



2018-2019 Informational Packet

Power Haus Cheer

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Columbia IL. 62236

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GYM WEBSITE:

www.powerhauscheergym.com

CONTACT EMAIL:

Info@powerhauscheer.com

Thank you for your interest in Power Haus Cheer this 2018-2019 season. This informational packet should answer any questions you may have about how our program works. Should you have any questions after reading through this information, please email info@powerhauscheer.com.

Power Haus Cheer competitive squads are a year-long program (June 2018 – April/May 2019) dedicated to the sport of competition cheerleading. We will be attending local and national competitions, overnight and weekend travel will be involved. **As a member of Power Haus Cheer, cheerleaders and their parents are expected to commit to the full season. This includes any Finals we attend.**

- PLEASE TAKE A MOMENT TO READ THROUGH THE ENTIRE PACKET. (INITIAL ALL PAGES)
- PLEASE TURN IN THIS PACKET DURING THE PARENT MEETING.
- YOUR ATHLETE CANNOT PRACTICE UNTIL THE PACKET IS COMPLETED
- **PLEASE SUBMIT A COPY OF YOUR ATHLETE'S BIRTH CERTIFICATE ON THE FIRST DAY OF PRACTICE (IF YOU WERE ON THE TEAMS LAST SEASON NO NEED FOR ANOTHER COPY)**

INITIAL _____

TRYOUTS: Mandatory clinics May 30th and 31st & Tryouts June 1, 2018

Tryouts are between 5:00 and 8:00 p.m. on June 1st. Complete your tryout form and waiver. Once completed a tryout number will be assigned to you. We call 5 athletes at a time, so please listen for your number to be called. After your tryout, you are free to go.

PARENT MEETING/TEAM MEET & GREET: SUNDAY June 3, 2018

The meeting/team meet & greet begins promptly at 2:00pm. We will discuss this informational packet and other pertinent information. Team placements and practice schedule will also be announced.

Guidelines we use to create our Teams

AGE CATEGORIES <ul style="list-style-type: none">• Tiny Novice- age 3-6• Tiny Division- age 5-6• Mini Division- age 5-8• Youth Division- age 5-11• Junior Division- age 5-14• Senior Division- age 11-18	LEVEL BREAKDOWN – REQUIRED TUMBLING <ul style="list-style-type: none">• Level 1- Back roll, Front roll, Cartwheel, Round-off (preferred: Back Walkover, Front Walkover, Handstand Roll, Back Extension Roll)• Level 2- Level 1 skills + Back handspring, Round off multiple back handsprings, Dive Roll, Front handspring,• Level 3- Level 2 skills + Standing multiple Back Handsprings, Jump to back handspring, Round off back handspring tuck, Front Tuck, Aerial• Level 4- Level 3 skills + Standing tuck, standing back handspring tuck, Round off back handspring layout, Front Tuck Step out Round off handspring layout.
LEVEL BREAKDOWN- A FEW STUNTING EXAMPLES <ul style="list-style-type: none">• Level 1- 2 feet at shoulder level, one foot at waist level, twist up 1/4 rotation to shoulder level 2 feet• Level 2- 2 feet at extension level, one foot at shoulder level, straight ride basket tosses, twist up 1/2 rotation to extension level 2 feet• Level 3- One foot at extension level, twisting basket tosses, twist up 1 rotation to shoulder level 2 feet, twist up 1/2 rotation to extension level 1 foot• Level 4- Twist up 1.5 rotations to shoulder level 2 feet, twist up 1 rotation to extension level 2 feet, full up to extension level 1 foot, kick full basket tosses	

When placing your athletes on a squad, we consider first and foremost the athlete's age. This is a set guideline by USASF and cannot be changed. We then consider the athlete's skill/experience level. **The athlete's skill level is not solely based on tumbling skills, but on stunting and jumps as well.** Attitude and work ethic are also taken into consideration. Team placements are at the full discretion of the Coaches.

