

2019-20 La. Rebel Handbook & Registration Packet

Welcome to the Louisiana Rebels!



Thank you for your interest in the Rebel Performance and Competitive Cheer Program! We are excited about you being a part of our “Rebel Family” this new season. This will mark the start of our 18th season and we are thankful for all of the young athletes we have been blessed to coach over the years and so proud of what God has allowed The Rebel program to accomplish. As directors and coaches, we speak for the entire staff when we say we are on an endless mission to improve with our teams and each team member. We also hope to use this sport in influencing the young athletes that we coach beyond the cheer mat with life skills and character development that will help them for a lifetime. One of our mottos is “Positive Attitude, Hard Work,

Complete Focus, and You Gotta Have Heart” (a desire to give your best with the talents God has given)! If an athlete can demonstrate these four qualities, we believe they will make a great addition to The Rebel Team!

Competitive cheerleading is a TEAM SPORT! This sport is set apart in that the routines are designed for the specific athletes that make up that team. Each athlete is vital for the team’s success (there are no second string or bench players to pull from). Due to the TEAM nature, it involves much commitment and dedication from team members- coaches, athletes, and parents. Although these three groups have different roles, they are all vital to the team’s success. **Due to the commitment to your other teammates, it is very important that you the parent and your Rebel go over this packet to understand the commitment (time & financial) and guidelines involved with being a La Rebel All Star.** This packet will cover all necessary information regarding the rules and guidelines of participating in the Rebel team program.

We have several teams available to fit different ages, skills and commitment levels (Show, Prep & Elite Competitive Teams... **See Information Pages** separate from this packet on the “La. Rebels” page at www.lcncheer.com).

Important Dates To Know

SHOW Teams (ages 4-10)

***Current Member** Registration...before April 8th. **New Member** Registration...begins April 8th up to April 24th... Mandatory Placement Clinic April 26th...See SHOW Team INFO FORM for more information.

PREP Competitive Teams (ages 5-14)

*Registration going on thru April 18th ... See PREP Competitive Team INFO FORM for other important information about Skill Evaluation Times & Team Placements.

ELITE Competitive Team Tryouts (ages 7-18)

*Registration going on thru April 18th ... See ELITE Competitive Team INFO FORM for other important information about Skill Evaluation Times & Team Placements

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The Evaluation/Tryout Process... (We have a place for your athlete! :-)

1. Partner Stunting: Ability to execute stunts at certain positions (base, back spot, or flyer) at a particular level. Versatility is best in this aspect of the evaluation. The more stunt positions a person can offer to a team, the better. (This is very important in our evaluations for competitive teams! Ex. #1 What does the athlete bring to this level for stunts?) ***Flyers- flexibility in body positions and safe body control in the air is of most importance for this position. ***Bases and Back Spotters- strength, grips (taught in tryout clinic) and a strong will to make a stunt hit is important for this position.

2. Tumbling: Ability to perform with proper execution, standing and running tumbling skills of a particular level. “ Tumbling Level Skills” are posted in the lobby, gym and at www.lcncheer.com. We want to STRESS that proper execution is key to the SAFETY of the athlete. If we feel an athlete is not ready to safely attempt a skill “repeatedly” in a practice, they most likely will not be considered for that level team at this time, unless other skills are needed from them at that level for the betterment of that team. It is SO important to progress at the right speed for several reasons but the #1 being the safety of the athlete. We recognize that no two athletes are exactly the same. So, each athlete is evaluated independently of one another and only what the athlete can demonstrate safely and correctly to the coaches at the time of evaluation will be considered in the placement. All athletes will continue to be evaluated in these skills for potential team movement up until the choreography of team routines.

3. Jumps, Motions, and Dance: Ability to perform jumps with good height and technique, arm placement and proper landing. Ability to perform motions with proper arm placement, sharpness, and timing.

4. Behavior and Attitude of Athlete and Parent: “Coach-ability” of the athlete is of utmost importance. The ability to listen to instruction, follow instruction with a good attitude and make adjustments based on the instruction given is HUGE! Although this is listed as number 4, it is very important to the success of the athlete and the team they are placed. For example: How are they with instruction? Do they consistently attempt to make changes when coached or critiqued on skills? Do they respect and behave well with teammates on a regular basis? Are they attentive and respectful to authority (Coaches, Teachers and Parents)? Are the athlete and parents team players? Do the parents and athlete follow conduct guidelines set forth? This area is a decider for all of our TEAM members!

