



Legend All-Stars
Competition Cheerleading
2019-2020 Information & Handbook
Novice, Prep & Elite All-Star Divisions

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LEGEND ALL-STARS 2020-2021 ALLSTAR INFORMATION

What is the sport of Competitive Cheer?

Competitive cheer is often referred to as all-star cheer; and is a competitive, team activity that encompasses several athletic disciplines formatted into a routine that is presented at events in order to be ranked against other teams in elite divisions or for performance awards as in novice divisions. The disciplines of competitive cheer include tumble, stunts, jumps, dance/motions, performance/showmanship, sportsmanship and progressive technique. The All-star cheer industry is governed by an organization known as the United States All Star Federation, USASF. The USASF sets routine guidelines, experience levels and age groups in order to allow teams to compete against other teams of similar age and ability levels. Coaches follow these skill guidelines by following a coaching rubric for skill advancement, execution and safety.

The USASF All Star Cheer levels are ranked from Level 1 to Level 6, with Level 1 being an introductory experience level and Level 6 showcasing the highest level of difficulty and experience allowed by the USASF rules.

The USASF also sets age grids to help athletes of similar ages compete against other athletes of similar physical development. The USASF age groups are as follows: Super Tiny (3-5), Tiny (5 & 6), Mini (5-8), Youth (5-11), Junior (5-14), Senior (11-18), Open (14+). The INTERNATIONAL age groups include: Junior (10-16), Senior (14-18), Senior Open (14+).

The USASF mandates athlete registration for the 2020-2021 season. This is similar to athlete registration with other youth sports like baseball, gymnastics and swimming. The annual member registration is \$30.

USASF DIVISIONS

***NOVICE** divisions are offered for athletes that desire to compete and they are judged (graded) against a scoresheet and are not ranked against other teams. This division is designed for athletes that want to experience all-star cheer, with less financial commitment and less practice commitment. Practice sessions will typically be 1 hour to 1.5 hours once per week.*

***PREP** divisions are offered for athletes that are working on becoming Elite. The routine requirements are less and bids are offered to Prep teams that meet their division requirements. This division is designed for athletes that have a variety of skills for their selected level and need more time to advance and add skills before making to the Elite division. Practice sessions will typically be 1.5 to 2 hours twice per week.*

***ELITE** divisions are offered for athletes that desire to compete against other teams and be ranked based on skills and performance in comparison to their competitive division. Both of these divisions require a full year commitment. Practice sessions will be 2 hours 3 to 4 days per week, may include one weekend practice day (Friday, or Sunday)*

A LEGENDARY All Star Experience! #becomingalegend

Legend All-Stars operates in a highly competitive all-star cheer gym. Teams are composed with athletes in the appropriate levels and ages to give each child and team the best competitive experience possible. Teams are also formed to give each squad the best chance to be competitive within elite divisions. Although our focus is not strictly about winning, we do want our squads to be well rounded, and successful giving each athlete the ability to showcase their skills and continue to grow as individuals as they work for a common team goal.

There are many roles which must be filled on each squad in order to properly perform all of the disciplines required in the all-star cheer scoring rubric. Athletes are placed on teams based on their age, ability level, maturity and where they can be **most useful** to the team. Remember that one or two individual skills will not dictate the level of an all-star cheerleader. There is a significant amount of work required at every level in our Legend program, be assured that your child will not be bored. Winning a National Championship at any level is an amazing feeling that does not come easily. **If you wish to approximate the level your child may compete on, here is a standard parent process; *estimate your child's ability level then subtract one*.** Athletes may move from an older age group to a younger group from one season to the next based on the makeup of teams. This is not a demotion of ability. The levels dictate the ability range, not the age group.

Tryout Packet Submission/Registration/Referrals

Once you have read and understand to agree to the policies outlined in this packet please, complete pages 14-18. **Completed forms and the try out fee should be submitted prior to attending offered TOPS classes or try outs.**



Gym/Facility Information and Rules

At Extreme we strive to create an amazing cheer environment and help as many athletes as possible enjoy the competitiveness of all-star cheerleading. We also work to present all of our customers with a clean, organized and comfortable cheer gym. Our all-star athletes and families spend more time in the gym than anyone so we ask for your help with the following guidelines:

1. All athletes need to have a signed waiver and an active gym membership to participate in any activity within the gym.
2. There is no food, drink, candy or gum allowed in the gym area; only drinks with sealable lids can be brought into the gym side waiting area.
3. Only enrolled athletes are allowed in gym area, family members should remain in the parent seating areas.
4. Parents and athletes should clean up after themselves. Leave the areas you utilize clean, like you found them.
5. Be respectful of those around you. Keep an eye on your children not in class, they should not be in the gym area until called for class. We will address any safety concerns if your children are not supervised by you.
6. Do not gossip about other athletes, coaches, the program, etc.; it only makes you look bad and you never know who you may offend.
7. There shall be no smoking within the property boundaries of Extreme.
8. No animals are allowed inside the gym or lobby, except those necessary for services.
9. Enjoy watching your child's progress without trying to coach from the sidelines.
10. Please do not sit on the stairs at the gym entryway. We have athletes entering and exiting in this area and sitting here is a hazard. You will be asked to move for safety reasons.
11. Unauthorized apparel or merchandise with the Extreme/Legend name or logo is not permitted.

