

CHEER FORCE ONE

2011-2012 All Star Contract

Welcome to Cheer Force one's All Star Cheerleading Program!



On behalf of our amazing staff and All Star families already training with Cheer Force One, we welcome you to become a part of the CF1 Family.

We are very excited to be entering our 6th All Star season! Our athletes' accomplishments over the past 5 years have made Cheer Force One a recognized and respected program nationwide for the sport of All Star Cheerleading. Our athletes are able to train in an environment that not only allows them to set their own personal short-term goals, but also affords them the opportunity to see athletes perform at the highest level giving them the motivation to set and reach long-term goals, as well.

We hold our staff and athletes to high standards of sportsmanship and integrity. We are a family-oriented program and are very proud of the life lessons we are able to teach our athletes.

This packet of information is designed to help you understand the level of commitment all parents and athletes make when they decide to become a part of our CF1 Family. Please read it thoroughly and do not hesitate to contact us if you have any questions. We are looking forward to another amazing season at Cheer Force One!

Sincerely,

Kara Witsiepe, All-Star Director
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All Star cheerleading has evolved into one of the most exciting, fast-paced and strenuous activities scored by a panel of judges in the world. Competitive cheerleading is broken down into levels by age and ability. The United All Star Federation (USASF) is currently the main governing presence in our industry, and we form our teams based on the age and ability levels specified by them. We expect to have teams in most skill levels within each age group. Currently, these age groups are as follows:

DIVISION	AGE
Tiny	5 years and younger as of August 31, 2011
Mini	8 years and younger as of August 31, 2011
Youth	11 years and younger as of August 31, 2011
Junior	14 years and younger as of August 31, 2011
Senior	18 years and younger as of August 31, 2011

All star cheerleading is scored based on the execution of tumbling, stunting, tosses, jumping, dancing, motion technique, performance, and choreography. All are important in putting together a successful team. Athletes are placed on a team based on his/her abilities in the above mentioned categories, as well as the athlete's mental mindset. Although tumbling skills are not the final determination regarding team placement, we have listed the skills preferred at each skill level for your benefit. Please note: standing skills are most important as they are performed as a team.

LEVEL	STANDING TUMBLE	RUNNING TUMBLE
1	Balk walkover, front walkover	Cartwheels, round offs, and back/front walkovers
2	Back handspring	Round off BHS series, front walkover to BHS series
3	Standing BHS series, Toe Touch BHS	Round off BHS tuck, specialty through to tuck, round off tuck, front punch
4	Toe touch BHS tuck, jump pause standing tuck, 2 BHS to layout	Round off BHS layout, specialty pass through to layout (front punch through, front walkover through, whip through to layout
5	Jump tuck combination, full	Round off BHS full, double, and specialty pass through to full (punch front through, front walkover through, whip through, or full through to full/double

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Team Expectations

All competitive teams will practice twice weekly between Monday-Friday during the summer months. As fall begins, the schedule will change. At the Mobile, Alabama location, one of each team's practice days will be held Monday-Friday and the other will be held on the weekend, usually Sunday afternoon. At the Ocean Springs, Mississippi and Brewton, Alabama locations, the practice days will be dependent on the schedule. It is not yet determined if teams will have a weekend practice in the fall or not. More details will be available in July. All team members are required to attend EVERY practice. Once choreography and competition season arrives, the coaches of each team may call an extra practice if necessary. Any extra practice that is scheduled at least one week in advance must be attended by all athletes. Cheer Force One reserves the right to close practices to parental viewing at any time.

Absences: Competitive cheerleading is a team sport requiring regular attendance by all team members. We try to set practices around school cheerleading schedules as best we can; however, no schedule is perfect for everyone. We ask that our school cheerleaders and their parents request school cheerleading schedules to be given to them as far in advance as possible. We work hard to make it as easy as possible for our athletes to cheer at school and at CF1. It is the responsibility of each athlete and parent to notify the team's Squadron Commander (i.e. Team Parent) of any concerns with the schedule in a timely manner. Athletes missing any practice without a valid reason may be removed from the program immediately. Valid reasons for missing practice include contagious illness, death in the immediate family, and mandatory school function.

