

# All Stars 2018-2019



PSA was founded in 2004 to Help Prepare Young Athletes for Life Long Success. We are excited that you have chosen to be a part of the PSA family. We hope that you have a long and rewarding relationship with the PSA family.

While we are grateful and excited about all the success our program and athletes have achieved, what is most important to us is our mission of building self-confidence, self-discipline, teambuilding and everlasting friendships. We pride ourselves on setting lofty standards for our coaches, athletes and parents. We are dedicated and committed to training our athletes to achieve their goals and to believe in themselves on and off the cheerleading mat.

Please keep in mind that this is not all the information you will need as a parent or athlete. We hope to at least acquaint you with our company policies and that the answer most of your questions.

*Our Mission: To Change the World by Helping to Prepare Young Athletes for Lifelong Success!*

*Parent Information Meetings:*

*Monday April 23<sup>rd</sup> @ 5:30 pm*

*Tuesday April 24<sup>th</sup> @ 7 pm*

## Tryout/Placement Information

These practices are a time for the athlete to work on their skills and to get to know the other Athletes and Staff. During these practices, skills such as tumbling, stunting, jumps and motions will be assessed.

Placements are based on 1) age, 2) program need and 3) skill.

Tryout /Placement Practice Schedule

Age as of August 31st

### **Ages 5 to 11**

April 30<sup>th</sup> – 4:30 to 6:30

May 2<sup>nd</sup> – 4:30 to 6:30

### **Ages 11 to 18**

May 1<sup>st</sup> & May 3<sup>rd</sup> – 7pm to 8pm

May 8<sup>th</sup> & 10<sup>th</sup> – 5pm to 7pm

### Practice Dress Code

- Cheer Shoes must always be worn
- Sport Bras are to be worn
- NO JEWELRY
- Fingernails are to be kept short
- Hair is to be pulled up and out of your face

Each Athlete must complete a Commitment Agreement, a Physical Evaluation form and the PSA All Star registration form (which are attached at the end of this packet), before being allowed to participate in the PSA All-Star program.

## Practice Times

All Star Cheerleading is a time commitment. Below are the weekly practice times.

### **12 to 18-year-old:**

Tuesdays 5 to 7:30

Thursday 5 to 7:30

(Tumbling last half hour of each day)

### **5 to 11-year old:**

Mondays 4:30 to 6:30

Wednesdays 4:30 to 6:30

Thursdays 4 to 5 (Tumbling)

## Practice Dress Code

- Cheer Shoes must always be worn
- Sport Bras are to be worn
- NO JEWELRY
- Fingernails are to be kept short
- Hair is to be pulled up and out of your face

## Age Requirements & Divisions

Mini – ages 5 to 8

Youth – ages 8 to 11

Junior – ages 12 to 14

Senior – ages 12 to 18

*Age is based on Athletes age as of August 31<sup>st</sup>.*

*“MY DAUGHTER HAS BEEN A MEMBER OF THE PSA EMERALD TEAM FOR ONE YEAR. SHE HAS LEARNED SO MANY TUMBLING SKILLS. HOWEVER MORE IMPORTANTLY, SHE HAS GAINED SELF-CONFIDENCE AT SCHOOL, DISCIPLINE AND DEDICATION IN THE GYM AND A PASSION FOR BEING A PART OF HER TEAM.”*

*Tamekia Jones*

## Team Levels

There are 5 levels offered for all-star cheerleading. The “level” refers to the type of stunts, pyramids and tumbling a team can perform. The coaching staff of each team and program director will determine the level of the team. To be competitive, our teams must have clean, well-developed skills at each level.

Level	Tumbling	Stunting
Level 1	Cartwheel, forward roll, front/back walkover	
Level 2	Standing Back handspring, Round off back handspring, back front/back walkovers	Extension and 1 leg at prep level along with basic transition stunts
Level 3	Standing Handspring series, standing tuck, round off handspring tuck	Extension full down, 1 leg extension, transition stunts...flyers – 2 body positions.
Level 4	Standing tuck, round off handspring layout	Extension double down, 1 leg extension full down, advanced transition stunts. Flyers – 3 body positions.

If your athlete has the minimal skill level, we will do our best to find a place for them on a team; however, participants that do not have skill level requirements for a team may be invited to participate in our class program, so that we can help them obtain skills necessary to make a team in the future. Some students may not be ready for the structure that is required in practice. These young athletes may need a year or two to mature. Decisions made concerning these athletes will involve the parents, coaching staff, and the program director.

**\*\*\*Please note that tumbling is NOT the only thing assessed when placing athletes on teams. We look at the overall athlete- their jumps, motions, stunting ability, maturity, experience and how they will contribute to a team. If tumbling level does not match their other skill level, they will not automatically be placed on a specific level just based on tumbling.**

**Teams will be announced at the end of Tryout/ Practice Times: they are subject to change at any time.**

## Team Philosophy

PSA Team Philosophy is simple: Program FIRST, Team SECOND, Athlete THIRD.

