



**CHEER FORCE ONE**

5089 YORK RD. PATASKALA, OH 43062

**2018-19**

**HALF SEASON**

**TEAM HANDBOOK**

**PARENT MEETING & TEAM EVALUATIONS:**

**SATURDAY, OCTOBER 20, 2018**

**@ 10:00 AM**

**CHEER FORCE ONE**

Owners: Debi Burnette, Mary Poole

Desk Diva: Madi Harris

Billing: Monica Marcum - [monica.cf1cheer@gmail.com](mailto:monica.cf1cheer@gmail.com)

**For Information Contact:**

[cf1office@ymail.com](mailto:cf1office@ymail.com)

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

Phone: 740-973-8477



CHEER FORCE ONE

## 2018-19 HALF SEASON TEAM

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Thank you for your interest in the Cheer Force One All-Star cheerleading program.

**Cheer Force One All-Star Mission Statement** – Cheer Force One is a family owned, Faith-based competitive cheerleading program determined to teach the value of team and the importance of family. We believe that the strength of our athletes is measured not only by their physical strength, but their mental and spiritual strength as well. Our goal is to instill the important values of friendship, teamwork, leadership, integrity, loyalty and discipline that will guide each athlete for a lifetime. We empower our athletes and strive to provide solid direction and inspiration to each athlete. While competing athletically at the highest level, we encourage our athletes to respect their opponents, coaches, officials and each other. We expect our athletes to demonstrate good sportsmanship and fair play. Our gym is staffed by experienced coaches and former athletes who understand what it means to be a competitive cheerleader and who serve as exceptional role models. We want to be your choice for all-star cheerleading and tumbling. We are here to build champions. Not just champions on the floor, but champions in life.

Each and every family is important to us and our program! You will not get lost in a crowd or feel like just another number. At Cheer Force One, not only are WE FAMILY, we have a place for every athlete that fits your wants in competitive cheer.

**We would like to remind you of the importance of reading through this packet in its entirety. Enclosed is a list of expectations for both athletes and parents.**

We thank you again for your interest in the Cheer Force One All-Star program and hope you find the enclosed information helpful and informative. We would be happy to help with any additional questions you may have. You may contact us at 740-975-7932 or email [cf1office@gmail.com](mailto:cf1office@gmail.com).

Thank You,

CHEER FORCE ONE

The Cheer Force One Staff



**CHEER FORCE ONE**

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The following information is designed to help parents and athletes understand the commitment level of All-Star Competitive Cheerleading and to become aware of what is expected as an All-Star Team Member. Please be sure to read this carefully. If you have any questions, please feel free to ask.

Cheer Force One is committed to achieving excellence; however in order to do that we need the support and dedication of our athletes and their parents. This requires a joint commitment between Cheer Force One, athletes and parents.

Half season teams are determined primarily by age and secondly by skill level. Teams will either be exhibition, novice or prep level. This will be determined after team placements and dependent on level of the team(s).

### **COMMITMENT**

Half season teams practice one day a week for two hours. Tiny teams practice one hour per week. The practice(s) will be on Saturday morning/afternoon. **ALL PRACTICES ARE MANDATORY.** All Star team practices are closed. Parents will have the opportunity at certain times during the season to observe what the team(s) are working on. These times will be determined by the coaches. We also have a TV monitor where you can observe what the team is working on from the parent room.

Half season team(s) will attend approximately three local competitions. A competition schedule will be given at team placements.

### **\*\*ATTENDANCE POLICY AND PROCEDURES**

Please give your coaches at least **TWO WEEKS** notice of any absences you know of in advance. (Fill out the attached absence request form and return to your coaches). You will be allowed 1 unexcused absence for the season. This is a team sport and requires commitment from every team member and their families as missing one member of the team detrimentally affects the entire practice. If your athlete exceeds the 1 unexcused absence, they may be removed from the team. Each situation will be determined on a case by case situation.

