.



Participant Registration Form

Participant: _____
Last Name First Name

Mailing Address:

City State Zip

Home Phone: _____ Date of Birth: _____
Parent/Guardian Name(s): _____
Occupation: Mother: _____ Father: _____
Business Phone: Mother: _____ Father: _____
Cell Phone: Mother: _____ Father: _____
Emergency Contact Name: _____ Phone: _____

A Yearly Registration/Insurance Fee of \$50.00 (non-refundable) is due upon registration.

I Acknowledge that _____ (participant's name)'s monthly dues are due at the 1st of every month. I understand that a \$10.00 **LATE FEE** will apply if payment is not received within 10 days. I also understand that I will be charged a \$15.00 NSF fee for any returned check.

Signature of Parent/ Legal Guardian or Participant _____ Date _____

Participant's Medical Information:

1. Do you have any existing medical problems: _____ Yes _____ No

If Yes, please explain:

2. Do you have to use medication on a regular basis? _____ Yes _____ No

If Yes, please explain:

3. Do you have any known allergies? _____ Yes _____ No

If Yes, please explain:

Physician's Name: _____ Phone#: _____

Insurance Comp: _____ ID #: _____

Insurance Phone: _____ Hospital: _____

Emergency Medical Care Authorization:

In the event the Participant should become injured or ill while involved in an activity associated with Cheer Intensity, LLC, we hereby authorize Cheer Intensity, LLC, and its agents to arrange for whatever emergency care is deemed necessary and reasonable at the time, including transportation to a local Emergency Department. We also agree to be solely responsible for all expenses and costs related to such emergency treatment and agree to indemnify Cheer Intensity, LLC, for any expenses or costs it may incur in such treatment.

Signature of Parent or Legal Guardian _____ Date _____



Cheer Intensity All-Stars, LLC
Member Information

Name _____

Age (as of 8/31/18) _____ Grade (2018-2019) _____ Date of Birth _____

Gender _____ T-shirt size _____ Sweatshirt size _____

Home Phone _____ Child's Cell Phone _____

Participant E-mail Address (optional) _____

Address _____

_____ City State Zip

Parent/
Guardians _____

Mother E-mail _____

Father E-mail _____

Mother Cell _____ Father Cell _____

Cheerleading
Background _____

What commitment level(s) are you comfortable with? **GOLD** **BLACK**

Have you reviewed the tentative competition schedule for the gold or black teams and are you able to commit to the schedule (s). All competitions are mandatory unless a major conflict is documented here. At that point it will be up to the gym owner to decide if it would be excused or not.

_____ Yes I have reviewed the tentative schedule for my team commitment preference and am able to attend all competitions and practices the week leading up to those competitions.

_____ **Yes I have reviewed the tentative schedule for my team commitment preference but I may have a conflict with a competition or practices leading up to a competition. (Please explain below in detail)**

Are you interested in being a crossover? (Being on more than 1 team) _____

Are there any days or times you are not available? Please write any and all conflicts! Possible practice times to consider-MON-FRI 4:30-10pm, Sat 9am-5pm, Sunday 10am-9pm

Will you be involved in Pop Warner or High School cheerleading this year? If so, what months?

How did you find out about our program? _____

Are there any vacations you are already planning that you know the dates of? If so please write them here AND fill out an absentee form! Please hand in absence form at registration!

Do you suffer from any medical, psychological, or developmental condition that we should know about in order to coach you best? (Ex. Diabetes, Arthritis, ADD, Depression, Dyslexia, Learning Disability,etc.)_____



CHEER INTENSITY ALL-STARS, LLC

2018-2019 Automatic Credit Card Billing Authorization Form

(Required- Card will be charged on the 1st of each month. If you prefer to pay cash or check, please pay prior to the 1st)

Please complete the Credit Card Information section below and sign the form. All requested information is required. Your credit card will automatically be billed for the amount indicated on the date indicated. Your charges will appear on your monthly credit card statement. Any athlete/parent who wishes to change must notify Cheer Intensity, LLC IN WRITING NO LESS THAN 10 DAYS PRIOR TO THE 1ST OF THE MONTH. It is the responsibility of the parent/account holder to provide current card/account information. If the card is declined, please remit payment to Cheer Intensity in another form before the 10th of the month. If payment is received after the 10th, you will be charged a \$10 late fee.