This is a team sport, and decisions are made based on what is best for the team and the performance. Coaches and staff will have final decisions on athlete's team placement and roles in the routine, including participation and placement in formation and stunts.

There may be Athletes 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 stunting, jumps, dance, motions and age are huge factors as well. It is simply not feasible (or desirable) for every team to have exactly matched Athletes. Some will be stronger tumblers than others; some will help with stunts more than others. Every Athlete is on the team for certain reasons, so please trust the staff. We work hard to push all Athletes to improve their skills, even if it means working on skills that are above what is allowed at their team's current competition level.

Athletes are not guaranteed a spot on a team or in a routine. If it is in the best interest of the program an athlete may be moved around in the routine, moved to another team or removed from the program based on one of more of the following reasons:

1. Athlete's routine positions (side base, back base, flyer)
2. Athlete's skill level (tumbling, stunting, jumps, etc.)
3. Athlete's behavior toward staff and/or other athletes.
4. Athlete's willingness to learn, to improve and to correct what is asked.
5. Teams needs for competition.
6. Attendance issues.
7. Injury

no refunds of tuition, competition fees or any money paid to PSA in the event of removal from a team.

## Attendance & Tardiness

**Attendance is very important to the success of our teams.**

**All PSA practices and competitions are MANDTORY.**

Being an athlete on a team at PSA is a commitment. If for some reason your athlete cannot be at practice a parent/guardian must contact the gym to let the staff know. DO NOT send word by another athlete or parent.

If a parent does not notify PSA of an absence, you will get a phone call checking on the athlete. If we leave a message, please return our call to verify the absence and that everyone is ok.

\*\*Absent forms are located at the front desk and must be completed and turned into your team coach 1 week before the absence. This is so that your coach can plan practice around absences.

### **Excused Absence**

- Illness with a fever or vomiting, if the athlete is not running a fever or vomiting, they are expected to attend practice. You will not be required to participate; however, you must be present.
- School functions that result in a grade
- Family emergencies. Contact immediately upon the occurrence of emergency.
- Injury – In the event of an injury, you should notify your coach of the injury immediately. Thereafter, you are to continuously update the coaches with all information concerning doctor's prognosis, length of recovery and any restrictions. Once the athlete is fully recovered and released from doctor, he or she will be put back in the routine; however, he or she may or may not be in the same spot. All injured athletes must continue to attend practices to support the team and continue to pay fees in full.

**An "excused absence" (other the illness) must have an absence form completed and turned in at least a week in advance, these forms are available at the desk and also on our website**

### **Unexcused Absence – ALL other absences not listed under excused absence.**

- Examples of Unexcused Absences: Other sports, clubs, work conflicts, dances, concerts, banquets, etc. If there is a conflict with other school clubs, work or other activities that cannot be worked out, then the Athlete will need to choose which activity they would rather do.
- Church: this is important part of life to PSA. We will try to schedule around church times as best as we can.
- Academics: School is a high priority and PSA stresses the important of education; however, schoolwork, including homework, projects and studying for test are unexcused absences. Athletes are expected manage their time so that this does not become an issue

- Excessive tardiness and absences are both harmful and disruptive to the team and very discouraging for the coaches and the other athletes on the team. Every single person is vital to the success of the team. If a athlete is constantly late or is missing practice unexcused, proper actions will be taken with the best intentions of the team in mind. Excessive unexcused absences may affect and athletes spot on the team.
- Do not use your child's participation in this program as a form of punishment, as it also punishes their team and the entire Premier Spirit Academy program.
- There may be times that we will need to have extra practices. You will be notified ahead of time of these practices and these practices are MANDATORY.

**Remember it is an HONOR and a PRIVILEGE to be a KNIGHT. Treat it as such.**

- **Tardiness – it is important for athletes to be at practice on time. When athletes come in after practice starts it puts the team behind waiting for the athlete to stretch and warm up. Also, athletes should be ready to practice when they come in, shoes on and hair up. Arrive early enough for your athlete to get their snacks and drinks before practice starts (no snacks will be sold after practice starts).**
- **Competitions are Mandatory!!!**

Inclement Weather Policy: Every reasonable attempt will be made to open our doors for business on regular scheduled practice days. However, in the event of severe weather conditions, the gym will decide whether to open or not. Notification will be posted on the PSA Facebook page and on the website

## **Summer Practice**

Attendance at practice is critical to your athlete's progress and integral to the success of the team and athletes should be at practices during the summer season.

However, we recognize that there are family vacations, church camps, summer camps, beach trips, etc. We allow more flexibility with attendance during the summer, we do ask that you complete and absence form and turn in so that the staff will be able to plan practices.