#### **Excused absences:**

- Major family emergency (to be determined on individual basis ) and death in family affecting the athlete directly
- School related functions that **require** a grade
- Contagious illness (such as strep throat, flu)

#### **Unexcused absences:**

- ie: academic functions, school programs (the athlete must be actively participating in the event), school cheer, family vacation, family wedding, religious purposes...

#### **The following are not be used for unexcused absences:**

- Birthday and/or Birthday parties, concerts, etc.
- Non-contagious illness (colds, bellyaches, etc)
- Other Friend/Family functions, family reunions, etc.

## COMMUNICATION

Communication is vital in All Star Cheer. We utilize every form of communication as possible. Social media is a huge part of communication. We have a private informational FB page. Please search for our "Cheer Force One 411" private group and ask to become a member. Also each individual team will have their own private team page which will be set up after team placements. Watch 411 for information to get added to your team page. Also if you have Instagram and/or twitter be sure to follow us and encourage your child(ren) to do so if they have one. Email is the most widely used form of communication. Always feel free to email us. There is no such thing as a dumb question. If you have a question - **ASK**. We also update our website frequently so you can check class schedules, what new, booster news, etc. on the website as well. Our staff email is also on our website, so you can contact coaches via email to set up privates, etc. along with a coach's private lesson contact sheet.

If you ever have a problem with anything, please do not hesitate to contact us. We are here for **YOU**. With any concerns you have directly with your athlete, team, etc., **DO NOT** contact your coach(s) via phone call, text or FB messaging. Send an email to the gym office first and if necessary we will set up a meeting to discuss the issue with coach(s)/owners. Texting and FB messaging should **NOT** be a form to communicate issues/concerns with your coaches.

## FINANCIAL OBLIGATIONS

Season begins November 1, 2018 - March 2019. The expenses have been broken down by the entire season, not by monthly classes/practices. **You will be responsible for monthly tuition through the month of March regardless of the date of the last competition. Please understand that the monthly tuition is not dependent upon a certain number of practices or hours in the gym.** Extra practices may be added or cancelled at the coach's discretion.

EXPENSE:	AMOUNT:	DUE DATE:
Registration Fee	\$30.00	Time of registration
Monthly Tuition: Tiny Team (1 hour) Mini-Junior (2 hours)	\$50.00 \$75.00	1st of Month (November 2018 - March 2019)
Monthly tumbling (optional)	Discounted All Star rate off tumble classes	Sessions
All-Star Fees (Competition Fees Choreography/Music)	\$210.00	½ due on November 1, 2015 ½ due on January 1, 2015
Competition Uniform	\$150.00 - New	Due at time of ordering
Hair Bow	\$20.00	Before 1 <sup>st</sup> competition
Practice Wear	Will be provided one t-shirt	
Shoes	Each athlete is expected to wear clean, white cheer shoes to all practices and competitions. These shoes are to <b>ONLY</b> be worn inside.	Before 1 <sup>st</sup> practice
Annual Booster Fee*	\$40.00	Time of registration: Check made out to CF1 Boosters

**Discounts:** Monthly tuition for families with multiple athletes will be discounted as follows: A \$15.00/month sibling discount off tuition will be awarded for the second child of a family participating with Cheer Force One. All other fees will apply per athlete.

All tuition payments are due on the first of each month. A \$25 late fee will be charged after the 15<sup>th</sup> of the month. A \$25 fee will be charged on all returned checks.

Please make sure all payments are labeled with athlete's name and a reference of what the payment is for. If you have any questions regarding your account, please email **Monica.cf1cheer@gmail.com**.

Please note that the above expenses do not include travel and lodging to out of town competitions.

\*CF1 has an active booster program. You must pay the \$40.00 booster fee. You do not have to be active in the booster program, but it is an opportunity to earn money to go directly towards your athlete's account.