Please be aware that we do take age and time in the sport into consideration when evaluating athletes. We do recommend our Rebels to take advantage of the “Off-season workouts” offered in the month of March & April to better prepare for the new season evaluation process!

Practice Absentee and Late Policy

SHOW Teams

Show Teams are allotted **5 misses** between May 6th - September 2nd. These do not go past Sept. 2nd.

- ONE “FREE MISS” is an unexcused absence available to these team members anytime during the season.
- TWO unexcused absences results in pulled performance (unless approved by All-star Director prior to).
- THREE unexcused absences results in dismissal from the team program for the season (unless approved by All-star Director prior to).
- Late Policy/Early Departure - “Grace Period”- 1/2 of a practice is considered a missed practice. Time is collected if needed to determine these minute totals.
- **Sickness/injury** with Doctors Excuse is an excused miss (2 allowed per season if needed).
- **School Function**- 1 excused per season with a note from school representative.

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PREP Competitive Teams (1 day a week competitive teams)

All Star Prep Teams are allotted **5 misses** between May 13th - September 2nd.

- ONE unexcused practice absence results in one pulled performance/competition (unless approved by All-star Director prior to missed absence).
- TWO unexcused practice absences results in dismissal from the team for the present competition year. This athlete is not eligible for a Rebel Competitive Team the next season (unless approved by the All-star Director prior to missed absence).
- Late Policy/Early Departure - "Grace Period"- 1/2 of a practice is considered a missed practice. Time is collected if needed to determine these minutes.
- **Sickness/injury** with Doctors Excuse is an excused miss (2 allowed per season if needed).
- **School Function**- 1 excused per season with a note from school.

ELITE Competitive Teams (2 day a week competitive teams)

ELITE Competitive Teams are allotted **10 misses** between May 13th - September 2nd.

- ONE unexcused practice absence results in one pulled performance/competition (unless approved by All-star Director prior to missed absence).
- TWO unexcused practice absences results in dismissal from the team for the present competition year. This athlete is not eligible for a Rebel Competitive Team the next season (unless approved by the All-star Director prior to missed absence)
- Late Policy/Early Departure - "Grace Period"- 1/2 of a practice is considered a missed practice. Time is collected if needed to determine these minutes.
- **Sickness/injury** with Doctors Excuse is an excused miss (3 allowed per season if needed). NEW! These practice times are to be made up to the team by the athlete after recovery.
- **School Function**- 2 excused per season with a note from school. NEW! These practice times are to be made up to the team prior to the miss or directly after and are to be schedule with the head coach. (NOTE: ONLY GRADED/MANDATORY School functions will be excused during a competition week.)

Excused/Approved Practice Absence Policy Defined for All Teams

- 1. Inform prior to practice.** For absences to be excused the Head Coach & LCN office must be notified in advance (Office hours 2:30pm to 7pm M-F). Please speak to a person. Notification after a practice has started can result in an unexcused absence.
- 2. Sickness/injury** that involves a doctor visit with a doctor's note is excused (Professional 3rd party excuse is key to this rule).
 - If school was attended then practice should be attended.
 - Sickness/injury absences without approved 3rd party excuse will not be excused absences.
 - Scheduled appointment (eye appt.'s, dentist appt.'s, etc.) should not conflict with practices and are not excused absences
 - Excuses are to be turned in to the Rebel's Team Coach upon their first practice back in the gym.
 - For athlete to return to workouts after injury we must have a Doctors release stating the return date and the level of activity for that athlete.
 - *Elite Team* members are required to make up time missed to their team.
- 3. School Functions**
 - These are for Graded Functions, School Plays, Ring Ceremonies, Band Concerts, Etc. Coach/Director must be informed prior to the absence.
 - MUST have a letter from the school on school letterhead stating the date and time of the event and a contact person, at least one week prior to the missed practice. NOTE: Elite Team athletes are required to make up these times missed and only graded school functions are excused *on competition weeks.*

The above are the guidelines and standards we have put in place for the coaching staff, athletes, and parents to be consistent. Any other excused miss would need approval from the all-star director.

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Competition/Performance Attendance (We are considerate to the financial, time & work investment of many parents, athletes & coaches) A printable competition schedule is posted on the "FORMS" page of www.lcncheer.com no later than September 1st. This allows at least a two to six month look ahead for scheduling and preparation.