Summer practice schedule will be announced after teams are formed

## **Communications with Staff**

**Communicating with your coach is important and will make for a successful year.**

- Encourage your athlete to talk to their coach and to communicate with them to remove any feelings of a communication barrier. We encourage parents to have their athletes speak with their coach directly in regard to, but not limited to the following issues should they arise: Routine element questions, Individual skill preparedness, Group skill preparedness, Injury, Illness or Outside events that may affect performance
- Do not approach a coach during practice or at competition to discuss an issue. If you have an issue that you need to discuss, you may email Frank at [frank@premierspiritacademy.com](mailto:frank@premierspiritacademy.com), and we will set up a meeting with the athlete, parent, Marc and your athlete's coach.
- Coaches will NOT discuss the following:
  - Information regarding other PSA athletes and/or parents
  - PSA coaches who do not coach their athlete
  - Issues that involve any type of comparison of their athlete to another athlete, coach to coach, or PSA to any other cheerleading training facilities.
  - We understand that issues involving your child are very important and require quick resolution. We want to ensure that situations are resolved constructively and positively.

## **Social Media and Email**

The PSA website is your source for information regarding PSA announcements, competition information, gym closing, etc. The website is also your source for class registration and for access to the Parent Portal for online payments. PSA uses Instagram and Facebook for exciting announcements, athlete and team shout outs, picture and video postings, last minute updates and other information.

- Email – If you do not have an email address, you will need to get one. PSA must have a current email address on file so that you will stay informed on all information. You also must have an email address to create your online account. Email is the MAIN way we communicate. It is your responsibility to be sure that PSA has a current email address.
  - Please check your email regularly (daily, if possible)
  - Competition information will be emailed.
  - If you do not receive emails from PSA, check to be sure we have the correct email and check your spam folder.

- DO NOT email, Facebook message, IM or call coaches directly. If you need to talk to a coach call the gym or email Frank and we will get them the message. They are not paid to work PSA issues outside of the gym.
- *FACEBOOK & SOCIAL NETWORKING WEBSITES ARE TREATED AS IF SPOKEN IN PERSON TO YOUR COACH AND YOU ARE THEREFORE RESPONSIBLE FOR ANYTHING SAID ON THESE. TRASH TALKING, BAD MOUTHING, OR DISRESPECTING TEAMMATES, COACHES, OTHER PROGRAMS OR PSA WILL NOT BE TOLERATED*

Website: [www.premierspiritacademy.com](http://www.premierspiritacademy.com)

Facebook: Premier Spirit Academy Twitter: premierknights

Instagram: psa\_knights

## Competitions and Travel

### **All Competitions are Mandatory**

- Athletes are required to attend all competitions. This means staying through the awards ceremony. If parents are unable to stay for the whole competition, other arrangements should be made so that the athlete can stay. Failure to attend a competition or stay through awards may result in dismissal from the team.
- Travel/Hotels – Each family will be on their own to secure their hotel rooms. We will offer some suggestions and where the coaches have secured reservations. Some of the competitions may require athletes to miss a day of school due to distance.
- We will not know the performance time until the week of competition.
- Accept team placements and awards with dignity and class.
- NEVER approach a judge or event staff to discuss team placement. Staff is very knowledgeable of all rules and will discuss with judges any challenges on scoring.

Our Competition Schedule will be finalized as competition companies put out their schedules and will be based on a Progressive Competition Program. The younger teams will go to fewer competitions than the older teams. The younger teams will spend time growing their skills and All-Star development.

Competition Schedule will be sent out as soon as finalize it.

\*\*If a competition is cancelled due to weather or any reason either by the competition company or by PSA and it is unsafe to travel, we will try our best to work with the competition company on another competition to attend. If it cannot be worked out there will not be any refunds of fees.

## Sportsmanship

Sportsmanship and team unity are very important to our organization. Be courteous and considerate to all teams and athletes. Do not speak negatively about any person, decision, or result, this includes on all social media! We strive to teach our Athletes 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.

Athletes whose parents are excessively negative or obnoxious will be removed from the program. We are trying to create a positive, pleasant learning environment for your athletes.

## Athletes Code of Conduct

- We expect athletes to treat all staff with respect and courtesy. PSA will not tolerate back talking staff, talking while coaches are talking, continuing to do something that they have been told not to do (playing, talking, etc.) We expect the athletes to treat staff like they would their teachers.
- NO Bullying. This includes all forms, electronic, verbal, physical, mental, media based, monetary, etc.
- All athletes will show good sportsmanship always.
- All cell phones must be turned off and left alone during practice.
- No smoking, drinking of alcoholic beverages or use of drugs. This will warrant immediate dismissal.
- Challenging the authority of the coach/staff by student or parent, will result in automatic dismissal.
- No profanity or abusive language
- If an extracurricular activity regularly interferes with our mandatory practices or competitions, you will have to choose which activity you will continue
- *FACEBOOK & SOCIAL NETWORKING WEBSITES ARE TREATED AS IF SPOKEN IN PERSON TO YOUR COACH AND YOU ARE THEREFORE RESPONSIBLE FOR ANYTHING SAID ON THESE. TRASH TALKING, BAD MOUTHING, OR DISRESPECTING TEAMMATES, COACHES, OTHER PROGRAMS OR PSA WILL NOT BE TOLERATED*
- You are required to pick up after yourself...don't leave empty drink/food containers lying around the gym. This is your facility so take pride in how it looks!!!

