



2018-2019 Elite Team Handbook

Angels

105 North Cool Springs Road, O'Fallon MO, 63366

Info@CheerStLouis.com

636-980-5678

Thank you for your interest in Cheer St. Louis. We are the area's best and largest cheer-only training facility in St. Charles County! Cheer St. Louis will be holding team evaluations for the upcoming 2018-2019 competitive cheer season. We train athletes ages 5-18 years old to be champions! Elite teams are for athletes whom are committed to excellence and want to strive to be the best. Please check out our Prep and Novice handbooks for other team options.

Prepare for Tryouts at

TRYOUT Clinics

**Work with our staff and improve skills for tryouts. Work on tumbling, stunts, and jumps! Learn the tryout dance ahead of time!! You can attend one or as many as you want!
SPACE IS LIMITED!!**

**Tryout Clinic Registration begins 3/29/18
Register at www.CheerStLouis.com or call/visit the front desk!**

4/26 6-9pm

4/27 6-9pm

4/28 1-4pm

4/30 6-9pm

Tryout age is based on child's age as of August 31, 2018. Please attend your appropriate age and level tryout.

Tryout Checklist (New Athletes):

- _____ Register and create member account*
- _____ Copy of Birth Certificate
- _____ Tryout Application (online only, link on CSTL website)
- _____ Release Waiver
- _____ Tryout Fee

*Visit www.CheerStLouis.com, click "Register Now" and create a member account. Once your account is created you can enroll in the appropriate tryout sessions. Either pay the tryout fee online through your account or pay on tryout day.

Tryout Checklist (Returning Athletes):

- _____ Tryout Application (online only, link on CSTL website)
- _____ Register for tryout session via parent portal
- _____ Tryout Fee

This packet is designed to help you learn more about Cheer St. Louis. The guidelines, ethics and policies that are standard at Cheer St. Louis are included.



Tryout Dates and Times

Tiny & Mini (Ages 5-8)

All skill levels
5/2 5-7pm

Level 1 (Ages 9-18)

5/9 6-9pm

Level 2 (Ages 9-18)

5/8 6-9pm

Level 3 (Ages 9-18)

5/7 6-9pm

Level 4.2 (Ages 9-18)

5/7 6-9pm

Level 4 (Ages 9-18)

5/8 6-9pm

Level 5 (Ages 9-18)

5/9 6-9pm

Flyer Tryouts (Ages 6-18)

5/7-5/9 5-6pm

Cheer St. Louis

105 N. Cool Springs Road
O'Fallon, MO 63366
(636) 980-5678
www.CheerStLouis.com

To determine which level tryouts to attend, please see the Recommended Skills List within the packet.

Team Placement

Following tryouts, athletes are placed on a level based on age and ability. The placement of your child is at the discretion of Cheer St. Louis. Levels will be communicated to you on May 11th before 5pm. Athletes will practice with a level throughout the summer, teams will be formed throughout the summer as the coaching staff determines the best teams for all athletes. Initial level placements will be communicated by July 16th.

The goal of team placement is to place the athletes where they can progress as an athlete and be successful.

Cheer St. Louis is a member gym of the United States All Star Federation (USASF) and will follow all age and rule guidelines set by the USASF. The following age levels are what is currently required by the USASF for team placement:

5 - 6 years old – Tiny
5-8 years old – Mini
5-11 years old – Youth
5-14 years old – Junior
11-18 years old Senior level 1-4 and Senior Restricted Level 5
13-18 years old – Senior Level 5
*Age is as of August 31, 2018

Ages are subject to change based on the current USASF age guidelines and rules. Some bottom ages are higher for upper levels.

In addition to age, skill level is also used to determine team placement. The USASF regulates what skills are allowed in all-star cheer at each level. Attached is a chart outlining skills allowed and expected in each level as well as what is required to be placed on each level at Cheer St. Louis. This information is for you to use to gain a realistic expectation of your child's placement. **Keep in mind your child will be expected to compete all skills within the skill level unassisted in a routine.** Athletes will be evaluated on these skills at tryouts and throughout the summer. Athletes will continue to be evaluated on these skills throughout the season as they progress. It is the expectation that athletes successfully perform all skills throughout the entire season.

Athletes are subject to change in team/level if their skill level changes.

Stunting, tumbling, jumping, dance and performance skills will be considered in athlete placement. Athletes being placed on level 2-5 teams will need appropriate stunting progression experience.

Tryouts will be held for those desiring to be a flyer. To attend flyer tryouts athletes must be able to pull all body positions including heel stretches on both legs, scales, bow and arrows as well as scorpions with excellent flexibility. Attending flyer tryouts does not guarantee a flying position but is necessary to be considered. Athletes whom are flyers on teams will need to take an additional flight school class.

