



**2019-2020  
PREP TEAM  
SEASON HANDBOOK**  
www.EliteCheer.com



**WELCOME TO ELITE CHEER – SEASON 24!!**

**What Makes Elite Cheer the Best??**

Elite Cheer has been in business 24+ years - the first in the Midwest! We are a family-based company with a mission to help kids become more than they ever imagined! We have the best facility and the best Staff in the Midwest!

**Qualified, Certified Experts**

At Elite Cheer safety is our #1 priority. Our staff is qualified, certified, professionals with over 70 years of combined coaching experience in the sport of cheerleading and gymnastics. Visit [www.elitecheer.com](http://www.elitecheer.com) for staff Bios under “contact us”

We also remain active in our All-Star community:

- ★ All of our Team Coaches are safety certified through USASF (United States All Star Federation): the unified ruling system for All Star programs throughout the country. USASF.net
- ★ Elite Cheer is GYM CERTIFIED through the USASF & under these regulations, conducts background checks on all certified staff
- ★ Co-owners Kevin & Lance are previous Nebraska State Directors for USASF
- ★ Lance was former Midwest Representative on the National Advisory Board Committee 2 consecutive years and is also a Certified Safety instructor for USASF

**Special Accomplishments**

- ★ Elite Cheer holds TWO Prestigious NCA National Championships 2015 Jr Level 4, and 2017 Sr 3 Divisions
- ★ We have had teams represented in multiple divisions at The SUMMIT CHAMPIONSHIP
- ★ Elite has had the honor of representing at The WORLDS COMPETITION 13 years strong and in 2017 placed 6<sup>th</sup> in the World with Elite Cheer Stars Senior Medium All Girl Division and 2018 took home the Bronze Globe in the Xtra Small Sr 5 All Girl Division!

**PLACEMENTS**

Placement Fee \$50

July 27<sup>th</sup> 10-12pm

Announcements July 28 after 7pm [www.elitecheer.com](http://www.elitecheer.com)

Contract Signing week July 29-Aug 1 4:30-8pm

**WHAT HAPPENS NEXT?**

**CONTRACT SIGNING** Please bring with you:

- Voided check for tuition auto-withdrawal (NEW CHECK NEEDED EACH SEASON)
- Bring a copy of updated insurance card and parent driver’s license
- Payment for “Sign Up Fees” (see Expenses) must be cash, or credit (no personal checks)

\*\*In the case of joint custody only ONE parent account can be associated with each athlete

**Week of Aug 5<sup>th</sup> TEAM PRACTICES BEGIN**

*\*CONTRACTS MUST BE SIGNED AND SIGN UP FEES PAID BEFORE AN ATHELTE CAN BEGIN PRACTICE*

**TEAM PARENT MEETING \*Mandatory for at least one parent to attend\***

The last hour of the first practice the week of Aug 12 there will be a mandatory team parent meeting to meet & greet Coaches/Teammates, discuss attendance and expectations and answer questions.

**QUESTIONS? WE ARE HERE TO HELP!**

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**ACCOUNT & BILLING QUESTIONS?** In order to provide better customer service please email your account questions to [billing@elitecheer.com](mailto:billing@elitecheer.com) or request a phone call/appointment so we can have your account at our fingertips and address your issue immediately.

**PROGRAM QUESTIONS? Owners & Coaches** are also available anytime via email, for a short time in-between teams or for a scheduled meeting.

**SECRETARIES & OFFICE HOURS** – Front desk Secretaries will be available during office hours for quick general questions only. Account questions will be referred to [billing@elitecheer.com](mailto:billing@elitecheer.com)  
Office Hours: M-TH 4:00-8:30pm / **CLOSED Fridays**/ Saturday 9-1pm/ **CLOSED Sunday**

**IMPORTANT DATES & CLOSINGS**

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**AUGUST- SEPTEMBER**

Aug - Tentative Team Choreography (dates TBA)  
Sept 10 – Uniform Sizing  
Aug 30-Sept 2: Closed Labor Day (Resume Tues Sept 3)

**OCTOBER & NOVEMBER**

Oct 31: Closed for Halloween  
Nov 27-30 Closed for Thanksgiving (Resume Dec 1)

**DECEMBER**

WINTER BREAK Dec 23-Jan 1 (Resume Jan 2)

**APRIL**

April 12 Closed for Easter Sunday  
April 26 Last Team Practice (Summit & Worlds will continue)