It is mandatory to notify your coach of any absence PRIOR to the scheduled practice or event. A coach should not have to track down athletes at the beginning of a practice. Homework, studying, "not feeling well", social events, birthday parties, etc are not reasonable reasons to miss. Competitive cheerleading is a team commitment and must be a priority. Any athlete found to be falsifying excused absences will be removed immediately from the All Star program.

Choreography camp is MANDATORY and will be held at each CF1 facility during the month of July. Camp usually takes place over a 2 day period.

There are NO EXCUSED ABSENCES FROM A COMPETITION. Every team member is expected to attend every competition and arrive on time at the designated meet time. Any athlete missing a competition may be removed from the program at the coaches' and All Star Director's discretion.

Multiple or unnotified absences for any reason may be met with position changes and/or the removal of the athlete from the team. If the athlete's or the parent of the athlete's commitment level falls into question, the coach will notify the All Star Director who has the authority to act in the better interest of the team and remove the athlete from the program.

We will handle all situations on a case-by-case basis. We will be fair and consistent, and we ask all parents and athletes to support our decisions. Please remember coaches are instructed NOT to discuss other athletes' situations with parents other than the athletes' own parents. If you have a question concerning our implementation of this policy, please discuss it with the coach.

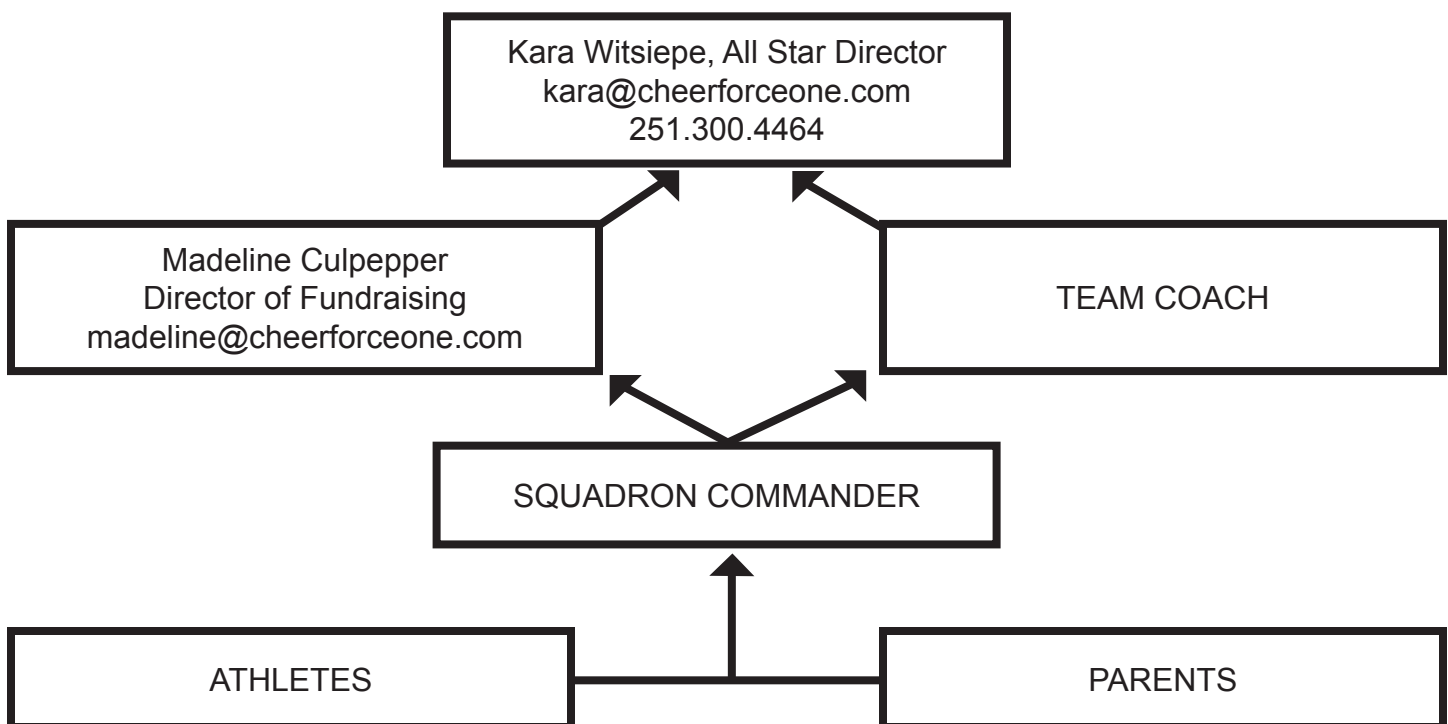
Communication and Chain of Command

We strive to keep all parents informed at all times. We do our best to make sure all information is distributed to parents in a timely manner. Major forms of contact within the program include regular emails, monthly newsletters, mass texts, website, and hand outs at practice. It is the responsibility of the athlete and parents to stay updated and read all emails, texts, hand outs, and newsletters made available.

The goal of the Squadron Commander (i.e. Team Mom/Dad) is to keep coaches focused on team training as much as possible. Duties include, but are not limited to, organizing fundraisers with the assistance and guidance of the Director of Fundraising, calling/texting/emailing parents regarding upcoming matters, working with the coaching staff to keep lines of communication open, helping coaches organize athletes as necessary at events, and communicating with the coaches at all times regarding issues and concerns. Each Squadron Commander may be responsible for more than one team. Additionally, each Squadron Commander may be assigned to teams outside of the team(s) on which his/her athlete participates.