Stunting experience and placement will be factored into final team placement. Making sure the athlete is on a team where they can be used to their fullest potential in all areas of the routine, including stunts. This could result in an athlete being placed on a team above or below their tumbling level.

Cheer St. Louis will focus on a standard of excellence and technique. All skills are expected to be performed safely and with correct technique. Athletes must be able to execute skills in routines, not just isolated or at tryouts.

<u>Level</u> <u>All Star</u> <u>ELITE</u>	<u>Expected Skill</u>	<u>Recommended Skill</u>	<u>Considered</u>
1	<p style="text-align: center;"><u>Standing Tumbling</u></p> <ul style="list-style-type: none"> • Straight Leg Backbend –Kick over • Straight Leg Front Walkover (FWO) • Straight Leg Back Walkover Series (3 connected)- BWO <p style="text-align: center;"><u>Running Tumbling</u></p> <ul style="list-style-type: none"> • Strong Round-off • Straight Leg FWO-Round off/Cartwheel-BWO Pass <p style="text-align: center;"><u>Jumps</u></p> <ul style="list-style-type: none"> • Basic understanding of jumps executed with good technique <p style="text-align: center;"><u>Stunting</u></p> <ul style="list-style-type: none"> • Basic understanding of level 1 stunting 		<p style="text-align: center;"><u>Tumbling</u></p> <ul style="list-style-type: none"> • Backbend • Cartwheel • Forward Roll • Backwards Roll <p style="text-align: center;"><u>Stunting</u></p> <ul style="list-style-type: none"> • No experience
2	<p style="text-align: center;"><u>Standing Tumbling</u></p> <ul style="list-style-type: none"> • Standing Back Handspring (BHS) • Straight Jump-BHS • Straight Leg BWO-BHS • All Level 1 Skills to BHS <p style="text-align: center;"><u>Running Tumbling</u></p> <ul style="list-style-type: none"> • Round Off-BHS Series • Straight Leg FWO-Round Off-BHS • All Level 1 Skills to BHS <p style="text-align: center;"><u>Jumps</u></p> <ul style="list-style-type: none"> • Mastery of jumps executed with good technique include level jump placement <p style="text-align: center;"><u>Stunting</u></p> <ul style="list-style-type: none"> • Excellent understanding of level 1 elite stunting 	<p style="text-align: center;"><u>Standing Tumbling</u></p> <ul style="list-style-type: none"> • Combination Pass (i.e. Forward or Backward Roll, FWO, Back Extension Roll ending in Standing BHS <p style="text-align: center;"><u>Running Tumbling</u></p> <ul style="list-style-type: none"> • Cartwheel-BHS • Combination Running Pass ending in Series BHS <p style="text-align: center;"><u>Stunting</u></p> <ul style="list-style-type: none"> • Experience in level 2 stunting 	<p style="text-align: center;"><u>Tumbling</u></p> <ul style="list-style-type: none"> • Round Off-BHS • Standing-BHS <p style="text-align: center;"><u>Stunting*</u></p>
3	<p style="text-align: center;"><u>Standing Tumbling</u></p> <ul style="list-style-type: none"> • Standing BHS Series (3) • BWO-BHS Series (3) • Jump-3 BHS • BHS Step Out-Rebound 1/2 Turn Round Off-BHS-Tuck <p style="text-align: center;"><u>Running Tumbling</u></p> <ul style="list-style-type: none"> • Round Off -Tuck • Round Off- Series BHS-Tuck • FWO-Round Off-BHS-Tuck <p style="text-align: center;"><u>Jumps</u></p> <ul style="list-style-type: none"> • Mastery of jumps executed with great technique include level jump placement <p style="text-align: center;"><u>Stunting</u></p> <ul style="list-style-type: none"> • Excellent understanding of level 2 elite stunting 	<p style="text-align: center;"><u>Tumbling</u></p> <ul style="list-style-type: none"> • Punch Front • Aerial Cartwheel <p style="text-align: center;"><u>Stunting</u></p> <ul style="list-style-type: none"> • Experience in level 3 stunting 	<p style="text-align: center;"><u>Tumbling</u></p> <ul style="list-style-type: none"> • Round Off-Tuck • Round Off-BHS-Tuck • Jump-2 BHS <p style="text-align: center;"><u>Stunting*</u></p>