**CONTACT INFORMATION**

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Owner & President: **Kevin Hooker** [Kevin@EliteCheer.com](mailto:Kevin@EliteCheer.com)  
Owner & Vice President: **Lance Stoltenberg** [Lance@EliteCheer.com](mailto:Lance@EliteCheer.com)  
Owner & COO (Chief Operations Officer): **Shawnda Hooker** [Shawnda@EliteCheer.com](mailto:Shawnda@EliteCheer.com)  
Office Manager & account questions: **Danielle James** [Danielle@EliteCheer.com](mailto:Danielle@EliteCheer.com)  
Communications Director: **Tiffani Wolf**: [Tiffani@EliteCheer.com](mailto:Tiffani@EliteCheer.com)  
Booster Club: [Booster@EliteCheer.com](mailto:Booster@EliteCheer.com)

**PRACTICE SCHED**

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<b>GLITTER (Tiny Novice 1)</b>	M/W 4:30-5:15
<b>TWINKLES (Tiny Prep 1)</b>	M/W 5:15-6:30
<b>PREP TEAM 1</b>	TUES/ 5-6:30 SAT 9-10:30
<b>PREP TEAM 2</b>	TH/5-6:30 SAT 10:30-12

# ATTENDANCE & PERFORMANCE EXPECTATIONS

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Competitive All-Star Cheer is a TEAM sport. It is important that Elite Families understand the time commitment and expectation for attendance. ALL scheduled practices, choreography and competitions are mandatory.

- ★ An absence is anytime the athlete is not at practice regardless of the reason. Athletes must participate fully in practice or will be counted absent (not just stunt).
- ★ Attendance will be taken
  - Team Practices
  - Extra practices (given a 2-week notice)
  - Camp & Choreography
  - Competition Rendezvous following watching other teams
- ★ Attendance will be calculated the first week of every month and posted on TEAM APP

**AUG-DEC** if an athlete obtains 4 absences there will be a letter of notification to parents with a request for parent meeting.

**JAN-April 30** for every 2 absences following the 4 parents a letter will be sent (at 6 & 8 absences).

At 6 absences a parent meeting will be requested. If absences are excessive, the athlete's position may be changed or moved to an alternate position.

## "MAKING THE MAT"

It is imperative that athletes understand the responsibilities that are required of them. "Making the Mat" is referring to athletes that are considered able to compete and are performing required skills needed for the routine.

When teams are developed at team placements – each athlete is graded on the skills sets they currently perform. Their placement is also determined from previous experience and what each athlete consistently shows improvement on. As such, if the athlete is not keeping up and building upon those initial skills, it will be the discretion of staff that they may be RED FLAGGED and given a timeframe in which to improve skills or be placed in an ALTERNATE POSITION.

## RED FLAGGED

These athletes are missing one or two aspects but are needed to complete the team dynamics. i.e. stunt groups, baskets group, pyramid, tumbler. Specific requirements needed to be fulfilled in a specified timeframe in order to "make mat" and compete with the team.

## ALTERNATE POSITION

In the alternate position the athlete will not necessarily be competing on the blue floor at competition, yet they are full team members with all responsibilities. Alternate positions can be due to an injury, health issue, or loss of skills. An alternate can also be an athlete not slated to perform but may be fill in last minute at competitions in case of injury.

## WHAT TO DO IF MY ATHLETE WILL BE ABSENT

- ★ **SCHEDULED ABSENCE: An Absence Request Form** is to be filled out each time an athlete will miss a practice, be tardy or leave early. This can be downloaded from Team app and turned into your team coach 4 weeks prior. A Fill IN athlete needs to be approved and confirmed through your team coach prior to your absence.
- ★ **NON-SCHEDULED ABSENCE:** (i.e., your child is home with fever) are to be called into Elite Cheer -BY THE PARENT- before scheduled practice so that coaches are able to adjust for a missing athlete.
- ★ For athlete safety and accountability, if Elite does not receive a phone call or an absence request form, office staff will contact parents to communicate that the athlete did not attend practice and to discuss the specific reason for the absence so that it can be documented.

