



**CAPITAL CHEER ELITE**  
**ALLSTAR ACADEMY**

35 Commerce Way, Suite 2  
Dover, DE 19904

302) 674-2232

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

## **TRYOUT PACKET AND ATHLETE EVALUATION FORMS**

Thank you for choosing Capital Cheer Elite for your athlete's competitive cheer path. We are very excited about our 2017-2018 season and look forward to watching your athlete and all of our teams achieve their goals!

**Enclosed you will find the required paperwork for CCE's tryout evaluations, including:**

- Registration Form (required each season)
- Evaluation Form
- Release of Liability Waiver
- Photo & Video Release Form
- Statement of Financial Commitment
- Debit Authorization Form
- Code of Conduct
  - o Athlete
  - o Parent
- USASF Membership Form

**You will also need:**

- A Copy of Athlete's Birth Certificate
- A Copy of Insurance Card
- Head Shot or School Picture (recent image)
- Evaluation Fee

Please print out this tryout packet, review it with your athlete, and bring it with you to tryouts. (Walk-ins are also accepted!)

If you have any questions, please do not hesitate to contact us at [Info@capitalcheerelite.com](mailto:Info@capitalcheerelite.com).



**CAPITAL CHEER ELITE**  
**ALLSTAR ACADEMY**

# ATHLETE REGISTRATION FORM

## 2017-2018 Season

### ATHLETE'S INFORMATION

ATHLETE NAME: \_\_\_\_\_ DOB: \_\_\_\_\_ AGE: (as of Aug 31st) \_\_\_\_\_

HOME ADDRESS: \_\_\_\_\_

CITY: \_\_\_\_\_ STATE: \_\_\_\_\_ ZIP: \_\_\_\_\_

EMAIL: \_\_\_\_\_ FACEBOOK PAGE: \_\_\_\_\_

Cheered before? Yes No If yes, where? \_\_\_\_\_ What level? \_\_\_\_\_

How did you hear about us: \_\_\_\_\_ Referral Name: \_\_\_\_\_

### PARENT INFORMATION

MOTHER/GUARDIAN NAME: \_\_\_\_\_ EMAIL: \_\_\_\_\_

PHONE: \_\_\_\_\_ ALT. PHONE: \_\_\_\_\_

FATHER/GUARDIAN NAME: \_\_\_\_\_ EMAIL: \_\_\_\_\_

PHONE: \_\_\_\_\_ ALT. PHONE: \_\_\_\_\_

**MEDICAL INFORMATION:** Health Insurance information must be complete in order to participate in gym activities.

HEALTH INSURANCE PROVIDER: \_\_\_\_\_ POLICY #: \_\_\_\_\_

GROUP #: \_\_\_\_\_

EMERGENCY CONTACT: \_\_\_\_\_ PHONE #: \_\_\_\_\_

In my absence, and only if necessary, I give Capital Cheer Elite staff and coaches permission to administer the following medication to my child:

Tylenol      Advil / Motrin      Benadryl      Tums/Pepto Bismol

**PLEASE LIST ALL MEDICAL CONDITIONS, ALLERGIES, PREVIOUS SPORT INJURIES AND HEALTH CONCERNS BELOW:**

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

## EVALUATION INFORMATION

### *The Tryout Process*

All future athletes will be evaluated on individual skills such as standing and running tumbling, jumps, motions and a short dance. CCE staff will evaluate athletes in groups and encourage athletes to re-do their skills if they are not completely satisfied with their first performance. Tryout day should be a stress-free day for athletes, and CCE staff works hard to make tryouts an enjoyable process for everyone who participates!

Once CCE staff has evaluated all potential athletes, we will then work to assemble team rosters. The selection of teams is a very meticulous process. Many important factors are considered in our decisions, such as: skills, attitude, age, and overall performance. Cheerleaders are not placed on teams based solely on individual skills such as tumbling, jumps or flexibility; ALL CCE teams will consist of a well- rounded variation of individuals to create the best team possible.

Your participation in evaluations indicates that you are committed to what Capital Cheer Elite believes in. We, at CCE, are dedicated to training our athletes to excel in competitive cheerleading. We value your dedication and commitment to Capital Cheer Elite.