<u>Level</u> <u>All Star</u> <u>ELITE</u>	<u>Expected Skill</u>	<u>Recommended Skill</u>	<u>Considered</u>
<p>4</p>	<p style="text-align: center;"><u>Standing Tumbling</u></p> <ul style="list-style-type: none"> • Standing Back Tuck • Straight Jump Back Tuck • Jump-BHS-Tuck • Series BHS-Tuck <p style="text-align: center;"><u>Running Tumbling</u></p> <ul style="list-style-type: none"> • Cartwheel-Tuck • Round Off-BHS-Layout • FWO-Round Off-BHS-Layout • At least 1 specialty running combination pass from recommended skills list <p style="text-align: center;"><u>Jumps</u></p> <ul style="list-style-type: none"> • Mastery of jumps executed with great technique include above level jump placement <p style="text-align: center;"><u>Stunting</u></p> <ul style="list-style-type: none"> • Excellent understanding of level 3 elite stunting 	<p style="text-align: center;"><u>Running Tumbling</u></p> <ul style="list-style-type: none"> • Punch Front-Step Out-Round Off-Layout BHS- • Round Off- BHS-Whip-BHS- Layout • Round Off-BHS-Tuck-BHS-Layout <p style="text-align: center;"><u>Stunting</u></p> <ul style="list-style-type: none"> • Experience in level 4 stunting 	<p style="text-align: center;"><u>Tumbling</u></p> <ul style="list-style-type: none"> • Round Off-BHS-Layout • Standing Back Tuck • Jump-BHS-Tuck <p style="text-align: center;"><u>Stunting*</u></p>
<p>4.2</p>	<p style="text-align: center;"><u>Standing Tumbling</u></p> <ul style="list-style-type: none"> • Standing Back Handspring (BHS) • Straight Jump-BHS • Straight Leg BWO BHS • All Level 1 Skills to BHS • Combination Pass (i.e. Forward or Backward Roll, FWO, Back Extension Roll ending in Standing BHS) <p style="text-align: center;"><u>Running Tumbling</u></p> <ul style="list-style-type: none"> • Round-off BHS Series • Cartwheel BHS • Straight Leg FWO-Round-Off-BHS • Combination Pass ending in Series BHS • All Level 1 Skills to BHS <p style="text-align: center;"><u>Jumps</u></p> <ul style="list-style-type: none"> • Mastery of jumps executed with great technique include level jump placement <p style="text-align: center;"><u>Stunting</u></p> <ul style="list-style-type: none"> • Excellent understanding of level 2 elite stunting • Experience in level 3 stunting 	<p style="text-align: center;"><u>Stunting</u></p> <ul style="list-style-type: none"> • Experience in level 3 and/or 4 stunting 	<p style="text-align: center;"><u>Stunting</u></p> <ul style="list-style-type: none"> • Excellent understanding of level elite 2 stunting

<u>Level</u> <u>All Star</u> <u>ELITE</u>	<u>Expected Skill</u>	<u>Recommended Skill</u>	<u>Considered</u>
5 (Non Worlds)	<p style="text-align: center;"><u>Standing Tumbling</u></p> <ul style="list-style-type: none"> • Double Jump-Back Tuck • Jump-BHS-Layout • Jump-Tuck • Series BHS-Layout <p style="text-align: center;"><u>Running Tumbling</u></p> <ul style="list-style-type: none"> • Round Off-BHS-Full Twist • FWO-Round Off-BHS-Full Twist <p style="text-align: center;"><u>Jumps</u></p> <ul style="list-style-type: none"> • Mastery of jumps executed with excellent technique include hyperextended jump placement <p style="text-align: center;"><u>Stunting</u></p> <ul style="list-style-type: none"> • Excellent understanding of level 4 elite stunting 	<p style="text-align: center;"><u>Standing Tumbling</u></p> <ul style="list-style-type: none"> • Standing Tuck-2BHS Tuck • 2-BHS- whip- BHS Tuck • Combination pass ending in Layout <p style="text-align: center;"><u>Running Tumbling</u></p> <ul style="list-style-type: none"> • Combination pass ending in Full Twist • Arabian <p style="text-align: center;"><u>Stunting</u></p> <ul style="list-style-type: none"> • Experience in level 5 stunting 	<ul style="list-style-type: none"> • Round Off-BHS-Full Twist • Jump-Tuck <u>Stunting*</u>
5 (Worlds)	<p style="text-align: center;"><u>Standing Tumbling</u></p> <ul style="list-style-type: none"> • Triple Jump-Back Tuck • Jump-2 BHS Full/Double Full Twist • Standing Full Twist • At least 1 skill from the recommended skill list <p style="text-align: center;"><u>Running Tumbling</u></p> <ul style="list-style-type: none"> • Round Off-BHS-Double Full Twist • Combination Pass to Full/Double Twist <p style="text-align: center;"><u>Jumps</u></p> <ul style="list-style-type: none"> • Mastery of jumps executed with excellent technique include hyperextended jump placement <p style="text-align: center;"><u>Stunting</u></p> <p>Excellent understanding of level 5 restricted elite stunting</p>	<p style="text-align: center;"><u>Standing Tumbling</u></p> <ul style="list-style-type: none"> • Jump-Standing Full Twist • Standing 3 BHS-Double Full Twist • 1 BHS-Full Twist <p style="text-align: center;"><u>Stunting</u></p> <ul style="list-style-type: none"> • Experience in elite level 5 stunting 	<ul style="list-style-type: none"> • Triple Jump-Back Tuck • Jump-2 BHS Full Twist • Combination Pass to Full Twist <u>Stunting*</u>
<p style="text-align: center;">Flyers at all levels will be expected to be able to properly execute body positions including liberty, heel stretches on both legs, bow and arrow, scale and scorpion. Flyers will be expected to take a flight school class to continue to advance elite stunting skills.</p>			
<p style="text-align: center;">*Athletes with elite stunting skills, that lack in tumbling will be considered for the level that matches their stunting ability on a need be basis only.</p>			

