



TEAM MEMBER SIGN UP PACKET FOR ALLSTAR PREP

All information regarding policies and procedures are included in this packet.

Please review and complete all paperwork and return to the business office asap

CHECK LIST FOR SIGN UP DUE ON OR BEFORE 4/15/2023 \$165 or

After 4/15/2023 \$195:

- Signed Medical Release
- Signed Policy and Procedures Agreement
 - Signed Financial Agreement
- Payment – Cash, Check or Credit Card accepted

For additional information you can
e-mail rsallstars@gmail.com
visit our website @ www.rocksolidallstars.com
or call 727 548-ROCK (7625)

ROCK SOLID ALLSTARS

2023-2024

About Us

Welcome to the 26th season of the **ROCK SOLID ALLSTARS (RS)** full season competitive cheerleading program! We appreciate your choice in selecting our program for your child. This is our mission statement: Our gym will offer your child a place to train to be the best all-around cheerleader possible. Our goal is simple: to help athletes achieve their goal and have fun doing it. Our staff is here to strengthen and condition, teach proper motion technique, jumps, stunting and tumbling. Along with the physical side of cheerleading we hope to provide a solid foundation in basic training for life: teaching basic leadership skills, team building, encouragement, discipline and commitment. Joining the Rock Solid Allstars will offer your child the experience of a lifetime. We do not treat your child only as an athlete, but also as a member of our family.

Since being established in 1998, RS has received numerous National, State and Regional Titles from various cheerleading companies as well as ranking in the top ten at the Cheerleading Worlds, 2 Summit Championships and a Triple Crown Points Race Winner. Our gym is a part of the United States All-Star Federation (USASF) and all of our coaching staff are career professional members as well. Our current staff has well over 100 years of cheerleading and tumbling experience and with this expertise, we will develop the best teams possible for the 2023-2024 season.

As always, we appreciate the support of the parents and we hope that you, as a parent, can appreciate the hard work that the director and staff put forth to create the best possible teams in the area. The best interest of the program is the first and foremost priority of **Rock Solid Allstars** director and staff. Our job is to put the best routine on the floor but most importantly, we are here to teach and instill lifelong lessons in your child. The value of teamwork, sportsmanship, commitment, work ethic and dedication are just a few of the accomplishments that have been seen in hundreds of athletes that have developed through our program. We have sent numerous cheerleaders to attend top universities in Florida and other States, such as FSU, USF, UF, UCF, FAU, FIU, Florida Southern, Webber International University, University of Louisville, Navarro, Texas Tech, University of GA, NC State, Elon, Warner Southern, Gardner Webb, Duke, & Morehead University to name a few. At Rock Solid, building a solid foundation as an individual to succeed in life, is more valuable than learning the skill of a back handspring. As the years go by, we have been overwhelmed with the number of athletes that we have trained and sent out into the world to be remarkable citizens. As with any sport, the fundamental skills and lessons learned from being part of a team are invaluable while also learning lessons for "life". It is an exciting time to be involved in Allstar Cheerleading! Leveling the playing field and aligning our sport to eventually be part of the US Olympic Games is where our industry is headed. With colleges now recognizing the sport of "Stunt" we are seeing more and more scholarships available. We've come a long way since the pleated skirts and pom poms.

As our gym family grows, it is important that we retain our veteran athletes as well as bringing in new athletes into our program. As we gain more athletes we are able to streamline our teams with "like skilled" athletes and hopefully "like minded parents and athletes". Parents are a huge part of our success and program. We value each of you for entrusting your kids to our program. We realize the learning curve for new parents is huge and we depend so much on veteran parents to show the newbies the ropes. We love that you love our program and see continued growth in both knowledge of our sport and also in the athleticism of your athlete. We have noticed an increased awareness, as the athlete grows to realize the requirements of a scoresheet which leads them closer to championships. Retention is key to our growth.

