



Intensity Athletics
38444 Sky Canyon Dr. #140, Murrieta, CA 92563
WWW.INTENSITYATHLETICS.NET PHONE 951-696-2433

2022-2023 INTENSITY PARENT HANDBOOK

Practices

To ensure that teams have practices with minimal distractions, practice days may be any day during the week or on weekends which includes team tumbling. Practices will be closed to viewing starting after your team's choreography date. Mandatory additional practices may be added not during your normal teams practice times during the season and attendance to these additional practices are mandatory. We reserve the right to hold athletes accountable for any conditioning they may miss due to any missed (excused or unexcused) absence or late arrivals.

_____(Parent Initials)

Monthly Program Payments

Program Payments will be due on the 1st of each month starting by the dates on the cost sheet. Program Payments will be considered late if not paid by the 5th of the following month, and a \$25 late fee will be assessed. The monthly Program Payments are due regardless of how many practices your athlete attends and/or holidays that Intensity Athletics observes in any given month. All Automatic withdrawals will be drawn on the 1st of the Month. All accounts MUST have a valid credit card on file for billing purposes.

_____(Parent Initials)

Flyer Flexibility Class

Due to the complexity and time needed to teach a flyer the necessary skills to be an elite flyer, ALL athletes who are considered flyers must commit to take at least one flyer class per week starting in July. Flyers will receive team tuition rates for all classes. Classes will be available for those seeking a flyer position, however this will not guarantee a flyer position in a routine. Special considerations for those flyers who have mastered all necessary body positions may be excused from attending at Intensity Athletics discretion. We reserve the right to hold athletes accountable for any conditioning they may miss due to any missed (excused or unexcused) absence or late arrivals

_____(Parent Initials)

Injuries

If an athlete is injured at home, during practice, or during other extracurricular activities, we request that you please notify us as soon as possible. You need to provide the gym with a doctor's note as soon as possible detailing the extent of the injury, length of recovery, and extent of exercise allowed at practice. Athletes will not be dismissed from all activity unless a doctor's note is provided as all attempts will be made by the coaching staff to have the athlete participate to the extent the athlete is not further harmed. We may re-choreograph routines based on the person's injury and length of recovery. Once the individual has fully recovered, he or she may or may NOT be choreographed back into their original spot in the routine. The coaches have complete discretion in replacing such individuals for the rest of the season if needed. All injured athletes will continue to pay their monthly Program Payments to hold their spot on a team. Even if you are choreographed out of a routine and are not competing with your team, you are required to attend all competitions on time and in full uniform just as if you were competing.

_____(Parent Initials)

Choreography

Some teams may have a dedicated choreography day(s) that requires mandatory attendance and may not be on the team's normal practice days. This may require attendance of 4-8 hours each day. Choreography Sessions are CLOSED entirely to spectators. Choreography will most likely be on a weekend day.

_____(Parent Initials)

Attendance Policy

We adhere to a strict attendance policy. Valid and reasonable notification of non-excessive absences that are turned in by July 1st, 2022 for the season to Intensity Athletics will receive consideration for waiver of the fine if the dates do not fall during a prohibited absence day. Absences should not fall within 2 weeks (or 4 practices) of a competition/exhibition or a choreography or camp day; and the athlete may be choreographed out of the upcoming or future competition and/or the athlete's position may be moved with no refund or reduction in fees. **Any absence or late arrival more than 15 minutes will be fined \$25 per missed**

practice or per late arrival (documented proof of an extreme emergency is exempt). Excessive absences will be subject for team removal. Excessive Absences in which the team is affected will be treated as team abandonment and you may be removed from the program with no refunds or moved to another team. **Absences from practices and team tumbling are prohibited TWO WEEKS (or 4 practices) prior to a competition or on a Choreography or camp day (Excused or Not).** The only excused absences are a school function that results in a grade with school documentation, an extreme illness documented by a doctor's note, or extreme family emergency with proper documentation. All other absences are not considered excused. Absences 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 and possibly will need to utilize a coach for private lessons to catch up. Alternates must also follow all requirements and guidelines. Missing two consecutive practices with no phone call or communication with the staff will be considered to have abandoned their team and the contract termination fee will apply. The whole squad is affected by a member's non-attendance, and a parent should not restrict the attendance of practice as a "disciplinary punishment" or for any other personal reasons. A no call no show to any practice may result in immediate removal from your spot and possibly removal from the team. Any absence requires written notification to Intensity Athletics with as much notice as possible. Intensity has established a vacation schedule in advance so please schedule your unplanned vacations on those days. We reserve the right to hold athletes accountable for any conditioning they may miss due to any missed (excused or unexcused) absence or late arrivals.