Parent Meetings

Once your child is placed on a level, a parent or guardian will be required to attend a parent meeting. Athletes will not be allowed to begin practices until a parent or guardian has attended a parent meeting. Parent meetings will be held on Friday May 11th and Saturday May 12th. Times will be announced in your child's level placement email.

Parent meetings will last approximately 2 hours. This meeting is critical to your child's success at Cheer St. Louis. Key parts of the program will be discussed at this meeting including practice schedules and expectations.

Parent contracts (final page of handbook) can be turned in at this meeting. Contracts are not accepted prior to this meeting.

Closing Dates and Dates to Remember

May 14th - First day of practice

May 18th-20th – Kick Off Camp – all athletes!

May 25th - May 28th – Gym Closed – Memorial Day

June 11th-15th – Stunt/Pyramid Choreography Week

June 29th-July 8th – Gym Closed – Vacation Week and 4th of July

July 20th-July 29th – Choreography All Teams

August 13th– School year schedule begins

August 31st-September 3rd – Gym Closed - Labor Day

November 21st -22nd– Gym Closed – Thanksgiving

December 19th-26th – Gym Closed

December 27th -30th – Squad Workouts and tumbling clinics

December 31st-January 1st– Gym Closed

April 21st – Gym Closed – Easter Sunday

April 11th – Final day of practices for teams not attending season ending events.

*Dates tentative based on competition schedule. Competition schedule will be released in the summer.

Additional Pyramid and Dance Choreography dates will be released by the end of the July and are required.

Team Practices

Each team/level will practice 1-2 nights throughout the summer. They will have a team/level practice and a tumbling practice. Once school year schedule starts (August 13th) teams will practice 2 times a week and an additional tumbling practice. The tumbling practice may or may not be on the same night at the team practice. Teams will practice less in the summer (May-July) and increase in the school year (August-April). Below are the hours of practice time that will be scheduled for each team.

Tiny and Mini Teams – 2.5 hours in the summer, 4 hours in the school year. (This includes a 1 hour tumbling practice)

Youth – Senior Teams – 3 hours in the summer, 5 hours in the school year. (This includes a 1 hour tumbling practice)

Worlds Level 5 Teams – 4 Hours in the summer, 6 hours in the school year. (This includes a 1 hour tumbling practice and a 1 hour conditioning practice)

Anticipated practice schedules will be communicated at the parent meetings.

Tumbling Classes

All athletes on a competitive team will receive a FREE team tumbling practice. Athletes will be assigned a tumbling time. Athletes will attend tumbling class with their team and absences from tumbling classes are counted towards the absentee policy.

Tuition and Payments

Each athlete will pay monthly tuition for his or her training at Cheer St. Louis. In addition to tuition, other fees involved with competitive cheerleading at Cheer St. Louis are:

Choreography – This is the price paid for the competitive routine, choreographers' travel expense, and music used to compete. Cheer St. Louis will be hiring professional choreographers as well as using coaches' expertise to put together the best routine for each team.

Competition Fees – Cheer St. Louis will attend a variety of competitions throughout the 2018-2019 season. Competitions will be between October-May. It is anticipated that each team will compete at 6-8 competitions per season. Some teams will be more or less, depending on the total number of events they participate in. Each competition has an entry fee per athlete that is paid to Cheer St. Louis who will then pay the fee to the competition company.