- If a Rebel Athlete (Show or Competitive) does not show up to competition/performance (without prior approval) or does not take the performance floor with his/her team, they are dismissed from the team program and not eligible for tryout/placement the next competition season.
- Any competition scheduling conflict must be discussed immediately after the competition schedule is posted. IF it is an approved miss, by the all-star director prior to the competition/performance, it will result in an additional pulled performance for that athlete but their spot on the team will remain. Practice attendance is still mandatory during the time the athlete is sitting out of practice.
- ONLY SERIOUS EMERGENCIES will be considered for approval without the above consequence. Approval is given at the all-star directors discretion.
- Rebel Athletes are required to be present and on time to their teams "Report Time" at competition. Tardiness to their teams Report Time will result in conditioning of the athlete at the next practice. This will be determined by the head coach of that team. A "10 minute grace period" is allotted.

Due to the team nature of this sport and the investment of many, these guidelines and standards are strictly enforced.

Rebel Athlete Conduct: Please note that the decisions of The Rebel Program are based on the following; Christian ethics (we will pray in practices, refer to bible scripture in practices, etc.), experience in the industry, and a TEAM concept. All Rebels and parents are expected to honor the Rebel code of conduct.

A. Practice behavior: All Rebel Athletes must have a positive, a respectful and a ready to practice attitude towards her/his teammates, coaches, LCN staff, LCN parents and LCN students (the athletes attitude is determined by the LCN Staff/Coaches).

- NO JEWELRY is to be worn in the gym area (athletes will run 1 lap for every piece of jewelry worn after practice begins).
- CELL PHONES ARE NOT allowed to be used during practice time.
- All Rebels should arrive in proper practice clothing, cheer shoes, and hair ties to be able to practice effectively.

B. Behavior Outside of practice: Be aware that Rebel conduct outside of practice can impact participation in The Rebel Team Program. Females and males are to demonstrate respectful, courteous and good character behavior away from the gym at all times. They must always remember that they are representing more than just themselves and their family, but also The Louisiana Rebel All-Star Program/ Family, its coaches, its directors, etc.

C. Internet sites/Social Media (Instagram, Facebook, Twitter, Snap Chat, etc.): The following are not to be posted on the world wide web: Vulgar language, disrespectful comments towards authority or anyone else, partially dressed pictures (bathing suits, etc.), pictures with drinks of any kind, tobacco usage, harmful music, etc.

D. While in uniform or wearing any Rebel Apparel: There is to be no physical contact with the opposite sex, foul or vulgar language, involvement in tobacco, alcohol or drug usage, or any other inappropriate behavior.

F. Gossip: the sharing of information to which you do not have proof or may be hurtful to someone else is not permitted in The Rebel Program.

Athlete violation of the above guidelines can result in athlete dismissal from practice and/or dismissal from The Rebel Team Program for the season or indefinitely.

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Parent Conduct and Responsibility: Please note that the decisions of The Rebel Program are based on the following; Christian ethics (we will pray in practices, refer to bible scripture in practices, etc.), experience in the industry, and a TEAM concept. All Rebels and parents are expected to honor the Rebel code of conduct.

A. General Conduct – Parent/supporter behavior affects the success of each Rebel, The Louisiana Rebel All-Star Program, and other Rebel Parents. All parents/supporters must realize that their behavior affects their Rebel's participation in this activity and must agree that if questions or concerns arise, an appointment with the all-star director should be scheduled for discussion. The job of a parent/spectator is to be positive and supportive at all times. Failure to do so will result in the temporary or permanent dismissal of the child from any and all La. Rebel All-Star and Louisiana CheerNastics Programs. This program and its decisions are based on Christian Ethics, experience in the industry, and a TEAM Concept (all decisions are made based on how they affect the team collectively, not just individuals).

B. Gossip, Public Negativity and Coaching from the lobby area are not permitted. LCN wishes to create a positive and pleasant lobby and gym environment. Any time you have questions or if discussion is needed with the head coach and/or all-star director about your child (not the team or anyone else's child) you should do so by scheduling an appointment with the head coach and all- star director. LCN will NOT tolerate gossip about teams, athletes, coaches or other programs in the lobby area.