Parents interested in becoming a Squadron Commander for the 2011-2012 season must have at least one season of experience in our program (full or half season) and submit in writing why he/she is qualified for the position. This must be submitted to the All Star Director by May 1st. In return for efforts put forth by each Squadron Commander, All Star monthly tuition for ONE athlete will be waived.

If there is a question or issue, a parent should first contact his/her Squadron Commander. This flow chart outlines the flow of communication throughout the All Star program:



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Dress Code

Practice clothing will be issued during the summer prior to choreography camp. Athletes will be required to wear the correct practice outfit to each practice beginning with choreography. Shoes, sports bra, t-shirt, shorts, and bloomer/spanks for flyers must be worn at every practice. Bows will be required this season for practice and issued with practice t-shirts. No jewelry of any kind should be worn at practice.

Competition wear: We will be using the same uniform/warm-ups for the 2011-2012 season. All athletes will be REQUIRED to have a warm up, and it may be a new or older season style. New uniforms and warm ups will be fitted tentatively the week of July 11th. We will have a used uniform/warm up sale at the gym prior to new uniform fittings. The price of a used warm up or uniform piece will be at a discounted rate. More information about the availability of used pieces will be made available in June. Before the first event, the All Star Director will go over proper dress code for every competition.

Sportsmanship

Sportsmanship and team unity are very important to our organization. Please be courteous and considerate to all teams and athletes. This includes other all star programs and other CF1 teams. Please do not speak negatively about any person, decision, or result. This includes the internet, Facebook, and message boards! We strive to teach our athletes respect and sportsmanship. Anyone who behaves in a manner viewed as inappropriate by the staff, in or out of the gym, may lead to the removal of the athlete in question from the program. Athletes whose parents are excessively negative or obnoxious will be removed from the program. We are trying to create a positive, and pleasant learning environment for our athletes.

Competition/Event Expectations for Parents

When attending a competition or other related Cheer Force One events or functions, parents, family, and friends are encouraged to be as spirited and supportive as possible. This includes wearing team colors, wearing CF1 attire, bringing noisemakers (when appropriate), know the Cheer Force One cheer, and shout the Cheer Force One cheer with teams during performances. At each competition we attend, athletes are provided a Meet Time, Performance Time, and Awards Time. Athletes are required to be present from the Meet Time through Awards at each competition. Parents: If a VIP section is available, please crowd it during EVERY Cheer Force One performance and help represent CF1! At many events, YOUR participation and excitement is worked into the score sheet!