All of our existing members are guaranteed a spot on one of our teams. All new members will be assessed and placed accordingly. We will be assessing skills on the dates listed below for any advancement of athletes to a team offered at Rock. Please be aware of the level requirements and programs available. ALLSTAR ELITE CLUB (includes Mini, Youth, Junior, Senior and Open teams). We will also offer ALLSTAR PREP and ALLSTAR NOVICE. The placement of athletes for each of these programs is based on jumps, tosses, standing tumbling, running tumbling, stunting and motion technique. If you have any questions regarding age divisions (Dec. 31, 2023 date for eligibility) level requirements, or programs you can visit www.usasf.net or contact our gym. Once your skill level has been determined by our coaches during the first and second day of evaluations you will receive an email notifying you of the next round placement. The team you are placed on and particulars regarding practice days and times as well as choreography dates will be a process. This assessment is not the end-all on which team you are placed on. The makeup of a team is very important...i.e. flyers, back spots, main base, instep base, tumblers, etc. It isn't always age and it isn't always tumbling which defines your level. At the end of the day, we will put the teams together in the most effective way to benefit the entire gym following these guidelines. All Flyers will be evaluated based on age, then level. If we have 8 flyers for 5 positions with equal flying ability, we defer to tumbling skills next, then jumps and motions. If you would like to discuss your child individually before evaluations, please see Carrie or Carol for an early evaluation.

Thank you for your continued support and being an important team player. Feel free to share this information Or simply drive new members to our website www.rocksolidallstars.com Let's GROW TOGETHER!

We are blessed that we have the opportunity to train your athlete.

IMPORTANT DATES

RSA SIGN UP/ASSESSMENT DATES 2023-2024

MARK YOUR CALENDARS

PROGRAMS AVAILABLE:

ELITE CLUB – BIRTH YEARS 2003-2018

PREP – BIRTH YEARS 6/1/2004-2018

TINY NOVICE – BIRTH YEARS 2016-2020

PAPERWORK FOR ALL PROGRAMS IS AVAILABLE AT WWW.ROCKSOLIDALLSTARS.COM **

SIGN UP FEE \$165 BEFORE 4/15 ~ \$195 AFTER 4/15 **

PREP ~ 5/8 & 5/9 2023 ~ 5:30-7:30 pm Both Days

Optional Clinics \$15 each day – cash only

This prep clinic will teach and review skills being assessed. **Must have paperwork and payment turned in to participate.

SIGN UP ~ 5/10 & 5/11 2023 ~ 5:30-8:00 pm Both Days

All paperwork and payments required** - **Individual assessment** of skills in **Tumbling, Jumps and Dance**.

Every athlete must attend. AFTER this session an email will be sent assigning your level/division call back for Prelims.

You may be assigned to more than one team this next week as we put together the best fit for the gym.

THIS DOES NOT MEAN YOU WILL BE INVITED TO BE A CROSS COMPETITOR.

PRELIMS ~ 5/15-5/18 2023

Stunt Progressions by Age/Level

5/15/2023 5:00-7:00 pm Birth Year 2011-2020 Tiny/Mini/Youth Age **LEVEL 1**

5/15/2023 7:00-9:00 pm Birth Year 6/1/2004-2015 Junior/Senior Age **LEVEL 1**

5/16/2023 5:00-7:00 pm Birth Year 2011-2017 Mini/Youth **LEVEL 2**

5/16/2023 7:00-9:00 pm Birth Year 6/1/2004-2015 Junior/Senior **LEVEL 2**

5/17/2023 5:00-7:00 pm Birth Year 2011-2016 Youth **LEVEL 3**

5/17/2023 7:00-9:00 pm Birth Year 6/1/2004-2015 Junior/Senior **LEVEL 3**

5/18/2023 5:00-7:00 pm Birth Year 6/1/2004-2015 Junior/Senior **LEVEL 4**

5/18/2023 7:00-9:00 pm Birth Year 6/1/2004-2015 Junior/Senior **LEVEL 5/6**

AFTER this session an email will be sent assigning your Mock Team call back for Semi's.

You may be assigned to more than one team this next week as we put together the best fit for the gym.

THIS DOES NOT MEAN YOU WILL BE INVITED TO BE A CROSS COMPETITOR.

SEMI'S ~ 5/22-25/2023

MOCK TEAMS – This will be a week of practice with potential teams. This is not final.

FINALS ~ 6/6/2023-7/20/2023

Keep in mind that throughout the season we are looking to put the most competitive teams together. At the end of this session these will be the teams heading into choreography.

MANDATORY PARENT MEETING

WED JUN 7TH @ 7 PM and THURS JUN 8TH @ 7 PM

MANDATORY CHOREOGRAPHY

JULY 22 – AUG 1, 2023 TIMES FOR EACH TEAM TO BE DETERMINED. Your team will be done in two sessions during this time.