CUSTOMER INFORMATION

Athlete Name: _____

Parent (Account Holder) Name: _____

Parent (Account Holder) Billing Address: _____

City: _____ State: _____ Zip Code: _____

Parent (Account Holder) Email Address: _____

PAYMENT INFORMATION

I authorize Cheer Intensity, LLC to automatically bill the card listed on the 1st of every month for Monthly Tuition and fees if not prepaid. If other fees are invoiced within the month, I authorize those to be charged as well unless another form of payment is provided.

I am a duly authorized credit card user on the account identified below, and authorize all of the above with my signature below.

CREDIT CARD INFORMATION

Cheer Intensity, LLC accepts Visa, MasterCard, and Discover.

Card Type: _____ Account Number: _____

Expiration Date: _____ 3-digit code _____

Signature: _____ Date: _____

2018-2019 Cheer Intensity Rules and Regulations Contract

I hereby understand that every time "Cheer Intensity" is mentioned throughout this contract it is meant to encompass all of Cheer Intensity, LLC, its officers, its facility, and its employees.

General

1. Athletes who participate in any physical activity within the facility must sign a liability release form.
2. In order to participate a second time, the athlete must register and pay the registration fee (\$50 for team members and non-team members).
3. Siblings, family members, and friends are not allowed in the practice area unless they are prospective team members or otherwise authorized to enter the practice area.
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 must be programmed to silent mode and left in the locker room.
8. Cheer Intensity is not responsible for any items lost or stolen.
9. The Cheer Intensity website, Social Media Platforms, and all personal E-mail should be checked daily for any and all updates. There is no excuse for being uninformed about any posted information.
10. All choreography should be highly protected and should not be shown to or discussed with others. NO VIDEOS of routines or choreography should be uploaded to sites such as YOUTUBE or Facebook until given permission.
11. All athletes are allowed to practice on equipment only while a coach is present.

Teams

Cheer Intensity retains the right to:

1. Place its athletes on the team(s) it feels will best suit them and the program.
2. Team shift, replace, add, suspend, or even dismiss an athlete either temporarily or indefinitely from a team or from the entire program based on this criteria:
 - a. Attendance
 - b. Conduct
 - c. Skills
 - d. Finances
 - e. Parent conflicts
3. Decide if an athlete may crossover to another team
4. Decide the roles or positions an athlete will play on his or her team (base, flyer, back spot, tumbler, dancer, etc.)
5. Request that an athlete or team practice longer or more frequently than regularly scheduled if deemed necessary.
6. Request that an athlete signs up for a tumbling class until a certain skill set is acquired. If the athlete or parent neglects to comply with this request, the athlete may be team-shifted.

Attendance/Injuries

All athletes must:

1. Fill out an absentee form 2 weeks prior to any expected tardiness or absence.
2. Fill out a athlete substitution form prior to absence and gain approval from the coach that the fill-in is acceptable. (Gold team requirement only)
3. Notify Cheer Intensity by phone immediately upon knowledge of unexpected tardiness or absence.
4. Notify Cheer Intensity immediately when an injury occurs so that changes to the routine can be made prior to the team's practice.
5. Unexcused absences are determined by the coach or gym owner. The athlete is placed on probation after incurring 2 unexcused absences and may be dismissed after incurring 3.
6. Athletes on Gold teams must be in attendance at the 2 practices immediately preceding all competitions. For Black & White Teams they must be in attendance 1 practice prior. The only exception is if they are contagious or have something for school that is for a grade. In that case, please give coaches notice as soon as the calendar is sent out so that we may rework practice times to accommodate full team. They can only miss a competition if cleared by the gym owner at the START of the season.
7. Crossovers who are attending a competition with one team may not miss practices for their other team without first clearing it with a gym owner. Please review calendars before booking flights.

Dress Code

All athletes must:

1. Maintain a well-groomed appearance and good personal hygiene at all times.
2. Hair must be kept out of the face.

3. Nails must be kept shorter than fingertips if participating in any physical activity at Cheer Intensity. Acrylics are not allowed. ANC is allowed as long as the length is not longer than fingertip. During competitions, nails may only be natural, clear, or french manicure.
4. No jewelry (except for approved medical ID tags) is allowed to be worn during practice time.
5. Arrive at competition in uniform or warm-up (no skirts over warm-up pants and mid sections must be covered).
6. No jewelry should be worn while in uniform.
7. No chewing gum while in uniform.
8. No undressing into or out of your uniform in public. Please use a restroom.
9. After competing you may wear a Cheer Intensity t-shirt or the warm-up but must put your uniform back on prior to the awards ceremony.
10. At no time while wearing your uniform may your skirt or top be unbuttoned or unzipped.