Extreme and the Legend All-Star staff pride ourselves on the development of so many strong, competitive athletes and all-star teams and will continue to do so. As a program we continuously strive to provide a safe and positive environment to bring each athlete to their full potential. Our staff actively works within the industry to stay current on rules, instructional techniques, performance styles and other aspects within all-star cheer to give each athlete and team the best chance for success on the floor. We also take great personal interest in every child to help foster their development and enjoyment of this amazing sport.

In accordance with our goal we ask that each cheerleader and their family also be actively involved in their own development and maintain faith in the program. Issues will arise among teams or individual athletes throughout the season which may require adding or removing an athlete from a team or the program. Please understand that all decisions are made with respect to each individual athlete, the team and ultimately the program. Extreme reserves the right to refuse services at any time.

Injuries

Parents and athletes should be aware that cheerleading is a highly competitive sport that does involve risk. Stunting, tumbling or jumping could lead to injuries that include but are not limited to: pulled and strained muscles, bruises, torn or strained ligaments, broken bones, dislocations, paralysis or even death. The staff of Extreme will take every precaution to prevent these injuries from happening. Unfortunately, all injuries cannot be prevented. In the event your child is injured we will take every step necessary to assist in their care. Our Legend staff is safety, first aid, and CPR certified. Please know that injuries that require a doctor visit, even if your child begins to feel better, we will follow doctors orders until fully released to participate which means an alternate may be utilized during the time your child is out.

Team Placement Process

The 2020-2021 Legend All Star tryout process has been revamped to help keep up with changes in the industry and the continued growth of the program. In general, athletes are individually evaluated for the skill sets of running tumbling, standing tumbling, jumps, motions, dance and performance. Athletes are also evaluated for maturity, attitude, desire, strength, overall innate athleticism, flyer flexibility, and in group form to assess stunting ability. This season, we will not hold just one try out date, instead we will hold evaluations over the course of a few months during sessions called TOPS (Try Out Prep Sessions)!

TOPS training classes are held twice per year:

SPRING TOPS is offered *April & May* for cheerleaders that wish to cheer Elite (12 months), Prep (6 months- Aug-Jan) or Novice (6 months-Aug-Jan).

WINTER TOPS is offered *October & November* for cheerleaders that wish to cheer Prep (5 months-Dec-April) or Novice (5 months-Dec-April)

The more classes and athlete can attend, the more we are able to view all athlete abilities, workmanship, attitude, willingness to work within a group, and individual strengths.

SPRING TOPS Assessments: Starts April 13 and continues through May 29

Athletes may come to as many training sessions as they can. It is required to attend at least 2 skill level appropriate training sessions. TOPS training schedule and fees are shown below:

TOPS SCHEDULE:

Mondays: 5:30-6:30 Level 1&2 Tumbling (K)
Mondays: 6:30-7:30 Level 1&2 Conditioning (K)
Mondays: 6:30-8:00 Level 3-5 Tumbling (A)
Tuesday: 6:30-8:00 Level 3-5 Flexibility & Stunt (A)
Wednesday: 5:30-7 Level 3-5 Conditioning (H)
Wednesday: 6:30-7:30 Level 1&2 Flexibility & Stunt (K)
Wednesday: 7:30-8:30 Level 3-5 Tumbling (T)

TOPS MONTHLY FEES:

2 classes/week: \$70
3 classes/week: \$95
4+ classes/week: \$125

WINTER TOPS Assessment dates will be released early October.

Reminder!!

Completed forms and the TOPS monthly fee for April should be submitted prior to April 5, 2020 to participate in TOPS classes.

SUMMER TRAINING CAMPS

A little different this season, we will be holding week long training camps for our athletes over the Summer in addition to nightly classes. Athletes attending TOPS classes will be assigned to attend week long training camps, one in June and the other in July. In order to effectively place athletes of specific strengths together and begin to test the functionality of the team as a whole, athletes will attend skills specific training camps where they will work with UCA choreographers over the course of the week. We hope this method will allow our team families to have some down time during the summer for activities while ensuring their cheerleader meets the weekly camp commitment. Camp tuition is \$125 for one camp per month or \$175 for two camps per month. (This means athletes may be invited to attend one or more level appropriate skills/routine camps.)