## Parents Code of Conduct

- PSA reserves the right to remove any parent temporarily or permanently from the program if we feel any behavior is unbecoming of a PSA parent.
- Good Sportsmanship is mandatory at all competitions, practices, and gym functions
- Under no circumstance should you enter the practice area at the PSA gym or any warm up area at any competition.
- Do not try to yell or get your child's attention on the floor during practice at the PSA gym or any warm up area at any competition. If this becomes a problem, it will result in closed practices.
- Do not gossip about other children, coaching staff, other teams.
- Meeting with staff must be scheduled 24 hours in advance and a reason for the meeting must be given. Do not interrupt practice or team meetings.
- If you threaten to quit or pull child from the program, you may be dismissed from the program immediately
- It is your responsibility to know what is going on with your team...please check email, and website regularly.
- Do not punish your child by holding them out of practices or competitions, you are punishing the entire team/program.
- Never speak or approach a competition official.
- Please respect the decisions the coaching staff at PSA makes. We have years of experience and will make the best decisions for the entire team/program
- Please be aware that PSA is privately owned and operated, and should parents or cheerleaders engage in behavior that is unbecoming of a representative of the PSA, we reserve the right to remove parents or cheerleaders from the program temporarily or permanently.
- ***SOCIAL MEDIA IS TREATED AS IF SPOKEN IN PERSON TO YOUR COACH AND YOU ARE THEREFORE RESPONSIBLE FOR ANYTHING SAID ON THESE. TRASH TALKING, BAD MOUTHING, OR DISRESPECTING TEAMMATES, COACHES, OTHER PROGRAMS OR PSA WILL NOT BE TOLERATED***

**Parent Viewing:** *Parent viewing is a privilege, so please do not abuse it. Do not try to talk to your athlete during practice or get their attention. This could cause distraction from practice which in turn could cause injury to your athlete or another athlete. Trying to coach your child undermines the authority of the staff and causes athletes to not respect or look to the staff as the authority in the gym.*

*We have seen athletes performing well and when they see their parent in the viewing they lose focus and start looking up to the parent for approval.*

*We do reserve the right to close practices if need be.*

## Choreography

All music, cheers, dances, stunts and any choreography, or ideas presented to athletes of PSA during practices, tryouts, competitions, or any other PSA event, are to remain confidential and should not be discussed, taught, or given to anyone outside of the PSA program. Parents pay a significant fee for choreography and music, and the staff and coaches put a great deal of effort in preparing our teams to be a step above the rest. We do not wish it to be shared with friends, school teammates, other athletes, or parents of any other teams or programs.

## USASF Membership

The mission of the United States All Star Federation (USASF) is to maximize the number of participants benefiting from the positive life experiences of all-star cheerleading by developing competition rules and all-star gym training guidelines consistent with the most up-to-date safety, educational, and ethical practices. Each athlete within the PSA program will be required to become a member of the USASF. The cost for this is \$30 for the year (subject to change by USASF). More information is at [www.usasf.net](http://www.usasf.net).

## UNIFORM SIZING

The Varsity rep will come in and size for uniforms, practice wear and jackets. Each athlete must attend uniform sizing as we are adding an addition tank top practice wear this year.

***\*\*Mini and Youth ages will be getting new uniforms this year as they do not make the uniform any longer.***

***A parent of Mini and Youth age must attend uniform sizing and sign off on their athletes sizing.***

## Financial Information

- **Legacy Reward:** After your first complete year in the PSA you will receive a \$110 credit posted on your account in June. If you leave the program your time starts over when you return.
- **Recruitment Reward:** For each friend that you recruit and that is placed on a team you will receive \$110 credit placed on your account Jan 1. You must have your recruit make a not on their registration form that they were recruited by you.
- **Sibling Discount:** \$10 off a month for additional athletes in family.  
You may pay online by going to our website and setting up your account.
- A Credit card or Debit card will be required to be on file with PSA for the athlete to participate in the PSA All Star program. Monthly Fees are due on the 1<sup>st</sup> of the month, if monthly fees are not paid by the 10<sup>th</sup> of the month, your card will be charged. Be sure to keep an active card on file with PSA.
- If you leave the program for any reason you are still obligated to pay your fees for the rest of the year.
- If your card is declined and you do not provide PSA with a current card to be used a \$10 fee will be added to your account.
- Tuition fees will remain the same even during all gym closings and breaks.
- Tuition pays for training. It does not pay for the right to perform.
- Travel expense is based on the number of competitions and what hotels you stay in.
- There is a \$20 return check charge
- Add a tumbling class for \$20 a month

### **2018/19 All Star Fee Options**

#### **Option 1 - Monthly**

##### **Mini and Youth Age (5 to 11-year-old)**

**May** – Monthly \$110

Shoes - \$90

➤ Total - \$200

**June** – Monthly \$110

Admin Fee ½ - \$75

Uniform ½ - \$120 (Everyone will have New Uniforms)

Practice wear - \$110 -reversible tank top or sport bra  
(Junior and Senior Age only) and Black Tank Top.