Please do not contact the coaches to request that your athlete be moved to another squad. They were placed accordingly based on their current age, skill level, and work ethic. Throughout the summer, the athletes will continue to be assessed to gain a better understanding of their abilities. Please note, athletes can be moved throughout the entirety of the season if a change in their skills/attitude warrant the move. Should you have a question about their team placement, please email info@powerhauscheer.com.

COMMITMENT:

The season begins June 2018 and runs thru April/May 2019, Cheerleaders must be totally committed to this activity. If the yearlong commitment is too much for you, we do have other options available. Please email info@powerhauscheer.com for more information. All Practices are "MANDATORY". We will occasionally request extra practices to prepare for competition. We will try to give you at least 48 hours notice of an extra practice, however, this may not always be possible. We also occasionally ask for you to participate in a parade or an extra function outside the gym, please make yourself available for these functions.

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ATTENDANCE POLICY:

Attending practices is very important and critical to the team's success. **Anytime an athlete is absent, for any reason, it directly impacts the remainder of the team being able to practice effectively.** Should your athlete need to miss practice for an injury, serious illness, or unavoidable circumstance the gym must be notified via text message at 618-402-7062 or email at info@powerhauscheer.com.

A fee will be charged for each missed practice or competition. Please refer to the chart below. During the summer months (June 1st thru August 15th) 2 absences will be allowed before a fee is charged. We will only practice one day per week over the summer. Please plan all vacations around this if at all possible. During the competition season (August 16th thru the last competition) the missed practice fee will be charged for any unexcused absence. Athletes who are unable to practice because of illness or injury, but are present to watch practice will not be charged the fee. **The only excused absences are for a funeral, school activity for a grade or a contagious illness with a doctor's note. Please do not bring your athlete to practice if they have a contagious illness.**

Type of Practice	Missed Practice Fee
Normal practice	\$10
Practice 1 week before Competition	\$20
Chorography camp	\$35 + the cost of a private to learn their part
Missed competition	\$75

Should your athlete not be able to practice due to an illness or injury, a doctor's note is required. We encourage all athletes with injuries and minor illnesses to attend practice to watch. This allows the athletes to pick up on any changes to the routine. Should excessive absence become a problem, the athlete and their parent will be called in for a meeting, and their spot on the team will be in jeopardy.

Missing practice for any reason 2 weeks prior to a competition will jeopardize your athletes' spot in the routine. **Absolutely no practices can be missed 1 week prior to competition. This may result in the athlete being benched for the upcoming competition. Each athlete's situation will be handled individually. There will be no refund applied should they be benched.**

You **MUST** arrive at all practices, competitions, and any scheduled event on time and ready to go. Please advise that 10 minutes early is considered on time, as your athlete must have their shoes on, hair up, and be ready to go when practice starts. Tardiness and leaving early is also damaging to the teams' practice time. **Should your athlete be late, they will run a lap for every minute they are late.**

PRACTICES:

It is the athlete's responsibility to wear the appropriate attire to practice (Power Haus top and workout shorts/capris/pants). **Shoes are a must, especially for flyers.** Appropriate practice wear is important for athlete safety and well being. If anything besides the practice wear is worn, Please make sure shirts and shorts are fitted appropriately. **No baggy clothes should be worn during practice.**

There are no makeup classes for team practices. The coaches reserve the right to close practice at any time for any reason. If the gym is closed due to weather it will be posted on the gym website.

COMPETITIONS AND TRAVEL:

Dates to be determined and posted by Labor Day. Competition dates will be between October and May. Please take this into consideration when booking your vacations and other major life events. **All competitions are mandatory. Please respect that it takes an ENTIRE team to perform the routines. It is a major disruption to not only the athletes, but the coaches/choreographers as well, to change a routine to accommodate missing athletes. Please note: any athlete that departs from the program after choreography has been completed, for any reason, will be charged a fee of \$300 and may not be accepted back into the program for the following seasons.**

Typically, we attend (4-7) local competitions and (1-2) away competitions. Expect 4 -6hrs travel time for the away competitions to places such as: Indianapolis, Branson/KC, MO, Kentucky, Chicago, Tennessee, etc. We will for sure attend one away competition. **Should we receive a bid to a Finals event, we will be attending as our 2nd away competition. If our schedule does not allow for us to attend a Finals event within a reasonable distance, we will choose a backup away competition.** I will get the Finals schedules out as soon as they are available, so that you can prepare. A finals competition may be longer than 6 hours driving travel time. Once the competition schedule is posted, it is rare, but the competition schedule may be revised, for this reason do not make travel arrangements that are non-refundable.