Although we recognize a level of stress during this process, we will do our best to help each athlete reach their potential. In order to do this, we feel it is best to close evaluations to the general public. Parents will be asked to leave the gym once the registration process is complete. We ask parents to not contact any of the CCE staff regarding tryout results or concerns until after results have been posted. Athletes and parents will be notified with tryout results and information regarding the mandatory team/parent meetings that will be held prior to the first team practices. Thank you for your support in this matter.

### *Evaluations*

- All Current CCE member accounts must be current to participate in evaluations for the 2017-2018 season.
- If you have specific questions about our program please bring them to our attention during registration, by visiting our facility or e-mail us at [info@capitalcheerelite.com](mailto:info@capitalcheerelite.com).
- Come on your appropriate day or time listed above. Evaluation will take approximately 2-3 hours depending on number of athletes in each session. Your athlete's skills will be graded for appropriate team assignment.
- Evaluations are for all teams, ages and skill levels. All athletes that try out will be placed on a team.
- Please note ages are as of August 31st 2017.

### *Desired Evaluation Skills and Level Definition - Divisions as defined by USASF for 2017-2018*

<u>Level</u>	<u>Desired Skill</u>
Level 1	Beginner level with minimal or no cheerleading experience. No tumbling or stunting experience required.
Level 2	Some cheerleading experience preferred. <b>Tumbling</b> - Standing back handspring and/or round off back handspring required. Round off back handspring series, and toe touch back handspring would be a plus. <b>Flyers</b> - cradle from two leg stunt, body positions. Prep level one-leg stunts. Straight ride basket.
Level 3	Competitive cheer or gymnastics training preferred. <b>Tumbling</b> - Round off back tuck, round off back handspring back tuck and toe touch back handspring. Potential for standing series, and punch front. <b>Flyers</b> - straight cradle, twist from two leg stunt, body position, one skill basket.
Level 4	Competitive cheer or gymnastics training required. <b>Tumbling</b> - Standing tuck, Round off back handspring series with a back tuck or layout highly preferred. Specialty passes including layout step outs, x-outs, whips and punch fronts would be a plus. <b>Flyers</b> - twist from one legged extended stunt, two skill basket, hyper extended body positions, double down.
Level 5	Competitive cheer or gymnastics training required. <b>Tumbling</b> - Standing series ending in full. Multiple jump sequence ending in a standing back tuck, round-off flip flop full. Specialty skills: whips, front step outs, multiple twisting skill passes, and double fulls are a plus. <b>Flyers</b> - double down from one legged stunt, hyper extended body position, tic toc, full ups, kick double basket.

Much of the evaluation is based on potential, so it is beneficial for an athlete to attempt the most difficult skills they can perform **SAFELY**. Athletes should know their own limitations and not attempt skills beyond their current level of experience. Safety is the number one concern during evaluations. Tumbling is a major factor in placing members on a team, but competition score sheets are made up of several sections that we also consider, such as: jumps, performance ability, cheer skills, and stunt technique. It is important for each member to work on all of these areas for the evaluation. Cheerleader's skills will be categorized by their abilities and placed accordingly.

Capital Cheer Elite reserves the right to evaluate all cheerleaders on their previous years of participation. Attendance, attitude, conduct and skills are just some of the areas that will be considered. All present Capital Cheer Elite athletes must attend evaluations.

The Capital Cheer Elite coaches are confident in the placement of our athletes. The best interest of our athletes and teams comes first at CCE. If you have any concerns about the placement of YOUR athlete, you may communicate that to the front office through the proper procedures.

### ***Evaluations Attire***

- Please wear t-shirt, sports bra, comfortable shorts, and cheer shoes.
- Hair must be pulled back and out of your athletes face.

### ***Evaluation Results***

- Results of your team placement will be emailed to the email(s) on file with Jackrabbit.

Please note, based on skill progression an athlete may be asked to move to another team during the season. This move applies to moving up or down a level or to crossover. In the case of improved skills, to the appropriate level, an athlete may be asked to move up to a higher level team. If an athlete is not progressing or skills have been diminished, they will be moved to a level appropriate team. An athlete may be removed from a team or program for violating the attendance policy.