MORE IMPORTANT DATES 2023-2024

MARK YOUR CALENDARS

SIGN UP & ASSESSMENTS

MAY 9-JULY 20, 2023

PRACTICES BEGIN

WEEK OF MAY 22ND

MANDATORY PARENT MEETING

WED JUN 7TH @7 PM and THURS JUN 8TH @ 7 PM

MANDATORY CHOREOGRAPHY

JULY 22 – JULY 31, 2023 TIMES FOR EACH TEAM TO BE DETERMINED.

GYM CLOSURE DATES

IN ORDER TO HAVE A SUCCESSFUL SEASON, PLEASE PLAN YOUR VACATIONS DURING THESE TIMES.

MAY 26TH-JUNE 4TH SUMMER BREAK #1 (PRACTICE RESUMES JUNE 5TH)

JUN 30- JULY 9TH SUMMER BREAK #2 (PRACTICE RESUMES JULY 10TH)

AUGUST 4-13TH SUMMER BREAK #3 (PRACTICE RESUMES AUG 14TH)

SEPTEMBER 4, 2023 LABOR DAY

OCTOBER 31, 2023 HALLOWEEN

NOVEMBER 22-24, 2023 THANKSGIVING HOLIDAY (11/20-21/2023 @ COACHES DISCRETION)

DECEMBER 21--JANUARY 2, 2024 CHRISTMAS HOLIDAY (PRACTICE RESUMES 1/3/2024)

CHEER CAMPS 9-2:30 PM

TUMBLE CAMPS 9-12PM &/OR 12:30-3:30 PM

FLYER CAMPS

SESSION 1	JUN 19-23	JUN 5-7 2 SESSIONS	JUN 26-28 2 SESSIONS	JUN 12-13 2 SESSIONS	10-12PM
SESSION 2	JUL 17-21	JUL 10- 12 2 SESSIONS	JUL 31-AUG 2 2 SESSIONS		

COMPETITION DATES

Competitions are typically during the weekend, therefore school absences are limited. Most of our competitions are in the state of Florida within driving distance. We will do an out of state competition which may require airfare (does not apply to prep teams). The competition schedule is usually finalized in August.

Team Policies and Procedures

Take a moment to read and understand this packet, please fill out the agreements/med release pages after you have fully read and agreed to everything.

The following policy and procedures manual, serves as the official set of rules in which the Rock Solid Allstars was founded on and will operate by for the 2023-2024 season. These rules are strictly adhered to for the benefit and protection of the team(s). The director reserves the right to amend these policies and procedures as deemed necessary during the season.

The RS teams will be trained in all elements of competitive cheerleading in accordance with the score sheet in which we compete including: stunts, pyramids, jumps, technique, expressions, dance and tumbling. The training is very disciplined, intense, highly productive and greatly enhances the skills of each cheerleader and the team as a whole. A set of key values must be followed in order to maintain control of this disciplined and productive process: Attendance, Attitude, Practice, Skill Requirements, Levels, Conduct and other policies listed below.

- **Attendance:** Excessive absences will not be tolerated. Members are required to be at every practice and on time. Attendance will be recorded and absences and tardiness will be reviewed and consequences will be set forth at the coaches discretion. Consequences may include but are not limited to being benched from a competition or two, suspension or dismissal from the team. Excused absences will include death of a family member, severe illness, or special circumstances approved by the coach. Prior arrangements for absences are required to be made in writing or by phone *to your team coach or director*. Each team will be required to sign the athlete code of conduct. Please do not use missing practice as a punishment for your child, this not only punishes your child but every member of the team. Notify the coach at the first sign of any disciplinary problems or academic problems before they escalate! All Competitions are MANDATORY!!!!!! You must stay until your coach dismisses you. Practices are always required, but the week of performance/competition it is mandatory that everyone is there.
- **NO MISS POLICY:** We have a NO MISS POLICY the week of a performance/competition. If you miss for any reason, be prepared for the coach to replace you. If you are too sick to make practice the week of, we must have a plan in place as we won't know if you can push thru the day of competition. We do not take this lightly but must protect the team. Extra practices may be called the week before a performance/competition. Do not make plans the weekend before a performance/competition because most likely the team will be practicing at some point and you will not have much notice.
- **Attitude:** Team members must display a positive attitude at all times. Negative responses, lack of productivity, disrespect, the degrading of teammates, coaches, or other organizations will not be tolerated. Consequences may include but are not limited to extra conditioning, suspension or dismissal from the team. We do not have the time nor patience for bad attitudes.
- **Practice & Dress Code:** Regular practice times are scheduled for each team. Additional practices are to be expected as follows: prior to a performance or competition or based on the team's need, for the betterment of the squad. These additional practices may be called at the discretion of the coach. All team members are required to come to all team practices prepared and with positive attitudes. The NO MISS POLICY applies here for the duration of the season and post season events. We do have dress code for practices. Make sure you are following proper attire for all practices.