*Cheerleader travel expenses are the responsibility of the parent/cheerleader and are not included in payment structure. Travel fees including hotels, food, gas, flights, etc. are not paid to Cheer St. Louis.

Coaches Expenses – This is a fee that is used to cover coaches' expenses for events. This includes travel such as per diem, mileage, flights, hotels, parking, etc.

Banquet – At the end of the season, Cheer St. Louis will host an end of season banquet. This fee will pay for each athlete to have two tickets to the banquet. This is one ticket for the athlete and one ticket for a parent or guardian. More tickets may be available for an additional fee.

USASF Membership – The United States All Star Federation requires all athletes in the Elite program to be a member of the USASF. Cheer St. Louis will pay this fee to the USASF.

Startup Fee - Each athlete will be required to pay a startup fee. Startup fee is \$220 for males and \$250 for females. This fee will cover the current seasons practice attire (full length tank or sports bra, practice shorts, shoes and practice bow).

Uniform – All athletes will be required to have the current season's competition uniform. The 18/19 uniform will be a new design. Approximate cost is \$400.

Annual Registration Fee – Cheer St. Louis members will pay an annual registration fee once yearly. This fee is paid each year on the month you joined the Cheer St. Louis family. 2018-2019 annual registration fees are \$40 per athlete or \$55 per family.

In an effort to provide convenient budgeting for parents, all cheerleaders training fees and additional fees (except startup, uniform, annual registration and travel expenses) will be grouped together into one amount and divided into 12 equal payments. You will see the fees posted separately on your account each month on the 1st of the month, added together the total amount listed equals the installments listed below.

Fees for year-end competitions, which require qualification are not included in tuition/additional expenses fees. These include but are not limited to The Summit, Worlds and US Finals.

Below is a breakdown of program cost:

Tiny/Mini Team (Level 1 and 2)

Monthly Tuition – \$139

Includes 2.5 hours team practice in summer and 4 hours team practice in school year (this includes the 1 hour tumbling class)

Additional Fees - \$1212 (monthly \$101)

(Choreography, competition fees, coaches' expenses, USASF membership fee, banquet)

Grand Total Monthly Installments - \$240

Youth/Junior/Senior Team (Level 1-Restricted 5)

(Excludes Worlds Teams)

Monthly Tuition – \$149

Includes 3 hours team practice in summer and 5 hours team practice in school year (this includes the 1 hour tumbling class)

Additional Fees - \$1500 (monthly \$125)

(Choreography, competition fees, coaches' expenses, USASF membership fee, banquet)

Grand Total Monthly Installments - \$274

Level 5 Worlds Teams

Monthly Tuition – \$149

Includes 4 hours team practice in summer and 6 hours team practice in school year (this includes the 1 hour tumbling class and 1 hour conditioning class)

Additional Fees - \$1632 (monthly \$136)

(Choreography, competition fees, coaches' expenses, USASF membership fee, banquet)

Grand Total Monthly Installments - \$295

Sibling Discounts:

2nd Sibling - 25% tuition discount (take off lowest tuition amount)

3rd or additional siblings - Free Tuition

**All additional fees and apparel not discounted.

Payment Schedule:

Twelve equal installments will be paid annually. All team athletes will be required to register for auto draft payments through the Jackrabbit Software Program. Payments will be made May-March. There will be a double payment in July. This July payment is the program commitment date. While at Cheer St. Louis we understand that our program may not fit your family's needs, we ask you make the commitment to the cheer season by July 1st. This is to ensure the quality and progression of all of our teams. All those whom finish the season with Cheer St. Louis, will in return not pay an April payment. The auto draft schedule is listed below for your convenience.

- 1st Payment – Before attending 1st practice
- 2nd Payment – June 15, 2018
- 3rd Payment – July 2, 2018 – Program Commitment Fee
- 4th Payment – July 13, 2018
- 5th Payment – August 15, 2018
- 6th Payment – September 14, 2018
- 7th Payment – October 15, 2018
- 8th Payment – November 15, 2018
- 9th Payment – December 14, 2018
- 10th Payment – January 15, 2019
- 11th Payment – February 15, 2019
- 12th Payment – March 15, 2019

Annual Registration – Due upon becoming a member of Cheer St. Louis, and each year on the anniversary of becoming a member.

Start Up Fee – Paid prior to the first practice.

Uniform –Uniform fees will be posted to your account August 1st and due August 15th.