Not every competition we attend will have a competitor for your child's team. There is no way of knowing whether or not we will have a competitor in our division until 1 week prior, as this is when the Competition companies release the competition schedule. Since at this point we would already be registered we will attend the event. The times will be posted on the website and sent out once received.

Competition fees will be added into the block fees again this year. This will typically run around \$130 to \$150 per child per block. Please plan ahead and participate in the fundraisers that are offered to you.

All Families will be responsible for booking their own travel and hotel accommodations for the away competitions. **Each athlete must have a chaperone at every competition, and there must be a parent in every room, no exceptions.** Children will have a curfew when staying at these hotels, as they will need to be up early the next morning to compete. We ask that you watch your children at the hotel so there is no tumbling or running in the hallways, excessive riding of the elevators, or being loud and disruptive to the other guests. Should we get notified of a complaint by the hotel staff, the consequences will be decided on a case by case basis.

Appropriate dress for competitions consists of: full uniform and/or warm-up, shoes on, makeup on, and hair done. Please remember you are representing the gym. **The athlete must be in full uniform with hair in ponytail and bow in, in order to go to the awards session, no exceptions.**

We **"STRONGLY"** encourage all parents and athletes to make every effort to support all of the Power Haus teams, during competitions, this means staying and watching our other teams perform. **Please make spirit signs and noise makers to support our teams at competitions.** Some competitions will have awards for the craziest fans. We encourage you to dress in Power Haus Blue. Blue hair, makeup, etc. is also encouraged!

Should an athlete be unable to attend a competition due to injury or illness or any other emergency, another athlete will likely be asked to perform in his/her position. The substitute athlete is not asked to pay the entry fee, so you will still be required to pay the entry fee for your child's position, if an athlete is not named to replace your child the fee is still non-refundable.

Families are responsible for paying the coaches wages for working and traveling to the competitions. A small fee of \$10 per local competition will be added into the block fees. Families are also responsible for paying for the coaches' expenses for away competitions, such as hotel, meals and wages. This fee will be added into the block fees as well, but will vary based on the location. Last year the fees ranged from \$25 to \$50.

CHOREOGRAPHY / MUSIC:

An original routine will be created for each squad. The cost of paying for this is priced per athlete. The choreography/music fee will be \$275 per child. This fee is charged once per season and encompasses any changes throughout the season and custom music per squad. All athletes must pay choreography/music fee regardless of when they join the team.

RULES:

Do not post any portion of the Power Haus music, choreography, routines, stunts, etc. on any social media websites without permission from the owners. Other gyms can use this information to alter their routines in order to get the upper hand on our teams. You may post this season videos **after the season is over.**

Only athletes are allowed past the gate in the gym. Parents are not allowed past the gate to watch practice, unless invited by the coaches. Un-enrolled siblings are not allowed to play on the equipment. Athletes are not allowed past the gate unless they are working with a coach and are receiving instruction. **No parent coaching will be allowed at any time during practice. Please allow the coaches to do their jobs. Should this become an issue, the parent will be asked to refrain from attending practice.**

It is the parent's responsibility to know what is going on with your squad. Check your emails, remind messages and the member only section of the website regularly.

Absolutely no cell phones allowed during practice. Hair must be pinned up and pulled back out of face during all practices. No exceptions. Absolutely no jewelry allowed. Earrings must be removed, or taped over. Absolutely no nails longer than the tip of your fingers. **These rules are for the athletes safety.**

The words "I CAN'T" are not allowed and will be "rewarded" with conditioning.

We offer a snack bar in the gym. You may setup an envelope account at the snack bar for your child, so they don't have to remember money each practice. No food/drinks/gum beyond the gate.