(The following schedule is a sample. Days and times may vary depending upon teams formed)

Tiny	Level 1	Monday	4:30-6 & 5:30-7:00 p.m.
All Star Prep	1.1	Wednesday	4:30-6 & 5-6:30 pm
Mini	Level 1	Monday & Wednesday	5-7:00 p.m.
Youth	Level 1	Tuesday & Thursday	5-7:00 pm
Youth	Level 2	Tuesday & Thursday	5--7:00 p.m.
Junior	Level 3	Tuesday & Thursday	7-9:00 p.m.
Junior	Level 4	Monday & Wednesday	5-7:00 p.m.
Senior	Level 2	Tuesday & Thursday	7:00-9:00 p.m.
Senior	Level 3	Tuesday & Thursday	7:00-9:00p.m.
Senior	Level 4	Monday & Wednesday	7-9:00 p.m.
Senior	Level 5	Monday & Wednesday	7-9:00 p.m.
IOC	Level 5	Tuesday & Thursday	7:30-9:30 p.m.

We pride ourselves in the fact that we preserve family time, by not holding regular weekend practices. However, circumstances do occur that require extra practices.

Performance does not make perfection, practice does!

RULES FOR TEAM

- a) RS practice wear is required, this includes t-shirts, sports bra and stretch shorts (for all ages).
- b) Appropriately sized shorts and bra top!
- c) No jewelry at practice or at all during the competition day.

- d) Natural colored hair is mandatory on competition day. If you choose to have various colors (ie. pink blue red highlights then they must be returned to a natural hair color: blonde, brown or black color before competition day).
- e) No gum allowed
- f) Sport length finger-nails (at or just above the finger tip)
- g) Hair is to be pulled up in a high pony with a hair tie rubber band. A scrunchie is not sufficient. With a bow.
- h) Leave cell phones at home or turn your cell phones off.
- i) Leave your problems at the door.
- j) Smiles in place with attitudes ready to go!
- k) Parents are never allowed in the practice area, or on the floor. It is OK to sit in the parent room. There will be times that the coach will ask for an audience and that is the exception. There will also be times that the coach calls for "closed practices" – usually the week of a competition.
- l) Please don't baby your child during practice.

HOLIDAYS-NO PRACTICE: Memorial Day, Independence Day, Labor Day, Thanksgiving Day, Christmas Day, New Year's Day. We will also have 3 one week "Summer Breaks". One in June, July and the other in August. Please refer to the Important Gym Closure dates. All other "days off" are at the discretion of the coach. Hopefully, family vacations are booked during the same time as our breaks.

1. Minimum Skill Requirement Rule and Participation:

- a) If at any time a team member cannot perform the minimum requirements required for his/her team, he/she will have **two weeks** to regain the minimum requirements. If this is not possible, he/she will be moved to another all-star team within RS to suit his/her abilities at the discretion of the coach and director. This pertains to stunting too.
- b) If a team member is removed, or becomes injured and unable to perform, he/she will be replaced by an alternate or appointed substitute, entry fees paid will be used for the substitute. All balances are still an obligation and must be paid by the original team member
- c) The injured teammate is **expected** to be at all practices and join their team at competition, but admission may not be covered in some cases, as the substitute will be on the roster.
- d) Please be advised that Rock Solid Allstars makes no guarantees regarding the level of competitiveness and/or participation and growth of the child. Every child progresses at their own rate. Please do not badger or nag your child about their skills, this is their sport and we will do everything we can to progress them at their pace and according to their will.