## TARDINESS OR LEAVING EARLY

If an athlete is late or leaves early by half of the practice it will be counted as an absence

WHEN TO KEEP ATHELTES HOME

**PLEASE NOTIFY ELITE IMMEDIATELY OF ANY CONDITION THAT MAY AFFECT OTHER ATHELTES & STAFF i.e. bed bugs, lice, staph infection, pink eye, etc and keep them home until treated by a health care provider**

**For a fever: Athlete must be fever free- WITHOUT MEDICATION-for 24 hours, before returning to practice**

**What if my athlete has a school function on a practice night?** We recognize the importance of school related events (ex. Choir, DECA, etc) and strongly support athletes developing a time-management system to balance all of their obligations. We also understand practice may unavoidably be missed due to a graded school function, but we do not support staying home to catch up on homework, cramming for tests the next day, or skipping practice to attend spectator sports.

**If my athlete gets injured, does he/she still need to come to practice?** If an athlete is injured, yes, they still attend practice. It is their responsibility to their team to stay conditioned (strength and flexibility) even during the recovery time. Your athlete can do their physical therapy work at practice while staying informed of any changes in the routine.

**TUITION & EXPENSES**

<b>TUITION</b>		
DIVISION/LEVEL	HOURS OF PRACTICE	TUITION COST
PREP TEAM 1 & 2	2-1hour 30min practices/week = 3 hrs.	<b>\$105/month</b>
TWINKLES	2-1hour 15min practices/week = 2hrs 30min	<b>\$95/month</b>
GLITTER	2-45min/week practices =1hour 30min	<b>\$75/month</b>

ELITE CHEER MEMBERSHIP CONTRACT

To ensure the commitment of all team members and to protect the best interests of each of our clients, Elite Cheer Team parents are required to sign **an 11-month** Elite Cheer Membership Contract (June-April). By signing the contract, participants and their parents are committing themselves to the time obligation and are financially responsible for tuition through the length of the term in which monthly tuition will be deducted by electronic funds transfer (auto-withdrawal from a checking account). In return, Elite Cheer will provide instruction by qualified Elite Cheer Staff and training within its facility. The contract does not guarantee a specific team, team level, position, or that the athlete will perform. An athlete’s position on team is contingent upon skill attainment/execution, adherence to attendance and behavioral policies and maintaining an up to date account with Elite Cheer. Elite Cheer reserves the right to combine teams, change team levels, or move/remove athletes anytime during the season if deemed necessary.

TUITION PAYMENT

Monthly payments will be made by direct withdrawal from the checking account provided to Elite Cheer.

- Every athlete account is required to have avoided check on file from a checking account (no savings accounts) to be debited each month for tuition costs. **A new voided check must be provided each year.**
- The account holder shall provide written authorization to Elite Cheer, Inc. to debit the account on file each month between the 1<sup>st</sup> and the 5<sup>th</sup> for tuition.

- By signing the contract, the account holder **acknowledges authorization** for Elite Cheer, Inc. to debit the account on file for any fees due if they are not paid by other means such as booster club credit or cash/credit card BEFORE the due date.

***If tuition payment is rejected, the account must be brought current by the 15<sup>th</sup> of the month or the athlete will be held out of practice.***

#### JOINT CUSTODIAL POLICY

The parent/guardian who signs the membership agreement will be responsible for providing payment information for monthly tuition as well as full payment of all fees to Elite Cheer. Elite will not facilitate payments between parties. Up to 4 emails can be listed for joint communication.

#### HOW TO PAY EXPENSES

Expenses can be paid BEFORE the due date with Booster Club credit, credit card, cashier's check, money order or cash. If services are not paid, the outstanding amount will be drafted the following business day via automatic withdrawal from the checking account on file

- Merchandise (i.e. uniform, practice attire, etc.) must be paid in full by cash or charge at the time of order. Outstanding balances on mandatory merchandise must be settled before additional optional merchandise can be purchased.
- All merchandise purchased is custom ordered and NON-REFUNDABLE unless defective.
- Competition fees are NON-REFUNDABLE

#### BOOSTER CLUB FUNDS

Booster Club funds cannot be used for tuition. Please refer to Booster Club Handbook for details on how to utilize funds.

During the main months of the fundraising season (June – Nov), the Booster Club funds for each athlete will be transferred to Elite on the 1<sup>st</sup> and 15<sup>th</sup> of each month. After the transfer on November 15<sup>th</sup> any money that is fundraised will be left in your booster account to roll over to the following season if your athlete doesn't participate in a post season competition (i.e. Summit/Worlds).

#### FEES NOT PAID BY DUE DATE

EXPENSES that are due (competition payments, choreography, camp, etc.) and not paid in full by the due date, will be automatically withdrawn from the checking account on file the business day following the due date. If the funds are not available any bank charges/non-sufficient fees will apply. The account must be brought current within 30 days.