The Owners of Power Haus reserve the right to add/change rules at any point throughout the season.

CODE OF CONDUCT:

Gossip will not be tolerated towards any team member, parent, or coach. Athletes and Parents must treat all other athletes, coaches, and parents with respect and courtesy. Please keep all comments about other athletes/parents/coaches to yourself, as this will cause a negative environment on the team/in the gym. Should it become an issue the athlete/parent will be asked to leave the gym.

Disrespecting/talking back to a coach or staff member will not be tolerated; the athlete will be sent home and the absence will count as a missed practice. Should gossip/disrespect become an issue, the matter will be addressed on an individual basis, and the likely outcome will be departure from the gym.

If your athlete is caught sending or posting, rude or inappropriate messages, on any type of social media there will be consequences. 1st warning = meeting with the parents. 2nd warning = removal from the squad and gym, with no refund.

COMMUNICATIONS SEND TO: Info@powerhauscheer.com

Primary form of communication at Power Haus will and can be handled thru email and Remind/text messages. Emails will be answered within 1-2 business days. Please also keep an eye on the members only section of the website (powerhauscheergym.com). Each athlete will need to register on our website. I will send out information on how to register once the teams have been set.

Should you have any concerns or suggestions please contact the owners, Liz or Matt. They will be happy to discuss any concerns with you. Please email or call to set up an appointment to meet with them. Should you like to speak to a coach, please call the gym to schedule a time to meet with them. Please do not interrupt them during practice as this inhibits their ability to do their job.

FUNDRAISING:

We offer a variety of fundraising to off-set fees during the year. They are all personal fundraisers that are applied directly to the account of the student doing the fundraising. If we do a group fundraiser, such as a car wash, the profit will be split accordingly between only the students/parents that participated in the fundraiser. If you participate in the fundraisers it is possible to pay for your entire season. Fundraising profits will be applied to your account in accordance to what is due on your account. You may not select where the profits go unless your account is current.

We will be doing a Trivia Night again this year. This fundraiser is not only a great one for your account, but also helps to pay for the end of season party, athlete Christmas presents, Finals gifts, etc. Due to the amount of work it takes to organize all of our fundraisers, in order to take advantage of them you must sell at least one table to our Trivia Night. If you cannot get a table together but still want to take advantage of our other fundraisers, the cost price of one table will be added to your account.

We are always looking for new ideas for fundraisers. Should you have a suggestion, please email the information to info@powerhauscheer.com. Please note we are NOT a non-profit business and this limits our options for fundraisers.

ESTIMATED PROGRAM COSTS: * Prices are subject to change**

ITEMS	COST	DETAILS	DUE
Summer Tuition: Mini, Youth, Junior & Senior Elite	\$100	June & July = \$100 (3 hours practice) *Tumbling not included *optional 1 hr tumbling class 50% off rec tuition	1 st of each mon
Tuition: Tiny & Tiny Novice	\$50	Per Month for 2 hours of practice	1 st of each mon
Summer Tuition: Mini, Youth, Junior & Senior Prep	\$70	June & July = \$70 (2 hours practice) *Tumbling not included *optional 1 hr tumbling class 50% off rec tuition	1 st of each mon
August-April Tuition: Mini, Youth, Junior & Senior Elite	\$ 130	Per Month starting in August (4 hours practice) *Tumbling not included *optional 1 hr rec tumbling class = 50% off rec tuition	1 st of each mon
August-April Tuition: Mini, Youth, Junior & Senior Prep	\$110	Per Month starting in August (3 hours practice) *Tumbling not included **optional 1 hr rec tumbling class = 50% off rec tuition	1 st of each mon
Sibling Discounts on Tuition		1st Child - Full Cost / 2nd child - 20% discount / 3rd child - 40% discount	
Block Fees: **not included in tuition costs	Approx \$130- \$150	Includes Uniform, Bow, Choreography, Music, Registration fee, USASF Team Fee, Competition & Coaches Fees (varies based on number of competitions) *comp fees range from \$50 to \$150 per comp	1st of each mon from June - April **subject to change
Uniform	In block fees	Please purchase any WHITE light weight CHEERLEADING Shoes.	June
Practice Wear	Approx \$30-\$60	Power Haus Tank tops and T-shirts will be available for order.	June
Crossover Fees	\$40-\$75 per event	ESTIMATED ...Only applies to athletes who have been asked to participate in more than one team **separate from block fees	October-April
Cheer Makeup	\$8.00	We will be doing the same makeup as last year. The website will have directions on how to apply. (no need to purchase if you already have it)	September

