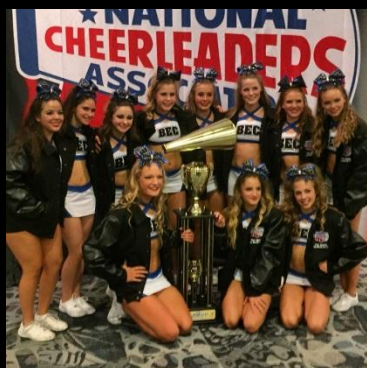


BIRON ELITE CHEER

2021 - 2022 Competitive Season



BIRON ELITE
Sharks

www.birons.net



833-424-7667

10225 Katy Freeway
Houston, TX 77024

cheer@birons.net



Dear Parents and Athletes,

We cannot believe the 2020-2021 season has come to an end and it's time to start preparations for 2021-2022. Although this season was not typical, we are so proud of all of our athletes and can't wait for next season!

In order to keep up with industry standards we will be placing athletes based on mastery of tumbling skills, stunting ability, years of cheer experience and over cheerleading technique. Mastering only one or two of these does not guarantee placement on a certain level. Returning athletes attendance and work ethic from the prior season will also be taken into consideration.

The BEC staff wants every athlete to reach their goals and feel successful as an individual and with their team. We are committed to selecting teams that will be successful in their division. We will be drilling technique and demanding higher levels of execution for athletes resulting in higher execution scores at competitions. More importantly, our athletes will be safer at practices and competitions because they will be executing skills with strong technique.

Stunting capability and technique in addition to tumbling will have a major impact onto our team selection for this season. Level requirements are outlined on the following page. Please review carefully and please do not assume because you previously competed at a specific level you will be placed at that level again or be moved up to the next level.

Please know we always make the best decisions for each athlete and team. We genuinely care about the athletes at BEC and want to provide each person with the best chance for success and for a fun year. Let's make 2021-2022 our best season yet!

Feel free to contact the All-Star Director if you have any questions.

BEC Staff



PROGRAM COSTS

Season cost is divided into eleven equal payments due on the 1st of each month

Monthly tuition includes two team practices and one hour tumbling class per week.

\$230.00/month: Youth, Junior and Senior Teams
\$45.00 Annual Membership Fee



REQUIRED FEES

\$150.00 Practice Wear
 \$300.00-\$350.00 Choreography Camp
 \$250.00-\$275.00 Coaches Fees
 \$30.00 USASF Membership
 \$440.00 Uniform
 \$25.00 Competition Bow
 \$15.00 **Sephora Lip stain Lipstick-Always Red**
 (purchase lip stain in store or online at [sephora.com](https://www.sephora.com))
 \$125.00 Warm-up Jacket
 \$105.00 Backpack
 EST. \$25.00 Nationals T-Shirt
 TBA Competition Fees/Deposits

ADDITIONAL FEES

Based on coaches recommendation and athlete progression.

\$50.00/month Flyer Flexibility Class
 \$35.00/month Jump Technique Class



**TEAMWORK:
SIMPLY STATED,
IT IS LESS ME
AND MORE WE!!**

COMMITMENT



Athletes are expected to attend all practices and competitions as a team. We realize many children and young adults are involved in a variety of activities; however, we cannot make exceptions for schedule conflicts. We expect top priority and 100% commitment and attendance. All athletes must report to practice on time and in assigned practice attire. Lost, misplaced or damaged clothing will be replaced at your expense. For athlete safety, jewelry and gum are not allowed at practice or competition. In addition, there is absolutely no posting videos of routines prior to the first competition.

In years past we have allowed students to miss practices without accountability or regard for the ones that do show up. In order to keep extra practices to a minimal and make our practices productive, we need COMMITMENT from every athlete.

Private lessons at other gyms need to be approved by our coaches before any lessons are scheduled with a coach outside of Birons. Proper technique is everything! Only perfected skills will be choreographed into a routine! Parents are not allowed to spot their children on Biron Elite property. Absolutely NO unsupervised tumbling! An instructor must be present at all times.