- If after 30 days the account is still outstanding, the athlete will be suspended from team until balance is paid
- Outstanding balances beyond 30 days will accrue interest at a 12%, APR
- Any payments that are returned for insufficient funds will have a \$35 bank added onto the past due amount.

## **DISCOUNTS**

LOYALTY DISCOUNT: Elite Cheer would like to reward those who have been loyal to our program and have been with us on full season competitive team two or more CONSECUTIVE years by giving a discount off of monthly tuition. The reduction is 1.5% of your charged tuition after discounts, then multiplied by *consecutive* years at Elite.

#### **ONLY ONE of the following DISCOUNTS PER FAMILY:**

MILITARY DISCOUNT: 10% off Tuition ONLY. Must have an ACTIVE military ID for verification.

LEGACY DISCOUNT: Legacy discount applies to clients who were former team athletes now bringing their athletes to train @ Elite. If you are Legacy, please inform the office at contract signing to be validated.

SIBLING DISCOUNT: 10% Two or more athletes enrolled on an all-star team

## **CANCELLATIONS**

#### **EARLY TERMINATION of the ELITE CHEER MEMBERSHIP CONTRACT**

Elite Cheer adheres to a specific Termination process in the event the full year contract cannot be completed.

In the event a participant chooses to terminate prior to the end of their contracted term for any reason including, without limitation, injury, parent job relocation, moving, conduct, etc. the below steps must be followed:

- Elite Cheer must be notified in person and an Elite Cheer Cancellation Form (at the office) must be filled out and verified by staff members or auto draft will continue.
- If termination is the result of injury a physician release will be needed.
- You may buy-out your agreement at 75% of the remaining TUITION balance. Any payments towards

- competitions are non-refundable
- Outstanding balances on the account must be paid in full within 30 days of notice to terminate. Following the 30 days, delinquent balances will be forwarded to collections and a collection fee will be added.

**TERMINATION IN A TIMELY MANNER**

Routines are choreographed with a specific job for each and every athlete. If an athlete quits, or a family chooses to pull them last minute before competition, the routine must be re-choreographed to accommodate the missing person. These adjustments affect the team and places them in jeopardy of not performing well due to changes. At competitions where BIDS are awarded there is potential money at risk such as a paid bid to Summit/Worlds Competition. For everyone’s protection we have a Last-Minute Termination Penalty:

**LAST MINUTE TERMINATION PENALTY**

If an athlete is not compliant with Elite Cheer policies or terminates their contract for any reason THREE weeks or less prior to a BID Competition, the family will not only be held responsible for early termination of the membership contract but will also be liable for compensatory damages in the sum of a **\$1000** fine per athlete.

***HOW DO I ACCESS MY ACCOUNT?***

Parent Portal is a way to view your Elite Cheer financial accounts online AND keep your information up to date. You can make payments and make changes to personal information (excluding account information).

**\*PREVIOUS PASSWORDS WILL REMAIN SET**

The first time you log in:

- Go to [www.elitecheerteams.com](http://www.elitecheerteams.com)
- Click on Parent Portal
- Use you’re the PRIMARY email (the first one listed on the contract)
- Enter in the default password “password”
- Once in the system create your own unique password

Any questions please contact [Danielle@elitecheer.com](mailto:Danielle@elitecheer.com)

***COMPETITIONS & EXPENSES***

Competition Expenses Include:

- Athlete Registration
- Coach Fees: Travel, Transports, Meals, Time Compensation, travel incidentals
- Booking Fee/Overhead

LOCAL COMPETITIONS			
Jan 12, 2020	*GLCC	Council Bluffs	\$144
Feb 8-9 (1 DAY)	*American Championships Heartland	Council Bluffs	\$141
Feb 23	*CSG	Omaha	\$144
March 21	WSA	Omaha	\$118
April 5	Rock Star	Omaha	\$118

