



# ALL STAR CHEER



COME SEE WHY  
WE ARE  
*more than a gym*

TEAMS FOR AGES 4-19.  
DOWNLOAD THE DETAILS ONLINE AT:

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

# ABOUT US



## "CAPITAL ELITE ATHLETICS, BUILDING CHAMPIONS ON AND OFF THE MAT"

Thank you for showing interest in Capital Elite Athletics All Star Competitive Cheer Program. We opened our doors 2019 with a reputation for excellence and are excited that you are considering joining us in Season 4. No matter the age or skill level of your child, we have a program that can meet your needs!

From the best instructors to our knowledge of the industry, we have all of the components to help your child succeed!

### NEW IN SEASON 4

- New Recreational and Performance Program
- Summer Break. No Practices 6/30-7/4
- Labor Day Break 9/1-9/4
- Fall Break. No Practices 11/22-11/26
- Winter Break. No Practices 12/22-1/1

### ALWAYS AVAILABLE GREAT OPTIONS

- Payment options to meet everyone's needs
- Pay early Discount
- Exhibition Team ages 4- 11 years
- Novice Teams age 4-9
- Prep Teams Level 1-2
- Elite Teams Level 1-4
- Tumbling Classes included for all Competitive All Star Teams.

BEST CHEER GYM AROUND! AWESOME COACHES THAT TRULY CARE ABOUT OUR ATHLETES! THEY'RE MORE THAN TEAMMATES, THEY'RE FAMILY! - BRITT

# PROGRAM COMPARISON



*We offer a variety of programs to meet your needs*

	<b>Exhibition Teams</b> <b>Birth Year</b> 2016-2019	<b>Novice Teams</b> <b>Birth Year</b> 2014-2020	<b>Prep Teams</b> <b>Birth Year</b> 2007-2018	<b>Elite Teams</b> <b>Birth Year</b> 6/1/04-2018
<b>Season Runs</b>	<b>September - April</b>	<b>July - May</b>	<b>July - May</b>	<b>July - May</b>
<b>Practices</b>	<b>1 hour per week</b>	<b>1.5 hour per week in the summer and 3 hour per week Sept - April</b>	<b>3 hours per week in the summer and 4 hours per week Sept - May</b>	<b>4 hours per week in the summer 5 hours per week Sept - May</b>
<b>Monthly Fees</b>	<b>Total Fees \$1460 \$182.50 for 8 months</b>	<b>Total Fees \$2495 \$249.50 for 10 months</b>	<b>Total Fees \$3110 \$311 for 10 months</b>	<b>Total Fees \$3710 \$371 for 10 months</b>
<b>Uniforms &amp; Practice Wear</b>	<b>\$250 Includes: Uniform and practice wear \$75 Bow &amp; makeup</b>	<b>\$600 Includes: Uniform top, bottom liner, practice wear &amp; shoes \$75 Bow &amp; makeup \$140 Jacket &amp; backpack</b>	<b>\$600 Includes: Uniform top, bottom, liner, practice wear &amp; shoes \$80 Bow &amp; makeup \$140 Jacket &amp; backpack</b>	<b>\$600 Includes: Uniform top, bottom, liner, Practice wear &amp; shoes \$80 Bow &amp; makeup \$140 Jacket &amp; backpack</b>
<b>Competition Schedule</b>	<b>2 Performances local</b>	<b>4 One day events within the midwest</b>	<b>5 One day or two day events within the midwest. 1 - End of season travel event *Travel Required</b>	<b>8-10 One or two Day Events 1 - End of season travel event *Travel Required</b>
<b>Additional Info</b>	<b>No Evaluation All White Cheer Shoe required</b>	<b>Evaluation Required Skills Camp TBD</b>	<b>Evaluation Required Skills Camp TBD</b>	<b>Evaluation Required Skills Camp TBD</b>
<b>Potential Teams</b>	<b>Tiny Mini Youth</b>	<b>Tiny Level 1 Mini Level 1 Youth Level 1</b>	<b>Tiny Level 1 or 2 Mini Level 1 Youth Level 1 or 2 Junior Level 1 or 2</b>	<b>Mini Level 1 or 2 Youth Level 1 or 2 Junior Level 1, 2 or 3 Senior Level 2, 3 or 4</b>



## HOW DO EVALUATIONS WORK?

Athletes thinking about trying out for cheer are invited to attend cheer workshop from May 22-July 7. Athletes will work on conditioning, jumps, stunts and tumbling. Check CEA calendar for times and levels.