IMPORTANT DATES

CHOREOGRAPHY CAMP: TBA TENTATIVE EARLY AUGUST

Memorial Day Weekend: May 29th- 31st

Fourth of July: July 5th

Labor Day: September 6th

Thanksgiving Break: November 22nd-28th

Christmas, Hanukkah, and New Year: December 20th –January 2nd

Spring Break: March 13th -20th

ABSENCE POLICY

The only excused absence is a school function that results in a grade. All other absences are unexcused. Part-time jobs, dances, concerts, banquets, long distance driving, family reunions, weddings, recitals, school/church socials, school cheer tryouts and any other non-related school activities are unexcused. Absences are NOT allowed two weeks prior to any competition. An unexcused absence may result in the athlete being moved to an alternate position or pulled from an upcoming performance at the discretion of the staff. It is the responsibility of the athlete to learn any changes prior to practices. If a student must miss practice for a function resulting in a grade, it is the parents responsibility to email the gym two weeks in advance. If any athlete is missing practice due to an injury, you must provide a doctor's note.



All absence requests and notes must be emailed to the gym and athlete's coach. This includes school cheerleading, gymnastics, choir, band and all other school sports. Absences must be approved. Your school activities are planned well in advance.

SICK POLICY/ INJURIES

You must attend practice when you are sick. We will not make exceptions. You will not be required to participate; however, you must be present. An athlete will jeopardize their position if this rule is not followed. In addition, you must provide a doctors note with detailed information regarding the illness, treatment and length of recovery. If you are out more than one practice with an injury or illness, you are required to give a note from a physician. Athletes are expected to practice if they do not send a note.

In the event that a student is injured at home or during other extracurricular activities, we ask that you please notify us as soon as possible. Please call the front office or email cheer@birons.net once the individual has fully recovered. The athlete may or may not be choreographed back into the routine. The coaches have complete discretion in replacing such individuals for the rest of the season.

TEAM COMMUNICATION

Most communication within our gym will be sent out by front desk emails, Team Band pages and BEC social media. At times, there will be last minute changes or specific details sent out before a competition date or a practice. It's very important you stay up to date with checking for emails and also keeping the front desk updated with current contact information.

Each team will have a designated team mom as their contact person. Parents, please notify your team mom if there is an emergency (death, injury, natural disaster, major illness or running late to competitions) and one of your athlete's coaches will contact you. **All communications should be through coaches email.**

STRICTLY ENFORCED: Birons policy states that athletes and parents are not allowed to directly text their coach. ALL CORRESPONDENCE WILL BE THROUGH COACHES EMAIL. **NO TEXTING!**

Coach Rob	rob@birons.net
Coach Nikki	bec.nikki@gmail.com
Courtney	cheer@birons.net



COMPETITIONS

Competitions are **mandatory** for all team members. Competition dates and locations can be found under 'Important Dates' on page 6 of this packet.

While at competitions, parents are responsible for their child, not the staff of Biron Elite Cheer. If a parent cannot make it to a competition, it is their responsibility to make plans for their athlete to go with another teammate's family. Please communicate any travel changes to your team mom and Courtney in the front office.

LEVEL APPROPRIATE TUMBLING SKILLS

	JUMPS	TUMBLING
Level 1	<ul style="list-style-type: none"> • Basic understanding of jumps (toe touch, pike, front hurdler) • Jump connected to backward roll, forward roll or cartwheel 	<ul style="list-style-type: none"> • Cartwheel • Round off • Bridge kick over • Back walkover/front walkover • Valdez
Level 2	<ul style="list-style-type: none"> • Technical mastery of jumps (pointed toes, landing with feet together) • Whip jump combination. 	<ul style="list-style-type: none"> • Standing back handspring • Back walkover back handspring • Round off series of back handsprings (2 or more) • Front walkover or back handspring step out specialty pass to series of back handsprings.
Level 3	<ul style="list-style-type: none"> • Must demonstrate technical mastery of jumps including a triple (whip) jump combination • Jump combo to jump series of standing back handsprings, • Level jumps 	<ul style="list-style-type: none"> • Standing series of back handsprings • Round off back handspring back tuck • Punch front • Specialty running pass of front walkover, aerial or punch front pause to round off series of back handsprings to back tuck.

LEVEL APPROPRIATE TUMBLING SKILLS CONT'D

Level 4	<ul style="list-style-type: none"> • Must demonstrate technical mastery of jumps including a whip jump combination • An above level toe touch. • Jumps to back handspring back tuck 	<ul style="list-style-type: none"> • Multiple standing back tucks • Standing back handspring to back tuck • Round off back handspring layout • Level appropriate specialty pass of punch front, whip or bounding whips to round off back handspring layout.
Level 5	<ul style="list-style-type: none"> • Must demonstrate technical mastery of jumps including a multiple whip jump combination with a back tuck variety • Above level toe touch. 	<ul style="list-style-type: none"> • Standing two back handsprings to layout • Round off back handspring full, • Level appropriate specialty pass to round off back handspring full.
Level 6	<ul style="list-style-type: none"> • Must demonstrate technical mastery of jumps including a multiple whip jump combination with a back tuck, • Above level toe touch. 	<ul style="list-style-type: none"> • Standing two back handspring to full • Round off back handspring double full • Level appropriate specialty pass to full/double. • Standing full • Standing back handspring whips to full/double full