5. Competitions & Travel:

- a) **All competitions are mandatory.** If you choose to miss a competition for any reason, the coach will replace your child at your expense. Depending on the competition schedule, the coach will use their discretion as to whether the competition before and after the one to be missed will be affected as well. So, if you miss one competition, keep in mind it *could mean you will consequently miss two or three.* The success of the team is of the utmost importance and minimal changes allow for that.
- b) All Cheerleaders and parents must be aware that competitions are team events. We will travel as a team and follow the RS itinerary. All codes of conduct, policies and procedures must be followed at all times. All members will remain with the team before, during, and after each competition until properly dismissed by the coaches after the awards ceremony.
- c) All Cheerleaders must arrive at the venue in complete uniform. This means hair must be up correctly, complete makeup on and uniform or other RS clothing your coach designates. Cheer shoes must be worn throughout the competition day, **no flip-flops or sandals allowed.** Only RS jackets/hoodies are to be worn at competition. Only RS backpacks carried.
- d) At all overnight hotel stays, all RS members will be given a curfew and rules. If the curfew or rules are broken, this will be grounds for immediate dismissal. All cheerleaders and their parents must assume all risk and liability for any injury, or accident that happens as a result of not obeying the curfew and rules.
- e) Under no circumstances are any males allowed in the female's room and vice versa without parental supervision.
- f) All RS Cheerleaders are expected to stay at the "team hotel" when a block is arranged. Changes at the last minute may affect the rate and might cost our gym extra contract attrition fees. Extenuating circumstances may be approved. When "Stay to Play" rule is in effect, you may only stay in the team hotel. It is mandatory.
- g) All cheerleaders are the responsibility of *their parents*. Coaches and Staff will not chaperone cheerleaders. If a parent cannot attend a competition it is your responsibility to arrange for another parent to chaperone your child. All expenses incurred should be handled between parents and reciprocation is expected. If you cannot secure an appropriate chaperone, one will be assigned by RS and an additional fee for this service will be due prior to departure.
- h) It is very important that all of our teams support each other at competitions. The support of a team and crowd gives the team on the floor a huge advantage. Hearing the crowd chant "Rock Solid" and ring the cow bells allows the team to see and feel the support of their family in front of them. Please be a huge part of our ever-growing family and make every effort to be there for our TEAMS.

6. Conduct of Cheerleader: An Agreement must be signed by all members

- a. A team member must, at all times, be a strong representative of the RS program, even at the mall in RS jacket and on social media.
- b. Abusive, uncontrollable, or any other form of negative behavior, IN or OUT of uniform will NOT be tolerated. This includes: No public display of affection, no talking about anyone in or out of RS, no arguing or raising voice, no discussions of sexual relations, or any other

derogatory behaviors which are not becoming of an RS member. All RS athletes must be a positive reflection of his/her teammates and gym.

- c. With the increase of popular social media networks, RS must be portrayed in a positive manner. Rude language, disgusting and/or revealing pictures, inappropriate or negative dialog, gossip etc. will NOT be tolerated. DO NOT represent our gym in a negative manner!! This is grounds for immediate dismissal from our program at the discretion of the gym director.
- d. Moral standards are of the utmost importance to this organization and will be regarded as high priority of all its members. We understand everyone has a different standard of living, just know our standard is high.
- e. Gossip is very harmful and destroys team unity.
- f. Bullying will NOT be tolerated. There will be consequences ranging from conditioning to dismissal. Be kind, compassionate and respectful at all times. An Anti-bullying contract will be signed at the first sign of offense.
- g. No athlete is to leave the gym to go to the store or a friend's or anywhere without notifying the front desk personnel, Carol, or a staff member. No athlete is permitted to wait outside for pick up by parents.
- h. No athlete is permitted to "hang out" in the locker room with the door closed. It is for changing purposes only.