Warm Up Jacket - \$100

➤ Total - \$515

**July** – Monthly \$110

Choreography - \$225

Uniform ½ - \$120

Admin Fee ½ - \$75

➤ Total - \$530

**Aug** – Monthly \$110

Bow - \$30

Makeup - \$60 (5 sets)

Competition Fee ¼ - \$137.50

➤ Total – 337.50

**Sept** – Monthly \$110

USASF - \$30

Competition ¼ - \$137.50

➤ Total - \$277.50

**Oct** – Monthly \$110

Competition ¼ - \$137.50

➤ Total - \$247.50

**Nov** – Monthly \$110

Competition ¼ - \$137.50

➤ Total - \$247.50

**Dec thru April** – Monthly Fee of \$110

##### **Junior and Senior Age (12 to 18-year-old)**

**May** – Monthly \$110

Shoes - \$90

➤ Total - \$200

**June** – Monthly \$110

Admin Fee ½ - \$75

Uniform ½ - \$162.50

Practice wear - \$110 -reversible tank top or sport bra  
(Junior and Senior Age only) and Black Tank Top.

Warm Up Jacket - \$100

➤ Total - \$557.50

**July** – Monthly \$110

Choreography - \$225

Uniform ½ - \$162.50

Admin Fee ½ - \$75

➤ Total - \$572.5

**Aug** – Monthly \$110

Bow - \$30

Makeup - \$60 (5 sets)

Competition Fee ¼ - \$162.50

➤ Total – 362.50

**Sept** – Monthly \$110

USASF - \$30

Competition ¼ - \$162.50

➤ Total - \$302.50

**Oct** – Monthly \$110

Competition ¼ - \$162.50

➤ Total - \$272.50

**Nov** – Monthly \$110

Competition ¼ - \$162.50

➤ Total - \$272.50

**Dec thru April** – Monthly Fee of \$110

**Option 2 – Quarterly – this option does not include monthly fee of \$110**

May 2018 – Monthly Fee - \$110  
Shoes if needed - \$90

**Mini and Youth Age**

\$408 due June 1\*  
\$408 due Sept 1\*  
\$408 due Dec 1\*  
\$272 due March\* 1

**Junior and Senior Age**

\$459 due June 1\*  
\$459 due Sept 1\*  
\$459 due Dec 1\*  
\$306 due March 1\*

**Option 3 – 1-time payment – includes your monthly fee of \$110 for June through April. If you choose this option, you will receive a 5% discount and we will figure your payment.**

May 2018 – Monthly Fee - \$110  
Shoes if needed - \$90

- ❖ Whatever option you choose that is your payment option for the year. Choose your payment option on the Commitment Contract.

Fees include the following: Uniform, Bow, Makeup, Jacket, Chorography, USASF Fee, Practice wear (reversible tank top or sport bra (Junior and Senior Age only) and Black Tank Top), Administration Fee and Competition Fees.

\*These numbers may change depending on items needed. EX, if you do not need a jacket then that will be adjusted from monthly fee.

\*\*Bid Competitions are competitions that the team is invited to after the regular schedule are an addition fee.

\*\*\*Crossover fee, if your athlete competes on 2 teams - \$50 a month

**If you leave the program for any reason, you are responsible for the rest of the year monthly fee.**

## **REFUND POLICY**

No refunds will be given for competition fees, choreography, tuition, or any funds paid to PSA. If you leave the program prior to a competition you will NOT be refunded any competition fees. If you have to miss a competition for some reason, you will not be refunded any fees. Funds may not be transferred to another student's account. All funds become the property of PSA.

## **SPONSORSHIP**

We know that competitive cheerleading is an expensive sport. We have attached a sponsorship letter and form that you may use to contact friends, families and business for sponsorships to help with your All-Star expenses.

All sponsorship forms must be turned in by August 1<sup>st</sup>. 80% of the sponsorship will be credited to your PSA account. The remaining amount will toward the cost of marketing and processing the sponsorship.