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Financial Commitment

All star cheerleading requires a substantial financial commitment from each family. The following cost expectations have been put together based on years of experience. Please carefully consider the financial commitment you are making. Please note that the expenses do not include travel and lodging to out-of-town competitions. The following is a breakdown of how we will schedule payments.

Monthly tuition is due each month on the 1st and considered late after the 10th. Additionally, All Stars will be required to pay additional "miscellaneous" fees as outlined in the 2011-2012 price list. These fees are broken down into an installment plan. The installment plan lists when fees will be charged to accounts. It is the responsibility of the parents to stay on top of payments and to not fall behind. Any athlete with a balance on the 15th of the month will be required to sit out until the account is made current. Excessive tardiness of payment will result in the removal of the athlete from the program. If the athlete is removed due to failure to keep his/her account current, no refunds will be issued for any previously paid fees. All "miscellaneous" fees as outline in the 2011-2012 price list are also due on the 1st and considered late after the 10th. Any account with any balance remaining as of the 11th will be charged a \$25 late fee.

Discounts: Cheer Force One has multiple discounts in place. Families with multiple All Stars in the All Star program within a season will receive 10% off monthly tuition fees. All "miscellaneous" fees will be due for each athlete in full following the installment plan.

New Discounts: Cheer Force One is proud to introduce two NEW discounts to the program - the Veteran discount and the Sick Trick discount. Athletes who have cheered for 5 consecutive years and who is in good standing with the Cheer Force One All Star program will receive the Veteran discount, including free monthly tuition. Effective the 2011-2012 season, Cheer Force One will also be providing the Sick Trick discount, including free monthly tuition for athletes who are able to throw elite skills. The skill requirements for the 2011-2012 season including Standing Full OR Roundoff Handspring Double Full OR Roundoff Handspring Full through to Full. Any athlete who receives this discount for mastering one of the required skills will be required to throw the skill each week in tumbling class. If an athlete "blocks" or stops throwing a skill, his/her account will be billed for the current month's tuition and regular tuition fees will be applied for future months until the skill is mastered again. Additional classes outside of the standard All Star package and each season's "miscellaneous" fees will be due per athlete for both the Veteran discount and Sick Trick discount.

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Fundraising and Sponsorships

To help reduce the financial burden of competitive cheerleading, we work to provide opportunities to fundraise and find scholarships. Each team's SC serves as the fundraising contact for all team members and parents and will work with the Director of Fundraising to plan, implement, and finalize all fundraisers. No fundraiser is permitted unless approved by the Director of Fundraising. Cheer Force One does not take any profit from fundraisers.

Sponsorships may be collected by any athlete from any business or individual. Cheer Force One is NOT a not-for-profit organization, and sponsorships are NOT tax-deductible. Businesses and individuals may account any sponsorships as marketing or advertising costs. Information regarding sponsorships and benefits is available at the front desk. Ten percent of each sponsorship will be used to cover sponsor recognition. Athletes will receive the remainder of the sponsorship amount as a credit to his/her account.

USE OF NAME AND LOGO: Effective the 2011-2012 All Star season, the use of the Cheer Force One logo, the company name, CF1 program logo, or any other affiliated icon will not be permitted for use in conjunction with a product sale as a fundraiser. This includes, but is not limited to, T-Shirts, sweatshirts, coozies, ribbons, hats, bags, or like items. During the Fall, each team will be provided an opportunity to offer a spirit item for sale to the program. Profits (if any) will be split between all team members equally. Any athlete crossing over between teams will only receive credit for his/her primary team. More details regarding this particular fundraiser will be made available to SCs in August.

Team Placements

All teams at CF1 are built based upon placing each team in a position to score as high as possible in competition. Each team must be able to stunt, jump, tumble, dance, etc. at a level enabling them to maximize the score sheet. This means all athletes on a team may not have the same tumbling ability. Please trust the CF1 staff to build teams that will be successful in the competition arena.