TOTAL COMP FEES: \$665 DIVIDED BY TWO PAYMENT

\$332.50 DUE OCT 15 and \$332.50 DUE NOV 15

## EXPENSES

ITEM	DESCRIPTION/DATE	COST	DUE DATE
<b>MONTHLY TUITION</b>	Membership Contract Family & Loyalty Discounts available	Tuition chart	AUG 1-April 1
<b>SIGN UP FEES</b> -Annual Registration -USASF Registration	USASF athlete Membership- United States All Star Federation requires all athletes to be members to participate in sanctioned events.	<u>Annual Registration:</u> \$95 per athlete Additional Family member: \$80  <u>USASF 5 Star Athlete Member = \$35</u>	Due with Membership Contract  REQUIRED BEFORE ATHLETE CAN BEGIN PRACTICE
<b>BOOSTER CLUB</b>	Membership is Mandatory – Participation is optional	\$25 Check or \$26 VENMO Paid to Booster Club	At Contract Signing (Separate payment to Booster)
<b>IN HOUSE CHOREOGRAPHY</b>	Dance & Routine Choreo	\$50	At REGISTRATION
<b>PRACTICE ATTIRE</b> <b>SHOES</b> <b>BACKPACK</b>	<i>MUST BE PURCHASED THROUGH ELITE:</i> Required to wear for practice <b>SIZING AUG 12-21</b>	SEASON 18-19 Rebel Bra \$37 Black V front spandex \$25 NEW Rebel Set \$75 bra & Spandex	AUG 12-21
		Shoes \$100	
		Black Glitter Rebel Backpack \$125	
<b>*NEW* UNIFORM</b> <b>SIZING &amp; MERCHANDISE</b> <b>ORDER</b>	SEPT 10	Prep Uniform: 1-piece Full Body \$285 Bow \$40 MAKE UP \$45	SEPT 10 TEAMS WILL BE ASSIGNED TIME FOLLOWING PLACEMENTS PAYMENT DUE AT TIME OF ORDER
<b>*NEW* WARM-UP JACKET</b>	OPTIONAL BUT ONLY THE NEW JACKET IS ALLOWED AT COMPETITIONS	OPTIONAL Jacket \$125	
<b>MUSIC BUDGET</b>		\$75	OCT 15
<b>COMPETITION PAYMENTS</b>		See Chart Below	PAYMENTS WILL BE BROKEN DOWN INTO 2 PAYMENTS OCT 15/NOV 15



# COMMUNICATION

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**ACCOUNT & BILLING QUESTIONS?** In order to provide better customer service please email your account questions to [billing@elitecheer.com](mailto:billing@elitecheer.com) or request a phone call/appointment so we can have your account at our fingertips and address your issue immediately.

**SECRETARIES & OFFICE HOURS** – Front desk Secretaries will be available during office hours for quick general questions only. Account questions will be referred to [billing@elitecheer.com](mailto:billing@elitecheer.com)  
Office Hours: M-TH 4:00-8:30pm / **CLOSED Fridays** / Saturday 9-1pm/ **CLOSED Sunday**

TEAM COACHES are usually available for a short time after practices or available by appointment

## **PARENT-COACH COMMUNICATION**

At Elite Cheer we believe communication is key. We encourage all parental concerns to be brought to the attention of our staff before issues become problems. Please feel free to e-mail your coach or schedule an appointment.

### TEAM APP (MANDATORY)

Free Communication app condensing news, handbook, calendars, photo galleries, housing documents and much more!

### GROUP EMAIL

Email communications will come from Lance, or Kevin only

PROGRESS REPORTS & PARENT-COACH CONFERENCES – early fall & late spring

### PARENT FOCUS GROUP

Periodically owners will open a forum to discuss ideas and receive constructive feedback on issues relating to Elite and our teams. Times/dates will be announced

## **PARENT COMMITTEES**

### TEAM MENTORS

2 Team parents per team who have been with Elite Cheer for 2 or more years

If interested pick up a volunteer form @ contract signing. Only 2 parents are chosen

1. Work with coaches for team bonding & CARES Program
2. Mentor new families: help with introductions, keep communication open
3. At Nationals & Appearances: Take attendance
4. Organizing car pools – during camp days

## **BOOSTER CLUB**

Elite Cheer Booster Club is a parent committee overseen by an executive board of parent volunteers and Elite Cheer Owners. The Booster Club advocates for Elite as a company and for our athletes in many ways. Membership in the Booster Club is **mandatory**, while participation is voluntary. Your booster fee is due at beginning of the season - paid directly to the Booster Club.

The Booster Club provides an athlete gift usually prior to the first competition of the season, as well as a yearbook for all athletes as a memento of the season.



# ***GYM POLICIES***

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## **ELITE CHEER COPYRIGHT & TRADEMARK**

### USE OF ELITE CHEER LOGO AND APPAREL

The Elite Cheer name, logo and colors are registered trademarks and cannot be used without permission from the owners of Elite Cheer. All Elite Cheer merchandise (athlete or parent) must be approved, ordered and invoiced through the gym.