All Novice, Prep and Elite athletes are invited to attend the try-out clinic. During this clinic athletes will get a chance to review the evaluation material as shown in the evaluation videos. Athletes will have the opportunity to get help as they get ready for their evaluation. Athletes can learn the evaluation material from the video or by coming to the clinics.

### Clinics Dates and Age Groups:

- |                                   |                         |
|-----------------------------------|-------------------------|
| ◦ Dance Birth Year 2015-2019      | July 10-13 5:00-6:30 PM |
| ◦ Dance Birth Year 2011-2014      | July 10-13 6:30-8:00 PM |
| ◦ Dance Birth Year 6/01/2004-2010 | July 10-13 6:30-8:00 PM |

Athletes will register online for evaluations which will be held on the following dates:

- Saturday, July 15

During evaluations, athletes will come in and perform their set routine for our panel of judges.

Athletes will perform in groups of 3 and then as an individual. Athletes will also perform jumps, flyer skills, standing and running tumbling. Final Teams will be announced on Sunday, July 16.

- **All Novice, Prep and Elite athletes are required to complete an evaluation.**

## IMPORTANT EVALUATION DATES:

- **Open Cheer Workshops:** May 22-July 7
  - Monday 5:30-7:00 pm Birth Year 2015-2019
  - Tuesday 5:30-7:30 pm Birth Year 2011-2014
  - Wednesday 5:30-8:00 pm Birth Year 6/01/2004-2010
- Video available for review Sunday, July 9th
- **Evaluation Clinics:** July 10 -13 from 5pm to 8pm.
- **Evaluations** for Elite, Prep and Novice Teams:
  - Saturday, July 15
- **Team Announcements:** Sunday, July 16
- **All-star Skills Camp:** July 17-18 and 20-21
- **Elite, Prep and Novice Team Practices Begin:** Monday, July 24th. Parents attend first practice to ensure billing, uniform sizing, shoe sizing and that communication through the Band app are setup.
- **Choreography:** September 15-17



# TEAM INFORMATION



## HOW DO YOU PLACE TEAMS?

There may be athletes on any given team that tumble at different levels than the rest of their team. We try to match up the athletes by level as best as we can, but please remember that stunting, pyramids, jumps, dance, and motions are a factor as well. Some athletes will be stronger tumblers than others, while some will contribute to stunting more than others. Creating a team is like a giant puzzle and we need to make sure we all fit together perfectly. Every athlete is placed on the team we think they will be the most successful on.

## NOVICE, PREP & ELITE SKILLS BY LEVEL:

The following are some of the skills that will be performed by level at evaluation.

### Level 1 (Tiny):

Standing Tumbling: Forward Roll

Running Tumbling: Cartwheel

### Level 1:

Standing Tumbling: Handstand Forward Roll

Running Tumbling: Front and Back Walkover Series

### Level 2:

Standing Tumbling: Standing Back Handspring

Running Tumbling: Round Off Back Handspring

### Level 3:

Standing Tumbling: Standing Series Handsprings

Running Tumbling: Round Off BHS Tuck

### Level 4:

Standing Tumbling: Standing Tuck and 1 to Tuck

Running Tumbling: Round Off BHS Layout

### Level 5:

Standing Tumbling: Series Handsprings to Layout

Running Tumbling: Round Off BHS Full



## AGE GROUPS:

Your eligibility age for the season is based off of the year your athlete was born. Many athletes will fall into more than one category, we will place them based on what we feel is the best fit for the athlete.

New Athletes- please bring a copy of your birth certificate or photo ID for Capital Elite Athletics to have on file.

## 2023-2024 Age Groups

### Novice Teams

Tiny Teams - Born in 2016-2020

Mini Teams - Born in 2014-2018

### Prep Teams

Tiny Teams - Born 2016-2018

Mini Teams - Born 2014-2018

Youth Team - Born 2011-2018

### Elite Teams

Youth Teams - Born in 2011-2018

Junior Teams - Born in 2007-2017

Senior Teams - Born 6/1/04-2011





# FINANCIAL



## TUITION

Tuition is paid monthly per athlete for all teams.

Tuition covers all team practices and regularly scheduled tumbling classes each week. Discounts apply to the tuition only. Tuition is paid on the 1st of every month for the upcoming month and is automatically ran through Jackrabbit, our class management software.