_____(Parent Initials)

Sick Policy

We do require athletes to attend practice when feeling under the weather, however you may not be required to participate. We ask that athletes be present so that they may still learn what is going on. Athletes are not expected to attend practices if they are contagious. However, this needs to be communicated to your coach 4 hours prior to the start of practice so that a suitable replacement may be found. In addition, you must provide a doctor's note with detailed information regarding the illness, treatment and length of recovery. This includes dental, medical and any other health related issue that would prohibit an athlete from participating. Even if you are sick or injured and are not competing with your team, you are required to attend all competitions on time and in full uniform just as if you were competing.

_____(Parent Initials)

COMPETITIONS

We will be attending the number of competitions/exhibitions listed in the program cost sheet. Practice attendance is mandatory TWO WEEKS (or 4 practices) before a competition. You will be provided with a tentative competition schedule by the end of July. Please mark your calendars as soon as you receive it. We have no control over what other gyms attend these competitions and who our teams will be competing against. If a competition is cancelled, we will attempt to substitute with another one, but no refunds will be given. At our competitions, we ask that all parents and spectators wear our team colors, and/or our team clothing and sit together. The support, unity, and participation as a team is very important to our athletes, which helps them to perform at their best. It is the athlete's responsibility to secure transportation to all events and competitions with on time arrival. Keep in mind some competitions may require overnight stay, and this is also the athlete's responsibility to secure accordingly. If an athlete is removed from a routine or the program entirely for any reason, Intensity Athletics will not be held responsible for any economic loss on hotel rooms, air fare, etc.

All athletes are expected to show up looking clean and presentable. No colored nail polish is allowed. Nails should always be maintained at an athletic, short length. At no point are athletes allowed to have jeans or pajama bottoms on with any part of your uniform. You must wear the correct socks and shoes always. You may NOT wear flip flops, slippers, etc. No jewelry is allowed at any time during a competition, including but is not limited to: earrings, belly button rings, "other" piercings, necklaces, wristbands, rings, or anklets. When in uniform, sleeves should remain down, and skirts and tops should be zipped up. If you have any part of your uniform on, it must be worn completely and properly. No unnatural hair dye is allowed in athlete's hair at any competition/exhibition. At awards, full uniform is required. While not performing, or warming up, an athlete must cover up any bare midriff that is showing with Intensity Athletics approved warm-up jacket or apparel. **No videos of routines or practices may be published in a non-private public forum without Intensity Athletics prior approval*

_____(Parent Initials)

Airfare Travel Teams- All Star Elite Only

Some cheer teams will be chosen to attend an airfare travel event, for a prestigious competition in the United States. If your team is chosen you will be responsible for the costs as listed in the fee schedule which must be paid on its due date to be able to attend. No Missed practices will be allowed 4 weeks prior to attendance of this competition (**Fine doubled within 4 weeks of a competition**). All athletes must secure Hotel & Air transportation (only approved means of travel) 90 days prior to the event date that will have the athlete arrive/depart to the event on the date listed on the teams travel schedule. **DO NOT BOOK YOUR TRAVEL ARRANGEMENTS UNTIL INTENSITY RELEASES THE TEAM TRAVEL SCHEDULE.** All return transportation must be scheduled to arrive by the next scheduled practice. Athletes will be responsible for all travel fees that will include, but not limited to, airfare, travel, lodging, and meals. Families must keep in mind that although we will do everything in our power to ensure that athletes attend this competition it is important to understand that we do not host this competition and factors beyond our control may prohibit us from attending. Intensity Athletics recommends that all incurred travel costs are refundable and purchasing nonrefundable expense items such as hotel, airfare, etc. is at the sole family's risk and discretion; Intensity Athletics will not reimburse any of these fees for

Updated March, 31st, 2022

any reason. Intensity Athletics may secure a room blocks and will be required to book their rooms with our “gym code”. All athletes are required to stay at the hotel chosen by Intensity Athletics. It is important to understand that this event will not be considered a vacation and attendance to parks or any other extracurricular activities may be prohibited for the athlete until after the final performance.