### ***Practices***

Once selected for a Capital Cheer Elite team, it is your obligation to attend ALL practices. Practices will begin June 5th or 6th depending on your athletes practice nights. When one member is absent, it can keep a whole team from achieving their goals for that practice. The definition of a team is a number of people that are associated together in work or activity; a cooperatively functioning group. We cannot function cooperatively without your attendance and commitment. The safety and preparation of our teams must be respected. The staff reserves the right to remove squad members from a performance and possibly the team if excessive practices are missed.

PLEASE KNOW PRACTICE TIME IS FOR TEAM RELATED ACTIVITIES SUCH AS PERFECTING THE ROUTINE, LEARNING THE PYRAMID, STUNTING, CHOREOGRAPHY, AND ROUTINE RELATED TUMBLING. LIMITED TIME IS SPENT WITH INDIVIDUAL TEAM MEMBERS. CAPITAL CHEER ELITE RECOMMENDS PARTICIPATION IN ADDITIONAL TUMBLING CLASSES, OR TUMBLING PRIVATES TO ENHANCE INDIVIDUAL SKILLS AND PROGRESSION.

It is the responsibility of each cheerleader to learn material or request information handed out when a practice is missed. Students missing a practice should designate another member to pick up any handouts and learn any new material necessary. It is the student's responsibility to learn missed material. Please realize this before entering into this agreement.

Capital Cheer Elite coaches feel that closed practices are necessary frequently for the good of the team. Viewing windows will be closed intermittently. We express our sincere apologies and we appreciate your understanding with this matter. Parents, guardians, guests and siblings are not allowed in the gym area at anytime, unless invited by a coach.

### ***Stay Informed***

**Visit our website:** [www.capitalcheerelite.com](http://www.capitalcheerelite.com)

**Facebook:** <https://www.facebook.com/capitalcheerelitede/>

**Twitter:** @capitalcheer\_de

**Instagram:** @capitalcheerelitede

## **FREQUENTLY ASKED QUESTIONS**

### ***What do I need to start?***

All you need to start is a great attitude and willingness to learn - Desire, Determination, and Dedication. CCE will teach you the rest! Each team member will be placed based on age and skill level at the beginning of the season. Our teams start at ages as young as 3 years old and we have teams at every division.

### ***What is the cost of tryouts?***

The tryout fee per athlete is \$25 for new athletes to CCE or \$15 per athlete for anyone returning from the 2016-2017 cheer season as long as they are registered by April 15th. This fee must be paid prior to tryouts. If paid the day of, price goes up by \$5.

### ***What time do I need to be at tryouts?***

May 19th: Ages 3-5 — 6-7pm

May 20th: Ages 6-11 — 10am-1pm

May 20th: Ages 12-18 — 2-5pm

\*Registration will begin 30 minutes prior to each session. Please make sure you have all necessary items for registration in order for your athlete to tryout.

### ***What if I can't make tryouts but still want to cheer?***

If you are unable to make the tryouts, you can schedule a private tryout for \$50, or come to our makeup tryouts that will be held the following week (please email the gym info@capitalcheerelite.com).

### ***What do I need to wear?***

Typically, athletes wear a sports bra, shorts, leggings, "spankies," no show socks and cheer shoes or sneakers (preferably NOT bulky shoes). A t-shirt, shorts, capri leggings or tennis shoes will be fine as well. Do not rush out to buy cheer shoes because a certain kind will be required for practice.

### ***Do I need to wear my hair a certain way?***

The easiest and fastest is just a slick back pony tail. This keeps all hair out of your face.

### ***Do I need to bring something to drink or eat?***

You are welcomed to bring a bottled water or sports bottle. We recommend you write your name on either one. We also have water fountains and vending machines for your convenience. We do not allow food on the floor and tryouts are typically 2.5-3 hours long.

### ***Will there be any judges?***

Capital Cheer Elite staff will be evaluating all athletes and assembling all teams.

### ***How will I know if I made a team?***

EVERYONE makes an age/level-appropriate team. Everyone will receive an email advising when their athlete will return on which nights for practices, so please don't forget to provide a valid email address in your tryout paperwork.