### Monthly Payments:

- **Exhibition Team for the 2023-2024 Season is \$1460:**
  - \$182.5 monthly which includes the following fees
    - Tuition fees \$800
    - Competition fees \$660
- **Novice Team for the 2023-2024 Season is \$2495:**
  - \$249.50 monthly which includes the following fees
    - Tuition fees \$1250
    - Competition fees \$1245
- **Prep Team for the 2023-2024 Season is \$3110:**
  - \$311 monthly which includes the following fees
    - Tuition fees \$1500
    - Competition fees \$1610
- **Elite Team for the 2023-2024 Season is \$3710:**
  - \$371 monthly which includes the following fees
    - Tuition fees \$1750
    - Competition fees \$1960

***Note:** Uniform and practice wear are paid separately*

## DISCOUNTS AND SAVINGS:

1. Loyalty discount of 1% per completed season.  
Discount on tuition only.
2. Pay in Full, discount of 1 month free tuition.



## COMPETITION FEES:

Competition fees are the fees that the gym pays out to outside vendors. We offer a variety of ways for you to pay your competition fees. You can select a pay in full or monthly payment option. The first competition fee payment is due August 1st.

**We do not discount or refund Competition Fees.**

The competition fees include:  
Competition Registration Fees,  
Choreography Fees, Camp Fees, Music Fees, Camps and Coaches Travel Fees.

*Optional Fees for Exhibition Team: Jacket & Backpack*



## I COMPLETED AN EVALUATION NOW WHAT?

After evaluations, we will take the athletes scores and assign each athlete to a team. Teams will be announced via video on our public main Facebook. Remember you are signing up for a spot on a Storm Team, not for a specific team.

On July 24th from 5:30-8:30pm we will have first practice and parent prep. On this day, all athletes and parents will come in and receive any additional information, fill out any missing paperwork, get sized for your uniform and make sure your Jackrabbit account is set up!

### Fees Due July 24th

- Uniform & Practice Wear payment

### Fees Due August 1st

- 1st Monthly installment, see monthly payments

## WHAT DO I NEED TO BRING FOR EVALUATION?

We look forward to working with you at our upcoming evaluations. Be sure to arrive with these items in order to expedite the process:

- \$50 Try-out Fee (if not paid online)
- Completed Evaluation Information Form
- Financial Agreement
- Participation Form

Forms can be found in this packet or online

## WHEN IS THE GYM CLOSED?

- Summer Break. No Practices 6/30-7/4
- Labor Day Break 9/1-9/4
- Fall Break. No Practices 11/22-11/26
- Winter Break. No Practices 12/22-1/1



## OTHER IMPORTANT DATES

Storm Showcase: December 2023

Team Pics: TBD

Year End Banquet: May 2024





## WHEN WILL MY CHILD PRACTICE?

Each team will receive a practice schedule for the season. These can not be created until we see what teams we will have for the season. Teams will receive two schedules.

- Summer Schedule- This runs from June thru Labor Day weekend
- Primary Schedule- This is our main schedule which begins September 5th and runs through the end of the season.

Practice schedules will be announced TBD

## WHEN IS CHOREOGRAPHY CAMP

**Choreography for Novice and Prep Teams:**

September 15-16

**Choreography for Elite Teams:** September 16-17

**Choreography for Novice Teams:** September 22-23

**Choreography for Exhibition Teams:** September 23-24

**Choreography is mandatory for all team members.**

Each team has 2-3 days of choreography for 5-8 hours at a time.

## CAN I WATCH PRACTICE?

No, All-star practices are closed.

We will have special day's throughout the season in which parents may watch. Those days will be announced after the practice schedule has been communicated. However, parents are not allowed to yell at athletes or to come onto the floor unless accompanied by a coach. We have designated viewing areas for parents and family members, please understand this is for the safety of our athletes.

## WHEN IS SKILLS CAMP?

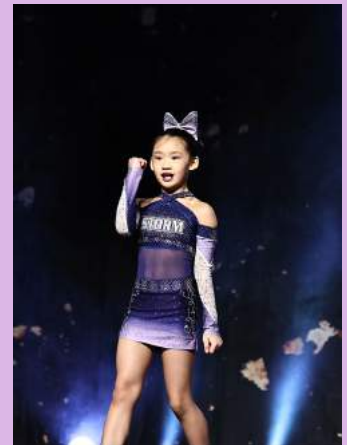
Storm Skills Camp will take place at CEA

- Level 1 Teams July 17-18
- Level 2- 3 Teams July 20-21

Camp will run approximately 4 hours per day, a detailed schedule will be released as we get closer. Camp is important as it is when we start solidifying stunt groups and roles. Skills camp is required, missing camp will be very difficult for athletes as they will miss valuable instruction as well as team bonding experiences.

Camp fee is included in the Competition Fees.

