



CHEER FORCE ONE
ALL-STAR CHEER AND TUMBLE GYM

FUNDAMENTALS
PROGRAM
HANDBOOK

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CHEER FORCE ONE

OUR MISSION

Thank you for your interest in the Cheer Force One!

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 offer a variety of tumbling classes and All-Star programs to fit your time and financial commitment!

We would like to remind you of the importance of reading through this packet in its entirety.

Thank You,

The Cheer Force One Staff



CHEER FORCE ONE



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FUNDAMENTALS PROGRAM

Why FUNdamentals over other introductory youth activities? All Star offers a unique, well-rounded opportunity not found in other similar entry level youth activities. Cheerleading is a team activity not an individual intro sport.

Benefits of FUNdamentals and All Star: FUNdamentals and All Star teaches teamwork, cooperation, working towards a common goal, and socialization with others as integral parts of success and learning, while still developing the individual athlete. Many other youth activities focus on the development of the individual without the opportunity for a focus on the sense of team and comradery built within the group.

Individual achievements gained from All Star: • Self Confidence • Agility/Athleticism/Fine Motor Skill Development • Strength training and development of overall physical condition in a FUN atmosphere. Exercise has never been so FUN! • Character development through a special series developed exclusively for FUNdamentals

Why is FUNdamentals so GREAT? • Never boring! FUNdamentals is designed in short modules that keep athletes engaged for those budding individuals who want to experience all that All Star has to offer and not spend long periods of time focused on just one aspect of the sport. • FUNdamentals incorporates stretching and increased flexibility, stunting, jumping, dance, conditioning and a FUN activity in each class structure. • FUNdamentals teaches character development throughout a session long series of FUN activities that encourages the growth of each student's life skills. • Weekly FUN activities are sent home that aid in the development of your student athlete and teach valuable life lessons. • FUNdamentals provides a taste of All Star which allows for a short term commitment to evaluate if All Star is right for your child! • FUNdamentals provides a routine learned throughout the session which gives athletes the opportunity to perform in a FUN no pressure atmosphere such as a showcase.

COMMITMENT

The FUNdamentals team program runs for 12 weeks (one hour practice per week) followed by an end of season Showcase!

FALL/WINTER 2018/19

First practice, Tues, Oct 30 – Last practice, Tues, Jan.29 – Showcase TBD

Practice times: Tuesdays 5:30-6:30

FINANCIAL OBLIGATIONS

\$300.00 for total 12 week program. \$20.00 registration fee (will go towards program fee of \$300.00). You will be billed \$80.00 after first practice and \$100.00 on the first of each month prior to that.

Performance wear is provided! *Athletes are required to wear plain white athletic shoes of your choice for end of program performance. (We suggest cheer shoes).

*A \$25.00 late fee will incur after the 15th of the month if account is past due.

****No refunds will be issued due to the athlete withdrawing from a team****



CHEER FORCE ONE

FUNDAMENTALS PROGRAM REGISTRATION
FALL/WINTER 2018/19

Athlete Name: _____ Date of Birth: _____ Age: _____

Address: _____ City/State/Zip: _____

Parent/Guardian: _____ DOB: _____

Parent/Guardian Email: _____ Cell: _____ Text: Yes No

Parent/Guardian Email: _____ Cell: _____ Text: Yes No

How Did You Hear About Us? _____

Permission to share your information on team roster? Yes No

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.

Insurance Company _____

Policy Number _____

Medical info/Allergies _____

Doctor: _____ Dentist: _____

I hereby certify that I have read, fully understand and agree to all terms and agreements.

Parent Signature

Date



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