### ***How much does it cost to cheer?***

There are different costs depending on which team you are on. Season fees will be released April 1st.



## ATHLETE EVALUATION FORM

**CAPITAL CHEER ELITE**  
**ALLSTAR ACADEMY**

Athlete Name: \_\_\_\_\_ Age: \_\_\_\_\_

Nickname(s): \_\_\_\_\_ Grade: \_\_\_\_\_

Welcome to Capital Cheer Elite's tryouts for the upcoming 2016-2017 season; we hope that you are as excited and eager as we are to start the new allstar cheerleading season!

Coaching staff will evaluate each athlete on the following criteria:

**Tumbling difficulty & execution**  
**Athleticism**  
**Dance ability and showmanship**  
**Willingness to accept instruction**  
**Stunting positions (flyer, base, back spot)**  
**Jump Technique**  
**Overall Attitude**

If you have never cheered before, or are not familiar with the terms used by your tryout coaches, please don't be shy or afraid to ask questions; we are here to help and teach you, so there are NO dumb questions.

1) Have you ever been on a competitive allstar team?    YES        or        NO  
(If you are new to allstar cheerleading and circled "No" above, proceed to question 6.)

2) The name of your most recent allstar gym? \_\_\_\_\_ Years: \_\_\_\_\_

3) On what level of cheer did you last compete? (Circle all age levels that apply.)

- 1 (Youth, Junior, Senior)
- 2 (Mini, Youth, Junior, Senior)
- 3 (Youth, Junior, Senior)
- 4.2 (Youth, Junior, Senior)
- 4 (Youth, Junior, Senior)
- Restricted 5 (Youth, Junior, Senior)
- 5 (Youth, Junior, Senior)

4) Are you trying out for any CCE team regardless of level?    YES        or        NO

5) Tumbling Skills (check all that apply):

\_\_\_ Back Walkover        \_\_\_ Front Walk Over        \_\_\_ Cartwheel        \_\_\_ Round off

\_\_\_ Standing Back Handspring    \_\_\_ Roundoff Back Handspring    \_\_\_ Standing Back Tuck    \_\_\_ Punch Front  
\_\_\_ Jumps to Tuck    \_\_\_ Roundoff Handspring Back Tuck    \_\_\_ Layout    \_\_\_ Full Twisting Layout  
\_\_\_ Double Full    \_\_\_ Other (i.e. specialty pass): \_\_\_\_\_

6) What was your cheer stunt position? (Circle all that apply; list level/put a star next to MAIN position.)

Front Spot                      Main Base                      Side Base                      Back Spot                      Flyer

7) What level team are you hoping to make this year? 1<sup>st</sup> choice \_\_\_\_\_ 2<sup>nd</sup> choice \_\_\_\_\_  
Will you cheer regardless of what level you are placed?      YES                      or                      NO

8) Are you interested in crossing over to another team?      YES                      or                      NO

**NOTE: Crossover considerations are ultimately selected by the coaching staff.**

9) Do you plan to cheer for your school or rec team? If so, please indicate whether you are in middle school or high school and whether you will cheer junior varsity or varsity:

\_\_\_\_\_

10) How do you feel you would best benefit your cheer team? (Circle two options and briefly explain why.)

- > Leadership \_\_\_\_\_
- > Work Ethic \_\_\_\_\_
- > Stunting \_\_\_\_\_
- > Tumbling \_\_\_\_\_
- > Jumping \_\_\_\_\_
- > Performance \_\_\_\_\_
- > Dancing \_\_\_\_\_

11) Athlete's T-shirt Size:      YXS    YS    YM    YL    YXL    AS    AM    AL    AXL

**Please list all planned summer activities (with dates) that will cause you to miss practice:**

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

I hereby give the aforementioned athlete my permission to participate in tryout activities at Capital Cheer Elite.