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 with a coach or owner in order to discuss any problems that may arise. Please wait 24 hours from an incident to address the owner or coach about an issue that occurred at competition or practice.
4. Refrain from gossiping about other team members, other programs, or Cheer Intensity staff.
5. Refrain from celebrating the misfortune of another person, team, or program.
6. Public displays of affection in the gym, in any Cheer Intensity clothing, or at any Cheer Intensity event or competition are absolutely prohibited and will be a cause for dismissal from the team.
7. Refrain from posting any inappropriate language or pictures on social media. If asked to take something down, you must do so or risk removal from the program.
8. Parents are representing the program at all Cheer Intensity events. Excessive use of alcohol is prohibited. Please also refrain from posting pictures on Facebook of drinking/partying at a Cheer Intensity event.

Health

All Athletes must:

1. Provide Cheer Intensity with current health insurance and emergency contact information
2. Inform Cheer Intensity of all existing medical conditions that may limit or prevent their ability to participate in any Cheer Intensity activities.
3. Notify Cheer Intensity of any injuries sustained as a result of participation in any sanctioned Cheer Intensity activities.
4. Provide valid written documentation from a doctor explaining the reason and the duration for which they may be limited or unable to participate in any Cheer Intensity activities.
5. If a doctor's note is remitted to Cheer Intensity, we will not allow the participant to participate in any capacity until a clearance is given by the doctor or written consent is obtained from the parent.
6. Provide Cheer Intensity with a list of any medications that they are currently taking.
7. Refrain from the illegal use of drugs, alcohol, tobacco or any other substances.

Travel/Competitions

All athletes and their families must:

1. Arrive to competition by the designated check-in time and will check-in with the coaches/staff/gym owners accordingly. Tardiness will noted and will go towards your unexcused absence time.
2. Follow the designated schedule of meeting times for competition.
3. For Worlds, athletes will be required to stay where the gym owners decide. This could potentially be as a team.
4. If there is an opportunity to add a competition to the schedule after the schedule has been finalized, it will go to a team vote. 75% positive responses will be required in order to go ahead with the additional competition. If there is a 75% approval rate, all participants will be required to attend and pay the additional fees.

Financial Obligations

All athletes and parents understand that:

1. They assume full responsibility for all costs incurred as a member of Cheer Intensity including but not limited to: gym registration, monthly tuition, uniforms, and competition and travel expenses even following dismissal or voluntary departure from the program.
2. Monthly payments are due no later than the 10th of every month from July 2018 to April 2019. Any payment given after the 10th will incur a \$10 late fee.
3. Tuition pays for training. It does not pay for the right to perform.
4. Any payment attempts resulting in a NSF, declined credit card, expired credit card, returned check and electronic debits etc. may incur a \$15 service charge. It is your responsibility to inform Cheer Intensity if your information changes.

5. An athlete must be in good financial standing in regards to his or her account in order to participate in practices, competitions, and special events.
6. Cheer Intensity reserves the right to remove an athlete from his or her team at any time for failure to keep up with financial obligations.
7. All tuition/fees must be current before an athlete may collect any clothing or other retail items.
8. If an athlete chooses to leave or is asked to leave Cheer Intensity, all funds are completely non-refundable. The athlete will also not be permitted to participate in any Cheer Intensity classes or activities until the following May when we are in our off-season.

I have read the “2018-2019 Cheer Intensity Rules and Regulations Contract” in its entirety and understand its contents. I understand the responsibility my child and I are undertaking by becoming a member of Cheer Intensity. I agree to support my child and encourage him or her to fulfill his or her 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 the team and the entire program. I recognize my responsibility as a parent of a Cheer Intensity member and understand that when representing Cheer Intensity I must conduct myself with class and responsibility. I understand that any athlete or parent who fails to follow these guidelines or who jeopardizes the reputation of the Cheer Intensity program will be subject to removal with no refund. In addition, I agree to give Cheer Intensity permission to seek medical attention to ensure the safety of my child.

Athlete’s name printed	Athlete’s signature	Date
Parent’s name printed	Parent’s signature	Date