_____(Parent Initials)

Other Competition Bids (Summit, All Star Games, Etc.)

All Intensity Athletics teams will be attempting to secure paid and at-large bids to many “invitation” only events for All Star Elite teams only. If a PAID or at Large invitation is earned by a team, Intensity Athletics at their sole discretion may accept the invitation and if determined the team will attend the event, all athletes will be required to perform at the event. Wild card bids will be attended if a super majority of the team parents agree to attend. A PAID invitation will pay for most of the costs to attend while at large and wild card bid will bare all costs of the competition to the athlete’s family. Additional costs to secure Intensity Athletics staff to attend the event and Intensity Athletics administration costs will be the responsibility of each athlete. **This cost of \$200 per athlete is not covered by the paid, at large, or wild card bid and is in addition to all other costs** to attend including competition registration fees. Any account with a past due balance will not be eligible to attend these events; a replacement may be put in the routine.

_____(Parent Initials)

Out of State Competitions- All Star Elite Only

Cheer teams may attend other out of state competition. Athletes will be responsible for all travel fees that will include, but not limited to, airfare (if flying), gas, travel, lodging, and meals. Intensity Athletics will secure a room block from the competition host and requires that every family book their rooms with our “gym code”. All athletes are required to stay at the hotel chosen by Intensity Athletics unless otherwise approved in writing by Intensity Athletics.

_____(Parent Initials)

Communication

Most communication about the Gym will be done via BAND team pages. It is crucial that you obtain a valid BAND account that you check daily to ensure that you do not miss any important gym information. If you need to change your e-mail address, please notify us promptly. All Parents & legal guardians who request to be added to the email list will be added unless Intensity Athletics is in receipt of a court order stating otherwise.

_____(Parent Initials)

Team Practice Tumbling

Team Tumbling will start in September and end in March, as stated in the Program Cost Sheet. Team tumbling is considered a practice and requires mandatory attendance. Absence notification forms must be completed in a timely manner.

_____(Parent Initials)

Imagine Policy

Athletes must show up to ALL competitions in either their full uniform, or in the approved warm up set. Athletes, coaches and families are expect to behavior in a respectable manner at all times. Excessive drinking and or be intoxicated at competitions or at any Intensity Athletics event will NOT be tolerated. Drinking on Intensity property, whether it is in the parking lot or the gym during practices will NOT be tolerated! Parents found to be arguing, yelling at, or ignoring request of the event staff or producers will result in immediate release of the program! Any suspects of wrongdoing will result in immediate action.

_____(Parent Initials)

Spirit Wear Policy

Intensity Athletics offers a variety of spirit wear items for purchase. Any designs outside of what is offered must be approved by the owners. Unauthorized apparel or using Intensity Athletics logo will be subjected to a \$50.00 fine per item.

_____(Parent Initials)

CONTRACT TERMINATION & NO REFUND POLICY

If an athlete leaves the program after July 15th, 2022, there will be a termination fee of \$450 and NO refunds for competition fees, Program Payments, or other payments will be made. In addition, each athlete MUST leave a valid credit card on file for billing purposes.