After evaluations, we will place athletes into workout groups in order to finalize teams by choreography. Though we try to move athletes as little as possible, there WILL BE movement within our program of athletes from one workout group to another potentially all the way until choreography arrives. In certain cases, moves may still be made after choreography. Our focus is to build the strongest teams possible and to make sure each athlete is placed on a team where they can excel and have a positive experience.

Why Workout Groups? We want to give everyone the opportunity to continue advancing and perfecting their skills in a competitive environment from April throughout the summer in order to minimize movement of athletes and build the strongest teams possible. All Star Evaluations gives us a great starting point to begin planning our teams and gives each athlete the opportunity to work hard for what he/she wants throughout the months leading up to team selection.

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Additional Agreements with Cheer Force One

Material Agreement: As a member of Cheer Force One All Stars, any material (cheers, chants, pyramids, partner stunts, transitions, dances, music, routines, etc.) may not be used or taught for any purpose, to anyone outside the CF1 All Star Program. All material is owned by Cheer Force One, LLC, and may not be reproduced or taught in any manner without prior written consent from Cheer Force One, LLC. Anyone violating this agreement may be expelled immediately from the Cheer Force One Program.

Uniform Agreement: Any and all parts of the Cheer Force One All Star Program uniform may only be worn during specific and official Cheer Force One All Star Program activities. The uniform may not be worn for any other activity without prior written consent from Cheer Force One, LLC. No part of the uniform may be loaned to any person that is not a current member of the program.

Property Rights Agreement: No Cheer Force One, LLC, or CF1 All Star Program related items may be sold without prior written consent from Cheer Force One, LLC. The company name and its entity are solely owned by Cheer Force One, LLC. Any violation of this agreement may result in legal action.

Valuables in Gym: It is not possible to monitor all valuables brought into the Cheer Force One facility. Please leave valuables at home or in the car. Periodically, Cheer Force One donates all unclaimed items within its facilities to Goodwill. Cheer Force One will not be responsible for any lost, stolen, or donated items.

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Program Rules and Regulations

- ▶ I will not be involved in any matter of disrespect towards any members of the Cheer Force One staff, parents or students.
- ▶ Anyone threatening to quit or pull their child from a team may be dismissed from the program immediately. This is taken very seriously by CFO Administration.
- ▶ I understand all athletes are required to wear the appropriate practice attire to every practice.
- ▶ I understand that the coaches reserve the right to suspend any athlete's or parent's participation in activities at Cheer Force One or at Cheer Force One functions as disciplinary action.
- ▶ I understand the importance of punctuality and will arrive at all practices and scheduled events on time.
- ▶ I will not participate in negative gossip or communications that adversely affect Cheer Force One, including posting any negative comments on websites or in chat rooms.
- ▶ I will maintain all skills I perform at evaluations and work to improve my skills during the season. I understand if I fail to maintain my skills, I may be moved to a lower level team or removed from the All Star program.
- ▶ I will not post any Cheer Force One music, choreography, routines, stunts, etc. on any website. This includes "Facebook", "My Space", "You Tube" and ALL others.
- ▶ As a parent, I will not hold or threaten to hold my child from practice or competition as a form of punishment.
- ▶ I will conduct myself with respect and integrity, displaying positive sportsmanship at all times.
- ▶ I understand all athletes at Cheer Force One are expected to arrive at practices and competitions with a positive attitude and give their best effort in every endeavor.
- ▶ I understand it is sometimes necessary for athletes to be moved from one team to another.
- ▶ I understand that the parent viewing area should be a positive atmosphere, and I may be prohibited from using the parent viewing area if I cannot maintain a positive attitude while there.
- ▶ I understand this is a 11 MONTH commitment I am making. I will honor my commitment.
- ▶ I understand that if I quit or I am removed from the program, I will not be entitled to a refund of any kind, including prepaid expenses.
- ▶ Cheerleaders, parents, relatives and friends are never allowed to contact competition companies or their officials for any reason. Contact Cheer Force One if you have questions or comments relating to competition companies or their officials.
- ▶ Athletes who quite for any reason during an All Star season will be required to sit out at least one full season before being permitted back into the All Star program.