There are no refunds for missing camp, **please plan ahead so your athlete can attend.**





# TEAM/ATHLETE POLICIES



## ABSENCES

Attendance is crucial to the success of any team. An absence request form should be submitted prior to missing any practice.

### Excused Absences

- Contagious Illness
- Graded School Functions
- Family Emergency

### Unexcused Absences

- School Dances or Games
- Traffic
- Too much homework or studying for finals
- Feeling tired
- No ride
- Headache

## WHERE CAN I FIND AN ABSENCE REQUEST?

All of our forms can be found on your Program BAND. When your child is assigned to a team they will receive directions for how to access this. This form should be completed at least two weeks prior to any absence. **Each athlete receives 3 unexcused absences or tardy per season, after this a \$25 fee is assessed.**

**ATHLETES CAN NOT MISS PRACTICE DURING BLACKOUT DATES AND COMPETE.**



## VACATIONS

Please work to plan your family vacations around the gym schedule, we work hard to give you the gym closures early. If you are taking a vacation for spring break, try to take it the days we are closed so you do not interfere with your team. When the competition schedule is released, the week prior to a competition are blacked out dates, athletes who miss a practice during these weeks will **lose their spot** or they will **not be eligible** to compete at the competition that week.

## INJURIES

If an injury should occur, it is the responsibility of the parent to seek professional help. After seeing a physician, please provide us with an evaluation of the athletes injury and status. An athlete with a serious injury will not be allowed to return to activity without a release from a medical professional.

## TRAVEL/COMPETITIONS

During the competition season, cheerleaders will be asked to travel to events. Some athletes will travel to national events out of the state. In this case, a separate rule sheet maybe handed out closer to the time of the competition. Transportation to competitions is the responsibility of each team member and their family.



# TEAM/ATHLETE POLICIES



## UNIFORMS AND ATTIRE

Please keep all Capital Elite Athletics clothing and uniforms in good condition. Please report any lost or damaged uniform items to your coach or the front desk. The cost of replacement will be the responsibility of the athlete.

Athletes **can not** have any piercings and/or jewelry in for competitions. Please be mindful of this when thinking of getting new piercings.

Band-aids or clear space holders **will not** be allowed.

## COPYRIGHT NOTICE:

The logo of Capital Elite Athletics belongs to the owners of the program. You cannot sell or create your own Capital Elite Athletics clothing or any other items. This includes team names and any likeness to logo, affiliation and/or program without the permission of Boadu Adomako, Owner Capital Elite Athletics.

## DISCIPLINE

If any of the above rules are compromised, the following actions will occur:

- 1st violation- Meeting with the athlete to define the problem
- 2nd violation- Meeting with the athlete and parent
- 3rd violation- Athlete may be removed from the team or entire program

## CORE VALUES:

Here at Capital Elite Athletics all decisions we make are guided by our five core values. Please make sure you understand and can commit to these before becoming a part of Capital Elite Athletics.

- Effort Over Everything - there may be people that have more talent than you, but there is no excuse for anyone to work harder than you.
- Kindness Matters - everyone you meet is fighting a battle you know nothing about. Always be kind.
- Integrity Always - always do the right thing, even if no one is there to know.
- Teamwork Makes the Dream Work - talent wins games, but teamwork wins championships.
- Just Keep Swimming - you grow in the moments when you think you can't go on, but you keep going anyway. Pause, Breathe, Cry if you have too, but NEVER GIVE UP.



# PARENT POLICIES



## COMMUNICATION

To streamline communication, as a parent, you will receive information one way, we will use an app with team groups in which all events and current information can be found. We will give information after tryouts on how to join the app.

## GOSSIP AND THE LOBBY

- Our lobby is for your convenience to allow you to watch your child practice.
- Siblings are not to be left unattended in the facility nor are to be running around the facility.
- Our lobby is supposed to be a positive environment. It is your job as a parent to love and support your child, leave the coaching to us.
- In the event of parents being an issue in the lobby or parent viewing area, they will be asked to leave or could be removed permanently.
- Viewing areas have rules and expectations posted, please adhere to them.
- Videos and photos of practice are not allowed to be taken from the lobby.
- By registering to be a part of our program you understand and agree to this.

## FUNDRAISING

Storm Booster Club offers the following:

- A new fundraiser every month. These are individual fundraisers and all credits will go directly to your booster account. These fundraisers do involve extra work outside of cheer but we have seen people pay for an entire season of cheer! **We strongly suggest you participate in fundraising.**
- Any surplus in fundraising credit can be applied to competition fees, clinics and merchandise.
- Refund checks can not be issued in the event of a surplus.