Tentative 2021-2022 Expense Calendar

Due dates are subject to change

Month Program tuition is due on the 1 st of each month	Fees and Due Dates
April 2021	
May 2021	Annual Membership Fee \$45 May 1st Practice Wear est.. \$150 May 3rd Shoes est. \$95-120 May 3rd
June 2021	Uniform Deposit \$220 June 7th Uniform Bow \$25.00 June 7th
July 2021	Choreography Camp est. \$300-\$350 July 5th
August 2021	Warm Up Jacket \$125 Aug 6th Back Pack \$105 Aug 6th USASF Membership \$30 <i>submit payment to usasf.net</i>
September 2021	National Deposits TBA TBA 1 st Installment Competition Fees TBA TBA
October 2021	1 st Installment Coaches Fee est.\$125-\$137 Oct 4
December 2021	2 nd Installment Competition Fees TBA TBA National T-Shirts est. \$25 TBA
January 2022	2 nd Installment Coaches Fees est. \$125-\$137 Jan 5th
February 2022	
March 2022	
April 2022	

YEAR: 2021-2022

CONTACT AND MEDICAL FORM

Personal Information

Student Name: _____ D.O.B: _____

Guardian Name: _____ Relationship: _____

Cell Phone: _____ Email : _____

Address: _____ City: _____ St: _____ Zip: _____

Guardian Name: _____ Relationship: _____

Cell Phone: _____ Email : _____

Address: _____ City: _____ St: _____ Zip: _____

Emergency Contacts

Name: _____ Relationship: _____

Cell Phone: _____

Name: _____ Relationship: _____

Cell Phone: _____

Medical History

Physicians Name _____ Phone _____

Insurance Carrier _____ Phone _____

Policy/Group # _____ Address _____

Please check the following conditions that apply to your athlete:

- | | |
|-----------------------------------------------|--------------------------------------------------|
| <input type="checkbox"/> Allergies | <input type="checkbox"/> High Blood Pressure |
| <input type="checkbox"/> Convulsions/Epilepsy | <input type="checkbox"/> Psychological condition |
| <input type="checkbox"/> Asthma | <input type="checkbox"/> Bone/joint weakness |
| <input type="checkbox"/> Diabetic | <input type="checkbox"/> Kidney Disease |
| <input type="checkbox"/> Heart Trouble | <input type="checkbox"/> Other _____ |
| <input type="checkbox"/> Contact Lenses | |

Comments: _____

Medical Condition currently being treated: _____

Medications currently being taken: _____

*Please inform Biron Elite Cheer if any of this information changes within the year.

Parent/Guardian Signature

Print Name

Date

Biron Gymnastics Inc. and Biron Elite Cheer LLC.

Participants Name: _____ DOB ____ / ____ / ____

Liability Release: Having been informed of the activities to be conducted in the program(s) in which I am enrolling named participant, I am aware of and appreciate that, despite all reasonable precautions implemented for safety, there are risks, including catastrophic injury, paralysis and death, associated with: participation in athletic programs, especially those which involve height and motion; activities in and around athletic equipment; being present in an athletic environment. I knowingly and willingly assume all such risks for both myself and all of my participants in program(s) or who are present in athletic environments. I have informed Biron Gymnastics Inc. or Biron Elite Cheer LLC. of any and all limitations on the activities in which my participant is permitted to engage as well as any physical or medical problems involving my participant which may jeopardize the safety of all staff and participants. Consequently, I hereby for myself, heirs, executors, and administrators, do waive and release any and all rights and claims for damages against the owners, operators, employees, and other members of Biron Gymnastics Inc. and Biron Elite Cheer LLC. from personal injury, illness, or accident of any sort or nature suffered by me, the undersigned, or by my child or other dependents, by reason of presence at Biron Gymnastics Inc. or Biron Elite Cheer LLC., or participation in any instructional (including but not limited to gymnastics, dance, cheerleading, tumbling) programs, classes, camps, open gyms, parents' night out, parties, performances, special events or any other activity instructed and supervised by, or held within, Biron Gymnastics Inc. and or Biron Elite Cheer LLC. I assume all risks and hazards incidental to program participation, including but not limited to transportation to and from these activities and any associated meets, competitions, recitals, and presentations. Biron Gymnastics Inc. and Biron Elite Cheer LLC. reserve the right to limit any child to skills that can be safely performed according to his/her body weight, strength, and level of experience, as well as the right to remove from class(es) or day camp any student, participant, visitor or parent whose conduct of actions are dangerous to himself or others involved in the program. Biron Gymnastics Inc. and Biron Elite Cheer LLC. reserves the right to operate, record, and retain video surveillance on premises for the safety of all students, parents, and staff.