Parent Signature: \_\_\_\_\_ Date: \_\_\_\_\_



**CAPITAL CHEER ELITE**  
**ALLSTAR ACADEMY**

**RELEASE OF**  
**LIABILITY WAIVER**

I understand that Capital Cheer Elite (“CCE”) staff members are not physicians or medical practitioners. With that in mind, I hereby give permission for CCE staff to render temporary first aid to my child/children in the event of any injury or illness and, if deemed necessary by the staff at CCE, to call a doctor and seek medical help, including, but not limited to: transportation by a CCE staff member (and/or its representatives, whether paid or volunteer), to any health care facility or hospital, or contacting an ambulance for said child should the CCE staff deem necessary.

We, the staff of CCE recognize our obligation to make our athletes and their parents aware of the risks and hazards associated with the sport of cheerleading. Athletes may suffer injuries, possibly minor, serious or catastrophic (paralysis or even death) in nature. Cheerleading can be dangerous and can lead to injury!

Parents should make their athlete(s) aware of the possibility of injury and encourage him/her/them to follow all of CCE’s safety rules, as well as the coaches’ instructions.

CCE, its coaches, and other staff members, will not accept responsibility for injuries sustained by any athlete during the course of tumbling, cheerleading instruction, open workouts, or in the course of any exhibition, competition, or clinic in which the athlete(s) may participate; including traveling to or from any events or competitions.

With the above in mind, and being fully aware of the risks and possibility of injury involved, I consent to have my athlete(s) participate in the program offered. I further agree to waive all rights and claims for damages that I or my athlete(s) may have against CCE and/or its representatives, whether said representatives are paid or volunteer.

I also affirm that I now have, and will continue to provide, proper hospitalization, health and accident insurance coverage, which I consider adequate for both my athlete’s/athletes’ protection, and my own protection.

I also understand that it is the parents’ responsibility to warn the athlete(s) according to what the parent feels is appropriate. CCE will only warn the athlete through “Safety Messages,” our teaching style and progressions.

\_\_\_\_\_  
Signature (Parent/Guardian or athlete over 18 years of age)      Date: \_\_\_\_\_

\_\_\_\_\_  
Printed Name (Parent/Guardian or athlete over 18 years of age)      Date: \_\_\_\_\_





**CAPITAL CHEER ELITE**  
**ALLSTAR ACADEMY**

**PHOTO/VIDEO/RECORDING**  
**RELEASE FORM**

I, \_\_\_\_\_, hereby authorize Capital Cheer Elite Allstar Academy and/or any of its successors or assigns (hereinafter "CCE") to take and/or publish photographs/videos/recordings of the undersigned athlete(s) for use in printed publications, websites and/or social media for the express purpose(s) of promoting CCE and the athlete(s).

I release CCE from any expectation of confidentiality for the undersigned athlete(s) and myself and attest that I am either the athlete (if 18 years or older), or the parent or legal guardian of the athlete(s) listed below, and that I have the authority to authorize CCE to use photographs and/or videos and names of the below-listed athlete(s).

I acknowledge that participation in publications and website produced by the CCE confers no rights of ownership whatsoever. I release CCE, its contractors and its employees from liability for any claims by me or any third party in connection with my participation or the participation of the undersigned athlete(s).