All fees are nonrefundable. Insufficient funds/Late Payment/Return check fee of \$35 per transaction will be added. Late fees are added at the time the card declines. Past due accounts will be given 72 hours to be brought into good standings. Athletes with past due accounts beyond 72 hours will not be allowed to participate. Fees, including tuition are not prorated for any reason including but not limited to, nonattendance, nonparticipation, removal from program, completion of practice, canceled practices or events of any kind. No refunds. Accounts with excessive insufficient funds transactions (more than 2 times per season) or invalid credit card will incur an additional \$50 fee each month thereafter a card declines. Arrangements for tuition fees must be made in writing, via email 24 hours prior to the auto pay date listed above. Send email to Tara@cheerstlouis.com. Payment arrangements can only be made 3 times throughout the season.

Drop Fee – Any athlete dropping Cheer St. Louis teams after July 1, 2018 and prior to May 15, 2019 will be charged a drop fee of \$250. This fee will be automatically drawn from the card on file. Should an athlete drop prior to the auto pay date, the current months tuition and fees as well as the quit fee will be drafted from the account. Any athlete that drops the program forfeits any right to unused items such as uniforms, apparel, etc.

Expectations, Guidelines and Rules

Attendance Policy

Cheer St. Louis takes pride in being very organized with practices, events and schedules. All practices, events and schedules will be communicated well ahead of time. We cannot rearrange practices or make accommodations for athlete schedules. Athletes are expected to attend all practices and events. We expect Cheer St. Louis to be a top priority and 100% attendance.

At Cheer St. Louis, we expect to be able to keep extra practices or last-minute workouts to a minimum because of our strict attendance policy. Please read and understand the attendance policy. Failure to adhere to this policy may be subject to suspension or removal from program, team, practice and/or competition.

Cheerleaders will be allowed to miss a maximum of 2 level practices from May-July.

Cheerleaders will be allowed to miss a maximum of 6 team/tumbling practices from August-April.

Missing a tumbling class will be counted as an absence in school year schedule.

Anytime a cheerleader misses a practice or is unable to participate regardless of reason, it is counted as an absence. Please plan accordingly, including family vacations, school concerts, family functions, weddings, long distance driving, recitals, birthdays, dances, etc. Please leave room for illness, funerals, etc. or any other unplanned event that might require an athlete to miss practice.

In the event your child can attend practice, but not participate, please send them. This will allow them to keep up on the material taught and changes made. If your child is contagious, please keep them home. In the event your child can attend practice, but cannot participate AND has a valid doctor note, they will not incur an absence. This scenario is the only way an athlete cannot participate in practice and not receive an absence. Parent notes and request for athletes to sit out, participate partially, etc. will not be accepted.

Absences of non-required practices, regardless of number, may result in an athlete being pulled from an upcoming competition or removal from the program. The coaching staff will make the decision that is best for the entire team. To ensure your child is able to participate in competitions, make sure they are at practice.

In the event an athlete does not participate in a competition, regardless of reason, all fees are nonrefundable. Athlete accounts are expected to be up to date regardless of participation.

Required practices are those 1-week (7 days) prior to a competition. Coaches may adjust or add required practices as needed for team success. 100% attendance by all team members is required for competition week. The only absences allowed for required practices will require a doctor's note. **In the event a cheerleader must miss a required practice, they will not be allowed to participate in the upcoming competition, regardless of reason.** Required practice dates will be communicated in advance via the competition schedule. If an athlete misses a required practice for any unexcused reason, they may no longer be allowed to participate in competitions for the remainder of the season or be removed from the program.

In the event an athlete is injured outside of Cheer St. Louis, please communicate with the coach ASAP. Please understand that coaches need notice to adjust routines if athletes cannot participate. Please understand that when an athlete is removed from a routine regardless of reason (i.e. injury, absences, behavior, etc.) and if they are expected to go back into the routine at some point, they will be placed in the routine per the coach's discretion. They will be placed in a position that is safe and best for all team members.

Competition attendance is mandatory by all team members. Absences are not allowed, even if your child is not competing. In the event a cheerleader misses a competition, regardless if they are competing or not they will not be allowed to continue competing with their team for the remainder of the season and may be removed from the program. If your child is not competing at a competition, they are still required to attend. They must be dressed and prepared just like the rest of their team. The only exception is emergency situations.

At Cheer St. Louis we understand unexpected things happen and some conflicts with schedules are unavoidable. Please understand communication is key! If you have a conflict with any practice date, required practice, competition or event, please communicate with the coaching staff early! We will do our best to work with you on schedules for unforeseen and rare circumstances. However, please understand that all decisions made by the coaching staff will be the decisions that are best for ALL team members and as consistent as possible. With that, no cheerleader will be allowed to participate in competition if they missed that week's required practice. Also, if the absence is not communicated and agreed upon well in advance, and excused, team placement and competition status could be affected.