FINANCIAL & PAYMENT POLICIES:

TUITION PAYMENTS are due the 1st practice of each month. Tuition will not be prorated or refunded for any reason including: absences due to vacations, school functions, social events, injuries or departure from the program, cancelled practices due to holidays, weather related cancellations, or other gym related cancellations.

Any account not up to date will be dealt with on a case by case basis. **Please note a late fee of \$5 per month will be charged to any account not up to date. Please also note that any account not up to date at the end of the season will not be allowed to try out for the next season.**

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Bounced checks will be charged \$35.00 in addition to the actual amount of the check. This amount will need to be paid in cash no later than 3 business days from the date of insufficient funds.

Payments are applied to the oldest unpaid charges in the account, no exceptions.

All fees are non-refundable. Should you choose to leave the program mid season; all competitions that have been registered for will not be refunded to you. A 30 day notice is required should you opt to leave the program. **Any athlete leaving the program after choreography has been taught will be fined \$300.**

PHC does utilize a collections agency for any accounts that are 61 days past due, past due balances are subject to collection and attorney fees.

AUTO DEDUCT FORM & FINANCIAL COMMITMENT UNDERSTANDING

I will be paying my fees each month by: (check one please)

- MONTHLY AUTO DEBIT/CREDIT CARD (Payments are deducted around the 5th of the month)**
****5% discount on monthly cheer tuition**
- CASH**
- CHECK**
- DEBIT/CREDIT CARD ON MY OWN EACH MONTH**
- ONE LUMP SUM (DUE BY JUNE 15TH) **10% discount on cheer tuition**

AUTO DEDUCT AUTHORIZATION/ AND OR DELIQUENT PAYMENT AUTO RUN

Athletes Name: _____

Parents Printed Name: _____

Parents Signature: _____

Date Signed: _____

Name as it appears on the card: _____

Billing Address: _____

Type of Card: _____

Credit Card # _____ Exp. Date: _____

CVV Code: _____

Please choose one:

- I authorize Power Haus to charge the other fees due for the month to my card, including but not limited to competition block fees, recreational tumbling classes or private lessons. _____
- I would like Power Haus to contact me before charging other fees to my card. _____

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I have read the PHC informational packet and fully understand my financial commitment to the Power Haus Cheer and Dance All-Star Program.

- I understand that it's an expectation that each family that joins our cheer program understands this is a commitment for a full year. Leaving a squad early, especially after routines have been created causes distress to the athletes who remain on the squad and the coaches. I understand that should I leave the team before the end of the season, that it includes a fee of \$300 and may impact next season's tryouts.
- I understand that my commitment is for the June 2018- May 2019 All-star competitive season.
- I understand that I will forfeit any monies paid if I choose to leave a team or I am asked to leave the program. This includes tuition, block fees, uniforms, etc.
- I understand that by quitting the team prior to the end of the season, I am still responsible for paying the fees noted in this packet.
- I understand that I am entering into this program of my own free will.

I have read the entire informational packet, I have initialed all the pages and I will return the entire packet to the gym during the parent meeting on Sunday June 3, 2018.