**\*\*No refunds will be issued due to the athlete withdrawing or being dismissed from a team\*\***



CHEER FORCE ONE



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Age as of August  
31, 2018

\_\_\_\_\_

**2018-19**

**HALF SEASON TEAM REGISTRATION/CONTRACT**

Athlete Name: \_\_\_\_\_ Date of Birth: \_\_\_\_\_

Athlete Email: \_\_\_\_\_ Cell (\_\_\_\_) \_\_\_\_\_

Text:  Yes  No

Address: \_\_\_\_\_ City/State/Zip: \_\_\_\_\_

Mother Name: \_\_\_\_\_ DOB: \_\_\_\_\_ Cell: \_\_\_\_\_

Mother Email: \_\_\_\_\_ Text:  Yes  No

Father Name: \_\_\_\_\_ DOB: \_\_\_\_\_ Cell: \_\_\_\_\_

Father Email: \_\_\_\_\_ Text:  Yes  No

How Did You Hear About Us? \_\_\_\_\_

Permission to share your information on team roster?  Yes  No

T-shirt size:  Youth XS  Youth S  Youth M  Youth L  
 Adult S  Adult M  Adult L  Adult XL

*I have read, fully understand and agree to all conditions stated in the Half Season Team Packet and CF1 Code of Conduct. Furthermore, I understand my financial commitment to the program and understand that if all payments are not kept current, my child will not be able to participate in the Cheer Force One program.*

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

\_\_\_\_\_  
Date



CHEER FORCE ONE

# WAIVER AND AGREEMENT TO TERMS AND CONDITIONS

I, the undersigned, parent/guardian of, \_\_\_\_\_, understand that participating in any activities at Cheer Force One or any other affiliated events with Cheer Force One, comes with certain degree of risk of injuries to the athlete. I agree to assume all risk and hereby release Cheer Force One and any of its owners, employers, employees, or volunteers from any and all liabilities. I understand that all medical expenses are sole responsibility of the athlete or the athlete's family. Cheer Force One expects all athletes to carry their own medical insurance, which is not provided by Cheer Force One.

I also give permission to Cheer Force One and any other affiliated approved third parties the right to film, photograph, alter photographs or videotape the athlete. I give Cheer Force One all rights to use any videotapes, photographs, and/or publications of the athlete in any promotional usage and/or any other means, without compensation.

### MEDICAL RELEASE

I hereby authorize and give consent to any approved staff members of Cheer Force One to take whatever action necessary for any medical treatment when parent/guardian cannot be reached. I understand that by signing this form that Cheer Force One is not liable for any injuries incurred during competitions, practices, classes, events, and/ or anywhere upon the premises of Cheer Force One. I have disclosed all medical or physical information on the athlete mentioned above. I certify that the named individual is physically capable and able to fulfill their requirements needed to be an athlete at Cheer Force One.

Parent /Guardian

Name: \_\_\_\_\_ (print) Date: \_\_\_\_\_

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

**I HEREBY CERTIFY THAT I HAVE READ AND UNDERSTAND THE ABOVE TERMS AND AGREEMENTS.**

Insurance Company \_\_\_\_\_

Policy Number \_\_\_\_\_

Medical info/Allergies \_\_\_\_\_

Doctor's Name \_\_\_\_\_ Address \_\_\_\_\_

Dentist's Name \_\_\_\_\_ Address \_\_\_\_\_



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# APPROVED ABSENCE REQUEST

Please remember that absences from practice affect the entire team and should only be taken when necessary.

- *This form must be filled out and submitted two (2) weeks prior to the planned absence.*
- *Requests for absences will not be approved for parties, concerts, family events or any social events that are not school related.*
- *Athletes who miss practice the week prior to a competition may be removed from the routine.*
- *Absence requests will be approved or denied on an individual basis. If coaches/owners feel an athlete has overextended themselves, then it may be suggested that the athlete should choose one activity over another.*

Athletes Name: \_\_\_\_\_

Team: \_\_\_\_\_

Coach(s) \_\_\_\_\_

Reason for absence: \_\_\_\_\_

Dates of absence: \_\_\_\_\_ - \_\_\_\_\_

CHEER FORCE ONE

\_\_\_\_\_  
*Parent signature*

\_\_\_\_\_  
*Date*

Approved

Rejected

\_\_\_\_\_  
*Coaches/Owners signature*

\_\_\_\_\_  
*Date*