Attendance and participation at practice does not give athletes the right to compete. Athletes will be required to uphold skill levels, maintain a positive attitude and behavior as well as be present and fully participating at practice. At coaches' discretion, an athlete could be taken out of a competition(s) if deemed best for the athlete and/or the team.

Team members are to arrive at practice on time, dressed and ready to participate. Athletes are to wait for practice to begin in the athlete waiting area. Excessive tardiness and/or early departure from practices, may result in consequences for the athlete or team including but not limited to being removed from the program, practice or competition. At Cheer St. Louis we will make every attempt to start and end practice on time. In the event practice is running late because of squad behavior or tardiness, all athletes will be expected to stay.

Coaches may decide to remove a team from competition if they are not ready to safely compete. Although not anticipated to happen, it is a possibility. To minimize this possibility we ask parents to ensure their athletes are prepared, communicate absences and have your child at every practice possible.

Hotels and Travel

All participants of the Cheer St. Louis competitive program will be required to stay in the host hotel for ***some*** competitions. Specific events and hotel information will be communicated in advance. No exceptions will be made for those choosing to stay somewhere else. Exceptions are allowed for those staying with family and documentation must be provided. In the event an athlete does not follow the hotel policy, parents are subject to fees and penalties.

Athletes must be supervised in hotels at all times. Athletes running in the hallways, being excessively loud and any other bothersome behavior is not allowed. Athletes must be in their rooms and accompanied by an adult by 10pm unless noted in the competition packet.

Inclement Weather

In the event the gym is closed due to inclement weather this information will be communicated via social media and via email.

In the event a team practice, competition or event is canceled by Cheer St. Louis staff, or any competition company, all fees are nonrefundable. In the event the competition company refunds the fees to Cheer St. Louis, athlete accounts will be credited. No refunds will be given if a coach or staff of Cheer St. Louis removed a team from a competition for any reason, including unsafe travel conditions.

Practice

Athletes are expected to have appropriate practice attire for every practice. Appropriate attire for team practice is the current season's practice clothes. Tumbling class attire is tighter clothing consisting of compression shorts, tank tops, sports bras and/or other athletic attire and bow.

In order to protect each athlete, and ensure his or her safety, no jewelry is allowed. No jewelry or piercings may be covered with tape, bandages or any other covering. No excessively long fingernails.

Parents are welcome to view practices from the parent viewing areas. No one other than athletes and staff members are allowed inside the gym workout area, for everyone's safety, unless invited into the gym. Parents are expected to

keep a positive atmosphere in the parent viewing areas. Practices at any time may be closed to parent viewing. Coaching staff will make this decision when necessary.

No parent coaching is allowed.

Cell phones must be turned off or silent during practice to minimize distractions.

Any inappropriate tattoos, stickers from tanning sessions, etc. must be covered at all times.

The image of our athletes is a top priority. Please make sure all bra straps are not showing. If athlete chooses to practice in a sports bra, a t-shirt or covering must be worn at all times once outside the gym workout area.

Code of Conduct

All cheerleaders, parents and affiliates must be a strong representative of Cheer St. Louis and a positive reflection of the program. Abusive behavior, lying, illegal or any other form of negative behavior, will not be tolerated by parents, cheerleaders or affiliates. Violation of the code of conduct may result in athletes being removed from a team or the program. Negative comments about any other team or program will not be tolerated. Please remember you are a direct reflection of the Cheer St. Louis program. Those not choosing to stay positive are subject to removal.

If you have an issue, please address it with your child's coach in a private and professional manner. We appreciate parents keeping a positive attitude in the gym, lobby and waiting areas as well as any Cheer St. Louis event. In the event any athlete, parent or affiliate are being a poor representation of Cheer St. Louis they are subject to removal from the program. This is including, but not limited to, foul and inappropriate language, negative talk of someone else's child and gossip.

The Cheer St. Louis names, including team names, mascot, abbreviations and slogans are property of Cheer St. Louis. They may also not be used on apparel or merchandise of any kind without written approval from Cheer St. Louis. Any items produced without approval must be released to Cheer St. Louis. Athletes and parents may not claim to be or pose as a Cheer St. Louis representative without prior written approval.

Athletes are expected to treat teammates, coaches and other athletes with mutual respect. Pettiness, gossip or any other harmful behavior will not be tolerated. Disrespectful behavior such as eye rolling, attitude, talking back, etc. will not be tolerated. Coaches will address situations individually and in a professional manner. Given the athlete doesn't change their behavior they are subject to reduction in participation and ultimately removal from the program or competition.