## FEES

- A schedule of payments is listed in this handbook. All monthly payments are set up in Jackrabbit and come out automatically on the 1st of the month. If you choose to make a payment and not have your designated card charged, you must bring a check into the desk before the 1st of the month. Please make all checks payable to Capital Elite Athletics.
- A late fee of \$35 will be assessed for all payments made after the 5th of each month. If your payment is declined from your bank, please make the payment immediately at the front desk or via Jackrabbit. A \$35 NSF will be assessed for returned checks.
- Monthly tuition is not pro-rated for any reason.
- Competition Fees are not pro-rated and are non-refundable. If you choose to leave or are removed from the team these fees **will not** be returned.
- If your account is not current by the 5th of each month without contacting Boadu or the front desk, your athlete will no longer be allowed to participate.



# COMPETITION & EVENT SCHEDULE



## 2023-2024 Competition & Performance Schedule

Dates	# of days	Event / Company	Location	Bid Event	Teams Attending
Sat, June 10	1	Session 1 Evaluation	Springfield CEA	NA	
Sat, July 15	1	Session 2 Evaluation	Springfield CEA	NA	
Sun, July 16	1	Final Team Placements	TBD	NA	
Mon, July 24	1	Mandatory Parent Meeting	Springfield CEA	NA	All Parents
July 17-18	4	Storm Skills Camp Prep	Springfield CEA	NA	Novice/Prep
July 20-21	4	Storm Skills Camp Elite	Springfield CEA	NA	Elite
Aug 10	1	Illinois State Fair Parade	Meeting location TBD	NA	Entire Gym
Sept 5	NA	Fall Schedule Begins	Springfield CEA	NA	All
Sept 15-16	2	Choreography Prep Team	Springfield CEA	NA	Prep
Sept 16-17	2	Choreography Elite Teams	Springfield CEA	NA	Elite
Sept 22-23	2	Choreography Novice Team	Springfield CEA	NA	Novice
Sept 23-24	2	Choreography Exhibition Teams	Springfield CEA	NA	Exhibition
Dec 17	1	Xtreme Spirit Chicago Christmas Classic	Lake County Fairgrounds Greyslake, IL	Grand Finale	Elite
Dec Virtual	1	Maximum Cheer and Dance	CEA Springfield, IL	Allstar Worlds Maxout	All Teams
	1	Holiday Showcase	CEA Springfield, IL	NA	All Teams
Jan 27-28	2	MCDA Midwest Bash Bonanza	Collinsville, IL	Allstar Worlds	Novice, Prep, Elite
Feb TBD	1	Pride	Collinsville, IL	Allstar Worlds	All Teams
Feb 25-26	2	Apex Tour of Champions	Indianapolis, IN	All Star World The Open Florida Finals	Prep, Elite
March 9-10	2	Revolution Championships Gold Rush	Schaumburg Convention Ctr Schaumburg, IL	Allstar Worlds	Novice, Prep, Elite
March 23-24	2	Global Cheer and dance Global Events	Nashville, TN	Allstar Worlds Global Champ	Elite
April 13	1	MCDA Justice League and Sendoff	Collinsville, IL	Allstar Worlds	All Teams
April 14	1	MCDA St. Louis Send Off	Collinsville, IL	Allstar Worlds	Elite
May 11-12	2	Maximum Cheer and Dance Beach Bash Nationals	Myrtle Beach, SC	NA	Prep, Elite

## Bid Events

Dates	# of days	Event / Company	Location	Athlete Fee	Teams Attending
May 2-5	4	All-star Worlds	Orlando, FL	TBD	Bid Only
April 27-28	2	The One	Orlando, FL	TBD	Bid Only
April 20-21	2	Chicago Grand Finale	Chicago, IL	TBD	Bid Only
May 11-12	2	Orlando Grand Finale	Orlando, FL	TBD	Bid Only
May 3-4	2	Global Championships	Myrtle Beach, SC	TBD	Bid Only

# WAIVER AND PARTICIPATION FORM



## Liability Waiver and Participation Form

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

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

Email: \_\_\_\_\_

Parents Name: \_\_\_\_\_

Cell: \_\_\_\_\_ Alternate Phone: \_\_\_\_\_

Parents Email: \_\_\_\_\_

## Medical Authorization and Liability Release

I authorize Capital Elite Athletics and its representatives to consent to medical treatment for my child when I cannot be reached to consent. I am fully aware that any activity involving motion, height or athletic activities create the possibility of serious injury, paralysis or even death. I further agree to hold Capital Elite Athletics and its staff harmless for any injury or resulting expense(s). I release and discharge all rights and claims against Capital Elite Athletics, and it's parties. Capital Elite Athletics strives to provide the maximum in safety procedures and guidelines, and cannot assume responsibility for any accidents, injuries or illness that may occur.