Printed Name of athlete (if over the age of 18): \_\_\_\_\_ Date: \_\_\_\_\_

Signature of athlete (if over the age of 18): \_\_\_\_\_

Printed name of Parent or Guardian of athlete: \_\_\_\_\_ Date: \_\_\_\_\_

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

Street Address: \_\_\_\_\_

City, State, Zip: \_\_\_\_\_

**Names and Ages of Athlete(s):**

Name: \_\_\_\_\_ Age: \_\_\_\_\_ Date of birth: \_\_\_\_\_

Name: \_\_\_\_\_ Age: \_\_\_\_\_ Date of birth: \_\_\_\_\_

Name: \_\_\_\_\_ Age: \_\_\_\_\_ Date of birth: \_\_\_\_\_



**STATEMENT OF FINANCIAL COMMITMENT**

**2017-2018**

***CAPITAL CHEER ELITE***  
***ALLSTAR ACADEMY***

- I understand that I am required to sign up for Jackrabbit, the software system used by Capital Cheer Elite, LLC to collect monthly Tuition and Allstar Fees. I understand that failure to sign up for Jackrabbit will result in an additional administrative monthly fee of \$15. I understand that I may request a change to my scheduled Jackrabbit payments 2 times per season at no cost. Any change requests after that will be processed at an additional fee of \$15 per change.
- I understand that any payments made after the due date will result in a late fee of \$25 automatically charged to my account. Payments are considered late on the 5th of each month.
- I understand if I miss ANY scheduled payments, my athlete risks the chance of being removed from practice or immediately removed from the Capital Cheer Elite program.
- I understand that I will forfeit ANY monies paid, if I choose to leave a team, decline an alternate position, or I am asked to leave the program.
- I understand that ALL monies paid are non-refundable.
- I understand that Capital Cheer Elite, LLC has the right to require payment in FULL (ENTIRE SEASON) for monies owed for pre-rendered services, uniforms, etc., if there were payment issues in previous years/seasons with Capital Cheer Elite, LLC.
- I understand my athlete will NOT be allowed to attend classes, private lessons, attend CCE functions or receive uniform, practice wear, warm-ups, team photos, etc. or purchase items from our Pro Shop if Capital Cheer Elite, LLC accounts become past due.
- I understand that I am entering into this program of my own free will.

Parent Signature \_\_\_\_\_ Date \_\_\_\_\_

Parent Name Printed \_\_\_\_\_



## Athlete's Code of Conduct

Capital Cheer Elite prides itself on not only its talent, but on the class and dignity of its members. The Athlete's Code of Conduct was established as a set of conventional principles and expectations for athletes to follow. All members of CCE are bound to the policies outlined below:

1. I understand that this is a full season, up to one year, commitment and that a team is depending on me to fulfill my responsibilities as a team member. I will not give up, quit or threaten to quit during my team membership.
2. If I have a difficult issue I can not solve on my own I will seek council from a coach or office staff to help solve the issue and not encourage it to grow.
3. I will come to practice with a positive attitude and work hard to achieve personal goals and help my team to reach the team goals in which my coaches have set. I realize that a positive attitude is contagious and I will do my best to influence my teammates in a positive manner.
4. I will not use profanity at practices or competitions.
5. I will demonstrate good sportsmanship to teammates, parents, coaches, judges, cheer company's staff and rival teams. This includes no bad-mouthing, spreading rumors, foul language, inappropriate actions, and speaking poorly of my Capital Cheer Elite program.
6. I will not misuse the internet, Facebook type sites, emails, or websites in relation to CCE.
7. I will take care of my body and show self-respect at all times. I will not use alcohol, drugs or tobacco and will eat properly to nourish my body. I will be dismissed from the team if caught drinking, using drugs, or smoking.
8. I will keep my cell phone turned off or leave it outside the practice gym during CCE practices.
9. I will respect my coaches and coaches helpers at all times.
10. I will strive to be in top physical condition and work my hardest during my team's conditioning drills so that I can get the most out of every practice.
11. I will come to practice on time and be responsible for my team's times and days so that I am a dedicated teammate and show accountability to my parents for this privilege.
12. I realize that I am representing the Capital Cheer Elite All Stars 24 hours a day by my actions and will take that responsibility as an honor.
13. I will learn and obey the team and gym rules set forth by coaches.
14. I will wear proper attire to practices: shorts that cover well, socks and cheer shoes, no jewelry, hair pulled up, and the recommended coach's shirts.
15. I will respect the value of the CCE choreography and not reuse it or it's music for other venues or events.

I realize that failing to uphold these standards and causing a serious offense may lead to dismissal from my team(s).

Athlete's Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Parent's Signature: \_\_\_\_\_ Date: \_\_\_\_\_



**CAPITAL CHEER ELITE**  
**ALLSTAR ACADEMY**

## Parent's Code of Conduct

CCE parents play an important role in their child's commitment to our program. It is a good reminder to parents to observe a Code of Conduct that we are mutually on the same page as each other, uniting for a common goal of our children. CCE desires to not only have great athletes but great families who care about upholding our high standards. Parents should read through the following obligations and sign at the bottom agreeing to uphold each standard.