7. Code of Conduct for Parents:

- a) Parental Support is essential at competitions, but can be distracting during practices. The Coach needs 100% of your child's focused attention. Parents must remain in the parent viewing room. NEVER should a parent talk about another athlete or their own in a negative manner. Gossip is very harmful and destroys team unity. Don't be surprised if a veteran parent puts you in your place for breaking this rule. All parental concerns should be addressed after practice or at a scheduled Parent/Coaches meeting. Although you may not agree with every decision that is made for each team, and you may feel you know a better method or system in which to accomplish something, the key is to remember that you must be willing to trust in the program or simply have a discussion with your coach or owner.
- b) A parent should **never** approach a coach on the practice floor during practice.
- c) A parent is not allowed in the warm up area at the venue.
- d) A parent should never act as an agent of RS to a competition company, hotel, judging panel etc., without the prior consent of the director.
- e) Parents should encourage their child to follow the cheerleader policies and procedures by setting a positive example and encourage submission to the authority of the coach. Do not undermine the coach's authority to your child.
- f) With the increase of popular social networks, RS must be portrayed in a positive manner. Rude language, disgusting and/or revealing pictures, inappropriate or negative dialog, gossip etc. will NOT be tolerated. DO NOT represent our gym in a negative manner!! This is grounds for immediate dismissal from our program at the discretion of the gym director. It is against the USASF rules for our staff to be "friends" with athletes on social media. Many of our adult staff's social media accounts are not private. Please monitor who your child follows.
- g) Parents should NEVER leave their child unattended in a hotel room or allow them to walk around unsupervised.
- h) Please keep in mind that this is a business and every new person that enters, deserves to have a great experience. Please do not be the one to give our business a bad name by talking negative or you will be asked to leave immediately.

8. Levels:

- a. All Cheerleaders will be placed on a team according to Level and Age. This will be determined at the discretion of the director and coaches. Levels are determined by the execution of stunts, pyramids, tumbling and tosses that an athlete is capable of safely executing at the time of team placements and then by age. Levels are numbered 1 to 7, increasing in difficulty. Despite what level a parent *thinks* their child should be, we take many factors into consideration when placing athletes on a team. Every athlete is on a team for a reason, as a parent, you must trust our staff.
- b. Birth Certificates are required before team placements. The age you are on or before December 31, 2022** will be your "competitive age" for that entire season.
- c. It is our goal to have all athletes at the highest point of each level on every team. (ex. If the top skill in running tumbling on a Level 3 team is a round off back handspring tuck, then we will be looking for everyone on the team to have a round off backhand spring tuck.) This goal will be applied for stunts, tosses, standing tumbling and running tumbling.
- d. In order to have the greatest advantage for making the squad of your choice, familiarize yourself with the requirements for each level. Level information is available at www.usasf.net

9. Injuries & Sickness:

- a. Parents need to note that cheerleading is a highly competitive and dangerous sport. Stunts and tumbling performed at all levels of cheerleading could lead to injuries. Injuries include but are not limited to: bruises, pulled and strained muscles, torn or strained ligaments, broken bones, dislocations, paralysis or even death. We, at Rock Solid Allstars take every precaution to limit these injuries. Unfortunately, we cannot prevent them all. It is your athlete's responsibility and to his/her advantage to be in top condition for this sport. This includes flexibility, strength and endurance. Some braces that impair your ability to practice are prohibited in this gym, ie. a neck brace, which inhibits your ability to look around and would be a danger in our gym environment.
- b. While we strive to provide the safest possible environment for our athletes. Rock Solid All-stars is not liable for any expenses rising from injuries or illnesses resulting from participation in our program. We strongly encourage every athlete to have their own insurance coverage to defray medical, dental and or other expenses.

- c. Every member is expected at every practice. However, if your child has a fever, please notify the gym and keep them home. If they are to miss more than one practice, we must have a doctor's note. Upon return we will need a doctor's note clearing them of any contagious illness.