Parents Name: \_\_\_\_\_ Date: \_\_\_\_\_

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

## Please list any previous injuries, physical conditions or weaknesses that may affect the athlete

Condition/Injury: \_\_\_\_\_

## Parent Consent

The athlete listed above has my permission to participate in the Capital Elite Athletics program and or camp for the 2023/2024 year. In consideration for the training and coaching provided by Capital Elite Athletics and its staff, I understand that my son/daughter must abide by the rules and regulations set forth by the coaches and staff. I understand that violations of any of these rules may result in removal from the classes and/or events. We acknowledge and recognize that hazards are present in any athletic event and that injury may result. Capital Elite Athletics coaches, staff and volunteers will not be liable for injury that occurs during practice, competitions or travel to and from activities.

Parents Name: \_\_\_\_\_ Date: \_\_\_\_\_

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

# FINANCIAL AGREEMENT



parent of

Name of parent / legal guardian

Print the name of the athlete here

- I understand and agree to the following:
- I understand and agree that tuition and competition fees are due on the 1st of the month for the current month IE: January tuition is due January 1st. Tuition is automatically drafted through Jackrabbit each month.
- I understand that my uniform is a separate cost and is due on the following dates:
  - Performance Teams: August 15th
  - Novice Teams: July 24th
  - Prep Teams: July 24th
  - Elite Teams: July 24th
- Performance and Novice teams Only: I understand that shoes are not included with my uniform. I will order them personally. Capital Elite Athletics will set up sizing nights. Elite and Prep teams wear all white Chasse Ace 2 shoes.
- I understand that I am subject to a late fee charge of \$25 after the 5th of the designated month. Excessive tardiness of payments will be grounds for my child not competing and possible dismissal.
- I understand and agree that as the parent signing this contract, that I am solely responsible for the Tuition, Travel Expenses, Uniform and competition fees as outlined in this packet.
- I understand if I leave the program prior to May 15th 2024, I am subject to a \$250 buyout fee. This will be billed to the card on file at the your time of departure from the program.
- I understand that if my account is not current by the 5th of each month without contacting Boadu or the front desk, your athlete will no longer be allowed to participate.

Parent / legal guardian signature

Date



# EFT AUTHORIZATION FORM



By signing and completing the form below you acknowledge that you have read and understand the financial agreement and you authorize Capital Elite Athletics to electronically debit your account. Please select an option below and it will be added to your records.

\_\_\_New EFT Agreement \_\_\_Change to Existing EFT Agreement \_\_\_Cancellation of EFT Agreement

Name on Account or Debit/Credit Card

Account Number or Debit/Credit Card Number

Financial Institution/ Card Type

Routing # / Security PIN

Account Type (Checking, Savings, DC/CC)

Amount Authorized

Expiration Date

Billing Address (DC/CC Only)

I authorize Capital Elite Athletics to debit from my, denoted above, towards Monthly Tuition and competition fees on a MONTHLY BASIS on the 1st of each month through May 31, 2024.

One Time Fee: \_\_\_\_\_ towards \_\_\_\_\_ immediately.

I hereby authorize Capital Elite Athletics, its successors and/or assigns to automatically draft a withdrawal from my checking, savings, or credit card account listed above for the specified amount on the date specified. I agree that such withdrawal should be treated as if I personally signed for the withdrawal. I further agree that if any such withdrawal is dishonored, whether intentionally or inadvertently, I understand that Capital Elite Athletics will charge me a \$30.00 rejected payment fee and a \$25 late payment fee and I authorize these fees to be automatically drafted in the next transfer. I understand that these withdrawals will be in effect for all subsequent agreements between myself and Capital Elite Athletics. I authorize Capital Elite Athletics to change the amount of the withdrawal from time to time based on my child's enrollment at Capital Elite Athletics. This authorization is to remain in full force and effect from August 1, 2023 - May 31, 2024.