Tentative Camp Dates: (we will take conflict form dates of unavailability into consideration when finalizing the Summer Camp schedule and some camps may be combined)

Level 1 & 2 Technique Camp: June 8-10 9am-1pm

Level 3 Technique Camp: June 15-17 9am-1pm

Level 4 & 5 Technique Camp: June 22-24 9am-1pm

Level 1 Skills & Choreography Camp: July 6-9 10am-2pm

Level 2 Skills & Choreography Camp: July 13-16 10am-2pm

Level 3-5 Skills & Choreography Camp: July 20-23 10am-2pm

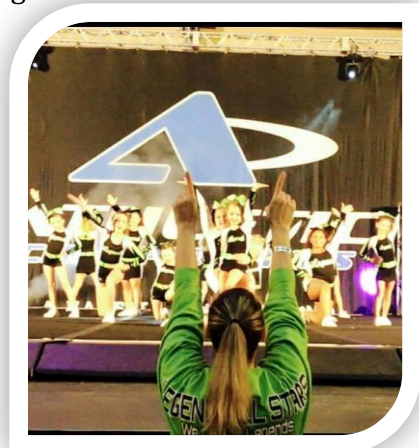
Competition Team Practices:

Weeknight team practice times will be released and emailed following try outs. Teams will practice one to four nights per week. Additional practices may be added throughout the season based on the needs of the team. Any expected or planned conflicts with weekday practices or possible weekend competitions should be detailed on your try out packet conflict form so that coaching staff can avoid those days, or ensure your cheerleader is selected for a team where there will be minimal conflicts.

Athletes may be placed with more than one temporary group to see the dynamics of each group before deciding on a permanent team placement. This entire process is to help ensure that each child is being utilized to the best of their ability and that they won't be under challenged or in a position where they feel too much pressure to meet the level of the team. Coaches reserve the right to move athletes from one team to another during the course of the season based upon skill progression or regression.

Will every child be placed on a team?

It is our ultimate goal at Extreme to introduce as many athletes as possible to the amazing world of all-star cheer. We offer all levels of all-star cheerleading from Novice to Elite!



Legend All-Star Athlete Expectations

Skill Set

Teams are selected based upon a variety of skill sets that athletes present during the team placement process. These skill sets correspond to the appropriate USASF levels for competition purposes. Within each level there are a great variety of skills as they correspond to the core elements of competition cheer. Athletes must be as well rounded as possible. It is possible that an athlete that is a level 5 tumbler but has no stunting experience could be placed on a level 2 or 3 team to learn the fundamentals of stunting. Each athlete should strive to obtain as many of these skill variations as possible. On the rare occasion an athlete loses the skill set necessary to be a contributing member of the squad their placement on the team will be reevaluated.

Commitment

Regular attendance at practice is imperative for team development and success. This is even more relevant in all-star cheer when the absence of one person might prevent an entire stunt group from practicing or the whole pyramid sequence from being built. When making an annual commitment to teams with this degree of competitiveness it is paramount that each athlete makes the team a major priority. Missing practices due to poor time management in relation to school projects or other sports and activities is not acceptable. In addition, pulling practices from an athlete as method of discipline is not a condoned activity. Athletes are encouraged to make good decisions and should be aware that the consequences of their actions might affect the entire team. Upon making a team following the summer practice schedule, you will be expected to be at every scheduled team practice beginning August as we begin choreography.

Nutrition

Competitive cheer is a very strenuous, physically demanding activity which requires proper nutrition on a consistent basis to properly fuel the body. When athletes at this level do not eat appropriately it can greatly affect their muscular and skeletal development, mental cognition, ability to fight off illness or injury and will generally lead to an overall feeling of sluggishness not conducive to being an athlete. In addition, the consumption of a poor diet can affect the body image of athletes. Energy drinks and carbonated beverages before or during practice can be especially damaging on an athlete's cardio and pulmonary systems. FYI, there are no healthy fast food items/restaurants. For more information about keeping athletes healthy please consult a physician or nutritionist.

Conditioning

Being a competitive athlete in any sport requires training and proper body conditioning. Athletes should understand training for all-star cheer is divided into three sections; tumbling and stunt classes are to develop individual skills, team practices are to put those skills together in a routine, conditioning is the strength and cardio training outside of class and practice that help each athlete have the ability to develop and perform in the most efficient manner. All athletes are encouraged to be in an at home training program which will increase strength, speed, stamina and flexibility.