10. Financial Other Policies and Information:

- a) Each athlete is required to become an Athlete Member of the USASF for \$49 per year (USASF.net), upload a birth certificate to your athlete usaf profile. This membership gives your eligibility for all USASF sanctioned events. Please see the USASF.net website for additional benefits of this membership.
- b) Each athlete's parent or guardian must complete and sign an RS medical release/waiver, a financial agreement and a policy and procedures agreements. Some type of medical insurance is needed in order to be a part of this organization.
- c) Reminder: Tuition payments are expected monthly unless credit is available in your RS account. Only accounts with credit balances can have their tuition deducted from their account. New this season**: **Direct bank transfers or credit card payments are accepted directly from your invoices. We will also set up monthly electronic Credit Card payments. A Credit Card Authorization is required to be kept on file for all members monthly payments and installment payments unless account is paid in full on June 1.**
- d) Please understand that this is a competitive sport, which involves other teammates. If at any time your account becomes past due, your child will not be able to participate in practice or competitions. This will affect the team and we rely on everyone to be in attendance and current on their account.
- e) All accounts must be in good standing before taking private lessons.
- f) All competition entry fees will be paid in accordance with the budget and early or on-time registration deadlines. For past due accounts, a late registration fee will be assessed for each entry fee payment deadline missed.
- g) All fees are non-refundable. In the event you quit, are injured, or removed for any reason during the season, this non-refundable rule applies. You must seriously consider this yearlong commitment, before joining this team.
- h) All members will be required to purchase their own uniform. The cost for this ranges from \$180-\$495 depending on the team. Swap meets may be arranged for those that are willing to sell their uniform as their child out grows it. A used uniform is NOT guaranteed. Prep teams will rent a RS uniform for \$100 per season.
- i) We expect all cheerleaders to maintain at least a 2.0 GPA.
- j) All members may be required to purchase additional team t-shirt, bow or national's shirt during the season. At times parents get together to provide "goodie bags/gifts" for the team and a donation may be requested but not mandatory.
- k) All private lessons for tumbling, stunting, cheer tech etc., must be done at Rock Solid Allstars only. Any lesson done at another cheer gym will be grounds for immediate dismissal from our team. We provide the all around best staff and have the utmost confidence in our methods of progression.
- l) All RS apparel and goods are exclusively ordered and sold by our gym. Any and all use of the Rock Solid Logo, team names or likeness is strictly forbidden! Please see our graphics department for custom ideas. All Team "extra" apparel for Gifts needs to be placed in October.
- m) Please refer to the "Fundraiser Policy" for information regarding fundraising.
- n) No one is allowed to post music, videos of routines or stunts without prior consent of the owner.
- o) Never post negative comments about anyone on social networks such as Facebook, Twitter etc. Do not officially represent Rock Solid Allstars in any way.
- p) We currently use "Group.me" as a form of communication. This is designed to get valuable information to athletes and parents as quickly as possible and goes straight to your phone as a text message. Please do not use the method of communication to report injuries, absences or tardiness. Those messages need to go directly to the coach.

11. **Attorney Fees/Costs.** Should it become necessary for Solid Rock Cheer Center, Inc./Rock Solid Allstars to employ an attorney to enforce any terms of our policies, procedures and/or financial agreement, you agree that you will be responsible for all reasonable attorneys' fees and costs paid by Rock Solid/Solid Rock Cheer Center, Inc.

Thank you, once again for entrusting your child's athletic training at Rock Solid and for reading our Policies and Procedures. We look forward to another successful season and always appreciate all of your commitments and support.

ROCK SOLID ALLSTARS 2023-2024

TEAM POLICY & PROCEDURE AGREEMENT

The following statement must be completed, signed and returned to the Rock Solid Allstars, prior to sign up, in order for the member to participate.

I, _____, parent of the Rock Solid AllStar team member noted below, have read the rules and agree to comply with the POLICIES AND PROCEDURES, expressed therein.

Parent Name (print)

Parent Signature

date

I, _____, member of the Rock Solid Allstar team, have read the rules and agree to comply with the POLICIES AND PROCEDURES, expressed therein.

Team Members Name (print)

Team Members Signature

date

ALLSTAR PREP FINANCIAL SERVICE AGREEMENT

ROCK SOLID ALLSTARS

2023-2024

This FINANCIAL SERVICE AGREEMENT is effective as of the ____ day of _____, 2023, by and between _____, the parent or legal guardian of _____ and ROCK SOLID ALLSTARS.

It is understood that Rock Solid All Stars provides valuable services known as "Cheer Fee", which includes but are not limited to: choreography, skill training, music, equipment use, administration, and our successful and experienced coaching staff who utilize our facilities to prepare your child for competitions.

Early Sign Up Fee (non-refundable) Due on or before 4/15/2023 \$165.00**

OR On-time Sign Up Fee (non-refundable) Due on or after 4/15/2023 \$195.00**

**you will pay either \$160 OR \$190 depending on the time of payment.

Service Description	Due Date	Amount
Cheer Fee & Dues (*Payment Plan available upon request)	June 1	\$2200
UNIFORM RENTAL FEE	June 1	\$ 100

Monthly payment plan

Payable each month on the 1st. Jun1 thru Apr 1 \$200 per month

*Payment plans are designed to fit individual needs. Please contact the office to make individual arrangements. Any and all agreements to participate in a payment plan will be memorialized in writing.