C. Competition Conduct/Etiquette – As a program, we strive to instill the values of good sportsmanship in our athletes. In order to achieve this, we have to ensure that our parents and supporters exhibit good sportsmanship as well. At competitions, all Rebel parents are expected to conduct themselves with exceptional sportsmanship and courtesy for all athletes and spectators at the event. This includes, but is not limited to: remaining seated and quiet while all teams are performing, congratulating all teams on their placement/awards, and keeping a positive attitude throughout the duration of the event.

D. Payment Responsibilities – All fees (tuition, participation fees, uniform fees, etc.) to Louisiana CheerNastics and Louisiana Rebel All Stars must be kept up to date. Failure to make payments by due dates can result in late fees, suspended participation in practice and/or removal from the team. Please make sure you have read and understand the expenses involved in this activity. All fees paid to Louisiana CheerNastics and Louisiana Rebel All-stars are non-refundable.

E. Communication with Event Producers- It is the responsibility of the LCN/Rebel management staff to address and communicate with competition companies. Parents and spectators should not contact event producers using any method of communication to voice opinions, complaints, or suggestions. All concerns to event producers should come through the LCN/Rebel management staff. Parents/spectators are not allowed on the warm up floor, performance floor, or near the judges tables during any competition.

Team Commitment

All Star cheerleading is a sport that requires a high level of team commitment from the athletes, coaches, and parents involved. Unlike other sports, All Star cheerleading teams need all members present at practices and at performances to function properly. There are no “bench players” or “replacement athletes” on the teams to fill in when someone is missing. When an athlete is unable to practice or perform, other athletes on the team are affected (i.e. stunt groups are not able to practice when one athlete is missing.) For this reason, All Star cheerleading helps teach its athletes many other great character qualities beyond cheerleading that they will take with them through life. Qualities such as dependability, working hard together, and putting others before self are all learned from this fun TEAM sport.

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Fund-Raising for ALL Rebels

We are aware of the expense of being part of this fun and exciting sport and we offer fund-raising opportunities for those who would like to participate. We encourage participation in fund-raising while it is available. We offer fund-raising in the months of May thru August, so be sure to take advantage of it while it is available.

- A 5% coordinating and managing fee of fund raising profits will go to LCN for the time and work involved for us to offer fundraising (Ex. Counting payments & orders, placing orders, unloading trucks, time, etc.).
- Fund-raising is for your Participation Fees and Uniform Fees. Fund-raising profits are not for tuition fees.
- Many Rebel Families in years past have been able to pay their entire participation fees and uniform fees with a little work on fund raising. Please take advantage of fundraising while it is available!

LOGO

The “Rebel All-Stars” and “Louisiana CheerNastics” names/logos are the official property of Louisiana CheerNastics. Any unapproved printing, monogramming, or use of these names/logos can result in dismissal from The Rebel All-Star program. We also ask that you do not purchase any merchandise that has our name/logo on it from anywhere besides LCN. Logo approved merchandise will only be sold through the office at LCN. Support the gym that is coaching your athlete!

Spirit Gifts/Merchandise

Gifts given to teams must be approved by the All –Star director before the gifts are purchased. Spirit gifts are to be donated to the team for which they are made by the parent(s) responsible for the purchase. Under no circumstances should any cost be incurred to the parents or Rebels on a team, unless approved by the All-Star Director prior to the purchase of the gifts. Any and all solicitation is prohibited without prior approval from the All-Star Director.

Competition Team Videos

Competition team videos may not be posted on the internet/social media sites until the competition season is over. Much investment and skill has gone into these routines and the sharing of these videos online can put our teams at a competitive disadvantage.

(Keep Pages 1-6 for your viewing... Turn in Pages 7-10 upon Registering)

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Due for REGISTRATION:

1. Signed registration forms (last 4 pages)
2. \$150 Non-Refundable Registration fee
3. Copy of athlete Birth Certificate
4. Copy of Health insurance card

Athlete's Full Name: _____ Athlete's Cell #: _____

Birthday (Month, Day, Year): _____ Age as of August 31, 2019: _____
USASF # _____

Registering for (you may check more than one):

Show Team Evaluation _____ **Prep** Team Evaluation _____ **Elite** Team Evaluation _____
(Please note: the coaching staff will place athletes on the team we believe they need to be on after Evaluation.)