All-Star Parent Expectations

We want to give your child every possible training opportunity for growth as an athlete and as a future leader in the community! Whether the goal is to just get into college or to try out for Team USA, we will do everything in our power to ensure your child will want to spend every possible moment at the gym. The sacrifice on your part as their parent, and their biggest fan, will be worth it but you and your family have made a major time and financial commitment to a highly competitive program. Please stay informed and aware of all correspondence about the team.

Attendance

It is important that your athlete is on time and ready for each practice. If scheduling conflicts will prevent your child from being on time to practice then please arrange alternative transportation to avoid excessive tardiness. Do not use practice or competition as a means of discipline; this is a detriment to the entire team and will not be supported by the coaching staff. If a situation arises and your child will not be able to attend practice please let the staff know ASAP. Also, please be aware of when your child's practice ends. If an instructor must wait for a parent past gym closing time the athlete's account will be charged \$15 for every 15 minute increment past closing time.

Financial Commitment

In addition to the time commitment, all-star cheer is a financial commitment; please be sure you can cover the expenses prior to joining a squad. All gym fees and competition fees are combined into one monthly payment. All-star tuition payments are due on the 1st of every month and can be paid with Cash, Visa, MasterCard, Discover card, or online bill pay option. Allstars are required to enroll in autodraft for tuition and installment to save on service fee upcharges.

If you wish to pay for the entire year in full you will receive a 10% discount on all-star tuition; payment for tuition must be received in full by the second team practice or first team camp. Cash and Check Payments are only accepted in the office during normal gym hours, Mon-Thurs 5:30pm-8:30pm. Payments will not be accepted outside of the gym, after evening/weekend practices, or at competitions.

Late fees are issued on the 6th of each month for past due gym fees and on the 16th for competition fees. The Late Fee is \$25 per occurrence. If you are 60 days past due on any fees your participation with the Legend All-star program will be re-evaluated.

All fees, costs, payments, deposits, physical items (including uniform, apparel, shoes, etc.) are forfeited by anyone quitting or who is asked to leave the program. There will be no refunds to anyone who quits or is asked to leave the program. Anyone who leaves or is dismissed from the Legend All-Star program is responsible for all debts and/or legal fees surrounding such events. With the exception of pulling due to injury as disclosed by a physician, there is a quit fee of \$480 to pull from all-stars.

All fees from prior season must be paid in full in order to try out for the upcoming season.

All-Star Practice Rules and Expectations

All-star Practice

Practices are typically held up to four times a week in one and a half to two hour increments. We do our best to start and end on time so we ask the same from you. In order to get the most focus from our athletes as we approach competitions, all-star practices may be closed to parent viewing with the exception of the Tiny squad. Parents would be invited to view the last ten minutes of practice and would have special viewing sessions scheduled throughout the season.

Tardiness/Absences

Please remember being on an allstar squad requires a time commitment on your part and other team members count on your attendance. Arrive to the gym early enough to be fully prepared to go on the floor at your scheduled practice time. Excessive tardiness and/or absences during the season will cause an athlete's position with the team to be reevaluated. Circumstances will arise throughout the season that may cause an athlete to miss practice; please notify the gym and coaches via team band app, text or phone call. In circumstances where you know ahead of time (school function for a grade or family vacation) an athlete will miss practice please fill out an Absence Notification Form as soon as possible. For the sake of the team we hope planned vacations can coincide with gym breaks. If your child becomes sick during the day or other family emergency please notify the gym or coaches by team band app/text as soon as possible to allow them to make appropriate plans for practice. Disciplinary action in the form of extra conditioning will be enforced for tardiness to practice. Athletes that miss 5 consecutive practices or 1 missed practice the week of a competition will not be allowed to compete at an event chosen by the coaching staff. In the event an alternate is utilized at practice, that alternate may be offered the spot they are substituting for at an event or for the remainder of the season.

Dress Code

Athletes must wear the proper Legend practice clothing, when specified by the coaching staff, to every practice including: scheduled shirt and shorts, hair up and out of the face with a bow, competition cheer shoes. Teams will have color coordinated outfits for each practice day. When athletes are out of practice uniform it makes it difficult to synchronize skills and look for visual effects of routine choreography. Athletes shall not wear jewelry or maintain long fingernails during season, either of these could result in serious injury or scarring to your child or another athlete.

Choreography/Extra Practices/Competition Week

Following try outs, each team will begin to learn choreography during regular practice times. Occasionally, a Saturday extended learning session may be added to work memorization of the elements. As we approach certain competitions or lose practice days due to holidays, inclement weather, or illnesses within the team, we will schedule extra practices to ensure each team is ready to take the floor. Most of these practices are scheduled several days in advance to allow everyone to make necessary schedule adjustments.

No athletes are allowed to miss ANY practices the week of a competition. Any athlete unable to attend those practices needs to notify their coaches so another athlete can learn that position.