As such, the total cheer fee amount due is \$2200.00. To pay in full, the fee is due on Jun 1, 2023. This amount is considered earned by Rock Solid All Stars, as this fee is for services provided in advance to prepare your child for competitions. If you withdraw/terminate at any time prior to December 1, 2023 you will only be charged for cheer fees through the time of withdrawal/termination. This Agreement will automatically renew each year unless parent or legal guardian terminates Agreement in writing.

Additional Expenses. The total cheer fee of \$2200.00 payable at \$200 per month is for professional services rendered only, and does not include practice clothes, uniform rental (\$100) team wear essentials, food, or any travel-related expenses associated with the travel to any and all competitions both scheduled and/or added on.

Late Fees/Penalties. If your payments are five (5) days past due, a \$35.00 late charge will be assessed. An additional charge of \$35.00 will be imposed for each additional five-day period that payments continue to be late. Also, there will be a \$35.00 penalty for any payments made by check that does not clear. If the bad check is not cured within five days of notification from us, you will be considered late and the \$35.00 charges above will apply.

Attorney Fees/Costs. Should it become necessary for Rock Solid Allstars to employ an attorney to enforce any terms of this Financial Agreement, you agree that you will be responsible for all reasonable attorneys' fees and costs paid by Rock Solid.

Termination of Agreement: Should parent or legal guardian wish to terminate or withdraw from the terms of this Agreement, parent or legal guardian must notify ROCK SOLID ALLSTARS in writing at least 45 days prior to termination.

It is understood that this is a competitive sport, which involves other teammates. If at any time my account gets past due, my child will not be able to participate in practices or competitions. This will affect the team and we rely on everyone to be in attendance.

We do our best to estimate the cost of the cheer fee based on the previous year, however, any overage that may be incurred due to increased pricing, will be assessed to your account.

All fees are non-refundable. In the event you quit, are injured, or removed for any reason during the season, this non-refundable rule applies and any monies paid toward your account will be forfeited and any monies unpaid that are past due are owed. You must seriously consider this yearlong commitment, before joining this team. *Please read and sign Policies & Procedures before signing this agreement.*

Rock Solid Allstars makes no guarantees regarding the level of competitiveness and/or participation and growth of the child. Every child progresses at their own rate.

This Agreement constitutes the entire agreement among the parties with respect to the subject matter hereof and supersedes all prior agreements and understandings, both written and oral, among the parties with respect to the subject matter hereof. Any and all changes or modifications to the terms of this Agreement must be made in writing, otherwise they will not be considered valid modifications.

Please return this signed service agreement before participation.

Print Parent Full Name

Parent SS#

Parent Signature

Date

Cheerleader Name

Team

**ROCK SOLID ALLSTARS
2023-2024**

ALL STAR PREP Payment Plan Addendum to Financial Agreement

This optional payment plan for the \$2200.00 Cheer Fee is offered to you; however, it is important you understand you are responsible for a minimum payment outlined below each month. According to this plan the cheer fee will be paid in full on April 1, 2024. Please note that all fundraised money must apply before April 1, 2023. This amount is considered earned by Rock Solid All Stars for services rendered to prepare your child for competitions. If you withdraw at any time prior to the last installment due, you will only be responsible for cheer fees through the time of withdraw. All payments received are non-refundable).

Cheer Fee	Date 6-1-2023	Minimum due	\$200
Cheer Fee	Date 7-1-2023	Minimum due	\$200
Cheer Fee	Date 8-1-2023	Minimum due	\$200
Cheer Fee	Date 9-1-2023	Minimum due	\$200
Cheer Fee	Date 10-1-2023	Minimum due	\$200
Cheer Fee	Date 11-1-2023	Minimum due	\$200
Cheer Fee	Date 12-1-2023	Minimum due	\$200
Cheer Fee	Date 1-1-2024	Minimum due	\$200
Cheer Fee	Date 2-1-2024	Minimum due	\$200
Cheer Fee	Date 3-1-2024	Minimum due	\$200
Cheer Fee	Date 4-1-2024	Minimum due	\$200

TOTAL CHEER FEE PAYMENT will be paid in full by April 1, 2024----- \$2200.00 if following this plan.

Print Parent Full Name

Parent Signature

Date

Cheerleader Name

Team