Contact # 1 (Parent/ Guardian Responsible for Tuition and Participation Fee payments)

Full Name: _____ Primary Phone #: _____

Cell Phone #: _____ Relationship to athlete: _____

***Email address: _____

IMPORTANT: All notices, receipts, and reminders will be sent via email on a regular basis. If you do not submit an email address (and check it regularly), you will not receive important information!

Contact #2

Full Name: _____ Primary Phone #: _____

Cell Phone #: _____ Relationship to athlete: _____

***Email address: _____

Athlete's Home Address: _____

City: _____ State: _____ Zip: _____

Home Phone: _____

Emergency Contact (Other than Parents): _____ Phone: _____

Health Insurance Information (please attach a copy of health insurance card):

Company: _____

Policy #: _____

Athlete Practice clothes sizes - Must be filled out! (Sizers are available to try on in the Pro Shop) Practice clothes may not be returned.

T- Shirt Size: _____ Tank size: _____ Short size: _____

**** Please inform us of any changes that occur throughout the year, Thanks!**

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Medical & Photo/Video Release Form

Athlete Name: _____ DOB: _____

Preferred Physician: _____ Phone: _____ Preferred Hospital: _____

Physical Handicaps: (specify physical impairments)

Chronic Ailments: _____ Asthma _____ Circulatory or Heart Problems _____ Diabetes _____
Epilepsy _____ Hemophilia/other bleeding problems _____ Other (Specify) _____

Psychological Handicaps: (fears, anxieties, etc.)

Allergies: _____ Penicillin _____ Insect Bites _____ Other (specify) _____

Emergency Agreement: In case of emergency (parent contact attempt would be made), I hereby give permission to the physician selected by my child's cheerleading coach/instructor to hospitalize at the hospital listed above or nearest facility, secure proper treatment for and to order injection, anesthesia or surgery for my child, as named above.

Parent/Guardian's Signature: _____ Print name: _____

Date: _____

Photo/Video Release: I hereby give permission for images of my child captured during regular and special activities through video, photo and digital camera, to be used solely for the purposes of Louisiana CheerNastics promotional material and publications, and waive any rights of compensation or ownership thereto.

Parent/Guardian's Signature: _____ Print name: _____

Date: _____

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Payment Agreement Form

All tuition fees and participation fees for Rebel All-Stars are handled by an automatic draft system unless the full season is paid in advance by cash or money order. Your bankcard or credit card (Visa or MasterCard only) will be automatically billed monthly for tuition and participation fees if not paid in advance.

- Tuition fees are billed on the 1st of each month, or on the Monday following the 1st of the month when the 1st is on a Sunday or a date when Louisiana CheerNastics office is closed.
- If a transaction is declined on the 1st for any reason, Louisiana CheerNastics will notify the cardholder of the declined transaction via email. The transaction will run again every 3 days until payment is received.
- **If the transaction is not successful by the 10th of the month, a \$25 NSF/Late Fee will be added to the delinquent account and the transaction will continue to be run until successfully drafted.**
- If payment has not successfully drafted by the 15th of the month and contact from the cardholder has not been made, all fees must be caught up before participation in the program can continue.
- Participation installment fees for Louisiana Rebels will be drafted June 17th, July 15th, and September 16th (depending on the team program to which your child is a member). **A \$25 late fee will be applied if the draft for participation fees is unsuccessful 10 days after the payment due date and participation in practices will be suspended until all fees are paid.**
- Late fees applied to LCN Tuition Account or Rebel Accounts for late payments to Louisiana Rebels or Louisiana CheerNastics will be drafted from this bank or credit card.

Billing Information for automatic draft:

*****All fields must be completed for application to be accepted.*****

Name (as it appears on card): _____

Cardholder's relationship to participant: _____

Street Address (where card statements are sent): _____

City: _____ State: _____ Zip: _____

Phone number: Home: _____ Cell: _____

Email Address: _____

*Receipts and notification of unsuccessful transactions will be sent via email.

Tuition Amount to be drafted on 1st of each month: _____ Card Type: _____

Team Participation fees to be drafted according to team program placement (Show, Prep, Full)

Card Number _____ Exp. Date: _____

Please inform us promptly of any changes to the information above.

Cardholder's Signature: _____

*****Cancellation Policy*****

I am aware that I must notify Louisiana CheerNastics in writing as of the 20th of the month prior to the month of cancellation. If this notification is not received by Louisiana CheerNastics by this date, my account will be charged for the following month. Upon cancellation, participation in programs at Louisiana CheerNastics is suspended as of the end of that pay period/month. All refunds are made at the discretion of Louisiana CheerNastics Management. By my signature, I am in agreement with the points mentioned in this payment agreement and will honor this agreement for the duration of my child's participation in this activity.