All-Star Competitions and Policies

Competitions are when teams have the opportunity to highlight all of the skills athletes have been practicing. Teams spend six months training to get to this point and we try to give them all of the advantages and support we can provide. Extreme prides itself on being a first class program and we require each athlete and their family to represent themselves and the program respectfully and professionally; good sportsmanship, polite manners and a kind disposition are mandatory at all competitions. Parents and athletes are not permitted to approach competition officials to discuss scoring or operations of events. Athletes and parents must remember they are representatives of the program and carry themselves in the most tasteful way.

Tardiness/Absences

Arrival times for competitions are very important. Meeting times are set for each team to allow for delays, schedule changes and other issues that may arise. It is imperative that athletes are on time to not put the team and coaches in distress as they are preparing to compete. Competition schedules with complete information about the event and venue are posted on the team band app the week of each event. Please be informed about your child's time requirements. Tardiness or an absence at a competition may result in immediate dismissal from the team. Please note that out of town events require the athletes to travel the day prior to that event.

Dress Code

Competition day attire will be detailed per team, and will usually consist of uniform, warm up, team t shirt, competition shoes, and hair bow/scrunchie. When athletes are not in uniform they should wear their Legend All-Star Warm-Up with their team shirt and footwear (no slippers). The warm-up is mandatory for all athletes attending awards ceremony. Senior age athletes having crop top uniform must follow the USASF image policy stating that all athletes must wear a team t shirt or warm up jacket over their uniform unless walking to assigned areas AS A TEAM. Athletes are not allowed to attend any competition in uniform where Legend All-Star team are not competing. Families and friends are encouraged to wear the Legend All-Star sponsor clothing to show support for the program as well. Athletes should not wear jewelry at competitions; this may result in teams being penalized or disqualified.

Support/Awards Ceremonies

Teams perform better with energetic feedback from the crowd and that better performance along with the crowd excitement can have a positive effect on the judge's review and scoring of that team. To assist each team performance, other Legend All-Star teams will be assigned certain performances to support during competition day. Attendance at awards ceremonies is mandatory for each team your cheerleader is a member of. Leaving early will result in your cheerleader not receiving awards and conditioning consequences at the next practice.

Travel Arrangements

In the event the team your cheerleader is on travels out of town to competition, you will be responsible for these things: Coaches travel expenses (to be paid by the team as a whole), your travel expenses, admission fees, etc. We strongly suggest, when booking rooms for your family that you book rooms with a 72 hour cancellation policy in the event of an emergency as these fees will not be reimbursable by the club should an event be cancelled or removed from the Legend schedule.

Gym Fees

All-Stars are responsible for two payments each month: TUITION and INSTALLMENT
Tuition includes training fees paid to the gym and Installments are fees taken that go to pay vendors for memberships, competition entry fees, coaches fees, etc.

Monthly All-star Tuition- amount varies by team, see below

(Spring: June-November or Spring: November-April)

TUITION IS DUE BY THE 5th of the MONTH and MUST BE PAID DURING NORMAL OFFICE HOURS if paying by check or cash to be considered on time. All-Stars are encouraged to set automatic withdrawl payment. Automatic withdrawl payments that are declined due to expired info, or insufficient funds will incur a late fee of \$25. Any payment received after the 5th will incur a late fee of \$25.

Practice Commitment	1 child/team	2 children/teams
1 day/1 hour	\$65/mth	+\$45/mth
1 day/1.5 hours	\$75/mth	+\$55/mth
2 days/1.5 hours	\$95/mth	+\$75/mth
3 days/2 hours	\$125/mth	

Installments- amount varies by team

Installments are due on the 15th of each month and MUST BE PAID DURING NORMAL OFFICE HOURS if paying by check or cash to be considered on time. Any payments received late or declined, including declined autodrafts, will incur a late fee of \$25.

Team Divisions	1 child/team	2 children/teams
Novice Teams	\$45/mth	+\$45/mth
Prep Teams	\$65/mth	+\$65/mth
Elite Teams (Aug-Mch)	\$125/mth	+\$125/mth

Your cheerleaders team placement will determine how long the payment schedule lasts. For cheerleaders attending the Spring TOPS sessions offered in April & May, you may have one of these pay schedules: Elite (Aug-March), Prep (Aug-Jan) or Novice (Aug-Jan).

For cheerleaders attending Winter TOPS sessions, you may have one of these pay schedules: Prep (Dec-April) or Novice (Dec-April)

The installment fees above do not include competition fees to bid events. Any team that receives a bid to a Nationals event will be responsible for covering entry and travel expenses either out of pocket or from fundraising.

Fundraisers and Sponsorships

Teams will have the opportunity to fundraise for their team to cover travel expenses or other expenses to be covered by the team participants. An individual sponsorship form is available for those wishing to obtain sponsorships from businesses, family or friends. 100% of sponsorship funds go directly to support your cheerleader.