Contact Information

[frank@premierspiritacademy.com](mailto:frank@premierspiritacademy.com)

Gym phone – 334-821-7300

[www.premierspiritacademy.com](http://www.premierspiritacademy.com)

*“My daughter has changed for the better since joining the PSA Emerald team. It did not happen overnight...it occurred over time, training, workouts, teamwork, and most of all competing. As her parents we did not dream a sport would have such an impact on a child's life. She has become a better all-around girl in school and at home. The knowledge, skills, and abilities she has learned have better equipped her for not only the team but for her life. As parents, we are so very thankful for PSA investing in our child's life.”*  
*Dawn Woodrow*

# Credit / Debit Card Authorization Form

A Credit card or Debit card will be required to be on file with PSA for the athlete to participate in the PSA All Star program. If monthly fees are not paid by the 10<sup>th</sup> of the month, your card will be charged. If card is declined there will be a \$10 late fee. Be sure to keep an active card on file with PSA. If your account becomes past due, your athlete will sit out of practice until the account is current.

## CREDIT CARD INFORMATION

NAME (As it appears on card) \_\_\_\_\_

CREDIT CARD NUMBER \_\_\_\_\_

CV Number \_\_\_\_\_ (from Back of card)

EXPIRATION \_\_\_\_\_

Signature (Approval to charge credit card)

\_\_\_\_\_





# Premier Spirit Academy

To change the World by Preparing Young Athletes  
for Lifelong Success!

2018 – 2019 All Star Competition Season

Family values are the foundation of society. The way our children learn and grow to be independent individuals is a key factor for our community. To have a stronger, more secure future, we must start with each child. Premier Spirit Academy supports an environment blended with individual personalities. We place high emphasis on building self-confidence, determination, team supported skills and values, with a responsibility toward performing to their fullest potential, not only for the team performance, but for the development of character and self-esteem.

Our athletes work hard year-round, training to compete at regional and national competitions. Our program encourages each athlete to learn more about themselves, teach that with determination, dedication and pushing through adversity toward their goal that you can achieve with great success what you once believed impossible.

Premier Spirit Academy invites the community to partner with us in this great endeavor by supporting our youth and young adults in their journey toward their goals. We invite you to support an athlete that might not otherwise be able to participate in our program. We invite you to invest in the life of a young person that loves the sport of competitive cheerleading and to help to encourage the growth of our future leaders.

I would like to thank you for the support of \_\_\_\_\_. Without the support of our community, participation in our program would have been difficult for this athlete. Any amount will be gratefully appreciated! You can see the different levels of sponsorship on the attached sponsorship form. Your sponsorship may also be tax-deductible when used as an advertising expense, please consult your tax advisor.

Thank you,  
Frank Baugh  
Owner of PSA





Bronze Sponsor - \$100

- Corporate business card displayed on All Star cheer sponsorship board in the lobby of PSA.

Silver Sponsor - \$200

- Bronze Sponsorship – plus
- Group graphic with corporate name displayed on digital screen in lobby at PSA.

Gold Sponsor - \$350

- Bronze Sponsorship – plus
- Individual corporate graphic with full contact info displayed on digital screen in lobby at PSA.

Platinum Sponsorship - \$500

- Gold Sponsorship plus.
- Group recognition on PSA web site.
- Group recognition on social media through Instagram and Facebook twice a year.

Knight Sponsorship - \$1000

- Gold Sponsorship plus
- Individual recognition on PSA web site.
- Individual recognition on social media through Instagram and Facebook post twice a year.

Please supply a thumb drive or email continuing a file of the corporate logo you wish to be displayed. If neither is supplied will be designed by PSA.

### PSA All Star Cheer Competition Sponsorship Form

Name of Business \_\_\_\_\_

Address \_\_\_\_\_

Phone Number \_\_\_\_\_

Business Contact \_\_\_\_\_

Corporate Website \_\_\_\_\_

Name of Student Sponsored \_\_\_\_\_

Today's Date \_\_\_\_\_

Payment Amount \_\_\_\_\_ Check # \_\_\_\_\_

Make checks payable to PSA. If you need our FEIN number we will be happy to supply it to you.

Please attach business card to this area.

Signature of Business owner authorizing this sponsorship

\_\_\_\_\_

# 2018-2019

## PSA All-Star Commitment Contract

The purpose of this commitment is to identify the expectations of PSA Knights as they relate to PSA, the Athlete, and the Parents.

### Responsibilities of PSA

PSA will provide a safe and positive environment in which each athlete can fulfill his or her potential. PSA will maintain a high coaching standard by staying abreast of the latest coaching, safety-approved techniques, and performance styles. PSA will take a personal interest in each athlete and family by keeping open communication between program, staff, athlete, and parent. PSA will provide supervision at practices, exhibitions, competitions, etc.

### Responsibilities of the Athlete

Athlete agrees to follow all directions and instructions from the staff. Athlete agrees to work hard in practice and conditioning exercises to improve performance and reduce chances of injury. Athlete agrees to maintain an aggressive, competitive attitude to work toward the development of the team and to demonstrate a high standard of conduct as a representative of Premier Spirit Academy. Athlete agrees to be in proper attire and to be **on time** to all practices, exhibitions, competitions, etc. Athlete agrees to act at all times in a manner that reflects positively and professionally on them, and to show respect to their families and PSA staff.