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

Date: \_\_\_\_\_

# INFORMATION FORM



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

\_\_\_\_\_  
Athletes Date of Birth

\_\_\_\_\_  
Athletes Age on 06/01/23

Parents/ Guardian #1 Name: \_\_\_\_\_

Parents/ Guardian #1 Cell Phone: \_\_\_\_\_

Parents/ Guardian #1 Email: \_\_\_\_\_

Parents/ Guardian #2 Name: \_\_\_\_\_

Parents/ Guardian #2 Cell Phone: \_\_\_\_\_

Parents/ Guardian #2 Email: \_\_\_\_\_

Does your athlete have any allergies we need to be aware of? \_\_\_\_\_

Does your athlete have any medical conditions we need to be aware of? \_\_\_\_\_

Has your child ever experienced a concussions? \_\_\_\_\_

## Please Check All That Apply to Your Athlete:

\_\_\_\_\_ Child is **not** doing an Evaluation and will be placed on a Exhibition Team.

\_\_\_\_\_ My Child is evaluating for a Novice Team

\_\_\_\_\_ My Child is evaluating for a Prep Team

\_\_\_\_\_ My Child is evaluating for an Elite Team

\_\_\_\_\_ My Child would like to be considered for a crossover (2 teams) position

If not, which level(s) are you interested in being considered for? \_\_\_\_\_

# POLICY AGREEMENT



## Please Read and Sign Fees, Payments and Policies

- 1). The all-star cheer season is a full year commitment from July 2023 - May 2024
- 2). All Capital Elite Athletics families enrolled in an all-star program are required to
  - A). Register on the CEA website in addition to checking e-mails and parent groups for any and all communications.
  - B). Complete and turn in all required all-star forms
  - C). Have a credit card on file in Jackrabbit for all payments. All fees, tuition and competition fees are run on the 1st of each month.
    - a). Athletes will not be allowed to practice until there is a card on file or the account is paid in full.
- 3). Your account must be current and in good financial standing for your child to participate in team practices, tumbling classes, open gyms, private lessons and or competitions.
- 4). All monthly fees, tuition, competition fees, and or uniform fees, must be paid in advance in order to participate in any event. All fees are 100% Non-Refundable for any reason.
- 5). A \$250 buyout fee will be charged to my account if I choose to leave the program before May 2024. This fee will be billed to the card on file at the time of your departure from the program.
  - A). CEA will waive the \$250 buyout fee if the athlete family is moving more than 45 miles from CEA or if the athlete suffered an injury in which they will not be able to return to complete the season. A valid real estate document and or physician's certificate may be required.
  - B). If you choose to pay your Competition Fees in full and choose to discontinue anytime from August 2023 to May 2024, your fees are Non-Refundable. The \$250 buyout fee and expenses already paid out for the season will be deducted and the remaining balance will be applied as a credit onto your account for CEA Storm Services or Goods. NO REFUNDS will be given. Remember you are signing up for a spot on a CEA Storm team, not for a specific team or position.
- 6). I understand that if my child decides to quit the CEA Storm program at any time from August 1st 2023 to the end of the competition season May 2024, I will be charged a \$250 buyout fee.
- 7). It is mandatory to abide by the attendance policy as outlined in the 2023-2024 athlete policies given out in this packet.
  - A). All athletes are to attend their teams regularly scheduled practices. Athletes are expected to arrive 10 - 15 minutes early for practice.
  - B). Athlete needs to come to practice every day in the proper attire. Athletes can wear anything for class but must be in the practice wear for team practice. Hair needs to be up and secure with cheer shoes on.
  - C). If an athlete is not feeling well, or injured, they are still expected to be at practice.
  - D). If your child has a fever or is vomiting they should not attend. A parent must fill out an **Absence Form** PRIOR to practice for this to be excused.
  - F). An Absence Form must be completed for all school activities and pre-planned vacations and should be submitted 14 days in advanced online as explained in the packet.
  - G). After the athlete has reached 3 unexcused absences for the season, each additional unexcused absence will result in a \$25 absence fee.