Uniforms- amount varies based on style/team

Cheerleaders needing new uniforms or uniform pieces can order items at the costs listed below. Often, used uniforms are available due to others outgrowing their uniform. Used uniforms will be available for purchase in the gym pro shop beginning in May.

Uniform fees are not included in the competition installment fees and must be paid separately by August 15, 2020. You can begin paying toward uniforms, uniform pieces or warm ups beginning in May to help break up the payments. Elite teams will be showcasing our new all BLACK uniform. Novice teams will be showcasing our all WHITE uniforms. Legend Warm Up Jacket is mandatory for 2019 and must be purchased by September 1, 2020.

ELITE TEAM COMPETITION APPAREL:

Girls REBEL BLACK Crop Top: \$275 (Senior ELITE teams only)
Girls REBEL BLACK Leotard Top: \$260 (Youth & Junior ELITE teams)
Girls REBEL BLACK Skirt: \$150 (ELITE teams)
Girls BLACK cheer bow: \$25 (you will only purchase one bow style)
Guys All BLACK Uniform: \$150 (includes top and pants)

PREP TEAM COMPETITION APPAREL:

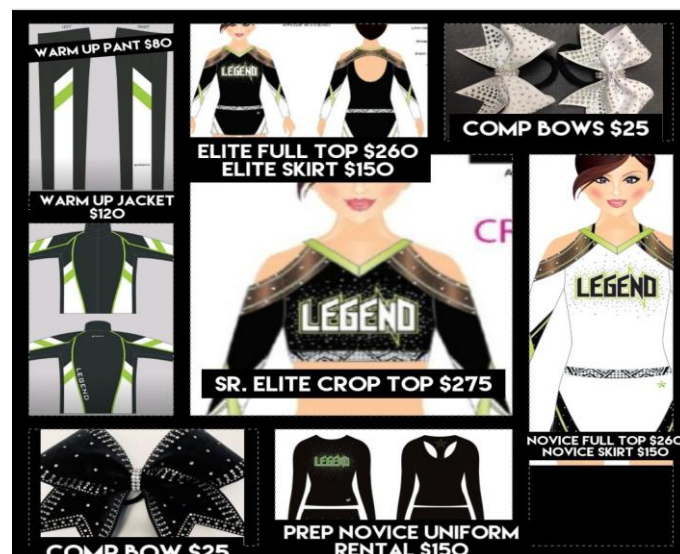
Girls REBEL WHITE Leotard Top: \$260 (NOVICE teams)
Girls REBEL WHITE Skirt: \$150 (NOVICE teams)
Girls WHITE cheer bows: \$25
Guys REBEL WHITE Uniform: \$150 (includes top and pants)

NOVICE TEAM COMPETITION APPAREL:

Girls VARSITY BLACK Uniform Set: \$150 rental*
*Rental uniform must be turned back in to the club. If you would like to purchase your uniform to keep the fee is \$230.
Guys Black Uniform: \$75 (includes top and pant)

ALL TEAM APPAREL:

Legend Warm UP Jacket: \$120 (includes personalization-mandatory ALL TEAMS)
Legend Warm UP Pant: \$80 (not mandatory, all black leggings can be worn instead)



PARENT KEEP

Legend All-Star Dates to Remember

April 13-May 29 SPRING TOPS

June & July CAMPS

August 3: First Practices this week

September 7: Labor Day (GYM CLOSED)

October 5-9: Fall Break (GYM CLOSED)

October 31: Halloween (GYM CLOSED)

November 23-27: Thanksgiving (GYM CLOSED)

December 23-Jan 4: Christmas (GYM CLOSED)

April 4-11: Spring Break (GYM CLOSED)

The GYM CLOSED dates are SAFE times to plan vacations as the gym will be closed to all classes and teams!! We close for Barrow County Fall and Spring Break weeks. If you follow a different fall or spring break and will be traveling, it is YOUR responsibility to list those dates of your break on your conflict form to be considered as excused.

Teams tend to have numerous absences between November and January due to cold and flu season. Please keep your athlete well! In the event teams are not able to have full attendance at practices, coaches may revise the initial competition schedule or add additional practices over holiday breaks to ensure the teams readiness to compete and wellness during competition.

****We will have a BAND app set up for teams that will detail calendars for practices, competitions and more. Email and BAND will be ways of communication, sharing pictures and keeping track of dates, this season.**

Please leave April weekends open as we may have Nationals events offered these weekends!

Turn in the following pages in by TRY OUTS along with a copy of child's birth certificate if he/she is a new athlete!