Parent/Guardian Signature: _____ Date: _____

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Louisiana CheerNastics Liability Release

I, the parent and/or legal guardian of _____, understand that by the nature of this activity, cheerleading and gymnastics carry a risk of physical injury. I believe that my child is qualified to safely participate in such activity. I realize that no matter how careful the participant and coaches are, how many spotters are used, or what landing surface is used, the risk cannot be eliminated. The risk of injury includes minor injuries such as muscle pulls, dislocation and broken bones. The risk also includes catastrophic injuries such as permanent paralysis or even death from landing or falls on the back, neck or head. I hereby Release, discharge, covenant not to sue and agree to indemnify and save hold harmless each of the Releasees (Louisiana CheerNastics, La. Rebel All-stars, other participants, any sponsors, advertisers, administrators, directors, agents, owners, officers and lessors of the premises on which the activity takes place) from all liability, claims, demands, losses or damages on the minor's account caused or alleged to have been caused in whole or in part by the negligence of the Releasees or otherwise, including negligent rescue operations, and further agree that if, despite this release, I, the minor, or anyone on the minor's behalf makes a claim against any of the releasees, I will indemnify, save and hold harmless each of the Releasees from any litigation expenses, attorney fees, loss liability, damage, cost any Releasee may incur as the result of any such claim. *Initial _____

Tryout / Participation Release

I, the parent and/or legal guardian, understand that my child will go through a clinic/tryout evaluation and selection process and that my child's participation in the Rebel Team Program will rely on her/his skills, abilities, attitude, attention span, history in the program if applicable, etc. I understand that my child will be evaluated by qualified judges/coaches approved by LCN management. We the parent and/or guardian and the tryout participant, agree to abide by all decisions made by the judges, coaches, LCN staff and management without argument. Upon making a Rebel Team, my child has permission to participate in the La. Rebel Program and I understand that by their participation in this program my child and I, the parent, must abide by all rules and regulations set forth by the advisors, coaches, staff and management of LCN and Louisiana Rebel All-stars. I, and my child/athlete/participant understand that evaluation is not only marked by the tryout dates but is a continuous process throughout the season. We agree to support the coach's professional opinions and the decisions they make. *Initial _____

Team Commitment Agreement and Code of Conduct

I am aware that by allowing my child's participation in The Rebel Team Program that we collectively are making a commitment to her/his teammates for the duration of the season and a commitment to follow the Louisiana Rebels Code of Conduct. In honor of that commitment, my child will be at all practices and competitions (unless it is approved in the absentee policy and/or by the All-Star director) and will be ready to support all team decisions set forth by its coaches and directors. This commitment is for the full duration of the competition year and my Rebel and I as her/his parent will honor this commitment. I understand if our commitment is not honored or the code of conduct is not followed, my child (or other siblings) will not be eligible for the next season Rebel Team Program Tryout/Evaluation and that all monies spent are nonrefundable. I have read the code of conduct for parents and athletes and agree to abide by the rules. *Initial _____

Failure to Abide

I have read the Louisiana Rebel All Stars handbook and understand all the rules required to be a part of the Louisiana Rebel All Star program. I understand that by mine or my child's failure to abide by the rules set forth in this contract can result in dismissal from all Louisiana CheerNastics and La. Rebel All-star Programs. I am aware that the management of Louisiana CheerNastics/La. Rebel Allstars reserves the right of the dismissal of any student including my own for any reason stated or not stated in this contract if the management of Louisiana CheerNastics feels it to be necessary. I also understand that these guidelines and standards have been put into place to protect the time, financial and work investment of the team members of Louisiana Rebel All-stars. By my signature, I am in agreement with the terms stated in this contract and will abide by the rules set by Louisiana CheerNastics and La. Rebel All-stars and its directors for the duration of this season and/or the duration of my child's participation in this activity. *Initial _____

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Parent/Guardian Signature #1	Date	Parent/Guardian Signature #2	Date
<hr/>		<hr/>	
Printed Name of above	Phone #1	Printed Name of above	Phone #2
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Athlete Signature	Date	Printed name	Phone Number