# POLICY AGREEMENT



## Please Read and Sign Fees, Payments and Policies Cont.

- a). **Excused Absences:** Contagious illness, school functions that affect a grade, family emergency  
A doctor's note will be required for injuries and/or contagious illness that prevent your athlete from attending practice
  - b). **Unexcused Absences:** School dance or games, injury, traffic, being tired, no ride, too much homework, headache or studying for finals.
  - c). If your athlete reaches 3 missed practices, unexcused or excused, a meeting with the all-star director will take place. At this time your child may be removed from their team and program at the discretion of the all-star director.
  - d). Attendance is required for teams to be success.
- 8). CEA retains the right to place athletes on the team(s) it feels will best suit the athlete and the program.
- 9). CEA retains the right to decide if an athlete may participate on more than one team.
- 10). CEA retains the right to decide the role(s) and/or positions an athlete will have on their team(s). Whether your athlete is a base, backspot, flyer, tumbler, dancer, alternate, etc. or takes on a number of these roles/positions is at the sole discretion of CEA.
- A). Athletes are placed on a team with the expectation that the skills they have at tryouts will remain and grow through the season. If an athlete can no longer fulfill the role they were placed on the team for, they will be moved to a team where they can fulfill the necessary role.
- 11). If at any time your child misses a competition for an unexcused reason, this is means for immediate termination from the team and NO REFUNDS will be given.
- 12). CEA Storm will issue a list of "Black Out Weeks", which is the week prior to a competition. During said black out weeks, any missed practices will result in the athlete losing their spot or not being able to compete at the next competition. No competition fee refunds will be given for missing a competition blackout practice.
- 13). Your child can and will be suspended from practices and or competitions for displaying inappropriate behavior and refusal to follow gym rules and instructions from coaches and staff. Please discuss this with your child. You are still responsible for your athlete's fees during the period of suspension.
- 14). Athletes should not be dropped off more than 15 minutes early for a team or class. Athletes should not be picked more than 15 minutes from the end of their practice/class, as this requires coaches and staff to work past their set hours. If you will be late picking up your athlete, you are responsible for notifying the gym.
- 15). All transportation to and from competitions is the sole responsibility of parents. I understand that some competitions require a specific hotel. Information will be given as those dates approach.
- 16). I understand that as a CEA Storm member I am not allowed to use the Capital Elite Athletics or the Capital Elite Storm Logo and make my own CEA merchandise. I cannot sell or create your own Capital Elite Athletics apparel or merchandise. I also understand I am not allowed to contact any vendors on behalf of Capital Elite Athletics, doing so is grounds for dismissal from the program.
- 17). We reserve the right to close practices at any time. This will occur if the viewing room becomes negative or distracting. Please remember to be your athlete's biggest cheerleader! Please leave the coaching to the coaching staff. As a parent, if you are causing drama you can and will be removed from the gym.
- 18). It is the parent's responsibility to stay informed. Check your email and team BAND Group regularly, if you are not receiving information contact the front desk immediately so we can check your account.

# POLICY AGREEMENT



## Please Read and Sign Fees, Payments and Policies Cont.

19). Part of an all-star team is uniform, hair and makeup. To be on the team, all athletes must follow these guidelines. If you cannot commit to doing hair and makeup in the designated style, your athlete can't participate.

20). I understand that by trying out for a Summit or Worlds Team, these teams will accept only At Large or Paid type of bid. If a team accepts an At Large Bid, they will be responsible for the Summit or Worlds Fees, practice wear and coach's fees. If a team accepts a paid bid, they will only be responsible for only practice wear, and coach's fees.

21). All athletes and parents are expected to carry and conduct themselves with the utmost maturity on social media. This includes but is not limited to social media posts, photos, interactions and discussion boards. Any violation of this policy may result in immediate termination from the program.

\_\_\_\_\_ I have read the Policy Agreement in its entirety and understand its contents.

\_\_\_\_\_ I understand the responsibility my child is undertaking by becoming a CEA member.

\_\_\_\_\_ I agree to fully support my child and will encourage them to fulfill their commitment.

\_\_\_\_\_ I also understand that by signing this contract I am bound to not use my child's participation in this program as a form of punishment as I realize that it also punishes their team and the entire CEA program.

\_\_\_\_\_ Furthermore, I understand that being a CEA Member is a commitment on the part of the parent as well.

\_\_\_\_\_ I realize that when while representing CEA I must conduct myself with class and responsibility.

\_\_\_\_\_ I understand that any athlete or parent that does not abide by the rules and regulations contained in this contract, that is consistently negative or behaves in a manner that jeopardizes the name and reputation of the CEA program, will be subject to removal with no refund.

\_\_\_\_\_ Additionally, I agree to give CEA full permission to seek medical attention and/or take any actions deemed necessary, including but not limited to drug testing to ensure the safety and well-being of my child and those around them.

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

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

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

Athlete Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Athlete Signature: \_\_\_\_\_ Date: \_\_\_\_\_

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

# ABSENCE REQUEST FORM



## Athlete Absence Request Form

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

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

Submission Date: \_\_\_\_\_

Date(s) Athlete will miss practice: \_\_\_\_\_

### Absence Type:

Vacation \_\_\_\_\_ Doctor Appointment \_\_\_\_\_ Contagious Illness \_\_\_\_\_

Graded School Function \_\_\_\_\_ Family Emergency \_\_\_\_\_ Other \_\_\_\_\_

Parents Name: \_\_\_\_\_ Date: \_\_\_\_\_

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