When being a representative or supporter of Cheer St. Louis, including attending events or competitions as a spectator, you must be a positive role model and represent Cheer St. Louis in a positive, healthy manner. This includes, but is not limited to visual public intoxication, illegal activities, crude or disruptive behavior, poor sportsmanship, vulgar or inappropriate language, etc.

Threats of any sort, such as threatening to quit, or pull a child from the program will not be tolerated and are subject to immediate removal from the program.

Social Media

The Cheer St. Louis names, including team names, mascot, abbreviations and slogans are property of Cheer St. Louis. They may not be used in anyway including, but not limited to, screen names, email addresses, etc.

Comments made on message boards, social media, etc. need to remain positive and of the nature Cheer St. Louis would be proud of. Social media is not the outlet to discuss issues or feelings you might have regarding Cheer St. Louis, your child, anyone else's child, your child's team or any other team within or not within Cheer St. Louis. Complaining, insinuating, gossiping or similar behavior is not tolerated and is subject to removal.

Team group chats are at the discretion of the head coach. No chat group, private message or similar can be created without approval and addition of the coaching staff. **This includes parent chat groups.**

Inappropriate social media posts from athletes must be removed. These include but are not limited to swearing, gossip, illegal or provocative behavior and inappropriate photos of any kind.

Routines, Choreography and Material

Please refrain from posting any Cheer St. Louis choreography material such as routines, music, stunts, transitions, dances and tumbling on social media sites such as Facebook, Twitter, YouTube and/or Instagram.

Coaches

Coaches reserve the right to change a team's level or size as well as call an additional required practice at any time.

Coaches decisions in regard to teams, placements, positions, skills and participation are final and are not subject to debate. Parent opinions will not be taken into consideration when making decisions. Instead the coaching staff at Cheer St. Louis will make the best possible decision for all parties involved, keeping the safety and progression of our athletes as the first priority.

For the safety and success of your athlete, coaches at Cheer St. Louis believe in perfection before progression. Only skills using safe and correct technique will be put in routines.

Fundraising

Members of the competitive teams are welcome to join the CSTL Boosters. The CSTL Boosters is a separate entity from Cheer St. Louis. No fundraising outside of CSTL Boosters is allowed.

I HAVE CAREFULLY READ THIS AGREEMENT AND UNDERSTAND ITS CONTENTS. I AM AWARE THIS IS AN ASSUMPTION OF RISK, A RELEASE, A WAIVER OF LIABILITY, AND AN INDEMNITY, AND I SIGN IT VOLUNTARILY. I UNDERSTAND THAT I GIVE UP SUBSTANTIAL LEGAL RIGHTS BY SIGNING IT, I AM AWARE OF ITS LEGAL CONSEQUENCES, AND I SIGN IT FREELY AND VOLUNTARILY WITHOUT ANY INDUCEMENT, ASSURANCE, OR GUARANTEE BEING MADE TO ME. I INTEND MY SIGNATURE TO BE A COMPLETE AND UNCONDITIONAL RELEASE OF ALL LIABILITY TO THE GREATEST EXTENT ALLOWED BY LAW.

I have had sufficient opportunity to read this entire document. I have read it and understand it. I agree to be bound by its terms.

_____ Initial – I agree to keep a valid credit card on file at Cheer St. Louis as outlined in this handbook. I authorize Cheer St. Louis to charge my credit card on file for fees outlined in this handbook.

_____ Initial – I agree, as an adult, to keep a positive attitude at all times when present at Cheer St. Louis or representing Cheer St. Louis at an event. I understand that should I not be positive in the parent viewing areas, I will no longer be allowed to stay and watch.

Signature of Participant: _____

Print Name: _____ Date: _____

PARENTS' OR GUARDIAN'S SIGNATURE: (Must be signed by ALL parents and/or guardians for participants under the age of 18.) In consideration of the above-named Participant, who is a minor, being permitted by Cheer St. Louis to participate in Cheer St. Louis activities and to use Cheer St. Louis equipment and facilities, I acknowledge that I understand the risks as stated above and knowingly agree to all the foregoing terms of this agreement for myself and on behalf of minor.

I have had sufficient opportunity to read this entire document. I have read it and understand it. I agree to be bound by its terms.

Signature of Primary Contact Parent/Guardian: _____

Print Name: _____ Date: _____

Signature of Financially Responsible Parent/Guardian: _____

Print Name: _____ Date: _____

Office Use Only:

ACCEPTED: Cheer St. Louis, LLC:

By: _____ Date: _____