Consent to Treat: I the undersigned parent or legal guardian, hereby authorize and consent to any emergency transportation for my child in the event s/ he is injured while participating in classes or activities at or supervised by Biron Gymnastics Inc. or Biron Elite Cheer LLC. I authorize and consent to any medical examination, procedure, and diagnosis rendered under the general or special supervision of any member of the medical staff and emergency room staff licensed under the Medical Practice Act and /or the staff of any acute general hospital holding a current license to operate a hospital from the State of Texas Department of Health. It is understood that this authorization is given in advance of any specific diagnosis, treatment, or hospital care being required, and is given to provide authority and power to render care which the aforementioned physician, in the exercise of his/her best judgment maybe deemed advisable. It is understood that effort shall be made to contact the undersigned prior to rendering treatment to the patient, but that the above treatment will not be withheld if the undersigned cannot be reached.

I have read, understand, and agree to the above () YES

Signature Parent / Legal Guardian _____ Date ____ / ____ / ____

CODE OF CONDUCT

Athletes must be a strong representative of Biron Elite Cheer at all times. Rude or abusive behavior, lying, and or any other form of negative behavior are grounds for removal from this program. We will not tolerate comments about other programs. Many of our athletes communicate through social media. Please remember that anything you say or post is a direct reflection on this organization.

NOTE: If you are caught sending rude or inappropriate messages you will be subject to immediate removal! All pictures posted while in any BEC clothing or uniform must be tasteful and represent the program in a positive and respectful nature.

Teammates are expected to treat one another with mutual respect. They should treat and talk to one another in a manner in which they want to be spoken to. We do not tolerate pettiness, gossiping or cliques which attempt to exclude or alienate certain members. Back talk, rolling of eyes and any other disrespect for coaches or teammates is unacceptable. If this type of behavior occurs you may be asked to sit out of practice. A problem between a athlete and staff member will first be addressed between the All-star Director, Facility Manager and Parent.

A parent should never reprimand or discipline someone else's child. We will handle any disciplinary problems privately and professionally. Parents should never approach a coach at any time and express their opinion or concern in front of athletes or other parents. Coaches and management will happily arrange for a private meeting to handle any concern you may have. Parents should limit text to coaches to emergencies, private lessons, or communicating late arrival to competition or practice.

Athlete's Name: _____

Date: _____

Athlete's Signature: _____

Date: _____

Parent's Signature: _____

Date: _____

Year: 2021-2022

PROGRAM COMPLIANCE FORM

BIRON ELITE CHEER STATEMENT:

Please initial that you have read and agree to each of the following policies.

____ I have received a copy of the **Biron Elite Cheer Information Packet**. I have read the information provided in this packet and agree to abide by all of the rules and regulations. In addition, I will commit myself to the time involved in practices, extra practices, camp, and competitions.

____ I am fully aware that competitive cheerleading is a large financial responsibility and I will commit to Biron Elite Cheer as per the financial requirements of a team member. I understand I am required to provide a credit or debit card to be used for automatic withdrawal of tuition and additional fees.

____ I am fully aware that any items purchased and not received due to dismissal are non-refundable and become property of Biron Elite Cheer. This also includes any competition fees, camp fees, or choreography fees.

____ I acknowledge that I am aware that actions that do not align with the expectations of Biron Elite Cheer will result in removal of the athlete at the coach's discretion.

____ I am aware that if I have an outstanding balance on my account, my athlete may not participate in practice, private lessons or additional classes until the balance is paid.

TUITION AND FEE PAYMENT STATEMENT:

Please initial that you have read and agree to each of the following policies

____ I commit to pay the 2021-2022 cheer season program cost due on the 1st of each month. I understand if my child misses practices for travel or other activities, I am financially responsible for paying the set program cost for that month.

____ I understand that a one month's notice and a scheduled meeting with team coaches is required in order to stop tuition and/or fee charges. Any tuition and/or fees paid before this notification period will **not** be refunded under any circumstances.

I HAVE READ AND UNDERSTAND ALL ABOVE STATEMENTS.

Parent Signature

Date

Printed Name