### Responsibilities of the Parents

Parents agree to discuss concerns related to the program, staff, athlete, or another parent directly with the staff and not to publicly air grievances should any arise. Parents agree to accept Staff decisions as final and in the best interest of all parties. Parents agree to support the Program by assuring that the Athlete is on time to all practices, exhibitions, competitions, etc. Parents agree to demonstrate "Team Spirit" by giving moral support to the program, staff and to the team.

### Financial Obligations

Parents agree to pay all fees incurred by or on the behalf of the athlete (including but not limited to Tuition, Camp, Uniforms, Entry Fees and Travel Expenses) on time. A Credit card or Debit card will be required to be on file with PSA for the athlete to participate in the PSA All Star program. If fees are not paid by the 10<sup>th</sup> of the month they are due, your card will be charged. Declined credit or debit cards will result in a \$10 late fee. Be sure to keep an active card on file with PSA. If for any reason your account becomes past due, your athlete will sit out of practice until the account is current. This is a Full Year commitment. If you for any reason leave the PSA program your card will be charged each month for the rest of the year as you have agreed to.

**Payment Plan Choice – you must check one below and this is your payment plan for the year.**

**Monthly Option 1**  **Quarterly Option 2**  **1 Time Payment Option 3**

Your signature below indicates that the parents and the athletes agree that the Parent and Athlete have read the entire handbook and understand the commitment of time and financial obligation involved with participation in the PSA All Star program and agree to abide by the policies set forth therein.

ATHLETE SIGNATURE \_\_\_\_\_

PARENT/ GUARDIAN SIGNATURE \_\_\_\_\_

DATE \_\_\_\_\_

**Parent & Athlete Sign and Return with Registration, Medical Fo**

**Premier Cheerleading of East Alabama**  
**REGISTRATION AND EMERGENCY RELEASE FORM 2018-19**  
**(PLEASE PRINT)**

**ATHLETE INFORMATION**

Athlete's First Name: \_\_\_\_\_ Last Name: \_\_\_\_\_

Birth Date: \_\_\_\_/\_\_\_\_/\_\_\_\_ Age as of 8/31/18 \_\_\_\_\_ Circle: Female Male

Grade in the fall: \_\_\_\_\_ Athlete's Cell #: \_\_\_\_\_

Athlete's E-Mail: \_\_\_\_\_

**PARENT/GUARDIAN INFORMATION**

**MOTHER:** First Name: \_\_\_\_\_ Last Name: \_\_\_\_\_

**FATHER:** First Name: \_\_\_\_\_ Last Name: \_\_\_\_\_

Home Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Mother's Cell Phone: (\_\_\_\_) \_\_\_\_\_ Father's Cell Phone: (\_\_\_\_) \_\_\_\_\_

Mother's E-Mail Address: \_\_\_\_\_

Father's E-Mail Address: \_\_\_\_\_

**EMERGENCY CONTACT AND MEDICAL INFORMATION**

Emergency Contact: \_\_\_\_\_ Phone: \_\_\_\_\_

Health Ins. Co.: \_\_\_\_\_ Policy Number: \_\_\_\_\_ Group Number: \_\_\_\_\_

Physician \_\_\_\_\_ Physician's Phone # \_\_\_\_\_

Any intolerance to drugs and medication: \_\_\_\_\_

Any previous illness, condition, or injury the gym's staff should be aware of: \_\_\_\_\_

I allow my child to be given the following medications if necessary \_\_\_\_\_

**Medical Release and Liability Waiver:** As the legal guardian of my designated student(s) (student(s)), I hereby consent to all student(s) participating in this facility's program(s). I recognize that potentially severe injuries can occur in any activity involving height or motion, including tumbling and related activities including gymnastics and physical activity in general. I understand that it is the express intent of all staff and personnel to provide for the safety and protection of my student(s) and, in consideration for allowing my student(s) to participate in gymnastics, I hereby **COVENANT NOT TO SUE and FOREVER RELEASE** Premier Cheerleading of East Alabama, DBA Premier Spirit Academy, affiliated and partner companies and organizations, property owners and lessors, staff, contractors, subcontractors, teachers, coaches, owners, directors and other members involved in this facility's program(s), from all liability and for any and all damages and injuries suffered by my student(s) during instruction, supervision, and/or control during any and all classes or extra activities

**Medical Treatment Release:** I authorize any agent of PSA, on my behalf to take whatever measures are necessary to ensure that he/she is provided with any emergency medical treatment including hospitalization, which PSA deems advisable in order to protect his/her health and wellbeing and I agree to be financially responsible for the cost of such assistance and/or treatment

**Picture / Video Agreement:** I understand as a participant and/or a spectator that the Minor may be included in videotapes or photographs taken during the Activities. Therefore, without reservation or limitations, I, in my own behalf and on behalf of Minor, hereby assign, transfer and grant to PSA, its successors, assignees, licensees, sponsors, any television networks, and all other commercial exhibitors the exclusive right to photograph and/or videotape Minor and to utilize such videotapes and photographs and Minor's name, face likeness, voice and appearance as part of the Activities, in advertising and promoting the Activities or advertising and promoting similar Activities. I further understand that neither PSA nor any third party is under any obligation to exercise any of the foregoing rights, licenses and privileges.