1. I understand that this is a full season commitment, up to one year, and that a team is depending on my child to fulfill responsibilities as a team member. I will not allow my child to quit or threaten to pull her out during the season.
2. If my child is involved in a matter of disrespect towards any member or staff at CCE, I will resolve this problem with my child immediately.
3. I understand that all conversations in the parent viewing areas must be respectful and positive. Any inappropriate comments will result in dismissal from the program.
4. I will not use profanity at the gym, lobby area or at competitions and respect that I am in a child friendly environment and a representative of the CCE program.
5. I understand that I am NOT allowed to yell onto the floor or try to make contact through the viewing area window during practices or tumble classes. CCE coaches are certified to instruct the levels they are instructing and need to be respected as such. These distractions can be dangerous, disrespectful and will not be tolerated.
6. I understand that due to insurance purposes, I am NOT allowed out in the practice area without being invited by a coach. Only cheerleaders and coaches are allowed on the practice mat.
7. I will demonstrate good sportsmanship to my child's teammates, other parents, coaches, judges, cheer company's staff and rival teams. This includes no bad-mouthing, spreading rumors, foul language, inappropriate actions, and speaking poorly of my Capital Cheer Elite program.
8. I will not misuse the accessibility of communicating through email to my CCE coaches and will address issues with care and respect.
9. I will respect my child's coaches and trust their decisions. I will allow the CCE coaches to exercise their coaching skills and not intervene with practices.
10. I will prepare to get my child to practice on time and stay for it's entirety. In the event that she is late, I realize she will have to warm-up and stretch properly as her teammates did but this may require her to do it by herself or at the end of the set practice time.
11. I understand that Capital Cheer Elite's name, team names & logo are copyrighted. No one can reprint our logo or team names on any apparel or other items.
12. I understand that the coaches reserve the right to suspend my child's participation indefinitely in practice or competition as a disciplinary action if rules and codes of conduct are broken.
13. I realize that cheer companies that host competitions also have codes of conduct that include parent actions, and poor sportsmanship by parents can cause deductions or disqualifications of my child's team. I will demonstrate good sportsmanship as a Pride parent.
14. I understand that as a Capital Cheer Elite All Star parent I too represent the program. Verbal and/or physical altercations between parents will not be tolerated.
15. I understand that as a parent I need to lead by example. Parents, relatives, friends, etc. are not allowed to approach a coach with disrespectful comments at a competition and/or at/before or after practice. It will result in dismissal from the program.

I have read and understand my role as a parent and will do my best to uphold my end of the commitment.

Parent Name: \_\_\_\_\_ Date: \_\_\_\_\_

Parent Signature: \_\_\_\_\_



**CAPITAL CHEER ELITE**  
**ALLSTAR ACADEMY**

**USASF**  
**REGISTRATION**

USASF Annual Membership of \$35.00 is due NO later then July 1, 2016. This fee will be applied to your Jackrabbit account.

**ATHLETE'S INFORMATION**

Please fill out form with first and last name as it appears on the athlete's birth certificate.

First Name \_\_\_\_\_ Nick Name \_\_\_\_\_  
Middle Name \_\_\_\_\_ Gender \_\_\_\_\_  
Last Name \_\_\_\_\_ Birth Date \_\_\_\_\_  
Athlete's Email \_\_\_\_\_  
Current Address \_\_\_\_\_  
Current City \_\_\_\_\_ Current State \_\_\_\_\_ Zip Code \_\_\_\_\_

**PARENT INFORMATION**

First Name \_\_\_\_\_ Nick Name \_\_\_\_\_  
Middle Name \_\_\_\_\_ Gender \_\_\_\_\_  
Last Name \_\_\_\_\_ Birth Date \_\_\_\_\_  
Parent Email \_\_\_\_\_  
Current Address \_\_\_\_\_  
Current City \_\_\_\_\_ Current State \_\_\_\_\_ Zip Code \_\_\_\_\_

If your athlete was at another gym last season and believe to already have a USASF account, please list the organization name: \_\_\_\_\_

**PLEASE SELECT A USER ID AND PASSWORD FOR THE ACCOUNT:**

Username: \_\_\_\_\_ Password: \_\_\_\_\_

**For Office Use:**

Date Paid: \_\_\_\_\_ Office Staff Signature: \_\_\_\_\_  
Date USASF Account Made: \_\_\_\_\_ By: \_\_\_\_\_