### ADVERSE WEATHER POLICY

In case of severe winter weather: cancellations will be posted on the website as well as on voice mail by 2pm that day. Information will also be sent via the team communication app.

Tornado Warnings: Practice will be stopped, and athletes will be taken to safest portion of the building. If warning sirens are sounding at the end of practice, dismissal will be delayed until the warning is no longer in effect.

## **INJURIES**

### INJURY POLICY

Injuries should be brought to the attention of Elite Cheer staff immediately so that an Injury Report Form can be filed. Contact Elite Cheer within 24 hours if your athlete has to be seen for medical attention due to an injury at Elite.

If your athlete has an injury that requires them to sit out of practice, a Physician note will need to be brought into Elite and placed on file with a return date noted.

### CONCUSSION PROTOCOL

If an athlete has been diagnosed with a concussion, the front office needs a copy of the Physician note and A MEDICAL DOCTOR (M.D.) MUST FILL OUT AND SIGN ELITE CHEER'S MEDICAL RELEASE FORM BEFORE AN ATHLETE WITH A CONCUSSION WILL BE ALLOWED BACK TO PRACTICE. (can be found on TEAM APP)

Athletes sustaining injury at or outside of Elite Cheer, will remain on team, attend practices and travel with their teammates to competitions.

**The timeframe of returning an injured athlete to the competition floor following release is up to the discretion of coaching staff.**

## **GYM RULES FOR ATHLETES**

1. Athletes must wear required practice attire & shoes at all times.
2. In order to keep the gym clean and safe, practice shoes shall not be worn outside of the gym. Likewise, no outside shoes are allowed in the gym. Carry your practice shoes to and from the gym.
3. Acrylic nails will not be allowed at Elite Cheer. Natural nails should be trimmed and short. Athletes who have long nails or acrylics will be asked to clip or file them or will be removed from practice
4. Do Not Wear Jewelry to the gym OR while in uniform. All jewelry must be removed.

5. **PIERCINGS:** Having a piercing in during practice is a liability to Elite Cheer staff and athletes. Any type of piercing must be taken out before practice including studs.

*New Piercings:*

- New piercing must be covered prior to practice - with personal tape or Band-Aid
- Once the piercing is healed, it must be taken out for practices.
- Wearing non-visible piercings to practice are at the athletes' own risk
- Athletes who refuse to take out their piercing or do not have them covered properly will be sent home and counted as absent.

**Following Labor Day**, NO new piercing will be allowed, and athletes will be asked to take everything out.

6. All visible tattoos must be completely covered while in uniform.

7. Elite Cheer is not responsible for lost or stolen or items.

8. Food, pop, or gum is not permitted past the gym door, or in the bathrooms at any time. Food is only allowed in the designated areas.

9. No cell phones during practice

10. Athletes staying from previous team practice must sit in the viewing area while other team practice is being held unless given permission from coaching staff and are under supervision

11. Trampoline: **ONLY ONE** person on a trampoline at a time, **NO DOUBLE BOUNCING**

12. NO stunting without direct supervision from staff.

13. NO stunting or tumbling outside of Elite Cheer

## **GYM RULES FOR PARENTS**

- Parents are not allowed past gym doors due to insurance & liability purposes unless during a performance where parents are guided in
- Parents are asked not to critique their athlete or others during practices
- Parents are asked to refrain from negative comments in the viewing area. Concerns or comments should be brought directly to the attention of the coaching staff.
- Please pick up athletes promptly following the end of scheduled practices
- Please utilize team communication app to stay up to date on events at the gym.
- Siblings are **NOT** allowed past the gym doors unless they are a registered athlete and permission has been given to work in the gym outside of their class under supervision

## **WAIVER/INDEMNIFICATION**

### **ASSUMPTION OF RISK, CONSENT AND RELEASE OF LIABILITY**

I am aware that participating in cheerleading/tumbling activities is a high-risk sport and participating or competing in these activities involves **MANY RISKS OF INJURY**. I understand the dangers and the risks of practicing and competing in the sport of cheerleading/tumbling include but are not limited to: death, and serious neck and spinal injuries which may result in complete or partial paralysis, brain damage, serious injury to all internal organs, serious injury to bones, joints, ligaments, muscles, tendons, and other aspects of the muscular and skeletal system, and serious injury or impairment to other aspects of my body, general health, and well-being. I understand the dangers and risks of practicing or competing in cheerleading/tumbling activities may result not only in serious injury, but in a serious impairment of my future abilities to earn a living, to engage in other business, social, and recreational activities, and generally to enjoy life. I accept

responsibility to verify with my physician that I have no physical or psychological problems that would prohibit my participation in these activities. Due to the dangers of such activities, I recognize the importance of following all instructions regarding techniques, training, and other rules of the facility and agree to obey such instructions.