As we begin to kick off our competition season, it is imperative that we have 100% participation and financial commitment from all Legend All-Star families from this point forward. Below are the terms of agreement and commitment policy for the Legend All-Stars 2020-2021. Please initial beside each policy and sign below to agree to the terms.

Competition Commitment Policy

_____ I have been informed that competitions will be scheduled between the months of October 2020 and April 2021. I agree to ensure my Legend All-Star cheerleader is at every scheduled event. I am responsible for his/her attendance to and from each event. In the event, I as his/her parent cannot attend, I will arrange transportation for my cheerleader with a teammate and their family and ensure that my cheerleader has all apparel and is prepared for competition.

Competition Financial Commitment Policy

_____ I have been informed of all financial obligations prior to trying out for a Legend All-Star competitive team and agree to uphold the monthly tuitions, installments, and apparel fee requirements. I agree to keep my account current from this point forward in order to cover training, travel and competition expenses being paid out by the club for my athlete to participate in the Legend All-Star program. In the event I decline to agree to this policy or cannot uphold my commitment to the team after signing this agreement, I will be charged a \$480 penalty fee to reimburse the club for expenses already paid for team performances and travel. This fee will be autodrafted after notice is given of our inability to return, or after 5 consecutive missed practices or 1 missed competition.

Commitment to Return Rental Uniform Policy

_____ Anyone renting uniforms will have one week after the final competition event to return rental uniforms or the balance of that uniform will be charged to your account.

Credit Card Authorization

Name on Card: _____

Card Type: _____ Card Number: _____

Exp Date: _____ Zip Code: _____

By signing below, I agree to the policies new and set forth for the remainder of the 2020-2021 competitive Legend All-Star season.

Signature: _____

(Turn In at Try Outs)

Extreme Tumbling Training Ctr. Inc & Legend All-Star Cheer

PARTICIPANT AGREEMENT, RELEASE AND ASSUMPTION OF RISK

In consideration of the services of Legend All-Star Cheer & Extreme Tumbling Training Center, Inc., its owners, agents, officers, employees and all other persons or entities acting in any capacity on their behalf (hereinafter collectively referred to as "ETTC"), I hereby agree to release, discharge and hold harmless ETTC, on behalf of myself, my children, my parents, my heirs, assigns, personal representative and estate as follows:

1. I understand and acknowledge that the activities that I or my child engage in while on the premises or under the auspices of ETTC pose known and unknown risks which could result in injury, paralysis, death, emotional distress, or damage to me, my child, to property, or to third parties. The following describes some, but not all of those risks:

Cheerleading and gymnastics, including performances of stunts and use of trampolines, entail certain risks that simply cannot be eliminated without jeopardizing the essential qualities of the activity. Without a certain degree of risk, cheerleading students would not improve their skills and the enjoyment of the sport would be diminished. Cheerleading and gymnastics expose participants to the usual risk of cuts and bruises, and other more serious risks as well. Participants often fall, sprain or break and can suffer more serious injuries. Traveling to and from shows, meets and exhibitions raises the possibilities of any manner of transportation accidents. In any event, if you or your child is injured, medical assistance may be required which you must pay for yourself.

2. I expressly agree and promise to accept and assume all of the risks, known and unknown, connected with ETTC, related activities, including but not limited to performance of stunts and use of trampolines. My participation and that of my child is purely voluntary. No one has forced or coerced me or my child to participate. I elect for myself and my children to participate in such activities in spite of the risks.

3. I hereby voluntarily release, forever discharge, and agree to hold harmless and indemnify ETTC from any and all liability, claims, demands, actions or rights of action, which are related to, arise out of, or are in any way connected with my child's participation in ETTC activities or ETTC related activities.

4. Should ETTC be required to incur attorney's fees and costs to enforce this agreement, I agree to indemnify and reimburse them for such fees and costs.

5. I certify that my child has health, accident and liability insurance to cover bodily injury or property damage that may be caused or suffered while participating in this event or activity, or else I agree to bear the costs of such injury or damage to my child. I further certify that I am willing to assume and bear the costs of all risks that may arise or be created, directly or indirectly, through or by any such condition.

6. In the event that I file a lawsuit against ETTC, I agree to do so solely in the State of Georgia and I further agree that the substantive and procedural laws in that state shall apply in any such action without regard to the conflict of laws rules thereof. I agree that if any portion of this agreement is found void or unenforceable, the remaining portions shall remain in full force and effect.

7. By signing this document, I acknowledge that if anyone is hurt or property is damaged during my participation or the participation of any of my children in this activity, I may be found by court of law to have waived my right to maintain a lawsuit against ETTC on the basis of any claim from which I have released ETTC by signing this agreement.

I have had sufficient opportunity to read this entire document. I have read it and understand it. I agree to be bound by its terms.