_____(Parent Initials)



Athlete Behavioral Contract

I know that I have a right to:

- Be in a safe and supportive learning environment, free from discrimination, harassment, bullying, and bigotry
- Know what appropriate behavior is and what behaviors may result in disciplinary actions
- Be counseled by Intensity staff in matters related to my behavior as it affects my progression and welfare

I agree to:

- Appear for each of my practices on time and ready to begin work
- Be prepared with appropriate clothing at practice
- Show respect & not bully any members of my team, coaches and other adults
- Resolve conflicts peacefully, and avoid fighting inside or outside of the program
- Behave respectfully, without arguing, and cooperate when a staff member gives direction or makes a request
- Take responsibility for my personal belongings and respect other people's property
- Refrain from bringing weapons, illegal drugs, controlled substances and alcohol to the program
- Share information with staff that might affect the health, safety or welfare of the any member of this program
- Keep my guardians informed about program-related matters & make sure I give them any information sent home
- Follow all rules and behave responsibly as described in the intensity team packet

Behavioral Contract

Athlete Name: _____ Signature: _____ Date: _____

Parent Section

I have received a copy of the **Team Packet which includes the Team Practice Rules and Parent Code of Conduct** and understand the behavior that is required of my child.

I agree to help my child follow this agreement by:

- Encouraging my child to be a respectful and peaceful member of the Intensity program
- Discussing contents of the **Team Packet which includes the Team Practice Rules and Parent Code of Conduct** with my child
- Participating in any discussions and decisions concerning my child's progression
- Attending scheduled appointments with Intensity staff
- Alerting Intensity if there are any significant changes in my child's health, or well-being that affect his/her ability to perform as an athlete.

Parent/Guardian Name: _____ Parent/Guardian Signature _____ Date: _____



TEAM PRACTICE RULES AND ATHLETE CODE OF CONDUCT

Practices are very important as it will be where you learn new skills and your competition routine. While we try to give as much notice as possible of any practice schedule changes, practices may be added or canceled at any time. We have the following rules and guidelines that will help your athlete get through the season without any problems:

- Non-Athletes must remain in the parent viewing area always
- We reserve the right to close all practices to parents. (Viewing room may be shut at any time without notice!)
- Athletes may only be in the gym during their regularly scheduled practice time unless otherwise approved
- There is to be NO JEWELRY worn to practice.
- Cell phones must be turned off when practice starts and remain off throughout the practice. Cell phones may be collected at the beginning of practice and returned at the end of practice to minimize distractions.
- Please do not bring your family PETS to practices at the gym!
- There are to be NO excessively long fingernails.
- Intensity Athletics practice clothing as directed by coaches must be worn to all practices
- Lost, misplaced or damaged clothing will be replaced at your expense.
- Anyone late or dressed incorrectly will be subject to discipline as noted herein
- Late athlete pickups will be assessed \$30 every 15 Minutes after the athlete release time
- All clothing and belongings must be stored in the cubbies, not thrown on the floor
- Do not bring items of value to the gym as Intensity Athletics is not responsible for lost or stolen items
- Anyone who threatens to quit will be asked to leave immediately and no refunds will be given
- No use of profanity or obscene language will be tolerated
- No food, drinks or gum are allowed on the gym floor at any time

An athlete must always be a strong representative of Intensity Athletics and a positive reflection of themselves and his/her teammates. Abusive behavior, foul language, lying, bad attitudes, or any other form of negative behavior including disrespect of coaches, other team members, or parents, are grounds for removal from this team or suspension from practices and/or competitions at Intensity Athletics discretion. If your athlete is suspended from practice or competition for failing to observe the code of conduct you will still be responsible for all fees incurred and/or earned by Intensity Athletics Gym Inc. We will not tolerate negative comments about other teams and their programs. Many of you communicate with other cheerleaders at various organizations through e-mail, message boards, and social network sites; please remember that anything you say is a direct reflection on this organization. Any derogatory, controversial, or negative comment/picture about yourself, Intensity Athletics, or any other gym could be grounds for dismissal. *** These rules also apply to parents. We reserve the right to remove a parent from the gym for negative behavior. If it continues, we will remove the athlete as well.**

Athletes will not be allowed to take lessons, attend open gyms, or inquire about other competitive all-star teams. Anyone found violating this rule will be asked to cease this behavior, and any subsequent occurrences will be grounds for dismissal from the team with no refunds. Athletes are forbidden to recruit or attempt to recruit directly or indirectly to another program during the season. This will be ground for immediate team removal.