I hereby voluntarily and knowingly assume all risks associated with cheerleading/tumbling activities and agree to waive, release, absolve, indemnify and hold harmless Elite Cheer, Inc. and its directors, officers, agents, representatives, including without limitation, any and all coaches, volunteers, sponsors, team members, sponsors of practice sites, or any participating school from any and all claims of any kind for any injury, loss, damage, expense, cost, relief of any kind resulting from, arising out of or connected with my use of the facilities or services provided hereunder or the participation in any activities offered by Elite Cheer, Inc. The terms hereof shall serve as a release of all risks from my heirs, estate, executor, administrator, assignees, and all members of my family.

## **CODE OF ETHICS**

### **ELITE CHEER DISCRIMINATION/ NO HARASSMENT POLICY**

It is the official policy of Elite Cheer not to discriminate against any staff member or athlete with regard to any term of employment or any term of athletic participation because of race, color, religion, sex, or national origin, in accordance with all applicable state and federal laws.

In support and in furtherance of this policy, Elite Cheer expressly prohibits sexual or any other form of harassment. This includes unwelcome sexual advances, requests for sexual favors, and all other verbal or physical contact of a sexual or otherwise offensive nature that affects or in any way interferes with a staff member's employment or an athlete's participation.

Any staff member or athlete with a problem or complaint should immediately bring it to the attention of the Elite Cheer safety director, Kevin Hooker. All such complaints will be promptly investigated, ensuring confidentiality to the maximum possible extent.

Appropriate disciplinary action will be taken against any person found to be violating this policy.

Elite Cheer prohibits any form of retaliation against any person who submits a bona fide complaint under this procedure or who assists in a complaint investigation. However, if after the investigation of any complaint of harassment or unlawful discrimination, Elite Cheer determines that the complaint is not bona fide or that a person has provided false information regarding that complaint, disciplinary action may be taken against the individual who submitted the complaint or who gave the false information.

### **ELITE CHEER DRUG POLICY**

Smoking, vaping, drinking, and taking drugs, is not acceptable. Suspicions of alcohol/drug use by an athlete during Elite function/practice or suspected after-effects of use will result in the athlete being asked to leave practice and a parental notification/meeting with coach(s). Repercussions include but are not limited to probationary period, or permanent removal from all Elite Cheer teams with forfeit of any competition payments paid and tuition cancellation policy enforced.

### **SOCIAL MEDIA REPRESENTATION**

Representation as an Elite Cheer athlete on social media must be positive and becoming of a role model. Elite Cheer reserves the right to have any representation of Elite that we feel is negative or inappropriate, whether documented or assumed, removed from social media immediately.

If you can be identified as an Elite Cheer athlete, and there is inappropriate conduct or speech, there will be parent involvement and discussions with coaches and owners. Repetitive or extreme situations can lead to termination from team with cancellation policy enforced.

### **BEHAVIOR POLICY**

#### **"THREE STRIKE"**

1. Disruptive or disrespectful behavior toward another athlete or staff member is strike 1 and will be addressed.
2. If a second instance occurs, parents and coaches will meet to help identify and resolve the problem.
3. If a third instance occurs and the problem has not been remedied- the athlete will be asked to resign their position and financial responsibility will follow the termination policy.

# **TRADITIONS AT ELITE**

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## ***ELITE C.A.R.E.S.***

### ***COMPASSION. ACCOUNTABILITY. RESPECT. ENTHUSIASM. SERVICE.***

Elite Cheer CARES Program promotes involvement in the community. Elite will schedule community service events that we ask all athletes to participate in.

Organization will be a group effort between Elite Cheer Staff, Team Moms, and Booster Club. If you would like to become part of the planning committee, please contact our CARES Project Manager:

Tiffani Wolf - [tiffani@elitecheer.com](mailto:tiffani@elitecheer.com)

## **END OF YEAR BANQUET**