Question and Answer Section

Question: Why is that kid on my child's team? He/She is not good.

Answer: Because the CF1 staff believes he/she will contribute to the success of the team. Please worry about your own athlete. All athletes, even yours, can always improve.

Question: Sally "I know everything about cheer" Jones told me in the parent viewing area that our routine needs a more difficult pyramid, better stunts and our tumbling cannot compete.

Answer: Our staff is extremely competent in maximizing the score sheet with the talent on each team. Some teams are stronger in different areas than others, and their routines will highlight their strengths. Please refrain from negative gossip.

Question: Can my athlete be a flyer?

Answer: If the coach puts them in a flying position, yes. If the coach does not put them in a flying position, no. If your athlete wants to be a flyer, the best thing she can do is stretch, practice, stretch, practice and stretch.

Question: Why did my daughter lose her spot in the formation/stunt?

Answer: There are no assigned "spots". Adjustments are constantly made to the routine. We will adjust formations as needed for the flow and choreography of the routine.

Question: When can my daughter move up?

Answer: We reserve the right to move an athlete at any time up or down.

Question: I never know what is going on, or what time to be anywhere. Can you please call me and let me know when I need to do something?

Answer: There are several channels of communication. Our website, www.cheerforceone.com, and each location has a Facebook page under "Cheer Force One". It is your responsibility to utilize the information we provide and stay informed. In addition, we send out program emails with pertinent information throughout the season. Please READ them.

CHEER FORCE ONE

GENERAL REGISTRATION FORM

Athlete's Name:	Birthday: / /	
Parent Name:	Relationship:	
Contact Number:		
Email:		
Address:		
City:	State:	Zip:
Emergency Contact & Number:		
Insurance Co.:	Policy #:	
Allergies/Health Conditions:		
How did you hear about us?		

I understand tuition is due by the 10th of each month. I agree to pay my tuition on time. In the event my payment is not received by the 10th, I understand and agree to pay a \$25 late fee in addition to the month's tuition or other fees associated with my child's participation in the Cheer Force One program. If I wish to disenroll from Cheer Force One or any of its programs, I understand I must notify the front desk by the 20th of the month prior to the month I wish to disenroll. If I do not provide said notice, I understand I may be held responsible for the month's tuition whether or not my child participates. I understand Cheer Force One promotes a drama-free facility and any disruptive behavior by my child or myself may result in my dismissal from the facility and/or program.

Signature: _____

**Administrative
Use Only**

Cheer Force One, LLC.
PARTICIPANT AGREEMENT, RELEASE AND ASSUMPTION OF RISK

In consideration of the services of Cheer Force One, LLC its owners, agents, officers, employees, and all other persons or entities acting in any capacity on their behalf (hereinafter collectively referred to as "CFO"), I hereby agree to release, discharge, and hold harmless CFO, 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 CFO 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 wrists and ankles, and can suffer more serious injuries. Traveling to and from shows, meets and exhibitions raises the possibilities of any 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 CFO-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 CFO 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 CFO-related activities.
4. Should CFO 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 lawsuit against CFO, I agree to do so solely in the State of Alabama 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 CFO on the basis of any claim from which I have released CFO by signing this Agreement.
8. I understand CFO may from time to time use photography or videography taken during its operating hours of its programs and may include my or my child's image. I agree any photograph or videotape taken under such circumstances may be used by CFO for marketing or promotion purposes.

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 Name: _____ Date: _____

PARENTS OR GUARDIAN'S ADDITIONAL INDEMNIFICATION
Sign here if the participant is under the age of 18 years old.

In consideration of _____ (print minor's name) ("Minor") being permitted by CFO to participate in its activities and to use its equipment and facilities, I further agree to indemnify and hold CFO from any and all claims which are brought by, or on behalf of Minor and which are in any way connected with such use or participation by Minor.

Parent/Guardian: _____ Print Name: _____ Date: _____