**Personal Items:** I agree that PSA is not responsible for any personal items left at the gym.

**Financial Agreement:** I agree to pay all fees associated with activities at PSA as per the Financial agreement on the Commitment Contract.

**Concussion Awareness:** Concussions at all levels of sports have received a great deal of attention and a state law has been passed to address this issue. Adolescent athletes are particularly vulnerable to the effects of concussion. Once considered little more than a minor "ding" to the head, it is now understood that a concussion has the potential to result in death, or changes in brain function (either short-term or long-term). A concussion is a brain injury that results in a temporary disruption of normal brain function. A concussion occurs when the brain is violently rocked back and forth or twisted inside the skull as a result of a blow to the head or body. Continued participation in any sport following a concussion can lead to worsening concussion symptoms, as well as increased risk for further injury to the brain, and even death.

**COMMON SIGNS AND SYMPTOMS OF CONCUSSION**

\*Headache, dizziness, poor balance, and moves clumsily, reduced energy level/tiredness Nausea or vomiting. \*Blurred vision, sensitivity to light and sounds

\*Fogginess of memory, difficulty concentrating, slowed thought processes, confused about surroundings or game assignments. \* Unexplained changes in behavior and personality. \*Loss of consciousness (NOTE: This does not occur in all concussion episodes.)

**FOR MORE INFORMATION PLEASE VISIT:** <http://www.cdcfoundation.org/headsup>

**Personal Items:** I understand that Premier Cheerleading of East Alabama, Inc. d/b/a Premier Spirit Academy is not responsible for any personal items left at the gym. I agree that I will not hold Premier Cheerleading of East Alabama, Inc. liable for any personal items left in the gym.

Signature of Parent or Legal Guardian: \_\_\_\_\_

Date: \_\_\_\_\_

**Recruited by** \_\_\_\_\_

# PSA Knights Participation Physical Evaluation

Questions are to be answered by parents. You do not need a DR. physical.

All-Star Cheerleading is a physically active sport.

Date \_\_\_\_\_ Athlete's Name \_\_\_\_\_

Sex \_\_\_\_\_ Age \_\_\_\_\_ DOB \_\_\_\_\_

Circle YES or No for each question. Explain "Yes" answers below, with date of incident and date cleared:

1. Have you ever been hospitalized? YES NO (Date/Reason) \_\_\_\_\_
2. Have you ever had surgery? YES NO (Date/Reason) \_\_\_\_\_
3. Are you presently taking any medication? YES NO (Please List at Bottom)
4. Do you have any allergies (medicine, bees or other? YES NO (Please List at Bottom)
5. Have you ever had Asthma & do you use an inhaler? YES NO  
*If answered yes, you must provide an inhaler to be left at the gym with your name on it!*
6. Have you ever passed out, been dizzy or had chest pain during or after exercise? YES NO
7. Do you tire more quickly than your friends during exercise? YES NO
8. Have you ever had high blood pressure? YES NO
9. Have you ever been told that you have a heart murmur? YES NO
10. Have you ever been told that you have heart problems? YES NO
11. Have you ever had a head injury? (Been knocked out or unconscious) YES NO (Explain Below)
12. Have you ever had a seizure? YES NO (Date) \_\_\_\_\_
13. Have you ever had a stinger, bumper or pinched nerve? YES NO
14. Have you ever had heat or muscle cramps? YES NO
15. Have you ever been dizzy or passed out due to heat? YES NO
16. Do you have trouble breathing or do you cough during or after activity? YES NO
17. Have you had any problems with your eyes or vision? YES NO
18. Do you wear glasses or contacts or protective eye wear? YES NO
19. Have you had any other medical problems? (Infectious mononucleosis, diabetes, etc.) YES NO
20. Have you ever sprained/strained, dislocated, fractured, broken or had repeated swelling or other injuries of any bones or joints

\_\_\_Head \_\_\_Back \_\_\_Shoulder \_\_\_Forearm \_\_\_Hand \_\_\_Hip \_\_\_Knee \_\_\_Ankle  
\_\_\_Neck \_\_\_Chest \_\_\_Elbow \_\_\_Wrist \_\_\_Finger \_\_\_Thigh \_\_\_Skin \_\_\_Foot

Name of Athlete's Physician \_\_\_\_\_

Address \_\_\_\_\_ Phone \_\_\_\_\_

Use space below to provide information on any Yes answers from above, use back if needed.

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Signature of Parent \_\_\_\_\_ Signature of Athlete \_\_\_\_\_

**Parent & Athlete must sign**