PARENT PRINTED NAME _____

PARENT SIGNATURE _____

ATHLETE NAME _____

DATE _____

LIABILTY WAIVER & PHOTO RELEASE Power Haus Cheer and Dance

I authorize agents from Power Haus Cheer and Dance of Columbia, to utilize athlete's image on any reproduction for marketing purposes, including but not limited to brochures, banners, website, print, video and billboards _____ **initial here**

I hereby give my permission for any and all medical attention necessary to be administered to my child in the event of any accident, injury, sickness, etc., under the direction of any staff member of Power Haus Cheer and Dance of Columbia until such time as I can be contacted. I also hereby assume the responsibility for payment of any such treatment. _____ **Initial here**

As the legal parent or guardian, I release and hold harmless Power Haus Cheer and Dance of Columbia, its owners and operators from any and all liability, claims, demands, and causes of action whatsoever, arising out of or related to any loss, damage, or injury, including death, that may be sustained by the participant and/or the undersigned, while in or upon the premises or any premises under the control and supervision of Power Haus Cheer and Dance of Columbia, its owners and operators or in route to or from any of said premises. _____ **Initial here**

In consideration of being allowed to participate in any way in any of the Power Haus Cheer and Dance of Columbia programs and related activities, the undersigned: Agrees that prior to participating, he/she will inspect the facilities and equipment to be used and if he/she believes anything is unsafe, will immediately advise the coach/supervisor of such condition and refuse to participate. Acknowledges and fully understands that each participant will engage in activities involving risk of serious injury, including permanent disability, death and severe social and economic losses which might

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result from their own actions, inaction or negligence of others, rules of play, or condition of the premises or any equipment used. Further, that there may be other risks not known to Power Haus Cheer and Dance of Columbia or reasonably foreseeable at this time. Assumes all the foregoing risks and accepts personal responsibility for damages which may hereinafter occur following such injury, permanent disability or death. Releases, waives, discharges and covenants not to sue Power Haus Cheer and Dance of Columbia affiliated clubs, their respective owners, administrators, directors, agents, coaches, staff and other employees of the organizations, other participants, and if applicable, owners and lessors of the premises used to conduct an event, all of which are hereafter referred to as "RELEASEES" from demands, losses or damages on account of injury from future participation, including death or damage to property, caused or alleged to be caused in whole or in part by the negligence of the "RELEASEES" or otherwise. Agrees to carry personal health insurance in case of a sports injury. RELEASES THE "RELEASEES" AND EXPRESSLY ASSUMES THE RISK OF INJURY AND DAMAGES; and will indemnify and hold harmless the "RELEASEES" as to any claims for injury and damage. _____

Initial here

I, the parent or legal guardian hereby give my approval for the named minor (athlete) in this registration to participate in any and all Power Haus Cheer and Dance of Columbia activities. I understand that by the very nature of the activity; cheerleading and gymnastics carry a risk of physical injury. No matter how careful the coaches and participants are, or how many spotters are provided, or what the surface may be, the risk of injury cannot be eliminated. Injuries may occur, including minor injuries and, although rare, catastrophic injuries or death. I fully understand these risks and agree to not to hold Power Haus Cheer and Dance of Columbia or its coaches or staff responsible for any form of injury that may occur at any time during any activity that Power Haus Cheer and Dance of Columbia participates in or holds. I hereby waive, release, absolve, and indemnify the Power Haus Cheer and Dance of Columbia program, coaches, staff, and the premises owners on which any of its activities may be held, for any claim. _____ **Initial here**

Parent/Legal Guardian Signature: _____ **Date:** _____

Print Name: _____

Athlete Name: _____

I would like to join the Power Haus Tumble Team, as well as compete on the Power Haus All-Star Cheerleading Team. (Please initial one option.)

****I understand that Cheerleading comes first as it is a team sport and should a meet interfere I must attend the Cheerleading competition.** _____ **Initial Here**

****I understand that everything possible will be done by Power Haus Owners to avoid conflicts between tumble team and cheer.** _____ **Initial Here**

Option 1: 20% discount on cheerleading tuition. _____ **Initial here**

Your child must attend 1 day of classes per week and compete in 1/2 of the scheduled meets.

Option 2: 40% discount on cheerleading tuition. _____ **Initial here**

Your child must attend 2 days of classes per week and compete in 1/2 of the scheduled meets.

Should your child not compete in 1/2 of the meets, due to reasons other than conflicts with Power Haus Cheerleading, the discounted amount will be charged back to your account.

Parent Signature: _____

Parent Printed Name: _____

Athlete Name: _____

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