Signature of Participant or parent: _____

Print Athlete Name: _____ Date: _____

(Turn In at Try Outs)

All-Star Code of Ethics

(Turn In at Try Outs)

Athletes

Legend All-Star athletes should represent themselves in a way that is respectful to parents (not only their own), Legend coaches and Extreme staff, event coordinators, event judges and opposing teams at practices, competitions, and community events. Cheerleaders may not wear inappropriate attire, have a foul mouth, or act in a way that is unsatisfactory. If a cheerleader shows poor judgment, it will be addressed immediately and if the behavior continues, further disciplinary actions may be enforced through extra conditioning, parental involvement, or release from the program.

Parents

Parents of Legend All-Stars must also carry themselves in a conservative way while at competitions, practices, and events. Parents are not to approach coaches while they are working on the floor with athletes, you may contact the coach via email to set up a meeting time. Parents are not to yell out at their child, or any child for that matter while they are practicing, or competing. Foul language will not be tolerated in any form. We want to encourage a positive learning atmosphere and a competitive competition experience, please focus only on these two goals during the season. If your actions do not benefit either of the two, please adjust your actions.

Coaches

Legend All-Star coaching staff has signed and agreed to these policies below to show complete support and commitment to your child's team and overall growth this season.

"I agree to uphold the standards set forth by the Legend All-Star Competitive Cheer program and commit myself to all teams for the 2020-2021 competitive season. I agree to coach each individual and team to the best of my ability, keeping communication open and using my knowledge of the USASF competitive rubric to see that all teams are competitive as possible. I agree to coach in a way that is positive and uplifting to children. I agree to not cuss or be demeaning to any cheerleader or athlete in the program. I agree to be supportive of our competitors at competitions and will encourage my teams to do the same to show good sportsmanship. I agree to be a graceful winner and will teach my teams to do the same. I agree to be prompt and ready for all practices in order to prepare my teams for competition. In the event I must miss a practice, a substitute will lead practice following my detailed lesson plan for the day. I agree to uphold all of the standards of safety and coaching as set forth by the USASF."

Athlete Signature:_____ Date:_____

Parent Signature:_____

Coach Signature:_____

Legend All-Star Commitment Communication Form 2020-2021 (Turn In at Try Outs)

By signing below, YOU understand that ELITE All-Stars is a 12 month commitment, and PREP/NOVICE All-Stars offer a 6 month commitment. We want to ensure we can organize the most successful teams possible based on an athletes ability to practice regularly together. To do this, we need as few absences as possible. We will **consider** your answers to the questions below when placing your cheerleader on a team or teams. Please help us in planning out our competition events by answering the following questions:

What is your ideal weekly practice commitment?

For example, one day/week, two days/week, three days/week, four+ days/week?

Do you have any weekday conflicts at this time?

Please list the day and time that your cheerleader would be unavailable for practice:

Do you have any vacations planned that we should consider?

Unless otherwise noted on our team closing schedule (shown on our dates to remember page), all teams will practice during some school systems scheduled holiday closings (fall break, spring break).

If you have any conflicts, please list them here:

Athlete Name: _____ Parent Sign: _____

Legend All-Star Cheerleader Information (Turn In at Try Outs)

Cheerleader Name: _____

DOB: _____ Age: _____ Grade Level: _____

Parent Contact Info:

Name: _____ Cell: _____

Email: _____

What teams would you like your child considered for: **NOVICE** **ELITE** **PREP**

Parent Commitment & Guidelines

- I have been informed of the planned practice requirements, fees due, and competitions.
- I have been informed of the payment policies including fee due dates, late fees and the quit fee as detailed in the team handbook.
- I understand that payments can be made by cash, check, or money order in office and by online banking bill pay, or autodraft. Autodraft payments receive a discount.
- I understand that cheerleading is a team sport and it is imperative to the success of the team, that each athlete be at every practice and competition.
- I understand the difference between Novice and Elite and agree to uphold the commitment standards required by either division should my child be chosen to join.
- Excused absences include illness or injury accompanied by a doctor's note, family illness or funeral and school related functions that are for a grade. 3 unexcused absences result in an athlete being pulled from a competition, **ANY** absence the week of competition will result in the athlete being pulled from the event.
- I understand that most team communication is via band app and other communications such as email, texts and/or phone calls are also utilized.
- I understand that athletes have up until team choreography to be placed on finalized teams based on skill level.
- I agree to be a positive role model for my child during their cheerleading experience with Legend All-Stars, this includes making only positive comments regarding him/her and teammates, parents, and coaches.
- I understand that I can contact the head coach via email, phone or text at any time to set up an appointment to voice any concerns I may have regarding my child, including any goals and/or progress.

Parent Signature: _____ Date: _____