The use of the Intensity Athletics logo is reserved for official Intensity Athletics documents and official Intensity Athletics Accessories. Parents/Athletes may not use this logo to make their own products unless express written permission is given by management. Printing items for other members, parents, friends, or family for a fee is prohibited.

CONSEQUENCES

- 1st Offense of minor violation is a Warning and Conditioning at Coaches discretion
- 2nd Offense the minor violation team member will be suspended/sit out of practice until the problem is resolved
- 3rd Offense an athlete and parent conference will be called to determine further action* (which may be termination)

*A problem between an athlete and staff member will first be addressed with the staff and athlete involved. If problem requires parent notification, it will be expected that the parent assist the staff member in solving the problem.



PARENT CODE OF CONDUCT

Parents are always welcome and encouraged to attend events and some practices but are expected to attend as spectators and not extra coaches or commentators. If for some reason you disagree or are unhappy with a philosophy or decision of the Intensity Athletics staff, judging at a competition, etc., please request to set up a time to talk to your athlete's coach first. Refrain from making unreasonable demands or talking negatively amongst each other as parents or to your athlete. This can only hurt the athlete and overall atmosphere of the program. Parents listen and report to the coaches about what is said by a negative parent.

As a parent of an Intensity Athletics athlete(s), we ask that you help us teach the importance of commitment, follow through, and dedication to your athlete. There may be times when practices don't go well or someone walks away feeling discouraged. Knowing this to be inevitable, proper conflict management on your part may be necessary. Enabling your athlete to publicly complain, show unsportsmanlike conduct or jeopardize the safety or well-being of fellow teammates cannot be tolerated.

Please remember that no one likes to become second priority. By choosing to accept the invitation to participate on an Intensity Athletics team, you as a parent assume full responsibility for your athlete's attendance at all events, practices, and competitions that are scheduled. Our practices are important to the team, please do not punish your child with missing practices, events, or competitions. Withholding your athlete from a practice, event, or competition hurts the team and its progression toward success. We need every athlete at every practice and gathering. Missed events for any reason can jeopardize your athlete's standing on a team and may result in dismissal from the team without refunds or reimbursements, as well as other consequences as listed in the packet.

All parents will be expected to conduct themselves in a professional and mature manner whenever they are representing Intensity Athletics. Showing respect for the coaching staff, other teams, and hosting organizations is crucial in representing Intensity Athletics and setting the best possible example for our program.

- It is ultimately a parent's responsibility to financially support the activities that they choose to allow their athletes to participate in. Parents must understand their responsibility to follow through with the financial obligations associated with Program Payments and other fees during the season.
- Communicate any unresolved concerns with the gym owners promptly. Parents are NOT permitted to gossip about the program, coaches, or team athletes at any time
- Parents may not disrupt or cause distractions during any event or practice.
- Parents should not reprimand/discipline another child. Intensity Athletics will handle these problems privately & professionally.
- Parents may not argue routine placement or changes in the routine.
- Parents may be asked to leave an event at any time if they are not being positive and supportive.
- Intensity Athletics may close the viewing window, at any time, for any reason
- Please do NOT boast about your child's successes; be considerate of parents around you.
- Please send a carbon/complimentary copy (CC) to gym owners for any written correspondence with any of the staff.
- Parents may not contact event producers for any reason, any questions or concerns need to be directed toward the team managers, coaches, owners. Any violation of this may result in monetary reimbursement to the gym if this action harms the gym in any manner.

I fully understand the terms above and will do my best to follow all rules. I understand the risks involved in making any negative behavior choices. I will set a good example for my athlete and those around me.

CONSEQUENCES

- 1st Offense is a Warning
- 2nd Offense Meeting with Gym Owners/Gym Director to determine further action
- 3rd Offense Dismissal from Program with NO refunds



2022-2023

INTENSITY ATHLETICS ABSENCE NOTIFICATION FORM

ATHLETE NAME: _____ Team (s) _____

TOTAL # OF PRACTICES MISSED: _____ Leave Date: _____ Return Date: _____

Date Turned into Intensity Athletics _____

Are any of the below True: YES / NO

This a school function that results in a grade with documentation attached
This an Emergency with Documentation Attached
Form turned in prior to July 1st, 2022

DATE(S) OF MISSED PRACTICE(S): _____

Reason for Request

Your Account will be charged the proper Fine Amount on your next statement

Holidays and Scheduled Vacations – No Team Practice

The following dates are available for holidays and vacations throughout the 2022-2023 year:

May 28th-30th (Memorial Day Weekend)

July 1st-July 9th (Fourth of July Weekend)(Entire Gym Closed)

July 31st- August 6th (Back to School Vacation)

September 3rd-5th (Labor Day Weekend)

October 31st (Halloween) (Earlier Practice Teams May Practice)

November 21st-27th (Thanksgiving)

December 23rd – January 7th (Winter Break and New Year's)

Due to varying Spring Breaks and Competitions there will be no Scheduled Spring Break

Any absence not on these days requires an absence notification form. Absences are prohibited on a competition or choreography day or within TWO WEEKS (or 4 practices) of a competition date. Keep in Mind that missing a practice may hinder your placement in the routine regardless of reason, and a fine will be issued.

HEAD COACH RECEIVED: _____ DATE: _____

OFFICE RECEIVED: _____ DATE: _____

FINE EXEMPT: ☐ School Function ☐ Emergency ☐ Acceptable Notice ☐ Other _____

FINE REASON: ☐ Not Sufficient Notice ☐ Other _____

DOUBLE FINE: ☐ Within 2 weeks/4 practices of Comp/Event ☐ Choreography/Camp

Fine Assessed Per Missed Practice \$ 25 x # of (unexcused) Practices _____ = \$ _____

Double Fine Assessed Per Missed Practice \$50 x # of (unexcused) Practices _____ = \$ _____

Total Fine = \$ _____



Intensity Athletics Team Packet Signature Page for the 2022 -2023 Season for Packet

I, _____ and _____, on _____
(Athlete Name) (Guardian name if under 18) (Date)

have read and understand the Intensity Athletics Parent Handbook for the 2022-2023 Season. We understand the consequences that may be incurred if these rules are not followed and will abide by the rules listed in the Team Packet. I also agree to be responsible for all fees incurred as well as interest at the maximum legal rate for all items, collection costs, and reasonable attorney fees. Below is a summary of important items in the guide however it should not be used as a supplement to reading the entire packet.

I am Aware and Voluntarily Agree to the Below Items in the team packet some of which are summarized below

- There are no refunds once the fees are earned by Intensity Athletics and all fees are earned on its designated due date
- There is a \$450 contract cancellation fee for voluntary or involuntary removal of the program for whatever reason after July 15th, 2022
- \$50 fine for missed practice within 2 WEEKS (4 practices) of a competition /arriving 15+ mins late to call time (extreme documented proof exempt)
 - Any missed practice will be fined \$25 per practice/event (except during prohibited dates)
 - \$35 Returned Check Fee for any dishonored check or EFT payment
 - \$15-dollar late fee for any balance on your account after 10 days from due date or posting
 - The Cheer Season is a one-year Commitment from May 2022-May 2023
- If account becomes 15 days past due athlete may not be able to participate at practice, competitions, open gyms, private lessons, clinics, etc.
- Program Payments Fees are billed on the 25th of the previous month regardless of number of practices attended all other fees on due date
 - Athletes may be suspended/ terminated for violation of policies at Intensity Athletics Gym discretion with no refunds
 - Late Athlete Pickups will be assessed \$30 every 15 Min. after release times regardless of reason
 - Athletes are required to purchase missing practice clothes if they fail to bring the correct items to practice
 - Cross over athletes are required to pay \$100 per month plus the cost of competition registration fees
 - All account MUST keep a valid credit card on file for billing purposes

FOR YEARLY COST PER PROGRAM REFER TO THE 2022-2023 INTENTISY ATHLETICS EVALUATION PACKET

Legal Guardian Name: _____ X _____
Signature

Financial Responsible Party Name: _____ X _____
(If multiple financial parties- we must receive in writing by both parties a separate financial agreement) Signature

Address: _____ **City/State/Zip** _____

Main E-mail _____ **Ph #** _____